

HAWK TALK

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Principal's Message:

Firstly, I hope all of our ÉSOMS families had a wonderful Spring Break. I also want to take this opportunity to inform the ÉSOMS parent community of a few staffing changes for the 2014-15 school year.

I have recently been appointed as the Principal of West Kildonan Collegiate beginning in September. This is an exciting challenge and opportunity, however, it is also difficult to know that I will be leaving this wonderful school at the end of June. It has truly been an honour and a pleasure to work alongside our staff and our parent community as we have supported your children's learning. My four years at ÉSOMS as Principal have truly been a rewarding experience and I thank all of our parents, guardians and families for their support during this time. I am also pleased to announce that Kirk Baldwin will begin as the new Principal of ÉSOMS beginning in September. I have known Kirk Baldwin for many years as a colleague, friend and fellow administrator in Seven Oaks School Division and know that both he and Vice-Principal Leanna Loewen will continue to be a strong, caring and dedicated team in their work to support all of our ÉSOMS students.

Sincerely,

Howard Kowalchuk

Important Dates

April 7	Classes resume after Spring Break - Day 5
April 7	Term 3 of TAS begins
April 8	Parent Advisory Council 6:30 pm
April 10	ÉSOMS Open House - 7:00 pm
April 15-17	ÉSOMS Musical Production - 7:00 p.m.
April 18	Good Friday (No Classes)
April 25	School PD - No Classes
May 6	Parent Advisory Council 6:30 pm
May 12	School PD - No Classes
May 13-16	Band Trip
May 19	Victoria Day - No Classes
May 27	Sustainability in Action 5:00 pm
June 3	Parent Advisory Council 6:30 pm
June 4	Choir/ Fiddling Concert - ÉSOMS Gym
June 11	Band Concert - NKMB Church
June 25	Grade 8 Farewell 6:00 pm - Sunova Centre
June 26	Administration Day - No Classes
June 27	Last Day of Classes



Do you like knights in shining armour? Castles with a princess and a fire breathing dragon? Or are you ready to move to the Swamp? Are you ready to deal with an Ogre? Perhaps more than one Ogre??

Show time is quickly approaching. Students and staff have been hard at work preparing for our upcoming production of Shrek.

Rehearsals, sets, and props are all coming together as we get ready to move everything to the theatre at the Franco Manitoban Cultural Centre April 7 for 2 weeks.

Find out if Lord Farquard rescues Fiona from the tower and the fire breathing dragon. Will Fiona find her prince Charming and get first love's first true kiss? Will Donkey and Shrek become life long friends?

Find the answers to these important questions and come on out to support our hard working students as they hit the stage April 15th, 16th, and 17th.

Please contact Nancy Vandenberg nancy.vandenberg@7oaks.org for tickets.

If you'd like to advertise and showcase your company in our program, please contact marie.jowitt@7oaks.org for more information.

Grade 8 Farewell Celebration

The Grade 8 Farewell celebration will take place on Wednesday, June 25th beginning at 6:00 p.m. at the Sunova Centre in West St. Paul. The evening begins with a buffet dinner followed by classroom videos and presentations that celebrate their years at ÉSOMS. The students celebrate the remainder of the evening with a dance. Parents are encouraged to attend this evening with their children. Tickets are \$20.00 each for this event.

We would graciously appreciate parental volunteer support to assist with this evening. Further information about tickets, event details and requests for volunteers will be sent home with your children in May. We look forward to this special evening that celebrates the achievements and efforts of all of our Grade 8 students.

ÉSOMS presents:
Sustainability in Action
Tuesday May 27th
5:00 pm

Education for a Sustainable Future: "Students will become informed and responsible decision makers, playing active roles as citizens of Canada and the world, and will contribute to the *Social, Environmental, and Economic* well-being, and an equitable quality of life for all, now and in the future."

Join us for an evening of interactive presentations, student work, arts and entertainment, food and activities that promote Education for Sustainability and the Social, Environmental and Economic well-being of those in our community. More information to follow in the May newsletter. We look forward to seeing you on the evening of May 27th.



PARENTS INTERVENTION &
SUPPORT PROGRAM



This program is for parents and caregivers who are concerned about their child's use of alcohol and other drugs or gambling. Through the Parents Intervention & Support Program, you will be provided with:

- ⇒ Information about the signs of harmful alcohol and drug involvement.
- ⇒ Suggestions for dealing with alcohol and drug-related behaviour and its effects on your child and your family.
- ⇒ Information about AFM programs and how your child may benefit.

Parents are not responsible for their child's alcohol and drug use or gambling problems, but they are one of the most important influences in their child's life. The guidelines offered to you through this program will assist you in supporting your child, while helping you establish a more manageable living environment. Your support and participation are key components of the change process for your child.

This program will be offered in the 7 Oaks School Division over the course of four evenings on April 9, 16, 23 and 30, 2014 from 6:30-8:30 p.m..

For further information and to register for this free program, parents and caregivers may call or e-mail **Jenna Devereux** at: Maples Collegiate: 204-631-5849 ext. 1248

E-Mail: jenna.devereux@7oaks.org

SPAGHETTI BRIDGE COMPETITION



The Spaghetti Bridge Competition was held on March 15, 2014, at Kildonan Place Shopping Centre. The Spaghetti Bridge competition is for reminding Canadians the importance of their career choices for the future. It's been held every year in Manitoba since 1995. The APEGM's (Association of Professional Engineers and Geoscientists of Manitoba) goal is to reach 10 000 pounds of pasta to donate to Winnipeg Harvest. This year they raised over 15,000 pounds of pasta for Winnipeg Harvest for all of the pasta bridges that were broken.

At the end of the competition you can win \$250 for first prize, \$200 for second and \$150 for third for each category. This year at the Spaghetti Bridge Competition about 75 entries of students grades 7-12 competed. A grade 11 girl broke the record by holding 266.64 lbs with her triangular bridge, and also someone in grades 1-6 got to 251 lbs with their bridge.



There were four people that went to the contest from Room 25: Riley Montgomery, Frenchy Saligumba, Faith Cruz and Pauline Mararac. Our class raised approximately 26.10 lbs of food for Winnipeg Harvest. The contest was fun, but it was a bit tiring waiting to get our bridge tested. It was cool watching other different bridges get tested. The teacher we built our bridge with was Mr. Cieszecki. He was the one that signed us up and went to the competition with us. Thanks Mr. Cieszecki ☺.



Winter Activity Day 2014



Indigenous Learning

During the month of March, students at ÉSOMS have had the amazing opportunity to work with three Aboriginal artists to enhance our Aboriginal curriculum.

Traditional Beading

Christine Slater who is of Cree and Ojibway decent, graciously has been visiting ALL of our classrooms over the last month to share her talent and knowledge. Christine provided students with the oral historical background behind beading teachings. She began her sessions by introducing herself, her background experiences, personal life experiences, her traditional name, and some examples of her beading. She also talked about the teachings that go along with the beading and brought shared traditional drumming and a song. The feedback from the students and staff has been overwhelmingly positive.

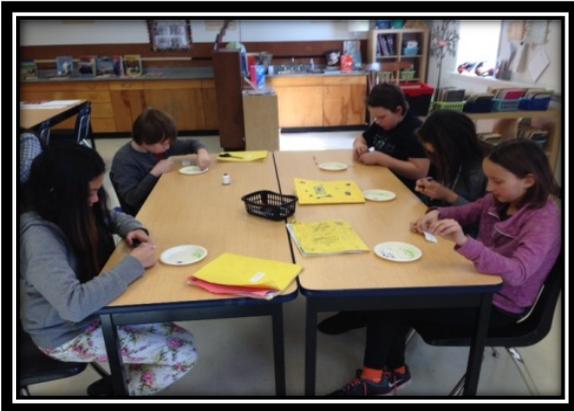
Thank you so much to Christine for sharing with us her invaluable talents and knowledge.

Aboriginal Art

Jaimie Isaac is of Ojibway decent. She is currently completing her Masters in Indigenous Curatorial Fine Arts. She introduced her session to the grade 8 students with a 10 minute Power Point to introduce the Indian Group of 7, with images of each member's artwork with differing styles. The one over-arching theme is storytelling. The artists share traditional sacred stories through their artworks. Jaimie discusses the goals of the Indian Group of 7 and how/why they got started. She describes and shows the woodland style of art (otherwise known as Anishinabe Style of Art). Some student groups had the opportunity to try to identify the style of each artist.

The session ends with an applied art activity. Students first sketch an idea, they then pick an artist's artwork to reproduce, OR draw/paint their own image and using the specific style of an artist they liked. Thank you very much Jaimie for sharing your knowledge and talents with us.

Beading in Mme Henry's class



Traditional Craft Making

David Boulanger visited our classes here at ÉSOMS to teach us how to make traditional rattles and soap. We used natural substances from plants and animals. For the soap, we learned about the traditional medicines - sage, sweetgrass and cedar. He also gave us some juniper to add. The soap smelled very natural and fantastic.

For the rattles we used deer hide, red willow, sinew, and corn kernels. We had to soak the hide, trace our shape, cut, sew, and bind it together. We dried it with sand inside so that once it hardened the shape would be formed. Then we took the sand out, and put in 7 or 14 kernels. This was a great experience and we all really enjoyed ourselves. We will treasure the gifts that we made. Kitchi Meegwetch David!



Make Your Move Event

Taylor - Room 24

The "Make Your Move Event," was an event held at the University of Manitoba where you get to try to complete different engineering tasks. This event is for girls only and you get a mentor, who is a female engineer to guide and help you.

There are two different tasks you have to complete in 1 hour. Your team is given a goodie bag full of different supplies to use. This year we had to build something for a marble to run down as slowly as possible. It wasn't allowed to stop, though. Sadly, our marble stopped. It got stuck on some tape.

For our second event we had to build a sailboat then put it into a kiddie pool and had a fan to blow on the sail. Our group did very well. We did well because we had a big sail and a wider base than the other groups so it was much more stable.

The "Make Your Move Event," was very interesting and fun. They had music playing, a great MC and the female mentors were wonderful. I am so glad I got the chance to go and would recommend it to anybody who is invited.



Christina - Room 24

The "Make Your Move Event," was a great experience where teams of girls from different schools were paired with female engineers to complete different tasks. The point of "Make Your Move," was to try to inspire more girls to become engineers. While I was there I had a great time. The host was positive and fun. Lunch was served there and there was a DJ. The volunteers were so great and I learned quite a few things from the mentors.

Our first task was to construct a course that would let a marble roll along it as slowly as possible. My group had come up with some good ideas but they were very complex and some of them didn't work very well. So when our time was up we hadn't finished in time. Yeah, we didn't get a very good score. The second challenge was to make a sailboat and see how fast it could go on water. This one went a little more controlled than the last one, we started right away and in the end we did a pretty good job.

Though, in the end, we didn't win, but that wasn't the purpose. We had a great experience and learned quite a few things, and who knows, maybe I am cut out to be an engineer.



We would like to sincerely congratulate Mr. John Fitch, our head custodian on his well-deserved retirement! Mr. Fitch worked for the Seven Oaks School Division for 17 years. We would like to wish him all the best.

In the gym....

Physical Education Class

Throughout the month of March students were active playing tchkouball, outdoor snow soccer, and outdoor snow baseball. They also participated in a yoga class and a number of timed fitness runs.

Also, just a reminder, gym classes will continue to take place outdoors, so please help remind your child to bring gym clothes that are suitable for the change in weather.



Special Olympics

On April 11, 2014, the Special Olympic athletes will participate in a floor hockey competition sponsored by Special Olympics Manitoba at Winakwa Community Centre from 9am until 2:30pm.



Extracurricular

The Boys Divisional Basketball team finished their season off with a very solid showing at the 11th Annual Hawks Basketball Challenge. The boys finished 2nd, dropping a very hard fought final game to St. Emile, 75-71.

The Divisional Girls team is prepping for their first Junior High Invitational Tournament (JHIT/ Provincials) game on Tues April 25th. The girls enter the JHIT as the #4 seed and will play the #5 seed Grant Park Pirates. A win and the girls will move on to the semi finals to play #1 ranked Linden Meadows. Good luck girls!!

Badminton season continues. All of our participants are preparing to participate in various school tournaments which will begin the first week back from Spring Break.

This past January, several students from ÉSOMS participated in the The Knights of Columbus sponsored basketball free throw competition. Ethan Noordman and Alexis Garcia qualified for the district competition held in early March where they both won their age category. Alexis went on to win the provincial competition for her age category. Congratulations to you both!



Enjoy your spring break.

Music notes...

SOSD Divisional Fiddle Concert

The Incredibows students have been working hard to prepare for the SOSD Divisional Fiddle Concert. We hope you will be able to attend the concert and hear the results of their efforts!

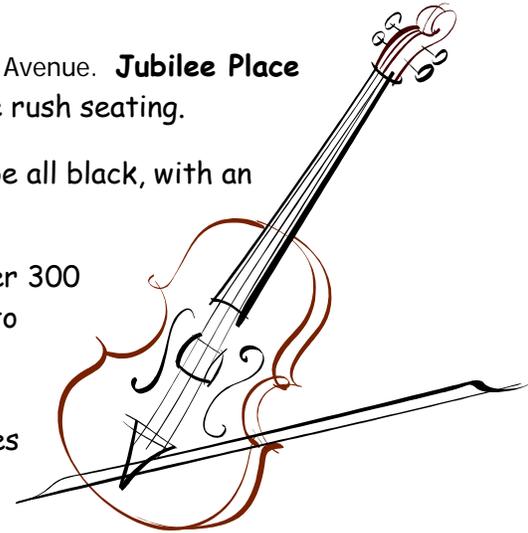
During the alternate years between Arts in the Park, all SOSD schools with fiddle programs send fiddlers to perform together in a mass concert. This year's concert is on:

**Wednesday, April 9,
7:00 - 8:00 p.m.**

The address of the school is 173 Talbot Avenue, but the hall is on Riverton Avenue. **Jubilee Place** on Riverton Avenue in Elmwood. This is a free concert and will be rush seating.

Students should arrive by 6:30 p.m. Dress for the concert will be all black, with an optional splash of colour, such as a scarf, tie, belt, etc.

A highlight of the concert is the jamboree at the end, where over 300 fiddlers will play three numbers together! We are also thrilled to announce that in addition to a stellar backup band (Scott Senior, Alex Hall, John Baron, and Jeremy Rusu), championship fiddler Patti Lamoureux will be our guest artist! She will play a few tunes on her own, and then will play along with our students in the jamboree.



Save the date:

**Wednesday, June 4 - Fiddle & Choir concert - 7:00 p.m.
ÉSOMS gym**

March has been a busy month in the music department!

Students have been hard at work practicing and preparing for performances in Winnipeg and Brandon. The Jazz Band and Vocal Jazz attended the 2014 Brandon Jazz Festival from March 20th-21st. Jazz students had the opportunity to perform in the festival, work with talented musical adjudicators, listen to ensembles from various schools around the province, and attend a concert by the Finnish a capella group Rajaton.

Congratulations to the Jazz Band and Vocal Jazz on your performances and clinics at the 2014 Brandon Jazz Festival!

Earlier in March the Grade 6 Choir, Grade 7 Choir, and Vocal Jazz performed in the 2014 Winnipeg Music Festival. The choirs sang beautifully and all three were awarded silver in their various classes!

The Vocal Jazz ensemble has been asked to perform at the Open House on Thursday, April 10th to showcase one of the many opportunities new students have available to them at ÉSOMS. Vocal Jazz students are asked to wear their concert black and to meet in the band room at 6:45pm for a short warm-up.)

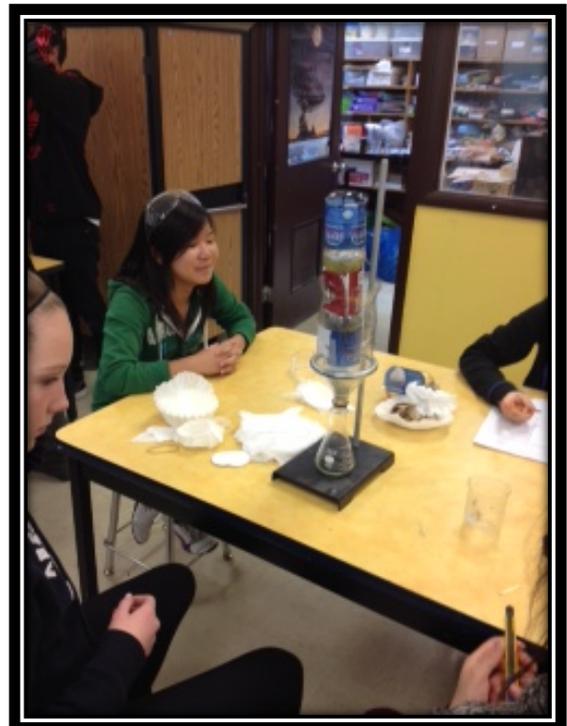


Life and Learning at ÉSOOMS

La vie et l'apprentissage

Mme Tyndall – Salle 8

On March 6th, our class spent the day in Mr. Cieszecki's room learning about water filtration systems. During the lesson, we learned that water with more contaminants has a higher conductivity level than water that doesn't. We got to make our own filtration systems too! Our goal was to remove the dye and other substances from the water with the materials supplied. We found that charcoal, macaroni, and cotton ovals worked best to clean the water. We had a great time working in partners and comparing all the different kinds of filters. Thanks Mr. C! by: Abbie



Mme Henry – Salle 9 & M. Hall – Salle 11

William Alexander Henry

As part of our inquiry and learning about Canadian Confederation, we each researched, wrote about and sketched (upside down!) a Father of Confederation. Here are some examples of what we accomplished!

Sir Oliver Mowat

Sir Oliver était né le 22 juillet 1820 et il est mon père de confédération. Quand le Canada était sous le nom la *Dominion du Canada* son capital à ce temps était Kingston, la ville de naissance de Sir Oliver Mowat. Les parents de Mowat sont écossais. Sir Oliver Mowat était dans les politiques à Toronto en 1857. En 1872 Mowat était le premier de l'Ontario pour vingt-quatre ans. Sir Oliver Mowat a inventé le bulletin de vote qui a vraiment aider la processus de vote. En 1896 Wilford Laurier, le deuxième premier ministre du Canada à nommer Mowat le chef du parti libéral de l'Ontario. Quand Sir Oliver Mowat est soixante-dix-sept il a pris son retraite. En 1903, le 19 avril à Toronto sir Oliver Mowat était 82 ans et ce jour il mourir. Sir Oliver Mowat était un bon chef pour le parti libéral de l'Ontario et beaucoup de politiciens l'admirent pour son travail et moi aussi.

Par : James

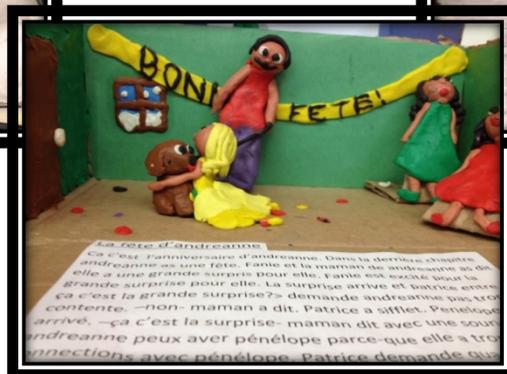
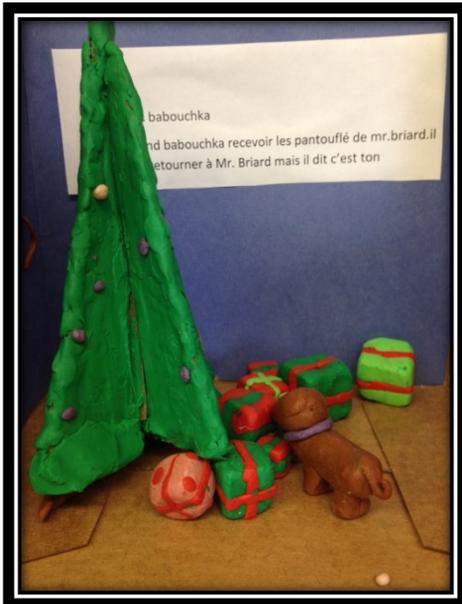
Le 1^{er} Juillet 1867, une des meilleures journées qui a changé le monde! C'est le jour que le Canada a devenu un pays et qui était responsable? Trente-six hommes et un de ses hommes à une place spéciale dans mon cœur et cette personne est William Alexander Henry parce qu'il est la personne que j'ai choisi pour apprendre plus à propos. William A. Henry était né le 30 décembre 1816 dans Halifax et il a décédé le 3 mai 1888. Peu de temps après qu'il était né, il a déménagé à Antigonish en Nouvelle Écosse. Il a participé à l'école secondaire d'Halifax et après il a étudié la loi. Il a été marié à Sophie C. Macdonald et Cristina Macdonald. Il a joué un rôle dans la confédération du Canada parce qu'il était responsable de convaincre les habitants du Nouvelle-Écosse à joindre la confédération. Henry a participé à toutes les trois réunions de la confédération et il était une de seulement dix personnes à participé à toutes les réunions. Dans l'administration de Tupper de 1863, Henry est devenu Procureur général et un choix évident comme l'un des délégués aux conférences. Il était aussi maire d'Halifax entre 1870-1871 précédé par Stephen Tobin et réussi par William Dunbar. Il est aussi devenu le député membre libéral d'Antigonish, une circonscription largement catholique romaine. Comme John A Macdonald, William A. Henry est un des hommes qui a aidé l'avenir du Canada! Il est un des personnes le plus magnifique et sa c'est tout pour mon paragraphe! Au revoir!

Par : Dillan



Mme Pancotto – Salle 33

Dioramas depicting events from the novel, "Les Yeux de Pénélope"

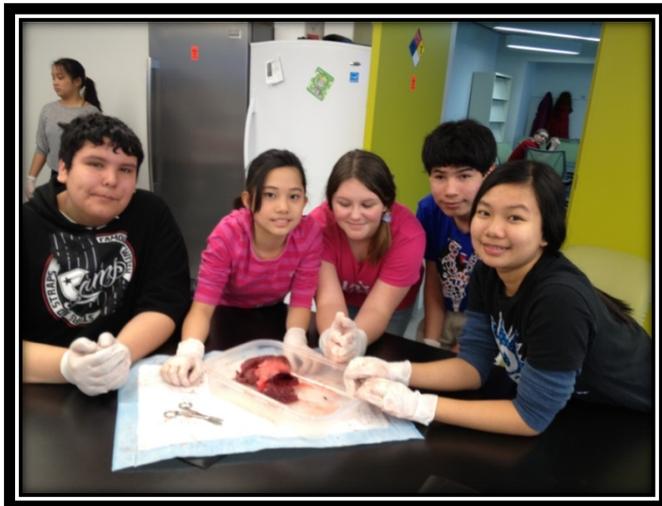
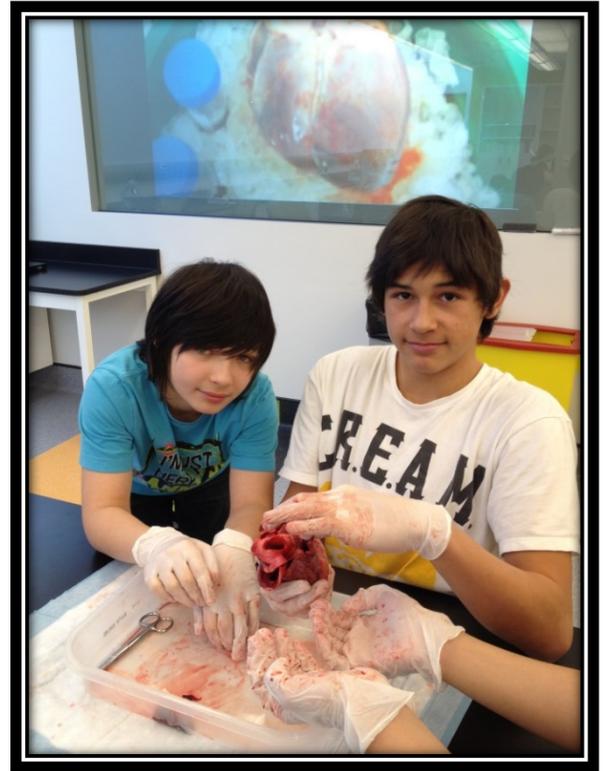


Sherri's Class – Room 27

Our Future Doctors

This month our classroom visited the St. Boniface Hospital Youthbiolab located in the Research Center. Dr. Jones gave us a tour and then we participated in activities involving living cells and a pig's heart dissection.

Everyone had an amazing experience! Thank you Dr. Jones!



Mrs. MacDonald – Room 25

Trip to Winnipeg Harvest



On March 17th, our class went to Winnipeg Harvest. For those who don't know, Winnipeg Harvest is a non-profit food distribution centre that supports starving and hungry people that can't afford good food. Before we went to Winnipeg Harvest we collected food donations from our classroom and we got about 45 pounds of food to give. Winnipeg Harvest also provides for school and community centre's breakfast programs, food banks and soup kitchens across the city. We went upstairs on our tour to the community kitchen. A community kitchen, for

the people that don't know, is a kitchen where anyone can eat and/or work. Winnipeg Harvest doesn't only give food, they also give things like diapers, baby formula, baby cereal, dog and cat food. On a slow day, Harvest gets about 400 callers a day. On a busy day they get about 800 callers a day. Harvest has 354 agencies and about 200 volunteers a day. Winnipeg Harvest helps many people because many people in Winnipeg are still poor because they can't find a job to earn money. The food from Winnipeg Harvest is free but you have to show your health card (per person) so you can get food. They also help the community by asking others to volunteer to help others in the community. It's very important for other people to have this experience because they can think about how they can help and donate food to other families because just one person can change the world. I also think it was important to go on this field trip because sometimes we need to wake up and smell the roses because not everybody has the same things as us. I think some people should take this tour or go on this field trip because sometimes we think that we have nothing, but some people really don't have much to live on. Maybe less-developed countries or even some people in your own neighborhood don't have lots to live on and we need to help our own community too. I think young children should go on this tour/trip so they know that not everybody has food. When we went we put rice into bags and put about 30 bags into each box. Harvest sorts all the food as fair as possible. You will become a hero because you help over 150 families in just one day by putting rice into bags! People have to know that wasting food is bad. Many people never experience being poor, that's why they have to learn how to save and share food. The spirit of Harvest is to help and to give and that is exactly what they have been doing for many years. If you have any spare non-perishable canned foods lying around your pantry, donate them to Harvest! It will be for the greater good!



Written By: Aidan, Kaitlyn, London, Tyson, Donn, & Isaac.



EXTENDED DAY GROWTH EDUCATION
GREAT AFTER SCHOOL - MIDDLE YEAR ACTIVITIES!

EDGE SPRING SESSION WELCOMES ALL GRADE 6 - 8 STUDENTS!

EDGE will be offering a variety of after school activities for grades **5 – 8** students this spring. Participation begins after regular class times and in most cases – right in your own school! Parents and students who are looking to fill the gap between school and the supper hour can check out the affordable programs provided by **EDGE**. We offer up to 18 hours of instruction plus all materials are supplied - that works out (with a class registration fee of *maximum* \$50.00) to only **\$2.78** an hour! *Many classes are less and some are even **FREE!***

Registration booklets and registration forms will be available on the **Seven Oaks Website** (click on **Parents** and then click on **EDGE**). Find your school, booklet and registration forms all on-line. Limited paper copies will be available at your school office/classroom. There is even an **EDGE** calendar available!

Programs will begin the *week of April 28th (NO CLASSES ON VICTORIA DAY – Monday MAY 19th) through to June 23rd*. Courses are fun and educational, but spaces are limited. So...don't delay, register as soon as possible to ensure participation in **EDGE** programming at your school. Registration is due **Monday, April 21st**.

Questions? Contact Penny Raymond,
 Extended Day Coordinator at:
 885-4333 or
 E-mail: penny.raymond@7oaks.org

KYAC Program Coordinator: chelsea.volkart@7oaks.org OR (204)470-9460
<http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

KYAC Program Hours:
(please note different hours during Spring Break!)

Drop-in Gym Hours:
Edmund Partridge Community School:
 Monday, Wednesday, Fridays 6-9pm

École Seven Oaks Middle School (ESOMS):
 Tuesdays and Thursdays 6-9pm
 Saturdays 12-5pm

Structured Program Hours:
Governor Semple School
 Wednesdays 3:30-5:30pm (snack/beverage)

Forest Park School (FP students only)
 Thursdays and Fridays 3:30-5:30pm (snack/beverage)

École Riverbend Community School:
 Tuesdays 3:00-5:15pm (after school snack/beverage)

- Spring Break Programming:**
Monday March 31st:
 ⇨ Open gym and crafts (Key Chains)
Tuesday April 1st:
 ⇨ Open gym and movie (Frozen)
Wednesday April 2nd:
 ⇨ Open gym and crafts (Candle Holders)
Thursday April 3rd:
 ⇨ Open gym and movie (Despicable Me 2)
Friday April 4th:
 ⇨ **KID CITY: cost is \$6.50/participant. Details on website!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	ESOMS 31 Open Gym: 11-4pm Craft: 1-2pm	ESOMS 1 Open Gym: 11-4pm Movie: Frozen	ESOMS 2 Open Gym: 11-4pm Craft: 1-2pm	ESOMS 3 Open Gym: 11-4pm Movie: Despicable Me 2	ESOMS 4 Open Gym: 10-4pm Field Trip: KID CITY 10:30-2:30	KYAC Closed @ ESOMS
6	7	8 Yoga @ EP	9	10 Make your own Gum Ball Machine	11	12
13	14 KYAC @ Forest Park	15 Yoga @ EP	16 KYAC Closed @ EP	17	18 KYAC Closed: Good Friday	19 KYAC Closed @ ESOMS
20	21 KYAC @ Forest Park	22 Yoga @ EP	23	24	25 No KYAC @ Forest Park or Riverbend	26
27	28	29 Make your own Soap	30			

KYAC Craft Nights:
 April 10th—Gumball Machines
 April 29th—Homemade Soap
Both at ESOMS from 4-6pm!

KYAC Yoga Program:
 Tuesdays from 6-7pm @ Edmund
 Partridge (small gym) - 4 weeks **ONLY!**
 Registration forms can be found on our
 website!

KYAC Girls Night:
 Keep your eyes open
 for next KYAC Girls
 night in May!!

LET IT OUT!

Summer Rock Camp For Teens

Robert A. Steen Community Centre
980 Palmerston Ave, Winnipeg, Manitoba
Ages 12 – 17
Four Sessions, Each Two Weeks Long
From 9:30 AM TIL 4:00 PM Monday To Friday

Have you ever wanted to play in a band? Would you like to cope better with life as a teen?

First day at Let It Out! we put you in a band, you pick your own band name and design a logo! Then you cover a song, write a song and play a show!

Want to learn from the best?
 Come be a part of our family at Let It Out!
Get \$25 off if you sign up a friend!!

For more information, like us on Facebook or go to www.mooddisordersmanitoba.ca

 **Mood Disorders**
MANITOBA

Helping people help themselves

Students 15 years and younger are eligible to bowl for free from May 1 to August 29.

Here is the link to free bowling for kids this summer

<http://www.kidsbowlfree.com/bowlcanada.php>. Click here Bowling Centers in Manitoba

Academy Lanes, Academy Lanes West, Chateau Lanes, Dakota Lanes, Roxy Bowling Lanes

DO YOU NEED SCHOOL AGE CHILD CARE!

We have full time, school-age spaces available in our Belmont Before & After School

located in Ecole Belmont School, 525 Belmont Avenue

Contact Teresa at 204-509-7075 or Claire at 204-334-7075

We have full time kindergarten and full time school age spaces available in our Governor Semple Children's Place

located in Governor Semple School, 150 Hartford Ave

Contact Debbie /Anita at 204-290-8517 or Claire at 204-334-7075




The First Kildonan Park Fiesta Duathlon

This is a family-oriented event aimed at promoting family fitness and an active lifestyle, and to promote youth participation in the world of multi-sport. The event is open to children ages five and up, and adults of all ages. We encourage parents to participate alongside their young athletes! The course is entirely contained within Kildonan Park, with minimal vehicle traffic. Please note that all participants are required to wear a helmet for the bike portion of this event.

Only 300 spots available for both races, so hurry! Race package pick-up at PURE LIFESTYLE 1133 Empress Street on July 3rd and 4th from 6am - 5pm. Packages can also be picked on the day of the race.

For more information about the race, or to donate for the event (food, equipment rental and prizes) please e-mail the president at www.sulongtriathlon.org

Schedule:

- 7:30 am - Registration and package pickup opens, at Rainbow Stage Parking lot
- 8:30 am - SHARP: Registration closes
- 9:00 am - RACE START.

There will be a staggered start for our two race distances.

Race Distances: Short: 1k run/2k bike/1k run Medium: 2k run/4k bike/2k run

For more information and to register go to: <http://purewinnipeg.com/event-registration/?ee=39>

APRIL 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7 Day 5 TERM 3 TAS BEGINS	8 Day 6 PARENT COUNCIL 6:30 PM	9 Day 1	10 Day 2 OPEN HOUSE 7:00 PM	11 Day 3	12
13	14 Day 4	15 Day 5 SHReK the Musical CCFM 7:00 pm	16 Day 6 SHReK the Musical CCFM 7:00 pm	17 Day 1 SHReK the Musical CCFM 7:00 pm	18 GOOD FRIDAY NO CLASSES	19
20	21 Day 2	22 Day 3	23 Day 4	24 Day 5	25 Day 6 ÉSOMS PD NO CLASSES	26
27	28 Day 1	29 Day 2	30 Day 3			