



WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER SEPTEMBER/OCTOBER 2015

3740 Main Street
West St. Paul MB R4A 1A4
Phone: 204-339-1964
Fax: 204-339-7204

Administrators

Principal: Bob McIntosh
Vice Principal: Angela Bubnowicz



We are a nut and fish aware school. Please do not send nuts or fish with your student.

Upcoming Events

- * School PD – NO SCHOOL
Sept 21
- * Picture Day
Sept 24
- * Gr 6 and 7 to Camp Cedarwood
Sept 28 and Sept 29
- * Thanksgiving ~ NO SCHOOL
Oct 12
- * Divisional PD ~ NO SCHOOL
Oct 22
- * SAGE In-service ~ NO SCHOOL
Oct 23
- * Remembrance Day ~ NO SCHOOL
Nov 11
- * Parent/Teacher Conferences
Nov 20
- * Winter Break ~ SCHOOL CLOSED
Dec 21-Jan 1

Our Beliefs: Take care of yourself. Take care of each other. Take care of this place.

ADMINISTRATORS' MESSAGE

What a great start to the year!!

The school is humming with the sounds of happy children engaged in many educational pursuits throughout our classrooms. They beam with the feelings of accomplishment and satisfaction as they tackle the new challenges and demonstrate their learning for their teachers. What a vibrant place. Children also can be seen climbing and running around the playground playing their various recess games. In addition, many have explored the new pergola and benches so proudly provided by the Parent Council Advisory Board and you, the parents who generously donated to the natural playscape project. We are pleased to be finally reaping the benefits of everyone's joint effort and hard work.

In the near future we are the recipients of a gift of ten large stock 6 to 8 foot white spruce trees as well as potted seedlings, which some of our students will be planting. Members of Mr. Klos's Forest Health and Renewal Forestry and Peatlands Management Branch Manitoba Conservation and Water Stewardship Department 's staff are eager to teach some of our students about trees and urban forests . They will make connections directly to the Manitoba science curriculum.

We also welcome several new staff and families to our West St. Paul community of learners. Ms Carol Kalinsky is our second morning Kindergarten teacher. The duo of Ms Sukhbir Gill and Ms Jordana Etkin are the new Grade 3 teachers in a job share position. The two new Grade 4 teachers are Ms Billie-Jo Cross and Ms Alyssa Talbot. In Grade 5 Ms Shannon Kitson is half time with Ms Ashley Sharpe. Mme Lianne Fournier, our Music specialist, is teaching K to 5 Music and Mr. Jake Rogers is an additional Grade 6 to 8 Physical Education specialist. Mrs. Tara Cruikshank returns as one of our valued Educational Assistants. A warm welcome is extended to all the new students and their families!

If you haven't already done so, we invite you to view "the 2014-2015 Report to the Community, The Many Faces of West St. Paul" video located on the West St. Paul School web site to the far right at <http://www.7oaks.org/weststpaul/> .

Our SEPTEMBER newsletter is now available for viewing on our school website. Please visit www.7oaks.org/school/weststpaul/Pages



Parent Advisory Council Executive 2015-2016

Chair – Crystal Spence Vice-Chair – Chad Shultz

Secretary – April Bertrand

Finance/Treasurers – Shannon and Don Petrie

QSP Fundraising Committee Co-Chairs – Sharon Church and Shawna Poloway

Craft and Bake Sale Committee Co-Chairs – Carrie Tanchak and Wendy Nachtigall

Natural Playspace Committee Co-Chairs – Lisa Davis and Crystal Spence

Welcome back from the PAC!

The West St. Paul Parent Advisory Council would like to welcome all the students, staff and fellow parents for the 2015/16 school year.

PAC meets in the second week of every month, alternating Tuesdays and Wednesdays. It is a great opportunity to meet with administrators and staff to make West St. Paul the best school for our children. It allows for discussion of concerns, current projects and long term goals.

We encourage all parents to become involved by attending PAC meetings. Our first meeting was on Tuesday September 15th at 7pm in room 41. I would like to thank all of the parents that attended for coming out on short notice, especially the new parents. We hope to see you again and any other parents that can make it to our next meetings on the following dates:

Wednesday, October 14th 2015 at 7pm

Tuesday, November 10th 2015 at 7pm

Wednesday, January 13th 2016 at 7pm

Tuesday, February 9th 2016 at 7pm

Wednesday, March 9th 2016 at 7pm

Tuesday, April 12th 2016 at 7pm

Wednesday, May 11th 2016 at 7pm (Annual General Meeting) free child care provided at all meetings.

We look forward to an exciting year that will include our annual QSP fundraiser (watch for the package it will be out in the next week), Craft and Bake Sale (Sunday, November 15th, mark your calendars!), and of course continuing forward with our progress on the Natural Playspace!

If you have any questions or concerns feel free to contact us at weststpaulpac@gmail.com

Meet Room 44

New Year, new room, and new teacher! Lots of new things going on in room 44.

We are still getting to know each other, and we are still working on what it looks like to be a part of our classroom community. From us to you, we wish you a successful first month of school, and are excited to learn with you this year.



...from the Library

I had another great summer of cataloguing and processing (readying) 350 new items into the West St. Paul School Library collection. The library is exploding with great new items and they've been flying off the shelves! This year I will concentrate on obtaining non-fiction items that are based on curriculum, interest and modernity.



The MYRCA (Manitoba Young Readers Choice Awards) <http://www.myrca.ca/2016-nominees-2/> books have arrived and are now catalogued and processed and ready for borrowing. Students will vote on their favourite in the spring. See more here about the MYRCA program: <http://www.myrca.ca/>

I'm looking forward to another great school year and fostering the love of reading!

Welcome back everyone!

Ms. Mathis

FRIENDLY REMINDERS



STUDENT ABSENCES

We ask that parents call in student absences at anytime, as the school has 24-hour voicemail. **The school phone number is 204-339-1964.** An advance note to the classroom teacher and office is appreciated when extended absences will occur. We have great concern for the safety of your children. Advance calls regarding absences allow us to focus more quickly on students who are unaccounted for each morning, due to either missed busses or morning delays. Also, please call if your child will be late for any reason. Thank you for your cooperation.



Students are able to make phone calls with a permission note from their teacher during class time or during breaks. Cell phones should not be used for telephone calls or texting during school hours (8:00 a.m.-2:30 p.m.) Please be aware that students may not take photos of others on personal phones (or cameras) in the school, on the playground or on the buses.

The policy for lice is outlined by the WRHA, which is included in this newsletter. At WSP we will: inform both by letter and in person the family affected with lice including the procedures required before their child may return to school. Shampooing must take place before returning and daily lice checks at home must occur until all nits are eliminated. Lice is considered a nuisance issue not a disease by the WRHA but we realize that it is a major inconvenience for families. We will do our best to follow up with those children upon their return as an additional proactive measure. Teachers also will speak with their children reminding them not to share combs or items of clothing.

**NO
PARKING
PLEASE**

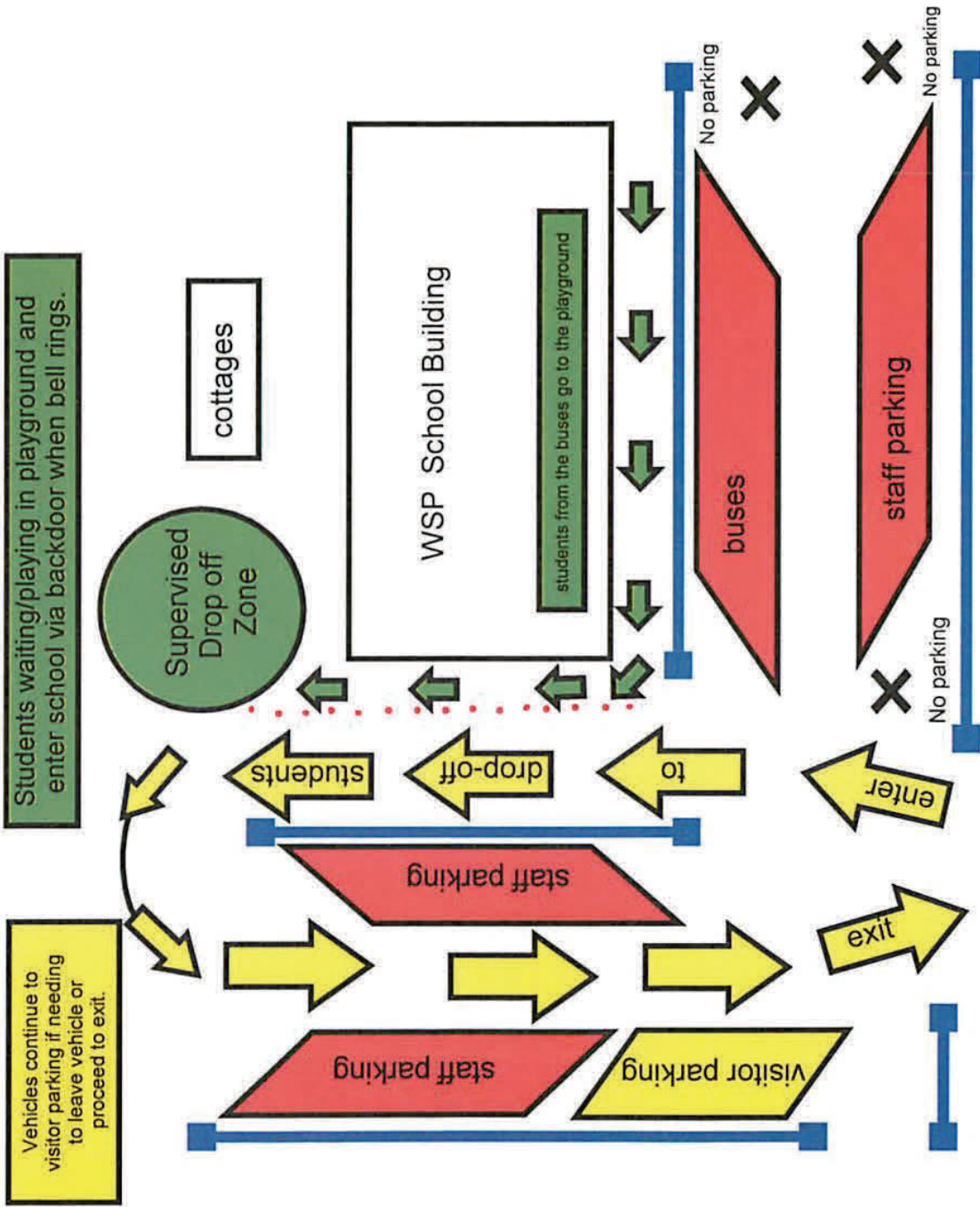
When picking up or dropping off students during the school day, please be courteous and use parking stalls in Visitor's Parking on the south-side of the parking lot facing the playground. Parking in front, facing the school, is not permitted as that area is reserved for school busses and service vehicles. We thank you for your consideration.

Before and after school parents are encouraged to use the "Stop, Drop and Go" area next to the gym wall on the south side of the school. Supervisors will receive your children and watch them walk to the back play area. Refer to the map provided.

slow up so our children can grow up!

The speed limit in front of the school has been reduced from **70 km/hr** to **50 km/hr**.





Students waiting/playing in playground and enter school via backdoor when bell rings.

cottages

Supervised Drop off Zone

WSP School Building

students from the buses go to the playground

buses

staff parking

staff parking

staff parking

visitor parking

Vehicles continue to visitor parking if needing to leave vehicle or proceed to exit.

students

drop-off

to

enter

exit

No parking

No parking

No parking

From the Gym

Early Years Phys.Ed

Hello and welcome back to school! I hope everyone had an awesome summer break! I would like to remind students and parents that occasionally, p.e. classes take place outdoors. Students need to be dressed appropriately for outdoor activities and recesses each day. In addition, children require proper indoor running shoes for the gym and students in grades 2-5 require a change of clothes...shorts and a t-shirt. Finally, if for medical reasons your child should not participate in a gym class, please send me a note or an email.

Our fifth annual Healthapalooza event is May 6. H5 is a health and wellness day when students can participate in a variety of activities such as karate, yoga, board games, fitness training, art and dance. Our session instructors are various community members such as 7 Oaks teaching staff/students, parents, health organizations and local businesses. If you have knowledge and a passion for a wellness activity and would like to volunteer to lead a session, please let me know.

Event Dates:

Fall Cross Country, Oct. 14 (Rain date Oct. 16), grades 3-5, Little Mountain Park, 11:30-2:30

Team Handball, Nov. 28, grades 4+5, 9:00-2:30

Badminton, March 23, grades 4+5, 5:00-8:30

Healthapalooza 5, May 6, grades K-8, 10:15-2:30

Spring Cross Country, May 9 (13), grades 3-5, Little Mountain Park, 11:30-2:30

WSP School Track and Field Meet, grades 4+5, date TBD

7 Oaks Divisional Track and Field Meet, grades 4+5, June 7 (9), West Kildonan Collegiate

R. Chin

Terry Fox Walk

West St. Paul School has a long tradition of participation in the Terry Fox Walk.

We will continue that tradition on September 30. Our route will be “the horseshoe” along Hiawatha and Minnehaha. All students will be participating from 1:15-2:15 (except Morning Kindergartens!)

If students and parents wish to support the Terry Fox Foundation, you may do so through the pledge form that was sent home last week or through a donation.



EXCITING NEWS: Tap Club is starting up again!!!



1. Who can join? Girls & Boys in Grades 3 & 4
2. What will we do? Learn how to Tap Dance!
3. Where will it happen? West St. Paul School Gym
4. When? Day 2 (9:20-10:15am)
5. Why? Have fun & enjoy the art of tap dancing!

Information has been sent home to the Grades 3 & 4 students who have signed up.



Picture Day
Thursday, September 24th
In the Gym



PIZZA DAYS

Pizza Days are held on Wednesdays.
Please mark your calendars for the
following dates:

October 7
October 21
November 4
November 18
December 2
December 16



Look for an order form to come
home with
your student.

SHOW & SAVE DISCOUNT CARD & COUPON BOOK

The **GRADE 8s** will be raising money this September by selling the Show & Save Card and Coupon Book.

The Coupon Book has over \$10,000 in money saving offers including coupons for purchases at numerous grocery stores, restaurants and businesses throughout the city. For only **\$20** you can experience endless savings with the Re-usable Card and Coupon Book.

By purchasing your Show & Save from us, you will be supporting our School while at the same time saving your family a lot of money.

Books will be available at Orientation in September from any Grade 8 student or Ms Torz.

CALLING ALL BABIES (birth to a year)

The Seven Oaks School Division's Parent, Child preschool program is offering families an opportunity to learn massage techniques with their baby.

Infant massage is a daily practice shared by parents and caregivers all over the world looking to bond, communicate and care for their babies in a healthy, natural way. Babies who receive regular massage have been shown to have better quality of sleep, have an improved rate of healthy weight gain, and relief from the pain associated with colic, gas and teething. Aside from these physical benefits, infant massage has been shown to improve the ability of parents and babies, to bond more closely and communicate with one another. Touch is one of the ways an infant communicates with the world around them. It is the first sense to develop in utero, and the only sense we cannot live without. In essence, learning to share touch with your infant is a powerful, natural way to care for your baby's physical and emotional health.

Massage is a practice that can benefit children and babies regardless of physical or mental ability. It is a practice that can be shared by all families, regardless of religious, cultural, or socio-economic background.

Essentially, infant massage is a universal practice that can be enjoyed by everyone!

Amber Maric is a Registered Massage Therapist with over 10 years of experience. She is a Certified Infant Massage Instructor with the International Association of Infant Massage (IAIM) and the owner of "Yay for Babies" specialized infant massage.

Please join us for this FREE 4 week program that promotes health and happiness through the ancient art of infant massage.

When: Friday October 16, 23, November 6 and 13th (no class Oct. 30th), 2015 9:30 – 11 a.m.

Where: West St. Paul School 3740 Main St.

To register or questions, please call Cheryl at 204 339-1964 or Colleen at 204 226-3228.

The class is limited to 10 families.

Sunny Mountain Nursery School

#6-1965 Main Street

Accepting registration for Sept 2014

Spaces available for children 3-5 year olds.

For more information call 204-334-7075 or

Hans Kai is a community based approach to improving health and well being. Our group is open to anyone interested in engaging in healthy activities through socializing with peers and being supported by Nor'West and Winnipeg Regional Health Authority staff. We meet the second Thursday of every month, beginning Oct. 8th, from 9-11:30 a.m. We learn about nutrition, healthy eating, physical activities such as Tai Chi, yoga, Pilates and many others. Free child care is provided, and snacks are provided by group members on a rotational basis.

For more information on our group, please feel free to contact:

Michelle Kirkbride - NorWest Coop Community Health - mkirkbride@norwestcoop.ca or

Tanya Pilat - West St. Paul Hans Kai group representative - tanyapilat@yahoo.com



Fit Kids Healthy Kids



A **FREE** fitness program for you and your child
best enjoyed by kids aged 2 to 6

Full Parent/caregiver participation is expected throughout this program

Did you know ... Both structured and unstructured activities are important in early development!
... Children shouldn't go longer than 60 minutes without physical activity unless sleeping
... Tumbling and falling is a vital skill learned at an early age. It benefits them in later years, in the event of an actual fall, decreasing their risk of serious injury and fear of getting hurt!

Come join us for an hour of **FUN** physical activity! This is a **FREE eight week Physical Literacy program** which will allow **you and your child (ages 2 to 6)** a chance to get active and be fit while having fun together!

'Physical Literacy is defined as the level of competence and confidence demonstrated by a person in numerous physical activities in multiple environments that can lead to the healthy development of that person as a whole. This is just as important to our personal development as reading or writing!'

The program will include 15 minutes of free play, followed by a half hour of structured gym activities that will focus on *the ABC's of Physical Literacy*; **Agility, Balance and Coordination**. We will then end off with the last 15 minutes of free play allowing your child to explore the fitness fundamentals that we had just learned.

Where: West St Paul School, 3740 Main Street

When: Thursday October 8, 2015 to Thursday December 10, 2015 from 6:15pm - 7:15pm

A change of indoor shoes is required for both, parents and children alike.

Registration is required as space is limited. Deadline for Registration is Thur. Oct 1, 2015

To register, please call Cheryl Rajfur at (204)339-1964

If you have any questions, please contact:

Veronica Thiffeault, Community Coordinator
RF Morrison School (204) 338-7804
veronica.thiffeault@7oaks.org

Cheryl Rajfur, Community Coordinator
West St. Paul School (204)-339-1964
cheryl.rajfur@7oaks.org



Community of West St. Paul
5th Annual Fall Supper
Sunday October 04, 2015
4-7pm



Sunova Centre (West St. Paul Community Centre)
48 Holland Drive



Hosted by West St. Paul Lions Club
Roastbeef Dinner with Salad
Dessert & Beverages



Adults(12-64) \$20.00
Senior(65+) \$15.00
Children(5-11) \$10.00
5 & Under Free



Tickets Available:

Damara @ Sunova Centre 204-336-0294
Glenn @ Candle Co. Antiques 204-338-7291
Rm Office 204-338-0306
Any West St.Paul Member !

**** Limited Tickets at the Door ****
Please try to purchase tickets in Advance



Small club, BIG results!

- Small class sizes.
- Supporting individual athletes in a team environment!
- Progression based on ability; no failing levels.



RIPPLES

“Learn to Swim”

- 5 years old and up
- 3 sessions annually
- Once or twice a week program
- 8 years old and up
- 10-month season
- Professional dryland training provided by NRG

COMPETITIVE GROUPS

“Train to Compete”

HIGH AND LOW TIDES ADULT SWIM TRAINING

- For Wave alumni and parents of currently registered swimmers



- Strength & conditioning for swimmers
- Injury prevention & maintenance
- Athletic Therapy / Physiotherapy
- Nutritional guidance

Pool Practice Locations

- Seven Oaks
- North Centennial
- Cindy Klassen

Fall Session start dates:
Competitive Aug 25, Ripples Oct 2

REGISTER ONLINE www.winnipegwave.com
winnipegwave@hotmail.com
204-955-8984 (head coach)

SEPTEMBER

WEST ST. PAUL COMMUNITY SCHOOL
 Advancing Community Schools
 Serina Shewchuk - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 204-339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Welcome Back!						
		1	2	3	4	5
6	7	8 Orientation Day.	9 Orientation Day	10	11	12 
13 	14	15 PAC meeting 7 p.m. FREE Childcare	16	17	18	
20	21 School Inservice	22 Let's picnic at Kildonan Park 12:00 - 2:00 p.m. (weather permitting)	23	24	25 Parent/Child Let's Play Drop In 11:00 - 1:00p.m..	26
27	28 Parent/Child Storytime 11:00 - 12:30 p.m.. 3 - 5 years	29 Parent/child Rhymes and More 11-12:30 p.m. 0-5 yrs.	30	PARENT CHILD PRESCHOOL PROGRAM!		

2015

OCTOBER

Fall

WEST ST. PAUL COMMUNITY SCHOOL
 Advancing Community Schools
 Serina Shewchuk - Learning Support Teacher - Early Years
 Cheryl Rajfur - Community Coordinator
 339-1964

PARENT/CHILD PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 	5 Parent/Child Story Time 11:00 – 12:30 p.m. 3 – 5 years	6 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years		8 Hans Kai 9:15 – 11:15 a.m. Fit Kids Healthy Kids 6:15 – 7:15 p.m/ 2-6 yrs. Please register	9 Parent/Child Let's Play! Drop In 11:00 – 12:30 p.m. 0 – 5 years	10
11	12 HAPPY THANKSGIVING DAY	13 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	14 PAC MEETING 7:00 P.M. Free childcare	15 Fit Kids Healthy Kids 6:15 -7:15 2-6 yrs. Please register	16 Infant Massage 9:30 – 11:00 a.m. Must Register	17
18	19 Parent/child Story time 11:00 – 12:30 p.m. 3 -5 yrs.	20 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	21	22	23 SAGE IN-SERVICE Infant Massage 9:30 – 11:00 a.m. Must Register	24
25	26 Parent/Child Storytime 11:00 – 12:30 p.m. 3 – 5 years	27 Parent/Child Rhymes & More 11:00 – 12:30 p.m. 0 – 5 years	28	29 Fit Kids Healthy Kids 6:15 -7:15 2-6 yrs.	30 Parent/Child Let's Play! Drop In 9:00 – 11:30 a.m. 0 – 5 years Wear a costume! 	31

West St. Paul School Website: <http://www.7oaks.org/school/weststpaul/Pages>

2015

SEPTEMBER, 2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	August 31 School Office Opens	1 Orientation Booking Begins	2	3	4	5
6	7 LABOUR DAY	8 – Day 1 ORIENTATION DAYS	9 – Day 2	10 – Day 3 Classes Begin	11 – Day 4	12
13	14 – Day 5	15 – Day 6 PAC MEETING 7 pm Childcare will be provided	16 – Day 1	17 – Day 2	18 – Day 3	19
20	21 – Day 4 School P.D. Day No Classes	22 – Day 5	23 – Day 6	24 – Day 1 Lifetouch Picture Day	25 – Day 2	26
27	28 – Day 3 GRADE 6 & 7 STUDENTS AT CAMP CEDARWOOD	29 – Day 4	30 – Day 5 Terry Fox Walk			

2015-2016 IMPORTANT DATES AT A GLANCE...

September 8 & 9	Orientation Days
September 10	First Day of Classes
September 15	PAC Meeting 7 pm – Childcare will be provided.
September 21	School P.D. Day ~ NO SCHOOL
September 24	Lifetouch Picture Day (retakes Nov. 6)
September 28 & 29	Grade 6 and 7 Students to Camp Cedarwood
October 1	Grade 6 Girls Immunizations
October 12	Thanksgiving Day ~ NO SCHOOL
October 22	Divisional P.D. Day ~ NO SCHOOL
October 23	Sage ~ NO SCHOOL
November 11	Remembrance Day ~ NO SCHOOL
November 20	Parent/Teacher/Student Conferences ~ NO SCHOOL
Dec. 21 – Jan. 1	Winter Break – Classes Resume Monday, January 4, 2016

Please note, dates and events are subject to change. During the year, other professional development days and special events will be planned. Monthly newsletters will provide updates and the information will be posted on our school website. Please visit our website frequently for updates:
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OCTOBER, 2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 – Day 6 Gr. 6 Girls Immunizations	2 – Day 1 M.Y. Cross Country Pope Hill	3
4	5 – Day 2	6 – Day 3 E.Y. Cross Country Little Mountain Park	7 – Day 4 WSP FIRE DEPT VOLLEYBALL VS GR 8 FIRE SAFTEY (K-GR. 4) PIZZA DAY	8 – Day 5	9 – Day 6 M.Y. Cross Country Birds Hill Park	10
11	12 THANKSGIVING DAY NO SCHOOL	13 – Day 1	14 – Day 2 E.Y. Cross Country	15 – Day 3	16 – Day 4 E.Y. CROSS COUNTRY RAINDATE	17
18	19 – Day 5	20 – Day 6	21 – Day 1 PIZZA DAY	22 – Day 2 DIVISIONAL PD NO SCHOOL	23 – Day 3 SAGE PD NO SCHOOL	24
25	26 – Day 4	27 – Day 5	28 – Day 6	29 – Day 1	30 – Day 2	31

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