



# WEST ST. PAUL SCHOOL COMMUNITY NEWSLETTER

## JANUARY, 2014

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

### PIZZA DAYS

January 8  
January 22  
February 5  
February 19  
March 5  
March 19



**Busses are cancelled if the temperature, at 6:00 a.m., reaches -45° or colder. Please listen to CJOB or check the divisional website for updates. If your child will be absent, please call the school.**

### Upcoming Events

- PAC Meeting  
Jan 14 - 7:00 p.m.  
Free childcare available.
- Immunizations - Dose #2  
Jan 14 - a.m.  
Gr.4 Students & Gr.6 Girls
- PD Day - NO SCHOOL  
Jan 31

### **MOTHERS, DO YOU WANT TO HAVE BETTER COMMUNICATION WITH YOUR DAUGHTERS?**

Advancing Community Schools is offering an 8-week program called

#### ***“Mothers and Daughters in Touch”***

It is designed for mothers and their daughters 9 -11 years of age. The program uses different activities, some with moms and daughters together, some with them in separate groups. The *Mothers and Daughters in Touch* program focuses on skill building for both mother and daughter.



Some of the information covered will be:

- Learning to hear and respect each others feelings;
- Developing strategies to deal with peer pressure;
- Learning how to be an approachable parent;
- Understanding the meaning of a healthy body image and what contributes to one;
- Gain knowledge and skills to cope with changes during puberty.

The weekly sessions are a time for the two of you to have some fun, uninterrupted time together and enhance the mother-daughter relationship.

**When:** Wednesdays - Feb. 19, 2014 to Apr. 16, 2014 6:30–8:30 p.m.

**Where:** École Riverbend School – 123 Red River Blvd.

**Cost:** A commitment to your child that you will attend all 8 weeks to the best of your ability.



To register or for more information, please call Cheryl at 204-339-1964.

The group is limited to a maximum of 12 mother/daughter teams.

Our **JANUARY** newsletter is now available for viewing on our school website. Please visit [www.7oaks.org/school/weststpaul](http://www.7oaks.org/school/weststpaul)

# From the Gym...



**Middle Years TRACK ATTACK...**Practices are held on Day 2 at the lunch break and Day 5 at the first break.

The first Track Attack meet will take place on Wednesday, January 22nd at Max Bell Fieldhouse at the University of Manitoba.

West St. Paul School would like to extend a huge thank you for making our Philippines Fundraiser such a big success last week. In a very short time, students in the UNESCO group organized a fundraiser, which consisted of selling traditional Filipino food, desserts and bracelets (that were hand made by our students). As a result of the fundraiser, our school was able to collect over \$700, which will be matched by the Government of Canada, so we will be donating over \$1400 in total to those affected by Typhoon Haiyan.

Thank you once again for giving your time and resources to help a worthy cause,

The UNESCO Group



## KEYSTONE KIPS GYMNASTICS

### RECREATIONAL PROGRAMS

GIRLS & BOYS AGES 3 YEARS AND UP

Mini Kips Classes for 3 & 4 years old

New Session starts the week of January 6/14

### GIRLS COMPETITIVE PROGRAMS

REGIONAL & PROVINCIAL STREAM



**LOCATION: West St. Paul School ~ 3740 Main Street (north of the Perimeter)**

**FOR INFORMATION CALL: 204-694-8096**

**E-MAIL us at [keystonekips@mts.net](mailto:keystonekips@mts.net)**

**or visit our website at**

**[www.keystonekipsgymnastics.ca](http://www.keystonekipsgymnastics.ca)**

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

#### Administrators

Principal:

Vice Principal:

Cathy Horbas

David Ingram



# JANUARY, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<b>WINTER BREAK</b>						
5	6 – Day 6 Classes Resume	7 – Day 1	8 – Day 2 <b>PIZZA DAY</b> Divisional Boys & Girls Basketball at Leila North	9 – Day 3	10 – Day 4	11
12	13 – Day 5 Gr. 6 Basketball Boys at AEW Girls at OVJ	14 – Day 6 Immunizations Dose #2 PAC Meeting 7:00 p.m. Free childcare.	15 – Day 1	16 – Day 2 Gr. 7/8 Boys Basketball at WSP	17 – Day 3	18
19	20 – Day 4 Gr. 6 Basketball Boys & Girls at OVJ	21 – Day 5	22 – Day 6 <b>PIZZA DAY</b> Track Attack #1 U of M (10-2) Divisional Boys & Girls Basketball at WSP	23 – Day 1 Gr. 7/8 Boys Basketball at WSP	24 – Day 2	25
26	27 – Day 3 Gr. 6 Basketball Girls at WSP	28 – Day 4	29 – Day 5 Divisional Girls Basketball at EP	30 – Day 6 Gr. 7/8 Boys Basketball at EP	31 – Day 1 PD DAY NO SCHOOL	

## 2013-2014 IMPORTANT DATES AT A GLANCE...

Jan 6	School re-opens
Jan 14	PAC Meeting ~ 7:00 p.m. (Free childcare provided.)
Jan 14	Immunizations ~ Dose #2
Jan 31	School PD Day ~ <b>NO SCHOOL</b>
Feb 3	Divisional PD Day ~ <b>NO SCHOOL</b>
Feb 12-14	Middle Years Asessippi Ski Trip
Feb 13-14	Middle Years Winter Activity Days (Thursday at Harbourview; Friday at Gateway CC)
Feb 17	Louis Riel Day ~ <b>NO SCHOOL</b>
Mar 14	Parent/Teacher Conferences
Mar 31-Apr 4	Spring Break ~ <b>SCHOOL CLOSED</b>
Apr 7	Classes Resume
Apr 17	Health-a-palooza
Apr 18	Good Friday ~ <b>NO SCHOOL</b>
Apr 21	Easter Monday ~ <b>SCHOOL OPEN</b> ~ Classes are in session



# Building Active Habits

As parents, we teach children healthy habits while they are young, habits like brushing their teeth, buckling up in the car and choosing healthy food. Daily physical activity is another habit that we want to become so automatic that children won't feel quite "right" unless they've done it. If your children think that going to play outdoors means taking their pocket video game out on the porch, it may be time to rethink the habits they're forming.

## Expect activity

Your expectations send powerful messages. Welcome children's activity and let them know that you expect them to like to move, whether they are two or sixteen years old, girls or boys, talented at sports or not.

## Honour individuality

Not everyone can develop a high level of skill. Not everyone wants to be part of a team. But everyone can find a physical activity they enjoy and can practise on a regular basis. That includes children with disabilities. Help your children discover activities that suit their abilities and interests.

## Show your approval

Children thrive on positive feedback so give them lots of encouragement for being active. Help them notice how good they feel when they move their body. They don't have to run the fastest or throw the farthest; emphasize their effort and progress instead. Be accepting of the action and noise that comes with physical activity. If you can't allow it indoors, make sure that children get opportunities to run around outdoors or in a gym.

## Get involved

Your involvement will make activities more fun for children. Play hide-and-seek with your toddler, throw the ball back and forth with your preschooler, walk the dog with your eight year old, shoot baskets with your teenager. You might decide to take up a sport, like bowling or karate, as a family. Or plan an active family vacation around hiking and swimming. By sharing these fun times with your children, you demonstrate the importance you put on activity at the same time that you strengthen family ties.

## Make it easy to be active

You don't have to enroll your children in a course every day of the week to encourage activity. In fact, in the case of young children, free play is more in tune with

their stage of development and they will usually choose to move. However, you cannot count on your older children getting enough physical activity in school, especially if they take the bus or get a ride. Here are some ways you can help children build active habits:

- **Provide suitable space** - Make a safe space in your home where children can play actively. Go often to the park, local rink and swimming pool.
- **Make time** - Leave some time unscheduled so there's room for free, unstructured play. Limit screen time (television, computer, video games). If you can't find a long block of time for physical activity, look for a few ten-minute periods each day.
- **Provide equipment** - Simple, low-cost equipment—balls, skipping ropes, frisbees, etc.—will stimulate active play. An obstacle course, built with boxes, hoops and boards, can also get children moving in different ways. Make sure you supply the necessary protective gear (bike helmet, hockey pads, etc.) for whatever activity they are doing. If your budget is limited, choose a sport, like soccer, which requires minimal equipment.
- **Teach skills** - At a young age, give your children opportunities to learn and practise basic skills like running, jumping, climbing, throwing, catching, biking, swimming and skating. They might be too embarrassed to learn when they're older if everyone else already knows how.
- **Provide supervision** - When you're not doing the activity with your children, you want to be sure they are safe. Get together with other parents to see if you can take turns supervising at the park or walking to school.

## Be active yourself

Your example speaks more loudly to children than your words. Show them your commitment to fitness by finding opportunities to be active: take the stairs instead of the elevator, park at the end of the parking lot and walk back, do floor exercises during TV commercials, get up and stretch at the computer. They'll understand that adults like to move too when they see you go for a walk with a friend, take a yoga class or make a date to go dancing.

## Have fun

Everyone finds it easier to keep doing something when it's fun. If one activity doesn't work, try another till you find something that suits you and your family. You're building active habits that will last a lifetime.

*by Betsy Mann*



# JANUARY

## PARENT/CHILD PROGRAMS

**WEST ST. PAUL COMMUNITY SCHOOL**




Advancing Community Schools

Serina Shewchuk - Learning Support Teacher - Early Years

Cheryl Rajfur - Community Coordinator

204-339-1964

School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4 
8	6 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	7 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years	8 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	9 <b>Hans Kai</b> 9:15 – 11:00 a.m.	10 <b>Let's Play</b> 9:00 – 11:00 a.m. 0-5 years	11
12	13 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	14 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years	15 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	16 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	17 <b>Let's Play</b> 9:00 – 11:00 a.m. 0-5 years	18 
19 	20 <b>Parent/Child Storytime</b> 9:00 – 10:30 a.m. 3 – 5 years	21 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Dad's Gym Program *</b> 6:15 – 7:00 p.m.	22 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	23 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	24 <b>Let's Play</b> 9:00 – 11:00 a.m. 0-5 years	25 
26	27 <b>Parent/Child Skating/Gym at Sunova Centre</b> 9:00 – 10:30 a.m. 3 – 5 years	28 <b>Parent/Child Rhymes &amp; More</b> 9:30 – 11:00 a.m. 0 – 5 years <b>Dad's Gym Program *</b> 6:15 – 7:00 p.m.	29 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	30 <b>Come Play Room</b> Open 9:00 – 11:00 a.m.	31 <b>PD DAY</b> <b>NO SCHOOL</b>	

\* Dad's Program ~ Please register for this program by calling the school at 204-339-1964.



2014

# February



**WEST ST. PAUL COMMUNITY SCHOOL**  
 Advancing Community Schools  
 Serina Shewchuk - Learning Support Teacher - Early Years  
 Cheryl Rajfur - Community Coordinator  
 204-339-1964  
 School Website: <http://www.7oaks.org/school/weststpaul>

Sun	Mon	Tue	Wed	Thu	Fri	at	
<div style="border: 1px solid black; padding: 5px;">                     * Dad's Program ~ Please register for this program by calling the school at 204-339-1964.                 </div>			<h2>PARENT/CHILD PROGRAMS</h2>				1
2 	3 <b>PD DAY NO SCHOOL</b>	4 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	5 Come Play Room Open 9:00 – 11:00 a.m.	6 Come Play Room Open 9:00 – 11:00 a.m.	7 Let's Play 9:00 – 11:00 a.m. 0-5 years	8 	
9	10 Parent/Child Skating/Gym at Sunova Centre 9:00 – 10:30 a.m. 3 – 5 years	11 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	12 Come Play Room Open 9:00 – 11:00 a.m.	13 Hans Kai 9:15 – 11:00 a.m.	14 	15	
16	17 <b>LOUIS RIEL DAY NO SCHOOL</b>	18 Parent/Child Rhymes & More 9:30 – 11:00 a.m. 0 – 5 years Dad's Gym Program * 6:15 – 7:00 p.m.	18 Come Play Room Open 9:00 – 11:00 a.m.	20 Come Play Room Open 9:00 – 11:00 a.m.	21 Let's Play 9:00 – 11:00 a.m. 0-5 years	22	
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# 2014

