

# West St. Paul School Community Newsletter NOVEMBER, 2011

3740 MAIN STREET ~ WEST ST. PAUL MB R4A 1A4 ~ PHONE 339-1964 ~ FAX 339-7204

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

## **GRADE 4 SWIMMING**



Every Tuesday and Wednesday mornings, the students from Ms. Greening's and Miss Yeo's class go to Seven Oaks Swimming Pool to take part in the Learn to Swim Program offered by the Seven Oaks School Division's Physical Education Department.

#### Here are thoughts from 2 students:

At my first swimming class I had a very good time. The people in my group were Sam, Katie, Kyle. K and me. My favourite part was when we got to use the flutter boards to help us swim. I also liked how we had to put our head under water.

-Tyler D.



My favourite thing at swimming is front crawl. I like it because you get to put your face in the water and I like putting my face in the water. My second favourite is jumping off the diving board. I like doing pencil jump. I am with Troy, Brendan and Cruise. My swimming teachers name is Braden. We spend most of the time in the shallow end. Sometimes we're in the deep end. I like swimming a lot. It is lots of fun.

-Payton



## **GRADE 1 SKATING**

As part of 7 Oaks Learn to Skate program, both of our Grade 1 classes have begun skating classes at Maples Arena on Friday afternoons. The classes of Mrs. Moniz and Miss Schur take turns on the ice, practicing their skating skills. The Grade 1's are also accompanied by a different middle years class each week who assist in skate tying and dressing. The kids are doing a great job, and we look forward to continued classes taking us into the month of December.







## 2011-2012 IMPORTANT DATES

November 1-3	Hearing Screening
November 3	Hot Lunch
November 8	Parent Advisory Council Meeting ~ Room 43 @ 7 p.m.
November 10	Remembrance Day Assembly ~ 12:00 p.m.
November 11	Remembrance Day ~ NO SCHOOL
November 12	Baking donation drop-off between 10 a.m. & 1 p.m.
November 13	Annual PAC Craft Sale
November 19	Early Years Team Handball Tournament
November 25	Parent/Teacher Conferences ~ NO SCHOOL
November 28	School PD ~ NO SCHOOL
November 29 - December 2	Vision Screening
December 14-15	Holiday Concerts
December 22	Pancake Breakfast
December 23 - January 6	Winter Break ~ SCHOOL CLOSED
January 9	Classes Resume
February 20	Louis Riel Day ~ NO SCHOOL
March 16	Parent/Teacher Conference ~ NO SCHOOL
March 26 - March 30	Spring Break ~ SCHOOL CLOSED
April 6	Good Friday ~ NO SCHOOL
May 21	Victoria Day ~ NO SCHOOL
June 29	Last Day of Classes ~ EARLY DISMISSAL

Please keep this list of dates handy, however, 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.

www.7oaks.org/school/weststpaul/Pages

# FROM THE GYM...



#### **Terry Fox School Run**

On Wednesday, September 28th our school participated in the Terry Fox national school day event. Over 300 schools across the province took part in fundraising efforts with their own Terry Fox School Runs. Our school's annual run in support of cancer research was a huge success. West St. Paul students raised almost \$5000 and spent the afternoon making their way around "The Horseshoe" across the highway. The challenge was made to students that if they were able to raise over \$4000 students would be given the chance to throw pies at their favourite teachers. On the morning of October 31 those students that raised the most for cancer research had the opportunity in the gym. It was great fun and for a good cause too. Thank you to all families that gave toward this important cause.



#### Early Years Phys. Ed.

Congratulations to our EY Cross Country Team (grades 3-5) who did a great job at the divisional meet at Little Mountain Park, October 5! WSP was represented by 83 students and we had 23 top twenty finishes. Thank you to Mr. Zylstra, Miss Yeo, Miss Burridge and Miss Dilts for their help this season. Our next divisional event is the grade 4 & 5 Team Handball Tournament, November 19. Locations are TBA and schedules will be available November 14. Other event dates are Badminton March 20 (grades 4&5), Cross Country May 16 (rain date 18), WSP Track & Field May 22 (grades 4&5, rain date 24), and 7 Oaks Divisional T&F June 5 (grades 4&5, rain date 7).

Our school has agreed to assist the Canadian Lacrosse Association by piloting a community lacrosse program for children 6-11 years old. During several gym classes, we have been using the resource and learning about soft lacrosse. Each class will also be videotaped occasionally and the footage will be used to develop a coaching/teaching instructional DVD.

R. Chin

#### WEST ST. PAUL APPAREL

Order forms have been sent home and are due Thursday, November 10th. Order forms can also be found on our school website under News & Announcements.



#### EJKL EJKLM EJKLMN EJKLMNPNEL

#### VISION SCREENING

Vision Screening will take place at West St. Paul School during the week of November 29th — December 2nd.

Details will follow in a letter sent home with students.





Dear Families.

As part of a hearing conservation program, Seven Oaks School Division is conducting hearing screening tests again this year. This is being done to identify those students who may have a hearing problem that needs attention. Hearing screening tests will take place between Tuesday, November 1 and Friday, November 4th.

Your child will have his/her hearing tested, unless you notify the school in writing that you do not wish him/her to take part in this program.

If you do not hear further from us, you may assume that your child's hearing is within the normal limits; however, if further testing is indicated, you will be informed by letter.

Joey Robertson Learning Support Teacher



Once again, the students and families of West St. Paul School have the opportunity to help out needy children in the Winnipeg community by donating children's winter outerwear. Koats for Kids is a United Way organization. Donated items will be cleaned by Perths and made available to families whose children do not have warm winter clothing.

This campaign is being led by an impressive group of our middle school students, who will be speaking to all classes in the school and collecting donations every morning. The campaign begins immediately and will continue until the Monday after Parent/Teacher conferences, which will take place the evenings of November 23rd and 24th and on the morning of Friday, November 25th. Donations will be accepted at anytime between now and Monday, November 28th, especially when you come for your interview with your children's teachers.

The items needed include...

Winter jackets Snow Pants Snowsuits

Hat Mitts Winter Boots

We hope that you will find a way to contribute to this wonderful campaign. Thank you, again, for supporting our student leaders who are working to make our school an important member of the greater community.

# PARENT ADVISORY COUNCIL

The dates for PAC meetings will be:

#### 2011

November 8

December 6

#### 2012

January 17

February 14

March 13

April 10

May 8 (Annual General Meeting)



All parents/guardians are welcome to attend. Childcare is provided. Any changes to the meeting dates will be noted in the newsletter and on the school website.

Please put November 13th on your calendars for the annual West St. Paul School Craft and Bake Sale from 10:00 a.m. until 4:00 p.m. This Craft Sale is our school's biggest fundraiser of the year and we appreciate your generous support. Please consider donating some baking and/or silent auction prizes towards this event, and if you could spare an hour or two we could use some volunteers at the Front Door, Silent Auction, Bake Table, Canteen, and for set up on Sat. Nov. 12th and clean up on Sun. Nov. 13th. We will contact each family directly in this regard, but in the meantime, if you would like to sign up for a volunteer position or for a donation, please email Wendy Nachtigall at wsp\_pac@yahoo.ca. Baking may be dropped off on Saturday, November 12th between 9:00 a.m. and 12:00 p.m. Thank you so much for your support! We look forward to seeing you at the sale.



#### **CHESS CLUB**

Once again, West St. Paul students have the opportunity to learn and play chess. The Chess Club began last Wednesday, and will continue throughout the winter months, on Mondays and Wednesdays during lunch recess.

Instruction will be provided for beginning players and on-going coaching will occur throughout the coming months. The club is a drop-in event, so students who have a conflict with other noon hour activities, such as intramural sports, are free to attend those events and return to Chess when they have no other conflicting events.

#### **Mural Project**

Students in my options class decided to create some murals to help 'beautify' the school instead of there just being plain plywood sheets around the stairs and the office. The students have thoroughly enjoyed working on these projects because they get to express their creativity and they help to make a difference in our school.







By Mr. K. Rempel

#### Community Led Emission Reduction (CLER) Update

October has been a very busy month for the CLER projects. Winter is just around the corner and we have been rushing to beat the weather. This month, our CLER Coordinator, Mr. Holmes has worked with many grade 8 students to build a planter. The planter was placed near the volleyball courts outside the school and was filled with soil. It is now ready to be used next spring. Another project that is close to being up and running is composting. Two plastic composting bins have been installed outside the school near the basketball courts. The composting bins will be filled with material that is collected from all the classrooms in the school and will help reduce the amount of waste our school produces. The final CLER project that was completed in October was tree planting. Six large white spruce trees were planted near the volleyball courts outside the school and many other trees were planted throughout the community of West St. Paul. In total approximately \$9,000 was spent on new trees for the school and community. Mr. Holmes would like to thank all of the students who contributed their time and effort to complete these projects. Our school and community is a better place because of you!











#### Halloween for Hunger

The Halloween for Hunger campaign that West St. Paul recently participated in was derived from the organization Free the Children. The idea of FTC (Free the Children) is for youth to go out on Halloween and collect food for various shelters in the city. Since we are a K-8 school we knew that it would be difficult to get some parents and teachers on board if it meant giving up a free evening. So the UNESCO group decided to hold a food drive at West St. Paul to collect as many food items as we could over a certain period of time.

As a UNESCO school we have been participating in this campaign for two years now. Last year our goal was to collect 1000 food items in five days and we surpassed that and collected over 1500. This year our goal was to collect 2000 food items in eight days and we surpassed our goal again and raised just over 2000.

The food that has been collected will be picked up by two shelters in the city, which are Agape Table and The Lighthouse Mission. The students in the UNESCO group decided on these shelters because they thought that these organizations would need a lot of help since Winnipeg Harvest and Siloam Mission are already high profile shelters.

Throughout this campaign students have learned about our responsibility as citizens to care for those in need whether that is in our own backyard or around the world. I'm proud of the work that our school has done and you should be too.

Another exciting item to note is that we expect our school and this campaign will be highlighted in The Selkirk Journal and the Selkirk Record coming out Thursday, November 3<sup>rd</sup>.

Take care,

Mr. K. Rempel



#### **Thousand Paper Cranes**

Many of the grade fives are doing a novel study on the book called <u>Sadako and the Thousand Paper Cranes</u>. It is based on a true story. We are planning to make one thousand paper cranes per classroom. The reason we are doing this is because there is a legend and it goes if a sick person makes one thousand paper cranes the gods will grant that person a wish for better health. After we are done we will send them overseas to the people who are still fighting in war or peace keeping. If you would like to help you can make paper cranes and send them in any time. We welcome you to join us for our Remembrance Day assembly on November 10<sup>th</sup> at 12:00 p.m.

where we will be displaying the cranes to honour soldiers and peace keepers.

By Brody, Reghan, Paul and Maguire

#### MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

A local affiliate of Allergy/Asthma Information Association (AAIA)

Phone: 204-654-2676 Email: mainmanitoba@shaw.ca

October 2011

Our next educational evening will be on Tuesday Nov 29, 2011 7:00 – 8:30 pm.

Please register by contacting Nancy at 654-2676 or email mainmanitoba@shaw.ca

#### **Teaching Children to Manage Their Food Allergies**

Our evening will include a presentation and discussion on teaching children to share in the responsibility for reducing the risks and be part of the team managing their life threatening allergies. This session is for parents and caregivers. Although the majority of our attendees are parents, staff and volunteers working in the schools with students who have life threatening allergies are welcome to attend.

This meeting will take place at The Gray Academy at 123 Doncaster Street (room number will be posted)

Enter the building through the main doors of the Asper Jewish Community Campus located at 123 Doncaster Street. Free visitor parking is located across the street from the doors. Upon entering you must check in with the security desk. Identification may be requested.

The Gray Academy is located off Kenaston Blvd near Academy Road. For directions, go to:

http://www.grayacademy.ca/about\_visiting\_directions.html

Call or send an email with any questions.

Nancy Boni Manitoba Anaphylaxis Information Network (MAIN) mainmanitoba@shaw.ca 1-204-654-267

West St. Paul will be hosting the Scholastic Book Fair this November on the gym stage.

#### All Welcome. Come check out the new titles.

Our profits are used to purchase additional books for the library and classroom libraries.

Parent volunteers are needed for the following times:

Nov. 22, 23, 24 for class previews (K-4) and Early Bird Sales (grades 5 - 8)

Wednesday, Nov. 23 - 2:30 to 8:30 - Sales

Thursday, Nov. 24 - 2:30 to 8:30 - Sales

Friday, Nov. 25 - 8:00 to 12:00 - Sales or 1:00 - 3:00 for special orders

Monday Nov. 28 - packing up the Book Fair; sorting and delivering the orders from Friday

I can be reached at <a href="mailto:glory.boyce@7oaks.org">glory.boyce@7oaks.org</a> or 339-1964.

Your support is appreciated.

Glory Boyce Library Technician



**One Kid At A Time** 

## Working Together To Make Every Seven Oaks Leader Successful

Every child needs someone to teach them well.

Every child needs someone who takes the time to know them and care about them along with their hopes and dreams.

And above all else, every child needs someone to believe in their talent and think the best of them.

With one month of a brand new school year under our belts, we at the Seven Oaks School Division are so excited to be that "someone" for each of your children – at least while they're at school.

Our student body is diverse, unique and ever-evolving. Our staff work to make each child's journey through our schools rewarding and fulfilling by understanding each child's particular skills, interests and aspirations.

We work to help each and every student discover who they are, what they enjoy and how they can best tackle their challenges as learners.

We work to create programs that are just right for each learner's passions and skills and we pride ourselves on being able to offer innovative, original options that put our children first and set them above the rest.

We travel to tournaments, explore technology and help kids access the arts. We hold clubs from math to hockey and everything in between and are always looking for new ways to engage our students' diverse interests.

This year, we are so excited that Elwick School has been chosen to begin Sistema Winnipeg – a brand new initiative offered in partnership with the Winnipeg Symphony Orchestra that affects social change through music.

The program is modeled after El Sistema, a Venezuelan project launched in impoverished neighbourhoods in Caracas. It operates

on the idea that engaging in musical education, learning to care for instruments and gaining ownership will ultimately lead to an increased capacity to set goals, take ownership of one's own experience and reach potential.

Elwick is only the fourth school in Canada to receive funding and rights to the program.

Participating students will attend the Monday-to-Friday program from 3:30 until 6:30 each night, engaging in musical activities and even getting a snack.

They will start by creating their own instrument of cardboard or paper, then will go on to care for their instrument, gain ownership, and ultimately receive and learn to play a real instrument.



The first year of the program will feature string instruments only.

Elwick teacher Kristjanna Oleson will lead the program, along with five WSO musicians who will come into the school weekly. WSO ensemble groups will visit the school in November and students will have the opportunity to attend WSO family concerts throughout the year.

Sistema launches Oct. 17 and we couldn't be more excited to provide access to the arts for our participating students.

If you're not an Elwick parent or your music just isn't your kid's thing, rest assured one of our teachers is working to help your learner discover what his or her thing is. And take my word for it – many of our kids have many things.





We aren't into setting limits and look forward to working with you to help your child break them.

So let them explore. Encourage them to dream and dream along with them. Let them believe they can go wherever their imagination takes them whether it be soccer tryouts, choir practice or university.

No matter the stage of your child's educational journey, the path of possibilities is never ending. Whatever the destination, we can reach it together.

After all, it's the start of a new year and the start of endless possibilities for our community.

Let's work together - one kid at a time - and see how bright we can make the future.

#### **Brian O'Leary**

Seven Oaks School Division Superintendent



#### **Seven Oaks School Division Board of Trustees**

Evelyn C. Myskiw (Ward I) Chairperson. . . . . . . 339-1242 Edward P. Ploszay (Ward III) Vice-Chairperson. . 339-1260 Ric Dela Cruz (Ward II) . . . . . . . . . . . . . . . 694-5692

Socorro (Cory) Juan (Ward II) . . . . . . . . . . . . 694-8517

Ward I - West St. Paul Ward II - Maples, Riverbend

note: all phone numbers provided Ward III - Garden City, West Kildonan are home phone numbers

Website: www.7oaks.org

Telephone Number: 586-8061

## NOVEMBER, 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Wion	Tue	weu	1 nu	I'II	Sai
		1 – Day 4  Gr. 7 Girls VB  @ WSP (4-6 p.m.)  Hearing Screening	2 – Day 5  Divisional Volleyball  @ HC Avery  (4-6 p.m.)  Hearing Screening	3 - Day 6 HOT LUNCH Gr. 8 VB (4-6 p.m.) Girls @ ESOMS Boys @ WSP Hearing Screening	4 – Day 1  Hearing Screening	5
6	7 – Day 2 Gr. 6 Volleyball Girls @ HC Avery Boys @ WSP (4-6 p.m.)	8 – Day 3  PAC Meeting 7:00 p.m. ~ Rm. 43  Gr. 7 Girls VB  @ AEW (4-6 p.m.)	9 - Day 4 PIZZA DAY PHOTO RETAKES  Divisional Volleyball @ EP (4-6 p.m.)	10 – Day 5  REMEMBRANCE DAY ASSEMBLY Gr. 8 Volleyball Girls @ Leila North Boys @ AEW (4-6 p.m.)	REMEMBRANCE DAY NO SCHOOL	BAKING DONATION DROP-OFF 10:00 a.m 1:00 p.m.
PAC CRAFT SALE 10:00 a.m. – 4:00 p.m.	14 - Day 6	15 - Day 1	16 – Day 2	17 - Day 3	18 – Day 4  Divisional Volleyball  Tournament  @ Leila North	EY Team Handball Tournament @ Various Gyms
20	<b>21</b> – Day 5	<b>22</b> – Day 6	23 - Day 1 PIZZA DAY	<b>24</b> – Day 2	25 - Day 3  PARENT/TEACHER CONFERENCES  NO SCHOOL	26
27	28 - Day 4  PD DAY  NO SCHOOL	29 – Day 5 Vision Screening	30 – Day 6  Vision Screening  HOT LUNCH	DEC 1 – Day 1  Vision Screening	<b>2</b> – Day 2  Vision Screening	

#### 2011-2012 IMPORTANT DATES AT A GLANCE...

Nov 1 – 4	Hearing Screening
Nov 3	Mom's Pantry Delivery
Nov 9	Lifetouch Photo Re-takes
Nov 10	Remembrance Day Assembly
Nov 11	Remembrance Day – NO SCHOOL
Nov 13	Annual PAC Christmas Craft Sale (Baking donation drop off on Nov 12 between 10 & 1)
Nov 25	Parent/Teacher Conferences – NO SCHOOL
Nov 28	PD DAY – NO SCHOOL
Nov 29 – Dec 2	Vision Screening
Dec 23 – Jan 6	Winter Break – SCHOOL CLOSED
Jan 9	Classes Resume
Feb 20	Louis Riel Day – NO SCHOOL
Mar 16	Parent/Teacher Conferences – NO SCHOOL
Mar 26 – Mar 30	Spring Break – SCHOOL CLOSED
May 21	Victoria Day – NO SCHOOL
Jun 29	Last day of Classes – EARLY DISMISSAL

## DECEMBER, 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 – Day 1 Hearing Screening	<b>2</b> – Day 2 Hearing Screening	3
4	5 – Day 3	6 – Day 4	7 – Day 5	8 – Day 6	9 – Day 1	10
11	<b>12</b> – Day 2	<b>13</b> – Day 3	14 – Day 4  HOT LUNCH  Holiday Concert 7:00 p.m.	15 – Day 5 Holiday Concert 7:00 p.m.	<b>16</b> – Day 6	17
18	19 – Day 1	<b>20</b> – Day 2	<b>21</b> – Day 3 Divisional Basketball @ TBA	22 – Day 4 Pancake Breakfast	23 WINTER BREAK BEGINS SCHOOL CLOSED	24
25	26 S C	1N T H O C	ER B	REA LOS	K E D	31

### **NOTES:**

## NOVEMBER

#### WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools Joey Robertson - Learning Support Teacher - Early Years Cheryl Rajfur - Community Coordinator 339-1964

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	3	<b>Parent/Child Drop-In</b> 9:00 – 11:00 a.m. 0 – 5 years	5
" My	7 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	Parent/Child Rhymes & More 9:15 - 10:30 a.m. 0 - 5 years PAC Meeting - 7 p.m. Free Childcare.	9 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	10	11 REMEMBRANCE DAY NO SCHOOL	12
13	Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	16 Health Sessions For Parents 9:15 – 11:15 a.m. FREE CHILDCARE	17	18 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	
20	Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	23	24	25 PARENT/TEACHER CONFERENCES NO SCHOOL	26
27	28 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	Parent/Child Rhymes & More 9:15 – 10:30 am 0 – 5 years	30 NE	NEW PROGRAM: HEALTH SESSIONS FOR PARENTS Please call Cheryl @ 339-1964 for more information or to register.		

PARENT/CHILD PROGRAMS

2011

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

## **DECEMBER**

#### WEST ST. PAUL COMMUNITY SCHOOL

Advancing Community Schools Joey Robertson - Learning Support Teacher - Early Years Cheryl Rajfur - Community Coordinator 339-1964

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	Sun	Mon	Tue	Wed	Thu 1	Fri 2	Sat 3
	******	******	* * * *	* * * * *	*	<b>Parent/Child Drop-In</b> 9:00 – 11:00 a.m. 0 – 5 years	
4		5     Parent/Child     Storytime 9:00 – 10:30 a.m. 3 – 5 years	Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years PAC Meeting – 7 p.m. Free Childcare.	7	8	9 Parent/Child Drop-In 9:00 – 11:00 a.m. 0 – 5 years	10
11		Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	14 Holiday Concert	15 Holiday Concer	16	17
18		19	20	21	Pancake Breakfa		24
25		HA.	27 P <b>P</b>	HO		A > 5	31
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PARENT/CHILD PROGRAMS

2011

### November 2011 - KYAC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 KYAC @ ESOMS 6-9pm Super Art program w/ Sam Villanueva 630-8pm	2 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	3 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm Guitar program with Ashley McCurdy 6-730pm	4 KYAC @ EP 6-9pm KYAC @ RB 6-9pm Yoga program 630- 8pm RB Gym	5 KYAC @ ESOMS 1-5pm
6 KYAC IS CLOSED	7 KYAC @ EP 6-9pm	8 KYAC @ ESOMS 6-9pm Super Art program w/ Sam Villanueva 630-8pm	9 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	10 KYAC @ FP 330-5pm KYAC GYM CLOSED @ ESOMS Guitar program with Ashley McCurdy 6-730pm	11 REMEMBRANCE DAY KYAC IS CLOSED	12 KYAC @ ESOMS 1-5pm
13 KYAC IS CLOSED	14 KYAC @ EP 6-9pm	15 KYAC @ ESOMS 6-9pm	16 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	17 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm Guitar program with Ashley McCurdy 6-730pm	18 KYAC @ EP 6-9pm KYAC @ RB 6-9pm Yoga program 630- 8pm RB Gym	19 KYAC @ ESOMS 1-5pm
20 KYAC IS CLOSED	21 KYAC @ EP 6-9pm	22 KYAC @ ESOMS 6-9pm SPA NIGHT w/ Madison	23 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	24 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm	25 KYAC @ EP 6-9pm KYAC @ RB 6-9pm P/T interviews Yoga program 630- 8pm RB Gym	26 KYAC @ ESOMS 1-5pm
27 KYAC IS CLOSED	28 KYAC @ EP 6-9pm	29 KYAC @ ESOMS 6-9pm Super Art program w/ Sam Villanueva 630-8pm	30 KYAC @ GS 330-530pm KYAC GYM CLOSED @ EP (Band concert)	GS – Governor Semple ESOMS – Ecole Seven Oaks N EP – Edmund Partridge		verbend rest Park

#### **KYAC NOVEMBER INFO**

**Hours of operation:** 

Edmund Partridge – Mondays/Wednesdays/Fridays 6-9pm
Ecole Seven Oaks Middle School – Tuesdays/Thursdays 6-9 PM
and Saturdays 1-5pm
Riverbend – Fridays 6-9pm
Governor Semple – Wednesdays 3:30-5:30pm (only GS students)
Forest Park – Thursdays 3:30-5pm (only FP students)
(All are open gyms!) FREE All school year long!

\*\*Parent/Child Yoga classes @ Riverbend Friday nights! All are welcome!

Guitar Program w/ Ashley McCurdy Thursdays nights (Nov. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>) from 6:00-7:30 @ ESOMS! 'Spa Night' w/ Madison Tuesday night November 22<sup>nd</sup> from 6-9pm @ ESOMS! Super Art Program continues through November (Tuesdays 1<sup>st</sup>, 8<sup>th</sup> and 29<sup>th</sup>)

Register w/ KYAC - Email us kyac@7oaks.org for more details!\*\*

ALL ARE WELCOME!

\*\*Subject to cancel if there are not enough participants\*\*

Check out our website: <a href="http://www.7oaks.org/Programs/KYAC/Pages/default.aspx">http://www.7oaks.org/Programs/KYAC/Pages/default.aspx</a>
\*\*KYAC will be closed Friday November 11th (Remembrance Day)

KYAC will be OPEN during P/T interviews!!\*\* (Check KYAC site for dates and times)

'Like' our page on facebook, search KYAC Follow us on twitter → kyac7oaks for daily updates

For more information, contact Pierre Feng, KYAC Program Coordinator, at 586-0327 or by email at pierre.feng@7oaks.org.

## LIFE THREATENING ALLERGIES

Understanding the Risks Reducing the Risks

## Teaching Children to Manage Their Food Allergies

an education session for parents and caregivers

Tuesday November 29, 2011 7:00—8:30 pm

The Gray Academy, 123 Doncaster Street (room number will be posted)

to register call Nancy at 654-2676 or send email to mainmanitoba@shaw.ca

Enter through the Asper Jewish Community Campus at 123 Doncaster Street. Free parking is located across the street. Please register at the security desk..

#### Manitoba Anaphylaxis Information Network (MAIN)

affiliated with Allergy\Asthma Information Association (AAIA)
Contact: Nancy Boni 204-654-2676 Email: mainmanitoba@shaw.ca

Helping Families Cope with Life Threatening Allergies