



West St. Paul School Community Newsletter OCTOBER, 2010

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

The rules: Take care of yourself. Take care of each other. Take care of this place.

IMPORTANT DATES

Oct 1

PD Day

NO SCHOOL

Oct 8

Immunizations
Grade 4 Students
Grade 6 Girls

Oct 11

Thanksgiving Day
NO SCHOOL

Oct 13

Lifetouch Photos

Oct 22

SAG

NO SCHOOL

Nov 1

PD Day

NO SCHOOL

Nov 11

Remembrance Day
NO SCHOOL

Nov 14

PAC Christmas Craft Sale

Nov 26

Parent/Teacher
Conferences
NO SCHOOL

CAMP STEPHENS September 20-22, 2010



C'mon Boats...Where are you?



Just Hanging Around

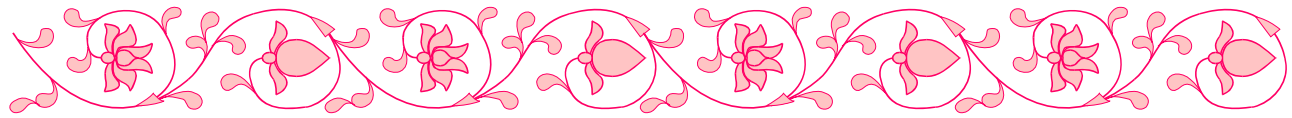


Almost There!



Waiting for Our Turn at the Vertical Playpen

On September 21, 22, 23 forty four students from Ms. Los', Mr Vandongen and Mrs. Shewchuk's classes had an amazing camping experience at Camp Stephens. A big THANK YOU to the Parent Advisory group for helping to pay for the bussing. A big thanks to the three classroom teachers, Ms Gingera, Mr. Robertson, Mr. Correia and Mrs. Hasiuk for providing this terrific experience for the students . What a great way to begin the school year!



2010-2011 IMPORTANT DATES AT A GLANCE

October 1	School In-service ~ NO SCHOOL
October 11	Thanksgiving Day ~ NO SCHOOL
October 12	QSP Fundraiser Deadline Please have all your orders in
October 13	Lifetouch Photos ~ 8:00 am (Retakes ~ November 8)
October 22	SAG ~ NO SCHOOL
November 1	School In-service ~ NO SCHOOL
November 11	Remembrance Day ~ NO SCHOOL
November 13	Bring in your Baking for the Craft Sale
November 14	PAC Christmas Craft Sale
November 26	Parent/Teacher Conference ~ NO SCHOOL
December 23/10 - Jan 5/11	Winter Break
January 6	Classes Resume
January 28	School In-service ~ NO SCHOOL
February 21	Louis Riel Day ~ NO SCHOOL
February 23-25	Middle Years Winter Activity Days
March 18	Parent/Teacher Conferences ~ NO SCHOOL
March 28 - April 1	Spring Break
April 25	School In-service ~ NO SCHOOL
May 23	Victoria Day ~ NO SCHOOL
June 24	School In-service ~ NO SCHOOL
June 30	Last Day of School ~ 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.



UNESCO CONNECTION



Recently, over summer vacation, Mr. Rempel took a trip to Guatemala and delivered pictures we made in grade 7 for a grade 4 class in Guatemala. While Mr. Rempel was there, he got the children to draw us pictures of what they think is important in Guatemala and write us a page about themselves and what they like to do in their free time.

We received their letters the second day of school and responded by writing them letters telling them things about Canada. Now that we have made contact with the children, we will hopefully become their pen-pals through Mr. Rempel and the 4th grade teacher in Guatemala.

Through the duration of this school year, we have many ideas of fundraisers we could do to help the children in Guatemala get a better education, one idea including sending them school supplies packages for each child.

Alexa T. & Devin P. - Room 47



ROOTS OF EMPATHY!



Some exciting news that will affect the children in Ms Greening's grade 4/5 class is that they will be participating in a program called Roots of Empathy (ROE). This program teaches children about feelings; their own feelings, and the feelings of others. Once a month, baby Maciek and his mom will visit the classroom. A trained ROE Instructor will gather the children around a green blanket and together they will watch the baby grow.

The children predict and cheer when their ROE baby reaches the developmental milestones of the first year; "He can roll over!" "He got his first tooth!" "He can sit up!" "He can crawl!"

The ROE Instructor also coaches the children in observing the baby and reading the cues the baby gives as to how he is feeling: "Is he happy or sad?" "How can you tell?" This discussion is used as a lever for the children to talk about their own emotions and to understand how their classmates feel: "Do you smile when you're happy?" "How can you tell if your friend is happy?" Being able to understand how other people are feeling is called empathy. The ROE Instructor also visits the classroom before and after each family visit to prepare and reinforce teachings using a specialized lesson plan for each visit.

For more than ten years across Canada and Internationally, thousands of children are learning respect and care for one another with the lessons started through their Roots of Empathy baby.

Emergency Procedures at West St. Paul School

Fire Drills

We are required to have ten fire drills in a school year. All students and staff are required to leave the building during fire drills. There is attendance taken outside. If all is clear then we re-enter the building. On occasion we block an entry so that students get used to using alternative exits.

Evacuation

If we ever have to evacuate the building, we have two alternate spots. The Middle Years students would evacuate to Middlechurch Home. Kindergarten to Grade Five students evacuate to the West St. Paul Curling Rink. If we are unable to reenter the school, parents will be called to pick up their children at these evacuation spots.

We will be practicing our Evacuation Drill on October 6th in the morning. The Afternoon Kindergarten will practice that afternoon

Lock Down

This is a procedure that we will use if there is ever an intruder in the building. Each classroom has a spot that is away from windows and doors. Students are instructed to sit with their backs against the wall and remain quiet until the lock down is ended. We will practice the lock down drill once during the year.



COMMUNITY LED EMISSIONS REDUCTION (CLER) PROGRAM

We are proud to announce that we have hired a community coordinator to oversee our community led

emissions reduction (CLER) program that we have engaged with the Government of Manitoba. The coordinator's name is Craig Gibb. Craig has his Bachelor of Science and Bachelor of Education degrees from the University of Winnipeg and is currently working on a Masters degree. Along with school staff, Craig will be working with our students on several projects.

Watch the newsletter each month to see what we are doing to reduce greenhouse gas emissions and make West St. Paul an even better place to live.

Bring in Your Plastic Bags.!

In the last two weeks of October, we will be collecting plastic bags for recycling. This will be a part of a Take Pride Winnipeg initiative whereby the plastic bags can be exchanged for Frisbees, made of recycled plastic bags.

Don't throw them in the landfill!

- ◆ It takes **1000 years** for polyethylene bags to break down
- ◆ As polyethylene breaks down, toxic substances leach into the soil and enter the food chain
- ◆ Approximately **1 billion** seabirds and mammals die per year by ingesting plastic bags
- ◆ Plastic bags are often mistaken as food by marine mammals. **100,000** marine mammals die yearly by eating plastic bags.
- ◆ Plastic bags choke landfills
- ◆ Plastic bags are carried by the wind into forests, ponds, rivers, and lakes

Read more at Suite101: [Say No To Plastic Bags: The Shocking Facts About Polyethylene Bags](http://www.suite101.com/content/say-no-to-plastic-bags-a20241#ixzz10xsNDed!) <http://www.suite101.com/content/say-no-to-plastic-bags-a20241#ixzz10xsNDed!>

Parent Advisory Council Report

Elana Spence – PAC Co-chair

I would like to thank all the parents who attended the September Parent Advisory Council Meeting! I know that between juggling jobs, running the kids to activities, remembering to fill in agenda books and making lunches that it is sometimes difficult to find time for a shower never mind an evening meeting! That being said it is a great opportunity to find out about what has been going on in the school, what are the goals for the future and just to express some concerns to the Administrative team. A huge thank you to Candice Katz and Debbie Glatz who are in charge of the Hot Lunch Program. As the parent of a grade 1 student I'm just beginning to realize how much parents love the chance to take a night off from the grind of loading up the lunch kit with veggies, fruit, sandwiches and pudding cups!

Our next meeting is Wednesday, October 20th at 7:00 p.m. and I invite any parents of West St. Paul students to join us.

FUNDRAISING NEWS

PAC is pleased to bring you the QSP magazine fundraiser again. This continues to be a very successful fundraiser that benefits our students & school. On average we retain \$10.00 from every subscription ordered or renewed, so every order counts! Thank you in advance for your efforts to support the student & school through this fundraiser!

Keep November 14th on your calendars for the annual West St. Paul School Craft and Bake Sale. Please consider donating baking towards this event. Each family will be contacted about helping out and donating baking. You will be able to drop off baking on Saturday November 13.

Parent/Child Program

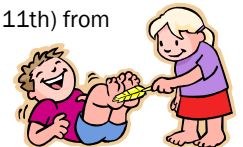
WIGGLE, GIGGLE AND MUNCH

This program is for families with children **1-5 years of age**. The program has four main goals:

- To promote the benefits of physical activity and healthy eating from an early age.
- To encourage the belief in and practice of healthy living by providing participants with the experiences and tools they need to make physical activity and healthy eating part of daily living.
- To offer information about community resources for keeping active.
- To provide a safe environment where families can get to know each other and strengthen their community ties.



Wiggle, Giggle and Munch will run for 7 weeks beginning **Thursday Oct. 7th until Nov. 25th**. (NOTE no class on Nov. 11th) from **6:00 - 7:30 p.m.** in the school gym.



Please register by calling Cheryl at 339-1964.

TRIPLE P - POSITIVE PARENTING PROGRAM

Seven Oaks School Division, Educational & Clinical Support Services is offering a Triple P group for parents who are looking for new strategies to help with their children. The Monday evening group runs from October 18 to November 22 at Constable Edward Finney School from 6 p.m. to 8 p.m. The Tuesday evening group runs from October 26 to November 30 at Ben Zaidman Educational Resource Centre from 6 p.m. to 8 p.m. Included with the newsletter is more information about Triple P and a registration form.



THANK YOU!!



A big thank you to Jerry Bilenky of KANAHA Garden Products Ltd. for the generous donation of soil and plants for our gardens at the front of the school in the spring. Your kindness is very much appreciated.

From the Gym...



MIDDLE YEARS PHYSICAL EDUCATION NEWS

We have 20 middle years students participating in cross-country running. Here is a list of the remaining scheduled divisional meets:

- Thursday, October 7 @ Kilcona/Harbourview - Provincials (11:00 a.m. - 1:30 p.m.)
- Friday, October 8 @ Bird's Hill Park - Pope's Hill (10:00 a.m. - 1:30 p.m.)
- Friday, October 15 @ Kilcona Park (10:00 a.m. - 1:30 p.m.)

Furthermore, Middle Years volleyball practices are well under way. All teams are practicing extremely hard for their upcoming tournaments. Tournaments will be on the following days. Stay tuned for the locations of these games.

- Grade 6 tournaments @ various schools (3:30 p.m. - 5:30 p.m.)
- October 18, October 25 and November 8 (all Mondays)
- Grade 7 tournaments @ various schools (3:30 p.m. - 5:30 p.m.)
- October 12, October 19, November 2 and November 9 (all Tuesdays)
- Grade 8 tournaments @ various schools (3:30 p.m. - 5:30 p.m.)
- October 14, October 21, October 28 and November 4 (all Thursdays)
- Grade 8 Boys & Girls - November 5 @ TBA (1:00 p.m. - 5:00 p.m.)

Terry Fox School Run

West St. Paul's school run in support of Terry Fox will be held on Thursday, September 30 from 1:00 p.m. until 2:15 p.m.. Classes will begin by making their way down to the gym for a short presentation. We'll then walk across Main Street to "The Horseshoe" where we will travel clock-wise to do our school walk.

School pledge sheets for the youngest child of each family attending West St. Paul were given out earlier in September. Extra sheets can be obtained from the office at the school. Please ensure that West St. Paul's Run-site number MB1460 is written on your pledge sheet. Pledges can also be made on-line at:

<https://secure.e2rm.com/registant/LoginRegister.aspx?EventID=44877&LangPref=en-CA>

As a school, West St. Paul School has raised almost \$20,000. Hopefully we can add to that total this year for cancer research.

MANITOBA ANAPHYLAXIS INFORMATION NETWORK (MAIN)

a sub-group of Allergy/Asthma Information Association (AAIA)

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

Manitoba Anaphylaxis Information Network & Thompson Children's Allergy and Asthma Centre will be hosting an evening presentation:

FOOD ALLERGIES: What's New?

Monday November 8, 2010

7:00 – 8:30 pm

Dr. N. Cisneros, Pediatric Allergist, Children's Hospital of Winnipeg will present on the latest findings from research on food allergies followed by time for questions and answers.

This will be held at the Annie Bond Room, Main Level, Community Services Building, 685 William Avenue (across from children's emergency). Seating is limited. Please register at 787-4116.

Nancy Boni
Manitoba Anaphylaxis Information Network (MAIN)
mainmanitoba@shaw.ca
1-204-654-2676



"Activities in Community Places"

Everyone is invited to get "in motion" with **Seven Oaks Healthy Living** this fall! All ages are welcome to join in the Open Gym times on the schedule below (equipment provided).

All activities are offered FREE of charge

Day	Location	Time Slot	Activity
Mondays 10 Weeks Starting October 4 Ending December 13	Ecole Seven Oaks Middle School 800 Salter Street	6 p.m.–8 p.m. Students may not attend without parents!! Adults Welcome.	Open Gym (all ages)
Thursdays 10 Weeks Starting October 7 Ending December 6	Elwick School 30 Maberley Road	6 p.m.–8 p.m. Students may not attend without parents!! Adults Welcome.	Open Gym (all ages)

Program will be continuing January through March with the addition of skating at Elwick.

For more information call Larry 632-1716

VINCE LEAH RECREATION CENTRE
1295 Salter Street

HALLOWEEN PRE-TEEN DANCE
(12 and under only - ID may be required)

FRIDAY, OCTOBER 29, 2010
7PM TIL 9PM

COST: \$2.00 per person

COSTUMES, PRIZES AND CANTEEN WILL BE OPEN

PARENTS ARE WELCOME TO ATTEND



Selkirk & District Chamber of Commerce presents

PUBLIC ELECTIONS FORUMS, 2010

For candidates in:

Seven Oaks School Division

School Trustee (Ward I)

Sunday, Oct. 17 - Sunova Centre @ 5:00 p.m.

RM of West St. Paul

Mayor & Council

Monday, Oct. 18 - Sunova Centre @ 7:00 p.m.

Please see attached bulletin for dates, times and locations of forums for:

City of Selkirk

RM of St. Clemens

RM of St. Andrews

Lord Selkirk School Division

For more information, please call the Chamber office at 482-7176.

KEYSTONE KIPS (1998) GYMNASTICS

"NEW"

**RECREATIONAL PROGRAMS
ON SATURDAY**

Parent and Tot Classes 2 years and up

Girls & Boys Classes

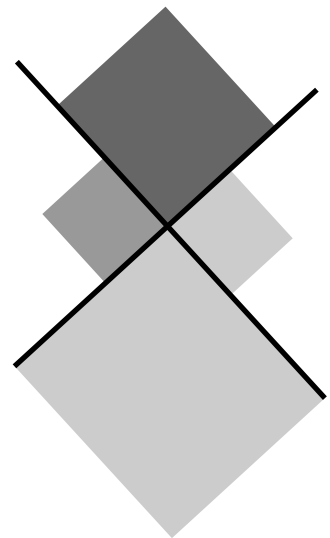
Ages: 3 years & up

6:00 PM TO 7:30 PM

LOCATION: WEST ST PAUL SCHOOL
(3740 MAIN ST, NORTH OF THE PERIMETER)

FOR INFORMATION CALL: 694-8096

Or email us at: keystonekips@mts.net



Manitoba Anaphylaxis Information Network (MAIN)
&
Thompson Children's Allergy and Asthma Centre
present

FOOD ALLERGIES: What's New?

An evening presentation with

Dr. N. Cisneros

**Pediatric Allergist
Children's Hospital of Winnipeg**

**Monday November 8, 2010
7:00 – 8:30 pm**

Dr. Cisneros will present on the latest findings from research on food allergies followed by time for questions and answers.

**Annie Bond Room, Main Level
Community Services Building
685 William Avenue**

Seating is limited. Please register at 787-4116.



*Selkirk & District Chamber of Commerce
presents*

PUBLIC ELECTION FORUMS 2010

**FOR ALL CANDIDATES IN THE UPCOMING MUNICIPAL AND
SCHOOL DIVISION ELECTIONS**

Candidates	Date	Location	Time
City of Selkirk Mayor & Council	Tuesday October 12 th , 2010	Lord Selkirk High School Theatre	7:00 PM
RM of St. Clements Mayor & Council	Wednesday October 13 th , 2010	Happy Thought School 659 Quarry Rd, E. Selkirk	7:00 PM
RM of St. Andrews Reeve & Council	Thursday October 14 th , 2010	St. Andrew C.C. 24A St. Andrews Rd	7:00 PM
L.S.S.D. School Trustee	Sunday October, 17, 2010	Lord Selkirk High School Theatre	2:00 PM
Seven Oaks S.D. Ward 1 (W. St. Paul) School Trustee	Sunday October 17, 2010	Sunova Centre West St. Paul	5:00 PM
RM of West St. Paul Mayor & Council	Monday October 18, 2010	Sunova Centre 48 Holland Rd West St. Paul	7:00 PM

For Info Call 482-7176 (Chamber office)



SEVEN OAKS
SCHOOL DIVISION
community begins here



Seven Oaks School Division, Educational and Clinical Support Services is again pleased to offer a Triple P group for parents who are looking for new strategies to help with their children. This program is designed for parents who have children between two and twelve years of age. During Triple P you will learn about a positive parenting approach that aims to promote children's development and manage children's behaviour in a constructive and helpful way. Parents have a choice of attending a Monday or Tuesday evening group. ****Childcare will be provided during the Monday evening group only.**

Monday Evening Group:

**Location: Constable Edward Finney
25 Anglia Avenue**

Monday Evenings: 6:00 to 8:00 p.m.
October 18, 25, November 8, 15, 22, 2010.

Tuesday Evening Group:

**Ben Zaidman Educational
Resource Centre**

Tuesday Evenings: 6:00 p.m. to
8:00 p.m.
October 26, November 9, 16, 23,
and 30th, 2010.

Registration:

Yes, I/we would like to register for the **Monday** Group _____

Yes I/we would like to register for the **Tuesday** Group _____

Parent(s) Name: _____

Address: _____

Age of Children: _____

Telephone Number: _____

Childcare required (Monday only): Yes _____ No _____

Who referred you to the program: _____

You will be contacted prior to the start of Triple P to confirm your registration. For further information for the Monday evening group please contact Jennine Scott or Lisa Dveris at 582-3383; for the Tuesday evening group please contact Lyana Hoydalo or Shira Cohen at 582-3383.

Please return this form to the school by October 4, 2010.

**** For office use only****

School Secretaries **please fax the returned registration to the ECSS office**, attention Carol Makarenko @ 582-6272 by October 5, 2010.

OCTOBER

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 Program					1 SCHOOL INSERVICE NO SCHOOL	2
					3	4 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years
10	11 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	12 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	13	14 Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	15 Parent/Child Drop In 9:00 – 10:30 a.m. 0 – 5 years	16
17	18 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	19 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	20	21 Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	22 SAG INSERVICE NO SCHOOL	23
24	25 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	26 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	27	28 Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	29 Parent/Child Drop In 9:00 – 10:30 a.m. 0 – 5 years Wear a costume	30
31						


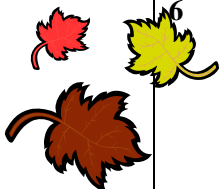

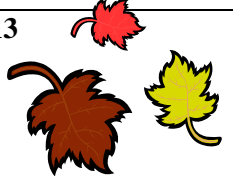






2010

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	
	1 SCHOOL INSERVICE NO SCHOOL	2 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	3	4 Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	5 	6	
7	8 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	9 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	10 	11 REMEMBRANCE DAY NO SCHOOL	12 Parent/Child Drop In 9:00 – 10:30 a.m. 0 – 5 years	13 	
14 PAC CHRISTMAS CRAFT SALE 10 am – 4 pm	15 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	16 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	17	18 Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years	19 Parent/Teacher Conferences NO SCHOOL	20 	
21	22 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	23 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	24	25 Wiggle, Giggle, Munch 6:00 – 7:30 p.m. 2 – 5 years Last class	26 Parent/Child Drop In 9:00 – 10:30 a.m. 0 – 5 years	27 	
28 	29 Parent/Child Storytime 9:00 – 10:30 a.m. 3 – 5 years	30 Parent/Child Rhymes & More 9:15 – 10:30 a.m. 0 – 5 years	Parent/Child Program				

2010

OCTOBER

West St. Paul School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 - Day 1 INSERVICE NO SCHOOL	2
3	4 - Day 2	5 - Day 3 WSP Fire Department Presentation Gr. 8 vs. WSPFD	6 - Day 4 Evacuation Drill Early Years X-Country Kilcona (p.m.) Hot Lunch	7 - Day 5 MY Athletics MB X-C Challenge @ Kilcona Park (9:00 – 2:00)	8 - Day 6 Immunization MY X-Country Bird's Hill Park (9:15 – 2:00) Grade 1 Skating	9
10	11 THANKSGIVING DAY NO SCHOOL	12 - Day 1 Gr. 7 Volleyball @ TBA (3:30 – 5:30)	13 - Day 2 Lifetouch Photos 8:00 a.m. EY X-C Raindate Divisional VB @ TBA	14 - Day 3 Gr. 8 Volleyball @ TBA (3:30 – 5:30)	15 - Day 4 MY X-Country @ Kilcona Park (9:15 – 2:00) Grade 1 Skating	16
17	18 - Day 5 Gr. 6 Volleyball @ TBA (3:30 – 5:30)	19 - Day 6 Gr. 7 Volleyball @ TBA (3:30 – 5:30)	20 - Day 1 Divisional VB @ TBA PAC MEETING 7 p.m. - Library Hot Lunch	21 - Day 2 MY X-C Raindate Gr. 8 Volleyball @ TBA (3:30 – 5:30)	22 - Day 3 SAG NO SCHOOL	23
24 31	25 - Day 4 Gr. 6 Volleyball @ TBA (3:30 – 5:30)	26 - Day 5	27 - Day 6	28 - Day 1 Gr. 8 Volleyball @ TBA (3:30 – 5:30)	29 - Day 2 Grade 1 Skating	30

2010

IMPORTANT DATES AT A GLANCE

October 1	Professional Development Day ~ NO SCHOOL
October 11	Thanksgiving Day ~ NO SCHOOL
October 13	Lifetouch Photos ~ 8:00 a.m.
October 20	PAC Meeting ~ 7:00 p.m. in the Library ~ Childcare provided
October 22	SAG ~ NO SCHOOL
November 1	School PD ~ NO SCHOOL
November 8	Lifetouch Photo Retakes ~ 8:00 a.m.
November 11	Remembrance Day ~ NO SCHOOL
November 14	PAC Christmas Craft Sale
November 26	Parent/Teacher Conferences ~ NO SCHOOL
Dec 23/10 – Jan 5/11	Winter Break
January 6	Classes Resume
January 28	School PD ~ NO SCHOOL
February 21	Louis Riel Day ~ NO SCHOOL
February 23-25	Middle Years Ski Trip to Asessippi
March 18	Parent/Teacher Conferences ~ NO SCHOOL
March 28 – April 1	Spring Break
April 25	School PD ~ NO SCHOOL
May 23	Victoria Day ~ NO SCHOOL
June 24	School PD ~ NO SCHOOL
June 30	Last Day of School ~ Early Dismissal

