

# HAWK TALK

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*It was one of those March days when  
the sun shines hot and the wind blows  
cold: when it is summer in the light,  
and winter in the shade.*

*~Charles Dickens, Great Expectations*

**At ÉSOMS, March is a time when students, teachers and their families come together to share and celebrate student learning, to reflect about strengths and accomplishments, and to set goals for a successful conclusion of the school year.**

**Report cards are scheduled to go home to families on Monday, March 10<sup>th</sup>. Parent-student-teacher conferences will take place on the evenings of Tuesday, March 11<sup>th</sup> and Thursday, March 13<sup>th</sup> as well as the morning of March 14<sup>th</sup>. You should have already received a letter asking for some possible meeting times. These letters are due back to your child's classroom teacher on Tuesday, March 4<sup>th</sup>.**

**TAS reports for term 2 will be written by teachers once all TAS classes have been completed. We will send TAS reports home the week of April 14 - 17. We will notify families by email when this is done, and we will post an announcement on our website.**

**While November and March are months when we host formal meetings, we welcome conversations about the progress and well-being of your children at any time. Please do not hesitate to call or email!**

## *Important Dates*

March 3	ÉSOMS Winter Activity Day
March 4	Parent Advisory Council 6:30 pm
March 10	Student Reports go home
March 11	Parent/Teacher/Student Conferencing - Evening
March 13	Parent/Teacher/Student Conferencing - Evening
March 14	Parent/Teacher/Student Conferencing – No Classes
March 20-21	Brandon Jazz festival
March 28	Last day of classes before Spring Break
April 7	Classes resume after Spring Break – Day 5
April 7	First day for term 3 of TAS morning options.
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 29	Choir/ Fiddling Concert
May	Sustainability in Action 5:00 pm (Date TBA)
June 4	Parent Advisory Council 6:30 pm
June 11	Band Concert – North Kildonan Mennonite Church
June 25	Grade 8 Farewell Evening 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 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup>.

Ticket information will be coming soon!

## Seven Oaks Education Foundation Inc.

invites you to attend the  
**Annual General Meeting**

**Tuesday, March 18, 2014**  
**5:00 p.m. – 6:00 p.m.**

**Canad Inn Garden City**  
**2100 McPhillips Street**

(Refreshments Provided)



### Vision

A supportive community where all students believe they can continue their education and training beyond high school.

### Mission Statement

To make post secondary education accessible for as many students as possible by engaging the financial support of the Seven Oaks Community.

We value education beyond high school, community, sustainability and inclusion.

# In the gym....

## Physical Education Class

Throughout the month of February students completed a bowling unit, a badminton unit and continued with the broomball unit. They also participated in a yoga class and a number of timed fitness runs.

***Please note that gym classes will continue to take place outdoors, so please help remind your child to bring gym clothes that are suitable for the cold weather.***

## Special Olympics

On February 20th, the Special Olympic athletes participated in a snowshoe competition sponsored by Special Olympics Manitoba.

On February 20th our Special Olympics team participated at the *In the School/Manitoba* Special Olympics sponsored snowshoe competition. The weather conditions were not ideal however everyone had fun! A special thanks to all of the coaches and parents who came to support our athletes!



## Extracurricular

Basketball season has wound its way to a close except for the Divisional Teams who will continue playing on in to March. The Divisional Boys will host their **11<sup>th</sup> Annual Hawks Basketball Challenge** on Fri March 7<sup>th</sup> & Sat March 8<sup>th</sup>. The boys first see action on the Friday at 5:15 vs Westdale Junior High. The Girls Divisional Team enters March on a roll, and with a record of 20W-1L. They started their hot streak with a championship in the **6<sup>th</sup> Annual Girls Hawks Challenge** here at ESOMS, then followed that up with a Championship at the A.A. Leach tournament (Fort Garry) and most recently with another championship in the General Wolfe tournament (Wpg School Div). The girls have 5 more games before the start of the JHIT (Junior High Invitational Tournament, “provincials”) the last week of March. The 20 wins marks the best season as it relates to record in the 6yr history of the Divisional Girls program.

A major thank you goes out to all of our volunteer basketball coaches for their time and efforts throughout this past season. **Gr. 6 Girls:** Mme Freisen; **Gr. 6 Boys:** Mr. Janes; **Gr. 7 Girls:** Mrs. Cassils; **Gr. 7 Boys:** Mr. Malaschuk/ Mr. Farmer; **Gr. 8 Girls:** Ms Korsunsky; **Gr. 8 Boys:** Mr. Serzu; **Div Girls:** Mr. Farmer/ Mr. Malaschuk; **Div Boys:** Mr. Malaschuk

Badminton season is just getting started. Those looking to participate are reminded to listen to the morning announcements or read the phys ed hallway calendar to see when their grades get going. Badminton is open to all grades and everyone plays. There is a team, but as with all extracurricular sports at ÉSOMS, there aren't any cuts.

## PE Department

Phys Ed. class has been filled with badminton over the last few weeks. Students have been introduced to the singles game, the doubles game and versed in all different types of shots and tactics. Remember, “uuunnnderrrrhannndd”.

**ENJOY YOUR SPRING BREAK.**

# Music Notes...

Congratulations to all the students involved in the Choral Coffee House on February 27th!

The grade 6 choir, grade 7 choir, and vocal jazz ensemble will be performing at the Winnipeg Music Festival this month. Students should come to school dressed in their concert black (solid black tops, black pants, and black shoes) the day of their performance. If you're interested in attending the performance we would love to have you come out to support us! All performances will take place at Westminster United Church, located at 745 Westminster Avenue. There is a \$4 admission cost for audience members.

- Grade 6 Choir: **March 7<sup>th</sup>**, 10:00 am class (We will be performing around 10:45)
- Grade 7 Choir: **March 13<sup>th</sup>**, 10:00 am class (We will be performing around 11:30)
- Vocal Jazz: **March 13<sup>th</sup>**, 10:00 am class (We will be performing around 10:45)

## ESOMS Fiddle News

Fourteen grade 6 fiddlers will make their Centennial Concert Hall debut when they perform with the Winnipeg Symphony Orchestra on Wednesday, March 26! The concert, part of the Adventures in Music school concert series, will start at 1:00 p.m., and will include choirs, dance groups, recorder groups, and violin ensembles from schools from all over Winnipeg. Parents of the performers are invited to attend the concert if they are able. Information regarding ticket purchase will be coming soon.

## SOSD Divisional Fiddle Concert

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, at 7:00 p.m. at Jubilee Place** on Riverton Avenue in Elmwood. 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, Daniel Koulack, 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.

In preparation for this concert, fiddle students from the other 10 schools will join ours in the ESOMS gym on **Tuesday morning, April 8**, for our first rehearsal. There will also be a **dress rehearsal at Jubilee Place on Wednesday morning, April 9**. Please note: those students also in Shrek The Musical will be in pre-production week at their venue, and will attend the morning rehearsals, after which they will be taken to the production rehearsals in the afternoon.

## Mom's Pantry Band Fundraiser

Our Mom's Pantry orders have been received and processed. We are now waiting for confirmation of the date and time for delivery of the items. When this information is available to us, it will be passed on to all students who participated in the fundraiser immediately. We anticipate the delivery date being in early March.

If you would like an email sent to you directly regarding Mom's Pantry pickup details, please email Mr. Clendenan at [bryan.clendenan@7oaks.org](mailto:bryan.clendenan@7oaks.org)

## Save the date:

**Wednesday, June 4 - Fiddle and Choir Concert - 7:00 p.m. - ESOMS gym**



# Book Fair News

Our school will be holding a Scholastic Book Fair from Tuesday, March 11<sup>th</sup> to Thursday, March 13<sup>th</sup>. A wide variety of novels for all reading levels, reference books and novelty items will be on sale.

Your support of this event is appreciated since sixty percent of every dollar spent at the Fair goes back into the library in the form of free books.

## Book Fair hours are as follows:

Tuesday, March 11 <sup>th</sup> :	8:30 am – 3:30 pm (School hours) 3:30 pm – 7:30 pm (Evening hours)
Wednesday, March 12 <sup>th</sup> :	8:30 am – 3:30 pm (School hours)
Thursday, March 13 <sup>th</sup> :	8:30 am – 3:30 pm (School hours) 3:30 pm – 7:30 pm (Evening hours)



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!*

You can pre-view the activities offered on the Seven Oaks School Website by the end of March!

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 right after spring break on April 7<sup>th</sup>. There is even an **EDGE** calendar available!

Programs will begin the *week of April 28<sup>th</sup> (NO CLASSES ON VICTORIA DAY – Monday MAY 19<sup>th</sup>) through to June 23<sup>rd</sup>*. 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 **Mon., April 21<sup>st</sup>**.

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

# Life and Learning at ÉSOMS

## La vie et l'apprentissage

### Room 19 – Mr. Nault

In I Love to Read Month, during the month of February, Room 19 read the novel, *Juliana and the Medicine Fish* by Jake MacDonald. All students took turns reading segments of the novel for the class. The class worked with their “interactive notebooks” answering chapter questions, as well as, including visual and written responses to their notebooks. The class has continued to discuss the elements of a story: beginning, middle and end, characters, plot, scenery, and all the ideas it takes to make a great story.



The 8 benefits of Reading:

1. Mental Stimulation
2. Stress Reduction
3. Knowledge
4. Vocabulary Expansion
5. Memory Improvement
6. Stronger Analytical Thinking Skills
7. Improved Focus and Concentration
8. Better Writing Skills

Way to go Room 19!

### Room 27 – S. Courchene

This month our classroom followed up on a student initiated devotion. We have a student in our class who volunteers at the Craig Street Cat Shelter. She shared her passion through presentations and asked her classmates if they would consider doing a fundraiser for the shelter. The whole class agreed that this would be a cause that we could commit to. Students agreed that this was a worthy community venture.



As a class, we had two bake sales. We raised an amazing \$635.00 for the shelter. We could not have been this successful without the support of the entire ÉSOMS community. Thank you!

The final part of this venture for our class concluded with us attending the shelter for a tour. We learned how to feed the cats, provide them with additional nutrients, approach them safely, clean their living quarters, and mop floors.

It was very rewarding for the students to be able to attend the venue and present the money to the shelter personally. Everyone had an amazing experience!



# Sunova Centre – West St. Paul's Recreation Site

48 Holland Rd. West St. Paul, MB

Phone: 204-336-0294

Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

## FUNky Monkey – Movement Education Classes For Kids “Where passion for movement comes alive”

### Jumping Jellybeans! – Fun for 2-5yrs

*This class is for parents to enjoy with their children. A variety of group and individual activities will be offered - with a focus on exploring movement and equipment through song, dance, basic movement skills, stories and much more!*

10-Weeks – Sunday April 13th-June 22nd (No Class: May 4th) – 11am-Noon

\$70/Participant

**FREE DEMO CLASS for Jumping Jellybeans – Saturday March 29th - 9:30-10:30am**

### Rainbow Stew – Fun for 6-9yrs

*This class is all about running, hopping, jumping, skipping, throwing, catching, kicking, striking all through the use of cooperative games, freestyle dance and everyone's favorite...TAG!*

10-Weeks – Sunday April 13th-June 22nd (No Class: May 4th) – 12:10-1:10pm

\$70/Participant

### Down with Dodgeball – Fun for 10-14yrs

*Basic movement and manipulative skills (running, hopping, skipping, throwing, catching, kicking, etc...) are developed with a focus on strategic and cooperative play through a variety of dodgeball activities.*

10-Weeks – Sunday April 13th-June 22nd (No Class: May 4th) – 1:20-2:20pm

\$70/Participant

*FUNky Monkey Classes will be led by Bethany. Bethany has been teaching for 8yrs & holds a Bachelor of Physical Education, Bachelor of Education and is a current Masters Student.*

**Pre-registration is Required - Contact Bethany directly to register for all classes!**

Phone: 204-396-1787

Email: [funkymonkeymovement@gmail.com](mailto:funkymonkeymovement@gmail.com)

Visit: [www.funkymonkeymovement.com](http://www.funkymonkeymovement.com)

### Sunova SPRING BREAK Camp! – For 5-12yrs

Come out and enjoy a MINI version of Sunova Summer Camp during SPRING BREAK! Campers will participate in awesome activities such as Arts & Crafts, Organized Games, Sports, Special Theme Days & More!!

Monday-Friday – March 31st-April 4<sup>th</sup> – 8:30am-5pm

\$100/Camper

**Pre-registration is Required – Contact the Sunova Centre to Register!**

### Babysitters Course - For 11-15yrs

*With Barbara Roy of Mystic First Aid Services – A Canadian Red Cross Training Partner*

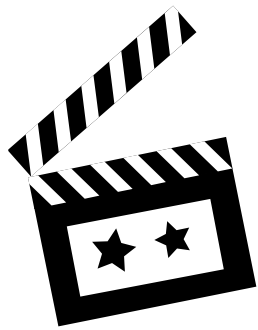
*2 Night Course - Wednesday June 11th & Thursday June 12<sup>th</sup> – 5:30-9pm Each Evening*

*Youth will learn: How to safely care for babies, toddlers, pre-school & school aged children; Proper rescue breathing & choking techniques; How to deal with Emergency Rescue Workers/911 Operators; About household hazards & disease prevention; About a variety of life-saving tools such as A.E.D's; How to recognize emergencies & deal with them!*

\$40/Participant (Payable to Mystic First Aid) plus Lab Fee: \$10/Participant (Payable to RM of West St. Paul)

**Registration Fees for Mystic First Aid Courses include Text Book, Prizes, Wall/Wallet Certificates & More!**

**Pre-registration is Required – Contact the Sunova Centre to Register!**



# FREE Family Movie Night



Where? **Sinclair Park Community Center (490 Sinclair St)**  
When? **1st Monday & 3rd Friday of each month @ 6:30pm**

**Canteen will be open!  
Serving  
FRESH popcorn!**

## Upcoming Movies:

**March 3: Cloudy With a Chance of Meatballs 2** (PG, 2013)

**March 21: Oz: The Great & Powerful** (PG, 2013)

**April 7: Smurfs 2** (G, 2013)

## City of Winnipeg Leisure Guide



The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone, including a number of camps to keep the kids busy this summer!

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit [Winnipeg.ca](http://Winnipeg.ca). Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2014 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 18 at 8:00 am. Registration for all other programs will begin on March 19 at 8:00 am. Registration will be ongoing after these start dates.

## City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The Spring/Summer edition of Priceless Fun, available in March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: [Winnipeg.ca/cms/recreation/pdfs/Free\\_programs.pdf](http://Winnipeg.ca/cms/recreation/pdfs/Free_programs.pdf). Information about programs is also available by calling 311.



# MARCH 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
	March 31–April 4: Spring Break  Classes resume April 7 – Day 5					1
2	3 Day 3  Winter Activity Day	4 Day 4  Parent Council 6:30 pm	5 Day 5	6 Day 6	7 Day 1	8
9	10 Day 2	11 Day 3  Parent/Teacher Conferences	12 Day 4	13 Day 5  Parent/Teacher Conferences	14 Day 6  Parent/Teacher Conferences  No Classes	15
16	17 Day 1  	18 Day 2	19 Day 3	20 Day 4  Brandon Jazz Festival	21 Day 5  Brandon Jazz Festival	22
23	24/ 31 Day 6	25 Day 1	26 Day 2	27 Day 3	28 Day 4  Last day before Spring Break	29

**Helping People Save Lives – Every Day!**

This training is being provided by:



**Office #:** (204) 233-CFAT (2328)  
**Website:** [www.Canadian-Training.ca](http://www.Canadian-Training.ca)  
**Email:** [Training@cfat-fesc.ca](mailto:Training@cfat-fesc.ca)

Unit B – 390 Provencher Blvd.  
Winnipeg, MB. R2H 0H1

**PHILIPS**

AED Authorized Master  
Stocking Distributor



## **Babysitting Course**

(Caring for Babies, Toddlers, Preschoolers, School-Aged Children & First-Aid modules)

**\*Pre-course Requirements: Participants must be 11 years of age or older**

**Full Course: \$49.00 / person + GST (8 hours)**

**In-House Training available: Unit B – 390 Provencher Blvd. Winnipeg**

**March 29<sup>th</sup>, March 31<sup>st</sup>, April 1<sup>st</sup>, April 3<sup>rd</sup> & April 4<sup>th</sup>, 2014**

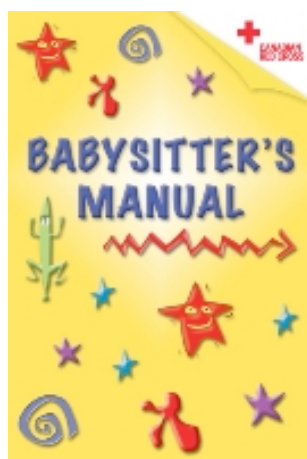
Full course training takes approx. 8 hours to complete  
(e.g. 8:30am - 4:30 pm)

**\*Babysitter Certification card included**

### **Group Training Also Available!**

- \* Minimum 10-person charge**
- \* Large groups welcome**
- \* Train at our facility or yours – Same price!**

**Receive this manual!**



**CANADIAN  
RED CROSS**  
TRAINING  
PARTNER

**CROIX-ROUGE  
CANADIENNE**  
PARTENAIRE  
DE FORMATION

**To register for one of our in-house courses or to set up training at your facility, please contact us at:**

**Office #: (204) 233-CFAT (2328)**


**Email: [Training@cfat-fesc.ca](mailto:Training@cfat-fesc.ca)**

**For more information, visit our website at: [www.Canadian-Training.ca](http://www.Canadian-Training.ca)**

# Helping People Save Lives – Every Day!

## Here is what you'll learn about!

The Babysitting course includes the following modules:

<p><b>Chapter 1: GETTING STARTED</b></p> <ol style="list-style-type: none"> <li>1. The Business of Babysitting</li> <li>2. Your Role</li> <li>3. Rules and Routines</li> <li>4. Family's Expectations</li> <li>5. Discussion</li> </ol>	<p><b>Chapter 2: CARING FOR BABIES</b></p> <ol style="list-style-type: none"> <li>1. Stages for Babies</li> <li>2. Holding, Diapers, Dressing, Feeding, Food Find</li> <li>3. Sleeping, Crying, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Babies</li> <li>6. Toys and Games for Babies</li> <li>7. Matching Toy with Age</li> <li>8. Discussion + Practical Component</li> </ol>
<p><b>Chapter 3: CARING FOR TODDLERS</b></p> <ol style="list-style-type: none"> <li>1. Stages for Toddlers</li> <li>2. Diapers, Dressing, Feeding, Food Find</li> <li>3. Sleeping, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Toddlers</li> <li>6. Toys and Games for Toddlers</li> <li>7. Matching Toy with Age</li> <li>8. Discussion</li> </ol>	<p><b>Chapter 4: CARING FOR PRESCHOOLERS</b></p> <ol style="list-style-type: none"> <li>1. Stages for Preschoolers</li> <li>2. Feeding, Food Find, Toilet Learning</li> <li>3. Dressing, Sleeping, Getting Along</li> <li>4. Be a Problem Solver</li> <li>5. Precaution for Preschoolers</li> <li>6. Toys and Games for Preschoolers</li> <li>7. Matching Toy with Age</li> <li>8. Discussion</li> </ol>
<p><b>Chapter 5: CARING FOR SCHOOL-AGED CHILDREN</b></p> <ol style="list-style-type: none"> <li>1. Stages for School-Aged Children</li> <li>2. Feeding, Food Find, Bedtime</li> <li>3. Getting Along, Be a Problem Solver</li> <li>4. Precautions for School-Aged Children</li> <li>5. Toys and Games for School-Aged Children</li> <li>6. Matching Toy with Age</li> <li>7. True-or-False Brain Teaser</li> <li>8. Summary of Decision-Making Abilities</li> <li>9. Discussion</li> </ol>	<p><b>Chapter 6: INJURY IS NO ACCIDENT: CREATING SAFE ENVIRONMENTS</b></p> <ol style="list-style-type: none"> <li>1. Home Safety</li> <li>2. Outdoor Play Safety</li> <li>3. Fire Safety</li> <li>4. Water Safety</li> <li>5. Personal Safety and Security</li> <li>6. Rural Babysitting</li> <li>7. Safety Search</li> <li>8. Discussion</li> </ol>
<p><b>Chapter 7: HOW TO HANDLE EMERGENCIES AND FIRST AID</b></p> <ol style="list-style-type: none"> <li>1. Handling Emergencies</li> <li>2. Preventing Injury and Illness</li> <li>3. How to Call for Help</li> <li>4. What to Do in an Emergency</li> <li>5. Illness, Choking, Bleeding, Sprains, Strains, and Fractures</li> <li>6. Poison, Burns, Special Health Problems</li> <li>7. First Aid Kit Explanation</li> <li>8. Discussion + Practical Component</li> </ol>	<p><b>Chapter 8: SPECIAL CONSIDERATIONS</b></p> <ol style="list-style-type: none"> <li>1. Appropriate and Inappropriate Touching</li> <li>2. Child Abuse and Neglect</li> <li>3. Discussion</li> </ol>
<p><b>For Your Information:</b></p> <p>2 x 15 minute breaks 30 minute lunch break</p> <p><b>*Light afternoon snack provided!</b></p> <p><b>*Please bring lunch!</b></p> <p>*Please note, we are a nut <i>AND</i> peanut-free environment</p>	<p><b><u>Hi Parents! Interested in upgrading your training?</u></b></p> <p>Take the 1 day training to be certified in <b>Emergency Child Care First-Aid w/ CPR Level B &amp; AED for only \$89.00</b></p> <p><b><u>Cover the following modules:</u></b></p>  <ul style="list-style-type: none"> <li>• Adult, Child &amp; Infant:</li> <li>• Choking</li> <li>• CPR (Cardio Pulmonary Resuscitation)</li> <li>• Cuts, Scrapes, Bleeds, Wound Care</li> <li>• Medical Conditions: Fainting, Seizures, How to Use Epipens®</li> <li>• And much more!</li> </ul>

# **Helping People Save Lives – Every Day!**

## **🍁 Looking For Value Added Training For Your Training Dollar? We Do That!**

*" The bitterness of poor quality lingers long after the sweetness of low cost is forgotten"*

*- L. Porteous Fenster -*

**CANADIAN FIRST-AID TRAINING Ltd.** provides the following list of value added components to **all** our in-house and out-course **First-Aid, CPR, Babysitting and Automated External Defibrillation (AED)** training. This includes:

- Professional, fun and knowledgeable staff certified as Authorized Providers with the **CANADIAN RED CROSS**.
- We can teach at your location and at your convenience
- Show up early for course set up (30 minutes).
- Provide course specific manuals for students to keep. We only use recognized material developed by the **CANADIAN RED CROSS**, which is recognized in over 185 countries around the world!
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the new 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **CANADIAN RED CROSS** is a participating member.
- Relaxed atmosphere when teaching.

**At CANADIAN FIRST-AID TRAINING Ltd., we:**

**1) Adhere to best practice recommendations for all training. We provide the following:**

- 1 manikin/person ratio for all CPR (**No sharing with other people!!!**)
- Floor mats for CPR training (**no more sore knees!!**)
- Flat screen TV w/ DVD capability \*(Out course groups only)
- Whiteboard \*(Out course groups only)

**2) Only use top of the line equipment. This includes:**

***Demonstrate, fully explain & use:***

- **Automated External Defibrillator (AED) trainer units: Philips Health Care Canada**
- *Gauze roller and triangular bandages, gauze non-stick pads, splints, etc. for all first-aid practical exercises (course specific)*
- **Epipen® & Twinject®** trainer units for practical exercises (i.e. severe allergies – anaphylaxis) (*first-aid courses only*)
- **Manitoba Regulations First Aid kits.** (*All courses*)
- Asthma puffers and Aero-Chambers® - i.e. (Spacers), etc. (*first-aid courses only*)

**3) Also do the following at no extra charge:**

- We bring products (i.e. first-aid kits, key chains and pocket masks) available for purchase.
- We customize the course to the knowledge of the group (i.e. take prior history into account).
- Full Explanation of **Manitoba Good Samaritan Protection Act** (Enacted – Dec. 7<sup>th</sup>, 2006).
- Full Explanation of **Manitoba - The Defibrillator Public Access Act (Bill 20)**

**After training has been completed, we will:**

- Stay afterwards to answer all questions, concerns and comments resulting from the training and leave each participant with contact information for any concerns, which may result from training.
- Students receive 1 wallet certificate (CPR & AED courses) and 1 wall certificate\* (8.5x 11) (First-Aid courses only)
- Company/organization will receive copies of all certificates in a separate folder and all participants will be entered into our course management system. 90, 60 and 30-day notification of expired responders after 3 year period or upon request.



**Wednesday, April 23rd ~ 6:00 - 7:30 p.m. ~ Library**

**For all families with children of any age.**

Does the thought of starting Kindergarten make your child anxious?

Are you or your child anxious about the transition to Middle School or High School?

Does your child get butterflies or get nervous about going to school or after a school break?

Does your child experience anxiety before a test or presentation?

Do you want some strategies to help you and your child understand and cope with anxiety?

Please join us on Wednesday, April 23rd for a session presented by Shira Cohen, School Social Worker and Deborah Alby, School Psychologist. Free childcare will be provided. When calling the school to register, please let us know if you will require childcare.

To register or for more information,  
please contact Cheryl Rajfur or Cathy Gingera at

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