

Oak Park



Newsletter

Principal	Michelle Lawrence
Vice-Principal	Janet Gray
Vice-Principal	Sharon Labossiere

Mission Statement:

École secondaire Oak Park High School provides a safe, inclusive, and engaging learning environment which nurtures exceptional character, and inspires excellence in academics, the arts, and athletics.

L'École secondaire Oak Park High School se consacre à fournir un environnement d'apprentissage sécuritaire, inclusif, et engageant qui favorise un caractère moral exceptionnel.

Welcome to a warm winter this past month! As 2016 ends it is important to reflect upon and celebrate what a fantastic year it has been and will continue to be in 2017. We continue to be amazed by the fantastic students and staff that we have here at Oak Park and we look forward to a December filled with celebrations and giving.

Highlights of the past two months include our Remembrance Day ceremony which involved many of our own students as well as special guests; Take Your Kid to Work day; WE Day and our semi-annual Celebration of Excellence. On the sports front, congratulations to our JV Football team who made it to the finals. Way to go Raiders!!! Congratulations as well to all our volleyball team players and coaches for their great season! The students experienced much success and had a lot of fun doing it. We are also looking forward to the start of the basketball and indoor track and field season. Also, thanks to all the parents who once again helped out with driving and other logistics, it is very much appreciated.

Speaking of giving, our students have certainly gotten into the spirit as a number of different groups have helped and continue to help those in need, both abroad and in our own community. As well, we have a large group of students preparing for our annual Senior Citizen's banquet for the elderly that will be taking place on December 14th at the Manitoba Institute of Trades and Technology. It is obvious that the momentum that was once again generated at the WE Day Winnipeg event that took place in November has again deeply affected our students as many students are involved in numerous community service projects throughout our neighbourhood.

Congratulations to our band students and Mr. Fraser for putting on a terrific fall band concert in November. Also, big congratulations to the cast and crew of the production of "Our Town" that just started its run. École secondaire Oak Park High School continues to be a busy place full of a wide variety of ways for our students to get involved. As per usual, if you ever have questions or concerns, please do not hesitate to contact us here in the office.

Over the years, Oak Park students have tutored each other with great success. This year, we are formalizing the system and to date have had a training session for tutors. Watch our website for further information outlining how students can access these amazing peer tutors!

We start back at school in 2017 at our regular morning start time on January 9th. During our winter break, leisure replaces work as a priority. Spend time with your loved ones and enjoy some quality family time. On behalf of all the staff at Oak Park, we would like to wish everyone a safe and wonderful holiday and all the best for a healthy and happy new year.



Important Dates:

December 22	Last day of classes
<i>December 23-January 8 Winter Break</i>	
January 9	First day back to school
January 30-February 2	School Exams
February 3	Metro Common Day-NO SCHOOL
February 6	Semester 2 begins
February 13	Report cards go live online
February 20	Louis Riel Day-NO SCHOOL
February 27	School PD Day-NO SCHOOL
March 16	Parent-teacher conference evening
March 17	Metro Common Day-NOSCHOOL Parent-teacher conferences afternoon
April 14	Good Friday-NO SCHOOL
April 21	Metro Common Day-NO SCHOOL
April 24	Report cards go live online
<i>March 27-March 31 Spring Break</i>	
May 22	Victoria Day-NO SCHOOL
June 16	Divisional Common Day-NO SCHOOL
June 23	School Admin Day-NO SCHOOL
June 27	Awards Day-evening
June 29	Report cards go live online



Thursday February 16, 2017

7:00pm General Info (in the Gym)

6:00pm French Immersion (in the HUB)

6:30pm Honours/AP (in the HUB)

**Join us to learn more about our programs
and take a guided tour!**

Career Planning Grade 12 for 2016-2017

Important dates for **University of Winnipeg:**

February 22: Open House at U of W

March 1st: Application Deadline for scholarship consideration

Important dates for **University of Manitoba:**

February 23: Open House

March 1st : Application Deadline for scholarship consideration

Red River Community College:

Feb 21-22: Open House

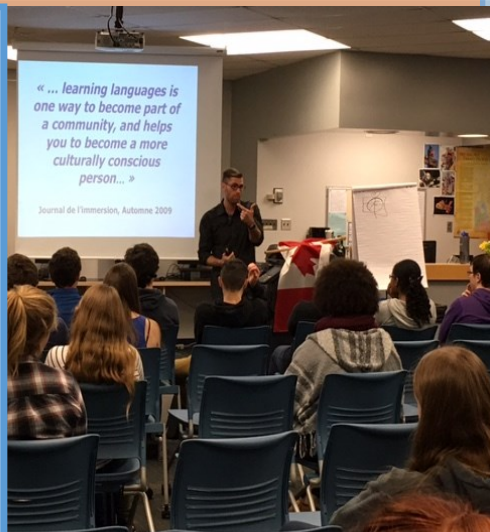
Campus visit : date TBA



¡Buen provecho!

After learning about many aspects of the Spanish-speaking world, Profesora Palmer's Spanish and Espagnol students experienced an important cultural element – the cuisine! During the month of November, classes “broke bread” together at a Winnipeg restaurant. At Corrientes Argentine Pizzeria on Bannatyne, two groups enjoyed hand-made empanadas and salad while another group dined on Cuban Melts. The fourth group enjoyed homemade Burritos at Mercadito Latino on Sargent. The authentic cuisine was a huge hit!

Our student Casandra Phaneuf was an ambassador for Bilinguisme with Francais pour l'avenir. She is responsible for bringing in Mathieu Gingras to talk to all FI and FCC students with his message that learning in another language is a gift.



¡Observamos el Día de los Muertos!

November 1st and 2nd is Day of the Dead, a holiday celebrated across Mexico. Families honour and celebrate the lives of departed loved ones by rejoicing in their memories. They believe that on these days the souls return. Altars are created in the home adorned with photos, offerings of food and drink as well as items that reflect the talents and interests of the loved one. Sugar skulls, calacas (figurines of skulls or skeletons), pan de muerto (bread of the dead) and marigolds are used to decorated altars and gravesites.

Oak Park Spanish students engaged in a number of activities to learn more about this important cultural tradition. Students decorated skulls and made Mexican hot

The Grade 11 Family Studies class would like to thank the following daycare centres for hosting students for their practicum program.

Royal Kids Inc.
Kidz Korner
Westgrove Children's Centre
Beaumont Day Care
River West Park Kids Inc.
Beaverlodge Care for Kids
Sunnyside Childcare Inc.

Thank-you to the directors and early childhood educators for working with the Oak Park students! Your time and efforts are so appreciated!



How to Listen Actively to your Kids

Kids need to feel heard. Sometimes it may be difficult to hear what they have to say. Other times it may be hard to get them to talk about their thoughts at all. They may think you won't understand. They may be afraid to share their feelings because they think someone may make fun of them.

If you practise being open and honest with your kids and make it easy for them to talk to you, you will build a stronger relationship with them. This process works in two ways: hearing what your kids are saying and talking about your own thoughts and feelings with them.

Four ways to improve communication with your kids:

- Ask open-ended questions, such as “Tell me about your day” or “What did you do today?” These allow your kids to tell you about what’s happening in their lives. These questions also require more than a one-word answer.
- Listen reflectively. You can do this by simply repeating what your kids have said or by saying it back to them in your own words. This will make sure that you truly understand what he/she are trying to tell you.
- Affirm your kid’s feelings. This makes them feel supported and will make it easier for them to talk to you in the future. An example of this would be: “I understand that it must have been hard for you to come to me about this. I really appreciate your openness.”
- Summarize what you’ve heard. This reinforces what your kids have said and shows that you have been listening to them.

Also, keep in mind that there are non-verbal ways of communicating that can also help with open communication. Making eye contact and nodding your head while they are talking are effective ways of helping your children feel heard.

Actively listening to your kids can take a lot of practice. The rewards of open communication include identifying problems while they are small and getting to know your child as a person.

Permission to reproduce granted by Alberta Health Services. This is an abbreviated version of an article in the Parent Information Series.

Some tips for listening and understanding:

- It is important to listen to both the spoken word and the unspoken feelings. For example, if your kid says “I hate my friends and never want to see them again,” the unspoken feelings might be hurt, loneliness or rejection. These feelings may be what your child is really trying to communicate. Encourage them to talk about their feelings by leading with statements like “you must be feeling sad” or “how did you feel when he said that?”
- Avoid judgment. If your kid knows they can talk to you about their feelings without you saying “Oh – that’s silly” or getting angry, they’ll be more likely to open up and let you into their world.
- Use phrases like “tell me more” and show them you really want to know about what is important to them.

OAK PARK BREAKFAST PROGRAM

The Oak Park Breakfast Program is up and running successfully! This program provides simple breakfast foods for ANY Oak Park student whose circumstances make it difficult for them to have a proper breakfast before school. There are currently over 50 students utilizing the program.

We wish to extend a huge thank you to our parent community for the many donations they have sent in this past month. Also, thank you to Westwood Dental, Charleswood United Church, the OP Parent Council, PTSD Divisional Breakfast Program and Ray’s No Frills for supplying monetary donations.

Keep in mind that donations are always welcome. Just drop off any non-perishable items to the school office. Thank you for your continued support

Karen Barr



PEER TUTORING

This fall we had a training program for those students interested in becoming a Peer Tutor. 30 students attended the training, facilitated by a number of our teachers. The students had excellent ideas as you can see in their brainstorming below! Helping others to learn will help not only the students being tutored but also the peer tutors. For further information, please see our website

<http://www.pembinatrails.ca/oakpark/student/index.html>

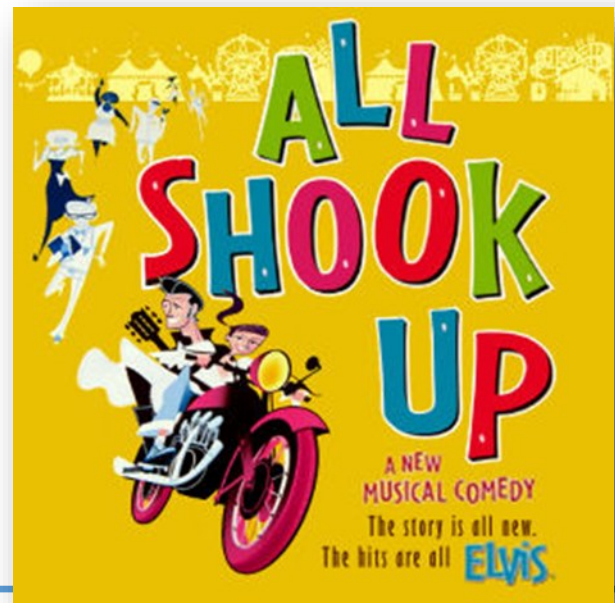


“All Shook Up”

This year, Oak Park Musical Theatre will be presenting “All Shook Up”. The show will take place nightly from April 25th to 28th, 2017. This show features the songs of Elvis Presley. After many students auditioned the cast of the musical was set last week. The show involves a large chorus that are in many scenes in the show.

Here is a list of the main characters.

- Chad - Dirk Page
- Natalie Haller - Sophie Wynne & Nikki LaSpina
- Jim Haller - Alex Menec
- Sylvia - Angelica Reid
- Dennis - Sean Martens
- Miss Sandra - Grace Woodman & Sam Harvey
- Dean Hyde - Ethan Lee
- Lorraine - Madison Smith & Claire d’Almeida
- Sheriff Earl - Lucien Stratton
- Mayor Matilda Hyde - Kayla Chartrand & Lisa Shin



Excitement in Science & Math as Oak Park Students Rock Some Awesome Opportunities

Summer of 2016

Oak Park students, Kate Abrams and Samantha Courtney were invited to England to attend a Bio Innovations Week-long Workshop after having participated in the Winnipeg Bio Innovations workshop in the Fall of 2015. The girls left at the end of June and were back in the first week of July. Congratulations Raiders on being selected for this awesome opportunity.

Tess Poulton and Laura Wall were invited to Australia to attend a Bio Innovations week-long Workshop after having participated in the Winnipeg Bio Innovations workshop in the spring of 2016. The girls left the end of August and were back at the end of the first week of September. Congratulations Raiders on being selected for this awesome opportunity.

October 2016

Four Oak Park students attended a Bio Innovations Workshop in Winnipeg. Dana Poulton, Nicole LaSpina, Katlaina McEwen-McMillan, and Dirk Page attended the week-long program. Special thanks to Nicole LaSpina and Katlaina McEwen-McMillan for hosting two students from England. Mrs. McIntyre was invited to attend the last day with the students and witnessed their presentations which outlined the knowledge gained in choosing crops for food security – the theme for this fall's Bio-Innovation Week. Congratulations Raiders on fantastic presentations.

Youth BIOlab Jeneusse – Oct. 21st

Mme Nelson and Mme McIntyre went to the Youth BIOlab Jeunesse at the St. Boniface Hospital Albrechtsen Research Centre for their SAGE experience Oct. 21st. After having experienced the biomedical science in this world-class research center, we managed to secure a spot for two classes from Oak Park for second semester. Stay tuned for sign-up sheets at the beginning of the second semester.

November 4th, Discovery Days in Health Sciences hosted by The Canadian Medical hall of fame.

Jenna Jarduck and Megan Ostrander, were chosen from several students who expressed interest in the medical field. The students had the opportunity to attend two workshops at the U of M which highlighted different areas of study in the medical field. Both students were impressed with the knowledge that they gained and would highly recommend this experience to other students interested in pursuing careers in the medical field.

November 7, Beaver Computing Challenge from the Centre for Education in Mathematics and Computing,

Several grade 9 French Immersion students participated in this Math/Computer Science skills contest on November 7th. Results will be arriving hopefully before Christmas. Thanks to the following students who all participated in this Challenge:

Caleb McIntyre, Idan Geynak, Jack Murray, Luc Maxwell, Russel Snider, Eric Amborski

Engineering is for girls – Nov. 12

Five lucky ladies, Belle Groen, Samantha Courtney, Brooklyn Glesby, Via-Christine Fanortino and Rachel Bynne turned out not to be so lucky after all. These five students who had signed up for Engineering is for Girls, an outreach program at U of M, were unable to attend their conference due to the strike of professors at University of Manitoba. We hope to be able to offer this experience at a later date. Thanks to all who expressed interest and to Mme Johnson for organizing this activity. We will keep your applications handy in hopes of a new date for this conference.



U of M Engineering Outreach – November 15

Unfortunately the U of M for Engineering Outreach days on Tuesday, Nov 15th was also cancelled due to the strike of the professors at U of M. We are hoping that the following students will have another opportunity to go to U of M after the strike has finished. We will keep your applications handy: Hunter Lewis, Eric Carlson, Ashley Kineshanko, Emily Mannette, Sean Martens, Emma Mutcher, Siobhan Scott, Katie Wiebe, Wyatt Elliott, Brendan Laminman, Marvi van Tongeren, Fotis Hrousalas, Ranjanpreet Sehgal, Lily Yang, Joe Nguyen, Jeff Kazuk. Thanks to the Math Team for looking after organization of this event.

Experimental Lakes Area Presentation – November 21

The current grade 10 Science classes were fortunate to have Marcus Threndyle speak to them about the Experimental Lakes Area. He explained the types of research taking place in this remote area and how these experiments impact the decisions made by businesses and government. The presentation highlighted the Ecology outcomes and how they are applied every day in the field.

CSI day Nov. 25th

We hope that students enjoyed the CSI day in the Science Department. We are hoping to get approval for a possible new course in science that would follow the theme of CSI. Stay tuned for future news on this new exciting science course.



Upcoming Events:

Guest Speaker from ASHRAE

Speaker, Mitch Smith from ASHRAE chapter (American Society of Heating Refrigeration and Air Conditioning Engineers) is organizing an outreach which includes a guest lecture, starting with a short discussion on engineering, followed by a small design competition/experiment with students. Presentations will be happening in both advanced math and grade 12 physics courses. Special thanks to Mr. Nixon for making this opportunity possible.

Hawaii Science Trip – April 2018

The next Oak Park Science Trip will be happening in April 2018. With 23 students signed up so far, we are very excited about this amazing new trip for Oak Park. We have had two fundraisers so far. Sign up for this trip is still possible and the new price point is \$4198.00 for the 11 day trip to both Oahu and the Big Island of Hawaii. Anyone requesting information can speak with either Mr. Bettess or Mrs. McIntyre.

Blood Service Ambassadors

We have three Blood Service Ambassadors at Oak Park High School this year. Annaka Webber, Cara DiMarco and Marvin Routley have re-started the Blood Service Donation program at Oak Park. The students went for training in early November, and have thus far organized one very successful Blood Donation Shuttle in November. Due to the great response of students, our Blood Ambassadors organized two more blood donor shuttles which will be going on Monday, Dec. 5th at 10:30 am and 1:00 pm.

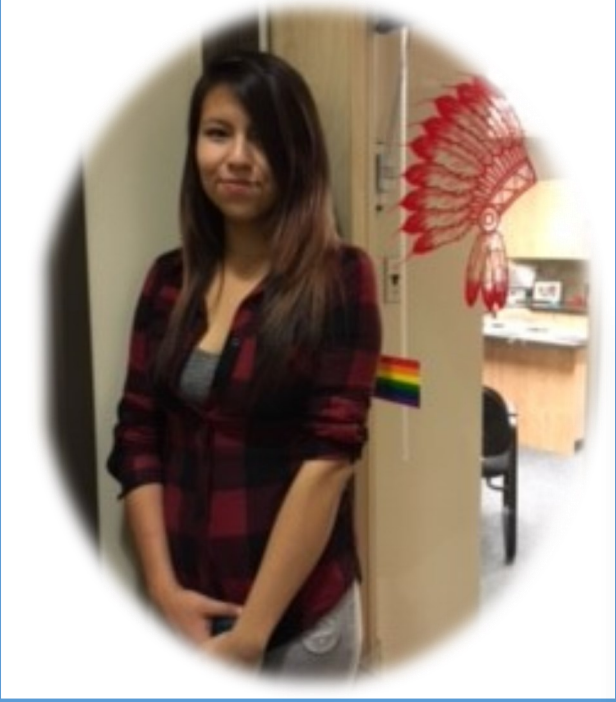
Blood Services Representatives came to Oak Park on November 30th, to host a “what’s your blood type” event during lunch in the forum. Thanks to all who came and participated, finding out their blood type. Thanks also to the 18 students who signed up already to donate on the 5th. The sign-up forms will be in the office until Monday. Go Raiders.

Our Blood Service Ambassadors will be going for additional training on January 7th, and where they will learn more about the Blood Service Program including other ways to donate and save lives. The Ambassadors hope to host a “Stem donor Clinic” at Oak Park in the Spring. Stay tuned for additional Blood Shuttle Donation opportunities. Thanks go out to Annaka Webber, Cara Di Marco and Marvin Routley for re-starting this valuable program, giving back to their community, and helping to save lives.

If you want more information about becoming a donor, and are over the age of 17, please speak to one of the Blood Ambassadors or Mrs. McIntyre.

Oak Park Students Inspiring Excellence

Courtney was creating vector graphics in her Graphics 30G class with Mr. Pearase. She took a vector graphic and turned it into a sticker. Such stickers are used in sign-making and car decals.



Alexandra Sahasrabuddhe was awarded a Jazz, Contemporary & Lyrical Scholarship at the JUMP Dance Convention on October 16, 2016. Faculty members of the JUMP Tour awarded scholarships to dancers that excelled at their particular style. Alexandra’s scholarship entitles her to dance in California, in the summer of 2017.



Brian Hunter (a former OP president) won the RBC Canadian Painting Competition. This is a major award for an emerging Canadian artist - the \$25, 000.00 prize is nice too.

Social Justice Committee

Oak Park High School's Social Justice Committee is organizing a campaign to collect regular and travel-size toiletries such as toothpaste and toothbrushes, deodorants, shampoos and conditioners, soaps, feminine hygiene products, nail care products, lotions and other personal care products for Willow Place (formally known as Osborne House), Manitoba's largest women's shelter. Willow Place provides a safe place for women and children who have experienced physical, mental or emotional domestic abuse.

A full list of their donation needs can be found at: <http://willowplaceshelter.ca/donation-wish-list/>

We will be collecting the donations Tuesday and Thursday at lunch in the forum at the OP Gear stand. Donations may also be dropped off at the office between 8:00 and 4:00. The drive will begin this Thursday, December 8th, and will continue throughout the month of December and into January after the break.

Thank you and have a great winter.

Breanna Slobik and Matthew Mayor

Social Justice Co-Chairs

Homestay Opportunities

A reminder that all the ISP wants for Christmas is more homestay families. If you are interested in hosting an international student, please contact the Oak Park office at 204-895-7221. It's an exciting way to get involved!

Investing in our schools and classrooms

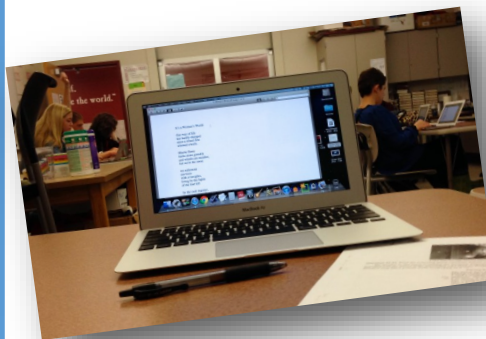
Pre-budget community consultation is important and our Board of Trustees wants to hear from you.

Help shape Pembina Trails' 2017 - 2018 budget by sending your thoughts to budget@pembinatrails.ca.



*Accomplish
Anything*

Technology



At Oak Park, we can provide a variety of technological devices for student use, including computers, tablets, iPads, and other devices required for specific courses.

Students are also welcome to bring devices to school to further their educational experiences. Teachers will direct students to use

technology appropriately in each classroom. For example, some days, teachers may ask students to put away their devices for the entire class while, on others, students may utilize school and personal devices to achieve their educational goals. At Oak Park, we recognize and celebrate that students learn in different ways. As our world becomes more technologically advanced, allowing our students to use devices in school and from home will allow them to learn which formats best suit their learning styles. Please note that students are responsible for looking after their own devices if they choose to bring them to school.



WHEN YOU'RE BEHIND THE WHEEL, SAFETY IS UP TO YOU

In Manitoba, as of October 2016, 85 people have lost their lives in fatal collisions this year alone. This number has nearly doubled overall from last year at this time and the age range with the most significant increase in victims of collisions, serious injuries and fatalities has consistently been 15-35.

Worst of all – we know these deaths could have been prevented. Contributing factors in this year's fatal collisions have included speeding, impaired and distracted driving and not using a seat belt.

As a driver, your actions and decisions matter. Avoid the most common causes of collisions with these safety tips:

DO...

- **Reduce distractions.** Distracted driving is anything that takes your eyes off the road – both in and outside of the vehicle. Never text and drive, and avoid excessive use of in-car devices (GPS, radio).
- **Slow down.** Speeding is one of the most significant contributors to crashes. Speed limits are to be driven under ideal weather conditions. Remember to adjust your speed during poor weather. It's also important to observe posted speed limits within construction zones.
- **Buckle up.** Always use your seatbelt. In Manitoba, according to police-reported data, you are nearly 26 times more likely to be killed and two times more likely to be seriously injured when not wearing a seatbelt.

DON'T...

- **Use your cell phone or any other electronic device.** It's dangerous and in Manitoba, it's against the law. Penalties include five demerits on the Driver Safety Rating scale and a \$200 fine. You can also hurt or kill yourself, other drivers or pedestrians and damage property while not paying attention.
- **Drink or use drugs.** Driving requires you to be alert, in complete control at all times and able to concentrate on the task at hand. Impairment from alcohol or drugs compromises your ability to do all of these things and puts you, and others, at risk.

