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# **FREE THE CHILDREN AWARENESS**

On January 31<sup>st</sup>, the students who attended *Free the Children's* We Day put on a monthly assembly. The group's focus for the assembly was to raise awareness about Free the Children efforts and our experience at WE Day.



# IMPORTANT DATES

February 4 Divisional PD – No Classes
February 5 Parent Advisory Council 6:30 pm
February 12 Coffee House – 7 pm – gym
February 18 Louis Riel Day – No Classes

March 4 Winter Activity Day

March 5 Parent Advisory Council 6:30 pm

March 6 Spring Band Concert 7:00 pm - NKMB Church

March 8 Student reports go home

March 12 Parent/Teacher/Student Conferencing – Evening
March 14 Parent/Teacher/Student Conferencing – Evening
March 15 Parent/Teacher/Student Conferencing – No Classes

March 14-15 Brandon Jazz Festival

March 22 Last day of classes before Spring Break

April 1 Classes resume after Spring Break - Day 1

April 2 Parent Advisory Council 6:30 pm April 4 Open House – 7:00 pm April 16, 17, 18 Musical Production – 7:00 p.m.

April 19 School PD - No Classes

May 6 School PD - No Classes
May 7 Parent Advisory Council 6:30 pm

May 14 - 17 Gr 8 Band Trip

May 20 Victoria Day - No Classes

May 29 - 31 Arts in The Park/Plein d'arts au parc

June 4 Parent Advisory Council 6:30 pm June Choral Concert (Date TBA)

June 26 Grade 8 Farewell Evening 6:00-11:00 Sunova Centre

June 27 Administration Day - No Classes

June 28 Last Day of Classes

"Love and Loss"
Tuesday, February 12<sup>th</sup>
Grade 7/8 Coffee House
7:00-9:00 pm

So Vocal, So Bop, the Grade 7/8 Choir in the gym Please RSVP if you plan to attend.



# FREE THE CHILDREN WEEK

We have also planned a Free the Children awareness/fundraising week from February  $11^{TH}$  - $15^{TH}$ . Here is a list of the following activities planned by our "WE Day" group:

**Colours 4 a Cause –** We are asking students and staff to wear the following colours to support the particular social justice causes.

Monday, February 11th: Wear blue in support of improving water quality around the world.

**Tuesday, February 12th**: Wear white in support of world peace.

Wednesday, February 13th: Wear pink in support of supporting anti-bullying initiatives in schools.

**Thursday, February 14th**: Wear red in support of helping alleviate homelessness in our community.

**Friday, February 15th**: Wear orange in support of stopping hunger in our community.

**Trivia** – To raise awareness around a variety of social justice causes, we will be having morning trivia throughout the week. The answers to the trivia will be given out the following day in the announcements.

**Fundraising Initiatives -** Along with raising awareness during this week, we are looking to fundraise money to support Free the Children efforts. The WE Day group has come up with the following ideas:

This year, we will be supporting Free the Children's "We are Love" campaign. This campaign looks at raising money in support of clean water initiatives around the world by selling buttons. The cost for each button is \$2.00 and it includes a special message from a child in Africa who has benefited from Free the Children's efforts. Here is a sample of what the buttons look like..



We are going to be putting on a bake sale from 11:15-12:15 on **Tuesday, February 12<sup>th</sup>**. If you are able to support by donating some baking, it would be greatly appreciated.

We will be selling Valentine's Day conversation hearts and cinnamon hearts for \$1.00, with all proceeds benefitting Free the Children.

**Lunch time activities -** Similar to the United Way Week, we will be holding activities for student participation in the gym Monday thru Thursday of that week from 11:35-12:05. A suggested donation to watch the activities is \$.25 towards Free the Children.

It is leadership's goal is to raise awareness and educate our students about a variety of social justice issues happening in our own community and around the world. I would like to thank you in advance for your support in this very important endeavour – Allison Waskul.



Congratulations to our Grade 6 students for a fine performance at the holiday concert in December!

Parents are reminded that all band students are required to practice at home a minimum of 3 times per week. Students are always encouraged to go farther ahead in their method books and sheet music when practicing.

There have been an increasing number of students who are not arriving for band classes with the materials they need to learn successfully. Please help your students to remember that every student is expected to have three things for every band class:

- 1) Music folder (with method book and various papers)
- 2) Pencil
- 3) Instrument [students who forget their instrument will be expected to play a loner instrument from the school if they forget their own. Sterilizer is available for cleaning mouthpieces]

# **Important Dates:**

# Tuesday, February 12: "Love and Loss" a grade 7/8 coffee house

- So Vocal, So Bop, the Grade 7/8 Choir.
- 7:00-9:00 pm in the gym. A letter with details will be sent home soon.
- Please RSVP if you plan to attend.

# Wednesday, March 6: Spring Instrumental Concert

• Grade 6, 7, 8 Bands, Grade 7 Jazz Band, Grade 8 Jazz Band, with special guests the Incredibows. 7:00 p.m. North Kildonan MB Church, 1315 Gateway Drive.

# Thurs. March 14 - Fri. March 15: Brandon Jazz Festival

Senior Jazz Band, So Bop, So Vocal (Permission slips coming soon)

# Tues. April 16 - Thurs. Apr 18: Aladdin

• 7:00 p.m. Franco Manitoban Cultural Center

# Tues. May 14 - Fri. May 17: Annual Minneapolis Trip

• Grade 8 Band

# Wed. May 29 – Fri. May 31 - Arts in the Park

- Grade 6, 7, 8 Bands, Grade 6 choir, 7/8 choir, So Vocal, So Bop
- Performance times TBA



# FIDDLING PROGRAM

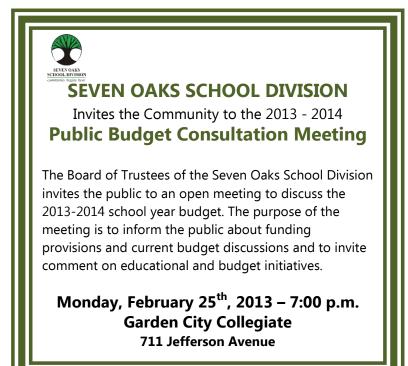
The grade 7 fiddle classes are preparing to give performances for some of the elementary schools in the Seven Oaks School Division in the next few months. Several dates and locations are in the process of being determined, the first of which is Collicutt School, on March  $1^{st}$ , at 9:30 a.m. Which classes are involved in the March  $1^{st}$  performance will soon be determined, and a letter will be sent home to parents with all the information. Another performance is planned for Belmont School in May, and a third concert TBA.

The Incredibows 7 & 8 will perform at the Spring Instrumental Concert on Wednesday, March 6<sup>th</sup> at 7:00 p.m., at North Kildonan Mennonite Brethren Church, 1315 Gateway, at Springfield.

On March 19<sup>th</sup>, 1:00 p.m., a group of Grade 6 and 7 fiddle students will perform with the Winnipeg Symphony Orchestra in one of their school concerts, Adventures in Music. In the audience will be grade 5 classes from schools all over the city. This is a special project that will only involve the 20 or so students who faithfully attend at least 10 of the 18 scheduled practices (including lunch and after school times), as well as memorize the performance music. Students have already been practicing hard for this very special event!

The Incredibows 7 & 8 will be performing at Arts in the Park, May 29<sup>th</sup> – 31<sup>st</sup>. Dates and times to be scheduled.

On Thursday, May 30<sup>th</sup> there will be a performance at 7:00 p.m. which you will not want to miss: Mass fiddle performance!! 250 - 300 fiddlers will play together and perform a set of eleven tunes. Every school with a fiddle program will send about 25 students to take part in this special performance, and our Incredibows will represent ÉSOMS.







# **Physical Education Classes**

Throughout the month of December and January students completed a weight training unit where they learned about the specific muscle groups and its functions, a kangaball unit, a floorball unit and a ringette unit. As well as completed their monthly fitness run and the beep test.

\*A reminder: your child will be participating in outdoor physical education classes. Please help remind your child to bring warm clothes for the outdoors!

# **Special Olympics**

The Basketball Skill Competition was a lot of fun! Students competed against other students from all across Winnipeg. It was a very busy morning made up of 3 stations: a target station, a shooting station and a dribbling station. The students did very well!

We are currently preparing for the next event: floor hockey.



#### Extracurricular

Basketball: Check the sports calendar found on the school website for all practices and game times!

Results from the EP WRESTLING TOURNAMENT January 18<sup>th</sup> – 20<sup>th</sup>, 2013

Gold – Hannah – room 13

Silver - Tiger - room 25

Silver - Gabriel - room 9

Bronze - Matthew - room 30

Congratulations on some great matches and some great results. The next tourney will be at Grant Park on Feb. 8th.

# "TRY LACROSSE"

Are you interested in trying Canada's National Sport? Falcon Lacrosse is hosting "Try Lacrosse" at Red River Community Centre, 293 Murray Avenue on Wednesdays starting February 6 from 6:00 p.m. to 8:00 p.m.

For further info contact Tim Isfjord at 204-451-5935 or tisfjord@mts.net .

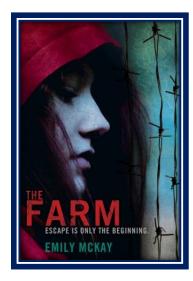
# LA VIE ET L'APPRENTISSAGE LIFE & LEARNING AT ÉSOMS

# Room 17 - Ms Korsunsky

**Our love of reading begins with freedom, and choice.** In our class, we have the opportunity to discover and appreciate a wide variety of literature. Every two months we document our thoughts and opinions on what we have read through something called I.N.S. reports, or Independent Novel Studies. This term we focused on *how* we connect with what we have read. We made connections between pieces we have read in the past, shows or movies we have watched, events going on in the world, or personal relationships and experiences.

Please enjoy Colby's published book review on *The Farm* where he not only connects with what he has read, but also incorporates his sense of humour into his writing.

Book: The Farm Author: Emily McKay Published: December 2012



The book opens with Lily mentioning that she and her twin sister Mel (who lives with autism) are planning on escaping and that she has almost everything in order for them to do this. While on the Farm, she runs into an old school-mate, Carter, who she has crushed on for years. At first she didn't recognize him. Lily had been wondering what had become of him after the Tick outbreak. At first, Carter is happy to see her and they chat. Because Lily doesn't recognize him, she tries to kill Carter for intruding on her turf. Little did she know, he had a secret and needed Lily's help with it.

After 6 months, Lily, Mel, Carter and a vampire named Sebastian along with some friends, escape the Farm. Sebastian, who is an actual vampire, is able to go out in the sun but has all the other "vampy" things going on. He can control himself around blood so that made me happy (that he didn't kill Mel), certain truths come to light.

The front of the book says **ESCAPE IS ONLY THE BEGINNING**, so it hints that they will escape the Farm. I don't want to say much more because it would be a huge spoiler. In alternating chapters, *The Farm* is told from Lily, Mel, and Carter's points of view. My favorite chapters are Mel's because she has a really unique perspective and understanding of the world around her. The story works with this format because there's so much going on and the characters are so involved. I learned more about Carter and his history during his chapters than in any of the other chapters, and I really don't know how we could have learned as much about him without this format. Overall, it added more layers to the story and really defined the characters. One thing that I didn't really enjoy about **The Farm** is Vampires–I don't like Vampires. I don't have much else to say on that topic. But other than that it was a great read for me. I give it \*\*\*\*\*

I recommend this book if you would like a supernatural-drama with a bit of suspense. It has a small amount of vulgar language, but don't worry about it, you'll get **sucked** in the book.

#### **Main Characters**

Lily Pryce: She's the main character and narrator, given that she has the most chapters from her point of view, and the story revolves around her. She is twins with Melanie (Mel) who have been living together on The Farm for 6 months. She is pretty smart; smart enough to make bombs/incendiaries out of some chemicals and a jar. She's 17 and can't wait to turn 18 (because The Ticks like young blood and 18 is when you're an adult so not so young blood if you're an adult.)

**Melanie Pryce (Mel):** She's Lily's twin-sister and she lives with autism. It helps her notice some things that people don't naturally notice, like the fact that she knows there is a part of the fence that turns off at night and that's... a spoiler (so I'm not going to tell you). She's also 17 like Lily. Her chapters were usually short and almost lyrical because of her tendency to speak only in nursery rhymes.

**Carter:** He comes later on in the book, about the 5<sup>th</sup> or 6<sup>th</sup> chapter but he still plays a big part. He went to military school so he's pretty strong and smart. He has actually gone farm to farm searching for Lily. When he finds Lily, he is overwhelmed (happy) and agrees to help her escape. He is 17 and has gone to school with Lily and Mel in the 'Before'.

#### **Text to Text**

I read this book thinking it was about zombies, but it's not, it's more about vampires. I've never actually read any other books about vampires like Twilight; I didn't read that because the movies sucked. (At least I think they did) I was never really a fan of vampires in the first place, but this book was an exception. In my opinion VAMPIRES SUCK. Vampires need to be original like DRACULA! Or like The Count' from Sesame Street, he's a boss.

#### **Text to World**

I can't so much relate, but know about living with autism (Mel). Ms. K showed us a show called *World of Jenks* on Wednesday afternoon, and on Friday she showed us a movie about a woman named Temple Grandin. I understand some symptoms/tendencies with autism like hypersensitivity and/or having obsessions and compulsions.

### **Text to Self**

I can relate to Lily, because I would feel the same; I would want to keep my twin/sibling safe and escape the dangerous farm. I don't think I would be as smart though; there's a 5 year difference. I'd probably fail to escape and die a horrible death or something:). I would probably do what Mel does, stay behind on all the serious stuff and organize everything. I would be happy with that.



# Salle 5 – M. Hall

Students from M. Hall's class are showing their learning through centre work, based on Multiple Intelligences Theory by Harvard psychologist Howard Gardner.





# **Winter Landscape Paintings** Room 26 - Mr. Serzu

In room 26 we have been working on shade and tint. One way we have explored these ideas is by creating winter landscapes. We began by finding a picture of a winter setting. On a large piece of paper we lightly drew the outline of our picture. We then chose a cool color of paint and painted our paper. We could only use the one color we chose slightly changing the shade by adding white paint to it. After we have painted the entire paper we add the details of the picture using charcoal. Not only did we learn

about shade and tint but we learned how to draw objects from natural

environments such as trees and mountains.







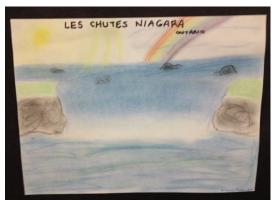


# LES MERVEILLES NATURELLES DU MONDE

Salle 33 - Mme Pancotto

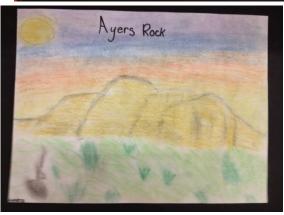


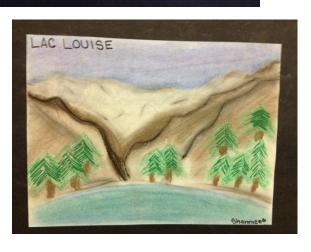














# Room 27 – Mrs. Courchene

# The Price of Fame

Heidi

If I became famous, it would affect my life. If I became famous at a young age, it would affect my education. I wouldn't be able to go to school because I would be so busy with schedules. I wouldn't have freedom anymore and every time I want to go outside, I would have to make sure that people didn't recognize me. I would be like a puppet on strings with other people controlling me.

My friends would start treating me differently because they would start seeing me as "the person who is famous" instead of the real me.

Since I would have a lot of money, I would buy my parents a bigger house that we could live in together and my sisters would ask for electronic devices. I would save up my money until I got older. Then I would start a restaurant and live my dream of being a chef.

Me Myself and I

I am a leader
I am wise and never fear
I am in control

Chelsea

ME

I am a thinker
I always think then I do
I have MY own world

Vaughn

ME

I am a singer
I am smart and confident
I am amazing

Mishel

FOOD FOR THOUGHT

I love to eat food

Food is just so epic dude

Food is just some food

You should eat some

# **WHISPER**

By Alexis

Whisper,
Whisper in my ear,
Tell me what's your biggest fear.

Unknown and scary is what I am, No eyes, No feet, Not even hands.

You can't escape
I'm in the mirrors,
you scream
and run,
not knowing if I'm near.

Quietly, you call for others help, No answers, no reply, just small yelps.

I cry blood,
Scratch and tear,
my face,
covered in tangled hair.

You may never know who I am, But when you do, You'll stumble, unable to stand.

Nothing can save you, not even death, I'll take you away, before you catch your breath.

# Room 31 – Ms Conner

# How to Make a Piece of Toast with Peanut Butter

By Sara

Materials: Toaster, Bread, Butter Knife, Peanut Butter

If you want to make a piece of toast with peanut butter, the first thing you need to do is go to the kitchen and plug in the toaster. In order to do this you have to grab the end of the toaster's cord and put it in the outlet. Next walk over to where the bread is on the counter. Pick up the bag of bread and pull off the clip. Take out a piece of bread and place it on the counter beside you. Put the clip back on the bread bag and put it back where it was before. Take your bread to the counter beside the toaster and put it down. Open the cupboard in front of you and pull out a plate. Put the plate on the counter and close the cupboard door. Grab your bread and put it in one of the slots at the top of the toaster and push down on the lever on the front of the toaster. When it is done, the toast will pop up. Take the toast out with your hand and put it on the plate. Walk over to the pantry and grab a jar of peanut butter. Walk back to your toast and put down the peanut butter. Walk over to the utensil drawer, open the drawer and grab a butter knife. Close the drawer and walk back to your toast. Put the knife down and twist the lid off the peanut butter. Put the lid down on the counter and pick up your knife. Scoop up some peanut butter on the knife and spread it on the toast. Eat and leave a mess for your parents to clean up. If you have a nut allergy, follow the same procedure, but try replacing the peanut butter with jam.

# **How To Make A Toast!**

By Krystian

- 1. Get out a bag of bread.
- 2. Make sure the toaster is plugged in.
- 3. Get a plate out of the cupboard and put it on the table softly.
- 4. The peanut butter is on the table.
- 5. Grab a butter knife from the drawer.
- 6. Open the bag of bread with your hand, and put it in the slots of the toaster and push the lever down.
- 7. Wait for the bread to come out of a toaster.
- 8. When the toast is done, pull it up with your hand and put it on the plate softly.
- 9. Now get the butter knife and put it inside the peanut butter and scoop it up and slide it on the bread or spread it.
- 10. Go get a piece of paper towel and put the bread on it carefully so it doesn't fall off.
- 11. Clean up the mess, everything that that is not right close to the peanut butter, close the bag of bread, put the knife in the sink.
- 12. After you clean up the whole mess, you can eat your toast, but be careful it might be hot.

# SHAPE SHIFTERS

#### Room 19 – Mr. Nault

When Miss Kiva came in our room to teach us about fractions I was a little nervous because it is not my best subject in math. I thought that I would be the only one in my class who wasn't getting it but after she talked a little bit about what we were going to be doing and that we would be taking it step by step, I realized that it

get into groups of two and each group got a bag of shapes. We experimented with all the different things we could do with the shapes like put them in order from biggest to smallest. All the shapes were different colors, so we called them "families".

wouldn't be as hard as I thought it would be. The first thing we did was

The "families" were all different, some "families" had many pieces/members and some only had one or two. There was one big black rectangle shape and it was the only one there, Miss Kiva told us it was called a whole. The whole was the shape that was bigger than the rest. We traced the whole on the paper and then traced a piece of each family on the paper. Then we learned that all the pieces of the family equal a whole. Then we figured out that if you mix a family with another family it also equals a whole.

This was easier than I thought it would be and I thought working with Miss Kiva was very fun.

Mya

# DO ECOSYSTEMS CHANGE OVER TIME? Room 24 – Ms Springer

- We started by placing 5 cm of soil and 7 cm of water into a glass jar
- We added an aquatic plant to our jars on the 3<sup>rd</sup> day
- Daily we observed the jars, the change in water and the change in the plant
- > By the end of the 1<sup>st</sup> week we started to add bird seed to the jar
- Some of the changes we observed are: the water evaporated, the aquatic plant died, the bird seed is starting to produce plants and almost all jars have started to grow mould
- $\blacktriangleright$  The most disgusting observation is that the jars really, really stink  $\circledcirc$



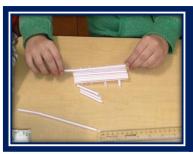




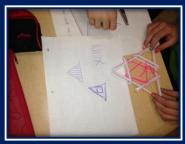
# Salle 8 – la class de Mme Laurie & Mme Joni

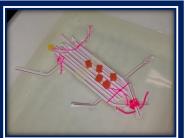
Ce mois-ci, la classe de Mme Laurie et Mme Joni étudie l'eau. Nous avons construit des bateaux de pailles pour tester le processus de design. Chaque équipe avait 10 pailles, 30 cm de ruban et 60 cm de ficelle et c'est tout! Le bateau qui flottait le plus longtemps dans un bac d'eau, sans couler, a gagné un prix. Nous avons vraiment aimé cette activité !!!

L'équipe gagnante était April, Kyla et Javaan! Bien fait les filles!









# RESPONSES TO THE CBC SPECIAL "ARE WE DIGITAL DUMMIES?"

Room 29 - Miss Koshelanyk

We watched a video today called "Are we digital dummies?" I can relate to that. I go onto my computer and surf whatever for at least four or five hours a night. It is what I do every day and I am telling you that my parents don't like it. Everyone in the world uses their phones 24/7 and it is causing problems. There are over 12 billion text messages sent worldwide every day. Every once in a while people who are working take their phones out to "take a quick look," instead of doing their work. That can cause stress and shrink your brain. It also distracts your from the work and your are not going to be able to be aware of what is around you. The problem is, some people cannot turn off their technology. They immediately need to read the next text as soon as it reaches their phone. It is almost like they are addicted, and did you know that 10% of the drivers are texting and driving? Maybe we are digital dummies. Maybe we don't know what technology can do to us or who it will affect us and our future. Maybe, just maybe...

-Karen

I recently watched a video on technology, phones and video games. I don't have a phone but I am getting one, and I watch a lot of TV when I am done my chores and stuff. I feel like I am able to multitask, but I found it surprising about how many people had phone problems. You can get a Bluetooth to be safer in your care and when I get a phone, I don't think I will be very attached to it.

-Bear

I watched "are we digital dummies?" and it talks about how phone, TV and computers can affect our lives and how they can be both a pro and a con. When the video was over I thought about how lazy people have gotten and about why they are always on their phones and computers and they don't talk to other people anymore. I look back to when we didn't have phones or computers and most people were in shape and didn't work out and it is because they were outside all the time, and talking to one another rather than being on their phones. I also think that if most people were not on their phones, they might be happier and have more fun. It is okay to go on the computer once in a day or maybe a bit more because they can help us too.

-Brandon

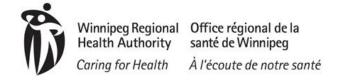
### **Anonymous Quotes:**

"I think it is rude when people are texting when someone it talking to them. It is RUDE and they should learn some manners!"

"I guess for me without my phone, I feel weird or lost."

"I don't know why so many people need their blackberry to live. I find it stupid."

## Dear Parent or Guardian:



### Influenza season is upon us

In the schools and community, you may be noticing more of your friends and neighbors are ill. In the health system, we have noticed that the numbers of cases of influenza ("flu") are now starting to increase in Winnipeg.

Symptoms of influenza almost always include fever and cough. They commonly also include sore throat, muscle aches, joint pain, headaches and fatigue. For some children and adults symptoms may include nausea, vomiting and diarrhea.

# What you can do?

**Hand washing**: In class and at home, please remind children to wash their hands frequently.

Cover your cough: Please remind children to cough or sneeze into a tissue or into their sleeve or elbow.

## Please keep your children home if they have flu-like symptoms

It is important to keep your child at home if he or she has flu-like symptoms, until they are feeling better. It is helpful to have backup childcare plans if needed.

# Have you and your children received the flu shot?

Getting a flu shot is the most effective way for you and your children to avoid getting and spreading influenza. Flu shots are available free of charge to all family members and can be given to anyone six months of age and over.

To get your flu shot your family can visit your primary care provider or any of the Quick Care clinics, or you can book an appointment at your local public health office. Call 204-956-SHOT to find the address and phone number of your local public health. Please remember to bring your Manitoba Health card or out-of-province health card.

#### If you would like more information:

- Visit the Winnipeg Regional Health Authority website at www.wrha.mb.ca. and follow the link "Protecting Yourself from the Flu"
- Call your local community area public health office during regular business hours. You can find your local community health office at www.wrha.mb.ca under the tab "search the health services directory"
- Call Health Links Info Santé 24 hours a day, seven days a week, at 204-788-8200.

Thank you for your help in fighting the spread of Influenza.

Dr. Bunmi Fatoye Medical Officer of Health Winnipeg Regional Health Authority

# FEBRUARY 2013

SUN	MON	TUE	WED	THUR	FRI	SAT
I DAY 2 2						
3	H DAY 3 DIVISIONAL PD NO CLASSES	5 DAY 4 P.A.C. 6:30 PM	6 DAY 5	7 DAY 6	B DAY1	9
10	■ DAY 2	COFFEE HOUSE "LOVE & LOSS" 7 - 9 PM GYM  FREE THE C	TIS DAY 4		IS DAY 6	16
Ţ	IB  LOUIS RIEL DAY  NO CLASSES	IG DAY I	G.C.C.J. & MET SCHOOL OPEN HOUSE 7:30 PM	ZI DAY 3	22 DAY 4	23
24	<b>25</b> DAY 5	MAPLES COLL. OPEN HOUSE 7:00 PM	<b>27</b> DAY 1	W.K.C.I. OPEN HOUSE 5:30 PM	MARCH 4, WINTE	R