

Hawk Walk

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<http://www.7oaks.org/school/sevenoaksmiddle/Pages/default.aspx>

Fall Harvest at ÉSOMS

Last spring, every classroom at ÉSOMS had the opportunity to plan and plant a garden in one of our cedar container gardens. In June, we marvelled at the seeds sprouting and the plants beginning to grow. In September, with vines overflowing, we returned to reap the bounty of the fall harvest. Vegetables became the talk and the taste around the school - from the abundance of tomatoes and cucumbers, to potatoes, turnips, squash, herbs and hot peppers. Some classes took the opportunity to delight in a cucumber snack or cooked turnip, while others used the harvest for their classroom feasts. There was a potato salad or even two!

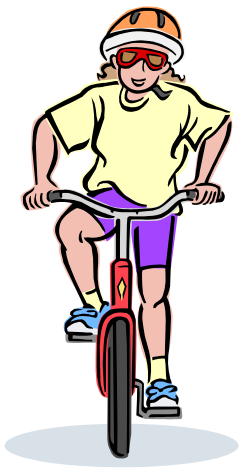


Dress Warmly

As the weather gets cooler, we will continue going outside at lunchtime from 11:30 am until 12:05 pm.

Students are reminded that they will enjoy their time outdoors more if they are dressed appropriately for the weather. We greatly appreciate your cooperation.

Cycling to School



Riding a bike is an active, healthy and environmentally-friendly way of getting to school each day. We have bike racks in the garden area and encourage students to bring locks to secure their bikes properly.

As of May 1, 2013, it is the law for anyone under 18 years old to wear a helmet when cycling.

Did you know that a properly fitted and safety certified helmet can reduce the risk of head and brain injury by more than 85 per cent?

All students riding bikes to and from ÉSOMS are reminded that they must wear a helmet.

Chess Club

Mr. Gamby has acquired some new, tournament quality chess boards and has been holding a Chess Club in Room 25 every Monday, Wednesday and Friday. Many students have been enjoying the challenge and are trying out new strategies every chance they get. Everyone is invited.



Important Dates

October 1	Parent Advisory Council 6:30 pm - Staffroom - All welcome!
October 1	Picture Day
October 14	Thanksgiving - No Classes
October 21	Divisional Professional Development Day - No Classes
October 25	SAGE - Provincial PD day - No Classes
October 28	Picture retakes
November 4	School PD - No Classes
November 5	Parent Advisory Council 6:30 pm
November 8	Remembrance Day Assembly - Periods 3 and 4
November 15	Student Reports go home
November 19	Parent/Teacher/Student Conferencing - Evening
November 21	Parent/Teacher/Student Conferencing - Evening
November 22	Parent/Teacher/Student Conferencing - No Classes
December 3	Parent Advisory Council 6:30 pm - ÉSOMS staffroom
December 4	Gr. 7 & 8 Band, Choir & Incredibows Concert
December 12	First day for term 2 of TAS morning options
December 20	Last day of classes
January 6	Classes resume - Day 6
January 27	School PD - No Classes
January 30	Gr. 6 Band, Choir & Fiddling Concert
February 3	School PD - No Classes
February 4	Parent Advisory Council 6:30 pm
February 17	Louis Riel Day - No Classes
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	ESOMS Open House - 7:00 pm
April 15-17	ESOMS 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
June 25	Grade 8 Farewell Evening 6:00 - 11:0 - Sunova Centre
June 26	Administration Day - No Classes
June 27	Last Day of Classes

OCTOBER 2013

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 DAY 3 PICTURE DAY PAC 6:30 PM	2 DAY 4 X-COUNTRY HARBOURVIEW ALL DAY	3 DAY 5	4 DAY 6 X-COUNTRY BIRD'S HILL PARK 10 AM - 2 PM	5
	6	7 DAY 1	8 DAY 2	9 DAY 3	10 DAY 4 X-COUNTRY BIRD'S HILL PARK 10 AM - 2 PM	11 DAY 5 12
13	14 THANKSGIVING NO CLASSES	15 DAY 6	16 DAY 1	17 DAY 2	18 DAY 3	19
20	21 DAY 4 DIVISIONAL PD DAY NO CLASSES	22 DAY 5	23 DAY 6	24 DAY 1	25 DAY 2 SAGE NO CLASSES	26
27	28 DAY 3 PICTURE RETAKES	29 DAY 4	30 DAY 5	31 DAY 6 Happy Halloween		

SO Sustainable

This year we are excited to announce a new opportunity for students in the school to take a leadership role in the community. **SO Sustainable** is a new extracurricular group that will be open to all students in all grades at ÉSOMS.

SO Sustainable will focus on the three pillars of Sustainable Development. This includes:

→Environmental Sustainability →Economic Sustainability →Social Sustainability

The group is intended for students who are passionate about the environment, human rights, social justice, leadership, and volunteering. This year, a focus of this group will be developing the outdoor space of ÉSOMS. The first meeting will take place on Thursday, October 10 in Room 17 and is open to anyone who wishes to attend or would like more information on SO Sustainable.

SO Sustainable looks forward to serving the school and local community, and hopes you can be a part of it too! If there are any questions, please do not hesitate to stop by Room 17, Ms. Korsunsky's class for more information!

Technology Enhancement

ÉSOMS was fortunate to receive 50 new laptop computers this fall. This addition to our school allows for students to use technology more frequently in their learning and also provides flexibility in where students can use them. Featured here are students from Mme Pancotto's and Ms. Waskul's classes putting the new laptops into action.



We Are Community - A Visual Arts Project

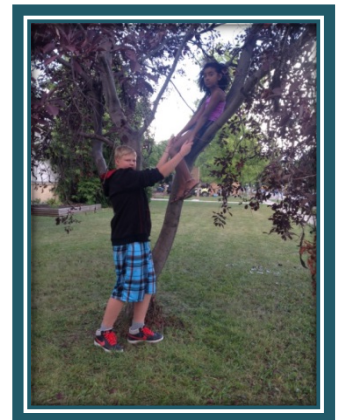
Richard Rinaldi is an American photographer whose pictures have been featured in exhibitions around the world. His project *Touching Strangers* focuses on bringing together individuals for just a moment to photograph a sometimes awkward, sometimes loving, but always beautiful portrait. The goal is simple, show the world as it *could* be. Imagine just for a moment surrendering the walls between strangers, and replacing them with openness and kindness.



In Seven Oaks School Division, we believe that *Community Begins Here*. As a way to welcome the staff and students back to ÉSOMS for the 2013-14 school year, Ms. Conner and Ms. Korsunsky's classes embarked on their own *Touching Strangers* mission. The goal was not only to show the world as it could be, but to show the ÉSOMS community the beauty that exists in our own hallways on a daily basis. The product was nothing short of stunning.



At ÉSOMS we are not strangers... we are a community. The following photographs are a sample of the artwork that was shared at our September Assembly.



In the Gym....

Physical Education Classes

Throughout the month of September students completed a Volleyball unit and Ultimate Frisbee unit. As well, they completed the 5 minute fitness run.

Please help remind your child to bring a change of clothes and their runners to gym class.

Special Olympics

The Special Olympic program is well underway. The student athletes are currently working on their basic motor skills. We are waiting for the first sport, sponsored by Manitoba Special Olympics, to be announced.

Extracurricular

Cross-country running: We have had one cross country meet thus far, a great effort was given by all ÉSOMS runners, we are looking forward to the next one on Oct. 4th. The last cross country meet will be on the 10th of October, both are at Birds Hill Park.



Volleyball is also starting up for a new season. Players have participated in an evaluation clinic and have been placed on one of a number of teams. All players are required to have their own Hawks T-shirt which will act as a uniform. These shirts are available in the Phys Ed office for \$12.

Be sure to check on the school website for the sports calendar (found under the phys ed tab) and all team practice/game times. This is each players responsibility. The schedules can also be found on the phys ed calendar in the hallway by the gym. Game participation is dependent on practice attendance.

Thank you to all our volunteer coaches.

Music Notes...

Fiddling

The Incredibows 7 and Incredibows 8 groups have begun rehearsals and are looking forward to performances at concerts and other events throughout the year! There are 24 students in Incredibows 7, and 12 students in Incredibows 8. One of our first appearances will be on December 4th, at the grade 7 & 8 band and fiddle concert. Stay tuned for announcements about other upcoming performances! (Members of the Incredibows groups are reminded to return their signed commitment forms to Mrs. Warner ASAP.)

Team Building Exercise - Ms. Koshelanyk's class

By Mya and Ewan



On the first day of school we got into groups and we did a team building exercise. Our goal was to work together and communicate! We as a group were supposed to build a pyramid out of cups. The catch was we couldn't use our hands! The only thing we could use was an elastic band attached to string to move the cups. There was a string for each person in the group. We worked together and eventually made a pyramid! This was a very fun experience and at the end we got to know each other a little better than we did before. It taught us that good communication is key to problem solving.



La classe de Mme Persaud

Salle 30

Les mindmaps et les symboles personnels

Un des projets que les élèves ont travaillé le premier mois de l'école était "Le Mindmap". Il ont représenté visuellement dans le style de leur choix des différentes "branches" de leur vie et leurs intérêts. Ils ont ensuite composé des descriptions d'une branche de leur vie.

Voici les Mindmap de 6 élèves:

Cameron, Braydon, Jady, Sadie, Gabriel et Makayla



Devant la salle 30 vous pouvez voir les symboles personnels de chaque élève et une courte description de ceci.



"EDGE Registration is Underway!"

The Babysitter Certificate Course returns along with other very popular programs like Cartooning/Anime and Baked Delights. Try out some exciting new programs like jewellery making or HULA HOOP SPINNING! What a great way to try something new, get exercise and have FUN. EDGE starts the week of October 15th right after Thanksgiving. We look forward to seeing you then!"

For information contact: Penny Raymond, EDGE Coordinator 204-885-4333/204-227-7136 or by e-mail at penny.raymond@7oaks.org



KYAC is FREE all school year long!

Important dates:

October 14th - Thanksgiving Day - CLOSED

October 21st - PD Day - CLOSED

October 25th - SAGE Day - CLOSED

October 31st - Halloween, KYAC is still OPEN!

KYAC is @ Forest Park on Thursdays and Fridays from 3:30pm-5:30pm starting in October!

Check out our website: <http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

We are looking for parent representatives on the KYAC board council, email us!
Have a suggestion for KYAC programming?? Let us know!

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

ALL ARE WELCOME!

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

'Like' our page on [facebook](#), search: **KYAC**

Follow us on [twitter](#) → [@kyac7oaks](#) for daily updates

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



Seven Oaks School Division
**OJIBWE & CREE LANGUAGE PROGRAMMING
APPLICATION FORM**

**PARENT/GUARDIANS/CAREGIVERS
of Seven Oaks School Division**

Seven Oaks School Division is once again pleased to offer languages classes in Cree and Ojibwe to its division community. These sessions are free and open to all staff and parents of Seven Oaks School Division. The classes will run as a **10 week program on Wednesday evening from 4:30-6:30** at Edmund Partridge School, 1874 Main Street. This series will incorporate experiential learning opportunities and work to build community through interaction learning. Mark your calendar, all classes will take place on Wednesday's which include:

October 16 23, 30 November 6, 13, 20, 27 December 4 & 11

On Saturday December 7th, 2013 there will be a 4 hour cultural experiential learning class that will allow you to apply what you learned throughout this series. Don't miss this celebration!

FILL OUT THE ATTACHED REGISTRATION FORM ASAP

SOSD ABORIGINAL LANGUAGES REGISTRATION FORM

Applicant Information:

Name:

Address:

City, Province:

Postal Code:

Phone number(s)

Emergency Contact Person:

Relationship:

Phone Number:

E-Mail Address:

Choose a Language Program:

Teacher: Shirley Cook **Cree** ___

Teacher: Pat Ningewance **Ojibwe** ___

Have you taken a language program before YES___ NO___

Are you of Aboriginal descent YES___ NO___

PLEASE SUBMIT REGISTRATION FORM TO:

Bernadette Smith

Email: Bernadette.smith@7oaks.org

Telephone: 2042507253, Fax: 204 632-6198, Mail: 1520 Jefferson Avenue

For more information email Rebecca.chartrand@7.org

If you are a staff member of the division (i.e EA, teacher admin, bus driver) please register on employee connect to participate.



women's
health clinic

FAMILIES CONNECTING *At Victory School*

New Day & Time

A Healthy Baby Community Support Program designed to assist pregnant women and new parents in connecting with other parents, families and health professionals.

THURSDAY MORNINGS

9:45 - 11:45am


Victory School

395 Jefferson


Snack, childminding, coupons for free milk* and bus tickets available.

No need to register, drop in when you can. Questions? Call 204.947.2422 ext. 113

**Milk coupons provided for pregnant women and up to 6 months postnatal.*



WMBA and ATHLETE INITIATIVE
"Girls Can Play"
Fun, Fitness and Basketball



Athlete Initiative and the Winnipeg Minor Basketball Association (WMBA) has partnered up to deliver a new FREE program called "Girls Can Play" This program is targeted for girls from ages 7-10 years of age and its goal is to promote physical activity for females through fun, fitness and basketball participation.

- We will be offering a FREE session to any girls who are new to the game of basketball or have played before and just want to come out and have fun.
- There will be two sessions offered on the following dates:
- 1st session – October 9th, 5:00pm – 6:30pm at Maples Community Centre
- 2nd session – October 11th, 5:00pm – 6:30pm at Maples Community Centre
- Both sessions will be lead by coach Suki Chhoeun as well as varying University basketball players from the University of Manitoba Bison Women's team and the University of Winnipeg Wesmen Women's basketball teams.
- To register for this event please visit www.wmba.ca and click on girls can play article on the front page and fill out form.
- All athletes should come ready to work hard and have fun.
- Please bring gym shoes, shorts (no pockets)
- All other equipment will be supplied
- THIS IS A FREE EVENT!

Seven Oaks Healthy Living

FREE

"Family Recreation Night"

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

All activities are offered FREE of charge

Starting October 3rd!

Thursdays
Elwick School
30 Maberley Road
6 p.m. – 8 p.m.

Students may not attend without parents!!

Adults Welcome!
Open Gym (all ages)

Join us for Skating at Elwick from 4 – 6pm on Tuesdays and Thursdays. Starting in January!
Participation incentives

For more information call 204-223-3499

FREE SNACKS AND NUTRITION INFORMATION EVERY WEEK

WEST KILDONAN MEMORIAL COMMUNITY CENTRE

www.wkmcc.webs.com

One6Yoga

(Individuals with Developmental Disabilities)

All Ages Welcome

Classes will be held on Wednesday's 5:45-6:30p.m.

Where: 346 Perth Ave. In the dance studio

Start Date: Wednesday January 8, 2014 (End date: March 12)

Cost: \$90.00 10 weeks (drop in fee: \$10.00)

Registration Date: Wednesday November 27th 5:30-7p.m. (West Kildonan Community Center)

Please Note: Community Centre will Supply Yoga Mats



What is One6Yoga:

One 6 Yoga provides a comprehensive program of yoga that is gentle and therapeutic -- safe for babies, children and adults with Down Syndrome, Cerebral Palsy, Microcephaly, Autism and other developmental disabilities. These methods also provide an effective treatment for persons diagnosed with Attention Deficit Disorder and Learning Disabilities.

Individuals categorized as disabled are frustrated and encouraged by the same things that a typical person is affected by. While their capacities might be varied, they are no less able to fully appreciate and participate in activities such as yoga that can improve and enrich their quality of life.

Since it may be difficult to integrate developmentally disabled individuals into a standard yoga class, specialized yoga programs are typically done in a one on one setting or in very small groups.

Yoga not only relaxes the body and decreases the feelings of stress, yoga also can also develop and improve:

- attention span and concentration
- motor planning
- strength and flexibility
- organizing sensory input
- deep breathing patterns
- nervous system calming
- balance, strength and coordination confidence
- self-control
- increased body awareness

**HAPPY
HALLOWEEN**

SPARE CHANGE FOR BRAINS

Supporting Global Education

Make change with your change



MCF Founder Kish Modha at Kamwokya School

Every kid deserves a shot at quality education – no matter their station, background or location.

That's why Seven Oaks School Division is teaming up with the Mondetta Charity Foundation to help improve access to education and learning supports both near and far.

We're giving our Spare Change for Brains!

The Halloween themed initiative will fund programming and services at our own Wayfinders program as well as the construction of new classroom space at the Mondetta-supported Kamwokya School in Uganda.

We encourage all Seven Oaks students, parents and residents to take part in the change drive from October 1 through Halloween night.

Your pennies, nickels, dimes and dollars will all go directly back into changing the educational experience for kids who need it.

A LITTLE COIN GOES A LONG WAY

Change – both the bling-bling kind and that feel-good, kids-getting-a-better-education kind – will happen in all Seven Oaks schools Oct 7-31.

Students will be encouraged to use their spare change for brains by either donating a lumpsum at any point throughout the campaign or bringing in a coin per day on the following schedule:

October 7-11 – nickel a day

October 14-19 – dime a day

October 21-25 – quarter a day

Halloween Day – loonie or toonie

Drop your change off at any school through the month!

Community members and parents are also encouraged to participate via central receptacles located in each school's office. Donations of \$20 or more will receive a tax receipt.

We'll tally the total on November 1 and send half the money raised to Kamwokya School and half to our own Wayfinders program – no administrative fees, no kickbacks.

We're helping one kid at a time, one coin at a time!



SEVEN OAKS
SCHOOL DIVISION
community begins here

MORE ON MONDETTA CHARITY FOUNDATION*

Mondetta Charity Foundation – established by Mondetta Clothing – aims to make a difference in East Africa, the first home of the company’s founders.

MCF’s strong philanthropic efforts benefit a wide variety of local, national and international charitable organizations and ease some of the suffering in Kenya and Uganda.



Tackling such problems as poverty and the devastating AIDS epidemic, MCF takes action at the grassroots level to ensure the help pledged goes to those who need it most.

MCF supports the operations of Kamwokya Primary School – a tiny and overcrowded, 1,400-student complex located in a sprawling slum in Kampala Ugandan’s capital.



AEW teacher Jillian Bjornson with students on a trip to Uganda

KAMWOKYA SCHOOL – OUR PARTNER IN LEARNING

Seven Oaks is proud to partner with the Mondetta Charity Foundation as a longtime supporter of Kamwokya School.

Our Arthur Wright School is Kamwokya’s sister school and teachers travel between the schools on our Teacher Exchange Program.

*CRA Charitable No. 817720071-RR0001

We donate old school supplies, books and outdated shelving and office furniture to the school and are happy to further support MCF’s efforts, which include:

- ➔ Implementing a daily feeding program that has served over 2 million meals to hungry children many of whom would go without were it not for the lunch received at school
- ➔ Providing uniforms to all 1400 students at the school
- ➔ Revitalizing the school library
- ➔ A Dental Mission that witnessed five dentists, their assistants and families travel to Uganda to establish a temporary clinic at the school and provide dental treatment to 400 children

WAYFINDERS FAST FACTS

Seven Oaks believes every student deserves a chance. A chance at education. A chance at community. And a chance at a brighter, better future.

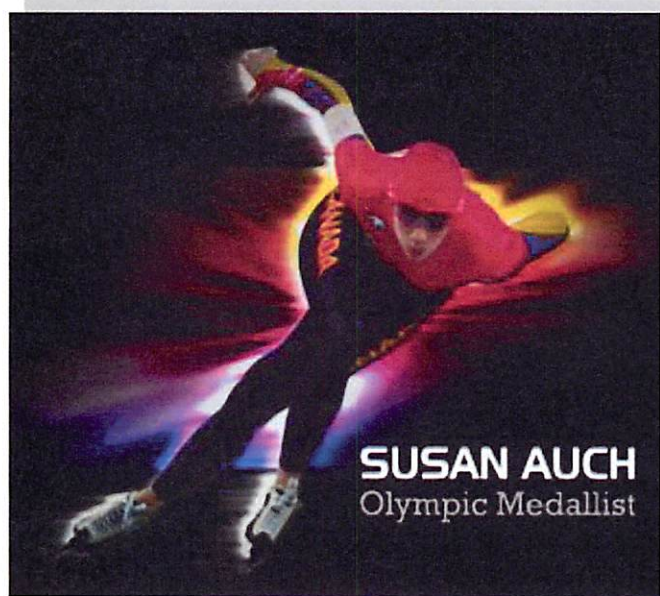
Wayfinders is a community-based mentorship and outreach program that aims to provide that chance to high-school-aged students living in NW Winnipeg’s Elwick Community and Watson Street neighbourhood.

Run outside regular school hours, Wayfinders supports low-income students earning credits towards graduation and developing life skills through tutoring, career exploration, community mentorship and community service.

Students who visit Wayfinders engage in their communities and work together to set goals and reach their full potential in high school and beyond.



Susan Auch Speed Skating School



Do you like to have fun, go fast and feel great?
Then speed skating is your sport!

Pick your track

Track 1 – Monday Sessions Oct 21, 28 & Nov 4	Track 2 – Thursday Sessions Oct 17, 24 & 31
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Contact sas3@shaw.ca for info and to register