

Hawk Talk



Photo by Janessa (room 11)

Phone Calls & Messages for Students

Unless it is an emergency, please make arrangements with your child before they come to school to avoid calling into the classroom.

Call Back System

If your child will not be at school or will be late, please call our office at 204-586-0327 or email marie.jowitt@7oaks.org or bonnie.pollreis@7oaks.org. The office is open for phone calls between 7:45 am and 3:30 pm. If your child is absent and we have not been notified, you will be contacted to ensure your child is safe.

Heather Marks, Principal/Directrice
800 Salter Street, Winnipeg, MB R2V 2E6
heather.marks@7oaks.org

Jamil Mian, Vice Principal/Directeur adjoint
Phone: 204-586-0327 Fax: 204-589-0121
jamil.mian@7oaks.org

Cool Weather & Lunch Information

Lunchtime at ÉSOMS is from 11:15 until 12:15. Students have the choice of eating lunch in their homerooms or eating lunch out of the building. Students who leave for lunch are welcome back inside the school at 12:05. Students who choose to eat their lunch in their homerooms remain there until 11:35. While there are many opportunities to participate in clubs, use passes for the West Kildonan Library, play intramurals in the gym or spend time in our library, *everyone else goes outside until 12:05*. The outdoor time is an important part of their school day. It is a time to get some exercise, socialize, breathe some fresh air and get energized for an afternoon of learning.

As the weather gets cooler, we will continue going outside at lunchtime. It will be indoor recess at times of rain and when the temperature goes below -27.

School Bus Cancellation Policy

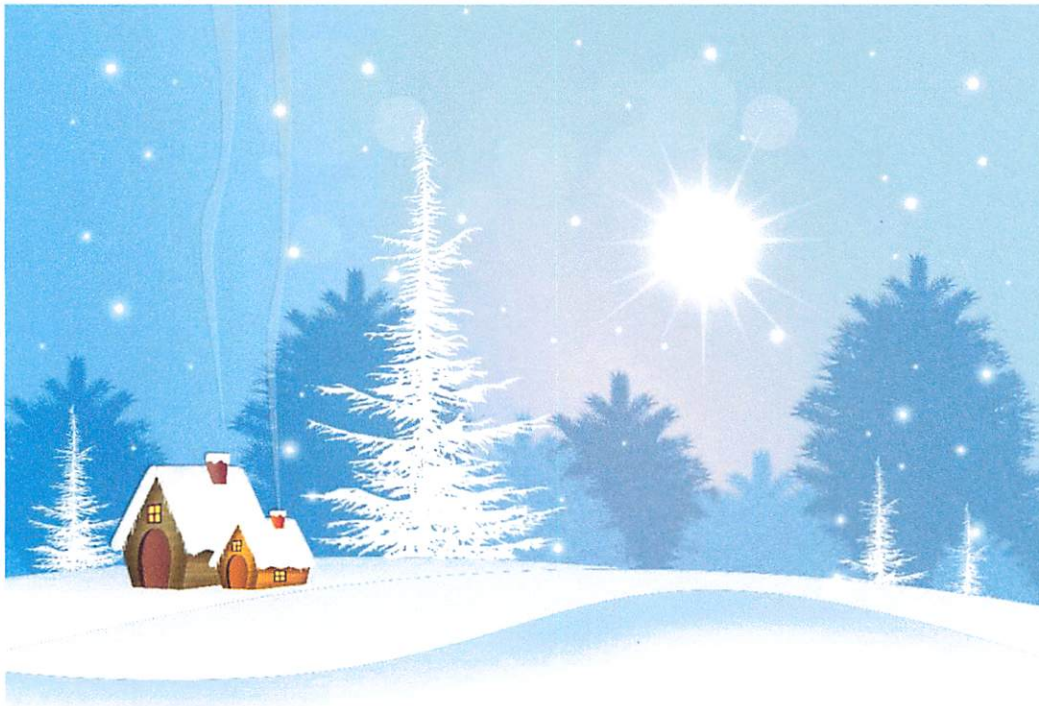
Metro Winnipeg School Superintendents have made a change in the policy for cancellation of school bus service due to cold weather.

The new policy will use the temperature reading at The Forks instead of the Airport.

School busses will be cancelled if the wind-chill reading is -45 or colder at 6:00 a.m. at The Forks according to Environment Canada.

Notice of school bus cancellations will be provided to media outlets and posted on school division websites as soon as the 6:00 a.m. reading is posted by Environment Canada.

The change was made as weather conditions at The Forks are closer to weather conditions in most residential areas where children are waiting for school buses. This should result in fewer cancellations.



The Whole Self Project

Classroom Workshops

The Body Awareness Workshops were successfully completed in November and we have started on the theme of Emotional Health with all three grades. They will be completed before the winter break. The upcoming theme is Communication.



Power Positif

The **WE Scare Hunger** team managed to gather 771 food items for Winnipeg Harvest this year. This is the largest collection that ESOMS has ever made. The Power Positif students celebrated this with an ice cream buffet this month and we look forward to seeing if we can do as well or better next year.

These students are now shifting their gaze to the environmental problem of plastic bags. We will be collecting plastic bags from anywhere and everywhere. Gathering together as many bags as we can for a chance to turn those bags into something more useful. We will be collecting for *Bag Up Manitoba*. Please think about sending your unused plastic bags to the school (room 31). We will be saving them all year.

The **Community Helpers** offered hot chocolate around the school one day this month. A warm and delicious treat to sweeten up our days! They are also connecting with the city-wide organization called Snow Angels to offer assistance to seniors and others who might need help with their shoveling, etc. Look for them after big snowfalls as they'll be out there doing what they can to support our community.

The **Bathroom Birdy** questions sheets started appearing on the bathroom stall doors in November. Our students will start providing answers to these anonymous questions as soon as the questions start coming.

One group of students are coordinating the upcoming **Spirit Week**. They are busy planning activities and themes.

The **Red Cross film group** is about to start planning and filing the 2018 film for the Red Cross Pink Day Film Festival. The film should be part of the festival in late February.

The 2017 film can be seen here: <https://www.youtube.com/watch?v=qo3ALWPZh1s>

The **GSA** (Gay Straight Alliance) now meets separately. Please see Tracey Cervantes if you have questions about or are interested in joining the GSA. The group is always open to new students. We meet every Thursday at lunch in room 31.

The Power Positif staff members include Jen Davis, Lindsay Brodeur, Steven Serzu, Becky Walter, Lori Morton and Holly Hunter.



Fiddle News:

Our **Grade Eight Fiddle classes**, including drummers and guitarists, will present a half-hour performance of festive music and fiddle tunes, from **1:00 - 1:30 p.m. on Friday, December 15 at the Garden City Shopping Centre**. Please drop by to hear them if you have a chance! Students will be leaving the school by bus at 12:15 p.m. and will return at about 2:15 p.m. *Students who have a violin at home should bring it for this performance, otherwise we will not have enough violins for everyone.*



Grade Six fiddle classes are working hard to prepare their fiddle tunes in anticipation of our **Grade Six band/choir/fiddle concert** on February 1st in the new year! Since every student in Grade Six has fiddle instruction, we look forward to seeing our entire Grade Six student body in the ESOMS gym for the concert - **Thursday, February 1, 7:00 p.m.**



**Photo by Janessa
(room 11)**



In the Gym...

It was a very busy month in November in the Physical Education Department. Our volleyball teams have all finished playing. Our divisional boys volleyball team made it to the semi-finals and lost to West St. Paul in the divisional tournament, well done boys! Our divisional girls volleyball team made it all the way to the finals and played against Leila North, they lost a nail biter in the fifth set by only three points that took over 2 hours to decide. They also did really well in all the tournaments they entered, they received a 1st place, 2nd place, and 3rd place finish. We are very proud of our girls of their great season! Our school volleyball teams all had great seasons as well, proudly representing ÉSOMS against other schools in our division, while showing great sportsmanship on and off the court.

Our basketball season is just around the corner, and we have already made our divisional basketball teams, and practices are in full swing. The grade 6, 7, 8 school basketball teams will be determined in the next week as Basketball team entries are due on December 15th. We look forward to a great season!

In regards to our new Hawks merchandise, we had a huge number of order forms come in for the new gear. If you would like to look at what they have to offer, here is the link <http://www.teamoutfitters.ca/cms.Catalog.aspx?catalog=Hawks>.

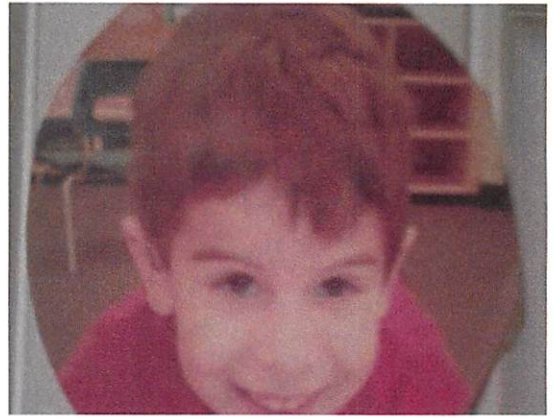
We would like to remind our students to remember to bring a change of clothes and proper foot attire for physical education class. As well, our classes will be taking turns to go outside before the break to play broomball. We ask that students please come to school prepared to go outside.

Have a great holiday break!
From the Physical education staff



Caden's Story

Caden is my little brother. He is super talkative to the point where once in a while we could all use some peace and quiet. Caden also has Profound Hearing Loss which means that without support of cochlear implant, which we call his ears, he cannot hear a thing.



Caden was born in September of 2008. My first memory was holding him and I remember crying because I was so happy to have a brother who I could talk to and who could hear me. It took about a week until Mom realized something was wrong. Whenever she spoke to him, he had no reaction. The only time he reacted was through vibrations.

Mom fought for Caden but it was difficult to find the proper specialist. Finally, when Caden was 9 months old, Dr. Barker listened to my mom and the real battle for this little boy started. Caden went through a series of tests that included an ET, and ABR, booth hearing tests, MRI's and CT scans, all to determine Caden had Profound Hearing Loss. This means that due to the fact that part of his hearing system didn't fully develop, Caden couldn't hear a single thing.



Fast forward a little and Dr. Leitao who is Caden's ENT, or hearing specialist, determined that Caden would be a good candidate for cochlear implants. Most people know what hearing aid is for. Hearing aids amplify sounds so they may be detected by damaged ears. With cochlear implants, a receiver is placed under the skin of the skull, behind the ears. This is the internal part of the device and it allows the external part to connect. The receiver collects the signals from the external device which look sort of like hearing aid that is worn behind the ear. This is complicated to understand and explain but basically, the external part sends the sounds through the receiver and it stimulates the auditory nerve to the brain allows people who have it, to hear.

In March of 2010, Mom, our babysitter and Caden flew to Toronto where a specialist would perform and 4 hour surgery. Dad and I stayed behind and nervously waited for them to come home. That week felt like forever!

Mom had the opportunity to experience Caden hearing for the first time while in Toronto but it was a new experience for me and my dad. When Caden came home, I was so happy to see him and excited for him to hear my voice. When the implant was turned on, Caden began to cry because all of the sound was so new and scary for him but over time he was able to become used to them. Because Caden couldn't hear for the first two years of his life, learning to talk took a little bit longer. He has learned ASL and now at 9 years old he can talk. He still has some trouble with some words or names but he is getting there.

I wanted to share Caden's story with you because he is an inspiration to me and as his big brother, who he looks up to, I wanted to make sure more people know about what hearing loss and cochlear implants look like. Because the cost implants is so high, and can range from \$25 000 to \$100 000, our family has had to do some major fundraising to help with the cost of up-keep for the devices as well as travel and loss of work time when Caden needs check-ups and appointments. We are trying to plan a Bud, Spud and Steak fundraiser for the future and I can let everyone know when we have a date. In the mean time, if you would like to help in anyway, you go to Go Fund Me and search Caden's Story. The medical cost are high but the batteries range from \$200 to \$300 for one pack.

It has been quite the fight but Caden has really come out on top. He might have Profound Hearing Loss but there is no stopping him.

Thank you for letting me share Caden's story with you.

By Bradie



EXTENDED DAY GROWTH EDUCATION

GREAT AFTER SCHOOL PROGRAMS FOR *MIDDLE YEAR STUDENTS!*

EDGE WINTER SESSION COMING AFTER THE BREAK!

NEW! EDGE is working towards on-line registration – coming soon!

Once again **EDGE** will be returning for the winter session beginning at the end of January. These fun courses are located in middle year schools including favorites like the babysitter certificate course and art classes along with new and different programs. Parents and students who are looking to fill the gap between school and supper time can check out the programs provided by **EDGE**. We offer up to 18 hours of instruction which includes materials - that works out (with a class registration fee of maximum \$75.00) to only **\$4.17** per hour of instruction! *Many classes are less and teen club is **FREE!***

Registration booklets and registration forms will be available on the **Seven Oaks Website** during the winter break (click on **Parents** and then click on **EDGE**). Find your school, booklet and registration forms all on-line. Copies of the booklets and forms will be available at your school after the break.

EDGE programs begin the week of January 29th through to March 23rd. (Mondays, Thursdays and Friday courses will be 7 weeks due to in-service/parent teachers and Louis Riel Day, registration fees have been adjusted). Courses are fun and educational, but space is limited. Don't delay! Register as soon as possible to ensure participation in **EDGE** programming at a Middle Year school near you. Registrations will be due **Tuesday, January 23rd**.

Questions?

Contact Penny Raymond,
Extended Day Coordinator at:
204-227-7136 or
E-mail: penny.raymond@7oaks.org



Winnipeg Harvest Delivery & Visit

Grade 8 Room 27 Sherri's Class



Our **1st delivery to Winnipeg Harvest** from room 27 alone was a total of **148 items equalling 108 lbs** of food. Our visit to Winnipeg Harvest was a humbling, educational, and fun experience. Students and staff were shown an informational video and toured the entire facility, including the walk-thru freezer. Then we all participated in sorting baked goods.

Thank you so much to all ESOMS families for all of your Hawks Support!

Thank you to Mme Brodeur's class & Power Positif for spearheading the whole school food drive. **The school total was over 900 food items.** The tally poster, bake sale, and donation drop off at the dance was extremely positive & motivational!



Remembrance Day Creative Writing

Do You Remember?

Do you remember the nights we lay,
with heavy hearts, surrounded by decay.

The quiet whimpers in the dark,
hoping, wishing, for a spark.

Do you remember the sorrow filled cries,
or the flood of relief come morning rise?

Do you remember our skin black and blue,
caused by the hardships we've been through?

How our hands were coated red,
to stop blood from being further shed.
Do you remember?

Carmela
(Gr.8, Rm27)



DECEMBER 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 Day 3	2
3	4 Day 4	5 Day 5	6 Day 6	7 Day 1 Grade 7 TAS Term 2 begins	8 Day 2	9
10	11 Day 3	12 Day 4 Grade 6 TAS Term 2 begins	13 Day 5 Grade 8 TAS Term 2 begins	14 Day 6	15 Day 1	16
17	18 Day 2	19 Day 3	20 Day 4	21 Day 5	22 Day 6 Last day	23
24	25 Christmas Day	26	27	28	Happy New Year Classes resume Monday, January 6 th Day 1	

January 2018

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8 Day 1 School Reopens	9 Day 2	10 Day 3	11 Day 4	12 Day 5	13
14	15 Day 6	16 Day 1	17 Day 2 Hawk Talk Parent Evening 6 – 7 pm	18 Day 3	19 Day 4 ÉSOMS PD No Classes	20
21	22 Day 5	23 Day 6	24 Day 1	25 Day 2	26 Day 3	27
28	29 Day 4 EDGE classes begin	30 Day 5	31 Day 6		February 1 st Grade 6 Winter Concert 7 pm	



Kildonan Youth Activity Centre
 800 Salter Street, Winnipeg, MB
 Contact: (204) 470-9460
 amy.wilson@7oaks.org




KYAC is once again offering a Winter Break Program!

We will be running out of École Seven Oaks Middle School on the following dates

from 11:00am - 4:00pm

December 2017

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24		25	26	27 KYAC	28	29
30						
31						

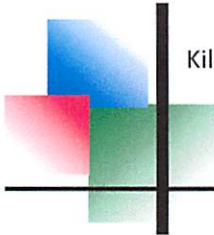
January 2018

	1	2 KYAC	3 KYAC	4 KYAC	5 KYAC	6
7	8	9	10	11	12	13

Feel free to come by and take part in organized games, crafts, sports and movies!

All activities are free of charge.

Have a safe and happy holiday season!



Kildonan Youth Activity Centre (KYAC)

DECEMBER 2017



Kildonan Youth Activity Centre

KYAC Program Coordinator: amy.wilson@7oaks.org OR (204)470-9460

<http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

What is KYAC?	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>KYAC is a non-profit youth drop-in centre concerned with meeting the needs of youth, ages 8-17, in Seven Oaks School Division. Our drop-in programs offer a wide variety of activities ranging from low organized games, recreational sports, movie nights, guitar lessons, art classes and crafts.</p>						1	2 NO KYAC @ ESOMS
<p>Programming Hours :</p>	3	4	5	6	7	8	9
<p>Drop-in Gym Hours:</p>	10	11 Last Art Class	12	13 Last Guitar Class	14	15	16
<p>Edmund Partridge Community School (EP): Monday, Wednesday and Friday 6-9pm</p>	17	18	19	20	21 NO KYAC @ Forest Park	22 NO KYAC @ Riverbend & EP	23 NO KYAC @ ESOMS
<p>École Seven Oaks Middle School (ESOMS): Tuesday and Thursday 6-9pm Saturday 12-5pm</p>	<p>WINTER BREAK PROGRAM Hours: December 27th 11:00-4:00pm</p>						
<p>Structured Program Hours:</p>	24	25 NO KYAC	26 NO KYAC	27 KYAC 11:00-4:00 @ ESOMS	28 NO KYAC	29 NO KYAC	30 NO KYAC
<p>Governor Semple School: Wednesdays 3:30-5:30pm</p>	31	1	2 KYAC 11:00-4:00 @ ESOMS	3 KYAC 11:00-4:00 @ ESOMS	4 KYAC 11:00-4:00 @ ESOMS	5 KYAC 11:00-4:00 @ ESOMS	6
<p>Forest Park School: Thursdays 3:30-5:30pm</p>	<p>KYAC will once again be running a Winter Break Program!</p>						
<p>École Riverbend Community School: Tuesdays 3:00-5:00pm Fridays 6-9pm</p>	<p>We will offer our drop-in program to all students within the Seven Oaks School Division who are looking to stay active over the holiday season. Where: Ecole Seven Oaks Middle School (ESOMS) @ 800 Salter Street When: December 27 & January 2, 3, 4 & 5th Time: 11:00am-4:00pm * All drop in programs are free of charge</p>						

MAPLES YOUTH Activity Centre

What is MYAC?

MYAC is a **FREE** drop-in centre for youth ages 9 – 17, in Seven Oaks School Division. We offer open gym for sports, arts and crafts, board games, cooking workshops, and more. MYAC's purpose is to provide a **safe** and **fun** place where youth can come to be together and make a positive contribution in their community.

How to Get Involved:

Fill out a one-time registration form to participate!

December Activities:

Open gym – basketball, volleyball, badminton, and more!

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6-9pm @ AE Wright School	2
3	4 6-9pm @ James Nisbet School	5	6 6-9pm @ James Nisbet School	7 6-9pm @ AE Wright School	8 6-9pm @ AE Wright School	9
10	11 6-9pm @ James Nisbet School	12	13 6-9pm @ James Nisbet School	14 6-9pm @ AE Wright School	15 6-9pm @ AE Wright School	16
17	18 6-9pm @ James Nisbet School	19	20 6-9pm @ James Nisbet School	21 6-9pm @ AE Wright School	22 6-9pm @ AE Wright School	23
24	25 CLOSED <i>Happy Holidays</i>	26 CLOSED <i>Happy Holidays</i>	27 CLOSED <i>Happy Holidays</i>	28 CLOSED <i>Happy Holidays</i>	29 CLOSED <i>Happy Holidays</i>	30

Contact: amanda.wilks@7oaks.org or (204) 794-1714

Registration forms now available ONLINE at www.7oaks.org/programs/myac

 @MYAC7oaks


YOUTH • AGENCIES • ALLIANCE