

# HAWK TALK

Howard Kowalchuk, Principal  
800 Salter Street, Winnipeg, MB R2V 2E6  
howard.kowalchuk@7oaks.org

Leanna Loewen, Directrice adjointe  
Phone: 204-586-0327 Fax: 204-589-0121  
leanna.loewen@7oaks.org www.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 opportunities for some students to 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 -26.

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

## STUDENT-PARENT-TEACHER CONFERENCES

Student-Parent-Teacher conferences will be held on Tuesday, November 20<sup>th</sup> and Thursday, November 22<sup>nd</sup> from 3:30 p.m. to 7:30 p.m. and on Friday, November 23<sup>rd</sup> from 8:00 to 11:00 a.m. A

letter will be sent home shortly for you to indicate your preferred dates and times. Once the conference times are scheduled, a letter will be sent home with to confirm your meeting. We value conversations with students and parents about student learning and we are very much looking forward to this opportunity for sharing and dialogue.

## IMPORTANT DATES

November 6	Parent Advisory Council 6:30 pm
November 9	Remembrance Day Assembly – Periods 3 and 4
November 16	Student reports go home
November 19	Choralfest – SO Vocal & SO Bop
November 20	Parent/Teacher/Student Conferencing – Evening
November 22	Choralfest – Grade 7/8 Choir
November 22	Parent/Teacher/Student Conferencing – Evening
<b>November 23</b>	<b>Parent/Teacher/Student Conferencing – No Classes</b>
<b>November 26</b>	<b>Divisional Prof. Development Day – No Classes</b>
December 4	Parent Advisory Council 6:30 pm – staffroom
December 5	Winter Holiday Concert 7:00 pm – Gym
<b>December 21</b>	<b>Last day of classes</b>
<b>January 7</b>	<b>Classes resume – Day 1</b>
January 8	Parent Advisory Council 6:30 pm – staffroom
<b>February 4</b>	<b>School PD – No Classes</b>
February 5	Parent Advisory Council 6:30 pm
<b>February 18</b>	<b>Louis Riel Day – No Classes</b>
March 4	Winter Activity Day
March 5	Parent Advisory Council 6:30 pm
March 6	Spring Band Concert 7:00 pm – Gym
March 8	Student reports go home
March 12	Parent/Teacher/Student Conferencing – Evening
March 14	Parent/Teacher/Student Conferencing – Evening
<b>March 15</b>	<b>Parent/Teacher/Student Conferencing – No Classes</b>
March 14–15	Brandon Jazz Festival
<b>March 22</b>	<b>Last day of classes before Spring Break</b>
<b>April 1</b>	<b>Classes resume after Spring Break – Day 1</b>
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.
<b>April 19</b>	<b>School PD – No Classes</b>
<b>May 6</b>	<b>School PD – No Classes</b>
May 7	Parent Advisory Council 6:30 pm
May	Band Trip (Date TBA)
<b>May 20</b>	<b>Victoria Day – No Classes</b>
June 4	Parent Advisory Council 6:30 pm
June	Choral Concert (Date TBA)
June 26	Grade 8 Farewell Evening 6:00–11:00 Location TBA
<b>June 27</b>	<b>Administration Day – No Classes</b>
<b>June 28</b>	<b>Last Day of Classes</b>

# PROFESSIONAL LEARNING

The staff of ÉSOMS spent Thursday, October 25 and Friday, October 26 taking the course *Mental Health First Aid: For Adults Who Interact With Youth*. Seven Oaks School Division is working towards providing every staff member in the division with this training. Mental health problems often first develop during adolescence and this course is intended to assist education professionals with the identification of mental health problems and the appropriate first aid intervention strategies.

A sincere thank you to our own grade 8 French Immersion teacher Dan Hall for being our instructor of this two-day course. M. Hall is a certified Mental Health First-Aid instructor and has been involved in facilitating this course for staff members across the entire school division. We are grateful for having the opportunity to explore and learn about this sensitive topic together as a staff.



## MENTAL HEALTH

The following is an excerpt from the publication *Mental Health Resource Guide for Winnipeg*, 16<sup>th</sup> Edition, 2012:

Our mental health is an ever changing aspect of ourselves. Positive mental health is described as:

- emotional and psychological wellness
- positive self-concept, self-acceptance
- satisfying interpersonal relationships
- satisfaction in living
- feeling in control, taking personal responsibility for your actions and feelings
- ability to handle daily activities

By being self-aware we can take positive steps towards mental health when the balance is disrupted. Here are some simple ways to work toward regaining balance...

- get adequate sleep
- eat a balanced diet
- get regular exercise
- practice relaxation techniques
- make time for pleasurable activities, hobbies and work
- prioritize tasks, delegate, don't take on too much
- develop supportive relationships
- don't be overly critical of yourself
- focus on your strengths and abilities
- LAUGH!



# a new PARTNERSHIP WITH THE WINNIPEG ART GALLERY



ÉSOMS is very fortunate to be one of four schools in the Seven Oaks School Division involved in a new partnership with the Winnipeg Art Gallery. We are delighted to offer our grade 6 TAS art option at the WAG studio. Our grade 6 art students are currently working with Curtis, an artist/educator, in rich, creative and imaginative hands-on, art-making experiences. This term, students are developing as artists through observation and drawing techniques, puppet-making and oil painting. Term 2 begins in December, when a new group of students will have this very exciting opportunity.

*The overarching goal of the Manitoba visual arts curriculum is to support, nurture, and inspire the growth of every student as an artist and as an artful learner (Manitoba Education, 2011).*

At ÉSOMS we value the visual arts as an important way of knowing and communicating. Last year, staff spent professional learning time with artist and educator Rhian Brynjolson exploring and deepening their understandings of teaching and learning in art. Collaboratively, teachers are continuing the journey of enhancing and broadening the learning opportunities for all our students in visual arts this school year.

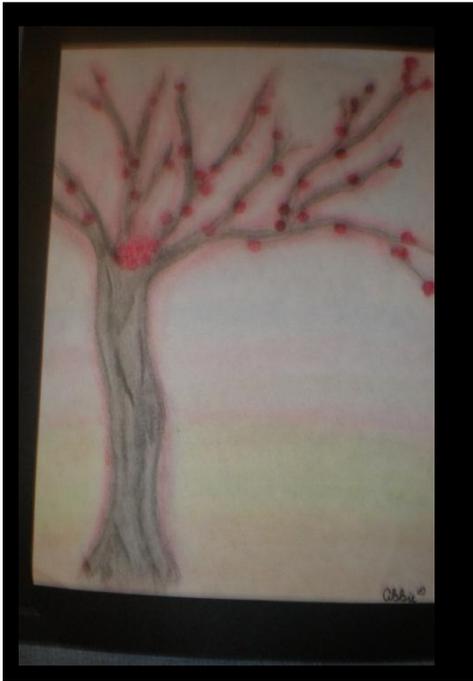


An important step in supporting learning and teaching in visual arts has been the re-organization of our art room and the ordering of quality art-making materials. A very special thank you to teacher Tracey Cervantes for her knowledge, time and leadership in this endeavour. Mrs. Cervantes spent countless hours during the summer transforming the art room into a functional and inspiring art learning space as well as assuring that art-making supplies are available both in the art room and in every classroom. Un très grand merci beaucoup!

# EVERY STUDENT IS AN ARTIST...

## SNAPSHOTS OF VISUAL ARTS LEARNING AT ESOMS

Les arbres inspirés par l'artiste canadienne Emily Carr  
Mme Pancotto - Salle 33



by: Brooke



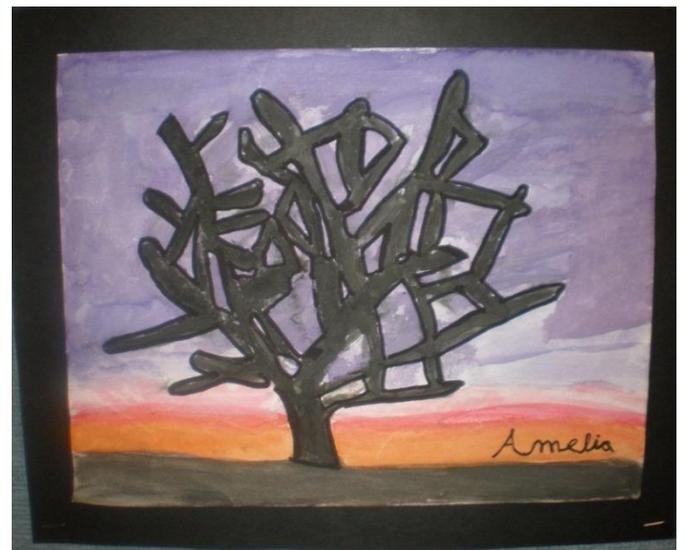
by: Abby



by: Shannice



by: D.J.



by: Amelia

# BIRCH TREES IN AUTUMN

Ms. Korsunsky - Room 17



## Miss Koshelanyk - Room 29



For the last little while in art, we have been looking at artist Pablo Picasso. He was the co-founder of cubism, a type of art where objects are broken down into geometric shapes. After studying a few of his many pieces of art, we spent time learning about shading techniques and then incorporated our knowledge of cubism with the shading to create the imaginative and experimental "Mr. and Mrs. Picasso Heads" you see here. Enjoy!

By: Koshy's Grade 8 Class



# Mme JONI - SALLE 8 DES AUTO-PORTRAITS



# TERRY FOX WALK

On Thursday, September 28<sup>th</sup> ÉSOMS had their annual Terry Fox Walk which helps raise awareness and funds for cancer research. We are proud to announce that as a school we raised \$1158.74. A special acknowledgment to Mme Persaud's grade 7 French immersion class who raised \$300.00. As a school, we were successful in surpassing our goal of raising \$1000.00. I want to thank all of the students and families who made this walk a huge success!

## WE DAY

The students who attended WE Day this year decided that they wanted to participate in Free the Children's WE SCARE HUNGER campaign from October 29<sup>th</sup> - November 2<sup>nd</sup>. This campaign aims at raising awareness around poverty and hunger within our city. We are looking to collect as many canned goods/non-perishable items to donate to Winnipeg Harvest. This is a very important issue as 50.4 % of people who receive food from food banks in Manitoba are children and 55 575 people received food from a food bank in Manitoba in March, 2011. I would like to thank everyone in advance for their support and we will report next month on our success.

All stats are from Hunger Count 2011 which can be accessed at [www.foodbankscanada.ca/getmedia/.../HungerCount-2011.pdf.aspx](http://www.foodbankscanada.ca/getmedia/.../HungerCount-2011.pdf.aspx)

## FUNDRAISING

We are looking forward to launching our school fundraising campaign to take place during the month of November. Proceeds from our fundraising endeavour will go towards school-wide initiatives such as finishing our garden project and outdoor learning spaces. A percentage of funds will also be allocated to student accounts for special events such as Winter Activity Day or the purchase of ÉSOMS wear. We will be selling Sobey's gift cards, an item that gives your dollar for dollar value and seems to be very popular among families. Stay tuned for further details.



# MUSIC NOTES

## CHOIR

Our choirs will be participating at ChoralFest again this year. Please come out and hear us sing! The Vocal Jazz groups perform Monday, Nov. 19<sup>th</sup> at Canadian Mennonite University (500 Shaftsbury). SO Vocal performs at 10:30 am and SO Bop at 2:00 pm.

The grade 7/8 Choir will perform at Sturgeon Creek United Church (207 Thompson Dr.) on Thursday, Nov. 22<sup>nd</sup> at 12:00 pm. A letter with further details will be sent home soon. We would welcome parent chaperones to accompany the groups. Please contact Mr. Toews at the school if you are willing to help out (586-0327 or [kinsey.toews@7oaks.org](mailto:kinsey.toews@7oaks.org)).

## FIDDLING

The Grade 8 Incredibows will be playing at the Remembrance Day assembly on Friday, Nov. 9.

On Wednesday, Nov. 28, the Grade 7 and 8 Incredibows will perform a 30-minute program, from 12:30 - 1:00 p.m. at the Festival of Trees, at the Manitoba Hydro Gallery, 360 Portage Avenue. This is a beautiful venue for the Incredibows to play their first "gig" of the year! Please come to hear them if you're downtown during this lunch hour. More info about the Festival of Trees can be found here: <http://friendsfestival.gardensmanitoba.com>

More performances follow in December - a busy month:

**Grade 6 fiddle students** will be performing at the Winter Holiday Concert on Wednesday, Dec. 5 at 7:00 p.m., along with the Grade 6 Band and the Grade 6 Choir.

**Grade 8 fiddle classes (D. Hall/Tesoro)** will play at the Forks on Monday, Dec. 10 at 11:00 a.m.

**Grade 8 fiddle classes (Conner/Koshelanyk)** will visit Luther Home and present a program there at 10:00 a.m. on Friday, Dec. 14.

**Grade 8 fiddle classes (Ruppenthal/Waskul)** will play at the Forks on Tuesday, Dec. 18 at 11:00 a.m.

With a little encouragement, you may even hear a few of their teachers performing along with their students!

Please contact Mrs. Warner at school (586-0327 or [karen.warner@7oaks.org](mailto:karen.warner@7oaks.org)) if you wish more information or would like to volunteer to help out in any way.

## BAND

Congratulations to all students on the Entertainment Book fundraiser! If your child has an outstanding sample book please return it immediately or purchase it for \$30. Prizes and more books will be delivered soon.

Parents are reminded that students are required to practice at home for a minimum of 60 minutes per week.

**WINTER HOLIDAY CONCERT**  
**GRADE 6 BAND, CHOIR & FIDDLE**  
**DECEMBER 5, 2012**  
**ÉSOMS GYM**

Dress is white shirt (no logos please) and dark pants.  
We look forward to seeing you there!

# CLASSROOM NEWS

## RULES TO LIVE BY....

Chelsea - Room 27

- Don't bully
- Chew with your mouth closed
- Take care of your pets
- Don't talk with food in your mouth
- Try your best at things
- Do your chores
- Clean your room
- Treat people the way you want to be treated
- Don't eat yellow snow
- Do your homework
- Don't eat hot peppers
- Don't be mean to anyone
- Don't mess with gravity

## ~RULES TO LIVE BY~

Charlie - Room 27

- Sing loudly
- Dance like no one's watching
- Don't hate what you ain't
- Waste the day
- Listen to music
- Keep calm and get your crayon
- Always have on a smile
- Love your body
- Be happy
- Eat some ice cream
- Try your best
- Play in the snow
- Smile at strangers
- Tell them you miss them
- Hug the lonely
- Dance in the rain
- Take the chance



## RULES FOR LIFE

Brandon - Room 27

- Don't backtalk your parents
- Try to aim for the toilet
- Don't eat hot peppers
- Be fair in games
- Learn the computer ways
- Look for double rainbows
- Lay off the games
- Climb Mount Everest
- Learn to swim
- Be nice
- Win a staring contest
- Don't be late for school
- Always lock the door

## RULES TO LIVE BY...

By: Margaret - Room 27

- Take your sister to the park
- Do the Dishes
- Don't backtalk your parents
- Do all of your homework
- Attend school everyday (except Saturday & Sunday)
- Put eye protection glasses on when you cut onion.
- Watch what you're doing with scissors
- Listen to your teacher
- Stay away from drugs
- Never make violence
- Read books to learn more words
- Don't be late for school
- Treat people the way you want to be treated
- Hang out with your friends
- Never make fun of people

# BULLYING: CHALLENGE YOURSELF

"Schools do not talk about bullying enough." Do we? This is what we asked ourselves when we saw the news reports about Amanda Todd.

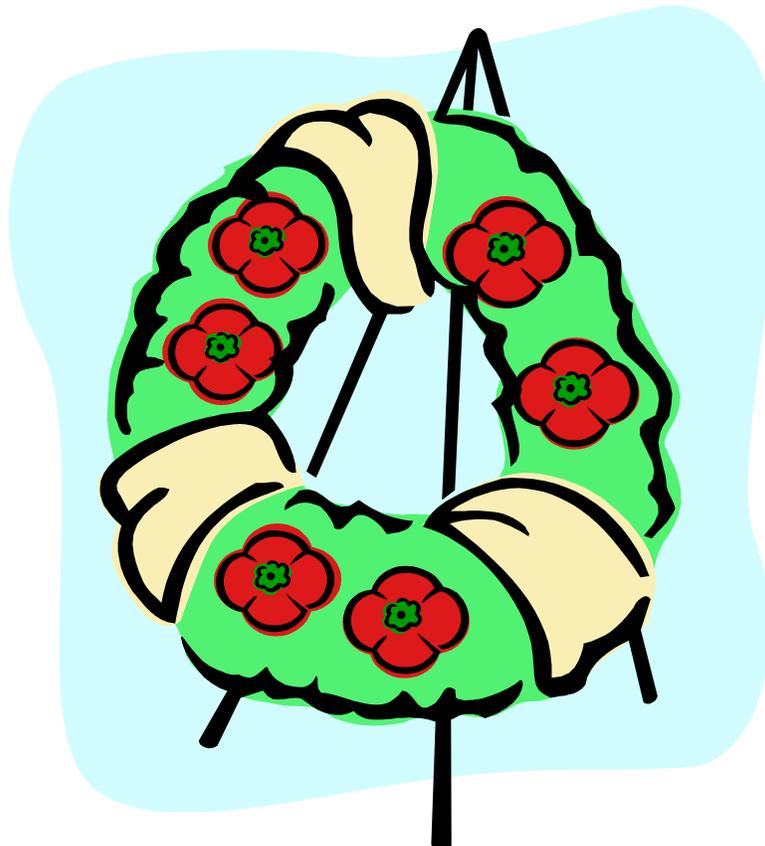
This tragedy occurred about a week after our class began a theme study on bullying. We began asking ourselves questions, such as: *What would we do if we saw someone bullying another? What could be done to prevent bullying? And do we have the confidence to stand up when faced with bullying?* What we realized is that most of these questions do not have simple answers.

We discussed as a class how we can contribute to making the halls of ÉSOMS a safer, friendlier place. We realized that in order for this to happen we need to focus on and celebrate the great things that occur in our school community. If we can encourage students to be friendlier with each other, maybe we can help stop bullying.

**So listen up ÉSOMS, Room 17 has a challenge for you. It's as simple as this: Say "hi" to someone in the hallway. Make a new friend. Include someone in an activity. Ask someone how their day is going. Stand up for each other. Offer your help to someone in need. Be kind to one another.**

P.S. Check out our class blog for updates on our theme study and other neat things that are going on in Room 17! [www.korsunskyclass.blogspot.ca](http://www.korsunskyclass.blogspot.ca)

By: Sammy & Ms. Korsunsky



# La Classe de Mme Persaud

Le 16 octobre les classes de 7<sup>e</sup> année d'immersion sont allées à Fort Whyte. La température ne pouvait pas être plus belle pour jouer Prédateur et Proie. Ce jeu a permis aux élèves de jouer divers rôles dans la pyramide alimentaire. Il leur a donné la chance de bien comprendre le rôle des animaux dans la nature et l'importance de l'eau dans nos écosystèmes.

En plus, nous avons visité les bisons et observé une foule d'oies et une variété d'organismes qui habitent les étangs. Les activités ont encouragé l'esprit de corps des élèves et tout le monde s'est amusé énormément.

Si vous voulez voir des exemples de flore et faune qu'on a vu ce beau jour, venez visiter le tableau d'affichage près de la salle 30!



## City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone.

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

Watch for the Winter 2013 Leisure Guide at the beginning of December! Registration for swimming lessons only will begin on December 11 at 9:00 a.m. Registration for all other programs will begin on December 12 at 9:00 a.m. Registration will be ongoing after these start dates.

## City of Winnipeg Priceless Fun

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

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

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



**WEST KILDONAN  
MEMORIAL COMMUNITY CENTRE**  
346 Perth Ave 204-334-1679  
[wkmcc.webs.com](http://wkmcc.webs.com)

### KIDS BINGS

**November 22<sup>nd</sup> & December 20<sup>th</sup>**

6:30 – 8:00 pm

'\$2 per family / max 4 cards per person  
Great Prizes to be won  
Hot dogs & snacks available at low cost

### PUBLIC SKATING

Sundays

2:15 – 4:15

Canteen will be open

### TAEKWONDO

Monday and Wednesday

7:00 – 8:00 pm

Call 470-6503 for more details

### Christmas Craft & Bake Sale Saturday, December 1<sup>st</sup>

10:00 – 4:00

Hot apple cider, hot chocolate baking and more!  
Childrens craft table and Santa too!

# FREE

## ***“Activities in Community Places”***

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

**All activities are offered FREE of charge**

Day	Location	Time Slot	Activity
Thursdays	Elwick School	6 p.m. – 8 p.m.	Open Gym
October 4- December 13, 2012	30 Maberley Road	<u>Students</u> <u>please attend</u> <u>with an adult</u>	
		<u>Adults</u> <u>Welcome!</u>	

Join us for Skating every Tuesday at Elwick from 4 – 6pm  
starting January 2013

**Free giveaways for all participants!**

For more information call Sandee @ 204-223-3499

**Free Snacks and information every week**

# NOVEMBER 2012

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 DAY 6	2 DAY 1	3
4	5 DAY 2	6 DAY 3 <b>P. A. C. 6:30 pm</b>	7 DAY 4	8 DAY 5	9 DAY 6 <b>Remembrance Day Assembly 10:00 - 11:00 am</b>	10
<b>Remembrance Day</b>	12 DAY 1	13 DAY 2	14 DAY 3	15 DAY 4	16 DAY 5 <b>Reports go home</b>	17
	18	19 DAY 6	20 DAY 1 <b>Parent / Teacher Conferences 3:30-7:30 pm</b>	21 DAY 2	22 DAY 3 <b>Parent / Teacher Conferences 3:30-7:30 pm</b>	23 DAY 4 <b>Parent / Teacher Conferences  No Classes</b>
25	26 DAY 5 <b>Divisional P.D. Day  No Classes</b>	27 DAY 6	28 DAY 1	29 DAY 2 <b>Royal Winnipeg Ballet 9:00 am Gym</b>	30 DAY 3 	