

# Hawk Talk

## ESOMS becomes Urban Beekeepers!

This spring we will be welcoming two bee hives to our rooftop. This, along with butterfly gardens and our other garden boxes, will be part of our ESD projects here at the school. Here is the website for the local company we are working with, who have also installed and maintained urban beehives downtown and on other school rooftops:

<https://beeproject.ca/urban-beekeeping>

We will keep you posted as to when the hives are getting installed.

Reminder that next year transportation forms are now past due. If you require bussing for the next school year, please hand in the bussing application with payment information if applicable to the office as soon as possible.

## BIKE COMPOUND

Our bike compound, located between the gymnasium and computer door entrance, is to be used by students for safe storage of their bicycles. Do not lock your bike to the chainlink fence. Be sure to have a lock for your bicycle! Please utilize this bike co Do not lock your bike in front of the school.

mpound as it is locked during school hours.

Open	8:00 a.m.	Closed	8:45 a.m.
Open	11:15 a.m.	Closed	12:30 p.m.
Open	3:00 p.m.	Closed	4:30 p.m.

## PHONE CALLS & MESSAGES FOR STUDENTS

As the warm weather approaches, classes will be spending more time outside. Therefore, it may be difficult to get messages to students during the day. Please be sure to make all after-school arrangements with your child before they come to school.



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[www.7oaks.org](http://www.7oaks.org)



With rehearsals beginning in early October and over 100 students involved, we have just wrapped up this year's school production of Hairspray Jr.! Congratulations to the entire cast and crew who worked extremely hard to put on a magnificent show! The show ran from April 10th-12th at the Franco-Manitoban Cultural Centre where all three evening performances were sold out! Bravo!

the entire cast and crew who worked extremely hard to put on a magnificent show!

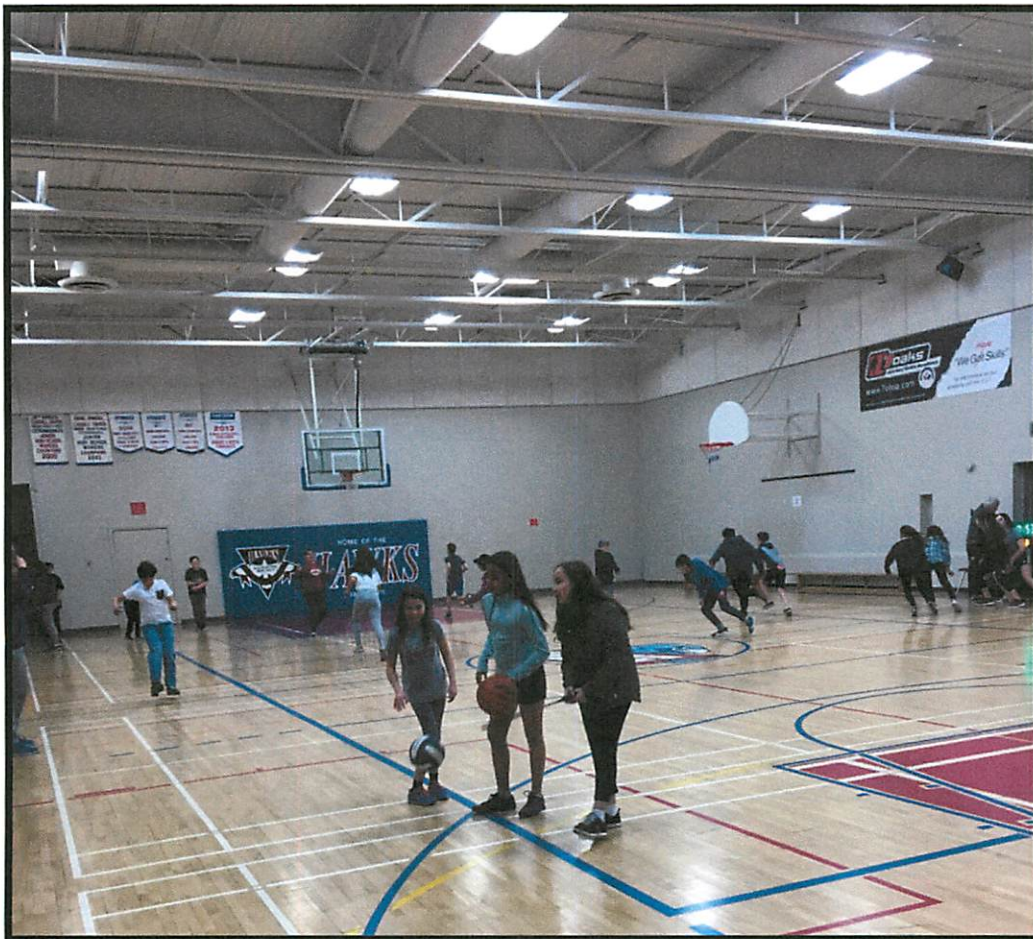
## Phys Ed Moves

It has been another very busy month in the gym. Badminton took was a very short season, games were played during the month of April. Our student athletes competed in mixed doubles for grade 6, and doubles/singles for grade 7 & 8. Well done! Our boys and girls divisional basketball teams playing against the staff in a friendly game, they were both close games.

The Flag football tournament took place on Friday April 27<sup>th</sup> at the Soccer Complex, and our school did very well!

Track and field practices are starting, and we should have our team finalized in the next week or so. The divisional track and field event will be on May 28<sup>th</sup>, and the rain date will be May 30<sup>th</sup>.

Physical education will be outside on a regular basis now that the nice weather is here. Have a great May!



## Fiddle Jamboree!

Every two years the Seven Oaks School Division presents a Divisional Fiddle Jamboree, in which fiddle groups from many schools participate. We have three performing groups: Beginner, Intermediate, and Advanced, each performing a few tunes. At the end of the concert, we join up for a big finale and play a tune all together – meaning there are over 350 students performing at the same time!

Our Incredibows fiddlers, guitarists, and drummers are performing at the jamboree, and you are welcome to come out and hear us!

Wednesday, May 23, 2018, 7:00 p.m. at Jubilee Place  
on Riverton Avenue in Elmwood.  
This is a free concert and will be rush seating.

Transportation: Please note that parents are responsible for transportation of the performers to and from Jubilee Place on May 23. The students will need to arrive by 6:30 p.m., and the concert should be done at approximately 8 p.m.

Dress Rehearsal: Tuesday, May 22, 2018, 9:30 – 11:00 a.m., Ecole Seven Oaks Middle School. All performers at the Jamboree will attend this dress rehearsal in order to be ready to perform on May 23.

Championship fiddler Patti Kusturok will be our guest artist! She will play a few tunes on her own, and then will play along with our students in the jamboree

## 7Oaks Fiddlers!

The "after-school-fiddle group" is performing at West Kildonan Collegiate on Thursday, May 17 at 7:00 p.m. Please see poster for details!



## 7Oaks Fiddlers

With fiddlers from  
École Seven Oaks Middle School,  
Seven Oaks MET School, École Rivière Rouge, and  
École Leila North Community School

### In Concert

**Thursday, May 17, 2018**

**7:00 p.m.**

West Kildonan Collegiate Commons  
101 Ridgecrest Avenue

With special guests

**Patti Kusturok,  
Jeremy Rusu, Daniel Koulack,  
Rob Siwik, and Artur Kivilaht**

\*Refreshments to follow the concert



Seven Oaks School Division

## Fiddle Jamboree 2018

Wednesday, May 23<sup>rd</sup>, 2018

7:00 p.m.

Jubilee Place, 173 Talbot Ave. (enter on Riverton Ave.)

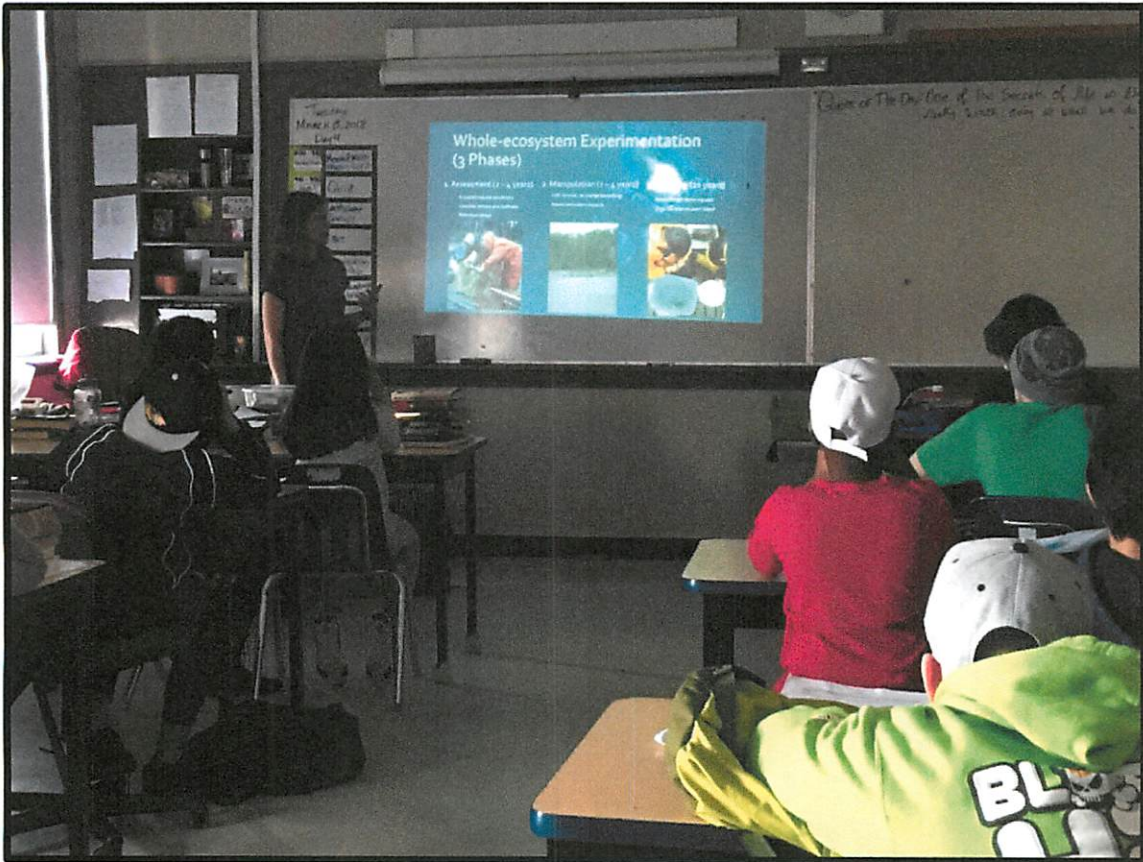
Special guests:

**Patti Kusturok,  
Jeremy Rusu, Rob Siwik,  
Chris Berti, Tom Dutiaume,  
and ESOMS' Tonal Eclipse**

*Featuring beginner, intermediate, and advanced fiddle students from*

Amber Trails School, Collicutt School, École Rivière-Rouge, École Seven Oaks Middle School, École Belmont, École Constable Edward Finney School, École James Nisbet Community School Edmund Partridge Community School, Elwick Community School, Forest Park School, Collège Garden City Collegiate, École Leila North Community School, Margaret Park School, Школа R.F. Morrison School

*in group level performances, and a finale featuring all 320+ students!*



On Tuesday March 13<sup>th</sup> the grade 7 classes were lucky to have a guest speaker from the Experimental Lakes Area come and talk to us. In grade 7 we spend a lot of time learning about ecosystems and how the living and non-living components of ecosystems interact.

The Experimental Lakes Area is a natural laboratory of 58 small lakes and their watersheds set aside for scientific research. The research station is located close to Kenora on the Manitoba/Ontario border. Therefore, they had a lot of great information about research being done close to home.

During their presentation we learned about acid rain and the complexity of how it impacts the fish population. Moreover, we learned about how whole-ecosystem experiments differ from small scale micro experiments done in labs. We even got to see a video of how they work with the fish in the Experimental Lakes!

Overall, it was a great opportunity to learn from a scientist and start to connect what we are learning about in class with science being done in the real world!



On March 16<sup>th</sup> the grade 7 classes went to Kildonan Place Mall for the Engineer and Geoscientists Annual Spaghetti Bridge Competition.

Leading up to the competition the grade 7 classes spent time learning about bridge design and forces that affect structural strength.

To create their spaghetti bridges students used the design process to plan their design, they recorded modifications, and reflected on the strengths and weaknesses of their design. During the building process the kids learned a lot about patience and persistence (they also learned that spaghetti and glue isn't the most cooperative building material).

ESOMS ended up entering 57 bridges, we had 138 kids participate and our bridges held a total of 556.3kg.

Overall, the kids had a great time building and testing their bridges!

# May 2018



	MON	TUE	WED	THUR	FRI	SAT
		1 <i>Day 4</i>	2 <i>Day 5</i>	3 <i>Day 6</i>	4 <i>Day 1</i>	5
<i>May 10-12 Thunder Bay Band Trip</i>						
6	7 <i>Day 2</i>	8 <i>Day 3</i>	9 <i>Day 4</i>	10 <i>Day 5</i>	11 <i>Day 6</i>	12
<i>Music Monday</i>						
13	14 <i>Day 1</i>	15 <i>Day 2</i>	16 <i>Day 3</i>	17 <i>Day 4</i>	18 <i>Day 5</i>	19
<i>Special Olympics @ Grant Park</i>						
20	21 <i>Day 1</i>	22 <i>Day 2</i>	23 <i>Day 3</i>	24 <i>Day 4</i>	25 <i>Day 5</i>	26
<i>Victoria Day No Classes</i>						
27	28 <i>Day 4</i>	29 <i>Day 5</i>	30 <i>Day 6</i>	31 <i>Day 1</i>		
<i>Divisional Track &amp; Field</i>						
<i>Gr 6 Band Concert 6:30 pm</i>						
<i>Gr 7 &amp; 8 Band Concert 6:30 pm</i>						
						

# Kildonan Youth Activity Centre (KYAC)

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

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



Kildonan Youth Activity Centre

## KYAC Summer Program Information

**WHO:** Any student aged 8-17, who attends schools within the Seven Oaks School Division

\*\* Due to growing interest in our Summer Program, priority for field trips will be given to those students who live/attend school within the KYAC catchment area. Please see list below:

- Ecole Belmont
- Collicutt School
- Edmund Partridge Com. School
- Forest Park School
- Garden City Collegiate
- Governor Semple School
- H.C. Avery
- Riverbend Com. School
- Riviere-Rouge School
- Seven Oaks Middle School
- Victory School
- West Kildonan Collegiate
- Margaret Park School
- R.F Morrison School

**WHAT:** KYAC runs a 7 week drop-in summer program at 2 schools within the division which offers a combination of activities that include: leadership program opportunities, low organized games and sports, arts and crafts, field trips and a variety of fun activities to help keep local youth busy during the summer months!

**WHEN:** Programming Starts: July 3rd, 2018 and Ends: August 16th, 2018.

**WHERE:** Monday – Friday, 8:30am – 4:30pm @ Edmund Partridge Community School **AND** École Seven Oaks Middle School.

**HOW to Register:** Registration will take place on June 12th @ 5:00pm at Seven Oaks Middle School.

## MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 No KYAC @ EP	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 No KYAC Victoria Day	22	23	24	25	26
27	28	29 NO KYAC @ ESOMS	30	31		

### KYAC will once again be offering a multi-week summer program!

The summer program is run on a drop-in basis at two schools within Seven Oaks School Division: École Seven Oaks Middle School and Edmund Partridge Community School. Programming consists of a combination of sports, low organized games, arts and crafts and field trips (at a cost).

**All students** within the Seven Oaks School Division are welcome at our **drop in** sites, however priority will be given to KYAC catchment participants in regards to field trips.



Spend the



at the

Sunova Centre!

**Pre-Registration is REQUIRED for these Sunova Centre Programs!**

To register or if you have any questions please contact the  
Sunova Centre - West St. Paul's Recreation Site  
48 Holland Rd. West St. Paul, MB

Phone: 204-336-0294    Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

# SUNOVA SUMMER CAMP!

## Sunova Summer Camp Activity Schedule - 2018

### Camp Dates:

Week #1: July 3rd-6th  
 (No Camp: Monday July 2nd)  
 Week #2: July 9th-13th  
 Week #3: July 16th-20th  
 Week #4: July 23rd-27th  
 Week #5: July 30th-August 3rd  
 Week #6: August 7th-10th  
 (No Camp: Monday August 6th)  
 Week #7: August 13th-17th  
 Week #8: August 20th-24th  
 Week #9: August 27th-31st

### Camp Time:

8am-5pm  
 Drop-Off any time after 8am,  
 Pick-Up any time before 5pm

### Registration Fees:

Full Week: \$120/Camper  
 4-Day Week: \$105/Camper  
 3-Day Week: \$85/Camper  
 2-Day Week: \$65/Camper  
 Single Day: \$35/Camper

### Age Range:

Children Ages 4-11yrs

Each Camper should bring a labeled water bottle, gym shoes, weather appropriate clothing for outdoor activities, 2 peanut-free snacks and a lunch (we have a microwave)

### Space is Limited!

#### Pre-Registration Is Required

To register please contact the Sunova Centre  
 West St. Paul's Recreation Site  
 Outline the days/weeks you wish to register for & the name/age of your child(ren)

Phone: 204-336-0294

Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

	Monday July 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Week #1	NO CAMP	<b>DART POLAYPSE</b> NERF Battle!!!!	Tennis Clinic with Tennis Manitoba 	<b>JEDI KNIGHT TRAINING</b> 	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #2	<b>LASER TAG</b>	LEAVE YOUR SKATES AT HOME <b>BALL HOCKEY WORKSHOP</b>	 <b>WSP Fire Depart. Visit</b> Bring swim suit, towel, sandals & change of clothes!	<b>Archery Workshop</b> 	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #3	MAKE YOUR OWN <b>slime</b>	<b>BOOGER WARS</b> 	<b>TIE DYE</b> *Bring something 100% COTTON to dye!	<b>FOAM party</b> Bring swim suit, towel, sandals & change of clothes!	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #4	Prairie Reptile Exotics Show	<b>SPORTS DAY</b> Sports TBA!	 <b>CLOWN VISIT &amp; DIY BALLOON ANIMALS!</b>	<b>U-LAUNCHER Water Balloon WAR!</b> Bring swim suit, towel, sandals & change of clothes!	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #5	<b>STAR DOME</b> mobile planetarium	<b>MOANA</b> Visit & Princess Day 	<b>SPORTS DAY</b> Sports TBA!	<b>HUMAN HAMSTER BALLS!</b> 	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #6	NO CAMP	Imagination Workshop with Duplo & K'Nex 	 <b>WSP Fire Depart. Visit</b> Bring swim suit, towel, sandals & change of clothes!	<b>DART POLAYPSE</b> NERF Battle!!!!	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #7	<b>Mr. Ken MAGIC SHOW!</b> 	<b>Glitter Tattoos</b>	<b>LASER TAG</b>	<b>SPORTS DAY</b> Sports TBA!	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #8	 <b>Circus Act Performance &amp; Instruction</b>	<b>Bubble Soccer</b> 	<b>FOAM party</b> Bring swim suit, towel, sandals & change of clothes!	<b>KIDS YOGA</b> 	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!
Week #9	<b>DART POLAYPSE</b> NERF Battle!!!!	MAKE YOUR OWN <b>slime</b>	<b>TIE DYE</b> *Bring something 100% COTTON to dye!	<b>~SLIDE~ Bouncer</b>	<b>FIT KIDS Morning Motion HEALTHY KIDS ZONE</b> PJ & Movie Afternoon *Wear your PJ's and bring blankets, stuffed animals, etc... to Camp!

Please Note: Some of these activities are tentative and some dates could potentially change - contact the Sunova Centre for more information!

Booger Wars is played like dodge ball with one giant nose on each side of the field. Wearing Velcro suits, kids throw bean bag "boogers" at each other. If a booger sticks to you, you're out. Last kid standing wins!

# sunova JUNIOR

## Leadership Program

A Program for Youth ages 12yrs+

### Description:

The Sunova Junior Leadership Program is open to pre-teens and teens over the age of 12yrs that are looking to make a difference by volunteering! Junior Leaders will work alongside Summer Camp Staff, acting as Volunteer Camp Staff, for our busy Summer Camp Program geared towards kids ages 4-11yrs.

Participants **MUST** be 12yrs old by **June 29th, 2018** in order to be eligible to enroll

### Duties:

Junior Leaders duties will include, but are not limited to the following:

- Assist with the supervision of the children registered for the program
- Assist with coordinating gym games and activities
- Assist with completing arts and craft activities
- Assist with tidying up snack/lunch areas; the gym, kitchen, boardroom and gym equipment room
- Assist with other tasks outlined by the Recreation Director and/or Summer Camp Staff

### Time Commitment:

Sunova Summer Camp 2018 runs from 8am-5pm Monday-Friday over the months of July and August (No Camp: Monday July 3rd and Monday August 6th). The schedule for Junior Leaders can be flexible in terms of the days and times they are on-site. Please contact the Sunova Centre for more information.

### Supervision:

As a Volunteer for the Sunova Summer Camp Program you will be reporting directly to the Summer Camp Staff that are hired to plan and implement the program. The Camp Staff intern report to the Recreation Director.

### Registration Fee:

There will be a Registration Fee of \$5/Day to attend the Sunova Junior Leadership Program

### Pre-Registration Required!

To register please contact the  
Sunova Centre - West St. Paul's Recreation Site  
Phone: 204-336-0294  
Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

## LEAVE YOUR SKATES AT HOME BALL HOCKEY CAMP & SKILLS COMPETITION

### Half-Day MORNING Ball Hockey Camp for Ages 6-12yrs

Monday July 9th-Friday July 13th - 9am-Noon  
\$65.00/Participant

Join us at the Sunova Centre for: SCRIMMAGES, MINI TOURNAMENTS, BALL CONTROL, POSITIONAL PLAY, STICK HANDLING, SHOOTING, DISCIPLINE/EXERCISE, PASSING/ DRILLS, 1 ON 1'S, 2 ON 2'S, 3 ON 3'S, RELAYS & MORE!

Required Equipment: CSA approved helmet and full cage protection, hockey gloves, elbow pads, hockey or soccer shin pads, running shoes & hockey stick.

Instructed by Franco Capolongo  
Director of Leave Your Skates At Home Ball Hockey  
NCCP Coach Certified Level II  
Standard First Aid Level II; CPR Level C and AED Certified

To register for this program contact the  
Sunova Centre - West St. Paul's Recreation Site  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

If you require care before 9am or after Noon please contact the Sunova Centre to make arrangements!

Bring a hat, water bottle, sunscreen, bug spray & a peanut free snack. Bring a peanut free lunch & extra snack if you are staying all day!!

### Half-Day MORNING Tennis Camp for Ages 6-12yrs

Monday August 13th-Friday August 17th - 9am-Noon  
\$110.00/Participant

Join Tennis Manitoba at the Riverdale Tennis Courts for a morning of TENNIS! Camp is tailored a with step-by-step, easy to follow lesson plans that will introduce kids to the game of Tennis. The instructors use equipment that has been scaled down to size - with smaller racquets, lower-bouncing balls and shorter courts. This allows any kid to have success playing right from the start! This introductory program is a great way to get kids out on the court and having fun!

This Camp is delivered by a team of certified Instructors  
Open to beginners, intermediate or advanced players!  
A minimum of 8 participants are required to run this Camp

For more info on Tennis please visit the "Learn" Tab on [tennismanitoba.com](http://tennismanitoba.com)

To register for this program contact the  
Sunova Centre - West St. Paul's Recreation Site  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)



Bring a hat, water bottle,  
sunscreen, bug spray & a  
peanut free snack

**Please Note: Participants will be required to be dropped off & picked up directly from the Riverdale Tennis Courts!**

If you require care after Noon and are able to get your child to the Sunova Centre please contact us to make arrangements!

## Tennis Manitoba Summer Programs at Riverdale Park Tennis Courts!

**Introduction to Tennis:** Dates: 8-Sessions on Thursdays starting July 5th - Time: 5:30-6:30pm - Price: \$70/Participant  
Join Tennis Manitoba in West St. Paul! Introduction to Tennis is tailored a with step-by-step, easy to follow lesson plans that will introduce people of all ages to the game of Tennis. This intro program is a great way to get everyone out on the court and having fun! No tennis skills are required. Open to kids and adults!

**Cardio Tennis:** Dates: 8-Sessions on Thursdays starting July 5th - Time: 5:30-6:30pm - Price: \$70/Participant  
Work out while your kids learn to play tennis! Be a part of the world's leading fitness craze - Cardio Tennis! Popular in the USA, Europe and South America. A fun way to get fitter then you already are! No tennis skills are required. Open to kids and adults!

**INTERMEDIATE TENNIS:** Dates: 8-Sessions on Thursdays starting July 5th - Time: 6:30-7:30pm - Price: \$70/Participant  
This program is geared towards players who have previously participated in a Introduction to Tennis Program. Players will continue to improve their technical and rallying skills in a FUN environment. Development of the service motion and more opportunities to compete and play points will be available in this program.

These programs are delivered by a team of certified Instructors. Each Program is open to beginners, intermediate or advanced players!  
A minimum of 8 participants are required to run each program

To register for these programs contact the Sunova Centre - West St. Paul's Recreation Site  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

## SOCCER TENNIS CROSS training CAMP

Tuesday July 24th - 9am-3pm  
Registration is open to ages 7-18yrs  
ALL Skill Levels are WELCOME!  
Registration Fee: \$60.00/Participant

Why should you participate in this multi-activity camp?! It's important for athletes to developing many skill sets. Playing more than one sport helps you become an athlete

We teamed up with Tennis Manitoba and a local Soccer Coach to host a one day Soccer-Tennis-Cross Training Camp. Why did we chose the sports tennis and soccer? Tennis and soccer players are among the fittest athletes in the world. These 2 sports compliment one another. These two sports are FUN! Our camp will show your child how to train like the pros.

### Session Schedule:

Morning Session - 9-11am:  
2HRS on Field Soccer Training Session  
Fitness Session - 11:15am-Noon:  
45MIN Cross Training Session  
Lunch: Noon-1pm  
Afternoon Session - 1-3pm:  
2HR Tennis Training Session

### What you need to bring:

A labeled water bottle, appropriate clothing sports activities, 2 peanut-free snacks and a lunch, soccer shoes (if you have them, if not runners are OK) and a great attitude. No tennis racquet, no problem! One will be provided

### Head Instructors / Coaches:

Tennis: Jared Connell - Tennis Canada National Team Coach & Robert Kennedy - Tennis Manitoba coach  
Soccer: Mark Arndt - West St Paul Mini Soccer Coach, FC Northwest Coach, Played: Canada Games (bronze medal), Winnipeg Fury (Canadian Soccer League), Other assistants TBD  
Cross Training - Alex Lesiuk

To register for this program contact the  
Sunova Centre  
West St. Paul's Recreation Site  
Phone: 204-336-0294  
Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

If you require care before 9am or after 3pm please contact the Sunova Centre to make arrangements!