



H.C. Avery Middle School Reminders

Reminders for the week of Sept. 28 – Oct. 2, 2026

If your child will be absent from school, please contact the office either by email at hcavery@7oaks.org or phone (204) 334-4391.

Community Information

Monday Sept. 28: Day 3

- Bike program continues in PE Classes

Tuesday Sept. 29: Day 4

Wednesday Sept. 30

- National Day for Truth & Reconciliation – **No School**

Thursday Oct. 1: Day 5

- Community Sukkot Gathering – 4:00pm – 5:30pm

Friday Oct. 2: Day 6

Important Dates:

Oct. 6 – Picture Day
Oct. 12 – Thanksgiving – **No School**
Oct. 21 – Immunization clinic
Oct. 23 – PD Day – **No School**
Oct. 30 – Lion's Vision Screening

Gym Schedule
Sept 28-Oct 2, 2026

TIME	MON Day 3	TUE Day 4	WED	THUR Day 5	FRI Day 6
BEFORE SCHOOL 7am-8:15am	Team Diamond Volleyball Practice	Team Talay Volleyball Practice	NATIONAL DAY OF TRUTH AND RECONCILIATION	Team Volk Volleyball Practice	
LUNCH 11:35am-12:15pm	Open Gym	Open Gym Cross country Practice	NATIONAL DAY OF TRUTH AND RECONCILIATION	Special Olympics Cross country Practice	Open Gym
AFTER SCHOOL 3pm-5pm	Team Lillie Volleyball Practice	Team Gagan Volleyball Practice Cross country Practice	NATIONAL DAY OF TRUTH AND RECONCILIATION	 Cross country Practice	Team Gagan Volleyball Practice

6TH ANNUAL
ORANGE SHIRT DAY
HEALING WALK AND POW WOW

HOSTED ON THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

Opening Ceremony at 9:30 am, Oodena Circle, The Forks
Healing Walk to Canada Life Centre
Grand Entry at 1 pm

SEPTEMBER 30, 2026

WINNIPEG, TREATY ONE TERRITORY

FREE EVENT OPEN TO EVERYONE



SEVEN OAKS
SCHOOL DIVISION
community begins here

Healing Walk

Date: Wednesday, September 30th

Meeting Place: Oodena Circle, The Forks

Time: Opening Ceremony: 9:30am

Gather for walk between 9:30 – 10:00am

Healing Walk Starts at 10:00 a.m.

The National Day for Truth and Reconciliation is a day of remembrance, reflection, and action. It honours Survivors of residential schools and the relatives who never made it home, while recognizing the ongoing impacts of colonialism on Indigenous families and communities.

As a division, we would like to invite you to participate in the Southern Chief Organization's (SCO's) 6th Annual Healing Walk to take time to walk together with your colleagues, families, and friends in respect, reflection, and solidarity.

- Come to Oodena Circle at The Forks, look for the orange Seven Oaks Banner
- Wear your Orange shirts, as it symbolizes the resilience and strength of Residential School Survivors and serves as a reminder that Every Child Matters.
- The day will begin with an opening ceremony at 9:30 a.m. at the Oodena Circle at The Forks.
- Following the ceremony, the Healing Walk will begin at 10:00 a.m., travelling to Canada Life Centre.
- We hope you can join us in this important act of remembrance and healing. Staff are warmly invited to take part in any of the day's events or programs, whether for a portion of the day or the entire gathering.
- The Orange Shirt Day Pow Wow takes place at Canada Life Centre.
- All dancers are invited and welcome to participate! Grand entry: 1 pm

Event at a Glance



DATE

Wednesday
September 30, 2026



HEALING WALK

Walk starts at
10 am



POW WOW

Grand entry at
1 pm



LOCATION

Starting at The Forks,
Winnipeg,
Treaty One Territory