

# HAWK TALK

Bienvenue à l'École Seven Oaks Middle School. J'espère que vous avez tous passé un bel été! The school has been a busy place over the summer. KYAC was open all summer until a couple of weeks ago, and many students from the community came out to be part of the daily activities. When you walk through the halls you will notice that most of the school has been repainted and many repairs were completed. Perhaps our most exciting addition is the Living Wall, a project initiated by Mme. Hanson (merci!). The Living Wall is a collection of 6 different species in 60 pots. The Living Wall is designed to be sustainable for our indoor space as well as expandable. Stop by and have a look!



## Bienvenue!

We would like to extend a warm ÉSOMS welcome to our new staff members.

Mme Heather Marks – Principal/Directrice  
Mr. Mark Roche – Grade 6  
Ms Taylor Smith – Grade 7  
Mr. Noury Lamouni – Teacher  
Ms Renee Gagnon – EA  
Ms Kelly Chinchilla - CATEP

Mr. Jamil Mian – Vice Principal/Directeur adjoint  
Ms Heather Krieger – Grade 7  
Mr. Kevin Denchuk – Grade 7  
Mr. Robert Page – Phys Ed / TAS  
Ms Katrina Bernardino – EA

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

## Phone Calls & Messages for Students

*Unless it is an emergency, please make arrangements with your child before they come to school to avoid calling students out of class.*

### 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.

### Breakfast Program

We are pleased to share that ÉSOMS is offering breakfast every morning from 8:00 to 8:20 a.m. Breakfast is available to every ÉSOMS student who needs to have breakfast at school. We offer a simple, nutritious menu of cereal and toast, available free of charge from the canteen. Breakfast program will begin the week of September 18<sup>th</sup>.

### Morning Supervision

Please note that there is no supervision in the school before 8:00 am.

### Lunch Program

École Seven Oaks Middle School provides lunchtime supervision and activities for students who wish to stay at school for lunch. Our lunch schedule allows children time to eat together in their classrooms with their classmates and then participate in a variety of activities.

11:15: Lunch begins. Students who are leaving the school grounds to eat lunch (e.g. at home) leave at this time.

11:15–11:35: Students eat lunch in their homerooms.

11:35 - 12:05:

- a) Students wishing to watch or participate in Intramurals can go to the gym.
- b) Students may sign up in the morning to go to the school library.
- c) Students may pick up a pass from the office to go to the West Kildonan Library (November – March only)
- d) Students may participate in events/clubs (musical rehearsal, leadership, etc.)
- e) Students who go outside have the choice to:
  - remain on school property (the school backyard)
  - walk to Victory School field.
  -

12:05: Students return to the school for afternoon classes which begin at 12:15.

## We are a peanut, nut & fish-free school

*There are several children and staff at ÉSOMS who have life threatening allergies to nuts and fish. Our goal is to provide a safe classroom and school for all students. This also applies to the food which is brought into the school. Please assist us in ensuring that your child's lunches and snacks are nut free and fish free.*

## Picture Day

Lifetouch Canada will be taking student's portraits at our school. Your child/children will be photographed using a proof program. Below are some key points to the proof program:

- Picture day is **TUESDAY, OCTOBER 7<sup>th</sup>**
- Picture re-takes will be **MONDAY, OCTOBER 30<sup>th</sup>**
- Watch for a Lifetouch flyer with pose and background colour choices that will be sent to you shortly.
- All Students will be photographed. **No payment is required on picture day.**
- A proof order form will arrive approximately 10 days after picture day.
- Please return orders to the school by the due date indicated on the order form.
- Once orders are received, packages will be delivered to your school in approximately 10 days.
- Upon receipt of your proof, if a retake is required, you must check the retake request box on the proof order form and return it to the photographer on photo retake day.
- Please direct any questions to Lifetouch Canada.

### **Lifetouch Manitoba:**

Unit # 3 - 1410 Mountain Avenue, Winnipeg, Manitoba R2X 3C4  
Telephone 1 866 443- 9640

## Cell Phones, Digital Cameras, Electronic Music Devices & Games

We realize that many parents provide their children with cell phones for safety reasons. We expect that students will use them appropriately. At no time should these digital devices disrupt the learning environment. Students may not use digital cameras or camera phones in school except under the direct supervision of a teacher. To protect the privacy and safety of others, students who take unauthorized pictures of friends and classmates in or around the school may be asked to delete them from cameras and storage devices. The use of iPods or MP3 players is entirely at the discretion of individual classroom teachers.

The school cannot be responsible for loss of these items and we recommend that these valuable items be left at home.



# The Whole Self Project



École Seven Oaks Middle School (ESOMS) is currently hosting the Whole Self Project. This project is funded by the United Way and is presented by Women's Health Clinic of Winnipeg.

The Whole Self Project goals:

- To create a school community where all students are respected. We will talk about body shape and size, culture, sexual orientation, gender identity, religious/spiritual belief, etc.
- To talk to students about how to protect/support yourself and others against social pressure and bullying.
- To increase awareness of mass media messaging and the pros and cons of social media
- To improve self-awareness, self-compassion, communication and decision-making skills
- build community both within the school and the greater school community
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The project includes:

**Regular classroom workshops.** Each classroom will receive one 80-minute workshop every 4-6 weeks. The workshops will be **grade specific** and on the following themes:

Grade 6: Body Awareness/Positivity, Communication, Mental Health, Diversity, Media Awareness  
Grade 7: LBTT Gender Awareness and Sexual Health, Mental Health, Diversity, Media Awareness, Communication  
Grade 8: Diversity, Media Awareness, Mental Health, Communication

**The Power Positif group.** This is a peer leader team of about 40 students who learn about teamwork, communication and leadership while supporting a positive atmosphere in the school and the greater community.

These students meet weekly to share and learn about various themes and to support school-wide activities like the school dances, spirit week, mental health week, etc. The students will learn more about themselves, their peers and their community. They will also learn about challenges that they and their peers may face, how to be supportive and how to be a good role model. They will also have the support of trained and trusted adults from the school.

A connection to **parents/guardians and community stakeholders** with the work at the school. Through education and activities, we hope to create a community-wide project.

Any parent/guardian who is interested in learning more about the project is welcome to contact me.

Jennifer Davis (Health Educator)

(204) 947-2422 ext. 151

[jenniferd@womenshealthclinic.org](mailto:jenniferd@womenshealthclinic.org)



## ***EXTENDED DAY GROWTH EDUCATION***

### **GREAT AFTER SCHOOL ACTIVITIES FOR MIDDLE YEAR STUDENTS!**

**EDGE** once again will be offering a variety of middle year after school activities. Participation begins after regular classes **and in most cases** – right in your own school! Parents and students who are looking to fill the gap between school and the supper hour can check out the affordable programs offered by **EDGE**. Courses like the Babysitter Certificate Program, Teen Club and Math Busters are regularly offered along with art programs and a variety of special interest courses including cooking, crafts and more!

Registration booklets and forms are now available online. Programs will begin the *week of October 17<sup>th</sup> to mid-December*. The courses are fun and educational, but spaces are limited. So...don't delay, register as soon as possible to ensure participation in **EDGE** programming at your school

[You can view and register for EDGE fall activities on the Seven Oaks School Website.](#)

Questions? Contact Penny Raymond,  
Extended Day Coordinator at:  
885-4333 or  
E-mail: penny.raymond@7oaks.org

# September 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4 <b>Labour Day (No Classes)</b>	5 Day 1 <b>Orientation Day</b>	6 Day 2 <b>Orientation Day</b>	7 Day 3	8 Day 4	9
10	11 Day 5	12 Day 6 <b>School Assembly 8:45 - 10</b>	13 Day 1	14 Day 2	15 Day 3	16
17	18 Day 4	19 Day 5	20 Day 6 <b>Rosh Hashanah</b>	21 Day 1	22 Day 2	23
24	25 Day 3	26 Day 4 <b>Terry Fox Walk Period 7 &amp; 8</b>	27 Day 5	28 Day 6	29 Day 1 <b>X-Country Bird's Hill Park 10 am – 2 pm</b>  <b>Orange Shirt Day</b>	30 <b>Yom Kippur</b>

**ÉCOLE SEVEN OAKS MIDDLE SCHOOL**  
**IMPORTANT DATES 2017 - 2018**

September	5	Orientation Day
	6	Orientation Day
	12	Welcome Assembly
	26	Terry Fox Walk
	29	Orange Shirt Day
October	7	Picture Day
	9	Thanksgiving – No Classes
	16	Divisional PD – No Classes
	20	MTS PD Day – No Classes
	30	Picture Re-takes – AM only
November	3	School PD – No Classes
	10	Remembrance Day Assembly
	21	Student Reports go online
	23	Parent/Teacher/Student Conferencing – Evening
	24	Parent/Teacher/Student Conferencing – No Classes
	30	Grade 7 & 8 Winter Concert
December	22	Last day of classes before winter break
January	8	Classes resume
February	1	Grade 6 Winter Concert
	2	School PD – No Classes
	19	Louis Riel Day – No Classes
March	2	School PD – No Classes
	5	Winter Activity Day
	13	Student Reports go online
	15-16	Brandon Jazz Festival
	15	Parent/Teacher/Student Conferencing – Evening
	16	Parent/Teacher/Student Conferencing – No Classes
	26-30	Spring Break
April	2	Classes resume
	2-12	School Production
	18	ÉSOMS Open House – 6:30 pm
	20	School PD – No Classes
May	7	Music Monday
	11	School PD – No Classes
	21	Victoria Day – No Classes
	29	Band Concert– 7 pm
	30	Band Concert – 7 pm
June	25	Grade 8 Farewell
	28	Report Cards go online
	29	Last day of school – dismissal 11:15