



SEVENTH
GENERATION

Club Newsletter

The Nook

What object is king of the
classroom?

The ruler!

What did one math book
say to the other math book?

I've got problems.

What happened when the
teacher tied all the kids
shoe laces together?

They had a class trip!

Tricky Tongue Tanglers

Shredded Swiss cheese

Six sharp smart sharks

We surely shall see the sun
shine soon.

Brain Facts

The old saying that humans
only use 10% of their
brain is not true.
Every part of
the brain has
a job.

Every time
you recall a memory, you make
a new connection in your brain.

On your mark, get set, learn!

Welcome back to school and back to the Seventh Generation Club!

Do you know what the name of the Club, "Seventh Generation," means? It is about a First Peoples saying that our actions and choices today make a difference far into the future. Use that power to make smart decisions for your future and to help others do their best, too.



One of the ways to do your best in school is to stay organized. Maybe you have received a Seventh Generation Club daytimer and it can help you with that goal. In it, write the dates of tests, projects and after-school activities. You'll also find fun things to read inside your daytimer like trivia from our club captains, the Vancouver Canucks.

In each newsletter, we will have a new contest for you to enter. By entering the contests you might win prizes from the club and you might see some of your art featured in the newsletters or in next year's daytimer. Also, if you have school news to share or photos, we love to see those too!

High School 101

You asked us - "What is a Dogwood?"

A Dogwood Diploma is what you get when you graduate from high school. It shows that you finished certain courses that you need for graduation, like English 12 or English First Peoples 12. To get into a BC university, you need to have one of those two important English courses.



Club Facts

There are about 8,000 club members across British Columbia.

THIS ISSUE

• On your mark, get set, learn • High School 101 • Club Facts • The Nook • Tricky Tongue Tanglers • Brain Facts • Like to help people? • Go ahead - Ask! • Back to School Crossword • Plant Diary • Eyes on the Goal! • Tips for Success Contest • Artistry Excellence!

Like to help people?

If you enjoy helping people, you might be suited for one of these great careers. Match each career to the description...

1. Speech Therapists
2. Childcare Workers
3. Physical Therapist
4. Fitness Coaches

- a. They look after young children when their parents are out for work or holiday.
- b. They instruct and motivate individuals to do physical exercises.
- c. They help improve the communication skills of children and adults.
- d. They help people to strengthen weak muscles and find new ways of getting around.

(Answers on page 4)



We are proud to have the Vancouver Canucks as Club Captains! Watch for tips from the team in our upcoming newsletters this year on goals, health and fitness.

Go ahead - Ask!

In class, it is good to ask questions to make sure that you understand what is being taught. Sometimes students don't ask questions because they are worried about looking silly or of slowing down their classmates. If you have ever felt that way, it might help you to remember an old Chinese saying, "He who asks is a fool for five minutes, but he who does not ask remains a fool forever."

Asking questions will help you to really understand what is being taught. It will also show the teacher that you care about learning. In the end, you might find that your classmates are glad that you asked because they were wondering the same things!

This year, make a habit of asking questions.

Back to School Crossword

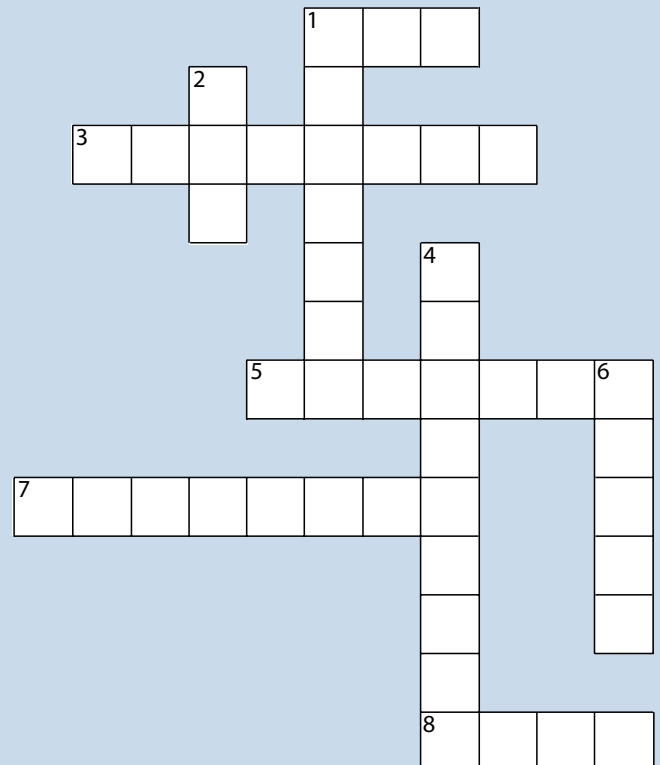
Can you fill in the missing words to find the answers to this crossword puzzle?

ACROSS

1. Always _____ your hardest.
3. Learn from your _____.
5. Help your _____ to do their best.
7. Take time to do your _____ every evening.
8. Be on _____ for class every day.

DOWN

1. Listen carefully to the instructions from the _____.
2. If you don't understand the teacher's instructions, _____ questions.
4. Eat a healthy _____ every morning.
6. Every night, get enough _____.



(Answers on page 4)

Plant Diary

This fall, keep a notebook that you can use to learn about the plants around you. Here are the supplies that you need:

- A notebook
- Drawing pens, pencils and pencil crayons

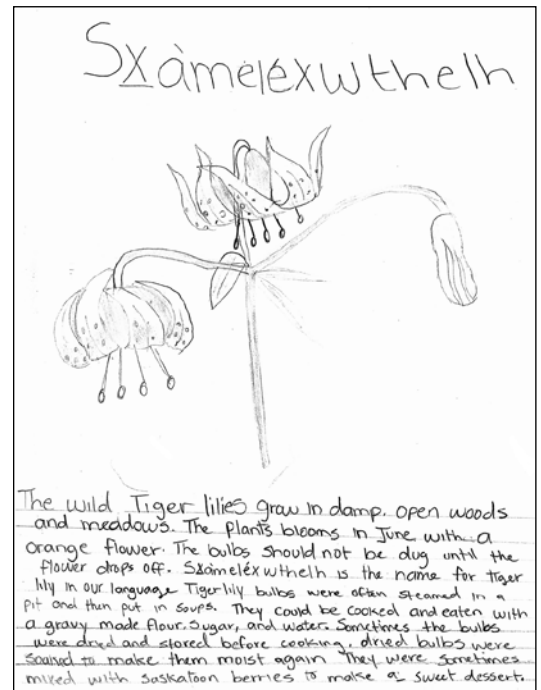
For each new plant you find, draw it in the notebook or making a rubbing one of its leaves. Find out what it is called by asking someone, looking it up in a book or hunting on the Internet. Label your picture with the plant's name.

Maybe there is a name in your First Nations language too that you can add.

Write down what you know about the plant, like what size it is, where it grows, how it can be used. Another way to do it is to take photos of the plants and put them together in a photo slideshow.

By looking closely, you'll open your eyes to the growing world!

Thanks to Elizabeth Robinson, Grade 10 from Chehalis Community School for her artwork.



Eyes on the Goal!

My game plan for the school year.

1. The school subject I'm going to work hardest in is _____
 2. I'm going to get better grades this year by doing these three things:
 - 1.
 - 2.
 - 3.
 3. I'm going to read this many books every month: _____
 4. I'm going to join this club or team: _____
 5. If I have trouble in school, I'm going to ask this person for help or advice: _____
 6. I'm going to be healthier by doing these three things after-school:
 - 1.
 - 2.
 - 3.
- Remember to look back on your goals later in the school year to see how you're doing!

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.

- Dr. Seuss, *Oh the Places You'll Go!*

Tips for Success Contest

The first contest of the school year!

Send us a tip that you think might help your classmates do their best in school this year. Maybe it is a tip for studying, for celebrating First Nations culture in the school, or reaching out to help your classmates.

Tell us with artwork, a poem, a photo (with a caption) or a paragraph.

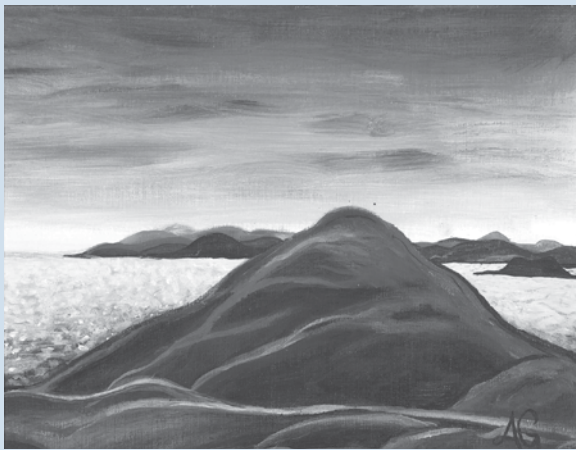
PSST! Be sure to put your full name, grade and school name on your contest entry.

We need to receive your contest entries by **October 15, 2011**.

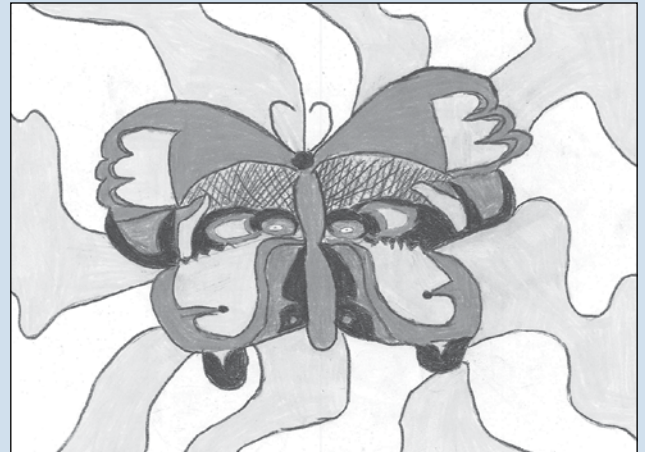
There are prizes for the winners and we'll feature some of the entries in a future newsletter and daytimer.

Artistry Excellence!

Congratulations to these three students whose artwork was used to make the covers of the *Seventh Generation Club Daytimers* this year...



*Araya Gladue, Grade 12
Tumbler Ridge Secondary*



*(Butterfly, "Tsu'sweye") Amelia Billy-Tompkins,
Grade 5, Chief Atahm School, Chase*



*Sam (Samantha) Tanas,
Grade 10, Tumbler Ridge Secondary*

Answers to "Like to help people?": 1c; 2a; 3d; 4b

Answers to "Back to School Crossword":

Across: 1. try; 3. mistakes; 5. friends; 7. homework; 8. time

Down: 1. teacher; 2. ask; 4. breakfast; 6. sleep

The Seventh Generation Club is created in partnership with:



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SEVENTH
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The Seventh Generation Club Office is located at: Suite 113, 100 Park Royal South, West Vancouver, BC V7T 1A2.

Phone: (604) 925-6087 Fax: (604) 925-6097 Website: www.seventhgenerationclub.com If you have any questions,

or would like to see something included in upcoming newsletters, write to the Editor at the address above, or send an

e-mail to: seventhgen@fnesc.ca