

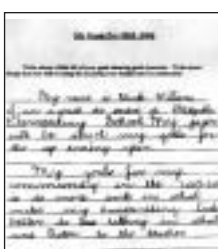
Congratulations!!

Congratulations to all the winners from our September contest on good character. All contest entries were fantastic to read. Keep up with the great work!

Jade Underwood - Lau, WELNEW Tribal School; Rachel Robinson - Gitanyow Independent School; Alexandra Robinson - Gitanyow Independent School; Dayna Wilson - Hartley Bay School; Hank Williams - Gitsequkla; Kyle Leo - Britannia Elementary; Shania West - Sk'elep School of Excellence; Jamie Lee Wilson - Kispiox; Tashina Shackelly - Merritt Central Elementary; Sadie Colter - Colletville; Matthew Monk - David Hoy Elementary; Joshua McKenna - Neilson Grove Elementary; Doug Venn, Jr. - Gitsequkla Elementary; Draper Poirier - Moricetown Elementary School; Talia David - John Field Elementary School



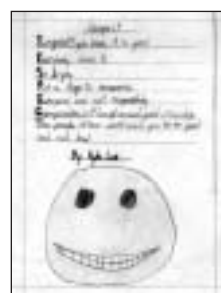
Rachel Robinson, Gitanyow Independent School



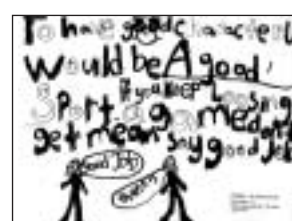
Hank Williams, Gitsequkla



Joshua McKenna, Neilson Grove Elementary



Kyle Leo, Britannia Elementary



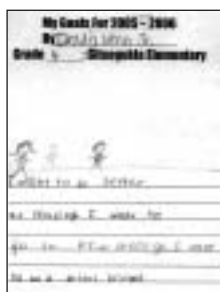
Jade Underwood, Lau, WELNEW Tribal School



Dayna Wilson, Hartley Bay School



Alexandra Robinson
Gitanyow Independent School



Doug Venn Jr., Gitsequkla Elementary



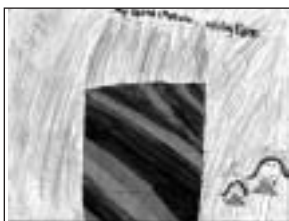
Matthew Monk, David Hoy Elementary



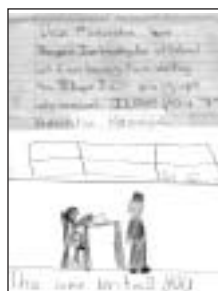
Shania West, Sk'elep School of Excellence



Draper Poirier, Moricetown Elementary School



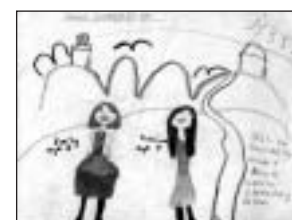
Talia David, John Field Elementary School



Jamie Lee Wilson, Kispiox



Sadie Colter, Colletville



Tashina Shackelly, Merritt Central Elementary

The 7th Generation Club would like to acknowledge those students who achieved 95% or higher for the 2004/2005 school year. These students were not previously listed in our September newsletter. Congratulations!

John Field Elementary: Max Beertema 96%; Julianna Campbell 99%; Connor Coukell 97%; Jessie Deboer 95%; Frazer Dodd 100%; Liam Dodd 99%; Adrian Erni 96%; Lucas Erni 96%; Katrina Harris 95%; Dwayne Jamerson, Jr. 98%; Kylie Johnson 97%; Stanley Johnson 97%; Montana Johnson 96%; Keisha McKenzie 97%; Rodrick McLean 96%; Casey Muldoe 96%; Jonathan Nikal 96%; Brandon Olson 95%; Emily Paranih 100%; Deborah Prevost 97%; Georgina Robinson 98%; Mervin Robinson 97%; Monique Robinson 99%; Shaun Robinson 97%; Cassidy Ross 96%; Lexis Ross 99%; Brandon Rush 99%; Caitlin Rush 96%; Michelle Rush 97%; Norman Sampson 97%; Joshua Sebastian 97%; Tyler Sebastian 99%; Brooke Simpson 98%; Ruby Jean Smith 97%; Shelby Ray Smith 99%; Thomas Smith 97%; Shane Stewart 97%; Jared Stewart 95%; Denzel Sutherland-Wilson 98%; Madelaine Swift 97%; Lupe Villaneueva 97%; Nicklas Villaneueva 97%; Brandon Wale 96%; Brooke Wale 100%; Krysta Wale 96%; Cindy Weget 96%; Laverne Weget 95%; David Wernli 96%; Gavin Wilson 97%; Jillian Wilson 95%; Katrina Wilson 98%; Keano Wilson 97%; Lilian Woods 100%; Ryan Wright 98%; Spencer Wright 99% **Outma Squilxw Cultural School:** Aaron Lezard 98%; Summer Lezard 96%

The Seventh Generation Club is created in partnership with:



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THE POWER IS YOURS



HISTORICA



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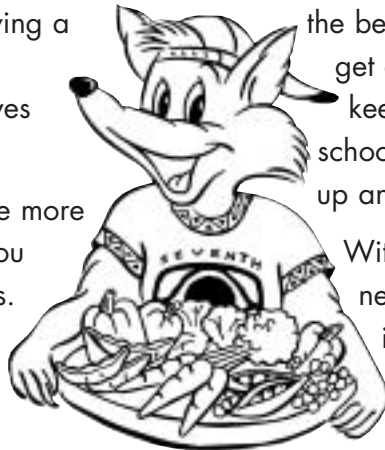
Hello again Seventh Generation Club members!

We hope that you are enjoying a great school year, and that you're looking after yourselves as much as possible.

Remember that you will have more school success this year if you keep up some healthy habits. For example, it's almost impossible to get much work done if you don't get enough sleep, so try to make it to bed at a reasonable time each night.

Healthy eating is also key to having enough energy to make it through the day and stay physically active. Fruits and vegetables are particularly important, so when you get home from school and need a snack, grab an apple, a banana, or an orange instead of chips or cookies. You'll definitely be glad you did.

As the school year progresses, we hope that you will also remember how important it is to maintain a healthy balance of fun and work. What's



the best way to stay stress-free? It is to get organized, set a schedule, and keep on top of your homework and school assignments so they don't pile up and become overwhelming.

With that tip in mind, in this newsletter we've included some information about getting motivated – both in terms of motivating yourself to do your homework, and motivating a buddy to help you both do better in school.

The Seventh Generation Club would also like to wish you all a very happy holiday season ... and please remember that this is a great time of the year to think about how you might do something nice for other people. In this season of giving, perhaps you can give some of your time to make your community a better place!



We'll be in touch again in the New Year.

What else can you do to balance work and fun?

Enter a Seventh Generation Club contest for a chance to win some great prizes. We can't wait to receive your entries for this month's contest, and don't forget to send us your letters so we stay up-to-date with what you're doing.

HIGHLIGHTS:

- Canucks Corner
- The Nook
- Homework Motivation
- Contest
- Quick Motivation Tip
- Congratulations!



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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: fnesc@fnesc.bc.ca



Motivation

You might not think it is possible, but you have something in common with Markus Naslund, Trevor Linden, and all of the other Vancouver Canucks. It isn't your speed on the ice, and it isn't how tall or how old you are; it is that you all have motivation. What does that mean?

When you are motivated, you have the desire to do something. Motivation is a tool people use all the time to achieve goals. For example, Trevor Linden may have a goal of scoring 50 points this season, and his motivation will help him reach that goal.

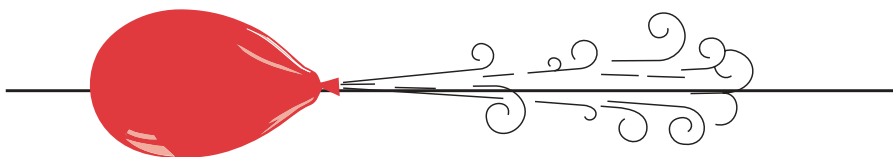
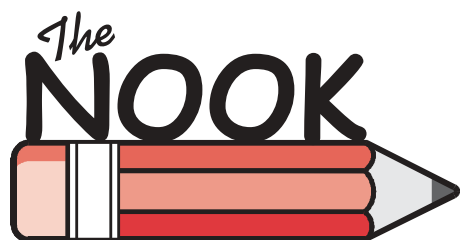
It might have been difficult for you to get up early and head back to school after having a summer of sleeping in, playing with friends, and enjoying the sunshine!!! It was similarly hard for the Vancouver Canucks to start training camp after a long break. You were all able to do those things because you were motivated!

Sometimes you need motivation from other people, as well. Coaches help motivate their players to skate faster and score as many goals as they can by encouraging and helping them when they are

struggling. In the same way, a teacher may motivate you when you are struggling with a tough math question, or a friend may motivate you to join a community soccer or hockey team.

Rookies at training camp have a goal to make it on to the Vancouver Canucks team, Trevor Linden, Markus Naslund, and Todd Bertuzzi all share the same goal of winning the Stanley Cup this year. You may have a goal to get a certain grade in math or to learn how to rollerblade. All these goals can be achieved if you try your hardest and do not get discouraged if something is difficult.

You see ... it doesn't matter if you are a professional hockey player or a 5th grade student; when things are tough you need motivation to get you through. Don't forget, the next time someone you know is struggling with something, maybe all they need is some motivation. Just as Coach Crawford motivates his players, you could be the person to help motivate your friends and family!



You can make your own "Balloon Rocket" using just a few simple materials. These cool rockets use air pressure to move forward; air is forced out of the back of the balloon, which creates something called "thrust." Thrust is the force that moves the rocket forward. To make a balloon rocket, you will need:

- 1 balloon (round ones will work, but longer balloons work best)
- 1 long piece of thin string (about 4 – 5 metres long)
- 1 plastic straw
- tape

Here's what to do.

Tie one end of the string to a chair, door knob, or other similar support. Then put the other end of the string through the straw. Pull the string tight and tie it to another support in the room.

Blow up the balloon (but don't tie it). Pinch the end of the balloon and hold it closed while you tape the balloon to the straw. Now you're ready for launch.

Let go and watch the rocket fly! Experiment to see if you can make the rocket go farther and faster.

We borrowed this nifty trick from www.sciencebob.com. Thanks Science Bob.

Homework Motivation

While most of us know that doing homework is a key ingredient of school success, making yourself sit down, stay focused, and get it done is not always easy! That's why we've included these few simple ideas that we hope will help motivate you to get through your homework this year.

- **Set goals for yourself, focusing on manageable things you can do step by step.** For example, a goal of getting all A's on your next report card would be nice, but it may be a bit overwhelming, too. It might be better to set a goal of completing your first essay on time, or studying for at least one hour five times each week.
- **Set a schedule for studying and write it down.** Something written down is harder to ignore.
- **Do the homework you dislike the most first,** while your mind is still fresh and you have enough energy to push your way through it.
- **If you have a number of small assignments and one major assignment, do the small ones first.** That will make it seem like you are

making good progress – and that's a great motivator.

- **If you need it, ask for help from your parents.** If you don't ask, they won't know what you need.
- **Use rewards when you stick to your study schedule.** Go out with a friend on Friday night if you get your History project completed by then, or take a snack break after you finish half of your math problems.
- **Be positive.** Complaining about homework won't get it done. Focus on what you are doing well, not on your challenges.
- **Whenever possible, choose homework assignments that you find interesting,** such as an essay topic that matters to you or an art project that you will enjoy.
- **Congratulate yourself for your hard efforts.** And good luck!



Contest

For this month's contest, we want you to focus on the things you like most about school. Do you love reading? Is learning about your First Nations language and culture an activity you enjoy? Do you find learning new things interesting and motivating? Do you especially like spending time with your friends?

Just write a short essay or draw us a picture showing your most favourite thing – or things – about school, and see if you are one of our newest lucky contest winners!

CONTEST DEADLINE: December 9, 2005 by 4:30 p.m.

Another Quick Motivation Tip - Buddies Can Help Each Other Get Through

Having a homework buddy can help make life easier for everyone, so how can you make this idea work for you?

1 First, find someone who is willing to be your homework buddy. They should be in your class so that you have the same assignments, tests, and due dates. Just make sure that you are both committed to helping each other with schoolwork ... not just having fun together!

2 Once you've found a homework buddy, exchange phone numbers and e-mail addresses. Keep this information in a safe place at home.

3 Every day, check each other's notebooks and make sure that you have the necessary books and materials in your book bags. Being prepared will help reduce homework chaos. If you need to bring something important to school, maybe you can even call each other in the morning with a quick reminder.

What else can you do?

- ✓ You can help each other review for tests, double-check each other's work, and help each other with assignments. You can do this in person, over the phone, or by computer.
- ✓ Homework buddies can also encourage each other to complete your daily homework and to meet all assigned deadlines. Maybe you can agree to finish homework by a certain time each day and then check in with each other to make sure it's done.

✓ Remind each other about your schedule for long-term assignments so you don't forget about them until the night before they are due!

Have fun working together! We hope it makes your school work a little bit easier.

