

Cyberbullying Don't Do It!

By Dharshita R.

Before the internet, kids may have been bullied at the bus stop, during recess or in the cafeteria. When they got home, they would have likely feel safe, knowing no one can bully them in their own space. Now with technology, online bullying or cyberbullying can happen anytime, anywhere. Cyberbullying is when kids use technology to hurt others. They use the internet to harass and embarrass people. Lots of kids today use

social media, texting and email to "talk" to their friends. Too often it is too easy to cyberbully. For example, cruel messages or unwanted photos can be sent to friend groups with one click. Some examples of cyberbullying are mean emails, posting hurtful things about someone that are not private, and taking an embarrassing photo or video and sharing it without permission. We can all do our part to stop by not spreading anything that should be private online. And call out your friends if they try to do that. Cyberbullying is wrong and has to stop.

Humans of Milne Valley

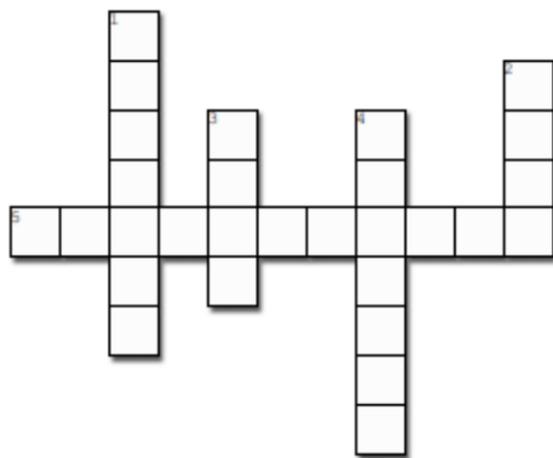
Eber - petite, friendly, and brave!

I was born in Albania in 2009. I came to Canada a few years ago in February. Our family left for a better life. One thing I love here are the summers- the flowers and going for picnics especially. Learning English was pretty quick for me- in ten months. Two favourite things are dogs and sushi. My family includes my two sisters. Fun fact- I got to choose my sister's name, Mabel, when she was born. I have travelled a lot with my family. I have been to Italy, Greece and France. But coming to Canada was the most exciting thing that ever happened to me. When I first got here, I began modelling and this is my future ambition.



Parts of Speech

Complete the crossword puzzle below



Down

- 1. A word that has the same or nearly the same meaning as another word.
- 2. A word that names a person, place, thing, or quality.
- 3. A word that shows action.
- 4. A word that has the opposite meaning of another word.

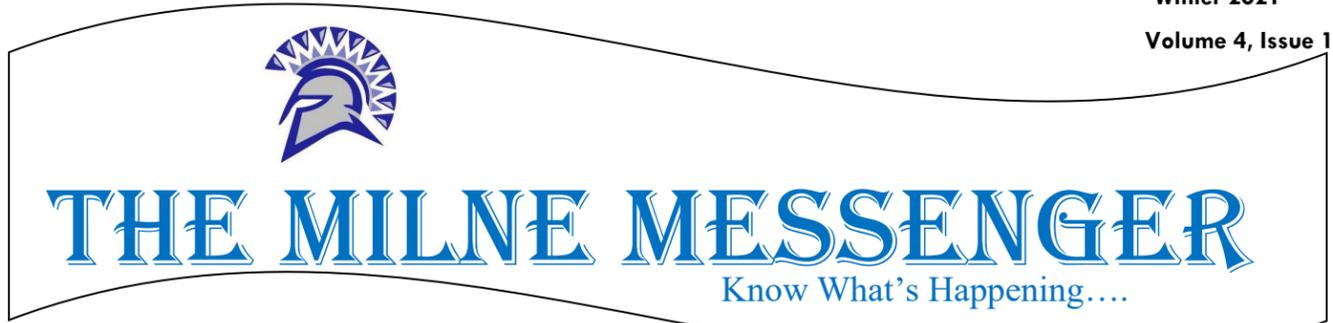
Across

- 5. A word formed by joining two other words.

Reasons To Be Thankful



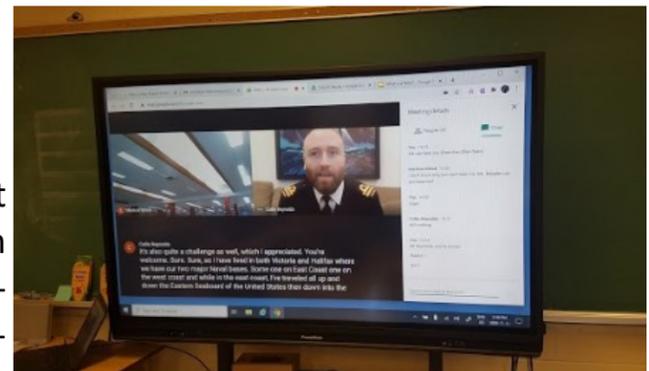
LOVE HEALTH FAMILY EDUCATION FRIENDS



Our Google Meet with Lieutenant Reynolds

By Ariana K. and Trisha G.

Classes 6-1 and 6-4 met with Lieutenant Reynolds on Wednesday, November 11th using Google Meet which lasted for one period. Lieutenant Reynolds is in the Canadian Navy. The students wanted to talk with him about the importance of Remembrance Day. He stated that Remembrance Day is "an opportunity to reflect and remember the sacrifices of my fallen brothers and sisters in the Armed Forces."



6-1 and 6-4 talking with Lieutenant Reynold



Students talking with Lieutenant Reynolds

He also answered many questions, shared experiences (even strange ones), routines of the Navy, and how to join and move up in rank. As well, he talked with about his career experiences. He was very kind and answered all questions with delight! Ariana from 6-4 said, "Talking to Lieutenant Reynold's made us more curious than we had been before!" It was a great opportunity to meet with him, even if it was through the use of technology!

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How did Covid-19 affect Lieutenant Reynold's job with the Navy?

"First, everyone has to get tested for Covid-19. Then, we stay in a hotel for 14 days (2 weeks) until we get our test results. Next, when we go onto the boats, we have to wear our masks but only if the boat is small and we are less than 2 meters apart." Lieutenant Reynolds

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The Photography Club

Leo B.

What is Respect?



By Dharshita R.

October’s character trait was Respect. What is respect? Respect means that you accept somebody for who they are, even when they’re different from you or you don’t agree with them. Respect in your relationship builds a feeling of trust. Respect doesn’t have to come naturally; it is something you can learn.

Though we live in Canada, respect has not been given to everyone in the past. It wasn’t until the 1960’s that all people of any colour or gender had the right to vote. It is not respectful to deny a person a vote. In the past, women have been treated with less respect by getting paid less even though they did the

same job as men. First Nations people were disrespected by forcing children to go to residential school. We have also disrespected the land by overhunting and polluting.

There are many ways you can show respect to the people in your life. Accepting people for who they are, no matter what colour or gender they are. Kaleyah from 6-1 says, “You can be respectful by listening to someone when they are talking.”

Respect is a hard trait to learn but you should never give up trying.

“Respect yourself and others will respect you.”~ Confucius~

WE Can Help OUR Community!

By Lily B.

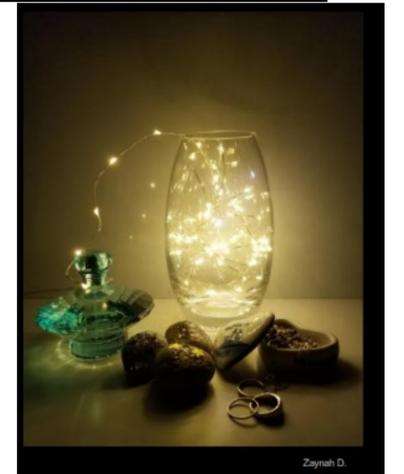
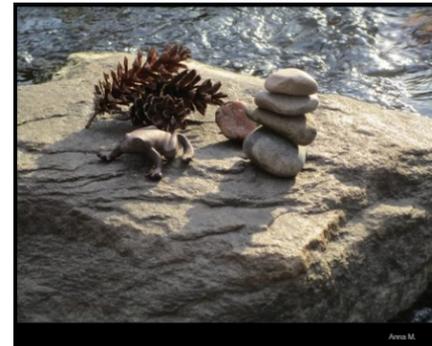
These times are very rough, but there are some things you can do to help your community. Support local businesses! During the fist lockdown millions of jobs were lost and we do not want this to happen again. If we support local small businesses

(shoplocalcanada.ca) you are helping your community in a great way! We can all do our part by simply practicing the provincial health guidelines and staying home. If you do plan an outing, make sure you

distance from others and keep your mask on. Practicing these guidelines ensures we stay safe and healthy. Finally, watch the news or read it online to stay current about what is happening around the world. By doing our parts, we can serve our community and soon be together safely.



**“Our Favourite Things”
Still Life
The Photography Club**



NBA DRAFT NEWS IS A SLAM DUNK!

By Rehan A., Leo B., and Malique G.

If any of you missed the NBA draft on Wednesday November 18th, we got you! Here are the top 10 picks in this year's NBA draft:

1. A. Edwards
2. J. Wiseman
3. L. Ball
4. P. Williams
5. I. Okoro
6. O. Okongwu
7. K. Hayes
8. O. Toppin
9. D. Avdija
10. J. Smith

Some of the highlights of the trades include Marc Gasol, Steven Adams and Ricky Rubio. Marc Gasol has joined the Los Angeles Lakers leaving the Toronto Raptors. Steven Adams is finally leaving the OKC Thunder. He has been there for around 7 years but is now traded to the New Orleans Pelicans. The Phoenix Suns have acquired Chris Paul from the OKC Thunder.

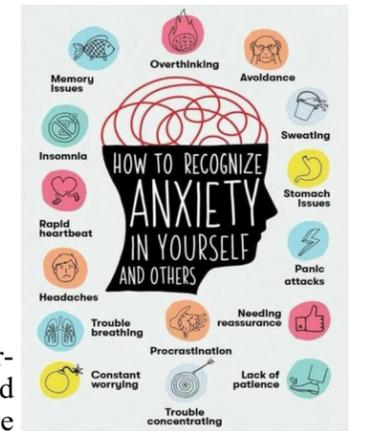


der. The Thunder received Ricky Rubio and Ty Jerome Jalen Lecque. Serge Ibaka has left the Toronto Raptors for the Los Angeles Clippers. Jason Tatum has signed a 5 year contract extension worth 195 million dollars with the Boston Celtics.

This NBA season will be better than ever because most teams are stacking up players. The quality of the games will be high. Grab your popcorn and get ready. This is going to be an exciting season!



Comfort Corner



By Manal H.

It's a tough time for some students right now and many of you might be dealing with anxiety and stress. This article will help you find ways to deal with your anxiety and stress and will give tips on how to feel comforted and relaxed.

The first step is to know when you're anxiety or stress has become a serious issue.

Some Ways To Know if You Have Anxiety/Stress:

- Headaches
- Constant worrying
- Trouble concentrating
- Trouble sleeping

There are many things you can do in order to attain comfort and deal with your stress or anxiety. Distracting your mind through various activities is a great way to deal with these problems. Keep in mind that if the problem is out of your control, try to let it go.

Here are some activities you can do to deal with stress/anxiety:

- Create a Worry Jar; draw a jar on a piece of paper where you can write your emotions and feelings throughout the day.
- Exercise/Yoga (You won't believe it, but it's true. Using your physical strength relieves your mental stress.)
- Spend time with your friends and family and play games, or watch movies together. LAUGH!!
- Listen to music, sing along to your favourite songs.
- Mindful breathing, take deep breaths and focus on your breathing. This allows your nervous system to calm down and it relaxes your body.

- Accept yourself. Avoid any negative thoughts or feelings toward yourself. You're awesome, beautiful, and brilliant, and don't let yourself think otherwise. Always stay positive and believe in yourself!

It's important for us to be able to learn to deal with stress and anxiety because too much of it can be harmful for you. These problems are caused because of many internal and external factors, but we can avoid them by always having a positive attitude. When feeling stressed out or feeling extremely anxious, follow these steps:

1. Find out what's causing you to worry so much. Write it down along with any emotions that you feel or talk to friends or family.
2. Try to figure out the problem. Is it really worth worrying so much about? Is there anything that you can control? Let it go if the problem is about something that isn't in your hands. Decide if the problem is really serious.
3. Come up with a solution. Take steps in order to overcome your anxiety and stress. You may not be able to completely solve the problem, but reassuring yourself and feeling more relaxed is always the best solution. If you are having extreme problems, call a helpline like Kids Help Phone.
4. Finally, remember to always have a positive attitude and to keep smiling and laughing. Get out of your negative headspace and do your best to relax instead of stress.

