

Humans of Milne Valley

Meet Nikita- athletic, hard working and sincere.

I was born in 2007 in Minsk, Belarus. I lived most of my childhood there. It is much different from Toronto, not as modern or interesting. Maybe it is because of the war, but coming to Canada felt so much more positive. People were so kind and welcoming. And I really enjoy the diversity, so many different kinds of people. I live here with my mother. My first love is tennis- I started playing when I was 5 years old. I remember holding the racquet- my hands were so small and that racquet so big. It was hard and I wanted to quit. My father encouraged me to wait and give it a chance. By 7 years old tennis was my life. To-day I am training in Richmond Hill with Casey Curtis, Milos Raonic's old coach (he was 3rd in the world). I am currently competing in Ontario's Under 14 category. My future? I want to be the Number 1 tennis player in the world.

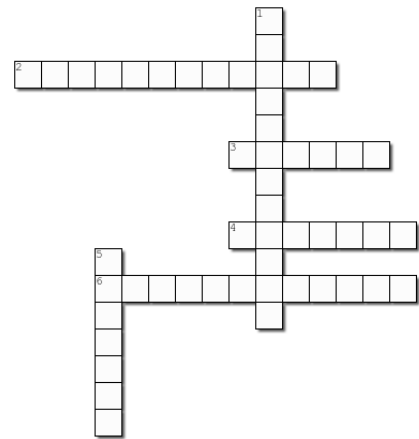



THE MILNE MESSENGER

Know What's Happening....

Provinces of Canada

Complete the crossword puzzle below



Across

- The province east of Alberta.
- The province with the greatest French population.
- A province between British Columbia and Saskatchewan.
- The name starts with an N and ends with a K.

Down

- The most eastern province of Canada.
- The province you live in.

Capital Cities of Canadian Provinces

K M H A L I F A X P K F N Z I N V J A F
 V H L W I N X W L X K R R F A K J E Q O
 U T W V A R M P T Q J E M R R P Y N X K
 T X I G N B P T C U U D C W E Y I F X F
 I H G I H X O N W D U E O O K U Y M S P
 G R C D R I K J N O H R O O S G C W P I
 C V N O T Q G B O D C I Z J O R Q F B L
 L O A U V C Y L T A K C Y S G F D S K M
 V U X N Y L T F N U B T L C F E Y L O I
 V Z Q V Q V G I O V I O R J Z G J H K A
 W U Z C B K G D M C Q N T B E B O A M E
 C J V B C E Y B D H L C E N V T O J M Q
 I X Q F R U U Z E N G W F J O F L I I F
 L G P A C R E I F R N R N T U R D O X E
 A Y M Q Z G F Q A I R O T C I V O O Q W
 K Q B R W D S L K I K M E V H T T N X
 K M P H H D K Y S Z H B Z H D Q R U O A
 Y Y H U U O S S Y A E Z B V U K P D G Y
 F C M U K V U P H U M F H G Y S H T T N
 J G K Q E E G S Q J K H V Z V P X D B Q

EDMONTON
 CITY
 FREDERICTON
 TORONTO
 HALIFAX
 VICTORIA
 QUEBEC
 REGINA



Feeding Others with Kindness

By Alisia N.

Did you know that there were 936,807 food bank visits to the Daily Bread Food Bank in 2019 in Toronto alone? A foodbank is a non-profit organization that distributes food to those who cannot afford to feed themselves or their family adequately. Founded in 1983, the Daily Bread Food Bank has become one of Canada's largest food banks, supplying food to nearly 200 food programs across Toronto.

Milne Valley, like many other schools, encourages its students to think globally and act locally. This January, Milne Valley stu-

dents and staff organised a winter food drive. Students from grades 6, 7, and 8 participated. A huge thank you to all those that contributed to the food drive! Milne Valley was able to collect a huge amount of food for our community. All of the food that was brought in was donated to the Daily Bread Food Bank, feeding people across Canada. As Audrey Hepburn said, "You have two hands, one for helping yourself and one for helping others."

Once again, a huge shout out to all the students and staff who donated food! Think globally and act locally!

TO ONE OF THE MOST IMPORTANT PEOPLE IN THE WORLD, EARLIER AT THE PARK I NOTICED YOU WERE UPSET AND RATHER LONELY. I WANT YOU TO KNOW YOU ARE THE ONLY YOU IN THIS WORLD. I WANT TO SHARE A QUOTE WITH YOU THAT MY FRIEND SHARED WITH ME WHEN I WAS GOING THROUGH A SIMILAR TIME - "SUICIDE DOES NOT END THE CHANCE OF LIFE GETTING WORSE, IT ENDS THE CHANCE OF LIFE GETTING BETTER." UNKNOWN - ALTHOUGH THE BATTLES WE FACE ARE NOT THE SAME, WE SHARE THE SAME STORY. I KNOW YOU WILL MAKE THE RIGHT CHOICE.

HAZAA! I found the cure to CANCER. My theory was right!

After all these years of research, WE FOUND THE CURE!

People do care!

You know what, I will listen to that soldier and do something that will change the world!

20 YEARS LATER...

Whenever you need to talk, we're open.

Call 1-800-668-6868
 Chat at KidsHelpPhone.ca
 Text 686868
 Kids Help Phone

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It's Time for a Break!

By Lily B. and Elizabeth R.

March Break is here for us kids and teachers to have some rest and relaxation. Some easy and fun activities you could do this March Break include: spending time with family and friends, outdoor activities (e.g., skating, sledding, skiing), and our favourite, sleeping in and staying up late!

March Break this year is from March 16th-20th! During March Break there are many cool things to do in the city including:

- The Toronto Zoo which will be open for extended hours.
- A new dinosaur exhibit at the ROM.

- Sugar Beach is hosting The Sugar Shack where you can indulge in some maple candy.
- Land a kick-flip at the Ontario Science Center (science of skateboarding).

Have a fantastic March Break!



Comfort Corner

You're Not Alone

(An Inspirational Piece)

You're not alone. If it hurts when you sit in your room crying, you are not alone. It may seem forever while you're in pain, but the wounds will heal and the scars will fade. Although you're just another person in the crowd of many, me and so many others are here to back you up. You are loved, don't ever forget that.

*You are beautiful.
You are wanted.
You are wonderful.*

*Your skin isn't paper, don't cut it.
Your face isn't a mask, don't cover it.
Your size isn't a book, don't judge it.
Your life isn't a film, don't end it.*

You are worth the world and nobody wants to see you suffer. This is not the end. The way you feel now, will go away. Things will get better. DON'T do something permanent over something temporary. You're better than that. All stars need to see the darkness before the light. Always remember you never have to change yourself to fit in, Be yourself & the right people will find and love the real you.

YOU'RE BEAUTIFUL

Mishal A.

Milne Valley Messenger

March 2020

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Art

Mishal A.

Club de Mathématiques

By Michelle Z.

Est-ce que vous voulez participer dans les concours de mathématiques ou créer de nouveaux amis tout en améliorer vos compétences en mathématiques? Peu importe la raison, le club de mathématiques est la place pour tout le monde, n'importe qui, à n'importe quel niveau peut participer au club de mathématiques. Le club de mathématiques se concentre sur l'amélioration de vos compétences mathématiques par pratiquer et participer dans les concours. Dans le club de mathématiques, vous pouvez améliorer votre niveau de mathématiques et rencontrer d'autres

personnes aussi intéressées et déterminées que vous! Le dernier concours que les membres du club de mathématiques ont participé a été <SumDog>! Ils ont fait un travail incroyable et ils ont vraiment montré leurs connaissances. Est-ce-que vous voulez joindre les membres de le club de mathématiques pour le prochain concours? Le club de mathématiques se rencontre dans la chambre de Mme Hendela, chaque mercredi pendant le déjeuner. A ce moment, il n'y a pas les réunions mais attendu pour des annonces pour la prochaine réunion!

Students At Milne Learn About A Worldwide Issue



By Shana G.

On Tuesday January 7th, 2020, all grade 7 and 8 Milne Valley students got a chance to participate in an assembly which touched upon a serious issue. We got a chance to listen to a presentation from MADD and learn about the ongoing issue of impaired driving that is affecting many people. It is estimated that between 1,250 and 1,500 people are killed and more than 63,000 are injured each year in Canada due to impairment-related crashes. MADD stands for Mothers Against Drunk Driving. They are supporting the fight against drunk driving. Each year, MADD Canada offers services to 20,000 victims and survivors across Canada. Their mission is to stop impaired driving and to support victims who have faced this issue.

Spartans got to listen to a presenter talking about this issue but also watched 2 videos. When a short film was playing, it was evident that all the

students were engaged. People were able to take many things away from this presentation and were able to hear real stories. Impaired driving has taken away many lives but it can be prevented. James Dean once said, "Take it easy driving-the life you save may be mine". Go Spartans!

Fast Facts about MADD

- MADD Canada's mission: to stop impaired driving and to support victims of this violent crime.
- 1 million red ribbons and 1 million car decals are distributed each year as part of MADD Canada's longest running public awareness program, Project Red Ribbon.
- Over 1 million students in Grades 7 to 12 see their School Assembly Program annually.
- Every day, on average, up to 4 Canadians are killed in alcohol and/or drug-related motor vehicle crashes and hundreds more are injured.
- Approximately 65,000 Canadians are impacted by impaired drivers annually.
- Over 100 Chapters and Community Leaders and 7,500 volunteers across Canada deliver their programs and services.

“Something from Nothing”

By Heba N. and Kira M.

Have you ever wondered how you can create something from nothing? How can you stop throwing out single use plastics? With a bit of ingenuity you can create so many cool things while helping our environment. Try making paint pallets with gum containers and mint tins. Try using your imagination to create things you could use in daily life. Old book? Just make recycled paper out of it or make piñatas, Try using old plastics and paper to make scrapbooks, and bookmarks. There are many ways one can make items out of plastics, and cardboard. Let’s all work towards saving our planet.



Paint Pallet

Out of This World Fun!

By Ishaq K.

Ever thought of learning about planets outside our solar system that could have life on them? Did you want to learn about different structures around the world? Or ever

wanted to learn how to create structures? Did you want to learn about our solar system? Well, the Science Club offers that and more. The first unit of study is Astronomy. We are focusing on Exoplanets and our Solar System. It started at the beginning of November and is going to go until March Break. The final project is being constructed to recreate a Solar System. To the left is a photo of the Science Club’s progress in the Solar System project. The outcome of this project should be stellar.

The second unit is Structures, we will be focusing on Buildings and

SkyScrapers. It will start after the March Break and continue until mid-June. The final project will be to create your choice of buildings or sky-scrapers. We’re looking forward to seeing where this project will take us.

If you’re interested, it takes place in Ms. Spiliopoulos’ class, room 109, on Tuesdays at noon when extracurriculars resume. You will meet Ms. Spiliopoulos’ outside the cafeteria once you have been dismissed from your lunch table. New members are always welcome. Hope to see many of you there!



Students recreating our solar system

Chinese Heritage Month

By Manal H.

Chinese Heritage Month was in February. Chinese New Year (Lunar New Year) was celebrated on Saturday, January 25. Lunar New Year is also known as the Spring Festival and begins with the first moon of the lunar calendar and ends on the first full moon of the lunar calendar, 15 days later. This year was the Year of the Rat. At Milne Valley all the grade 6s were born in the Year of the Rat (2008). Some characteristics of people born then are intelligence, wisdom, charm, sociable, cautious, calm, and lastly, ambitious. Their strengths include alertness, adaptability, and observance. Their weaknesses include being stubborn and lacking persistence. The best jobs for the people born in the Year of the Rat are: Play Writer, Actor, Accountant, Scholar, Commentator, Doctor, Inventor, Reformer, or Stock Analyst. So... Happy New Year to all that celebrate!



February: Black History Month

By Ellie A.

Every year in the month of February we recognize black people who made our lives better by doing something that made us laugh, cry or feel safer in the environment that we live in. One of the people we recognize is Martin Luther King Jr. There are so many reasons we do this.

Martin Luther King Jr. is known for his contributions to the American civil rights movement in the 1960s. He is most known for the famous “I Had a Dream” speech. In this he spoke of his dream of a United States (and world) that

would be void of segregation and racism. He is memorable because his efforts focused on the power of non-violent protest. He had also been a huge part in the passage of the Fair Housing Act.



Martin Luther King Jr. giving the “I Have A Dream Speech”.

Another important figure is Rosa Parks. Rosa was born on February 4, 1913. Rosa’s bravery led to a worldwide effort to end discrimination by refusing to give up her seat on a bus for a white person.

Rosa Parks was awarded many medals including the Presidential Medal of Freedom. She sadly passed away on October 24, 2005 in the United States. She is known for being the “Mother of Freedom”.



Rosa Parks accepting the award

These are just a few of the figures we celebrate during Black History Month.

ROCK YOUR SOCKS FOR WORLD DOWN SYNDROME DAY

By Leah K. and Khaviyaa S.

We are all the same regardless of skin colour, height or weight; or even if you have a condition like Down Syndrome. Down Syndrome is a genetic disorder where people are born with 47 chromosomes in each cell rather than 46. They also obtain three copies of chromosome 21, instead of two copies. Down Syndrome is the most commonly occurring chromosomal condition. Approximately one in 700 babies in Canada are born with Down

Syndrome. March 21st (3-21) is World Down Syndrome Day. Beginning in March, Milne Valley students will be pledging to stop using the “r” word. The “r” word is a discriminatory term used towards those with disabilities. It is a word that should never be used or said, no matter who you are. Each student who takes the pledge is responsible for never saying it and showing respect to all. Additionally, to illuminate World Down Syndrome Day, on March 24th we will Rock Our Socks here at Milne. We will wear and show off our funky

socks as a symbol of our support for the Down Syndrome community. Let’s go Milne Valley! How will you rock your socks?



A person should not be defined by their disability. Emphasize the person.

A person is not “suffering from” or “afflicted with” Down Syndrome. A person “has” Down Syndrome. People with Down Syndrome can lead fulfilling lives; they can go to university, get married, and have careers!

Win a pizza party for your class!
Encourage your classmates to wear mismatched socks, or draw pictures of mismatched socks to bring awareness that being different is beautiful and wonderful!
Check out www.dsat.ca to find out how!

Photography Club

By Sofia S.

The Photography Club meets every other day 3 at the beginning of lunch in Ms. Klink's room. Students from any grade are welcome when extracurriculars resume. The group decides together what topic will be focused on. The first theme was Winter. There were many great photos taken of anything related to Winter.

The next theme is "Alphabet Photography". For example, students can find items in nature that resemble letters such as a tree branch. The photos are shared on the google classroom for all members to see. During our meeting we look at the photos and discuss them.

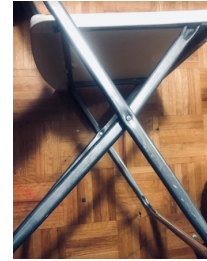
Photography club is fun and almost like a scavenger hunt. It also gives you a chance to meet new people. New members are welcome.



Derek A.



Christina H.



X by Mariam H.



Lily B.



Lauren N.



Tasnim O.

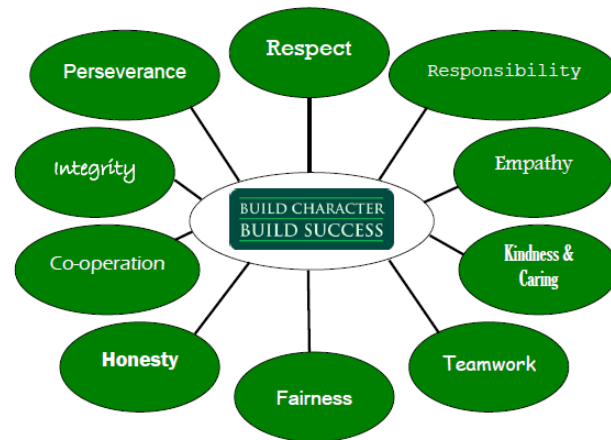


Sahar Q.

February's Character Trait Assembly: Fairness

By Shana G.

On February 28th, the grade 6, 7 and 8 students participated in a student-led assembly for the character trait of the month. The character trait for the month of February was fairness. During the assembly, students that were chosen by their teacher received an award for practicing this trait. These students were recognised by their classmates and others from the school. They received a shout out for the



action they took which was related to fairness. Keep up the good work Milne Valley and keep practicing these character traits. If you see anyone showing honesty, make sure to shout them out on the shout out board in the office. Go Spartans!

The Power of Good Character

By Alisia N.

Milne Valley strongly believes in developing individuals that are not only academic achievers but also good citizens in the real world. It encourages its students to develop positive learning skills and reinforces TDSB character traits that will help us cope with various challenges we may face later in life. These traits also help us, as individuals, to become responsible members of our local, national and global communities. They enable us to learn with enthusiasm and sustain our love of learning throughout life. Every month our school focuses on different character traits.

The character trait for the month of February was Fairness. The word Fairness means "impartial and just treatment or behavior without favoritism or discrimination." We can therefore say that fairness is the quality of making judgments that are free from discrimination. Fair is not always the same as equal. Fair means that everyone gets what they need or deserve while equal means that everyone gets the same regardless of need. We can demonstrate fairness in various ways such as playing by the rules, taking turns, sharing and listening to others. Additional examples



include being open-minded and allowing everyone an equal opportunity to succeed.

The character trait for the month of March is Honesty. Honesty is a facet of moral character that suggests positive and virtuous attributes such as truthfulness,

integrity, and straightforwardness. Honesty also involves being loyal, fair, trustworthy, and sincere. Honesty can be demonstrated by willingly accepting responsibility. This can be by admitting a mistake or an error in judgment.



The character trait for the month of April is Cooperation. Cooperation is when two or more people work together to achieve results; or people helping each other to achieve a common goal. For cooperation to work, everyone has to be an active member of the team and do what they agree to. Examples of cooperation include sharing materials or personal belongings with another person, cordially working together to create a presentation or report, agreeing to compromise when a conflict or disagreement arises and including all members of a group in a discussion or team meeting.

It is our responsibility as students to ensure that we demonstrate these different character traits and be responsible for our actions and influence the global world in a positive way. Let us all demonstrate these character traits and strive to become lifelong learners and good human beings.



Family Day Fun!

By Salina S. and Avery P.

Family Day 2020 was on Monday, February 17. Family Day is a great way to spend time with your family! Instead of doing something by yourself, you can hang out with your family. Here is how some of Milne Valley students spent their special day:

Ellie from 6-3 said she went out for dinner with her family and they danced, ate and had loads of fun!

Salina from 6-2 went to a birthday party and played lots of games. She won candy and a

stuffed animal. She said she had lots of fun at the party and the cake was so yummy!

Avery in 6-2 went cross country skiing with her family and watched T.V for a few hours. She also ate burgers for dinner and played some board games while she was eating.

Lily from 6-3 went to her grandparents house and had dinner. She hung out with her family. They talked, played games and played with her family.

Abdul from 6-1 went skating with his family. Afterwards everyone came over for dinner at his home.

Family day isn't the only day you can spend time with your family. Try and spend more time with them and make it a weekly event!



Morning Cleanse May Harm Our Environment

By Jasmine P.

Have you ever thought about what the pretty little things are in your cleansing soap or exfoliants?

Are you aware that microbeads can be harmful to the environment?

Exfoliants may be great for the skin. However, they are harmful to the environment. Some plastics you might see often in our beauty products are called microbeads. They are these little beads that are half a millimeter long. They are in hand soaps, body products, and also hand sanitizers. We all use plastics in different ways and they are everywhere we go. The microbeads are harmful and hazardous to the environment. They may be good for cleansing our faces however,

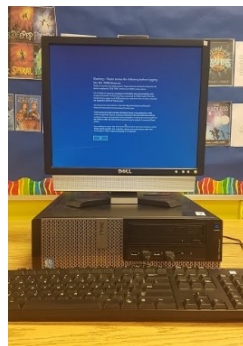
microbeads are not captured by most wastewater treatment systems. Once in the water, microbeads can have a damaging effect on marine life, the environment and human health. This is due to their composition, ability to absorb toxins and potential to transfer up the marine food chain.



Typical Cleansing Soaps

I have watched this documentary called “A Plastic Ocean” and how plastics are affecting our environment. I think we all have to be cautious and think twice about using certain cleansing products and plastics in general. We must all take responsibility in ensuring we have a future on this earth by taking care of it now, before it's too late!

E-Learning in High School in the TDSB



By Tamzin K. Starting 2020-2021, Doug Ford and the Ministry of Education are planning to make it mandatory for students to take two to four online courses

in high school in order to be eligible to graduate. E-learning is an online course that allows students to develop self-discipline and time management skills, and gives them more time flexibility for their schoolwork. The complication is that e-learning is not for everyone. Some students do not have the necessary time management skills to keep up in the online work, causing them to drop out of the course. Furthermore, every student learns a

different way, and it will be difficult to address the individual needs of students as they learn. This is why Doug Ford’s plan created backlash, as some students, parents, and teachers did not agree with his idea. Many students said that learning complex concepts are already difficult, and online courses do not have the personalized support in regular classes. Although many individuals dislike the idea of online learning, there are some reasons why it is a fair idea. E-learning allows students with a competitive performance schedule in the arts or athletics to do their school work when their schedule allows them to. This will also benefit students that are unable to attend school during regular school hours, as they can do their courses at home. As a

student that is going into high school, I find that e-learning has both advantages and disadvantages. Students will be able to focus on their work without distractions from their peers, nonetheless, students will not be able to get support from their teachers about the schoolwork. In conclusion, e-learning is better for some students more than others, and most individuals are unsure that it is the best way to support students.



GLOBAL ACHIEVEMENTS: MAKING A DIFFERENCE IN THE WORLD THAT WE LIVE IN!

By Alicia N.

Milne Valley, like many other schools, encourages its students to think globally and act locally. Often we read about students who take action to help improve the lives of others. It is inspiring to see them taking action against issues that affect society. An example of one is global warming. Due to the pollution of our environment, we are facing a rise in temperatures across the globe. This is a catastrophe as the world sees a rise in the number of droughts, flooding, tsunamis, hurricanes and other extreme weather.

Isra Hirsi is a 17 year old girl from the U.S who has been taking action against global warming and climate change. Hirsi is the co-founder and the executive director of the U.S. Youth Climate Strike which was founded in January 2019. This or-

ganization mobilizes people to protest against climate change. This has a great impact on the government and the public at large. These protests make sure that the Government and school systems don’t ignore the issue. Students who protest know their futures are at stake and they call for radical legislative action to combat climate change.

The Climate Strikes held from September 20-27th were likely the largest climate strikes in world history. Organisers such as Greta Thunberg and Isra Hirsi reported that over 4 million people participated worldwide, including 1.4 million participants in Germany alone. Today millions of young people stand with Isra Hirsi.

It’s your turn. What initiative can you take to support a cause you be-



Isra Hirsi

lieve in or maybe something you want to take a stand against? How can you make the change?

Think globally and act locally!

Online Safety with Officer Wade

By Affan A.

Police Officer Wade visited Milne Valley to talk to students about social media and gaming safety. Social media can be dangerous, especially for kids our age. There are lots of social media apps such as Instagram, Tik Tok, and Twitter. The biggest problem with gaming online with people you don’t know is that they can easily find your IP Address, which can show your location. Remember- even though you may be ‘playing’ with them,

they are strangers. Further, we learned the very real dangers of sharing personal information online. On social media, never post anything personal because the whole world can see whatever you post. Later in life, when you apply for a job, employers may ask for your social media handles because they want to know what type of person you are. Here are some

essential tips for staying safe and in control:



- Use a strong password.
- Be selective with friend requests. If you don’t know the person, don’t accept their request. It could be a fake account.
- Remember to log off when you’re done.
- Use a firewall.
- Boost your network security.
- Don’t fight or argue with anyone on social media.
- Don’t play with people you don’t know.
- Do not expose your true identity.
- Hit the mute button.
- Do not choose a user that has your name in it.