

Meet Suliman; artistic, funny and studious.

I was born on October 15, 2004 in Dubai. In Dubai I had a special friend, Adeed. I came here when I was 12 years old. It was hard leaving my friends, especially Adeed. And it was hard leaving behind some of my possessions, such as my medals. But I liked it here right away. I liked the snow! I am the oldest and only boy in my family. I have 3 sisters. After school, when I get home I eat right away. It is usually something my Mother makes. She is a good cook, her speciality being chicken biryani. I am closest to my mother. When I was little she taught me my ABCs, numbers and most importantly, the value of being a good person. But it is my Dad that I think I got my artistry from. Though he is a businessman, he used to enjoy drawing. That is my special hobby. I love drawing; cartoons and real stuff too. In the future I want to be an artist or scientist. I want to get so many college degrees. In my dreams I would learn about filming, math, science, art and engineering. I want to learn it all!



Suliman

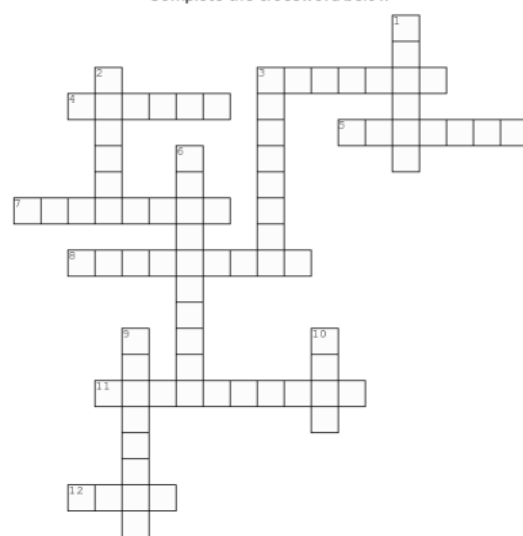
Sports Offered At Milne Valley



- CROSSCOUNTRY
- SOCCER
- BASKETBALL
- VOLLEYBALL
- HOCKEY
- BADMINTON
- CRICKET
- SOFTBALL
- TRACKANDFIELD



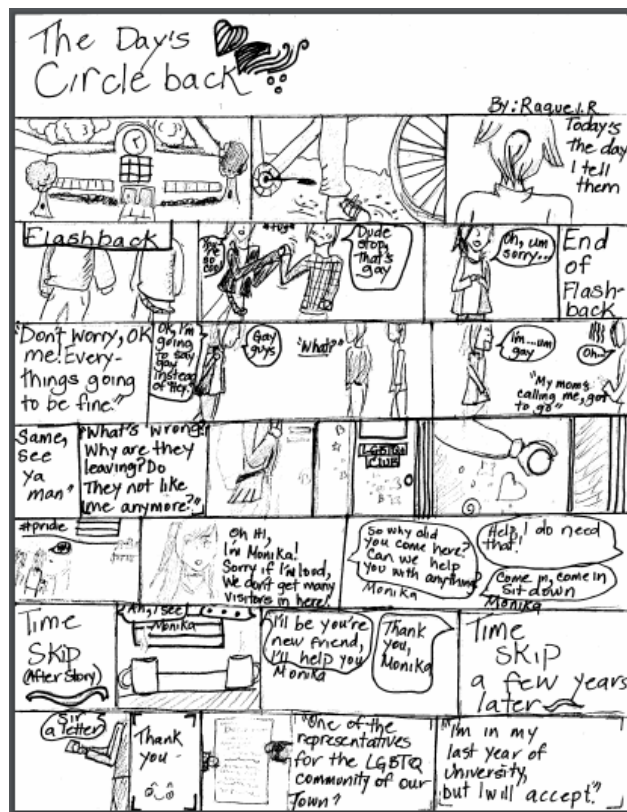
What is the Sport? Complete the crossword below



- Across**
3. Try it out. Strike it!
 4. Puck to a stick.
 5. Crick, crick! Don't throw your wicket!
 7. Net on a stick.
 8. Don't get hit!
 11. Bump a ball.
 12. Marco....

- Down**
1. You don't want love.
 2. Kick a ball.
 3. Hit a ball with a bat.
 6. Dribble a ball and shoot hoops.
 9. Want to tackle a ball?
 10. Clubbing at it's best.

Created with TheTeachersCorner.net Crossword Puzzle Go



MILNE MESSENGER



Know What's Happening!

Milne Catches Festive Fever!

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By: Amanda G.

1 Milne Valley took part in Spirit Week just before the winter break. Everyday we celebrated the coming of the winter break and holidays with a different theme. Almost everybody at Milne dressed up, including teachers and staff members.

2 Milne awoke each day with excitement with anticipation.



Ugly Sweater Day.

Monday the 18th was Festive Day. There were a lot of Santa hats and festive colours.



Festive Day.

3 On Tuesday, Milne Valley celebrated Jersey Day. Students wore the jerseys of their favourite sports teams. The halls were filled with twins Wednesday the 20th for Multiple Day. Students and teachers dressed in similar clothing. We were seeing double everywhere!

4.5 On Thursday, it was ugly sweater day. Each class was to make an original ugly sweater or apron for their homeroom teacher. Mr. Duff's class went the distance and won first place for the ugliest sweater in the school. Finally, on Friday, with everyone excited for the winter break and holidays, students got to relax and wear their pyjamas to school.



Twin Day on the Grade 8 Floor.



Jersey Day.

6 The last week of school before the holidays was a lot of fun for Milne Valley! We showed off our school and holiday spirit. Spirit week was definitely a lot of fun, but now that the holidays are over and it's time to get back to work and welcome the new year!

Milne Valley Messenger

February 2018

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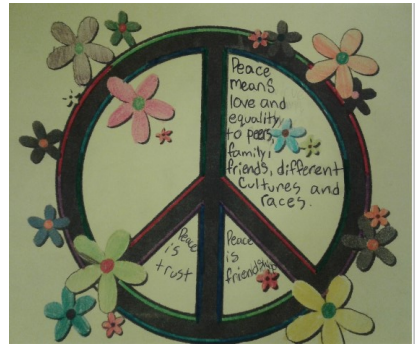
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**Field of Dreams
Safety on the Field**



By Jake B. and Alex H.

First, let's talk about bullies. Bullies are normally people who want attention and would go to high levels of either mental or physical bullying. When you see someone bullying another person, tell an adult or someone you trust for help. If you get bullied, don't attack back, tell the closest teacher. If needed, use self defense (blocking, dodging etc.).



Second, make sure that you, the reader, does not become a bully. If you are hurting someone in a physical or emotional way, you should STOP! It will only cause more harm and will give you attention in a bad way!

Third, if you don't have the right equipment, don't play in the snow. I had a personal experience with falling in snow without the right equipment. I forgot my gloves one day and fell in some snow. It wasn't a good feeling. The stuff you should wear in the winter are gloves, boots, a hat, and a warm winter coat. In conclusion, the field is fun, but you should always be careful and ready for what might happen.

Animals need our Care

By: Maya F.

2018, unfortunately, was another year of animal abuse and cruelty. Each year thousands of animals suffer abuse. Especially during the winter season. For example, dogs are left outside during unbearable weather conditions. They often starve and freeze to death because of neglectful owners who don't always realize the awful conditions they put their pets in. Another factor of abuse and cruelty is that during the holiday season, people tend to gift pets or purchase them not knowing what it takes to care for them. Just like any other present, it often gets boring, therefore the owners don't give it the right care and attention it needs. And unfortunately, often times the pet will die or end up in an animal shelter, due to lack of care. Finally, I would like to conclude by saying that the way these poor animals are being treated is very sad and inhumane. All animals have hearts and feel as much emotion as you so please don't purchase any pets that you aren't completely ready for, or treat your pets anyway you wouldn't like to be treated yourself!



Maya



Smoochy

BUNDLE UP, THE COLD WEATHER IS UPON US!



Hand up for winter

By: Sam Y, Arvin A. and Alex H.

The cold weather can be annoying at times, but also fun. Playing in the snow has been a favourite for many here at Milne Valley Middle School. After the first half of lunch you can see students racing to the field to play in the snow. They make forts, castles, snow people and angels. But, as is announced daily on the P.A. system, the snow must stay on the ground. It's not all snow, snow, snow. How about that rain in January? The pavement, field and school floors turned into a sea almost immediately. We had rain instead of snow because the temperature was above 0°C. This winter, we reached a low of -37°C with windchill (according to Accuweather.ca)! There are many ways to have fun in this traditional Canadian wintery weather.... So stay safe and enjoy it while it lasts!

ECO STUDENTS

By: Khaviyaa Suthaharan 6-5

Did you know that Milne Valley has their very own ECO-SCHOOL CLUB? Meetings, which are open to anyone interested in caring for the environment, are held every Tuesday at lunch and are run by Mrs. Hendela and Mr. Vaisman.

At our meetings, we discuss the up-and-coming environmental initiatives that we would like to lead with fellow students and staff. For example, we will soon begin our Bags2School initiative where we will be collecting any used and unwanted textiles (such as old clothing, bags, purses, shoes, belts, material scraps) in order to recycle them. Instead of old textiles ending up in landfills and releasing greenhouse gases into our environment, these items will either be recycled or donated to needy populations in other countries. We're expecting to collect ONE TON of textiles from Milne Valley students and staff!

We are also going to try very hard to encourage students to get to school in an environmentally-conscious way (walk, carpool, bus, bike, skateboard, or scooter), whether it is just one day/week or better yet, having them develop an environmentally-conscious routine to get to school every day. Stay-tuned for a potential Lug-A-Mug event!

Other initiatives will include monitoring our electric usage in order to see how much electricity we really use at school and then striving to reduce our consumption as a whole. We also hope to begin a gardening club in the spring!

The Eco-School Club also thinks of different ways to reuse everyday items. For example, we cut up our yogurt snack boxes and used them as a border for our bulletin board on the third floor! On this bulletin board, you will also find informative and educational posters about recycling and composting along with information about upcoming events. Head up to look for information about our Bags2School initiative!

If you're interested in helping out your school and the environment, head on up to Mrs. Hendela's room (Rm.303) on Tuesdays at lunch. All are welcome!

SMART SNACK-ING AT MILNE

By: Sam Y. and Arvin A. 8-6EF

A daily favourite that students look forward to at Milne Valley is our Snack Program. Did you know the snack program has nutritional standards they must meet? For only \$20.00 you can receive a healthy snack every day of the week. The snacks vary from raisin bread and cream cheese to carrots. The big hit seems to be the samosas. "I love samosa Mondays", Mina Sun declared. The snack program is available every period 2 with two snack runners picking up the snack from the dedicated snack ladies and bringing it to the classrooms for distribution. Every day the snack must contain a dairy product (milk, cheese etc.), a grain product (granola bar, fruit bar, bread, samosa) and a fruit or vegetable product (such as carrots, bananas, and apples).



Stacking milk crates

Each snack from the first week of September until the end of June, is chosen according to TDSB's nutritional healthy eating standards. The Toronto Foundation for



Preparing snack bins

Student Success provides healthy food, snacks, emergency funds and afterschool programs for children in need as well. According to the TSFF's website they "... want every child to be nourished and able to learn". Both the TDSB and TFSS agree that healthy nutritional meals and snacks lead to better learning in school. Bon Appetit!

Taking Shots on Hunger

By: Jacob P.

On December 15th Mr. Remtulla held a charity event in the gym, where students competed in a soccer tournament. Each student on each team was responsible for bringing food items for the Toronto Food Bank. Anyone was allowed to play. We had a full



girls team, mixed gender team, and boys team. Any grade and gender were allowed to participate including teachers. It was super fun. Everyone had a smile because they knew they were helping the community. Students are looking forward to another tournament soon.



Milne Participants.



Mr. Remtulla and students.

Shoe Box of Hope

By: Jaycee A., Lakshita K. and Grace H.

This past holiday season, the Milne Valley Spartans rallied together and held a Shoebox Drive. The event was organized by the Milne Valley WE Club. The boxes were to contain school supplies, accessories, seasonal necessities, and/or even toys and games for the less fortunate children in the GTA. When finalized and contributed, the boxes were distributed by the Red Door Shelter. Milne Valley was able to contribute over 50 shoeboxes for this cause. In total, the Red Door Shelter collected over 300 boxes this winter. This not only impacts the many misfortunate children in Toronto, but also en-

couraged the Milne community to give back and learn a life lesson; to be grateful for what we have and to stop taking everything for granted. We all live very privileged lives which is why we should acknowledge this and learn to give back to the less fortunate.

This event was just one of many events that the WE Club will be holding this school year, and are only made possible with contributions from you. Be on the lookout for more upcoming events and be sure to participate to help your school and the community.

TCGE The CARE Gift ELVES @care_gift_elves · Dec 7
Thank you to all the students of @MilneMS @MilneValleyLLC and to amazing and inspiring #teachers like @MmeMasci for #empoweringyouth and helping us collect gifts for the @RedDoorFamilySh and make a difference in our #community 🙌🎁🎁🎁 #Toronto #kidshelpingkids



1 4 10



P-Flag flying

at Milne



By: Keisha A.

On November 23 2017, we had two parents from P-Flag come in and do a presentation. For those who don't know what P-flag is, it is an acronym for Parents and Friends of Lesbians and Gays. Anne Creighton and Marla Green came to our school and presented in an assembly for the grade 6s. At lunch they had a Q&A in the library, where you could ask questions to them.

One student asked why they do P-flag presentations at schools. Marla said "We mentioned it a bit in the presentation. It is because you guys are the future of the world and we want the world to be a better place for you generation and it starts with allies." Anne added "Because it is one in ten or one in twenty, they can easily be overlooked and they're not a visible minority. You can't tell if someone is gay by looking at them so we are hoping that if we call attention to it people will give it a thought and think about how they can be helpful." Anne had also stated "Being LGBTQ is a gift." After the Q&A was over Ms. Green commented: "I hope that Milne Valley will have students that want to be allies in the GSA."

MADD PRESENTATION: DON'T BE INTOXICATED AND DRIVE

By: Keisha A. and Sarah S.

On January 12, the grade 7&8s met for a MADD presentation (Mothers Against Drunk Driving). The video was quite emotional. The first part of the presentation was a short film (but based off of things that have happened in reality) about a girl named Zoe who went to a party with her new friends. But she didn't have a plan to get home safely, so she went in a car with someone who was 'high' from smoking marijuana throughout the evening. The car crashed, and Zoe died. In the end her friends made a pact where they would not let anyone intoxicated drive. This video taught us to not be intoxicated and drive and also to not get into a car with someone who is, and instead of getting yourself into the situation that Zoe did, call a parent, take public transportation, take a taxi/uber home, have a designated driver, walk home with someone, etc...Or just simply don't drink or do drugs! That way you can rely on yourself to get home safely. The second part of the video was about real life stories, told by people who had an experience similar to the story shown in the short film, and how drunk drivers affect their lives by disabling them or taking away loved ones. They gathered the courage to relive those tragic events and talk about them. Overall, we learned a lot from this, that driving impaired can lead to tragic ends from injuries to the death of loved ones. So everyone remember, driving intoxicated can not only affect you but everyone around you.



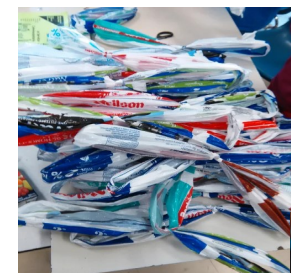
MATS OF HOPE

By: Khaviyaa S.

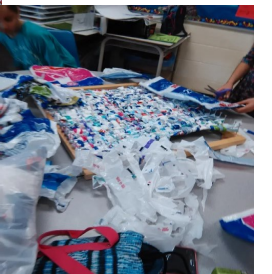
Have you ever wanted to make a mat using milk bags and earn community service hours at the same time? Then Milne Valley's milk bag club is the right place for you! This club will take place every day 3s and day 8s at lunch. In this initiative, students will learn how to make milk bag links that will later become a milk bag mat. The process is easy. Students are currently learning how to put together a whole mat. This club is a very helpful task as we are helping developing countries that do not have

proper sleeping materials. This club also includes earning community service hours.

If you are wondering what the milk bag club's purpose is... We provide proper sleeping materials to those in need. After a whole mat is completed, the mats will go to the Jubilee United Church; which will give the mats to Haiti, disaster relief, shelters, etc..... This is a great opportunity for you to make a difference!



Braided Milk Bags



Woven Milk Bags

The Library Learning Commons at Milne Valley

By: Arvin A. and Sam Y.

Study Hall in the LLC

Study hall is a great place where anyone can (first 100 people only with a study hall pass) study and complete work. The space is perfect for people to read, play chess or finish homework. Study hall at Milne Valley is open at lunchtime as well as in the mornings before school. If you can make it to school before 8:30am, you can attend morning study hall. Have you ever forgotten to do your homework or not had time because of extracurriculars? Morning study hall offers you around 30mins to complete homework, print assignments etc....(Note that study hall monitors will not open doors for the students who arrive later than the times listed). Remember, morning study hall starts at 8:30 sharp!



Binder Storage

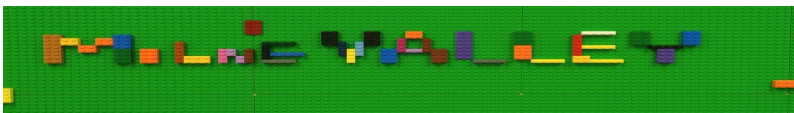
Re-organized French Books

Did you hear about the newly organized French section? Well it is jam-packed to the rim with great books for everyone learning French. There are books for all French levels and is organized in a great manner so you can find the book you like. But remember where you got your book from so if you change your mind, you know where to put it back.

#GetCaughtReading



Donated Lego



Work Area

New Furniture

The new furniture is very comfortable in the Library Learning Commons of Milne Valley. Whether you like the big red glove/hand chair, or enjoy sitting on the other two red chairs, they're all comfortable. You can go to the hand chairs for a good individual read or study with a partner on the other two chairs. So, whoever gets to the seats first is very lucky! But remember, no running in the LLC, only walking.

Did you know that there are also numerous comfortable bean-bag-chairs? They are great to sit on for reading! When you come in with your class, remember to drop off your things, such as binders, books, textbooks and gym-bags at one of the new gray shelves.



French Display

Lego Wall

The LEGO wall at Milne Valley is a great place for people to come and express their ideas in design and build things on the big green wall. It is located in between the two big vertical windows. When you enter the LLC, on your right will be the reading nook and behind it will be the LEGO wall. Can't miss it! Simply ask the librarian there at the moment (Mr. McLean, Ms. Fusco or Ms. Rosen) for the big bin of colourful LEGO pieces. It's a fun way to spend your recess indoors, to show your school spirit and how creative you are with your designs and building skills. We encourage your creative side to check this section of the library out and enjoy it! Yet, we (reporters), library monitors and librarians would like to remind you to not purposely break or steal any of the pieces. The Lego wall is for anyone to enjoy.

The Vision of A Hero

By: Madura S.

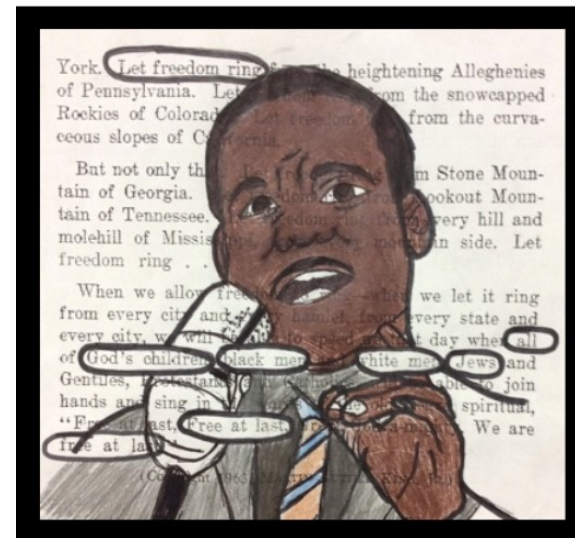
Martin Luther King Jr was a civil rights activist that had a seismic impact on race relations in America. Martin had a vision, a dream to end racism and segregation. He tried to fulfill this dream by peacefully protesting. Martin might have gotten rid of Jim Crow laws, but the problem still exists in this world; discrimination. Martin revolutionized America. We must all fulfill Martin's dream, to end discrimination.

To commemorate Martin Luther King Junior's works and efforts, class 8-1 has constructed some 'Found' poems using Martin's original words from his famous speech, "I Have A Dream", from the March on Washington. Found poetry is a type of poetry created by taking phrases, words and sometimes whole passages from other sources and turning it into poetry. Here are some amazing examples:



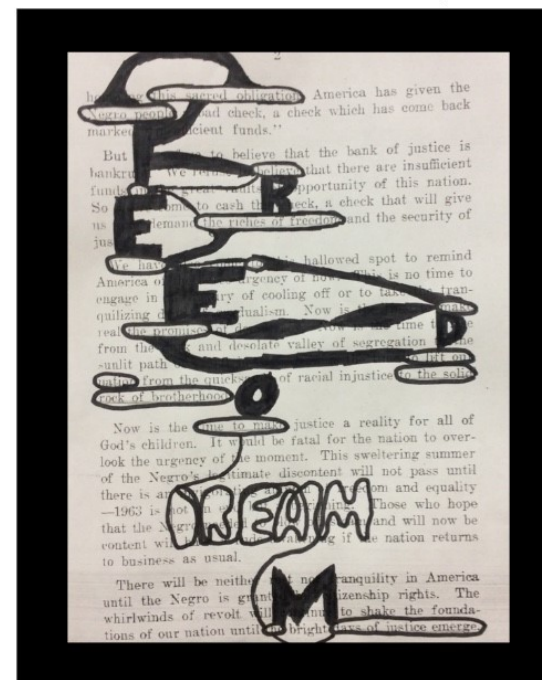
Freedom

by Abobaker 8-1



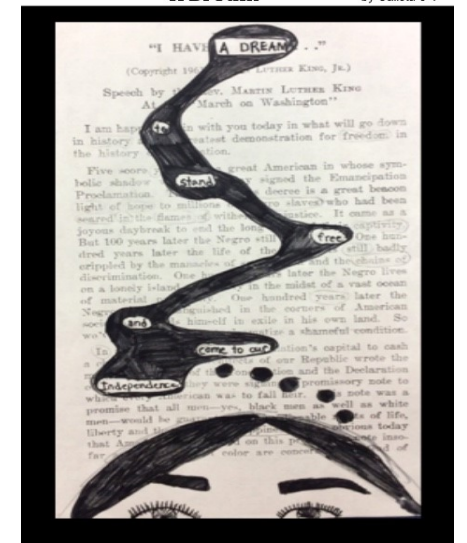
Freedom Dream

by Juan 8-1



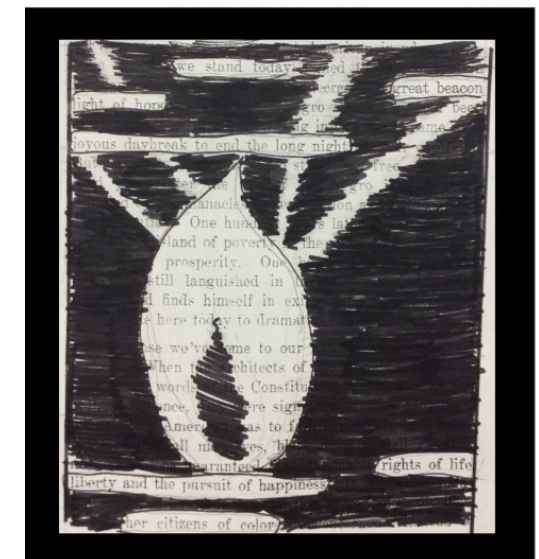
A Dream

by Calista 8-1



A Beacon of Hope

by Frida 8-1



TTC For Dummies

By: Arvin A. and Sam Y.

Have you heard about how crowded the buses are? Well you probably have if you've take the bus to and from school. s

It is ridiculous how loud it can get. The bus is quiet with little talk before the major 91 and 91C stops, but after, it is chaotic. The chatting, screaming, laughing and yelling people of Milne Valley enter the bus. After a while, the "madness" decreases as the students get off at their stops. The bus starts to regain its tranquility. We bet that some of you inexperienced bus riders may not know about bus etiquette. We will unlock some secrets of the TTC.

1. Did you know that to go North to York Mills you do not need to take the 91? Instead you can take the 54 westbound to Leslie and switch over to a 51 northbound Leslie until you reach the Leslie and York Mills intersection. This will often take about the same amount of time so make sure you catch the bus and try this new route!

2. Did you know that students over the age of 12 are required to pay student tickets (or \$2.30)? Not paying is technically stealing a service and you can get fined \$230 for fare evasion if caught!

3. We advise you take off your bags on the bus because they take up much more space than you think. Keeping them at your feet makes it easier for other passengers to move around.

4. Looks full? Don't get on. For safety, bus drivers must have a view around the front of the bus to see and drive safely. Please stand behind the white line and do not lean on the doors for that will force the driver to stop, making the long commute even longer.

5. Give your seat to someone in need. Be respectful and stop pushing in front of people. The world isn't ending and you don't need to get to your hot bath so fast that you push aside an elderly person.

6. Please move back. Thank you! Blocking the doors and aisle can cause inconveniences for others.

7. The people with the worst taste in music are also the ones who don't wear headphones. Keep your conversations quiet and wear headphones. Don't disturb others. Some people have had a tough day and don't need more noise.

8. Why do people think that seats are appropriate places for shoes? Keep the seats dry and clean, especially in wintery Canada! We know most of you would not like sitting on a slushy and wet seat so please don't do it.

9. Did you know, people who swear have a very bad vocabulary? They clearly need to read a few more books.



10. Dear TTC subway passengers, if it's not an emergency, don't press the emergency alarm. It slows the commute for everyone plus you can get fined or even imprisoned.

11. Lastly, try and use the Front doors more often. Every time you use the back door there is an 8 second wait time for them to close. It doesn't sound like much but added up after about 20 stops you have just wasted up to 5 minutes.

Top 5 unacceptable things to do on the TTC

1. Purposely requesting stops in which you don't get off. This causes unnecessary delays.

2. Running towards the bus once it's moving.

You are only putting yourself in danger by doing this. You can always catch the next bus, but you can't always survive a car accident.

3. Exiting a station from undesignated areas where the sign says "Law #1 TTC for your safety exit from the station and not the bus platform" and "fines".

4. Swearing and fighting along with inappropriately loud conversations.

5. Refusing to give up your seat for people with disabilities.

Dehors, dans la nuit avec beaucoup d'amusement!

Par: Keisha.A et Janna.K

As-tu entendu que tout la 7e année allant au mono Cliffs! Mono Cliffs était une; un voyage scolaire qui se passe pour 2 jours, pendant la nuit au centre éducatif extérieur. Voilà des cités des personnes qui sont allées au Mono Cliffs;

Sarah dans la classe de 7-6 dits: "I think it was good, the staff was friendly, the food was good and the activities were pretty fun."

Les personnels sont très gentils et amicaux. La nourriture est très délicieuse et si bonne que tout le monde allait remplir leurs assiettes! Nous avons fait beaucoup d'activités amusantes comme la randonnée, le construction d'équipe, les techniques de survie, un feu de camp, des courses d'orientation, et nous avons joué à un jeu appelé; Wolf Prowl. C'était très froid, mais avec tout le plaisir que nous avions, tout le monde semblait d'oublier les temps froids, et juste apprécier leur temps là.

Janna dans la classe de 7-7 dits: "The Mono Cliffs trip was a great bonding experience for everyone, and it was greatly enjoyed by everyone who had the chance to go!"

Merci aux personnels à Mono Cliff pour ce voyage incroyable et aussi merci aux les professeurs de Mline Valley qui nous amener sur ce voyage formidable! Vous êtes tellement chanceux d'avez la chance d'allez l'année prochaine, 6e année! C'est un voyage inoubliable!



Students enjoying the comforts of the L.L.C

Our Recent Book fair

Thank you Ella Minnow and the LLC staff and students for a very successful book fair. On the 14th of November 2017, the LLC of Milne Valley commenced the annual book fair with many new books (fiction, non fiction, choose your own ending, novels, diaries and more) with fantastic prices, good quality and better organization than the previous years at Milne Valley Middle School. There were many bestselling books at the book fair, as well ask bargain books at lower prices for sale. As much as the book fair is for the books, you could have also bought small extra items for as low as \$1.00. Such as slime or mini-cards. On behalf of the LLC, we hope you enjoyed Milne Valley's Annual Book Fair.



Milne's huge selection of books

Tuesday's After School Tutoring

Are you having trouble in mathematics, French, language (English) or science? Or worse yet, all of them? Don't panic the L2L (Learner to Learner) tutoring that started in fall 2017, has professional, kind and educated tutors to help you! You can get an information sheet and a signup sheet from Ms. Fusco and once you hand it in and you are notified about your acceptance, come to study hall on Tuesday to pair up with your tutor. On behalf of all tutors please do not come to sessions without something to do and please do not skip sessions because they are putting their time and effort to help you.

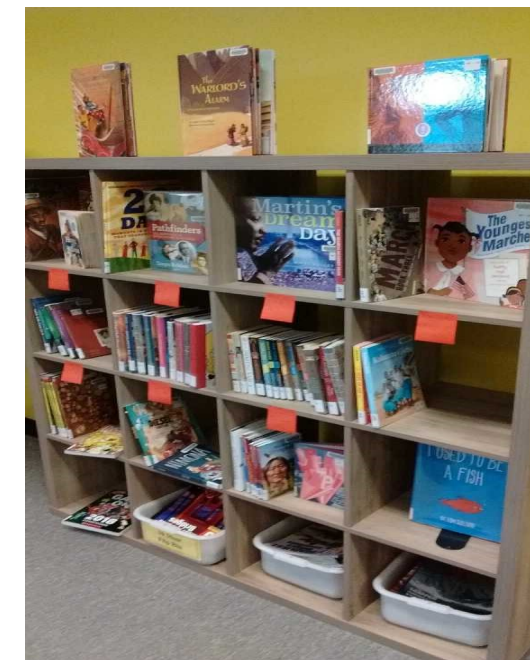
Any questions? Visit Ms. Fusco or a tutor you know at study hall or in the hallways at school.

The Milne Valley Reading Challenge

Calling all bookworms! Milne Valley has re-started its reading challenge this year! Get a sheet of paper from the LLC with all the different reading challenges. How can you enter to win the challenge? Simply read any of the books that meet the criteria on the book list and show the book to a librarian in the LLC. Then you will get a ballot that you can enter in a draw to win a prize. Complete all 20 challenges for a chance to win the GRAND PRIZE!

Any questions? Ask Mr. McLean and Ms. Rosen for more information via LLC located on the grade six floor.

#GetCaughtReading



Silver Birch and Red Maple

The LLC also gets new books!

Recently, the LLC has acquired new books which can be found at the seating area near the LEGO wall and on the brand new wooden shelves. Visit the LLC to take them out. In addition, enjoy them but don't destroy the new books.

#getcaughtreading at the LLC.

GRADE 6 BOYS VOLLEYBALL

By: Demetre K.

On Thursday November 21st the grade 6 boys volleyball team went to Woodbine Middle School to participate in their first volleyball tournament. The schools that attended were Woodbine, Donview, and of course yours truly, Milne Valley M.S. The tournament began with Milne Valley against Donview. With the Milne Valley's boys hard work, they won two consecutive sets(that won them the game). The second game started with Woodbine going against Donview and Woodbine winning two consecutive sets. Milne Valley played in the finals against Woodbine. For the first set, Woodbine managed to take the win against us by 2 points! We came back in the second set (25-21). To determine who moves on we played a third set. Due to the boys determination to get the 'W' we managed to win the final set 16-6 and advance to the quarter finals.



Future Aces

Jessica N.

The weekend of November 10th to 12th, Grade 7 students, Sophia S., Allison M., Jessica N., Aliza A., Daniel P., Ryan D., Alex T. and Josh E. had an amazing opportunity to go to the Future Aces Leadership Camp in Orillia. We learned how to deal with issues such as bullying and heard from speakers about their experiences becoming leaders. One of the speakers, Coco, was really entertaining, always get-

ting the crowd involved. Getting to know the other grade 7 girls was a great bonding experience. We played games and chatted all night. Thank you Ms. Masci, Mr. Fong, and Ms. Morvillo. In addition, I wish to thank all those at the TDSB who not only chose us, but sponsored us to go on this amazing leadership weekend. We learned that we have a voice and that we need to use it to stop bullying. When we got back to Milne Valley the planning began. Keep your

eyes and ears open, because we will be starting up Milne Future Aces. All are welcome to join if you want to be a leader at Milne Valley!



Future Aces of Milne in Orillia

You, Me and Mental Health

By: Mr. Sotirious

All people can feel worried and anxious at times, and may need some help in feeling better.

What makes us anxious?

Young people feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

We can feel anxious about going to a new school, or before tests and exams, or about a health or family matter, or we may feel shy in social situations and when there are disagreements.

Sometimes, too much worrying causes our mental health, emotional wellbeing, self-esteem and confidence to go down. Anxiety may cause us to withdraw and to avoid people or places or situations that make us feel bad.

It's important for us to talk to someone about our feelings and fears. We can explain what we are worried about. Then we can find out what we can do. We can learn ways to deal with our anxiety. We can find solutions about how to resolve problems.

In addition to family and friends, the staff at Milne Valley are always eager to listen and help. Sometimes you may wish to speak to a school counsellor for some extra support. Remember, it's okay to get help to feel safe and have your worry go away.

Next time you are nervous about presenting in class or performing on stage, try this: Take a few deep, slow breaths – breathe in for a count of three and out for a count of three.



STAND UP TO BULLYING &



Make it clear (use your words):

1. I didn't like it when...
2. It made me feel...
3. I want you to...

(Example)

1. I didn't like it when...you called me stupid, gay, fat, ugly...
2. It made me feel...hurt and angry.
3. I want you to...stop saying negative things about me and if you don't stop I will let the teacher/office know.

Spartan Girls Hit the Hoops!

Written By: Michelle Z.

Playing with determined and strong hearts, the Spartans once again gained victory against the opposing team. On Wednesday, November 23, the Grade 6 girl's Basketball team went over to Woodbine MS to compete. The Spartans faced 3 tough, talented teams, but the Spartans were able to learn new ways to encounter different situations that the different teams had created. Besides that, the Spartans were up against many talented players when out on the court. The Spartans played with all their might, observing and practicing what plays they'd already learned.

While playing, the Spartans enjoyed taking part in their games and kept on

Book Club: This Raging Light

By: Alishia N.

The book *This Raging Light*, written by Estelle Laure, is a story about a girl named Lucille. Lucille is 17 years old and she has a younger sister, Wren, whom she has to look after. They have a father that is an abusive alcoholic and mother who abandons them to "find herself",

Lucille has a hard time trying to look after her sister. She is constantly running into money trouble and caring for her sister became a major challenge. She takes on a demanding job which causes her to sacrifice her school work and her relationships with her sister and



friends. She struggles to maintain a regular teen life.

She also falls into romantic problem. She falls in love with Digby Jones, her best friend's brother. The story chronicles Lucille's emotions and demonstrates the torture Lucille went through as she struggles to support her sister and herself. She faces rough times in making decisions without any adult support. The two themes that stand out most in this story are independence and strength. Lucille remains positive

and works very hard to overcome challenges and deal with the family problems she has. When I reflect on the story it makes me realize that not everyone is as lucky as some of us are and many people face problems in life. We need to remain positive and make right choices even through our darkest days.

Le Petit Prince

Écriture: Katerina K.

Ayant été classé deuxième parmi les œuvres littéraires en raison des nombreuses langues dans lesquelles ils ont été traduits dans (300), et ayant été écrit par l'œuvre la plus célèbre de l'aristocrate français, écrivain et poète; Antoine de Saint-Exupéry, je recommande ce livre à tous les enfants qui sont 6 à 16 ans. Ce livre comportait les thèmes de l'ignorance qui accompagne une perspective incomplète et bornée.

Résumé; le narrateur, un pilote d'avion, se percuter dans le désert du Sahara. L'accident endommage gravement son avion et laisse le narrateur avec très peu de nourriture ou d'eau. Pendant qu'il est stressé avec sa situation, il est approché par le petit prince; un petit garçon blond très sérieux qui demande au narrateur de l'aider trouver des choses qu'il a perdues. Le narrateur est obligé de l'aider. Pendant leurs aventures ensemble, le narrateur se reconnaître que l'imagination d'un enfant est sans fin, mais quand ils grandissent, il remarque la diminution de leur imagination. Il aimerait changer cela. Il veut que les personnes (même les adultes) préserve leur imagination pour tous leurs vies. Les deux amis rencontrés de nombreux obstacles en cours de la route, mais de nombreuses morales sont partagées, et de nombreuses leçons de vie sont démontrées.

Ma notation du livre; ★★★★★



Spartan Girls