

HAWKS HUSTLE

STUDENTS ON THE BEAT

NEW FOODS ROOM NOW OPEN

By Chloe, Maketa, Grace, and Tory

One of the biggest things at FLVT this year is the new Foods room and we're reporting to tell you more about it including the pros and cons, what students and Mrs. Roth have to say and also include a few fun facts.



FLVT CELEBRATES CROSS COUNTRY & TERRY FOX

By Zach, Eko, Tuf, and Chypper

FLVT always takes pride in its great runners, and this year we have new students, great fields, and potential to be the best. From the Terry Fox Run, to Cities, and to Zones, we students have a lot of running to do.

About the Terry Fox Run

Mr. Leger's responses to our questions:

- Terry Fox Run is on September 24
- Cities being held at Lethbridge, At Nicholas Sharon Park
- Preparation is going pretty good so far, saying "classes are running in P.E class and students are practicing on their own."

About Cross Country

In response for cross country, he said:

In his opinion, Cross Country was awesome last year, saying we had almost a full group of athletes in cities, and about 30 athletes in zones, and that his year's athletes are looking good.

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Renovating the Foods room was important because it was quite old and needed updating. As well, with more students coming to our school it was too small. With the new space there is more room to teach kids to

cook, learn kitchen safety,

and how to build skills

and work together with

others in the kitchen. As

an added bonus, there is

also more room for math

class for Mrs. Roth who is

also the food room

teacher. Mrs. Roth had

lots of things to tell us

about the new room

saying she liked that it

had lots of room for the

kids to work and cook,

that kids had lots of

opportunities to cook

more in class, and she

also said that she loved

the kitchen and excitedly,

can't wait for it to be

done.

We talked to a few

students and this is what

they had to say. One

grade 7 student, Hannah,

said, "I like the new one

better because it has

more space and room for

stuff." Most seem to

agree, with many

responses being that it

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SCHOOL NEWS

MEET OUR NEW TEACHERS AND STAFF!!

By Faith, Treina, Nathan, Mateo, Bryson, Ayla, and Jarah

This new school year comes with new changes and challenges, the biggest being the separation of our K-9 school into an elementary and a junior high school. But with it, comes fun surprises, like our new staff! So we went out and interviewed them to get to know them better as well as make them feel more welcome.

Ms. Brown

Gr. 8 Language Arts



Our first interviewee is the lovely Ms. Brown. Earning her Bachelors of Arts and Education here at the University of Lethbridge, she has been in field teaching for a relatively short amount of time. When asked why she became interested in teaching, she gave a very heartfelt response telling of her experience of her love for writing fiction when she was a high school student, and wanted to inspire students such as herself towards English

language arts. After having her son and discovering her passion for working with children, she came to the conclusion that the way to execute her dream of helping students to fall in love with English language arts the way she did, was to become a teacher. When queried about the joys of teaching, she responded "I think seeing what students can produce. So whether that's projects, whether that's a paper, any creative ideas that students generate, it's always interesting and the best part of teaching for me is to be able to see what students are capable of."

Finally, for Ms. Brown, a challenge that comes with being a teacher-albeit, or in this case, a result of not having been teaching for a long time—is **the level of disrespect experienced from a few of the students**. In conclusion, she is an incredible teacher who is as sweet as she is patient, and I am awfully jealous of the lucky grade 8's who get her as their LA teacher.

Thank you for making a difference every single day.

Ms. Goudrault

Gr. 6 Homeroom



Up next is Ms. Goudrault. Ms. Goudrault became a teacher because she loves having fun. When asked what her favorite part of teaching was, she said, "Saying hi to everyone in the morning and seeing everyone so excited for the day to start and I just bounce off of their energy. I teach because of the joy that comes with being around students." Quirky one, isn't she?

For Miss Goudrault, the biggest challenge that comes with being a new teacher is getting to know and being familiar with the students. She finds joy in knowing each individual student by name because it sets the groundwork for a relationship, however that may look like. She teaches Grade 6 Social studies, Science, Religion, Art, and French. It was amazing interviewing Ms. Goudrault, and I hope she has a wonderful first year of teaching. She is such an amazing member of our school community.

SCHOOL NEWS

... NEW TEACHERS AND STAFF!! CONTINUED

Mr. Thornston Gr. 7



Our next interviewee is the awesome and kind Mr. Thornston. He currently studies at the University of Lethbridge. It's his fifth year studying there, and he will graduate next spring. Mr. Thornston teaches grade seven math, his classes including 7M, 7J, and 7P.

His interest in mathematics inspired him to become a math teacher. When we asked, about his favorite part of teaching, he kindly responded, "My favorite part about teaching is watching kids understand. Watching the moment where I have actually taught something, and a student has actually learned it. You see that light bulb go off and that brings me joy."

Of course, while teaching brings him great joy, there are always some sort of challenge that comes with teaching. One obstacle that challenges Mr. Thornston is not just knowing who his students are and what

is best for them, but trying to teach a class with many unique students. "While teaching a grade 7 class, there are kids who are great at math, and there are kids who are struggling. I need to know how best to use my time between everyone, deciding how I can challenge every group and making sure that everyone's learning well."

It was an honor interviewing Mr. Thornston, and he is going to be an amazing teacher to his students when he graduates! The grade seven students are very lucky to have such a kind math teacher!



PHILIPPIANS 4:13 -

**"I CAN DO ALL THINGS THROUGH
CHRIST WHO STRENGTHENS ME."**

**THIS VERSE IS VERY APPLICABLE TO
STUDENTS AS DURING THE YEAR WE
FACE MANY HARDSHIPS AND
OBSTACLES. BUT AS GOD REMINDS US
THAT THROUGH CHRIST, WE CAN
OVERCOME ANY TRIAL THAT MAY
BLOCK OUR ROAD TO SUCCESS, AND
THAT THROUGH CHRIST WE CAN
OVERCOME THESE OBSTACLES AND
CHALLENGES.**

Mr. Lindseth Gr. 6 Homeroom



We have interviewed a few teachers but one of the most well known is Mr. Lindseth. He coaches grade 9 volleyball, and teaches 6th grade this year.

When asked why he became a teacher he explained that his grandma was a teacher, and he was really inspired by her and loves her so much. His favorite part of teaching is definitely when the students make him laugh all the time. He also enjoys when they are spontaneous during class.

His personal challenges of being a teacher are having to learn things on the go, and doing a lot of planning for different classes with lists that never end. Mr. Lindseth studied at the University of Lethbridge and at F.L.V.T., he currently teaches Language Arts, Science, Religion, and also art. We are so excited to have him as a new addition to our school.

FINE ARTS

THE SPONGEBOB MUSICAL ... COMING SOON

By Alex Petkau

There's a lot of excitement at FLVT about this year's performance, *SpongeBob: The Musical*. Auditions have already wrapped up, and we spoke to Ms. Beaulac, the drama director of the play. Here are some things she had to say about the musical...

When asked about the plot of the musical, she explained that it's a story about friendship, with world-ending volcanoes. Compared to the *Shrek* musical from last year, it still has that friendship motive, but is more vocally challenging. To Ms. Beaulac, the most special thing about doing the play is going to the Yates Theatre. In fact, we're the only school that gets to perform there. She also loves the set.



However, there's more to Ms. Beaulac than the *SpongeBob* musical. We learned that she is directing a play called *Blithe Spirit*, which is about a novelist accidentally summoning the ghost of his ex-wife.

Her favourite play to watch is drama, however her favourite to direct is comedy. What sparked Ms. Beaulac's love for drama started when she saw her sister perform in *Fiddler on The Hoof*. She loved it at first sight. She knew it was a safe place for her, and wanted to re-create that safe place for other students.

In conclusion, Ms. Beaulac has done so much for our school, and we have so much to thank her for. The students love her, and her contributions are above and beyond. Also, the cast list for *SpongeBob* is now posted on the canteen doors as auditions wrapped up last week. Have any questions? See one of your directors (Ms. Beaulac, Mrs. Larsen, Mrs. Hammel). Updates are on flvtfinearts.weebly.com.



MUSIC AT FLVT

By Alex and Levi

Mrs. Larsen is a busy teacher at our school, inspiring students to get involved in musical activities. She prepares choir for mass and liturgies, does the musical production, and teaches several music options. We were in the guitar option last year, and that's why we are writing this article. We asked some questions. Here's what she had to say...

She has been playing guitar for 10 years, although we learned she also plays bass almost as much. She also plays piano and drums. One of her favourite things to do is teach choir and music, and that's probably why she does that here. She's been teaching guitar and music here for 4 years, since she first started here at our school. She is also very excited for the *SpongeBob* musical, being one of the directors alongside Ms. Beaulac and Mrs. Hammel.

In conclusion, Mrs. Larsen is a great contributor to our school, working on lots of different events and classes. She is inspiring and a role model to lots of other students. We have much to thank her for.

SPORTS

FLVT ATHLETES 'SET' FOR VOLLEYBALL

By Bentley and Valeria



Q & A: SENIOR VOLLEYBALL

The senior teams for boys and girls were most excited for the upcoming season and seeing how their team is going to improve over the season. Both of the teams said that their coaches had experience and gave good tips during games and practice. The girls team said that they were excited for the upcoming tournaments so they could have time to bond. The team is mainly just happy to play together and that they have good coaches.

Q & A: DEVELOPMENTAL VOLLEYBALL

The developmental team is mainly excited for tournaments, winning, and hanging out with friends. The skills they thought it was important to have was setting saying it involves a lot of technique and skill to properly set the ball to get hit. One of them says "its the only sport I enjoy and that I am good at." A lot of them said you need to be kind and have a positive attitude and be a player who is willing to learn or coachable. Over all they are just happy to be able to play with friends and develop together as a team.

Volleyball season is September to October and we went around asking kids from the developmental team, to the junior and senior teams! Our questions were; "How do you feel about this volleyball season? What do you think makes you guys work together well as a team?"

We also ended up interviewing some coaches for the teams and this is what Mr. Craddock, coach for the senior team and volleyball option class, had to say about the team. "I like someone who's coachable, adaptable, has good sportmanship, and an overall good person who's kind to their teammates." We also asked what made the senior team from last year so good at winning, and he said; "They were determined and didn't want to lose, they hated losing. They worked really hard as a team and got along."

We also interviewed Mr. Lindseth, another coach, who said that the things he looks for in players is, "someone who's attentive, coachable, has a good attitude towards their teammates, and is big on teamwork."

Once we got to interviewing the volleyball teams, we asked them "what do you guys think makes a good volleyball player? What is it about volleyball that interests you and encourages you to play?"

A lot of the girls and boys on each team said that what kept them in good spirits was their friends, and the fact it was one of the few sports they did truly enjoy playing, and that they excel at.

SPORTS

NEW PREMIER LEAGUE SEASON

By Eko



The Premier League is the top level of professional football (soccer) league in England and this season is turning out to be great! After 5 games, Manchester City is first while Arsenal, Brighton, Brentford and Leeds United are 2nd, 3rd, 4th and 5th. Liverpool and Everton are tied for 6th, and Hull City, Newcastle, Chelsea, and Ipswich Town are 8th, 9th, 10th and 11th. Manchester United is 12th while Nottingham Forest and Sunderland are tied for 13th. Crystal Palace and Aston Villa are 15th and 16th. Bournemouth and Coventry City are 17th and 18th, while the bottom two are Fulham (19th) and Tottenham Hotspur. (20th.)

Larry Bird Fun Facts

1. Larry is the only person in NBA history to win the league's MVP, Coach of the year, and the executive of the year award.
2. Bird decided to play Left hand in 1986 against the Trail Blazers, with a large portion of shooting almost with his left hand. And he say it was "just for fun".
3. He has won the 1986 NBA three point contest with his warm up jacket.
4. During his final seasons, while dealing with back pain, he once famously laid flat on the side line during a game stoppage just to help with the pressure on his misaligned spine before he is getting subbed on to play.
5. Larry has beat Michael Jordan the most when they are against each other. With Jordan having 11 wins against Bird and Bird having 23 wins against Jordan.

The top goalscorers are Erling Haaland (Manchester City), Alexander Isak (Liverpool), and Brian Brobbey (Sunderland) . The top assisters are Cody Gakpo (Liverpool), Antoine Semenyo (Manchester City) and Daichi Kamada (Crystal Palace) The top 3 people with the most yellow cards are Abdul Fatawu (Ipswich Town)), Adam Smith (Bournemouth), and Dominic Calvert-Lewin (Leeds United). Only 5 people have a red card, but the top 3 are Joao Gomes (Aston Villa), Axel Disasi (Crystal Palace), and Abdul Fatawu (Ipswich Town).

This Premier League season is turning out to be exciting, dramatic and fun! Will you give it a try

FEATURE ATHLETE: LARRY BIRD

By Zach

Larry Bird is a retired player for the Boston Celtics for his 13 season career from 1979-1992. The position he played was a small forward and power forward for the Celtics and was 6'9, and 220 pounds.

Recent News

- In 2022, Larry Bird has his own trophy named "The Larry Bird Trophy", granted for the ECF MVP. These following players: 2022 Jayson Tatum (inaugural), 2023 Jimmy Butler, 2024 Jaylen Brown, 2025 Pascal Siakam, and 2026 Jalen Brunson has received the trophy
- In Sept 2026, a WNBA player Sophie Cunningham talked about the competitive player Caitlin Clark. Mentioning that Clark shares a high level intensity of Larry Bird. Bird quoted after hearing that he had more "sass" and a different play of court style.
- A former teammate of Larry, Kevin McHale remarked in June 2026 that Bird would still be dominant in this era of the NBA, angrily saying he matches up favorably against this era superstars

LIFESTYLE

FLVT'S FAVOURITE GAME

By Jerald, Jace, Riley, Mateo

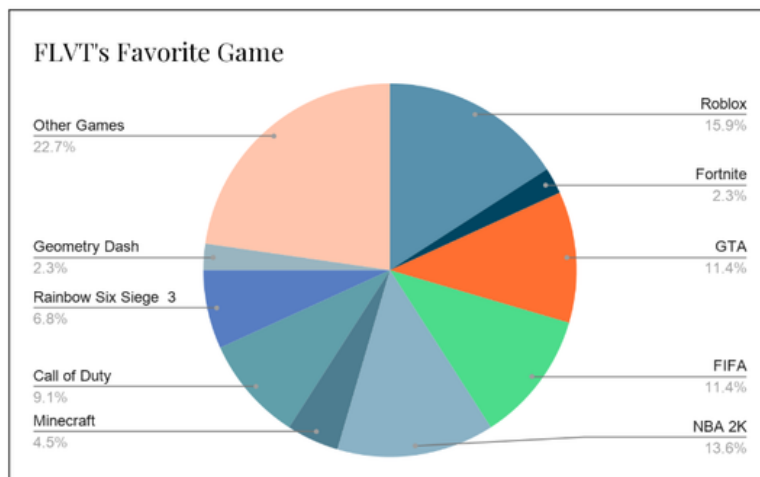
School is back and over the summer a bunch of brand new games were released with a few notable ones. We wondered how FLVT's opinion would change on the current games - would they favor some new ones or stick with the old? Why not do a survey and get the votes of FLVT's favorite game? More specifically, the Junior High's favorite. Some opinions might have changed, some might have not.

We were able to get **44** votes in total, out of a random sample of Junior High students.

Results:

The results will go in order from least amount of votes to the greatest amount of votes.

Rocket League : **0**
 Marvel Rivals : **0**
 Valorant : **0**
 Madden : **0**
 Nintendo Games : **0**
 Among Us : **0**
 Geometry Dash : **1**
 Fortnite : **1**
 Minecraft : **2**
 Rainbow Six Siege : **3**
 Call of Duty : **4**
 FIFA : **5**
 GTA : **5**
 NBA 2k : **6**
 Roblox : **7**
 Other : **10**



Summary

Most of the games got zero votes, but the games you would expect to get tons of votes like Fortnite and Minecraft got 3 votes combined. Fortnite got a sad 2.3% of the votes and Minecraft got a slightly better 4.5%, better than Fortnite but still underwhelming for how popular the game is. If the decrease in votes in these games could be tied to junior highs becoming more mature or an opinion change over the summer, it shows both those games have decreased in popularity.

As expected a game like Roblox did get many votes however, with 15.9% of the votes, due to it not being just one game that people don't like - it's a platform with a variety of games where one will eventually appeal to you, whether that is simulators, tycoons, shooters, puzzles, sports, etc. It's easy to see how Roblox came in second place.

Another notable game was GTA, even without the release of GTA 6, it still got a good 11.4% of the votes tying with another game on the list. A reason for GTA's popularity could be the fact that it is a very open world game (sandbox), and the fact that it is very realistic and some people just want to do things they wouldn't be able to do in real life.

These two games got a lot of votes and it makes sense to put them together since they are a part of the same genre. In the sports genre with FIFA and NBA 2k, FIFA tied with GTA for the amount of votes it got, as well for getting 11.4% of the votes and NBA 2k got more votes than FIFA and contributed for 13.6%.

Both of these games are super realistic and continue to get
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END BITS

NEW FOODS ROOM

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has more capacity and room for kids to cook more and have more space to move freely and overall is a "really good upgrade." Not everyone is on the same page, though. Several grade 7 and 8 students seem to prefer the old room. One said, "I feel like the new food room is really good but I prefer the old one better cause I know the old one like the back of my hand," with another adding that the old has more details they would easily notice and "it's really easy to navigate." It seems that there will be lots to get used to in the new space.

There is no doubt that there are pros and cons to the change. In the old room some things like stoves would leak gas which was a huge danger. The old room was smaller so not as many students could participate as much and with the new junior high changes needed to be made. There are now a total of 7 kitchens which will be great. The new colour scheme has a nice white modern look and there is more space to move around. The challenge of time management will stay the same as students will need to work together regardless of the expanded space.

The Foods option is open to students in Grades 7, 8 and 9 and is always popular. This one fills up quickly so students should be ready to sign up when it's time. Whether you take foods class or not, everyone is sure to smell the delicious aromas filling the hallways.

...CROSS COUNTRY

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Mr. Leger's Thoughts for Running

According to him, the most important thing to know about while running is pacing, just running at your own pace, and aim at your person to pass them. His excitement is so great you can't hold him back. He likes teaching kids because he gets to teach students in P.E

Runners' Thoughts

Jack from Grade 7 thinks it's fun, but it's a little too competitive and he gets hurt sometimes. Abdullah from Grade 7 thinks Cross Country is good, and he is positive he's gonna be great and hopes to make cities and zones. Jaxon from Grade 8 also hopes he's going to make city and zones, but although he thinks he is not going to do very well, he's super excited. Hudson from grade 8 thinks he's going to make cities and zones, is positive he's going to place well in the race and says he dreams about it.

...FLVT'S GAME

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editions to their series to make them even more realistic and accurate to the sport. Aside from being realistic, being a natural fan of any of these sports would obviously bring you to enjoying the game based on that sport. Football and basketball are both very popular sports at our school, which is why these games have a wide audience. Because FLVT has an official basketball team could be why NBA 2k edged out FIFA with more votes in the end but I wouldn't say American Football is very popular due to Madden getting 0 votes.

All of the games we mentioned are super popular: FIFA, Fortnite, Minecraft, Roblox and NBA 2k, but none of them got the most votes. The closest was Roblox, which came in second. The actual real winner was the Other category.

This means FLVT's Junior High favorite game is another genre that doesn't include anything on this list and whether that be one of the new releases this summer or something else entirely or their game simply wasn't on the list, it shows that you are able to find something new over summer break.

"IN EVERYTHING GIVE THANKS..."

1 THES. 5:18