

HAWKS HUSTLE

FLVT School Newspaper

•Many hands telling our story•

November 2022

HURRICANE MASSACRES EASTERN CANADA



Images above and below showing destruction caused by Hurricane Fiona.



By Layne H. and Sienna S.

Near the end of September, one of the largest hurricanes we have had in Canada hit the east coast, leaving a trail of destruction.

Hurricane Fiona made landfall in Nova Scotia on September 24th. At least 17 people have died, and many more people are still missing. A total of 12 500 people had to evacuate the province and over 20 buildings were destroyed. The hurricane had wind speeds reading up to 209 kilometers an hour, and a flooding depth of 6.1 metres. The total precipitation was at least 889 mm.

Fiona was downgraded from a

hurricane to a tropical storm on September 23rd, but it still destroyed people's homes, leaving many people without a place to live, or displaced from their home. Thousands of people were without proper power or even water. "Our thoughts are with all Canadians affected by Hurricane Fiona, as well as with the first responders and volunteers who are working tirelessly to help those in need," said Bill Blair, minister of emergency preparedness. Our government has made a program for donations for the Red Cross to help with hurricane relief.

The Good, the Bad and the Ugly

By Brooke S.

Your habits are part of everyday life. They are things that affect how you function.

Good habits are important. Good habits are simple things like taking care of yourself in the morning, getting a full eight hours of sleep, reading everyday, cleaning up after yourself, and being mindful. Good habits make you aware and in-tune with yourself. Good habits help you achieve worthwhile goals.

Bad habits. A negative behaviour pattern.

Skipping out on sleep, not drinking enough water, bad time management, skipping meals, and even multitasking.

Bad habits are everywhere. They affect your quality of life and are hard to get rid of.

Being aware of what causes your bad habits is the first step to getting rid of them. Taking action and trying to change is the biggest step. It takes willpower and a positive growth mindset. Thinking you can do something and creating positive reinforcement for yourself helps.

Work in small steps, don't tackle the problem all together, at once, no matter how big or small.

Being mindful about your habits in order to catch them is another big step. Take care of yourself and remember that you matter.

"Believe you can and you're halfway there." - Theodore Roosevelt.

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Images of poppies, the flower worn to honour veterans around Remembrance Day.

REMEMBRANCE DAY

By Owen B.

On November 11th, we will be remembering those who fought for us. Remembrance Day has been observed since the end of World War I. Australia, Canada, and the United Kingdom observe Remembrance Day on the 11th day of the 11th month. FLVT will observe Remembrance Day on November 10th.

The symbol of remembrance is the poppy. Remembrance Day in Canada is a statutory holiday. It is also called Armistice Day. Every year we gather in memorial parks and community halls. The song they play on the trumpet that honours our veterans is called *The Last Post*. On November 11th, we will remember.

Book Recommendation

By Brynlee B.

I recommend the book *Stargirl*, by Jerry Spinelli. This book fits into the young adult (YA, ages 12-18) fiction category, and was recently made into a movie, starring Grace Vanderwaal and Graham Verchere. There are two books in the *Stargirl* series, the first, *Stargirl*, and the second, *Love Stargirl*.

Stargirl is narrated by Leo Borlock, a student at Mica High, and director of Hot Seat, a monthly interview show that stars students at the highschool. When *Stargirl* Caraway arrives, she breaks the unspoken rule at Mica High, never stand out.

At first students are enchanted by her. She's not afraid to wear bright colours, she sparks a school spirit revolution, she sings and dances when there is no music playing. Then they turn on her. Suddenly she is shunned for everything that makes her different. Leo convinces her to be the only thing that could break her: normal.

Stargirl has an average rating of 3.8 stars, according to Goodreads.



Image of Stargirl by Jerry Spinelli.

Volleyball at FLVT

By Martha M.

Volleyball was originally invented by William G. Morgan in 1895, but has become a common sport around the world, especially in schools. It is a great workout! On average players jump 300 times in one match. The longest volleyball game ever recorded lasted a total of 74 hours and 30 minutes.

Many students at FLVT play on volleyball teams. This year there are grade 7 teams, junior teams (grade 7s and 8s) and senior teams (grade 8s and 9s). Some of the grade 7 girls were interviewed about their experience with volleyball, and said that their favorite part of volleyball is hitting the ball, doing team activities, the spontaneity of the sport, and the great coaches. Volleyball teams at FLVT practice in the morning or after school, depending on the day and have games across the city. Certain players preferred morning practices, and some preferred afternoon practices. Several volleyball players at FLVT were inspired by family members to play the sport, and others tried out because they thought it looked fun and exciting. Be sure to come out and support our Hawks sports teams whenever you have a chance!



Image of FLVT Senior Boys Volleyball team winning gold at a tournament in Medicine Hat.

The History of Halloween

By Aeon R. and Leighla M.B.H.

Halloween originated in the mid-to-late 1800s. Irish and Scottish immigrants brought certain customs and traditions to Canada, such as wearing disguises to ward off ghosts and offering food to appease evil spirits. Eventually this led to Halloween being celebrated in Canada! Halloween, however, also has Catholic roots! The name Halloween comes from a Catholic holiday, "All Hallows' Eve", which is the day before "All Hallows Day" or "All Saints Day" on November 1st, where Catholics and Christians remember and celebrate saints in Heaven. People may go to church, light candles, or pray for their loved ones who have passed away to observe "All Saints Day". Other people observe this time by celebrating Halloween; wearing costumes, going out late at night, and knocking on people's doors to get candy that they put in their Halloween bags. Whether you celebrated Halloween by trick-or-treating, going to church, or by staying at home and watching a movie, we hope you had a fun Halloween!



Image of jack-o-lantern.

Little Mermaid Cast List and Interview with Ariel

By Saphira F. and Terra Z.

Last year Anne W. was Omar in *Aladdin Jr*, FLVT's 2021/2022 production. This year, she will be Ariel in the upcoming *The Little Mermaid Jr* production. She decided to audition for both Ariel and Sebastian, hoping for Ariel, because Ariel is her favorite Disney princess. Anne has high hopes for the amount of people who will show up this year, and is excited to work with the new cast!



Character	Student Name	Grade
Ariel	Anne W.	9
Prince Eric	Braylon S.	9
Ursula	Shaina S.	9
Sebastian	Iri J.	8
Flounder	Saphira F.	9
Scuttle	Marie C.	9
King Triton	Juda B.	8
Chef Louis	Summer M.	8
Flotsam	Elliott P.R	8
Jetsam	Kylee C.	9

Famous Artists

Leonardo da Vinci

By Emelia M.B.

Leonardo da Vinci was a famous artist who was born April 15th, 1452 and died on May 2nd, 1519. Leonardo da Vinci's first painting was called *The Archangel Gabriel*. His most famous painting is *The Mona Lisa*. Did you know that da Vinci was a huge animal lover? Do you believe that da Vinci never went to school, despite his amazing mind! It's true!

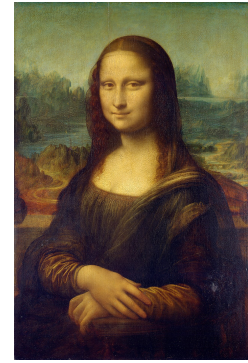


Image of The Mona Lisa.

Peter Paul Rubens

By Anonymous

Peter Paul Rubens was born in Siegen (Holy Roman Empire, now Germany) in 1577 and died in Antwerp (Spanish Netherlands, now Belgium) in 1640.

Rubens carried out negotiating tasks in the context of the Eighty Years' War (1568-1648). He played an important role in the settlement of peace between England and Spain in 1630.

Rubens' style emphasized the strength and vitality of the human body, as well as a sense of movement that he achieved through curved lines. He also contributed to Catholic art. One of his most important religious pieces is called *The Elevation of the Cross*.



Image of The Elevation of the Cross.

Crazy or What?

By Brooke S.

These are four of the craziest sports!

One: Sepak Takraw. A game created in Southeast Asia. This is an insane sport. It's volleyball, but with your feet! It is a game of 2-4 players. You have to use your chest, head, knees, feet, and shoulders to hit the ball. It is highly physical and insanely competitive, it is even played in the USA. The rules are quite simple, but gameplay is fast and adrenaline inducing.

Two: Wife Carrying. This one is from Finland. It is a game where men compete on a hardcore track of many terrains while carrying their wives. The track has large logs and hills with water to run across, it is a very fast paced, high action sport. The rules are quite interesting. There are two dry obstacles, and one wet obstacle that is around a metre deep. The minimum weight of the wife is 49 kg. If she weighs under the requirement, there are weight "sacks" added to reach the requirement. All participants must enjoy themselves. The only equipment allowed is a belt for the carrier and a helmet for the one being carried. The woman must be over 17 years of age. The most entertaining couple, the strongest couple, and the best dressed couple are rewarded. These are not all the rules, but most of them.

Three: Mokomoko Boxing. A game from Hawaii. To sum up the game, it's just boxing, but with one extra element: the only acceptable way to block is to use a closed fist... OUCH. It's like the harshest fist bump ever. Forget regular boxing, this is way more aggressive and head on! They just fight until someone drops! That's not even the craziest part... The winning player gets to do a "victory cry", where they yell at the fallen player, "Go and eat chicken!"

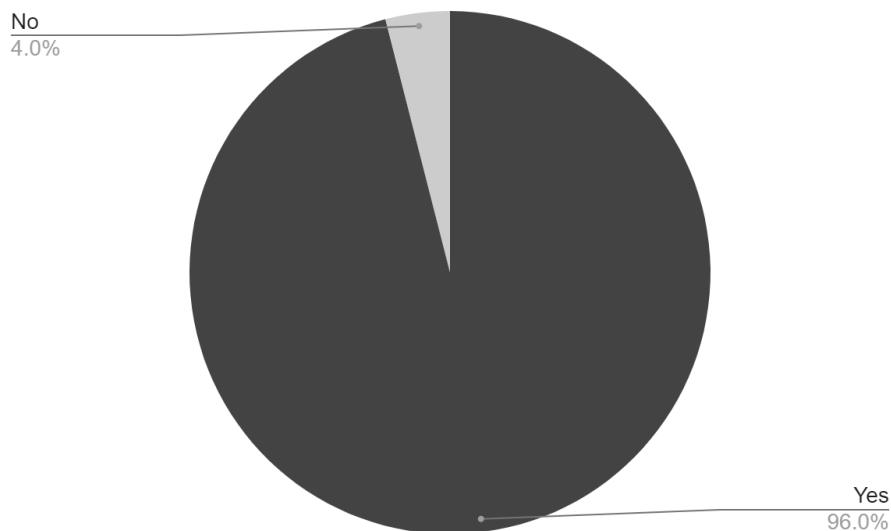
The fourth and final: Buzkashi. This game originated in Afghanistan and is played on horseback. It already sounds difficult to me! It is usually a mess of mud and people. There is a headless goat placed in the centre of a mud "court" and players must grab the goat and run to the finish line. It is incredibly difficult, and only the most skilled players even get close to the goat. There are ten riders on each team, but only five riders go during the first half of the time, which is a period of 45 minutes. It is meant to be an extremely fierce game, and consists of mostly men, but women can be seen playing as well.

Each of these sports are crazy, and even some of the wildest people won't play these! Crazy!

RESULTS OF HALLOWEEN DANCE POLL:

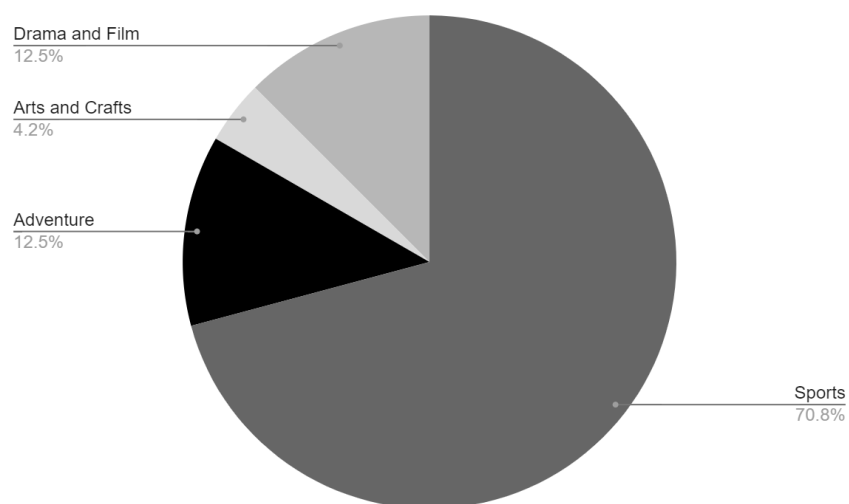
Do You Want There To Be A Halloween Dance?

By Terra Z. and Saphira F.



If You Could Create A New Option, Which Category Would You Pick?

By Andy P. and Tino M.



Empty Headed

By Rowynn E.



Imminent Creation

By Matteo A.



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HALLOWEEN WORD SEARCH

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

Afterlife

Autumn

Blood

Bone

Candy

Coffin

Costume

Fall

Ghost

Goblin

Halloween

Mask

Mummy

October

Party

Pumpkin

From: http://www.whenwewordsearch.com/word_search_puzzles/halloween/96/word_searches.jsp

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NEWSPAPER STAFF

CARTOONIST



Rowynn E.
Grade 9

REPORTER



Layne H.
Grade 7

REPORTER



Terra Z.
Grade 9

CARTOONIST



Matteo A.
Grade 7

REPORTER



Owen B.
Grade 7

BOOK RECOMMENDS



Brynlee B.
Grade 8

STATISTICIAN



Andy P.
Grade 8

REPORTER



Brooke S.
Grade 8

REPORTER



Saphira F.
Grade 9

REPORTER



Martha M.
Grade 9

STATISTICIAN



Tino M.
Grade 8

REPORTER



Emelia M.B.
Grade 8

REPORTER



Makayla H.
Grade 8

REPORTER



Essence D. R.
Grade 8

REPORTER



Sienna S.
Grade 7

REPORTER



Nyrou A.
Grade 8

REPORTER



Anonymous

SUPERVISOR



Ms. Tkach
Teacher

On behalf of HAWKS HUSTLE, we thank you for your readership!

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