

HAWKS HUSTLE

FLVT School Newspaper

•Many hands telling our story •

January 2024

A HURRICANE OF TEDDY BEARS SHOWER ENMAX CENTRE ICE

By Maddie G.

On December 1st, 2023, Lethbridge's ENMAX Centre housed a storm of teddy bears and toques during a Hurricanes hockey game, all to be given to charity.

There were no goals during the first period of the sold out game. The second period created some excitement on the ice as the Blades, who are from Saskatoon, took the lead making the score 1-0. The second period brought redemption at the 12:58 mark when Miguel Marques from the Hurricanes tied it up. Marques' goal brought upon a storm of teddy bears and toques thrown from excited fans to the ice.

There were 5254 people in the ENMAX Centre and there were 3784 teddy bears thrown on the ice. There were also 926 toques thrown. Everything thrown on the ice will be donated to 20 charities in Lethbridge and Southern Alberta.

The annual Teddy Bear Toss originated from marketing director Don Larson in Kamloops B.C. It first occurred on December 5th, 1993, when a goal from Brad Lukowich, former player for the Kamloops Blazers, prompted fans to throw over 2400 teddy bears onto the ice.

The Teddy Bear Toss was created to give back to those in need around Christmas time, and in Lethbridge, this is notably young patients at the Chinook Regional Hospital. Typically fans will throw the bears on the ice when the home team scores their first goal. Many hockey leagues take part in the Teddy Bear Toss charity event including the NHL, WHL, CHL and Hockey Canada.

For the first time since 2019, the Lethbridge Hurricanes players were able to deliver some of the teddy bears to the Chinook Regional Hospital, meeting some of the children who were receiving the teddy bears. The tradition of the Hurricanes visiting the hospital and delivering the donated teddy bears had been put on hold due to COVID-19 and RSV outbreaks for the past few years.

The teddy bear gift and a visit from a Lethbridge Hurricane goes a long way for someone in need around Christmas time, bringing smiles, comfort, and Christmas cheer.



Image of Lethbridge Hurricanes hockey player with teddy bear.



Image of a recipient of a teddy bear at the Chinook Regional Hospital. Photo credits to CTV Calgary.

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Hot Chocolate: A Drink That Took The World By Storm

By Deby A.

Have you ever wondered where hot chocolate came from? Or how it became so popular?

Hot chocolate was first invented by the Aztecs, where it was used for medicinal purposes to treat sickness. It was further introduced to Europe by Spanish explorers. It was sold only to the European elites for \$81.57-118.27 per pound in modern cash.

The European elite found it bitter so they added milk and sugar. Soon after, chocolatiers and innovators started experimenting with milk and sugar, eventually becoming the standard for hot chocolate around the world. Now people enjoy topping hot chocolate with marshmallows and whipped cream.

In the 19th century it was made accessible to the general public by companies like Nestle and Cadbury with successful marketing popularized the tradition and were ready to make hot chocolate powder. It eventually became a staple in nearly every Canadian home and became symbolic of staying warm and cozy during the colder months.

In the year 2019, the sales value of hot chocolate reached an estimated \$57.07 million dollars. It is safe to say that from ancient tradition to a staple in Canadian homes, hot chocolate has risen to fame. As we sip our steaming mugs let's remember the rich history around this popular drink.



Image of a cup of hot chocolate

988 Suicide Crisis Helpline Launches Across Canada

By Dinara W.

Canada has made a new hotline called 988 which gives people around Canada help to prevent mental health crises. People all around the province who are experiencing mental health crises and need immediate support can use the three digit number either by calling or sending a text message.

988 is just like 911, it is easy to remember the number and you get an immediate response. Dr. Allison Crawford, Chief Medical Officer for the phone line, says the reason for 988 is that "suicide is a tragic outcome of many factors that differ from person to person. We know that feeling a sense of burden or a lack of belonging are common feelings that increase risk. Other factors that can play a role in suicide are mental illness, including depression, anxiety, psychosis and substance use." Having a three digit number to help support people who are in times of crisis can help save lives.

988 is needed because because, according to Statistics Canada approximately 4500 people in Canada die because of suicide every year. At least seven to ten people attempt suicide or experience deep grief because of the loss of someone who took their own life. In a CBC interview, Tanya Joy, who suffered extreme grief and sadness because of her brother's death by suicide said, "I'm here, I lived," she said. "I was fortunate enough to feel safe to call somebody, and I know that that's why I'm here, because this person intervened." Tanya Joy now works towards suicide prevention by hosting the "Joy Run", a 50 km ultramarathon in Newfoundland advocating for improved mental health advocacy and support.

Services like 988 are there for everyone and anyone experiencing mental health struggles, making immediate mental health support more accessible to the public.



Image of 988 Crisis Helpline

<https://flvt.holyspirit.ab.ca/>

Volcanic Eruption in Iceland

By Maxx F.

A volcanic eruption in Southwestern Iceland took place in mid-December after rumbles had been heard for weeks. The eruption took place about 4 kilometers from the town of Grindavik.

Prior to the eruption, several earthquakes had taken place, leading experts to believe that a volcanic eruption would happen soon. The town had been evacuated due to these recent earthquakes and fears of a volcanic eruption taking place in the near future.

Iceland has a volcanic eruption every 4 or 5 years according to experts, however these past eruptions have taken place in remote areas including valleys so did not cause any destruction to humans. The most notable eruption was in 2010, which released huge amounts of ash into the atmosphere, leading to closure of European airspace, preventing planes from flying.



Image of volcanic eruption

Upcoming Kung Fu Panda Movie

By Brooke S.

On March the 8th 2024, a movie franchise we all know and love plans to come out with a new movie. The new “Kung Fu Panda” movie will be the 4th one ever made in the franchise. With a new movie, it could introduce us to a lot more variety of characters on the show. Some of the actors joining the cast will be Aquafina, Key Huy Quan, and Viola Davis. The movie will be produced by the Dreamworks Animation Team and will be distributed by Universal Pictures. The movie star will be Jack Black as Po, and it will be right where we left off on “Kung Fu Panda 3” (2016).

The Dreamworks Team announced the new film was in the works in August 2022, and in December 2023, they released a trailer for the upcoming installment of the 4th “Kung Fu Panda movie. The directors announced originally in August of 2018 that they would be open to a new movie, a 4th one added. Aquafina stated that she and many others were casted on May 2023.



Image of new “Kung Fu Panda” movie.

How Much Sleep Should You Get?

By Tino M.

How much sleep should students get?

Teenagers between the ages of 13 and 18 should sleep 8-10 hours per 24 hours. If you are a younger reader, the following ranges are what you need for each age: 3-5 years old needing 10-13 hours of sleep and 6-12 years needing 9-12 hours.

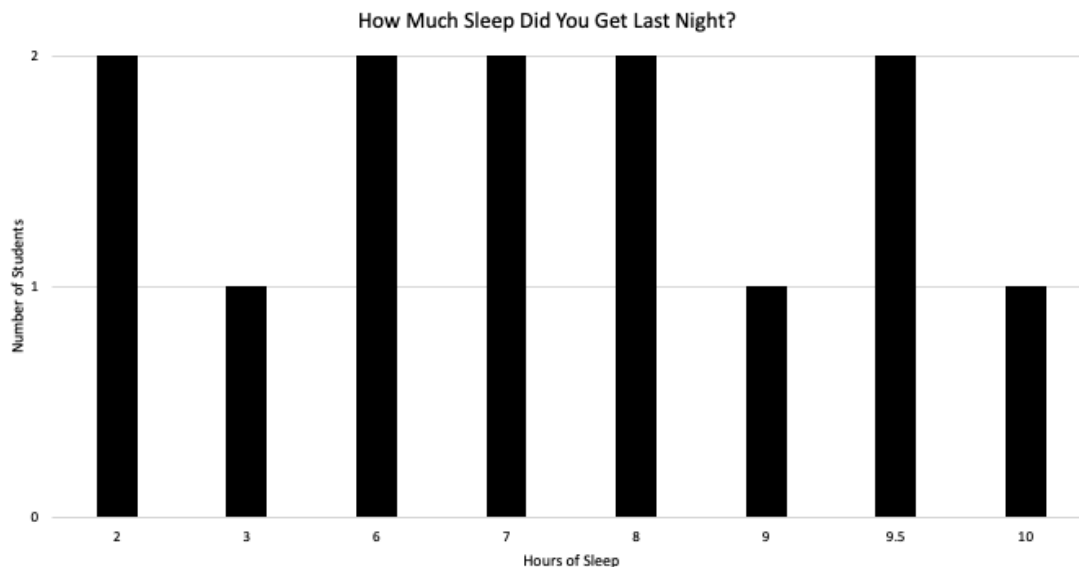
Now you are probably wondering why you or the average teen gets less sleep than the recommended. The body releases the sleep hormone melatonin later at night in teens than in kids and adults. This resets the body's internal sleep clock so that teens fall asleep later at night and wake up later in the morning. Most teens just aren't sleepy enough for bed before 11 p.m.

Why do teens need a lot of sleep?

Teenagers go through a second development stage of cognitive maturation.

How much sleep are students at FLVT getting?

The chart below shows that there are students at the school regularly getting enough sleep above 8 hours. There are students at our school who, at least on occasion, are getting much less than the recommended amount of sleep.



What happens when teens do not get enough sleep?

Not getting enough sleep? Well, let me tell you about the downsides of not getting enough sleep. Regularly not getting sleep leads to chronic sleep deprivation. This can have a dramatic effect on a teenager's life. This impacts their mental well-being, increasing their risk of depression, anxiety, and low self-esteem. It can also affect academic performance at school.

Fun Facts About Sleep

We finally made it to the fun part. Know I'm not going to waste your time so here you go:

- Some of us dream in black and white
- We are the only mammals that can delay sleep
- Sleep is different for men and women
- Sleep boost immunity
- 15% of the population sleepwalks
- It should take 10-15 minutes to fall asleep
- A new bed can increase the amount of sleep you get
- Nobody sleeps through the whole night
- Altitude affects sleep
- Our sense of smell decreases when we are asleep



Image of someone sleeping

Celebrity Birthdays In January

By Jonah H. and Joel I.

1. ISHOWSPEED



Real name: Darren Watkins
Born: January 21, 2005
Famous YouTuber

4. STEPHEN HAWKING



Born: January 8, 1943
Died March 14, 2018
Theoretical Physicist

2. XXXTENTACION



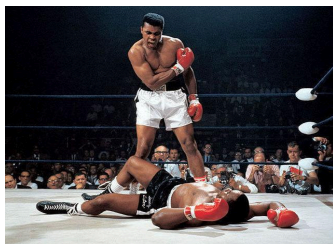
Real name: Jahseh Dwayne
Born: January 23, 1998.
Died: June 18, 2018.
Rapper

5. ICE SPICE



Real name : Isis Naija Gaston
Born: January 1, 2000
American Rapper

3. MUHAMMAD ALI



Born : January 17, 1942
Died: June 3, 2016
Greatest boxer of all time

6. ELVIS PRESLEY



Born: January 8, 1935
Died : August 16, 1977
American singer and actor

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Diversity is Key

By Treasure A.

There are many different groups at Father Leonard Van Tighem's school and across Canada. Many come from various backgrounds, and many come from all over the world. We learn at our school to accept and value the diversity we see every day. This is accompanied by awareness months, as well as numerous awareness days. We should work in the new year to recognize these days; we can begin by learning about a few in the coming year.

The month begins with Bell Let's Talk Day on January 25. February is followed by Black History Month, World Cancer Day on the 4th, and Pink Shirt Day on the 22nd. This is followed by Eating Disorders Awareness Week, which runs from February 1 to February 7. In March, we recognize 5 days for the homeless, International Women's Day on March 8th, World Sleep Day on March 17th, and Water Day on March 22nd. April is Genocide Remembrance Month, April 2 is World Autism Awareness Day, April 7 is Green Shirt Day, and April 7 is World Health Day. May marks Asian Heritage Month, Canadian Jewish Heritage Month is on May 5, Dutch Heritage Days on May 17, International Day Against Homophobia, Transphobia, and Biphobia are on May 24, and Mental Health Week is on May 1–7. National Cancer Wellness Awareness Day is June 26. Pride Month and National Indigenous Heritage Month are both in June. July has International Self-Care Day on Jul 24, August contains International Youth Day on August 12. September honours World First Aid Day on September 9, Terry Fox Run on September 17 and Truth and Reconciliation Month on September 30. October has World Mental Health Day on October 10. November of course honours Remembrance Day on November 11th. December has International Day of Persons with Disabilities on December 6, National Day of Remembrance and Action on Violence Against Women on December 10, Human Rights Day on December 11.

Bell



Image of Bell Let's Talk Day on January 24, 2024.

Christmas or Halloween?

By Tessa O.

I'm sure you've asked someone the big question, *Christmas or Halloween?* Would you rather stay up all night getting free candy with your friends or spend a whole month eating candy canes, waiting for December 25th so you can open up your presents?

Alyka from 4B Says she likes Christmas more than Halloween because she can have presents on Christmas. Alyka's favorite favorite part of Christmas is when she sits down and eats a yummy dinner with her family.

Kayla from 8P says she likes Halloween better because she likes to dress up and eat candy all night. *Which do you prefer? Christmas or Halloween?*

Top Games Of 2023

By Lucas I., Mikko L., and Rayne B.

1. Fortnite
2. Spider Man 1-3
3. Roblox
4. Super Mario Bros :Wonder
5. Genshin Impact
6. Minecraft
7. Ark Survival
8. God of War
9. Legend Of Zelda
10. Valorant

Game Information

Fortnite

“Fortnite” is a game where 100 players fight against each other.

Player versus player is where they have to find weapons and materials to build and survive in hundreds of matches, and buy skins using in-game money. It is also a fast paced game, since it has a time limit to when the border shrinks. If someone is outside the border, they would have taken damage, and they have to rush to go outside to the border in order to not die. It's not like the “Hunger Games”, where your strategic thinking is a crucial thing you need in order to win a match in the game of Fortnite.

Spider Man 1-3

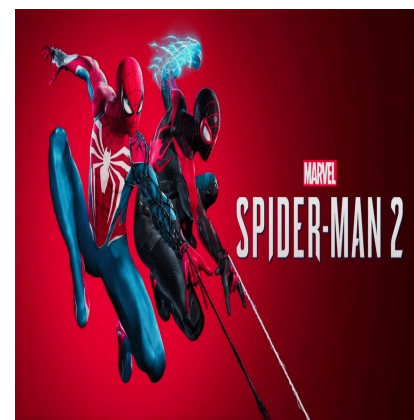
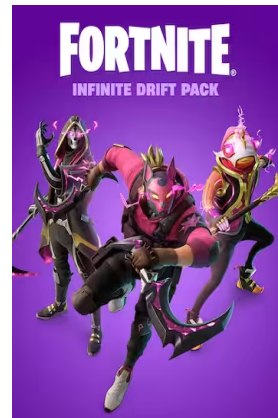
“Spider Man 1” is the beginning of a lot of really good games where the villains are Doc Ock and the other classic Spider Man villains. The second game is called “Spider Man Miles Morales”. The main villains are, The Tinkerer, Roxxon, Rhino and Prowler. The main villains of “Spider Man 2” are Venom and Kraven the Hunter. It is the newest game and came out on October 21st, 2023.

Roblox

“Roblox” is a game where people of all ages can play over 100+ games on the app called “Roblox”. They could also make their own games where people could join and play the fun game, or a horror game. The games on “Roblox” have all different genres, from horror, to fighting, it has all different types of genres. You can use in game credit to buy gamepasses, or edit your roblox avatar.

Super Mario Bros: Wonder

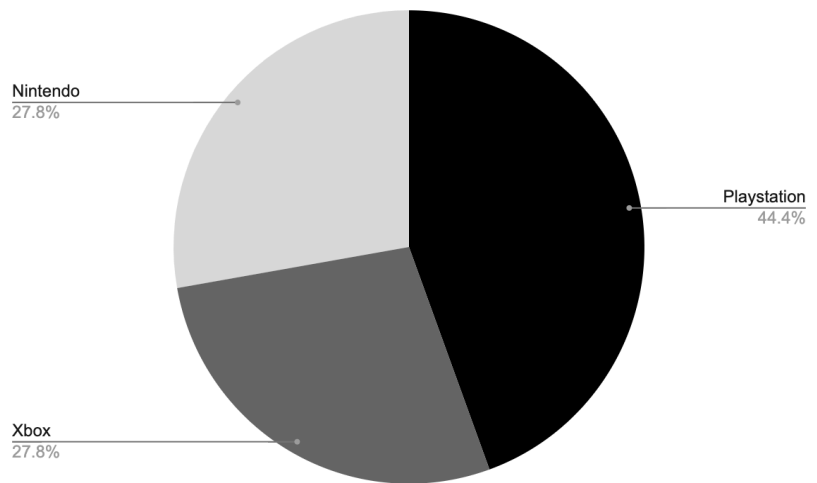
“Super Mario Bros: Wonder” is a good game because of its unique mechanic of the wonder flowers and the wonder seeds that change the game completely in weird ways. Some ways can be seen in the game itself like turning Bowser into a ship-like thing, and you can play with eight friends and turn into an elephant. It is also a side scrolling game, while the player also has to complete the Flower Kingdom and is also assisted with flower-like things.



Which Game Console Do You Think is Best?

By Dinara F.

This is the result of polling the school to see which gaming console is the best. PlayStation won. Do you agree PlayStation is best?



F.L.V.T Annual Events

By Ashley A.

Father Leonard Van Tighem has had school traditions since the opening of F.L.V.T! But over the years students have definitely chosen favourites. So here is our compiled list that Junior High and Elementary both always look forward to!

Elementary:

1. Swim Day
2. Sports Day
3. Grade 6 Camp
4. Christmas Break
5. Christmas Bingo
6. Easter Break
7. Blast Off Run
8. Summer Break
9. Christmas Family Fair

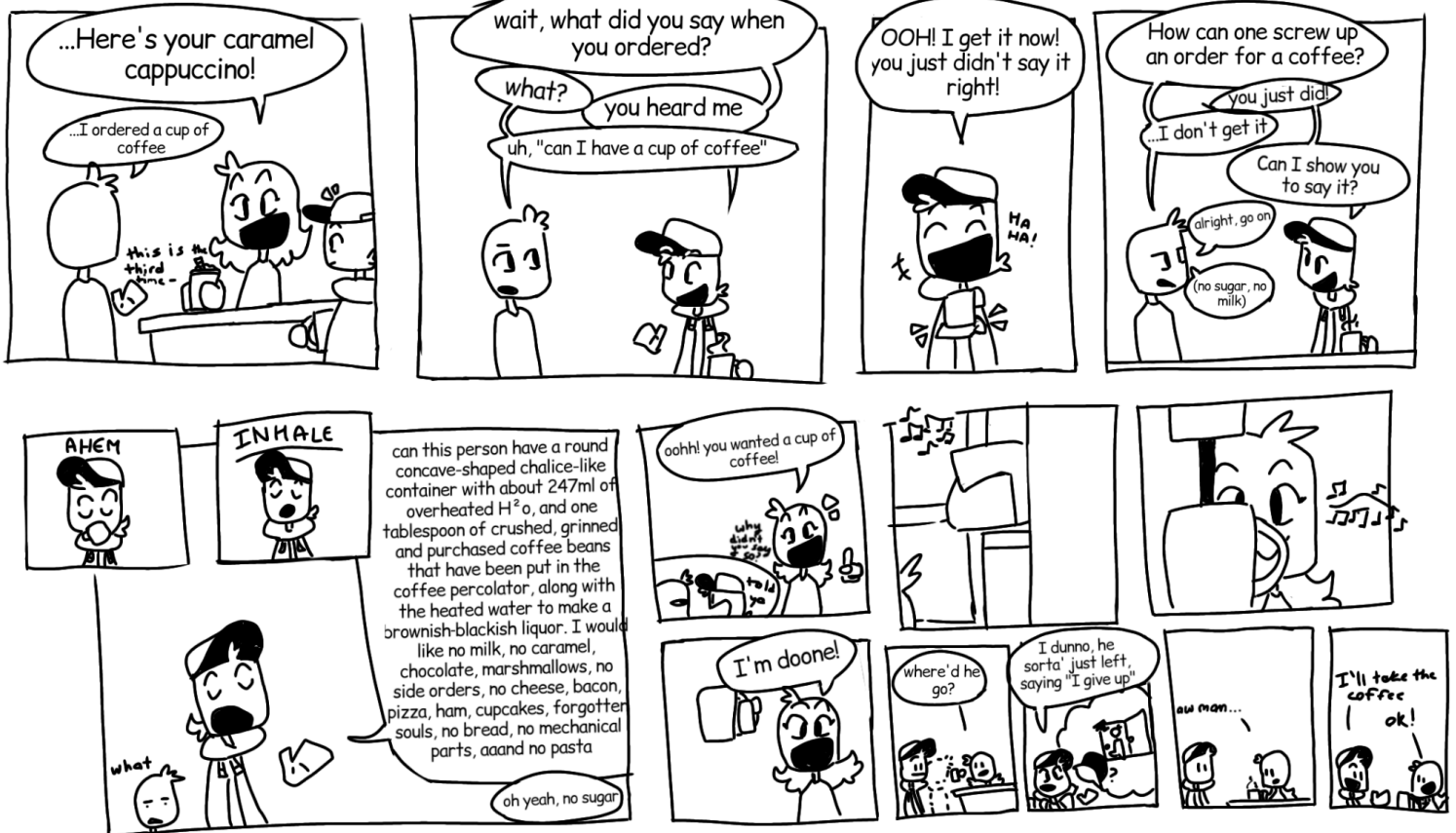


Junior High:

1. The Winter Snowball
2. The Fall Dance
3. Christmas Family Fair
4. Summer Break
5. Easter Break
6. Winter Break
7. Grade 9 Quebec Trip
8. Christmas Bingo

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"CUP OF COFFEE"



Created By Nicolle D.

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Sports Trivia

1.

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2.

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3.

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4.

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5.

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1. Sport that uses 'checkmate'
2. long distance, sprinting, shot put.
3. Sport where a birdie and racket are used
4. Simple baseball (children play)
5. Spike, serve, bump.

Made by Sydney F., Allison H., Eden G.

WINTER WORD SEARCH

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

Find the following words in the puzzle.

Words are hidden     and .

BOOTS
CHILLY
COLD
FROSTY
FROZEN
GLOVES
ICE

MELT
PLOW
SCARF
SKATE
SKI
SLED
SLEET

SLIP
SNOW
SNOWFLAKE
SNOWMAN
TREE
WINTER

Made by Kena K. and Kinzley H.

superteacherworksheets.com

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NEWSPAPER STAFF

**CARTOONIST/
REPORTER**



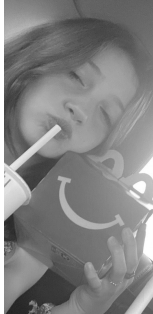
Nicolle D.
Grade 7

REPORTER



Maxx F.
Grade 8

REPORTER



Tessa O.
Grade 8

REPORTER



Allison H.
Grade 9

REPORTER



Tino M.
Grade 9

REPORTER



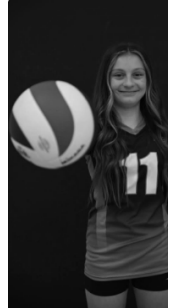
Maddie G.
Grade 9

REPORTER



Ean A.
Grade 9

REPORTER



Kinzley H.
Grade 7

REPORTER



Lucas I.
Grade 7

REPORTER



Mikko L.
Grade 7

REPORTER



Eden G.
Grade 9

REPORTER



Treasure A.
Grade 8

REPORTER



Kena K.
Grade 7

REPORTER



Dinara W.
Grade 7

REPORTER



Brooke S.
Grade 7

REPORTER



Anonymous
Grade 7

REPORTER



Sidney F.
Grade 9

REPORTER



Joel I.
Grade 7

REPORTER



Jonah H.
Grade 7

REPORTER



Hailey W.
Grade 8

REPORTER



Ashley A.
Grade 7

REPORTER



Rayne B.
Grade 7

REPORTER



Deby A.
Grade 7

SUPERVISOR



Ms. Tkach
Teacher

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