

THE ST. CECILIA SENTINEL



BY THE STUDENTS, FOR THE STUDENTS

The Power of Positivity

By Andrea T.

I am sure many of us want to join a team or club this school year. Whether we are trying out for a sports team or auditioning for a special event, we all need to have one thing on our minds, positivity. If we are not being optimistic and positive, it will affect the way you react. When you find out who made the volleyball team, are you going to be upset that you didn't make it or are you going to be proud that you tried your best and maybe try again next year? Positivity is always having bright, happy, and bubbly thoughts. Positivity is always looking on the bright side of things.

In school, we talk about always having a growth mindset. Instead of thinking about your mistakes, you can learn from them and learn how to improve them. Instead of doubting yourself and developing fear, just go for it. You never know what can happen until you try. You might have had the initial thought of it being very difficult and scary, but in the end you will be able to tell

yourself 'that was easy'. Positive thinking doesn't mean that you ignore life's bad situations. It just simply means that you approach unpleasantness in a more productive way. You think the best is going to happen, not the worst.

Being positive benefits your mindset, outlook, and attitude. If you are always optimistic, you can be a positive influence by being a great example for others. For instance, if your friend is upset, tell them to look on the bright side of things and make a list of some positive situations. If you are simply acting happy and cheerful you might influence another person to be as well.

There are many ways to deal with tough situations. Sometimes difficult things happen in our lives, but positive thinking gives you the strength to face the situation, to be strong about it and to approach the situation without being nervous. Handle the situation one step at a time and

one issue at a time. Whatever the result may be, it always comes out manageable and allows you to pick-up from there and start all over again until the desired result is achieved.

You can stay positive by having little goals to achieve on a daily or weekly basis. As an example, you can set a goal to try new things and make a list of both good and bad results. Make a bucket list of tried, of must tries and try again. There is no harm in doing it all over again. Maybe you want to try after a week, or maybe a month. In the end, what matters is if you are willing and now have the courage to try again.

In conclusion, positivity is a personal choice that you should always make. It is helpful, beneficial, and overall makes you a better person. Keep smiling and always remember to stay positive!

SPECIAL INTEREST

- Stress & Self-Confidence
- Fun Stuff
- Student Feature Creative Writing

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The Newspaper Club



Newspaper Club Team

Back Row: Ariana N., Brianna S., Selena G., Norman B., Zoe S., Selena T., Emma D., Camille A.
Middle Row: Alessia C., Emileo D., Sophia F., Audrey S., Monique M., Lucas G.
Front Row: Chloe H., Andrea T., Samantha C., Hazel C., Kiara M., Natalie M., Bernadette F.



Alexandra L.

Absent: Emily C.
Heidi F.

A Paper By the Students, For the Students

The Sentinel - Year Two

By Mr. Dulcigno

It has been an absolute pleasure to work with the dedicated young men and women of St. Cecilia Newspaper Club to bring you news, information, and entertainment from in and around the school. Participation in the club has almost doubled from last year and we hope to continue this trend. I am proud of these students who have shown growth in their writing and vision to provide the SCA community with stories written by students, for students.

This club provides but a snapshot of the immense skill and talent we have within our school. I truly believe that there are many more students who have many hidden talents that can contribute to this club and many more. I hope next year more students take the opportunity that this great school, St. Cecilia, offers and participate in something so that we may all bask in the glory of their God-given skills and talents.

I would especially like to thank the editorial and publishing

team of Brianna S., Selena G., Zoe S., Selena T., and Alexandra L. who dedicated countless hours and recesses to edit the work of the student writers and help assemble the articles to help form the final edit.

I would like to wish a special thank you to all the teachers and staff who made themselves available and accommodated us. A very special thank you to Ms. Sullivan who graciously hosted our club in the library every week. Thank you to everyone.

Student Council, Working for Your Needs

By: Selena G, Zoe S and Brianna S

Have you ever stopped and thought, who is behind all these amazing fundraisers, activities and sales? Well, they are right under your nose! That's right, the people helping to provide all of these events are in the student council. The student council helps with events so we could enjoy and look forward to a year filled with lots of fun. The council tries their very best to please all the students and they definitely succeed. Some events and activities that the student council prepare include the popcorn/ice dawg sales, valentine cookie grams, different initiatives and spirit weeks.

To begin, many of you might be wondering, what is the role of the student council in St. Cecilia? The main role of student council is to represent the student body as a whole. They learn skills such as leadership, responsibility and reliability so they can be great leaders and role models for younger students. They also contribute to many of the fundraisers and activities around the school like popcorn sales. Every Thursday, the student council takes 40-80 minutes out of their day to go class to class to sell popcorn. Also, the student council's busiest event of the year is

Valentine cookie grams. The student representatives stay in for many recesses to put the gift tags on cookies before February 14. Student council also helps out with other events such as Carnival Week, Christmas and Halloween. Student council is made up of 10 intermediate students including Victoria P. (8), Katherine D. (8), Liza K. (8), Celina Z. (8), Elizabeth Z. (8), Mikayla D. B. (8), Maya E. (7), Natalie R. (7), Laura M. (7) and Katrin M. (7).

Many people often ask if there is any real importance to the student council? The answer is yes. In an interview with past and present members of the student council, they said that the student council keeps the school organized and fun. "Without the student council, St. Cecilia students wouldn't have the same encouragement to share their opinions in the classroom and in the real world," said Victoria P. The student council does not only benefit the students, it also helps the teachers. As you can see, the student council helps the school in so many ways. It would be a foolish move to stop such a beautiful thing. Student council is only for the intermediates to help them prepare for high school, but do not worry, you can prepare for the student council many years prior by getting in-

involved in other clubs.

In addition, the student council leader, Ms. Settecase, is an "amazing leader with great qualities," according to the three grade 8 student council members, Joseph.C (past member), Liza.K, and Victoria.P. They mentioned that these qualities include responsibility, generosity, and reliability, which are very helpful for the student council jobs. Ms. Settecase is a very organized and understanding leader who considers the members opinions and concerns. She keeps the students in line with their jobs, focused, and creates responsible young students. We have amazing role models in our school with the help of the student council leader, Ms. Settecase. Besides being the fabulous leader in the student council, she is also a grade 7 teacher who succeeds in educating grade 7 students. The student council is blessed to have such an inspiring leader.

The student council is a fantastic committee with a great purpose and many hardworking members. They do their best to help around our school and will continue to do so in the future. Each member has an important duty to achieve in making sure the students are pleased with their school. From popcorn sales to spirit weeks, there is nothing the student council team cannot accomplish.

Black History Month



By: Lucas G.

In this position of power, Lincoln advocated for equality and racial peace and to make great strides in the way black people are treated nowadays. Lincoln died on 2012 at the ripe age of 90. He was then named The Greatest Hamiltonian of all time. Another advocate for black peace was Jean Augustine. Jean Augustine was a politician and advocate, the first African-Canadian woman to be elected into the House of Commons. In fact, she was the person who proposed making february black history month, in order to honor the important sacrifices her race had made. She then went on to become Minister of State for Multiculturalism and apart of the Queen's Privy Council of Canada. As you probably know, black history month is devoted to remembering the important people and events in black history. Beginning in 1926, black history month was made to honor what all the influential people did,

and what they sacrificed to make the world a better place, as well as important events that influenced black history. To celebrate black history in 2019, we decided to shed some light on some critical Canadians that helped us work towards a more equal country. Honorable Lincoln M. Alexander was born in Hamilton in 1922. He served in World War II with the Canadian Air Force. When he came back, he was appointed Queen's Counsel and then became the first black person to serve in parliament, becoming Federal Minister of Labour and then Ontario's 24th Lieutenant Governor. She used these roles to gain traction for the achievements of black people everywhere to help raise awareness and equality for black history month. Jean Augustine to this day is currently 81 years old and continues to help advocate for black equality in multiple countries. Thanks to these two black Canadians, and many more, we now have more equality within our nation and the world, and segregation has almost been made extinct.

The Parent Council

Featuring Mrs. Nunez

By: Kiara M

The parent council plays a very important role in our school. They help us in many ways like setting up fun events and they also provide us the enjoyment of different foods like pizza and hotdogs. We were able to get a chance to interview Mrs. Nunez, one of the parent reps. Mrs. Nunez is one of the most kind-hearted and thoughtful person we have ever met.

By being a part of the parent council she gets her voice heard and gets to be involved in different activities. Mrs. Nunez enjoys seeing all the kids being joyful. She also enjoys meeting new staff and students around the school and playground. There are many fun and enjoyable events that are held at St. Cecilia.

Mrs. Nunez said that her favourite events are preparing the hot lunch programs and the end of the year BBQ. There are also many likeable features in our school. Some include the welcoming staff, the talented kids and the gorgeous artwork displayed in the hallways of St. Cecilia CES.

Mrs. Nunez enjoys seeing all the happy faces on all the staff and students. We asked Mrs. Nunez what she would change about the school and she said, "I would add more hands on activities like cooking classes."

In fact, she also enjoys working with the students here. Everyone has different feelings on everything. For example, Mrs. Nunez feels that the parent council is running smoothly and that all the events that they prepare for are successful since everyone works together.

Our school lets us cherish so many great memories. A memory that Mrs. Nunez will forever cherish is when all the staff and students clapped out her kids and when she got to see them graduate with the other students. Some things need to be changed, but others don't. Mrs. Nunez says that she wouldn't change anything. The parents have helped us in many ways like organizing fun events and school activities. We are very thankful for our parent council and all their help in making this school better each day.



Carnaval Fun at St. Cecilia

By Lucas G.

Recently, our Italian and French teachers have put together a week's worth of fun to celebrate Carnevale, the annual month long pre-Lenten celebration. In 1162, Carnevale was created to celebrate the victories of the Venetian Republic against the Aquilian Patriarch. It was a symbol of the Renaissance, a time in history where art was celebrated widely, and artists like Leonardo Da Vinci, Donatello, Raphael, and Michelangelo were praised for their artistic capabilities. The carnevale consisted of dressing up in masks like the Bauta, Plague Doctor, Pantalone, and of course, Arlecchino, and partying all night long! The Carnaval de Québec was created to relieve the monotony and deep freeze of winter, the habitants of New France would gather for a celebration before Lent, from around



the end of January to mid-February. In Quebec City, the first large-scale winter carnival occurred in 1894, but it was interrupted by both world wars and the Great Depression. The first "modern" Carnaval de Québec took place in 1955, and at this point, the Bonhomme was chosen as the event's representative mascot.

Our French and Italian teachers have been working a very long time to put together a week to

remember, filled to the brim with fun! They did an amazing job, and 2019 was a year to remember for Carnevale. Every day of the week was memorable, whether it was dressing up to look your silliest, making cool arts and crafts, or dancing all day! Every day had a new theme, and it was exciting to see how every day could look cooler than the last! From Movie Day, to Wacky Hair Day, to the Carnevale dance, we hope that everyone had a wonderful time! We would also like to give a giant thanks to the Italian and French division, for putting together this wonderful event, and we hope everyone reading enjoyed it too! It was a heaping pile of amazing festivities, and we can't wait for next year's surprises!

Remembrance Day at SCA

By Andrea T & Sophia F



On Friday, November 9th, at 10:45 a.m., our grade 1-8 students had gathered for a Remembrance Day assembly. It was a time for us to reflect on the meaning of the freedom we share today and a time to show

respect to those who gave it to us. Through prayer, reflection, and music, we took the time to honour soldiers who laid down their lives for Canada and for peace all over the world. It marks 100 years since the end of the First World War.

Every year, we wear a poppy to show that we remember the soldiers who past away during war to give us freedom. We also pray for their families and friends who are experiencing loss. At St. Cecilia, each class was given the opportunity to create an art piece as a symbol

of remembrance. Ms. Lister played "The Last Post" on the trumpet while the school prayed for those who lost their lives to give us freedom. The intermediates performed a shadow play and recited monologues to drive home the reality of war. We felt truly blessed to welcome Lieutenant Colonel John Studiner, of the United States Military, and Private Trouper Ameer Nassif to share their experiences, stories, and lessons learned with our community. Their stories of courage and sacrifice were truly inspiring.

Strummin' Dem Strings!

By: Alessia C., Adriana N. & Chloe H.

At St. Cecilia we have many instruments in the music room. Currently, we have the following instruments; xylophones, drums, bells, recorders boom-whackers, and more. This year St. Cecilia has proudly presented a new instrument from the string family that we have never had before—the ukulele! A ukulele generally employs four nylon, gut strings or four courses of strings. The ukulele is currently used for the Ukulele Club and for music class from Grade 4 - Grade 8.

Unfortunately, Mrs. Lister couldn't let all the Grade 4 - Grade 8 students be in the Ukulele Club because of the fact that there are not enough ukuleles in the classroom to be used by more than 200 students. After a long decision, Mrs. Lister decided that only the grade seven and eight students in the ukulele club. She soon invited the grade sixes to the Ukulele Club too. This is because they were not as many intermediates in the club as expected. The grade sixes are beyond thrilled to be playing with the intermediates, especially because they will be having their rehearsals with the grade sevens on Mondays at lunch recesses.

The Ukulele Club has not



new songs for Disney Dazzle. The Disney Dazzle will be held on Tuesday, April 30th, 2019.

Mrs. Lister is working tremendously hard in organizing this club for the intermediates and the grade sixes in order to allow more kids the opportunity to shine on stage and even in the learning environment of the music room. This

been to many events but they will be going to other events later in the year. The Ukulele Club attended St. Cecilia's first ever Jingle Mingle with beautiful strumming. They played wonderful Christmas songs like Feliz Navidad, Joy to the World and much more. While the Ukulele Club was playing, there were also some talented soloists who accompanied the ukulele players with exquisite voices.

The next event the Ukulele Club will be performing at is the Spring Performance. The Spring Performance is Disney themed and the Ukulele Club will be playing exciting and fun Disney songs such as "You're Welcome" from the movie, Moana. The Spring Performance is called Disney Dazzle! The Ukulele Club has been practicing extremely hard to learn and play

incredible opportunity will also allow the kids and young adults of this club to expand and explore their culture and education of music. This will even help them for high school, college, university and their futures by having a wider variety of opportunities in the musical world. It can indeed help them for applying and entering a new school too.

It's very special that Mrs. Lister considered doing this because she already had so much going on with teaching about 18 different classes, choir and helping with other events around the school. We can all tell that she is very dedicated and proud of what she does for all of us at St. Cecilia. She didn't have to create the Ukulele Club but she did, for us, her students. Also, because of her we now have ukuleles in our

Chinese New Year

By Monique M & Audrey S.

Recently, it was Chinese New Year. This year celebrates the year of the pig. What is your Chinese sign? The Chinese zodiac signs are different than the regular zodiac signs because the sign are represented as animals and the dates go by years. To begin with, there are 12 signs. They are rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig.

Each sign is said to have specific characteristics.

The **rat** is quick-witted, clever, charming, sharp and funny. They have excellent taste, are a good friend and are generous and loyal to others considered part of its pack. The years of the **rat** 1912, 1924, 1936, 1960, 1972, 1984, 1996 and 2008.

The **ox** is steadfast, solid, a goal-oriented leader, detail-oriented, hard-working, stubborn, serious and introverted but can feel lonely and insecure. Takes comfort in friends and family and is a reliable, protective and strong companion. The years of the **ox** 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997 and 2009.

The **tiger** is authoritative, self-possessed, have strong leadership qualities, are charming, ambitious, courageous, warm-hearted, highly seductive, moody, intense, and they're ready to pounce at any time. The years of the **tiger** 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998 and 2010.

The **rabbit** enjoys being surrounded by family and friends. They're popular, compassionate, sincere, and they like to avoid conflict and are sometimes seen as pushovers. Rabbits enjoy home and entertaining at home. The

years of the **rabbit** are 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999 and 2011.

The **dragon** is energetic and warm-hearted, charismatic, lucky at love and egotistic. They're natural born leaders, good at giving orders and doing what's necessary to remain on top. The years of the **dragon** are 1916, 1928, 1940, 1952, 1964, 1976, 1988, 2000 and 2012.

The **snake** is seductive, gregarious, introverted, generous, charming, good with money, analytical, insecure, jealous, slightly dangerous, smart, they rely on gut feelings, are hard-working and intelligent. The years of the **snake** are 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013.

The **horses** like to roam free. They're energetic, self-reliant, money-wise, and they enjoy traveling, love and intimacy. They're great at seducing, sharp-witted, impatient and sometimes seen as a drifter. The years of the **horse** are 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2001 and 2014.

The **goats** enjoy being alone in their thoughts. They're creative, thinkers, wanderers, unorganized, high-strung and insecure, and can be anxiety-ridden. They need lots of love, support and reassurance. Appearance is important too. The years of the **goat** are 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003 and 2015.

The **monkeys** thrive on having fun. They're energetic, upbeat, and good at listening but lack self-control. They like being active and stimulated and enjoy

pleasing self before pleasing others. They're heart-breakers, not good at long-term relationships, morals are weak. The years of the **monkey** are 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004 and 2016.

The **rooster** are practical, resourceful, observant, analytical, straightforward, trusting, honest, perfectionists, neat and conservative. The years of the **rooster** are 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005 and 2017. The **dogs** are loyal, faithful, honest, distrustful, often guilty of telling white lies, temperamental, prone to mood swings, dogmatic, and sensitive. Dogs excel in business but have trouble finding mates. The years of the **dog** are 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006 and 2018.

The **pig** is extremely nice, good-mannered and tasteful. They're perfectionists who enjoy finer things but are not perceived as snobs. They enjoy helping others and are good companions until someone close crosses them, then look out! They're intelligent, always seeking more knowledge, and exclusive. The years of the **pig** are 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007 and 2019. We hope that you enjoyed and that you learn a little bit more about your Chinese zodiac sign.



FUN STUFF

Top Ten Lists

Top Ten Most Anticipated Movies of 2019

1. Captain Marvel
2. Avengers: End Game
3. Dark Phoenix
4. Once Upon a Time in Hollywood
5. The Irishman
6. It: Chapter 2
7. Glass
8. Joker
9. Aladin
10. Hellboy

Top Ten Movies of all time (according to IMDB)

1. The Godfather
2. The Shawshank Redemption
3. Schindler's List
4. Raging Bull
5. Casablanca
6. Citizen Kane
7. Gone with the Wind
8. The Wizard Oz
9. One Flew Over the Cuckoo's Nest
10. Lawrence of Arabia

Top Ten Songs of 2019

1. *I Can't Get Enough*: Benny Blanco, Tainy, Selena Gomez, J. Blavin
2. *Swan Song*: Dua Lipa
3. *Sleep*: Johnny Orlando
4. *Be Like Me (ft. Lil' Wayne)*: Lil Pump
5. *Doin It: (ft. Sleepy Brown)*: Big Boi
6. *Shallow*: Lady Gaga & Bradley Cooper
7. *7 Rings*: Ariana Grande
8. *Last Hurrah*: Bebe Rexha
9. *365*: Zedd, Katy Perry

Top Ten Songs of all time (according to Toptens.com)

1. *Bohemian Rhapsody*: Queen
2. *Stairway to Heaven*: Led Zeppelin
3. *Imagine*: John Lennon
4. *Smells Like Teen Spirit*: Nirvana
5. *One*: Metallica
6. *Comfortably Numb*: Pink Floyd
7. *Hotel California*: Eagles
8. *Sweet Child O'Mine*: Guns N' Roses
9. *Hey Jude*: The Beatles
10. *Fade to Black*: Metallica

Farewell to a *Marvelous* Man



Stan Lee

By Emilio D.

This school year saw the loss of Stan Lee, the creator of Spider Man and other Marvel heroes, was an inspiration to children and children at heart for over 70 years. Stan Lee was born on December 28, 1922. He was a huge inspiration to many people across the world. Stan was the creator of many phenomenal superheroes. However, he was known for one of his greatest superheroes, The Amazing Spider Man. He was an Ameri-

can comic book writer, editor, and publisher. In the 1980s he pursued



development of Marvel properties in other media with mixed results. He was the editor-in-

chief of Marvel Comics, and later its publisher and chairman. Following his retirement from Marvel in the 1990s, he remained a public figure for the company, and frequently made cameo appearances in movies based on Marvel characters, on which he received an honorary "executive producer" credit. Meanwhile, he continued independent creative ventures into his 90s, until his death on November 12, 2018. The impact

Stan Lee has had on the imaginations of children around the world is a greater power than any of the heroes he created.



SPORTS



The Toronto Maple Leafs are poised to make a run at the Stanley Cup this year. Hopes are sky high after the signing of John Tavares. The hometown kid coming home, has really gotten people excited about the team. With the young superstars Auston Matthews and Mitch Marner the Leafs look to be a force to reckon with for many years to come. Go Leafs Go!



After a disappointing playoff performance last year, the Toronto Raptors made big changes to their line up and coaching staff. They fired head coach Dwayne Casey and traded long-time Raptor and fan favourite, Demar DeRozan for one of the best players in the league, Kawhi Leonard. Expectations are high for a deep playoff run. Let's Go Raptors!



After a dismal 2018 campaign, the Toronto Blue Jays are hoping to turn things around this season. All the hype revolves around the number one prospect in baseball, Vladimir Guerrero Jr. The focus of the Blue Jays for 2019 is to develop their crop of great young players in the hopes of establishing a solid core for a successful team for many years to come.

Crusaders Basketball

The intermediate basketball teams completed in their division tournaments in March. Both the boys and girls teams were grouped with Holy Jubilee, Blessed Trinity, and St. Mary of the Angels.

The teams practiced very hard in preparation for the tournament. The boys found themselves in very tough competition. While they may not have had the results they were hoping for, they displayed great teamwork and hustle representing St. Cecilia proudly. The girls fared extremely well in their tournament surprising many with their skill and hustle. They made it to the final game



Coach calls time out to discuss play

of the tournament but fell slightly short finishing second to the winners, Blessed Trinity. We would like to congratulate both our student athletes and their coaches for all their hard work and dedication and making us proud of our team.

We now look ahead to the upcoming soccer and track and field season in the hopes of more Crusader success and an opportunity for more of our students show their passion and athleticism.

GO CRUSADERS GO!



The 2nd place girls team

WRITING SHOWCASE

Student Creative Writing
Featuring Norman B.

Melting Away

Hunting. Searching. All the things that a polar bear does to live, to find food and water. Not doing so is similar to a laptop with a heat overload - they both shut-down. The seal on the ice cap in the far distance would hopefully save this bear from starvation. After all, it was food, well, WAS food, as moments later, a leopard seal leapt out of the abyss we call the ocean. The original seal had been obliterated in the time it takes to wash your hands. This irritated the polar bear, as he intended the seal to be his lunch.

On he went, searching the Arctic Ocean, hoping to find a good meal. If he was lucky, he would have a monstrous lunch, leaving him stuffed to the core, also making up for dinner. The polar bear would have to work for this as usual. Living life can't be easy, especially since the ice caps were melting. They would be no more in the future, hopefully not in this polar bear's lifetime. That wouldn't be pleasant to live through.

An hour had passed, and so had a herd of walrus. Just the polar bear's luck, as he camouflaged with the snowy landscape. He anticipated on swimming under the icy surface, breaking through the relatively thin ice - and diving out from underneath, snatching and gobbling up one of the weaker and smaller walrus.

The plan had to be carried out, and so it was. The polar bear dove under the surface through an already existing hole. Hunting. Searching. It had begun once more. The herd of walrus were easy to track once the polar bear was underneath them, as their sounds were just enough for the polar bear to hear underwater. The polar bear scanned the walrus' sizes, concluding that the most feeble walrus was a lone one at the back, all alone. The polar bear's desire for its blubber was bigger than Bill Gates' bank account. Maybe larger.

Thump Thump, went the herd of walrus as they traveled towards their destination. Then another sound

occurred, one that would make the polar bear's plan a failure. Crack! The ice could no longer hold the walrus, sending them all down onto the polar bear. He could only see bubbles and the skins of the herd as they swam away madly. The polar bear scanned the area for the one walrus he had targeted, who had mysteriously disappeared.

The polar bear's procedure was in vain, as most of the walrus had formed back into their original groups. Luckily - not all had done so, as the polar bear spotted a medium sized adult walrus. This one was injured, most likely from a previous battle with a rival walrus. The famished bear took this opportunity to finish off the animal. In a matter of minutes, the polar bear had gotten around the tusks and slayed the animal. Another hour later, the replenished bear went to sleep, soon to wake up to a better day.



FUN STUFF

Our Catholic Virtues

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

- WISDOM
- COMPASSION
- COURAGE
- PERSEVERANCE
- JUSTICE
- HONESTY
- UNITY
- RESPONSIBILITY
- HOPE
- REVERENCE

Word Scramble:

- | | | |
|---------------|----------------|------------------|
| icailec _____ | esidyn _____ | ihorc _____ |
| rdano _____ | dasrescu _____ | udatgrinoa _____ |
| ncanmii _____ | taihlocc _____ | |
| uleulek _____ | srocs _____ | |

What's Your Zodiac Sign?

By Monique M. & Audrey S.

Your Zodiac sign, or star sign, reflects the position of the sun when you were born. Some believe that this plays a role in the type of personality or character you have. As Catholics, we know that this has no influence over who we are, but we can look at it just for fun.

Astrologers say, with its strong influence on your personality, character, and emotions, your sign is a powerful tool for understanding yourself and your relationships. The types of zodiac signs are Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces. The elements are air, fire, water and earth. If you are a Cancer, Scorpio or Pisces you are the **water element**. If you are an Aries, Leo or Sagittarius you are the **fire element**. If you are a Taurus, Virgo or Capricorn you are the **earth element**. If you are a Gemini, Libra or Aquarius you are the **air element**.

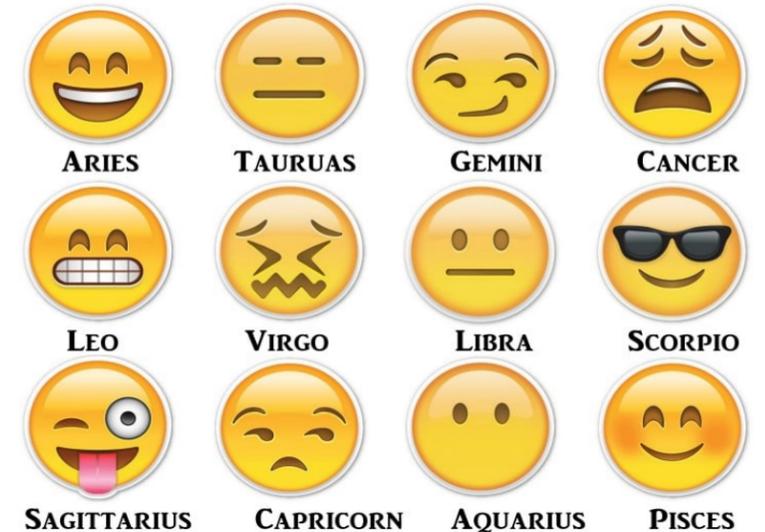
If you don't know what zodiac sign you are here are the dates. Aquarius is from **JAN 20 - FEB 18** they are usually **deep, imaginative, original and uncompromising**. Pisces is from **FEB 19 - MAR 20** they are usually **affectionate, empathetic, wise and artistic**. Aries is from

MAR 21 - APR 19 they are usually **eager, dynamic, quick and competitive**. Taurus is from **APR 20 - MAY 20** they are usually **strong, dependable, sensual and creative**. Gemini is from **MAY 21 - JUN 20** they are usually **versatile, expressive, curious and kind**. Cancer is from **JUN 21 - JUL 22** they are usually **intuitive, sentimental, compassionate and protective**. Leo is from **JUL 23 - AUG 22** they are usually **dramatic, outgoing, fiery and self-assured**. Virgo is from **AUG 23 - SEP 22** they are usually **practical, loyal, gentle and analytical**. Libra is from **SEPT 23 - OCT 22** they are usually **social, fair-minded, diplomatic and gracious**. Scorpio is from **OCT 23 - NOV 21** they are usually **passionate, stubborn, resourceful and brave**. Sagittarius is from **NOV 22 - DEC 21** they are usually **extroverted, optimistic, funny**. Capricorn is from **DEC 22 - JAN 19** they are usual-

ly **serious, independent, discipline and tenacious**. Also, you can know what your spirit animal is just by your zodiac sign. Aries are hawks, Taurus are beavers, Gemini's are deer, Cancer is woodpecker, Leo is salmon, Virgo is a bear, Libra is a raven, Scorpio is a snake, Sagittarius is an owl, Capricorn is a goose, Aquarius is an otter, Pisces is a wolf. Do you know what type of student you are based on your zodiac sign? This will tell you. If you are a **Virgo** you are The Go-Getter. If you are a **Libra** you are the Social Butterfly. If you are a **Scorpio** you are The Passionate Researcher. If you are a **Sagittarius** you are The

Philosophical Thinker. If you are a **Capricorn** you are The Brainiac. If you are a **Aquarius** you are The Creative Mind. If you are a **Pisces** you are The Perfectionist. If you are a **Aries** you are The Confident Leader. If you are a **Taurus** you are The Hands-On-Learner. If you are a **Gemini** you are The Fast Learner. If you are a **Cancer** you are The Determined Visionary. If you are a **Leo** you are The relaxed Learner. Take this information with a grain of salt and amusement. The stars do not determine who you are. You are children of God created in his image. You determine who you are and want to be.

ZODIAC SIGNS AS EMOJIS



Stress

By Kiara M.

Don't you hate when you feel annoyed, anxious or worried? Well that happens when you are stressed. Being stressed is something we always feel. You may not know it but it is there and it should be acknowledged. You might ask yourself what stress is or why we feel it. Well, stress is a way your body responds to any kind of demand. Stress causes a surge of hormones in your body. When your body detects that you are stressed, a little region in

the base of your brain reacts by telling your body to produce adrenaline and cortisol, which can result in a faster breath pace. These triggers, also known as stressors, are different for everyone. If you ever feel stressed, try talking to someone about how you feel, or you can even think logically that all issues eventually are solved. It is important to acknowledge your stress, as it can affect your body, the people around you, and how you act. Stress really is something that we don't enjoy so we should always

try to stay positive when we are assigned unavoidable tasks and always remember there are ways to overcome stress. Ten years from now you will be laughing at whatever is stressing you out today. So why not laugh now?



Self-Confidence

By: Bernadette F.

I am sure that most of you wished that you had the confidence to stand in front of your teacher and fellow classmates to present something. For that to happen, you would need to have self confidence. Self confidence is a state of mind which is usually used when someone needs self-assurance mainly in one's personal judgment, power and ability. To be self-confident means to be secure of your feelings and your abilities. Confidence is a feeling of trust in someone or something. Often, many people get confused by thinking that self-esteem

and self-confidence are the same. They're similar but not the same. Self-esteem and self-confidence are different because self-esteem refers to how you feel about yourself overall and self-confidence is how you feel about your abilities and can vary from one situation to another situation. You may also ask yourself why you need self-confidence and why it is important to your life. Self-confidence is important because it helps you live your life with more energy and determination. With that, you get quality work from yourself and you

feel more connected with your surroundings. You may want to be more self-confident because your life improves in every way when you have more confidence in yourself. It is also important to appreciate that one of the most important benefits of being more self confident is that it naturally helps you become stronger and stronger over time, with everything you encounter and experience. This is why becoming more self confident takes time, effort and energy.

A Global Water Crisis

By: Selena T.

It is proven by Psychology Today that it is in our human nature to behave selfishly. We take things for granted, and do not think twice as to who might be suffering. Whether we choose to admit this or not, it is more factual than you would perceive it to be. One in five children in Africa will drop dead, for the mere fact that they lack the basic things

in which we take for granted. This is why the grade eights at St. Cecilia have encouraged each and every one of you to participate in the water challenge. We strongly believe that our school can make a difference in Africa, by simply drinking nothing but water from December 3rd to the 17th. While participating, you were encouraged to save all of the money you would have normally been spent on your

favorite drinks, and donate it towards the water project. By donating you would ensure that at least one person in Africa has enough water to last them a lifetime. If all of our St. Cecilia community donated at least twenty-three dollars each, we would have made more than eleven thousand dollars to donate. This money could have saved hundreds of lives. It was our job to initiate change, and we suc-

"Thousands have lived without love, not one without water."

- W.H Auden

Saving the Bees

By Sophia F

Contrary to popular belief, bees are not harmful at all. They provide for us in ways we cannot even begin to understand. This is why the Eco Team has taken this important initiative, one that affects our future greatly. In mid January, the Eco Team was working on a project at St. Cecilia about the importance of bees, and why we should save them. Bees are important because they are creatures that help us in staying alive. You might be asking yourself: how

is this possible when they're so small? Pollination is a process where bees take the pollen from flowers and bring it to their hive. However, unintentionally, droplets can fall onto the forest floor creating new flowers which overall helps the environment. But over the years, extinction has become a dangerous issue in the bee species. We can save them by planting bee-friendly flowers or even avoiding use of chemicals and pesticides to treat our

lawn or garden. We should know that bees are here to help, and we should definitely look past their stingers.

