



Welcome to...

The SJF Gazette! In this edition, we will be writing about:

1. The newspaper editors' biographies
2. Recipe from a student in grade 5
3. How to stay concentrated
4. Optimism
5. News from the Fittest
6. Books Books Books!
7. Media & Technology
8. Music

Don't forget to go to the end and look for our fun corner!!

Hello! Welcome to the SJF Gazette! This is a newspaper that is *by* students *for* students. We actually started working on this in early January. We would like to thank Ms. McNally and Mme Ethier for their help with the editing of the articles. It takes a lot of effort to complete this task of creating a newspaper. We hope you will enjoy this, as that is our goal. We would like for you to look forward to this. The editors are Emma Rashotte-Garcia, Zoé Gregory, Maya Shah-Busby and Danielle Pugsley. We try our best to make this a great newspaper that you will enjoy!

Yours Sincerely,

The Newspaper Committee

Get To Know Your Editors

Salut! Je m'appelle Maya Shah-Busby. Je suis rédactrice en chef de la SJF Gazette. Je vais vous parler un peu de moi. Je suis en 5^{ième} année, dans le groupe 524. J'aime danser. Mon style de danse préféré est le ballet car je suis une ballerine. À l'école, j'apprécie surtout les mathématiques et les présentations orales. J'aime les films drôles comme Les Minions. J'ai un petit frère à la maternelle. J'adore le chocolat, les cornichons, le maïs soufflé, le riz ... et peut-être même le brocoli!

Salut mon nom est Danielle Pugsley et je suis l'une des rédactrices du journal. J'aime aller en vacances et aller nager dans la piscine. J'aime courir, surtout le cent mètres de tîret! J'aime les maths et regarder des vidéos sur mon appareil électronique. Je porte des lunettes, je les porte depuis que j'ai trois ans. J'aime manger de la pizza, mais je dois aussi dire que j'aime les frites avec du vinaigre et du sel.

HI MY NAME IS EMMA RASHOTTE-GARCIA, AND I AM ONE OF THE EDITORS OF THE NEWSPAPER. I LOVE THE SUMMER AND ALSO LOVE TO DO ART. I ENJOY DIVING, AND I ESPECIALLY LOVE DIVING ON TOWER. THE THING I LOVE BEST IN SCHOOL IS MATH AND ART. I LIKE TO READ CHAPTER BOOKS LIKE, "THE LAND OF STORIES," AND GRAPHIC NOVELS. NACHOS ARE MY FAVORITE FOOD, ESPECIALLY WHEN IT'S FROM JUKEBOX. MY FAVORITE TAKE-OUT PLACE IS STARBUCKS.

HI MY NAME IS ZOÉ GREGORY AND I AM ONE OF THE EDITORS OF THE NEWSPAPER. I LIKE SOCCER AND I ALSO LOVE TO DOWNHILL SKI. I LOVE TRACK AND FIELD, AND I ESPECIALLY LIKE HURDLES OR LONG DISTANCE RUNNING. I ENJOY MATH AND HISTORY. I LIKE TO PLAY ON MY ELECTRONICS AND PLAY ON MY WII. I LOVE MY GRANDMA'S DEEP FRIED FISH, SHRIMP AND SCALLOPS, BUT MY FAVOURITE TAKE-OUT PLACE IS AMIRS.

Chocolate Chip Cookies



Ingredients:

2 cups of margarine

- 1 ½ cups of white sugar
- 1 ½ cups of brown sugar
- 2 eggs
- 4 cups of flour
- 1 tsp of baking soda
- 2 ⅓ cups of chocolate chips
- ⅔ tbsp of vanilla

Directions

1. Cream margarine and sugars.
2. Beat in eggs and vanilla.
3. Beat until light and fluffy.
4. Stir in dry ingredients.
5. Fold in chocolate chips.
6. Drop by teaspoons on ungreased cookie sheet, about 2 inches apart
7. Bake at 375 degrees fahrenheit for 8 minutes.

Eat lots and enjoy!

By, Kieran Webster

Grade 5, 524

En français, maintenant

- 2 tasses de margarine
- 1 ½ tasse de sucre blanc
- 1 ½ tasse de cassonade
- 2 œufs
- 4 tasses de farine
- 1 c. à thé de bicarbonate de soude
- 2 tasses de chocolat
- ⅔ cuillère à soupe de vanille

Mélanger la margarine avec le sucre blanc et la cassonade.

Battre les œufs et la vanille.

Battre jusqu'à ce que le mélange soit léger.

Incorporer les ingrédients secs. Incorporer les pépites de chocolat. Déposer à la cuillère sur une plaque à biscuits non graissée, à environ 2 pouces d'intervalle. Cuire au four à 375 degrés Fahrenheit pendant 8 minutes.

Let's Stay Concentrated

DO YOU NEED HELP STAYING CONCENTRATED WHILE DOING HOMEWORK? HERE, WE'RE GOING TO TELL YOU ABOUT TIPS YOU CAN DO TO STAY CONCENTRATED, AND NOT GET DISTRACTED. CONCENTRATING WHILE DOING HOMEWORK CAN BE HARD, BUT WE CAN HELP! FIRST THINGS FIRST, YOU HAVE TO MAKE SURE THAT YOU ARE NOT HUNGRY, OR ELSE YOU'LL KEEP ON THINKING ABOUT FOOD, AND NOT CONCENTRATE. ANOTHER THING TO DO IS TO MAKE SURE YOU HAVE EVERYTHING YOU NEED TO DO



HOMEWORK, OR YOU WILL GET UP AND GO GET WHATEVER YOU ARE MISSING AND FORGET WHAT YOU WERE DOING. MAKE SURE THAT YOU HAVE ENOUGH TIME TO DO YOUR HOMEWORK AND PLAN AHEAD. SPREAD OUT YOUR WORK SO THAT YOU CAN HAVE A BREAK IN BETWEEN. IN OTHER WORDS, DON'T WAIT UNTIL THE LAST MINUTE AS YOU WILL BECOME OVERWHELMED WITH IT ALL, AND THAT CAUSES ANXIETY. MAKE SURE THAT YOUR 'STUDY ZONE' IS FREE OF DISTRACTIONS, SINCE DISTRACTIONS ARE WELL... DISTRACTING! FOR EXAMPLE: TURN OFF ALL SOCIAL MEDIA (TEXTING, INSTAGRAM, ETC.) SOMETHING ELSE HELPFUL IS TELLING YOUR FAMILY THAT YOU WILL BE WORKING, SO THAT THEY WON'T DISTRACT YOU.

Info:

<http://www.wikihow.com/Focus-on-Homework>

Optimism

Optimism is much more than seeing the world through rose-colored glasses. It is about approaching a problem or situation with faith in ourselves and bringing a positive attitude to work with us every day. Lucille Ball said, "One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself." Being optimistic can also have many other side effects on your personal health and well-being. Optimists tend to struggle less with stress, anxiety, and depression. They also tend to cope better with illness and disease.

But the best part about being optimistic is that optimists generally enjoy life more. They accept failures and disappointments as part of life and not the end of the world. This allows them to fully embrace their successes and become truly grateful when they overcome obstacles. They don't necessarily expect that good things will come their way, but when that happens, they are fully open to receive the gifts that are provided.

Few of us are born with optimism. Generally, many of our worldviews are determined by our social standing and what we learn from our families and friends. But even if you didn't learn how to be optimistic when you were younger, there's still time to change your attitude. Here are a few suggestions for developing an optimistic outlook on life.

Let go of the idea that you were born to have bad luck, and that this will continue all your life. Even if you have had some setbacks, you still have time to turn things around. It is very important to remember that the past does not dictate the future.

Examine why you feel pessimistic about the future. Deal with the things you can do to change that prediction, and let the rest go.

You will also have to accept that life will throw you a few curveballs. It happens to the brightest, richest, and most successful people in the world every day. An optimistic attitude will allow us to live our lives without worrying about these things and give us the capacity to believe that we will be able to deal with them if they do occur.

Someone once wrote, "You are what you eat," and we all know that to be true from examining our expanding waistlines. But we also control the "food for thought" that we put inside our heads. We can develop and maintain an optimistic attitude about life by putting more positive ideas into our brains. Positive affirmations are a great way to start our day, and if we start on the positive side, we have a good chance of maintaining it throughout the day.

But the best way to maintain our optimism is to be thankful for the things that we already have. We are blessed to live in the best and safest country on earth. We have the freedom to practice any religion we want and, within modest limits, to say what we believe. We have jobs, families, and communities that care about us. Yes, things could be better, but we have much to be grateful for. That in itself should give us the hope that we will find a way to overcome whatever challenges are placed in our way.

(Article from The Master Teacher Inc.)

News From The Fittest

NOS PETITS ET PAS SI PETITS ATHLÈTES (BEAUCOUP ME RAPPELLENT TOUS LES JOURS QU'ILS SONT PLUS GRANDS QUE MOI!) ONT ÉTÉ TRÈS OCCUPÉS EN CETTE SAISON D'HIVER.

LE PROGRAMME D'ÉDUCATION PHYSIQUE EN PLEIN AIR A INCLUS DE NOMBREUSES ACTIVITÉS COMME LE SKI DE FOND, LA LUGE, LES RAQUETTES ET LE PATINAGE. DANS LE GYMNASE, TOUT LE MONDE A PERFECTIONNÉ SES COMPÉTENCES AU SAUT À LA CORDE, JOUÉ AU BADMINTON ET MONTÉ SUR NOTRE TRÈS EXCITANT PARCOURS DE GUERRIER NINJA.

BEAUCOUP D'ACTIVITÉS PARASCOLAIRES POUR TOUS:

85 ÉLÈVES DU CYCLE 2 ONT PARTICIPÉ AU SKI DE FOND AUX CÈDRES.

78 ÉLÈVES FAISAIENT PARTIE DU CLUB DE SKI ALPIN, PROFITANT DE 4 JOURS DE COURS AU MONT-HABITANT, DANS LES LAURENTIDES.

LES ÉLÈVES DE 6E ANNÉE ONT PARTICIPÉ AU VOLLEYBALL DU LBPSB AU COLLÈGE JOHN ABBOTT EN JANVIER.

ENVIRON 130 ÉLÈVES DE 4E À 6E ANNÉE SE SONT QUALIFIÉS POUR PARTICIPER À LA COMPÉTITION NINJA WARRIOR AU DÎNER. LES 10 MEILLEURS NINJAS ONT PARTICIPÉ À LA FINALE DE L'ÉCOLE LE 2 MARS.

CERTAINS ÉLÈVES DE 6E ANNÉE PARTICIPENT À UN CHAMPIONNAT DE BADMINTON AU DÎNER APRÈS LA PAUSE.

BIENTÔT EN ÉDUCATION PHYSIQUE:

BASKETBALL

APRÈS LA PAUSE DE MARS, NOUS COMMENÇONS LE BASKET-BALL EN CLASSE ET À L'HEURE DU DÎNER.

INTRAMURAUX AU DÎNER EST UNE ACTIVITÉ FACULTATIVE OUVERTE AUX ÉLÈVES DE 3E À 6E ANNÉE

LES ÉLÈVES DE 6E ANNÉE POURRONT ÉGALEMENT PARTICIPER AU TOURNOI DE BASKET-BALL DU LBPSB LE 22 AVRIL À ST JOHN FISHER SR.

ULTIMATE FRISBEE

DE PLUS, 12 ÉTUDIANTS ONT ÉTÉ SÉLECTIONNÉS POUR FAIRE PARTIE DE L'ÉQUIPE ULTIMATE FRISBEE QUI REPRÉSENTERA LA VILLE DE POINTE-CLAIRE AUX JEUX DE MONTRÉAL LE 2 AVRIL.

LA MAISON ET L'ÉCOLE SOUTIENNENT NOS ÉTUDIANTS ACTIFS.

ENFIN, LES ÉLÈVES DU CYCLE 2 POURRONT PARTICIPER À UNE SÉANCE DE CURLING AU GLENMORE CURLING CLUB. CECI EST RENDU POSSIBLE GRÂCE AU SJF HOME & SCHOOL.

NOTRE ASSOCIATION HOME & SCHOOL SPONSORISE ÉGALEMENT UNE ACTIVITÉ D'ESCRIME POUR LES ÉLÈVES DU CYCLE 3. CELA AURA LIEU EN AVRIL LORS DES COURS D'ÉDUCATION PHYSIQUE.

RESTEZ À L'ÉCOUTE POUR PLUS DE NOUVELLES DU PLUS FORT!

-MME CINDY

Books Books Books!!

So... looking for a great new book? Try some of these!

Child of Books by Sam Winston and Oliver Jeffers : A great picture book about using your imagination. You can even "read" the illustrations!

What Do You Do With An Idea by Kobi Yamada: Ever have a great idea and don't know quite what to do with it? This book will give you some hints.

Yoga Bunny by Brian Russo: Enjoy a quick workout with bunny and his friends.

The Darkest Dark by Chris Hatfield: An astronaut encourages you to follow your dreams.

The Time Garden by Edward Eager: If you like Harry Potter, you'll love this!

Land of Stories by Chris Colfer: A great series of fantasy novels. Check out the latest one: An author's odyssey.

Echo by Pam Munoz Ryan: A wonderful fantasy/historical fiction combination set against the second world war.

Ninth Ward by Jewell Parker Rhodes: A young girl and her caretaker living in New Orleans try to survive hurricane Katrina.

RECOMMENDED BY MS. DEBBIE POIRIER

SCHOOL LIBRARIAN SAINT JOHN FISHER SR./ST. EDMUND/ BEACON HILL/ TERRY FOX

Media & Technology!



RECENT ASSIGNMENTS

GOOGLE PRESENTATIONS

THIS PAST TERM, ALL STUDENTS WERE INTRODUCED TO GOOGLE PRESENTATIONS. AS A SLIDESHOW, EACH GROUP PRESENTED A SHORT, UPLIFTING STORY OF CHOICE AND APPLIED ITS RANGE OF FEATURES. THIS INCLUDES THE APPLICATION OF COLOR, FONT, TEXT, BACKGROUNDS, IMAGES, TRANSITIONS AND ANIMATIONS. AND WORK WELL DONE! THE STUDENTS DID NOT FAIL TO ENTERTAIN WITH PHENOMENAL STORIES THROUGH CREATIVE MEANS THAT WENT THE DISTANCE TO SHOW THEY ARE NOW SKILLED WITH GOOGLE PRESENTATIONS. WAY TO GO!

APPLICATION TEST

CYCLE 3 STUDENTS WERE ALSO GIVEN A GOOGLE PRESENTATIONS TEST IN WHICH THEY HAD 50 MINUTES TO PRODUCE A PRESENTATION OF 2-3 SLIDES, APPLYING ALL THE FEATURES THEY HAVE LEARNED. THIS WAS UNDER THE HEADING, "WHY YOU SHOULD NEVER GO WITHOUT..." THEIR DEPTHS AND BREADTHS OF SKILL WAS IMPRESSIVE, NOT TO MENTION THE HUMOUR AND CHARM THAT CAME WITH THE 2 REASONS THEY NEEDED TO PROVIDE TO JUSTIFY EACH ANSWER. OUTSTANDING!

COMMON SENSE MEDIA

CYCLE 2 STUDENTS CONTINUED WITH COMMON SENSE MEDIA, THAT EXPLORES ONLINE SAFETY AND DIGITAL CITIZENSHIP. STUDENTS ANSWERED A SERIES OF QUESTIONS AND DRAGGED THE ILLUSTRATED ANSWER INTO THE CORRECT BOX. THIS WAS FOLLOWED BY CLASS REVIEW AND DISCUSSION.

DESIGN IN DRAWINGS

STUDENTS SKILLS IN 'GOOGLE DRAWINGS' WERE PUT TO THE TEST! IN CYCLE 3, THEY WERE CHALLENGED TO REPRODUCE THE 'EXACT' CARTOON DRAWING OF AN ANIMAL THEY CHOSE ON-LINE. IF ONE COULD NOT TELL WHICH WAS THE ORIGINAL, WITH BOTH IMAGES SIDE-BY-SIDE, JOB WELL DONE! PHENOMENAL WORK. THE GOAL OF THE STUDENTS IN CYCLE 2 WAS TO CONTINUE TO EXPLORE THE TOOLS IN GOOGLE DRAWINGS TO REPRODUCE THEIR ANIMAL OF CHOICE WITH SIMILAR FEATURES. SO PROUD OF WHAT THEY ACCOMPLISHED!

WHAT'S COMING UP!

GREEN SCREEN

CYCLE 3 STUDENTS WILL BE PRODUCING A NEWSCAST ON THE iPad USING THE GREEN SCREEN APPLICATION. THIS WILL ENABLE THEM TO SHOW 'FOOTAGE' OF THEMSELVES IN ANY LOCATION IN THE WORLD. THEY WILL LEARN HOW TO WRITE, DIRECT AND EDIT THEIR BROADCAST AND HOW THE GREEN SCREEN WORKS.

iMOVIE

CYCLE 2 STUDENTS WILL BE PRODUCING iMOVIES. THESE YOUNG VIDEO EDITORS WILL LEARN HOW TO STAGE, RECORD AND INSERT FOOTAGE TO MAKE MOVIE REEL. THEY WILL INSERT TEXT, SOUND, TRANSITIONS AND MORE!



Students in Mr. Arless' music class are developing important skills to become great musicians and instrumentalists. Yes, that's right...every student in our music program is considered to be a MUSICIAN! Throughout grades 3, 4 and 5, students are learning many skills and techniques on the recorder and other instruments (xylophones, drums, etc.) and in grade 6 they will continue to develop and elaborate on these skills using various band instruments (flute, clarinet, trumpet, trombone, electric bass and percussion).

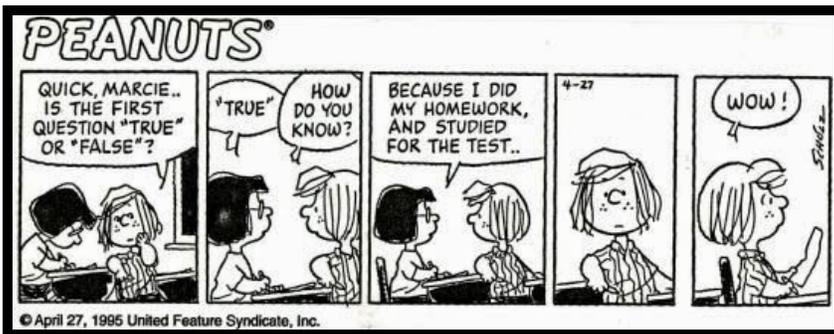
At the beginning of each term, students will do a performance test to establish a baseline skill level. They will also do a second test at the end of each term to assess their progress. From one term to the next, and from grade to grade, in this system, there will be an ongoing progression of learning focusing on ongoing skill and competency development that will carry through to grade 6 band and onward if they decide to take music in high school. Recorder and Band Karate programs also in place to provide students with even more incentive to go above and beyond the current skill level of the class. I encourage all students to continue to challenge themselves to achieve higher levels of success and above all to have lots of fun playing their instrument by making sweet sounding music!

Guitar club has also just been introduced as a recent addition to the music program as an extracurricular activity. Every monday at lunch grade 6 students gather in the music room to learn basic skills on the guitar. Please stay tuned for potential openings in this program for grade 5 students in the coming weeks. As always, I encourage students to look on Mr. Arless' Google Classroom for more information and resources and to continue exploring music and finding inspiration in your daily lives

Musically yours,
Mr. Arless



Fun Zone



Here are some funny fun facts:

- "A Murder" is a group of crows!
- In spanish, the word "esposas" means wives and handcuffs!
- There is a sport called "naked night-running"!
- Sur facebook, vous pouvez changer votre langue en "pirate!"
- If you search up the word "askew", meaning tilt, on google, the screen will tilt a little to the right! Try it!!
- Au Minnesota, un garçon de 3 ans était le maire!
- In the U.S there is an official "Rock Paper Scissors" league!
- Shakira, la chanteuse de "Waka Waka", a été rejetée du chœur de l'école parce que son professeur pensait qu'elle sonnait comme une chèvre!
- Le mot école vient du mot grec ancien "temps libre"!



<http://www.factslikes.com/s-Funny>