



SOARING EAGLES NEWSLETTER

Empire Public School Newsletter



Choosing to be OPTIMISTIC

by Ms. J. Gilmour

On Friday March 13th each of us left Empire Public School ready to enjoy March Break. At the time, we knew that we would be away from school for an additional 2 weeks after the break because of the outbreak of the Coronavirus. At first, the idea of having an extra long break sounded kind of fun and a number of us were happy, but as weeks passed some of us started to feel a little scared and perhaps anxious. This was to be expected.

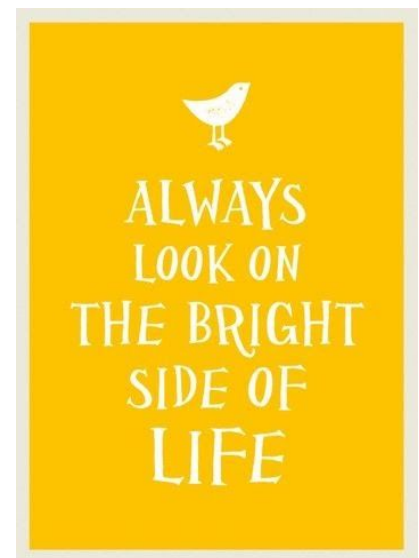
It is easy to find yourself in a state of pessimism in the midst of a global pandemic, but let's remember we are Empire Eagles and we SOAR. We choose to be OPTIMISTIC, seeing the best in ourselves, in others and in our surroundings. The optimist sees our current situation and says "This isn't going to last forever. I will figure it out. I always do. Nothing is ever permanent, and this too shall pass."

Our SOAR team taught us that when life gives you lemons - make lemonade.

So while we practise social distancing and stay safe at home with our families, what are you doing to stay positive? What are you doing during a difficult time to show OPTIMISM?

In this edition of our Soaring Eagles Newsletter we have lots of uplifting stories about helpers in our neighbourhoods, people showing kindness to others, ideas for staying positive and a whole lot more.

Our newsletter team along with some other students at Empire bring you this edition of our newsletter from our homes to yours. We wanted to spread a little optimism around and let you know about all the good things that have been happening during this outbreak. As optimists, we believe that everything is going to be okay.



What does OPTIMISM mean to you?

We asked our terrific Newsletter Team to describe OPTIMISM in their own words. Here's what some of them told us:

It means to always look on the bright side of life. -Julian

Optimism means, to me, to look at the future with a hopeful eye and live like nothing is impossible. -Jacob

Optimism means to me to always try my hardest and never give up. It also means to me to always see good. -Katie

Optimism means to me that if I fail I will not give up and I will keep trying like they say all athletes fall but, only the ones that get back up succeed. -Ekamveer

Optimism means to be positive. -Maryam

Quotes about OPTIMISM

Submitted by Julian and Vivian Lang

When you're positive, good things happen - Deep Roy

Every day may not be glorious, but there's something glorious in every day. Find the glory! -Caleb

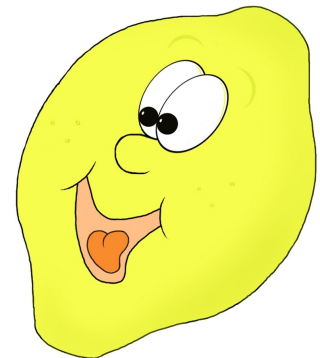
Be the
CHANGE
You wish to
SEE IN THE
world

Be the change you
wish to see in the world - Gandhi



You must bake the cookies you wish to eat in the world - My dad (thanks Mr. Lang - we agree!)

If life gives you lemons, make orange juice and then stand back and watch the world puzzle over how you did it.



Staying Positive During Covid-19

Our newsletter team conducted a survey of students at Empire Public School. We asked - what are you doing during Covid-19 to stay positive and we provided them with many options. We had over 120 responses to our survey.

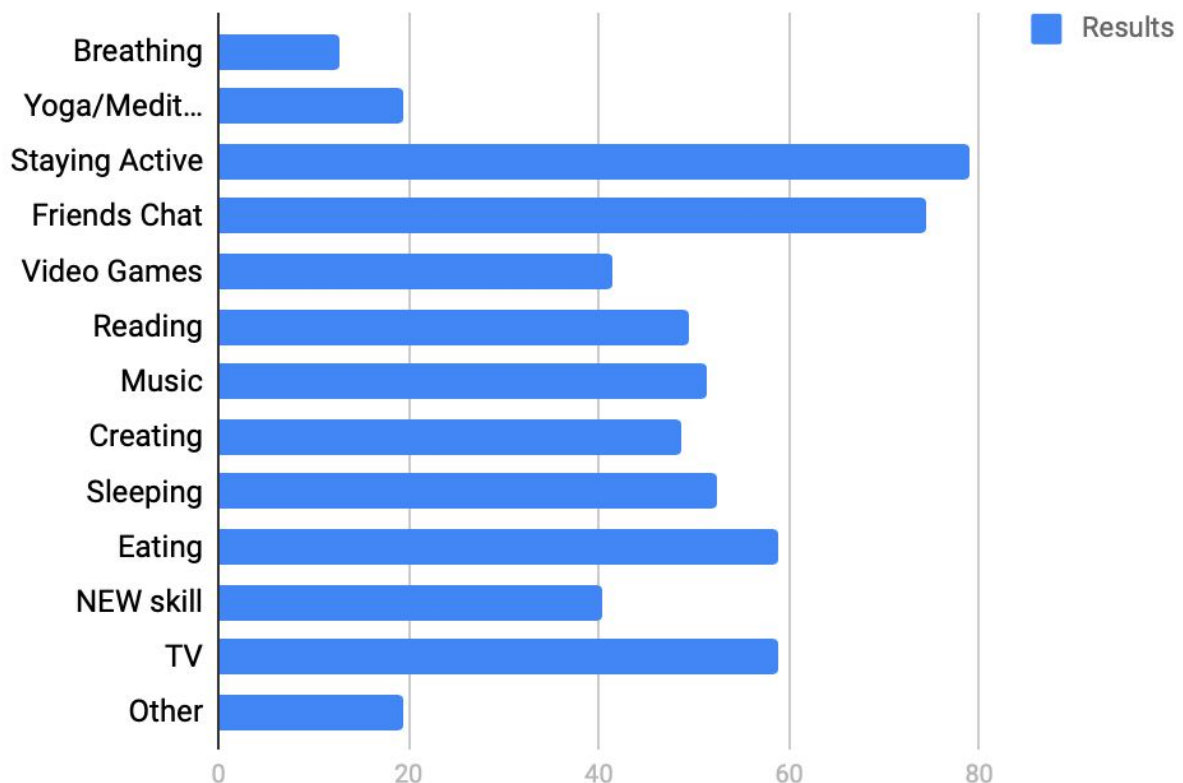
The results may surprise you!

Most people, almost 80%, are exercising by taking walks, playing in their yards, doing gymnastics, dancing or playing sports. This is followed closely by 75% who are staying connected with their friends and family with phone calls, emails and video chats. I bet you thought people were just sitting around playing video games and watching TV. Only 41% are actually playing video games and only 59% are watching TV from our survey results.

Keep up the great work Eagles. Stay active! Try to get outside for some fresh air every day while still practising social distancing. It is also important to stay in touch with your friends and family. We need that social connection and there are so many ways for us to stay connected - emails, phone calls, social media and video chats. We are glad to report that lots of students are finding things to do that make them happy during this time.

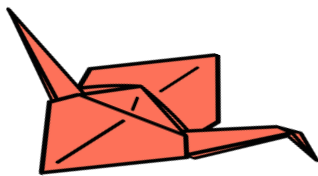
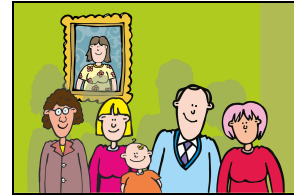
Some students sent us personal emails to tell us how they were being positive during this time and we have shared some of their responses in our newsletter.

What are you doing during Covid-19 to stay Positive?



Positive Responses to Covid-19

Honestly if we weren't missing school I wouldn't be so bummed about staying home all day. I love being with family, relaxing. It's been a somewhat positive experience so far.
By: Miriam



My family and I have been getting lots of exercise outside. I have been doing some art like origami, painting, drawing and colouring.
By: Mali

I'm staying positive. It's hard but I am.
By: Ryder

First to start off, me, my dad and my brother have been taking apart a structure in our backyard to make room for a greenhouse we are going to build. My mom has gotten some seeds from online like Kale (two kinds), Turnip, Borage (A pollinator flower), Carrots, Beets, Arugula (My favorite green) and leaf lettuce. We are all super excited to build that!

Also one of the other things is we got a 10 pound turkey for free at the grocery store. They were getting rid of a bunch because they had too many in the freezer. So we had turkey dinner twice and turkey soup three times!

And lastly we went on a 18km bike ride on the Paris to Cambridge rail trail. We did not do all of it but we did most of it! The entire time you bike alongside the Grand River it's quite beautiful.

By: Juniper

We are staying kind and have a positive mind set.
By: Sarah and Kristen



Since Covid 19 has become our new reality, I have been doing a lot of cleaning. As weird as it sounds, I like to keep everything tidy and cleaning is kinda relaxing to me. I have also been doing a lot of drawing and building lego.
By: Erin

I am chilling and playing games on my iPad.
By: Raghad

Saidat says YOU are a Gift

By Cassi



Remember the Saidat Show? It seems so long ago now. Just before March Break Saidat came to Empire and did 2 of her 1 hour shows, 1 show for the Kindergarten to Grade 3's and another for the Grade 4 to 6's. Both of her shows spread a positive message about accepting one another and Saidat reminded each of us that WE ARE A GIFT!

I was one of eight Grade 6 students who got to volunteer as a performer in the show. We acted as back up dancers and performers and got the crowd excited about the show with our high

energy. My favourite thing about it was that I got to be a leader. The show reminded us that everyone matters and is special and I hope everyone at school got that same message. We are all winners! Afterwards I was really tired, but it was worth it. It was the most fun I had at school.

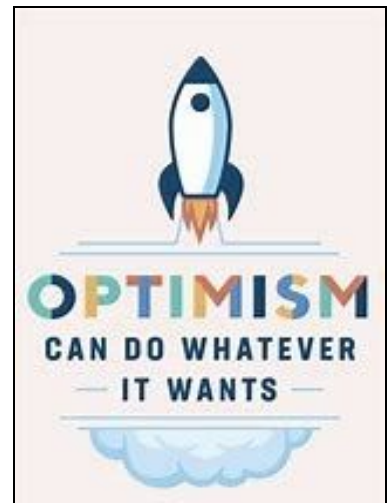
Check out these photos taken by Autumn Barkshire and Suzy Patel



Word Scramble? by Alexander Kyriacou

Unscramble these words that represent OPTIMISM:
(look for answers on our last page)

- veipoist _ _ _ _ _
- ciednocfne _ _ _ _ _
- elufpho _ _ _ _ _
- creaguoen _ _ _ _ _
- hitaf _ _ _ _ _



Positive Environmental Impacts of COVID-19

By: Ms. M. Scott

Hey, Eagles! While you're all staying safe at home, Mother Earth is getting some time that she deserves to heal! Because there are less people out and about, there have been a number of positive impacts on our planet:

- ★ Less airplanes in the sky and less vehicles on the road travelling results in a reduction in the emission of greenhouse gases.
- ★ In India, without people on the beach, sea turtles were able to lay over 60 MILLION turtle eggs.
- ★ In the Northern part of India, people are able to see the beautiful Himalayn mountains in the distance for the FIRST TIME in 30 years. So, if you were born after 1989, you would have never seen this gorgeous sight.



(Photo by Diksha Walia)



(Photo by Andrew Stuart)

- ★ Animals have been exploring cities and towns without people there to scare them away.
- ★ In many places, where air quality hasn't been that great, there have been significant improvements. In San Diego, people can actually FEEL the difference in air quality when they breathe.
- ★ Water has cleared up in areas that were used frequently before the pandemic.

If you want to read more in-depth about these positive impacts, check out these websites

[Air pollution plummets by more than 45% in major European Cities](#)

[Earth Day 2020: The Environmental Impact of COVID-19](#)

[People in India can see the Himalayas for the first time in 'decades,' as the lockdown eases air pollution](#)

[Goats Take Over Empty Streets](#)

[While India is on Quarantine, Thousands of Undisturbed Sea Turtles Estimate 60 Million Eggs](#)

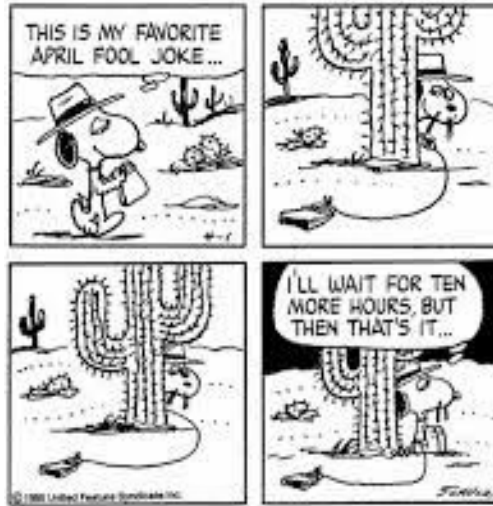
Mrs. Benian reminds us that it is important to remember to breathe when you are feeling overwhelmed or anxious. Here is a link to a short video:

<https://jr.brainpop.com/health/feelings/mindfulness/activity/>



Funniest Jokes of the Month

as found by Carson Bartscher



Would You Rather? by Zion Shadd

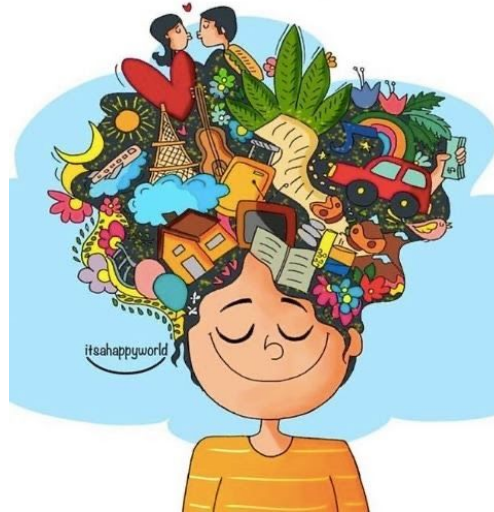
1. Would you rather have a scooter or a bike?
2. Would you rather have world peace or end world hunger?
3. Would you rather the sun was blue or red?

The School Funnies Written by Julian Lang





You live most of your life
inside your head.
Make sure it's a nice place to be!



We hope that you continue to enjoy our school newsletter. We appreciate any feedback you can offer. If you have ideas or would like to submit an article please email

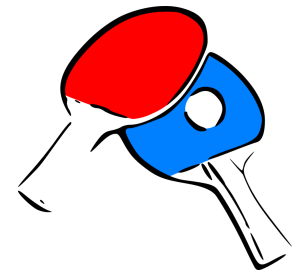
jillian_gilmour@wrdsb.ca or woodm7105@wrdsb.ca.

Sport of the Month: Table Tennis

by Moira MacLeod, Sports Reporter

Table Tennis was invented in the early 2000's in England, and was originally called Ping Pong, a trade name. Ping Pong being called Table Tennis was confirmed in 1921.

The first championships were held in 1926 in London, and from then until 1939 it was excessively played by men from central Europe. It was won nine times by Hungary and twice by Czechoslovakia. In 1950 Asia had many well known champions, and since then either China or Japan has won. The women's event, though a less well known event, has been dominated by North Korea.



Helpers in our Neighbourhood

Submitted by Jacob Howard and Ms. Gilmour

Ms. Gilmour tells me Mister Rogers' Neighbourhood was a popular children's show years ago. The host of the show, Mr. Rogers brought a sense of calm to his neighbourhood and made everything seem a little brighter. He valued friendship and kindness and felt that a person's real strength had to do with helping others.

This quote by Mr. Rogers reminds us to look for the helpers. "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

These are very uncertain times. We could all use some Mr. Rogers in our neighbourhoods. Thankfully we have seen lots of examples of kindness in our neighbourhoods. Ms. Gilmour and I live in the same neighbourhood and so do a lot of students from Empire School and we have seen a lot of good things happening.

We have seen our neighbours putting signs in their windows with positive messages for people to read when they are out for walks. One of them says "Real heroes wear scrubs". A neighbourhood group put care packages together for health care workers and front line workers. A blue ribbon campaign was started so people could hang blue ribbons or something blue on their houses to recognize health care workers. Some

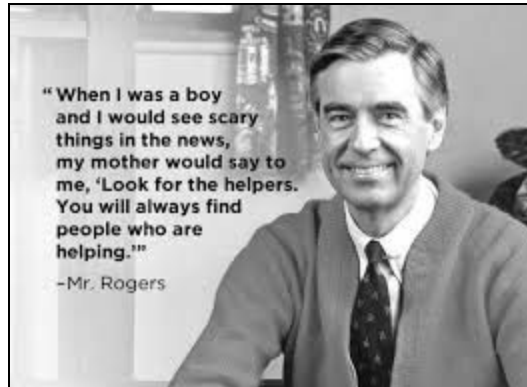
neighbours step out of their houses every night and cheer for all of the front line workers. People are making chalk messages on their sidewalks and leaving kind rocks around the neighbourhood. Some people started a neighbourhood scavenger hunt. Notes and letters have been sent to people in nursing homes and long term care facilities who

are missing their families visiting them. Others are donating to food banks and shopping for people who can't go to the grocery stores. People leave kind notes for mail carriers and garbage disposal employees. Ms. Gilmour's Mum tapes a joke to the top of her garbage lid every week.

Overall, Covid-19 has brought the best out in people. There are always people who are helping in difficult times.

Mr. Rogers reminds us that there are three ways to be successful. The first way is to be kind. The second way is to be kind. The third way is to be kind. Let's remember, after the Coronavirus is all over, all that will have really mattered is how we treated each other. So what are you doing to be a helper in your neighbourhood?

Ms. Gilmour went around our neighbourhood taking pictures of all the good that is happening. Hope you enjoy the photographs.

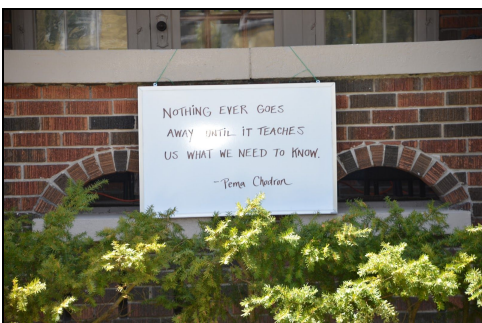


Helpers in our Neighbourhood PHOTOS



My neighbours, Elijah and Fletcher who also happen to be Empire Eagles bang on their pots

and pans at 7pm to recognize our health care workers. Thanks for being great neighbours boys and showing us what a helper in our neighbourhood looks like.



NOTE: These photos were taken in our Empire neighbourhood and some are borrowed from the Norman Street and Neighbourhood Moms and Some Dads Too Facebook page.

Spreading Kindness During COVID-19

Submitted by Katie Howey and Leah Finlay (Grade 4, P7)

Staying Positive

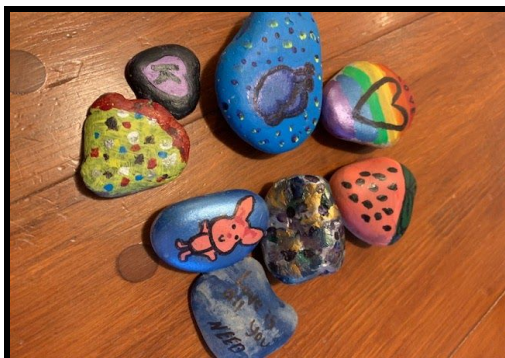
During this time it is sometimes hard to stay positive. Here are ways that we can stay positive, be creative and have fun! With the weather getting nicer one thing I have been doing is writing chalk messages. These messages include: Smile, YOU ARE AWESOME, AMAZING, and GREAT. You could draw a flower, a sun or a rainbow. In addition, I prepared a hopscotch on the sidewalk in front of my house so people have an activity to do on their walk. There are so many nice things that you can do, but this is what i did.

Having Fun

Hi my name is Katie, and I will be doing my half of the newsletter on rock painting. These are hard times not having school so this is what i have been doing. During the time off school I have painted more and more rocks. I have painted kind and supporting notes on some and I painted some goofy ones too, to brighten the mood!! For me, rock painting is a nice way to keep busy and have a lot of fun! On rocks, there is no limit!!! I encourage everyone to give it a try!

Note by Ms. Gilmour: Katie and Leah are active members of our Kindness Club at Empire Public School. They attend Kindness Club regularly, bring new ideas to the group and act as Kindness Ambassadors at our school by showing others how to be kind. We thank them for their

contribution about ways to stay positive during Covid-19 and sharing their stories of Kindness.



Keeping Safe - Keeping Informed

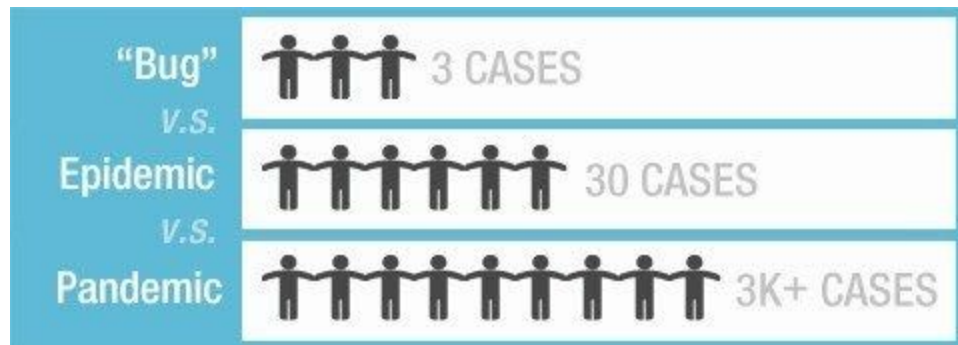
by Isla Sloss and Kristen and Sarah Baghdadi

The coronavirus is spreading fast but all we can do is stay home and do healthy activities like going on short walks and avoiding people. My favourite thing to do during coronavirus is playing family games. The most important thing is staying healthy, washing our hands, and not going near people

other than your family. Especially when you go shopping you should stay 2 meters apart and don't talk to anyone. Make sure when you go in public you should

always wear gloves and a mask and when you get back from shopping you need to wash your hands for 20 seconds in total. You should not be playing with anyone or going near anybody.

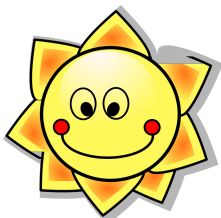
But Covid-19 should not stop anyone from staying positive and healthy and most importantly being kind to one another. Covid-19 is very serious and we need to be very careful that we don't go out of our house too much. I know that people need to walk their dogs and people need exercise but you need to stay away from people. Everybody should be listening to the news every day so they know what to do during covid-19 and know when to go back to school.



OPTIMISM WORD SCRAMBLE ANSWERS

by Alexander Kyriacou

positive
confidence
hopeful
encourage
faith



*Everything is going to be alright.
Maybe not today, but eventually.*

