



# SOARING EAGLES NEWSLETTER



Empire Public School Newsletter



## It's Summertime!

by Ms. J. Gilmour

It has been said that everything good, everything magical happens between the months of June and August. I have fond memories of Summers as a child spent in Scotland with my family exploring the countryside, going to local festivals and running to the ice cream truck when we heard the bells after dinner.

There is something magical about Summer time isn't there? Maybe it's the warm air, the beautiful sunshine, the care free attitude. Perhaps you enjoy the sand between your toes or the splash of the lake on your face. You might enjoy a Summer night of sunsets and fireflies and stories around the campfire. Do you go for bike rides or long walks on the beach or have picnics in the park? Maybe you stay up late watching movies or playing games with your friends and family. Or maybe you take the time to recharge and sleep more, read more and watch TV and play video games more.



It doesn't have to be the best Summer of your life, but make it your own. Try to do some of the things that you love. Make sure you take the time to really enjoy your Summer. Every Summer has a story. What will your story be?

*Stay Safe ~ Stay Healthy ~ Stay Happy*

# Letter from our Principal

By Ms. K. Mohr

Dear Eagle Students and Families,

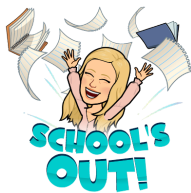
It's hard to believe that we are now in June, learning from home and living our lives very differently than we were just a couple months ago! When we started school in September together, no one could have imagined that our school year would end this way.

This distance learning experience has reminded me how important it is to SOAR! I hope you and your families are finding ways to demonstrate Stewardship, Optimism, Acceptance and Resilience, now more than ever!

Thank you to Ms. Gilmour and our incredible team of student writers, editors and illustrators who are demonstrating all of our SOAR traits as they work together to create this newsletter, together, yet apart! What an incredible feat that brings so much joy to all who read it!

I wish you all a safe, healthy, happy summer. Get outside, play, and have fun with your families. It's time for a much needed break! I look forward to seeing your smiling faces in September!

Ms. Mohr



You  
Will Be  
Missed

As our final newsletter of the school year – it is important that we recognize our Grade 6 team members who won't be with us next year because they will be leaving for Middle School. Alexander Kyriacou, Autumn Barkshire, Ekamveer Sokhal, Hayden Madsen, Julian Lang, Moira MacLeod, Sean Berkhuizen and Suzy Patel will be missed next year. You have left some BIG shoes to fill, but we do hope to recruit some new members for our newsletter team next year.

Interested in being part of the team next year? Email: [jillian\\_gilmour@wrdsb.ca](mailto:jillian_gilmour@wrdsb.ca)

# Favourite Summer Recipes

In this newsletter I have decided to submit a cinnamon roll cake. We made it just a couple of days ago! Preheat oven to 350\* and bake for 30 to 35 minutes long then you will have a delicious cinnamon roll cake!

Recipe Submitted by : Juniper Whiting

## Ingredients for the cake:

3 cups all-purpose flour  
 ¼ teaspoon salt  
 ¾ cup of sugar  
 4 teaspoons baking powder  
 1 ½ cups milk  
 2 eggs  
 2 teaspoons vanilla  
 ⅓ cup melted butter

## For the cinnamon topping:

¼ cup butter, melted  
 ½ cup brown sugar  
 2 tablespoons flour  
 1 tablespoon cinnamon  
 1 teaspoon vanilla

## For the glaze:

1 cup powdered sugar  
 2 to 3 tablespoons milk  
 ½ teaspoon vanilla



- 1) Mix up the cake batter and pour into a buttered baking pan (size and shape of the pan is your choice). Get creative.
- 2) Mix up the cinnamon topping and add in blobs to the cake batter in the pan. Get a knife or chopstick and swirl the cinnamon topping throughout the cake batter. Super fun part!
- 3) Bake in the oven uncovered.

4) Make the glaze, take the finished cake out of the oven and drizzle or pour the glaze over the cake

We found this cake very yummy and warm and I suggest eating a piece just when it comes out of the oven!



## Summer Trivia? by Alexander Kyriacou

1. What is Canada's national summer sport?
2. Where were the first summer Olympics held?
3. What months of the year does summer include?
4. How many days of summer are there in 2020?
5. What was the hottest temperature ever recorded in Canada?
6. What is the most popular ice cream flavour in the world?



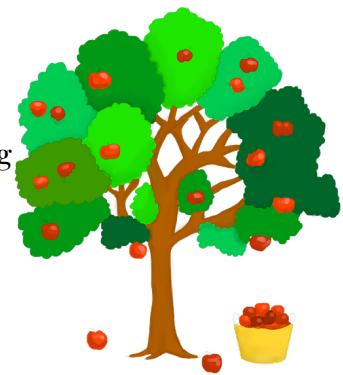
**LOOK for answers on our last page**

# Summer Activities To Try On Your Own

By Joshitha Sethupandian

We all miss school, but our awesome teachers made a decision to close the school because it is more safe. If you do not like being alone, play with your family. Why? If you stay active, the chances of getting sick is lower. If you do not have anything to do and your family is busy here is a list of 10 things you can do all alone.

- 1) Do art (color, draw, paint)
- 2) Write a story (and share it with our classroom)
- 3) Plant a seed (take an apple or an orange and eat it, then get the seed and put it in a pot, then put some soil in it - you can get it from your backyard or anywhere)
- 4) Talk to yourself and just say how you are feeling and if you need anything
- 5) Go outside and get some fresh air
- 6) Water your plants (it is really good for your health if you breathe in the plant's oxygen it is giving)
- 7) Clean your room (it will be relaxing if you clean your room)
- 8) Do math (give yourself some math sums and try to solve it in a certain amount of time)
- 9) Do the house chores (dishes, trash, recycle, water plants, etc)
- 10) Learn!



## More Summer Activities

By: Isla Sloss

Some summer activities are basketball, swimming, tennis, baseball, volleyball, lacrosse, and soccer. All of these activities are ways of keeping fit. Some foods in summer are



. They are really good in the summertime and also give you lots of energy. It is also very important that you drink a lot and do lots of exercise in summer. The water is cold and cliff jumping is another favourite thing in the summer because it is a very fun and refreshing activity in the summer. In the summer you usually wear shorts and a t-shirt because it is hot outside. To stay active you usually go outside and do some of the sports we suggested before. Some people in the summer have a job or go to camp and some people even have a cottage and go swimming. Camping is a fun activity that most people enjoy. You can do this with lots of people. You can have bonfires and roast marshmallows. It is fun to watch the stars with your family when you are camping. Also in the summertime, people enjoy going to the beach and playing in the sea water and making sand castles with your family and friends. It is also fun when you are out having a campfire. If you are at a very windy place and there's big waves at the beach then it will be very fun if you go surfing. One of my favourite parts is drinking a lot of smoothies and making smoothies. It is very fun to go blueberry picking and make pies out of those blueberries. It is fun to go on hikes in the forest.

# Funniest Jokes of the Month

as found by Carson Bartscher



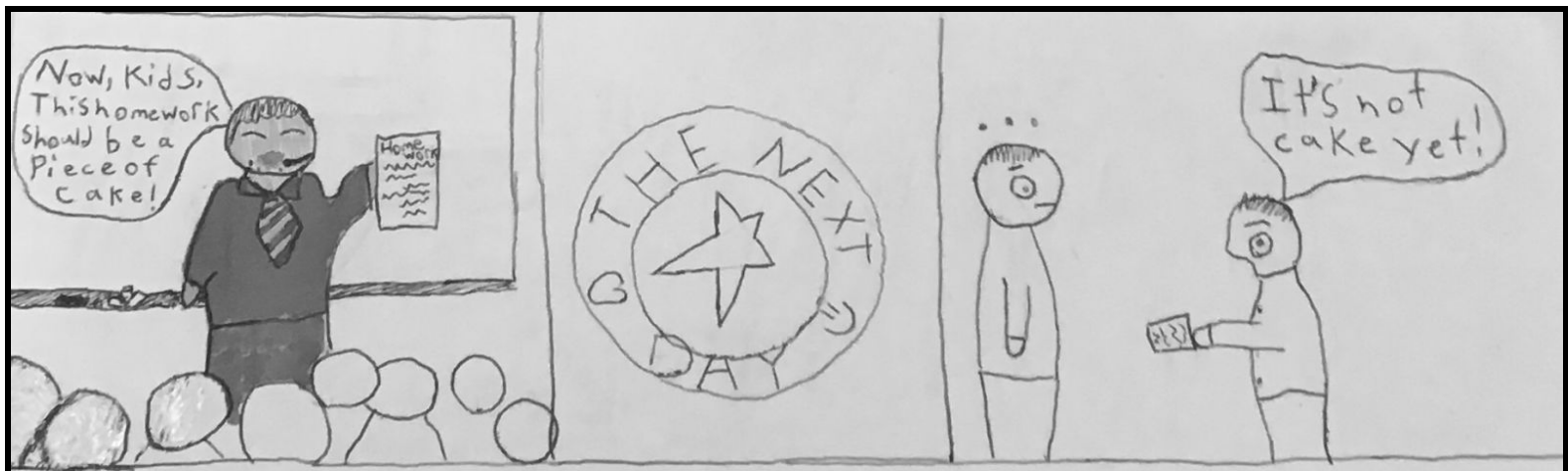
## Comics

Designed and Written by Soren Bergstrom



## The School Funnies

Written by Julian Lang



# 15 Amazing SUMMER Quotes

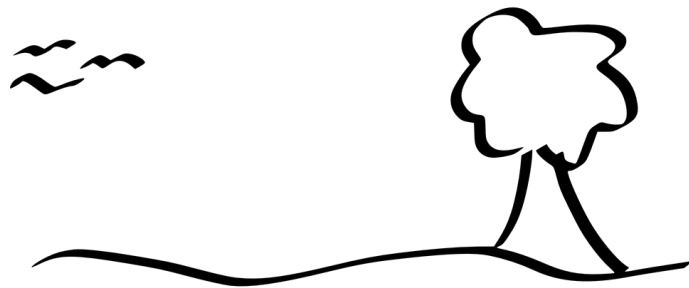
Submitted by Zaara Mahmud (#9, 11, 12 and 15 were written by Zaara herself!)

1. Your voice is the soundtrack of my summer
2. Smell the sea and feel the sky, let your soul and spirit fly
3. Chase the sun
4. When all else fails, take a vacation
5. Happiness is a day at the beach
6. I need some vitamin SEA
7. Summer time is the best of what it might be
8. Every summer has its own unique story
9. It's always summer for me, well that's what the mermaids say
10. You can shake the sand from your shoes but not your soul
11. Have good vibes during summer time
12. Make your own sunshine wherever you are
13. Less Mondays more summer
14. Sunshine on my mind
15. Keep your spirits floaty not sinky



## A Poem by Mali Hill

Calm  
 Smells like the flowers after a shower,  
 Tastes like warm cocoa melting in my mouth,  
 Sounds like willows dancing in the wind,  
 Feels like a feather brushing my cheek,  
 Feels like the hug my mom gives me,  
 Feels like the gentle breeze blowing,  
 Calm



## Sport of the Month: Beach Volleyball

by Moira MacLeod, Sports Reporter





Beach volleyball is a type of indoor volleyball, which was invented in 1895 by William Morgan. Beach volleyball originated in 1915 on Waikiki Beach in Hawaii at the Outrigger Canoe Club. According to a 1978 interview of an Outrigger Canoe Club member, George Ranspore David "Dad" put a net up there and the first recorded game of beach volleyball happened. In 1920, Santa Monica, California created a large sandy area at a beach for public enjoyment, planting the seed for beach volleyball in that region and the first permanent nets began to appear.

# What Are Your Hopes For The Summer?

We asked some of our Empire Eagles about their hopes for the Summer. Here are some of their responses:


<p>I hope to go to my cottage.</p> <p>~Ava Kalmar</p> 	<p>We hope to go to the cottage together.</p> <p>~Cassi and Navilyn</p> 
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I hope to play on the slip and slide in my backyard. ~Charlie Doxey

<p>I want the bike trails to open so I can go biking this Summer.</p> <p>~Finn Wagner</p> 	<p>I hope we get to finish our outdoor deck.</p> <p>~Quinn Knapp</p> 
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My favourite thing to do this summer is hopefully our family barbecue. We don't know if it will happen because my grandparents are stuck in the Dominican Republic. Hopefully though.


~Niko Obrecht

<p>I hope I get to play with my friends across the creek and have water fights this Summer.</p> <p>~Soren Bergstrom</p>	
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I hope that Covid-19 ends so that I can spend the whole Summer with my friends. ~Charlotte Weldon

<p>I hope to go swimming with my Grandma and Papa at the cottage this Summer. ~Kinsley Metherel</p>	<p>If Covid-19 ends, I hope to go to the cottage. ~Caitlyn Berkhuizen</p>
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I hope we get to re-do my sports pad in the backyard for playing sports this Summer. ~Charlotte Macallum

	<p>This year hasn't been the best, but I had so much fun with my family and have milkshakes every day and it makes me so happy.</p> <p>~Massa Asfour</p>
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# What Are Your Hopes For The Summer continued...

I would like to spend the Summer with my friends. I would like to invite all of my friends to my backyard and play and watch a movie and eat food. I would like to go to the beach with all of my friends.  
~Jana Kantar

I will stay happy and go outside and chill. I will have fun and go to the park and have a picnic and maybe go to the beach and stay positive. If we weren't in Covid, we could meet friends and do so many fun things together.  
~Leyla Muhamed

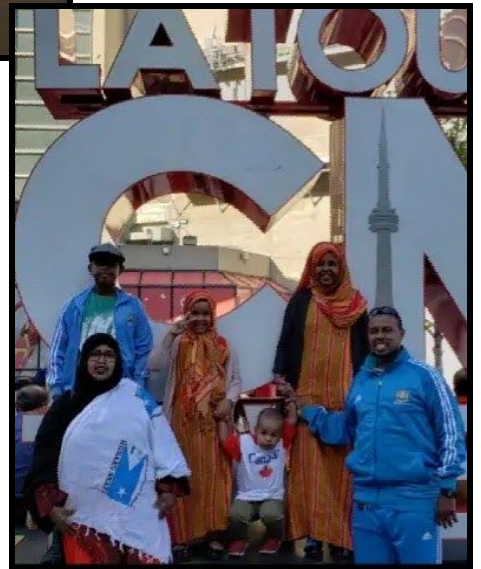
I want to swim, be safe, sit in front of a lake, sit with my best friend Tasnim and have some juice with someone.  
~Tasneem Kantar

I want to go to the beach and eat ice cream and be with my friend Tasneem.  
~Tasnim Alhussin



I hope to see my cousins this Summer if Covid-19 ends. ~Megan Allen

# Memories of Summer - PHOTOS







**How many Empire Eagles  
can you find?**



**Do you recognize any of these  
Empire Eagles past and present?**

## More Summer Recipes

Submitted by Maggie and Charlotte Macallum

### Easy Sugar Cookies - Ingredients:

2¾ cups all-purpose flour	1 teaspoon baking soda	1 teaspoon vanilla extract	
1½ teaspoon baking powder	1 cup butter, softened	1½ cups white sugar	+ 1 egg

### Directions:

**Step 1** - Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

**Step 2** - In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

**Step 3** - Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on a cookie sheet two minutes before removing to cool on wire racks.

### Vanilla Buttercream Frosting- Ingredients:

3 cups powdered sugar	½ cup butter, softened
1½ teaspoons vanilla	1 to 2 tablespoons milk

**Step 1** - In medium bowl, mix powdered sugar and butter with spoon or electric mixer on low speed. Stir in vanilla and 1 tablespoon of the milk.

**Step 2** - Gradually beat in just enough remaining milk to make frosting smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time. If frosting becomes too thin, beat in a small amount of powdered sugar. Use frosting to spread on top of sugar cookies. Add food coloring if you want.

Note: Enjoy your sugar cookie with a glass of **Macallum Magic** a “special drink” of ginger ale, a little grenadine and orange juice made by the Macallum girls.



# Would you Rather?



We had some fun in our Google Classroom this week asking students to share their favourite Would You Rather questions? Congratulations to Vernon for being brave enough to record his Would You Rather and share it on the Padlet. Students enjoyed sharing their answers with one another. What a fun way to play a virtual game of Would you Rather.

Would you rather be invincible, but not be able to move, OR be able to go super fast but be blind?  
~Julian Lang

Would you rather go outside on a rainy day OR stay inside on a hot, sunny day? ~Maggie Macallum

Would you rather live in the desert with no water OR live in Antarctica with water, but no snow gear?  
~Mohamed Muhamed

Would you rather have a trillion dollars OR go back in time to your favourite memory for however long you want? ~Niko Obrecht

Would you rather be in a car your whole life OR in a pool your whole life? ~Leyla Muhamed

Would you rather always be 10 minutes late or always be 20 minutes early? ~Vernon Stuart-Dolmage

Would you rather go outside in the Winter with a bathing suit on OR go outside in the Summer with a snowsuit on? ~Natalie Faulkner

Would you rather be a liger (male lion and female tigress) OR a liliger (a male lion and female liger)?  
~Avery Dore

Would you rather eat a strange food that you never have tasted before OR sleep at 12pm and wake up at 3am and not sleep at all during the day? ~Tasnim Alhussin

Would you rather eat anything besides your favourite food OR only eat your favourite food?  
~Suvethan Ravichandran

Would you rather be a really good poet, but only famous after you die OR be an OK poet but be very well known? ~Erica Efflov

Would you rather have the ability to control people OR have the ability to control time? Sristi Pattanayak

Would you rather give up social media OR eat the same dinner for the rest of your life? ~Tasneem Kantar

Would you rather have the best Summer ever, but not be able to remember any of it OR have an ordinary Summer, but remember every single detail? ~Ms. Gilmour

## Summer Smoothie

Submitted by Maya Birk

To make a strawberry mango smoothie you need a few ice cubes, four big strawberries, one full mango and blend it until it is smooth. You can put a piece of mango or strawberry on the edge of the glass.



# Best Summer Recipe EVER!

By Ms. J. Gilmour



In this edition of our newsletter, we have shared a few of our Empire Eagle's favorite Summer Recipes. I saw this fun Summer Recipe on Ms. Himmelman's Facebook page and asked her permission to share it in our newsletter. This is one of the best recipes that I have ever seen. I just love it!

We have been safe at home with our families for a number of months now, but some of us forget to go outside. Don't forget this Summer to enjoy some sunshine and breathe in some beautiful fresh air. I know we are not able to have fun with our friends, but we can have fun with our families. I encourage you to try out this fun recipe with your family this Summer. Enjoy!

## Recipe for Preserving Children

1 large field	4-6 children ( *family members)	3 dogs
goat or donkey (optional)	grass	trees
flowers	rocks	hot sun
deep blue sky	pool of water or stream	

Mix the children with the dogs and goat and grass, the trees and flowers. Pour out onto the field near the water. Cover all with blue skies and sunshine, mix in a little rain for variety if you like. Bake under the sun until children are well-browned and happily satisfied. Set them away in the bathtub to cool. Serve them dinner, read a story and tuck them into bed.

## SUMMER TRIVIA ANSWERS

by Alexander Kyriacou

1. Lacrosse
2. Athens, Greece
3. June, July, August, September
4. 94
5. 45 degrees celsius
6. Vanilla



Be sure to make your  
summer story - a great one!

