



SOARING EAGLES NEWSLETTER



Empire Public School Newsletter

Acceptance

At Empire We Show ACCEPTANCE

by Ms. K. Mohr

Dear Eagle students and families,

Our trait of Acceptance is such an important one, and one that we have celebrated, and will continue to learn about and discuss in the days and weeks to come. What does acceptance mean? How can we demonstrate acceptance in our day-to-day lives?

Our student SOAR team shared some of their ideas about what acceptance means to them:

- There's always room for one more
- Respecting race, nationality, language, gender
- Accept that you are not always going to be right
- No one is perfect
- Include everyone
- Embrace diversity
- Keep your mind open for new ideas
- Letting everyone play with you
- Accepting the laws and beliefs of others
- Welcome everybody
- Letting everyone have a voice
- Accept when someone is different - that they are different
- Acceptance means you get what you get and you don't get upset
- Make compromises



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At Empire We Show ACCEPTANCE cont.

Our students have a great handle on what acceptance means, and are working on putting it into action each and every day at Empire. BUT. . . what if we don't just accept one another for our unique and special qualities, but also continue to work on inclusion?

To accept someone is to acknowledge them, to recognize how they are different, and to say that it is okay. Acceptance is good! But it's not the whole story. To include someone is to intentionally pursue ways to make them feel welcomed, heard, and valued. Our Empire Eagles recently learned about the importance of inclusion on World Cerebral Palsy Day, and we are getting closer to having a more inclusive playground with the addition of our accessible buddy swing!

As a staff, one of our focus areas has been to learn about and honour the lived experiences of our students and their families. It is our hope that through ongoing relationship-building, open communication and continued learning together, all our students and families will feel welcome, valued and heard in our Empire community.

Celebrating Diversity at Empire

Submitted by Maryam Rabi



Did you know that our Empire families speak 38 different languages? The languages spoken are English, French, Arabic, Hindi, Urdu, Bengali, Russian, Malayalam, Croatian, Serbo-Croatian, Spanish, Marathi, Punjabi, Gujarati, Portuguese, Vietnamese, German, Farsi, Persian, Chinese, Turkish, Somali, Cantonese, Thai, Mandarin, Kurdish, Kinyarwanda, Japanese, Bosnian, Korean, Mandarin, Bemba, Tamil, Serbian, Konkani, Oriya, Lao and Aramic.

Even members of our Empire Newsletter team are from many different backgrounds. Our team members and their families come from many parts of Canada, Ireland, Scotland, England, Sweden, Holland, Finland, Russia, Germany, Austria, Sri Lanka, Bangladesh, Thailand, Africa and the United States. That is 15 different countries in total.

At Empire, we respect the diversity of different backgrounds and cultures. You may be wondering "What is diversity?" Diversity means accepting each other for our backgrounds, cultures and traditions. At Empire, we show a lot of diversity. I hope you learned a thing or two about diversity.

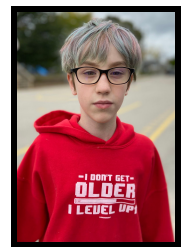
Meet our Incredible Newsletter Team

Our newsletter team is made up of a diverse group of students of various backgrounds and ages, each of whom are unique and dedicated to sharing news with our school.



I am Soren. This is my first year on the newsletter team. I love to write comics so look for my Bird Brainz series in upcoming issues. My parents are from Saskatchewan and my great grandparents were from Germany and Sweden. I can speak French and English and pig latin.

I am Agatha. This is my second year on the newsletter team. I like making word searches for you to enjoy. I identify as non-binary because I don't really think that boy of girl fits with how I feel inside. I don't really care what pronoun people use for me. I am growing more and more comfortable with my identity every day. I was born and raised in Ontario, Canada and can speak French and English. My parents are Canadian and all my grandparents were born in Canada, but in different provinces (Ontario, British Columbia, Saskatchewan).



I am Isla. This is my second year on the newsletter team. I usually write a feature story about the theme of the newsletter. For the June 2020 newsletter I gave ideas about fun summer activities for people to do. My grandpa is from England and I speak French and English.

I am Lucky and I was born in Kitchener. This is my first year on the newsletter team. I have a nice family, Mom, Dad, brother Yogi and sister Eesha. My parents are from the beautiful city of Jaffna in Sri Lanka. We believe and follow Hinduism and celebrate most Hindu and Tamil festivals. I speak French, Tamil and English. I am interested in lots of things including science, animals and coding. At home I code on a computer using linux and block coding.



My name is Mali and I am ten years old. This is my first year on the newsletter team. I was born in Thailand and I can speak a bit of Thai. I love ballet, modern and step dance, as well as gymnastics. School, to me, is a place of joy and kindness. I'm so happy to be back with my teachers and friends! I love all different types of music and singing too. Did you know that I write songs and can play the ukulele?

I am Finley. This is my first year on the newsletter team. I am a big fan of baseball and hockey, drawing, riding my bike and kayaking. I am an only child that has a huge family of aunts, uncles and cousins all across Canada, from B.C. to Nova Scotia. My ancestors were from Ireland, but my family has been in Canada for several generations. I can speak English and French.



Meet our Incredible Newsletter Team



I am Kristen. This is my second year on the newsletter team. I am a twin to Sarah. My great grandma was from Scotland and my dad was born in the USA. I speak English and French. My favourite colours are light purple and yellow. My twin sister and I really do have almost everything in common.

I am Sarah. This is my second year on the newsletter team. I am a twin to Kristen. My great grandma was from Scotland and my Dad was born in the USA. I speak French and English. My favourite colours are yellow and blue.



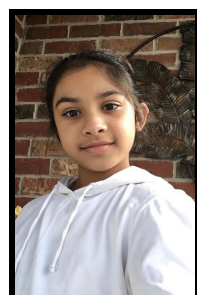
I am Carson. This is my second year on the newsletter team. Last year I shared jokes and comics, but this year I will be the Sports Editor sharing stories about some of your favourite sports. I play hockey and baseball. I still want to share jokes too. I was born and raised in Ontario, Canada.

I am Zion. This is my second year on the newsletter team. I like to do the crossword puzzles and share Would you Rather questions. My great grandparents were from Austria. I can speak English and French.



I am Leah. I am joining the newsletter team this year. I wrote an article about how to stay positive for the newsletter about Optimism. My Dad was born in Africa and I have grandparents from Holland and a grandfather from Finland. I like figure skating and rugby. I can speak English and French.

I am Katie. This is my first year on the newsletter team. I did write an article about how to have fun during Covid-19. I told people about the rock painting I was doing to keep myself positive. I can speak English and French and I was learning to speak Italian.



I am Zaara. This is my second year on the newsletter team. I like to find interesting quotes about our theme for people to read. My parents immigrated from Bangladesh to Canada a year after my oldest brother was born. I was born in Ontario, Canada and lived here ever since. I'm in Grade 5. I can speak English, Bangla and a little French. I know a lot about dinosaurs.

Meet our Incredible Newsletter Team



I am Maryam. This is my second year on the newsletter team. I am from Canada and I love Canada. I can speak small bits of different languages like French. I have travelled and lived in over 10 different places. I love to bake, act, and learn new things. Everyone has a different story and this was mine.

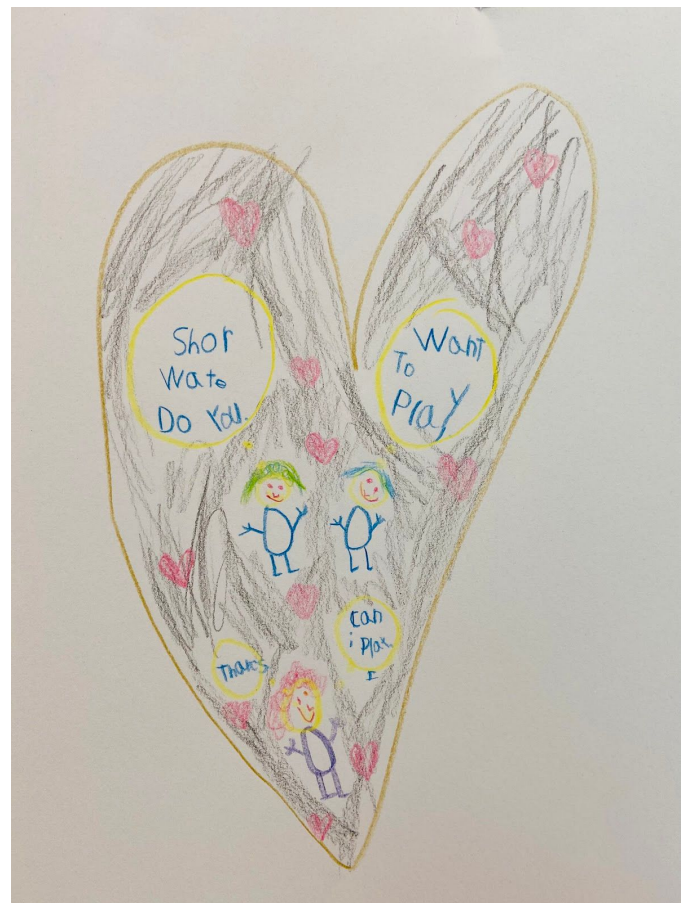
I am Erin. This is my first year on the newsletter team. I am interested in writing feature articles about our newsletter theme. My great grandparents immigrated from Russia and my other great grandparents were from Scotland. I speak French and English and I can say about two words in Spanish.



I am Jillian (Ms. Gilmour) and I am so proud to be part of our newsletter team again this year. I was born in Scotland, but immigrated to Canada when I was little with my parents. I wish I had a Scottish accent, but unfortunately I don't. I love to spend time with my family, paint and go on fun adventures. I love being part of this awesome team!

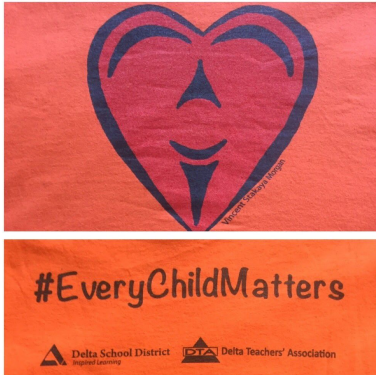
Artwork about Acceptance

Submitted by Lilia Pentney



Every Child Matters

By: Miss W. Bahab



On September 30th, our friends at Empire honoured the survivors of the Residential School System in Canada by wearing an Orange shirt. It was Phyllis Webstad who had attended a Residential School as a child where she had her orange shirt taken from her to only be replaced by clothing not reflective of her culture or individuality. Her, among many other First Nations, Metis and Inuit children who attended these schools were made to feel unimportant. They didn't matter, their feelings didn't matter, their perspective didn't matter, their culture was meant to be erased and forgotten. They were forbidden to speak their language as well as to speak to their siblings. Many never saw their families again. This is often referred

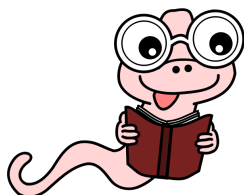
to as "cultural genocide." It is on Orange Shirt Day where there is hope for the future, where younger generations can work to make change, to ensure that all feel seen, heard and have the right to express themselves as they have for generations before. A public apology was not made until 2008 with regards to the devastation caused by the Residential School System, which still has a lasting impact on many Indigenous communities in Canada. We will continue to work together as a community to bring about awareness of these hardships and how and what we can do to ensure that we help local Indigenous communities to heal by hearing and honouring their voices. Thank you Empire Eagles for your support in this process!

Our Library Showcases Diversity

Submitted by Mrs. G Ribey

Maya Angelou writes *"In diversity there is beauty and there is strength"*. Here at Empire P.S there are many resources in our library that honour and showcase diversity. These books and stories celebrate many different cultures, beliefs and ethnicity. Students are encouraged to **"check them out"** using Library Learning Commons and placing a book on reserve. Books will be happily delivered to the student's classroom.

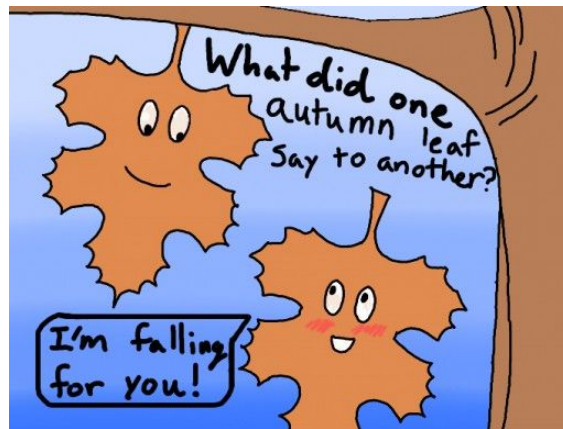
<https://llc.wrdsb.ca/about/access/>



Funniest Jokes of the Month

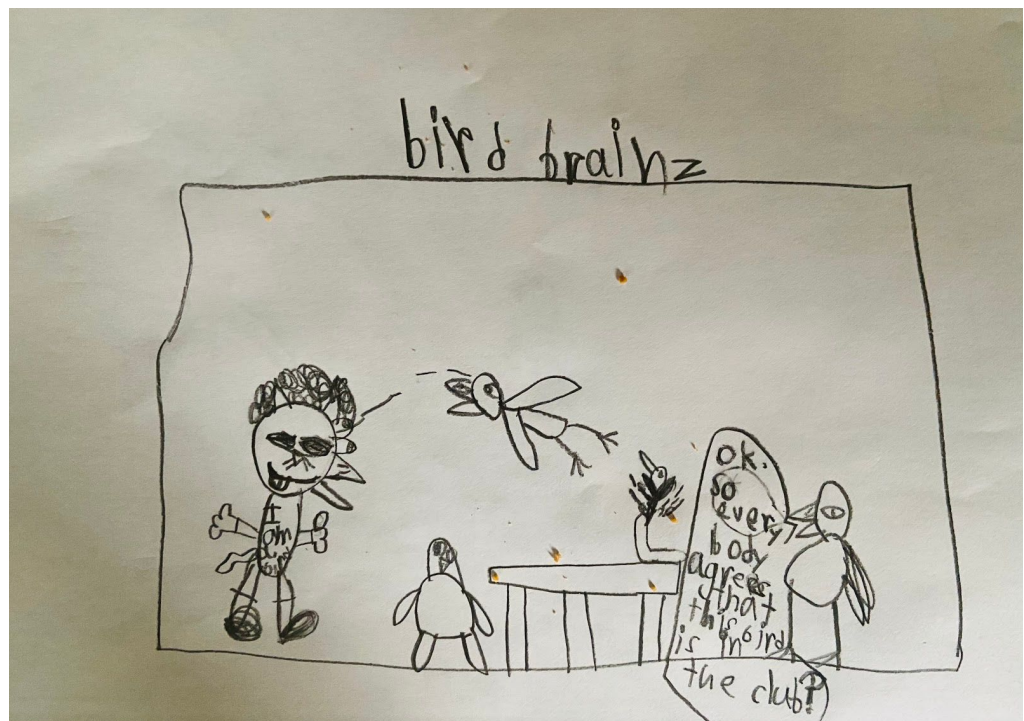
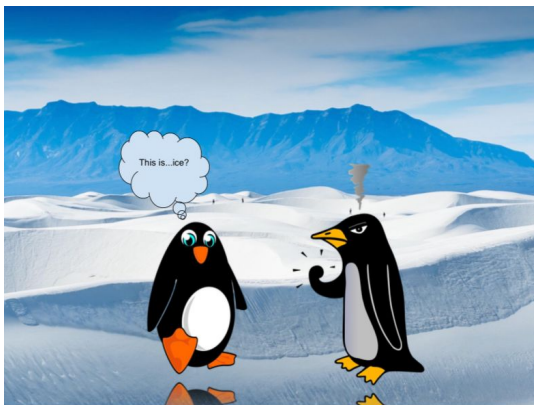
as found by Carson Bartscher

Me in the future telling my grandchildren about the coronavirus in 2020 and how all the supermarkets ran out of toilet paper:



Bird Brainz - the School Funnies

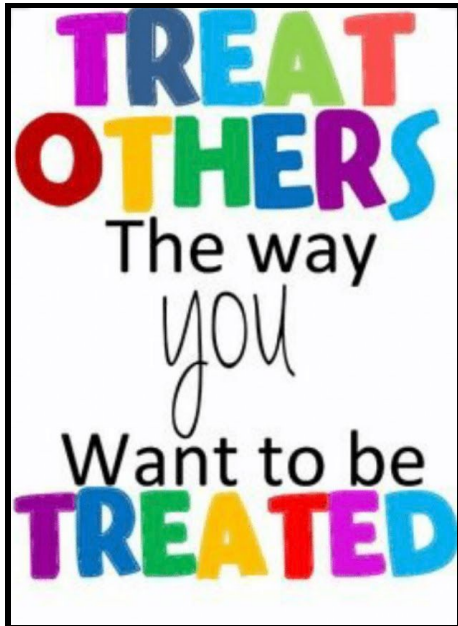
Written by Soren Bergstrom



Quotes about ACCEPTANCE

Submitted by Zaara Mahmud

1. Happiness can only exist in acceptance.
2. You don't need someone to complete you, you only need someone to accept you.



3. No person is your friend who demands your silence, or denies your right to grow.

4. No one is perfect, but if we can learn to accept in a way we are all perfect.

5. It is what it is, accept it and move on.

6. Self acceptance is pure power.

7. Learn to love someone when they least deserve it because that's when they need your love the most.

8. What you resist, persists.

What you accept, transforms.

9. We fall so we can learn to pick ourselves up.
10. Treat others the way you want to be treated.
11. There is always room for one more
12. Nothing lasts, nothing is finished and nothing is perfect.
13. If we can't accept ourselves, how can we accept others?
14. Accept failure as a part of progress
15. If they can't accept who you are they are not worth it.



Would You Rather

by Zion Shadd

Would you rather go to India OR Australia?

Would you rather have a lamborghini OR infinite knowledge?

Would you rather eat noodles OR sushi?

World CP Day Celebrations

Submitted by Mrs. J. Chapman



On October 6, the entire Empire community celebrated World CP Day with our friends Ella and Dilava. This special day is celebrated in over 70 countries around the whole world! It is a day to come together, celebrate and recognize the 17 million people around the world who are living with Cerebral Palsy.

The theme this year was called MAKE YOUR MARK. People living with cerebral Palsy all around the world were encouraged to share the ways that they Make their Mark

in the world. We have so much to learn from Ella and Dilava. They have mastered dealing with change, breaking down barriers, and coming up with creative solutions their whole lives! These two Eagle friends SOAR!

Remember that Practice leads to progress! Having an open mind and not being discouraged when something is tricky leads to any and all situations being possible. We see Ella and Dilava do this in school everyday.

With Ella there is much to celebrate and from her example we can learn to celebrate the little things. For example, Ella does physiotherapy/exercises every single morning and has since she was about 1 year old. She never complains, and her whole family looks forward to hanging out together during that time. She is a shining example of what it means to be RESILIENT. Ella enjoys using her bike and is practicing her steering so she can move more independently when riding it, usually to somewhere she finds funny like the water fountain. She has worked hard over the years to learn to use technology like her Chromebook and she uses it to focus and work super hard to get her jobs done at school. That is what being RESILIENT is all about.

Every day Dilava faces her challenges-head on with a smile, and her sense of humour. Over the years Dilava has practiced how to use her pacer and now she is a master! She had to learn how to move forward and now she is able to go almost anywhere she wants and she will sometimes even run there! Dilava has also learned to communicate in a number of ways (such as using her voice, hands, and talker) and she works hard to share her ideas with people. She demonstrates joy and embodies happiness by communicating with people through her talker, her eyes, smile and even her hands. Practice makes progress and we celebrate the perseverance and resilience that Ella and Dilava have put into their achievements.

We truly believe an inclusive society is best for everyone. We hope for increased representation in all areas, and a celebration of diversity. At Empire we recognize that we can always do better. We can celebrate that at last year's World CP Day assembly we raised over \$500! We received enough money to buy our buddy swing and we are eagerly waiting for it to be installed! Way to go Eagles!

Let's continue to celebrate diversity (that's a fancy word for differences) and be more inclusive of others (that's just another way of saying that we are all included, welcomed and feel that we belong). Soar Eagles!

Be the "I" in KIND

Submitted by Ms. J. Gilmour

During our last school year, our Empire Eagles participated in a Be the "I" in KIND project. A few students from each classroom were nominated by either their teachers or classmates as showing exceptional kindness towards others. We followed up with each of those students and asked them for their opinions. As kindness experts, they shared with us their thoughts and personal stories of kindness, quotes, tips and ideas. Here are some of the ways our Empire Eagles show kindness at school, at home and in their communities:

- I smile at people
- It is fun to be kind
- I help people
- I share things with others
- We hold each other up
- I like to say nice words to people
- I include others in my games
- Kindness never goes out of fashion
- Kindness is realising that we are all in this together
- No act of kindness, however small, is ever wasted



We thank our Empire Eagles for reminding us to be the "I" in KIND. Did you know that kindness is contagious, but in a good way? So start spreading kindness. Challenge yourself to one act of kindness daily and you will be amazed at how much happier you feel. In fact, it is scientifically proven that showing kindness makes us happier, boosts our energy, reduces anxiety and depression, lowers blood pressure, reduces pain and promotes longevity. So what are you waiting for? How will you choose to be the "I" in KIND?

Here is our Be the "I" in KIND video link for you to enjoy:

[Be the I in KIND.mov](#)

Are you interested in participating in the annual Dance for Kindness (November 8th) and learning more about Kindness Challenges? Here is the link to register:

https://www.danceforkindness.com/register-to-dance/?mc_cid=79c350fb7e&mc_cid=66cd7a5410#register

Sports Article

Submitted by Carson Bartscher

I play on a league hockey team and everyone is welcome to play. Also in the NHL, everyone is welcome to play on the team. When I play on my hockey team, everyone feels welcome. Everyone works together, passes the puck and works as a team. When I play on my hockey team I feel accepted.



A Story about Dogs

by Finley Harnack

Right now is a difficult time with the whole world pandemic thing and a lot of people are missing their family and friends, so they need a good companion. Some people are getting cats, birds, hamsters and other pets, but a lot of people are getting dogs. Some of the reasons why they are getting them is because they are loyal, loving, fun to have around and affectionate. They are also getting them because they accept us.



Dogs don't really care how you look or how old you are; they care about you for your personality and how you treat them, like any human should. In a time when people are feeling lonely and disconnected from the people they love, dogs offer love, companionship and

connection. If you ever had a dog before or have one now, you know that they are loyal and accepting. Sure, they might not have the best behaviour and bark at the tree that moves in the wind, but you know that they don't care how tall you are or how pretty you are. You know that they care about who you are as a person and how you treat them. They show their love for you in many ways. For example when they curl up beside you and lick your nose when you're sad. Even when you raise your voice you know that they still accept you even if you're really angry.

Whether you have a dog or you want a dog in your life, the wonderful thing about dogs is that they accept you as you are.

Sharing

Submitted by Katie Howey and Leah Finlay



Sharing is caring, we all need to share sometimes. When we share we feel good. When someone shares with you you feel good about that person. When you share you need to trust that the person you are sharing with will use your things gently and with care. Katie And Leah share many things, like toys, pencils and feelings. What is sharing feelings? Sharing feelings means you might be happy and you might express that with someone else, or if you're sad someone might notice and feel bad for you. When you share items you share feelings too! Sharing is a great way to build relationships and be kind.

A Poem about Acceptance

by Mali Hill, Grade 5

*An unexpected act...
Can I be
Calm and show
Empathy and
Patience? Can I...
Try to
Appreciate and understand others who are...
Not familiar, or different, and give them a
Chance to
Educate me?*



"Understanding is the first step to acceptance and only with acceptance can there be recovery." - Albus Dumbledore



*At Empire, we show acceptance
by including others,
valuing diversity
and practising Kindness.*

