



# SOARING EAGLES NEWSLETTER

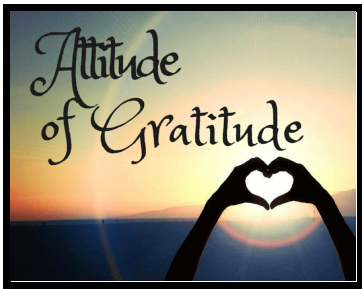


Empire Public School Newsletter

gratitude  
grat-i-tude | a feeling of appreciation or thanks

## An Attitude of Gratitude

by Ms. J Gilmour



Having an attitude of gratitude means making an effort to express thankfulness and appreciation for every part of your life. If we spend every day finding just one thing that we are grateful for it can wash away feelings of anger and negativity. Studies show that if you express gratitude, it raises your happiness by 25%. Surely we could all use a little happiness these days? So how do we do it? How can we show more gratitude? This newsletter is filled with all sorts of wonderful ideas from our newsletter team. Here are just a few:

- **Keep a Gratitude Journal** - it is recommended that you record 3 things you are grateful for each day
- **Celebrate the Small Things** - be aware of the present moment, slow down and savor the small things
- **Meditate on Gratitude** - instead of sitting in silence, say the things that you are grateful for out loud and be present
- **Express your Gratitude** - let the people in your life who have had a positive impact know that you appreciate them

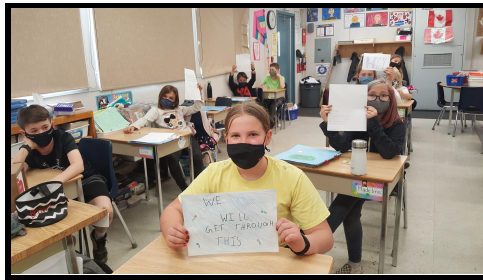
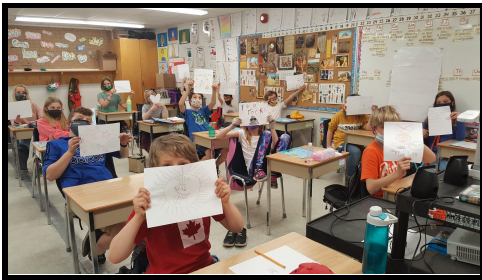
Today I am grateful for our incredible newsletter team. They have worked very hard this year from a distance and continue to produce wonderful, meaningful school newsletters. Some of our team members even work from home as distance learners and others work on their submissions during their spare time. It is important that members of the newsletter team know that we are grateful for each one of them. Way to go team!

# Grateful for Empire Public School

by Katie Howey and Leah Finlay



There are a lot of things that we should be grateful for at Empire Public School. Let's take a minute to recognize all of the fun we have at school. One of the fun things that we do at school is that we have challenge weeks. Some of our teachers take time out of their day to make a fun challenge week for our entire school. We appreciate them doing this for us because it takes time out of their day to create something fun. In the past we had a Winter Challenge and just recently we had a Spring Challenge. Some of the activities were: find the eagle; find the snowflake; riddle me this; estimation station; how many words can you find; spot the difference and how do we SOAR. These challenge weeks are very exciting and fun and we were able to learn more about Empire school and how to S~O~A~R.



## Our Empire Library - Book Reviews

by Glenda Ribey

The travelling library continues to be much appreciated by teachers and students here at Empire Public School. There are now two library carts. One that mostly has picture books, fiction and non-fiction, as well as a few chapter books and graphic novels. The second cart has books arranged in bins according to categories such as Non-Fiction, Fiction, Mysteries, National Geographic, Geronimo Stilton to name a few.

Students continue and are encouraged to "reserve" books from the Library Learning Commons (LLC), the books are then delivered to the students' homeroom for their reading pleasure.

We try and showcase and highlight new books that we receive from the WRDSB main office, some new titles include:

Nibi's Water Song, by Sunshine Tenasco

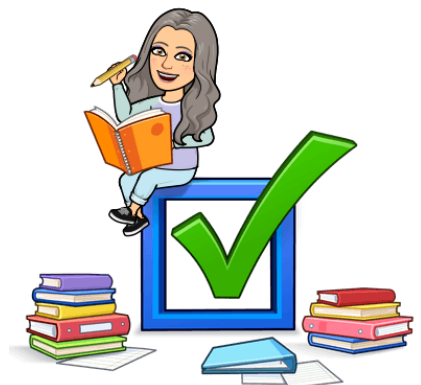
Sweet Kulu, by Cellina Kalluk

Shirley & Jamila Save Their Summer - Gillian Guerz.

Check your bookcases and under your beds. There are approximately **250 overdue books** at the moment, many of these are from March 2020.

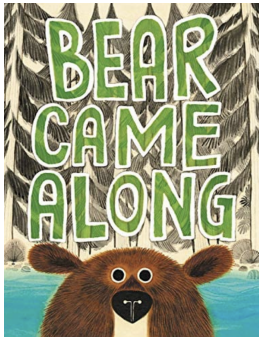
"The thing about books, they let you travel without moving your feet"  
--Jhumpa Lahiri

Happy reading everyone!



## Bear Came Along (Richard T Morris)

submitted by Evan Johnston

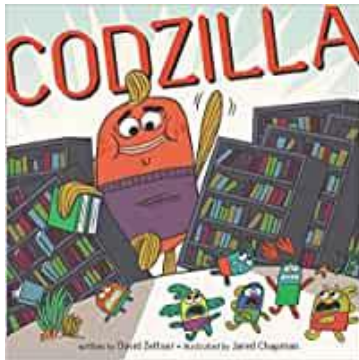


I didn't really like this book. It had too many "untils" and too many animals. I liked the last book I reviewed a lot better (Undercover Ostrich). I think this could have been better if the animals were more confused. It was good. I give it a 3.5 out of 5. -Evan

I really liked the book. My favourite kind of books are the kind where you flip open pages to reveal a poster size drawing. This book has that. -Ms Gilmour

## Codzilla (David Zelster)

submitted by Evan Johnston and Ava Murray



It was amazing! I liked the shark. I liked the funny "Vote Doug" poster drawings in the book and I liked the name Cozilla. -Evan

It was okay. I wasn't big on it, but it was still good. I liked it when he ate everyone so that he could save everybody from the shark. -Ava

I liked that it was kind of like a comic book. - Ms. Gilmour

## Sweetest Kulu (Celina Kalluk)

submitted by Evan Johnston and Ava Murray



I liked the illustrations. I didn't like most of the animals. I found them a little scary. I like nature, but I don't like it when the animals are in your face. -Ava

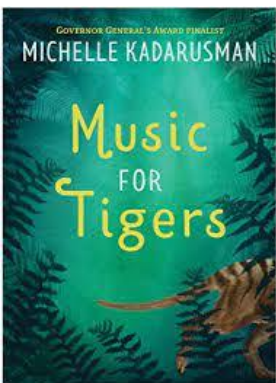
I didn't like the animals and I didn't like the title. -Evan

I loved the book. It was a very nice story with beautiful illustrations. I loved how baby Kulu received the character traits of each animal that they met. -Ms. Gimour



## Music For Tigers (Michelle Kadarusman)

submitted by Erin Neil



In the interesting novel Music for Tigers, a violinist named Louisa dreams to be part of the youth orchestra in Toronto, Canada, but is forced by her nature loving parents to visit her family's soon-to-be-closing Tasmanian bush camp. There, she learns about nature, makes an unlikely friend, and joins her family in saving the bush camp and the wildlife around it from being bulldozed. On top of all that, Louisa also bonds with a tasmanian tiger, a species that was thought to be extinct. Will they save the bush camp? Will everything be bulldozed or blown to smithereens? Read this amazing book to find out.

## A Tale of Magic (Chris Colfer)

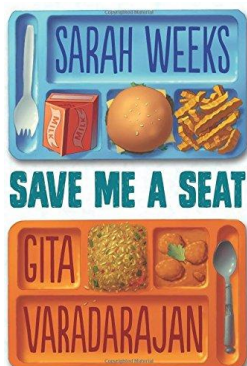
submitted by Stella Sedra



The Tale of Magic is an amazing book about a lady named Madame Weatherberry who tries to restore the magical community. She wants to because you go to jail if you practise magic. Then she starts a school for magic. This book is very interesting and I suggest reading it.

## Save Me A Seat (Gita Varadarajan)

submitted by Alana Murray



Save Me A Seat is a very good book. The whole point of the book, I think, is to understand the story from many people's perspective because in life you only see things from your own perspective. I feel badly for Ravi because he's trying to make friends with a bully. He just moved from India. Joe, another character, realises that Ravi is being bullied by the person he's trying to make friends with. Do you think Ravi will realise that Dillon is a bad guy and Joe is a good guy? I guess you will have to read the book to find out.



# 20 Books and Movies About Gratitude

by Mali Hill

There are many books and movies with characters that show gratitude and themes of gratitude. What is your favourite? Can you add any to this list? Here is my list:

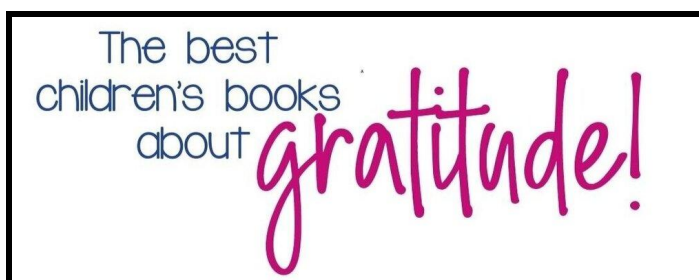
## Books

1. The Thankful Book
2. Thankful
3. Thanks a Million
4. Gracias, Thanks
5. Bear Says Thanks
6. Last Stop on Market Street
7. Did I Ever Tell You How Lucky You Are
8. The Thank-you Book
9. The Giving Tree
10. Thank-you Mr.Falker
11. The Boxcar Children
12. Geronimo Stilton
13. The Princess in Black
14. Charlotte's Web
15. The Secret Garden
16. Charlie & the Chocolate Factory
17. Because of Winn Dixie
18. Holes
19. James and the Giant Peach
20. Little House in the Big Woods

## Movies

1. Annie
2. Freaky Friday
3. The Blindside
4. Kindness is Contagious
5. Peanuts - Charlie Brown
6. How the Grinch Stole Christmas
7. Cinderella
8. Mary Poppins
9. Up
10. Coco
11. Heidi
12. Oliver Twist
13. Groundhog Dog
14. Mrs. Doubtfire
15. Veggie Tales - Madame Blueberry
16. Christopher Robin
17. Pollyanna
18. Elf
19. Charlie & the Chocolate Factory
20. The Princess Bride

I would also recommend Howl's Moving Castle, an anime film that reminds you to be grateful for how you look and not change who you are.



# Tips On How To Be More Grateful



A group of students from Room 9 met to brainstorm some ideas about being grateful. They had some great thoughts on how to encourage others to be more grateful. Special thanks to Josh, Seerat, Nassima, Erica, Maya, Leyla, Levi and Raghad for these tips on how to be more grateful.

Everyone should appreciate their parents and respect them. ~Raghad

If you see a lonely person - help them. Also, don't call people names. ~Levi

Be kind to nature and nature will be kind to you. ~Erica

Appreciate everyone around you, even if they are mean, don't be mean to them. ~Seerat

Respect your teachers. ~ Josh

I am grateful for food. I am fasting and when I do fast, I feel grateful for food. Try fasting even for one day with no food or water and see how grateful you feel for the food you have. ~Raghad

People need to practise being grateful. They could write things down or say it out loud. ~Levi

People need to spend more time giving compliments. ~Raghad

Give people a list of all the things that make you grateful for them. ~Maya

Take care of the world. You don't want the world to be a mess. ~Leyla

Pick up things on the ground. Don't litter. Take care of things. ~Seerat

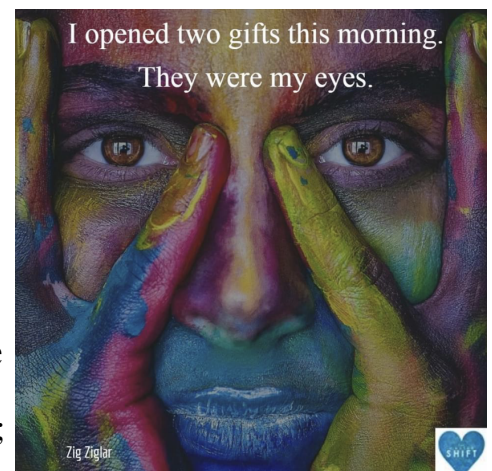
Be kind to people and it will come back to you. ~Raghad

Appreciate your family, they do lots for you. ~Josh

Be grateful for food, some people don't have any. ~ Nassima

Respect people for who they are. ~ Leyla

This is very solid advice from some very extraordinary Empire Eagles. What do you think? Are you able to take some of these ideas and make them part of your everyday life? Levi is correct; gratitude takes practise, but we feel confident that you can do it. Give it a try. Start each day with a grateful heart, even for the smallest of things. We all have something to be grateful for.



# Gratitude in Sports

by Carson Bartscher and Ms. J. Gilmour

Did you know that practising Gratitude can help team players with their sport? Once a week, my brother's hockey team meets on a google meet to talk about a

different subject each week. They practise mindfulness and the coach gives them a chance for reflection. The coach thinks that doing this is important for the team. Here are three ways that teammates can practise gratitude and improve their team's performance:



- When players spend time each week reflecting on things they are grateful for it helps people feel happier and healthier and helps people to get along better.

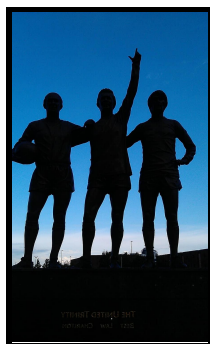
- When players thank each other and show

gratitude towards one another, they feel more connected to each other. When team players have a stronger relationship with each other, they work better as a team.

- When players express gratitude through positive touch like fist pumps, high 5's and hugs they also feel more connected.

Parents should also practise gratitude towards coaches to improve parent/coach relationships. Overall, the power of saying thank-you and practising gratitude makes you feel more connected and have stronger relationships. These are important things for being a good team player and being champions in your sport.

A good team that works well together, wins more games and tournaments. Do you play sports? How can you show gratitude for your teammates or your coach?





# Word Search

by Sebastian Nicholas-Reimer

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

GRATITUDE  
THANKS  
GRATEFUL  
APPRECIATION

GOOD FORTUNE  
CONSIDERATE  
GENEROUS  
THANKFUL

KINDLY  
EMPATHY  
THANK YOU  
APPRECIATIVE

## Gratitude Jars

by students in Room 11

Students in Room 11 are participating in a **21 Days of Gratitude Challenge** by naming something they are grateful for on a piece of paper and storing it in their Gratitude Jar for 21 Days. After the 21 days we will read our answers to one another.



# Funniest Jokes of the Month

as found by Carson Bartscher

**Why did the M&M go to school?**

**It wanted to be a Smartie.**

**What do you call a train carrying bubblegum?**

**A chew-chew train.**

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## April Fool's Jokes

as found by Zion Shadd

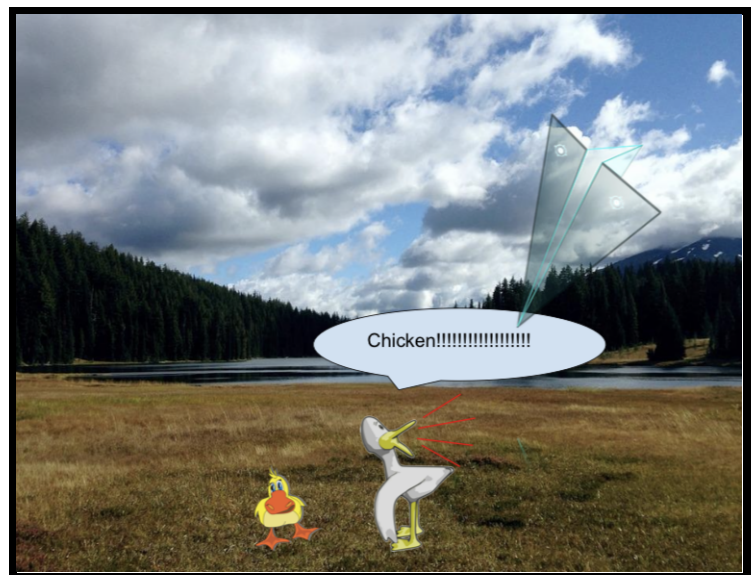
**Did you hear about the guy who swapped labels on the pumps at the gas station?**  
It was an April Fuels' joke!

**Why was the donkey annoying his friend?**  
It was April Mules' Day.

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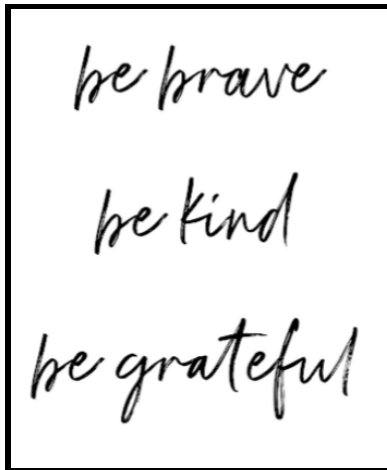
## Bird Brainz - the School Funnies

written by Soren Bergstrom



# Quotes about GRATITUDE

Submitted by Erin Neil, Stella Sedra and Alana Murray



I complained that I had no shoes until I met a man that had no feet.

It's not happiness that brings us gratitude, it's gratitude that brings us happiness.

The more grateful I am the more beauty I see.

Gratitude and attitude are not challenges; they are choices.

Gratitude turns what we have into enough.

Humour is mankind's greatest blessing.

The essence of all beautiful art is gratitude.

The root of joy is gratefulness.

A grateful heart is a magnet for miracles.

Gratitude changes everything.

When gratitude becomes your default setting, life changes.

The struggle ends when gratitude begins.

The secret of having it all is knowing you already do.

Gratitude makes sense of your past, brings peace for today and creates a vision for tomorrow.

The more you are in a state of gratitude, the more you will extract things to be grateful for.

Gratitude is the healthiest of all human emotions.

Gratitude is the best medicine. It heals your body, your mind and your spirit and attracts more things to be grateful for.





## WOULD YOU RATHER - Gratitude Edition

by Maryam Rabi

HAVE VERY LITTLE **OR** HAVE A LOT BUT TAKE  
BUT BE GRATEFUL FOR GRANTED?

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SHOW GRATITUDE **OR** SHOW NO GRATITUDE  
BUT NO ONE KNOWS AND EVERYBODY KNOWS?

-----  
GET 2 MILLION AND **OR** GET 3 MILLION AND  
GIVE 1 MILLION TO CHARITY? GIVE 2 MILLION TO  
CHARITY?

-----  
BE GRATEFUL ONCE **OR** BE GRATEFUL EVERY  
A WEEK FOR 1 YEAR DAY FOR A WEEK?

## What Would You Do? -Gratitude Edition

by Zaara Mahmud

What if you were eating at a restaurant and you saw someone being mean to a waitress because she didn't get their order right.

*What would you do? Would you...*

- A. Tell the person to be grateful because they had food
  - B. Tell the waitress she needs to better at her job
  - C. Mind your business and keep eating
  - D. Storm out of the restaurant because of all the disturbance
- (If you have a different answer we would love to hear it)*

# Grateful for Distance Learning

by Quinn Romagnoli

Hello Empire. I know the past year has been a challenge for most of us. Maybe you have had covid, or known someone who has experienced the virus. It's been a year since I have actually had in-person school. I've been learning online with other children my age in grade 5 across the region.

While I miss friends at school and all the teachers I know, there are many things about online learning that I am grateful for.

1. I don't need to leave the house - Rainy day? Freezing temperatures? Blistering hot? I can head to school from my kitchen table without setting foot out of the door.
2. Lunch is always hot and delicious - My lunch and my snacks are made fresh by mom. I'm grateful I don't have to pack lunch.
3. New friends/new teachers - About 25 new kids in my class (not counting the other friends from Empire) and two new teachers I've never met before. I'm grateful for the new friendships.
4. My computer skills have improved - I can't rewrite code on a computer, but I can work my way around a Chromebook!
5. Absence makes the heart grow fonder - This means that while I'm away, I've grown to really appreciate my friendships and my school even more. I can't wait until I'm back at Empire Public School.

While distance learning isn't always a breeze, it's important to think about what to be grateful for. Stay positive and stay safe!



## Look For Messages of Gratitude

Have you ever noticed this mural in our ESL hallway? Have you ever wondered about what the message is telling you? How does this picture make you feel? Why?

What if we did spend every day finding one thing to be grateful for. Do you think it would change your mood? Do you think you would feel happier? Can we challenge you to try it?

# What are you Grateful for?

In Room 9 we decided that Gratitude means appreciation. We can appreciate nature, sports, our families, our friends and even ourselves. Here's what students in Room 9 said they were grateful for:



**Seerat** - I am grateful for friends and family. I am grateful to be at Empire Public School because they have great teachers.

**Raghad** - I am grateful to be alive. I am grateful that we have electricity, electronics and that we have schools.

**Massa** - I am grateful for everything except for Covid. I am grateful for myself and that I have an able body. I am grateful for my life.

**Nassima** - I am grateful that my parents took care of me from a baby until now. I am also grateful to go to school because other people don't have the chance to go to school.

**Leyla** - I am grateful for my family and I am grateful to have friends.

**Nasri** - I am grateful that I was born. I am grateful that I have a lot of friends. I am grateful to have a house because some homeless people don't have a house.

**Josh** - I am grateful to have Ms. Gilmour at our school.

**Levi** - I am grateful for an education.

**Aghiad** - I am grateful for soccer. I am grateful for my parents.

**Alaa** - I am grateful to play soccer every day.

**Maryam** - I am grateful for the past, present and future. I am also grateful for my rights.

**Vinh** - I am grateful for my home. I am grateful that Jupiter is in our solar system. I am grateful that we have earth. I am grateful for my glasses.

**Maya** - I am grateful to have a giant family.

**Erica** - I am grateful for being adopted.

**Joy** - I am grateful that my life is random.









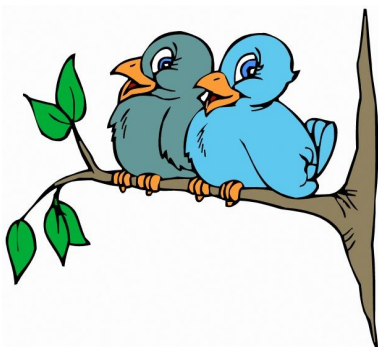
# What Gratitude Means to Me

by Finley Harnack

To me gratitude means a lot more than just being grateful when someone is nice to you. To me it also means little things like holding a door for someone who was kind to you or giving them a compliment. Being grateful comes in so many shapes and sizes so it's not just the little things that count, it can also be the big things like giving them a present or something. But to be grateful is something in itself and to me you giving a car to someone is just as grateful as holding the door for someone. So gratitude to me is just grateful no matter if you show or not.

## Gratitude Artwork

by Agatha Phipps



To show gratitude, you must be present in the world and notice the good things in your life, even the smallest of things. Show gratitude for the birds singing, for fresh air and sunshine on your face, for nature.  
A grateful heart is a happy heart.