



The Blessed Sacrament Chronicle

Home of the CHAMPIONS

From an amazing year of fun, social, and educational activities at school, to an unexpected end of the year online.



Foreword by **Fleur Vorstman**, Student Council President

As **Blessed Sacrament** students, we are all champions. We are champions not because we are winning, but because we can believe in ourselves. We are able to say “I am a champion!” and believe it. We are champions because we were able to change our whole lifestyle in the blink of an eye. We went from attending school every day to *not* going to school at all. It was a big transition, but we did it, because we are champions. This is not just about students. Teachers, parents, and siblings are included. Being able to help each other and to continue with the perseverance to continue working is what makes us champions. That is why, in this paper, we’ll show good news and relaxing, fun activities *you* can do all summer! Have fun! 😊



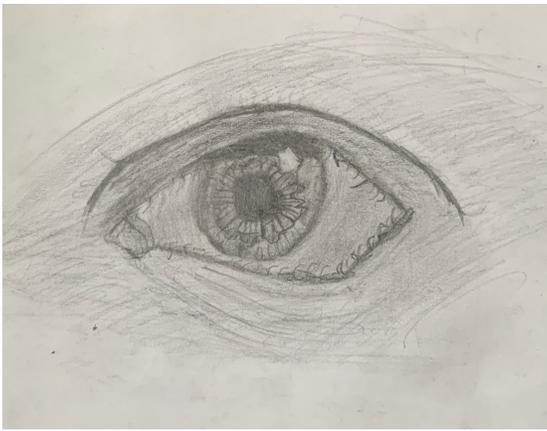
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Our Champions' Accomplishments

This page contains the accomplishments of champions from Blessed Sacrament during Quarantine. Here are some art pieces they are proud of, enjoy the artists!



Hyperrealism eye by Jack Butler - Gr. 6@

Winnie and friends by Daniella Pefanis - Grade 6



Deadpool, An eye, and Charli D'amelio by Hugo Cavalcante - Gr. 7



Anika and the Bear

A fairytale by Fleur Vorstman & Carolina Gutierrez

Once upon a time, there was a little girl named Anika. Anika loved cookies, candy, cake, and lots of other treats. She also loved her best friend and favourite stuffy, Sheep.

One day, Anika went out to bring a healthy dinner to her auntie Hilda. On the way to her auntie's, Anika decided to go buy a cookie for herself in the gloomy forest at Cookies 'n More, her favourite bakery, she decided that it would be a good treat on the way to see auntie Hilda.

It was not long before Anika noticed that she wasn't where she was supposed to be. She was completely lost. The trees seemed to get taller and taller, and she noticed that it was getting mistier and mistier. She had a gloomy feeling. She quickly tried to grab Sheep out of her bag, but Sheep was not there! Anika knew for a fact that she packed Sheep in her bag. She started panicking, trying to find Sheep, but Sheep was nowhere to be found.

She walked, and walked, and walked, around, and around and around... But she could not find Sheep. She was sad and tried to look for him everywhere. She was exhausted, and had nowhere to go. Then, strangely enough, she saw a big, hairy, bear, with scary looking red eyes looking at her.

"Hello little girl." He said in a frightening, low voice.

"H.. Hello.." sobbed Anika, "I – I lost my stuffy Sheep and I am scared."

Strangely enough, the bear offered to help her. With a nasty grin that Anika found a bit spooky, he started his search for Sheep.

They were looking for hours and hours and the bear was getting hungrier and hungrier. Anika still had her basket with the healthy dinner, and she decided to eat what was inside. "Yuck!" She thought while eating the green beans, but it was all she had.

The bear was so tired and hungry after scavenging for hours and hours, that he stopped, laid down, and slowly fell asleep.

Anika had a bad feeling about this bear. He was very scary-looking, and he sounded grumpy and mean. Although she was tired, she continued her search.

When dawn came, the mist was clearing up, and she quickly found Sheep. She was so happy! She grabbed him and hugged him as tight as she could. She was about to leave, when she saw that the big bear was still lying there, sleeping. She did not know what to do; even though he hadn't found Sheep for her, he still helped her a lot, and he even sacrificed eating dinner just to help her. She decided to wait for the bear, until he woke up. A couple of hours later, the big bear



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woke up. His hair was messier than ever. Anika giggled, but disguised it in a cough.

“Good Morning lion!” she exclaimed. “Have you slept well?”

His stomach rumbled, and she got a little frightened. You never know what will happen when a bear’s belly is rumbling.

“I am veeeery hungry!” Said the bear, while licking his lips. Anika started getting more and more frightened. What if he was going to eat her, he looked like he could, with his large teeth. She decided to ask the bear, “Are you... Are you going to eat me?”

The bear let out a heavy, low, laugh. “HA - HA - HA!”, he laughed, and laughed, and rolled on the ground, he laughed a little more, and a little more, and he continued laughing. Anika had no idea what was going on. Did she say something wrong? He chuckled, he roared, he cackled, he roared, while rolling on the ground.

“What have I done to make you laugh Mr. Bear?” asked Anika, curiously.

When the bear was finally done with laughing, he said, with a big grin,

“I’m an omnivore Anika! I’m not going to eat you!” Anika looked a bit puzzled as she asked. “What is an omnivore Mr. Bear?” Mr. Bear laughed. “An omnivore eats both meat and plants. I’m going to eat these berries today. Not you!” Anika laughed. She now understood that it was bad to just judge the bear by how he looked. She had to get to know him before assuming anything.

And that’s how they lived happily ever after!



What it Means to be a Champion

Fleur Vorstman, Grade 8

This generation of the Blessed Sacrament students have never really looked at what it means to truly be a champion. Over the time of being at Blessed Sacrament, from Junior Kindergarten, to Grade 8, it got confirmed that there never really was a focus on knowing or figuring out what it means to be a champion. That is why I interviewed a great friend of mine, Ali Hulme, who has been at this school from Junior Kindergarten to grade eight.

In your opinion, what does it mean to be a real champion at Blessed Sacrament?

"In my opinion, what it means to be a champion at Blessed Sacrament, is to participate in activities. Activities like Carnaval, Halloween, and other fun days, but also people who are willing to help others out."

When was a time in your life at Blessed Sacrament when you really felt like the students around you were real champions?

"Once, for Carnaval, my team almost won. We were so sad when we did not win, and we were scared that the winners would brag about it and talk about it all the time. It turned out that they did not at all do that. They actually came to us and congratulated us, and they weren't acting mean at all. That was really nice. That was a moment in Blessed Sacrament when the students were being real champions."

In this time of Quarantine, what do you think the best champion would do to help others?

"I think the best thing for Blessed Sacrament students is to acknowledge that the frontline workers are working as hard as possible to help us out. But acknowledging is not the only thing we should do. We should also stay inside, isolate, while still being connected with others. That is the best thing we can do to help out others and stay safe ourselves. I think that is what a real Blessed Sacrament champion would do."



How Have the BSCS Students Been Socialising?

Fleur Vorstman, Grade 8
Carolina Gutierrez, Grade 7

The kids at Blessed Sacrament have all had different feelings during Quarantine. Whether they were stressed, happy, lazy, etc. BSCS kids had it all. However, they discovered ways to reinforce the happiness and strategies to help them to destress: socialising with friends and family. But how do *you* socialize? We posted a survey with two questions, and twenty-two Blessed Sacrament students answered it.



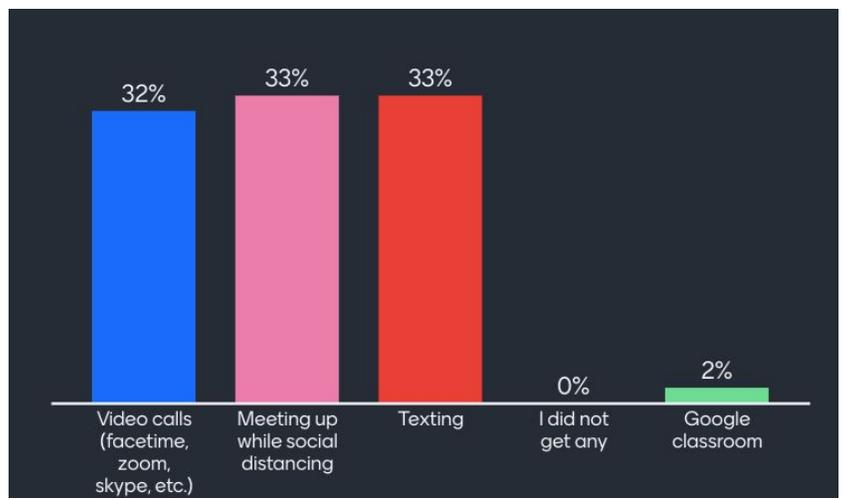
The top words that Blessed Sacrament students said in the "main feelings during quarantine" question, were bored, hungry, hopeful and happy. The other feelings were lazy, sad, stressful, scary, angry, weird, upsetting and disappointing. So in total, eighty-three percent of the answers were rather negative.

Why? We all know why we are quarantined. The spreading of Covid-19 (Coronavirus) is very dangerous, so we have to stay home to protect ourselves and the people who are at high risk of getting sick with the virus. But staying inside all the time can have consequences on our mental health.

The following factors are what may be influencing the students' well being.

- The way you handle your feelings
- The extent to which you can interact with your friends; "Correspondence"

Correspondence is an important factor for this report. Thirty-two percent of the students said that they





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corresponded with their friends and family through video calls. Meaning, FaceTime, Zoom, Skype, etc. thirty-three percent of the students said that they corresponded by meeting up (while social distancing of course). Another thirty-three percent said they corresponded through texting. Two percent of the students socialized with Google Classroom. No one did not socialize at all. This is good news. However, we can not claim that this sample is representative of the whole school.

It is obvious that meeting up was making the students who did, most happy. Looking at a screen all the time can also impact your mental health, in fact, Jean M. Twengea from San Diego State University says that "Every hour added of screen time will often lower psychological well-being, including less curiosity, lower self-control, more distractibility, more difficulty making friends, less emotional stability, being more difficult to care for, and inability to finish tasks.". This is why it is so hard being in quarantine, and having to communicate and do homework with technology.

Through all this research, we discovered that even though we are all in quarantine, the most important thing is to stay connected with family and friends in order to help our own mental stability. Make sure nobody is left out!

To all Blessed Sacrament students: Hang in there! We are almost there! We don't know exactly when, but soon, we can go back to school, and everything will be normal again. Remember that we are making history. So stay safe, and keep talking to your friends, no matter what way you do it.



The Virtue of the Month:

FAITHFULNESS

Dictionary:

Faithfulness: Steadfast in affection or allegiance : LOYAL

a faithful friend

Quote:

“

Never

Give up on God,

– because –

He never gives up on you,

STAY FAITHFUL.

”

– Miscellaneous –

Prayer:

**Prayer for the Faithful
by St. Patrick**

*May the Strength of God guide us
May the Power of God preserve us
May the Wisdom of God instruct us
May the Hand of God protect us
May the Way of God direct us
May the Shield of God defend us
May the Angels of God guard us-
Against the snares of the evil one.*

May Christ be with us!

May Christ be before us!

May Christ be in us!

Christ be over all!

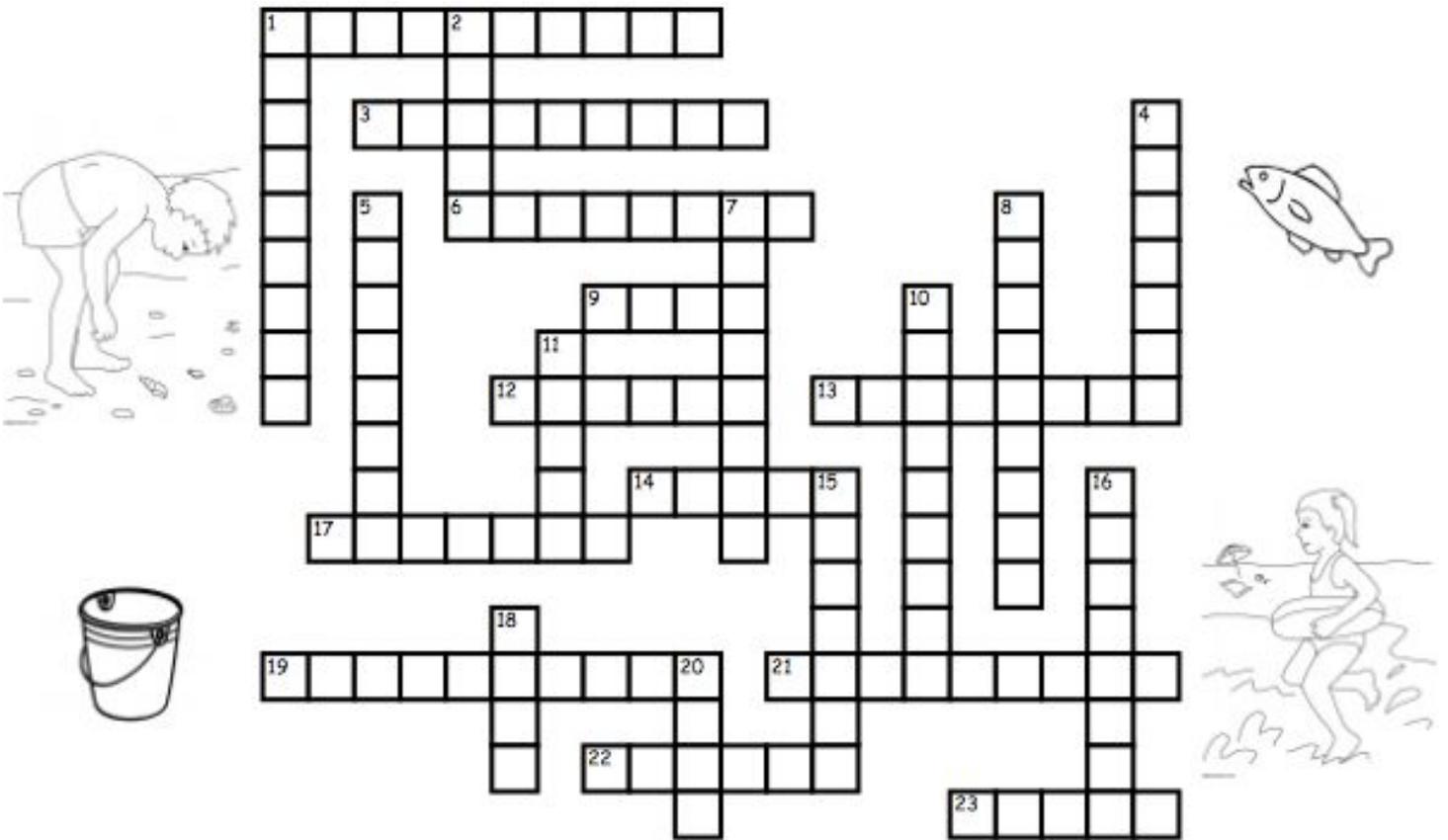
This day, O Lord, and forevermore. Amen





Summer Crossword Puzzle!

Seashells sand sandcastle ocean kite sunburn sunscreen umbrella
 Pail seagull crabs blanket flipflops lemonade suntan clams
 Boardwalk towel souvenir surfboard sailboat sunglasses cooler icecream



- Across**
- something you build at the beach
 - wood walkway with rides, games, shops and food
 - something you buy to remember your trip
 - a flying toy that's fun to use at the beach
 - place to keep food and drinks cold
 - something that floats that uses the wind's power
 - small sea creatures with pincher claws
 - a type of bird seen at the beach
 - worn to protect eyes from the sun's glare
 - a lotion that protects your skin from the sun
 - you get this by laying in the sun
 - salty water with waves

- Down**
- pretty things you find on the beach
 - sea creature, has shell, find by digging for them
 - a cloth you can lay on at the beach
 - a cool drink for a hot day at the beach
 - frozen treat, eat before it melts!
 - large object used to ride the waves
 - beach shoes
 - dries you when you come out of the water
 - what you get if you stay in the sun too long
 - makes shade for you at the beach
 - another name for a bucket
 - very tiny tan grains of rocks on the beach



Summer Recipes

Refreshing Watermelon Feta Summer Salad

Link: <https://toriavey.com/toris-kitchen/watermelon-feta-salad-with-mint/>

Serves 8

Ingredients:

- 8 lb. whole seedless watermelon, chilled (about 12 cups of cubed fruit)
- 1/4 cup extra virgin olive oil
- 3 whole limes, juiced
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 1 cup fresh mint leaves, chopped
- 1 1/2 cups crumbled feta cheese

Start at least one hour before you want to serve the salad.

1. **First, take the green skin off of the watermelon, and chop it in 2.5 centimeter squares, put it in a colander to drain the watermelon out.**
2. **In a bowl, whisk the oil, the lime juice, and the salt and pepper together for the dressing.**
3. **Place the watermelon in a large bowl, and pour the dressing over the watermelon chops.**
4. **Toss the chopped mint leaves over the watermelon pieces, and add the crumbled feta cheese.**
5. **Stir gently so the watermelon doesn't break, and serve!**



Mango Summer Smoothie

Link:

<https://www.goodhousekeeping.com/food-recipes/healthy/a21946699/summer-smoothies-recipe/>

Serves 2

Ingredients:

- One cup orange juice
 - 1/2 a cup yoghurt (coconut yoghurt if preferred)
 - 1 1/2 cup frozen mango
 - 1 medium sized carrot, grated
1. **In a blender, put all the ingredients in, and blend until smooth**
 2. **Serve!**

Bon Appetit!





Acknowledgements

Fleur Vorstman

It took the newspaper team a lot of effort to finish this newspaper. Through all the twists and turns this time of Quarantine has brought us, I thank everyone who has made a contribution to this second edition of the newspaper. I could have never done it without you guys.

First, I want to thank Ms. Parvu, for encouraging me to get the team together, and mentoring us through the process. We couldn't ask for a better teacher and mentor for this newspaper.

Second, I want to thank Carolina Gutierrez. Carolina, you helped me through the way, gave me amazing feedback, and helped perfect this newspaper overall. Thank you for balancing your homework and this newspaper to be able to help me.

I also want to thank Matthew Taylor. Thank you for giving us all these ideas, and opening our minds to new ideas. We were very happy to have someone like you in our team, who always has new ideas.

Rogelio Gutierrez has been a great help too. Thank you for perfecting our newspaper to make it at its best!

Last but not least, I would like to thank Christina Pefanis, supported me through the way, and was one of the best working partners to ever work with. Also, thank you for helping me find the “**Magic Rainbow Unicorns**” add-ons ;)!

