As we approach the middle of our school year, our school community at St. John XXIII School continues to show energy and enthusiasm in giving loving kindness to others. Our third issue begins by sharing good news from our school, which include raising money for Mission Mexico and providing goats for families in Ecuador, as well as spotlighting one student who donated her hair for cancer. Titans Sports, Dance Works, and Awards Day highlights are also given in this issue. We also celebrate the start of 2015 by including articles on holidays and seasons, including Valentine’s Day, Family Day, and our Lenten season. Thank you again to our school community for your continued support. Enjoy reading our midyear issue!

Celebrating a New Start in 2015

Bible Verse – John 3:16

St. John XXIII School, Calgary, AB

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School News
Spirit Day / Year of Empowerment / Student Spotlight / Titans Sports / Dance Works / Awards Day

Holidays and Seasons
Our Lenten Journey / Family Day / Valentine’s Day
On January 21st, St. John XXIII School organized a Crazy Hat Day that not only created school spirit, but also helped raise money for Mission Mexico. Mrs. Normandeau and her grade 9 Leadership students planned and prepared everything needed to make this a success. Posters were created, with the help of Ms. Ballard’s grade 3 class, announcements were written and read, and money was collected and sorted by the grade 9 Leadership team.

Students were asked to donate fifty cents to the cause. This also allowed them to wear any hat for one full day. This event was created in hopes of bringing joy to the students and encouraging them to help others in need. Many students, and teachers, wore various hats: beanies, fedoras, and even hockey helmets! Everyone seemed to have fun. It was amazing to see all students and teachers wear a hat. It also showed how many people cared for a worthy fundraiser.

From this event, we raised about $150. Mrs. Macaraeg’s class raised the most money in junior high and Ms. Sicotte’s class raised the most in elementary! Good job to our school community for supporting each other and Mission Mexico!

Let’s start the New Year off with an incredible fundraiser organized by our Justice for Children group! St. John XXIII School will be taking part in a worldwide fundraiser, collecting money to provide goats for families in Ecuador. The fundraiser will be going on from January to May 2015.

The reason why we provide goats is that goats are more beneficial towards long term support. One goat could be milked, bread, or sold to make investments, and a parent would be able to feed his or her family. This helps families to earn a living and to survive over time. Fifty dollars is all it takes to give a goat to a family in need.

There will be a competition between elementary classes and junior high classes. Whichever class raises the most money will win a pizza party for their class. The money will be collected every two weeks. You can see your classes progress by watching your class goat move along a race track set up around the school.

Along with this fundraiser, our Justice for Children group will also be organizing many other fundraisers and social justice projects, such as selling bracelets called rafiki chains (also known as friendship bracelets). Mothers in Kenya make these bracelets for a living to provide for their families. They will be on sale later this year for ten dollars each. We have the power to create change! Happy collecting and good luck!
Julie is a grade 6 student at our school, who at age 11, made the considerate choice of cutting her hair and donating it to make wigs for people with cancer. Here is our exclusive interview with Julie:

**What made you want to cut your hair?**
I was going to cut my hair anyways but I thought it would be better to donate it.

**Was it your decision to cut your hair? Do you regret doing it?**
Yes, it was my decision to cut my hair. And no, I do not regret cutting it.

**How long was your hair before you cut it? Who helped you cut it?**
It was down to my stomach. My hairdresser cut it for me.

**Are you related to, or know someone, who has cancer?**
Yes, my grandma used to have breast cancer.

**Do you know anyone else who cut their hair for cancer like you did?**
My teacher, Ms. Caron, also cut her hair and donated it.

**Do you have any other ideas on how we can support people with cancer?**
Yes, I would also like to donate money. I also would like to try and convince other people to cut their hair for cancer.

Julie has attended St. John XXIII School since Grade 1. Her role models are her teacher Ms. Caron, and actress Shailene Woodley. Julie is truly a remarkable example of someone who shows loving kindness to others. Thank you for sharing your thoughts with us Julie!
This year, St. John XXIII School is proud to have such amazing basketball teams for both the Junior and Senior Boys and Girls. They are doing really well playing, as well as representing, our school. Our Senior teams have worked extremely hard to get to where they are now, and they couldn't have done it without the help of their coaches: Mrs. Culligan (girls), and Mr. B. Campbell and Mr. Figueras (boys). They still have a long journey ahead of them, so on behalf of our school, we wish them good luck! We are also thankful for Mr. Bradley, Mr. Valenzuela, Ms. Caron, Mrs. Webb, and Mrs. Wroe for preparing our Junior teams with the skills and enthusiasm needed to represent us now, next year, and when they are on the Senior teams. Special thanks to Mr. Petingola and Mr. Weins for supporting our teams as well.

Here are some of the perspectives from the teams. Great work coaches and players!

### Senior Basketball Teams

**Braelyn B.:**
What has your experience been like for being on the Senior team for all three years and working with so many different people?
When I was on the Senior team in grade 7, it was scary at first. But when I was on the team in grades 8 and 9, I gained confidence and I liked working with new people.

How do you keep your teammates motivated?
I help them improve with things that they need help with. I tell them to always have fun and that it's okay to mess up.

How well have the teams played so far?
From the start I was iffy about it, but as we practiced more and more, I saw that we have gotten better as a whole.

**Aaron F.:**
How do you prepare for a game?
I listen to music a lot to relax and get in the zone.

Do you have a signature move or skill?
I don't have a signature move or skill, but after I hit a three (pointer), I do the bow and arrow.

Are you excited to play a certain team?
St. Martha because they are supposed to be our competition this year. They have a lot of good players.

**Victoria P.:**
What has your experience been like being part of the team with fellow teammates, the skills and the game play?
To improve my ball handling, shooting, and to gain experience in the game of basketball.

What is it like to be part of the Senior team?
I get nervous, yes! I always listen to my favorite song.

What do you expect or hope for during the basketball season?
I was relieved and happy to be playing.
Junior Basketball Teams

Lavinia F.:
What do you think your team can improve on for future games?
I think my team, including myself, can improve on mastering our basketball skills.

What has your experience been like being part of the team?
I have had an amazing experience improving my game play and being part of a team that can work together to improve.

What are some responsibilities of the team members?
Our responsibilities include knowing our positions, showing up at practices, and being prepared for games while applying all of your skills during play time.

Nevyn D’S.:
What are practices like?
Practice are really tough; we work hard all the time. We do all kinds of drills. Right now we are working on defensive drills and next will be offensive drills.

What is it like working with new people?
It’s fun and good to work with new people because you get to know their skills. Maybe you can improve on their skills and they can help me improve my skills.

Mrs. Culligan:
What are some motivational words you tell your team before a game?
I usually set game goals as encouragement, like if our team scores a certain number of points, there is either a reward or consequence.

Are there any special techniques your team is really skilled at?
They have a really strong defense - they can shut the other teams down.

How many games will the team play? What are your hopes for the team?
For leagues, they have eight games and for tourneys, there are two games that they already played. They won our tournament. My hope is that they learn to play together as a team and develop a sense of team membership.

Mr. B. Campbell:
What is your criteria for selecting players?
I like to choose players that are good teammates, that put academics first, and they are a good team player.

What is the main job of the coaches?
To try to get the most out of the players and get them to work together to reach their goal.

Mr. Bradley:
What is the main job of the coaches?
To provide a fun, hardworking, great team environment where every player learns new skills and fundamentals about basketball.

How many games will the team play? What are your hopes for the team?
Junior boys have 3 teams, so I want them to hopefully play 3 to 4 games. I want them to work their hardest and as a team above all else.

Ms. Caron:
What is your criteria for selecting players?
Mrs. Wroe, Mrs. Webb and I look for dedication, that everyone is trying their best, they are present for games and practices, and that they try to apply feedback given to further develop their skills.

What are some motivational words you tell your team before a game?
This is our game, you've got this. Whatever happens, leave it all on the floor.

Are there any special techniques your team is really skilled at?
They’re getting really good with their shooting. Our team has made a lot of progress at finding openings and looking for one another on the court.

What are your hopes for the team?
I hope they continue to develop their skills, have fun, and know that this is a safe place to leave their energy.
Awards Day
by Sydney M. and Camryn G.

St. John XXIII School was proud to award numerous student certificates and medals on January 30, 2015. The whole ceremony took about two hours, from approximately 9:00 a.m. to 11:00 a.m. The awards that were distributed were Merit, Athletics, Catholic Community of Caring, Titan, and Fine Arts.

The school is proud to see many people working hard in their studies, joining teams, and representing our school. The awards are meant to recognize students who put in great effort to achieve success in their academics and talents, and to encourage more students to work harder in school.

Many parents and family members came to support their child walk up and receive their certificate or medal. They felt proud to witness such amazing achievements. Teachers were excited to see their students earn recognition, and were proud to see how far they have come, especially the grade 7's since it was their first ceremony.

Approximately 150 students received the Merit award. Even more students received awards for athletics, Titan, Fine Arts, and CCC (Catholic Community of Caring).

It is not too late to receive an award. There will be another awards ceremony in June. Just remember to continue to try and do your best. Put in that little bit of extra effort to reach your goals. Try out for teams too! It’s a great way to practice new skills and meet new people. Try something new this year. Keep up the great work!

Titans Dance Works
by Macyn D.

Dance Works is an after school activity for students who want to express their dancing abilities or to learn more about it.

Everyone in Dance Works has been working very hard and very long for our upcoming Showcase at Father Lacombe High School on March 26. The Showcase is for everyone to cheer on and watch the many schools show what dance routines they have been working on.

It is a great activity, and if you did not join this year, I hope you do next year. It is amazing! It can even help relieve stress or be a fun activity after school. Special thanks to our coaches this year: Mrs. Cruz, Mr. Bayubay, Mrs. Zydek, and Mrs. Macaraeg. Great work Dance Works team!
To begin our Lenten season, our school community participated in a buddy activity organized by our Catholic Community of Caring.

The activity is called “Our Lenten Journey”, and it first involved buddy classes to watch a PowerPoint slideshow together about Jesus’ experience in the desert for forty days. This part was meant for students to reflect on and discuss Jesus’ challenges and sacrifices, and how we are all called to meet difficult challenges and sacrifices during our Lenten season.

Each student wrote his or her Lenten promise on a paper sneaker, and then decorated it using pointillism. All the sneakers created by our buddy classes were put up in our large gym by our Leadership 7 students. Thank you to Mr. H. Campbell’s grade 7 Leadership class for your help. The sneakers spell out the words “Love Kindness”, and they symbolize our Lenten journey this year.
Family Day: What Families Should Do

-- by Marielle O.

Go out or stay home and watch a movie together.

Talk together as a family.

Go out to the mall.

Family game night.

Have dinner together as a family.

Plan and go on a family vacation.

Artwork by Ramona E.

Family Day Activities

-- by Macyn D.

What can you do on Family Day with the whole family? What are the best ideas? While February is often considered the month of love (i.e., Valentine’s Day) it’s also usually a time of snow and shoveling. But what can we do on our Family Day holiday this year on Monday, February 16?

Take charge of Family Day this year and consider partaking in some of these fun activities with your family that are sure to bring a smile to even the most contentious of offspring:

1. Go tobogganing or tubing.
2. Bake a themed treat.
3. Play a board game, or two, or three.
4. Visit a museum pool or fun center.
5. Make arts and crafts.
6. Go for a winter hike.
7. Start playing a new instrument.
8. Arrange a family photo-shoot.
10. Try something new.

So even though February is cold, there is a lot to do, and lots of fun to have. Make sure that you find some way to have fun with your family. Happy Family Day!
Heart Shaped Nougat

**Equipment:** A bowl, a mixer, a heavy sauce pan, a tablespoon, a measuring cup, a piping bag or a ziplock bag, parchment paper or a non stick silicone mat

**Ingredients:** 2 egg white, 2 cups of sugar, 1/4 cup of water, 2 tablespoons of glucose syrup or corn syrup

**Instructions:**
1. On a heavy saucepan, put the sugar, water and glucose syrup
2. Stir them together on medium heat until the sugar dissolves
3. Keep cooking the sugar until it reaches 250 degrees
4. Put the egg whites in a bowl and whisk it until it has stiff peaks
5. When the sugar reaches 240 degrees, start pouring half of it in the egg whites with a high setting
6. Put the heavy saucepan on the stove until it reaches 350 degrees then repeat the step before this
7. Lay a piece of parchment paper on a baking tray or the counter top
8. Put the nougat in a piping bag and start piping hearts
9. You can put food coloring in the mixture or after it has cooled, and hardened paint some edible luster dust on it
10. Wrap it and give it to someone, or eat and enjoy!

French Macaroons

**Equipment:** A wisk or a mixer, a fine mesh sift, three bowls, measuring cups, parchment paper or a non stick silicone mat, baking tray, a piping bag or a ziplock bag, spatula

**Ingredients:** 1 cup of powdered sugar, 3/4 cup of ground almonds, 2 egg whites, 1/4 cup of fine sugar, a pinch of salt

**Filling:** 1 cup of butter, 1 1/2 cup of powdered sugar, rose water 1/4 cup

**Instructions:**
1. Preheat your oven to 350 degrees
2. Mix together the powdered sugar and the ground almonds in a bowl
3. Sift the dry mixture in a separate bowl until there are no lumps
4. In another bowl, place room temperature egg whites and mix them on medium speed until it is frothy
5. When the egg whites are frothy, turn the speed higher and gradually add the sugar. When the mix looks stiff and glossy turn the mixer off
6. Add the mix to the dry ingredients and then fold until it has a lava like consistency, which is about 50 folds
7. Put the mix in a piping bag and pipe it on a non stick silicone mat or parchment paper
8. Make circles, hearts, or anything you want
9. Let it sit for 30 minutes in a non humid area so that it will form a shell on it, and that will make the feet for the macaroon
10. After 30 minutes, place it in the oven and lower the heat to 325 degrees and bake for 18 minutes. Switch sides when it has been baking for nine minutes
11. After you take it out of the oven, let it cool for ten minutes.
12. Add the filling and you are done. The filling does not have to be rose buttercream. It can be any filling you want.
13. Eat it, or give it to a loved one. Enjoy!

The best kind of chocolate is hard to decide when Valentine’s Day comes around. A tally of teachers and students listed their favorite chocolate: Dark chocolate, Hershey Kisses, After Eights, Kinder Surprises, Hershey milk chocolate, and Twix. Thank you to Mrs. Zydek, Mrs. Macaraeg, Kyra, McKenna, Nnenna, Kaydence, Ramona, and many others for sharing their list with us. Happy Valentine’s Day!
History and Facts  -- by Mahlet G. and Kaydence P.

Valentine’s Day is all about love, but there is much history and facts related to this holiday:

- St. Valentine’s Day began as a liturgical celebration for an early Christian saint named Valentinus, dating back to the 5th century;
- It has its origins in the Roman holiday Lupercalia;
- It used to be considered bad luck to sign a Valentine’s Day card;
- About 1 billion Valentine’s Day cards are exchanged each year;
- About 3% of pet owners will give Valentine’s Day gifts to their pets.

Valentine’s Day is about sharing love and kindness to one another in joy. Happy Valentine’s Day!

(Sources from Google)

L-O-V-E by Nat King Cole
L is for the way you look at me
O is for the only one I see
V is very, very extraordinary
E is even more than anyone that you adore can

Love is all that I can give to you
Love is more than just a game for two
Two in love can make it
Take my heart and please don't break it
Love was made for me and you

L is for the way you look at me
O is for the only one I see
V is very, very extraordinary
E is even more than anyone that you adore can

Love is all that I can give to you
Love is more than just a game for two
Two in love can make it
Take my heart and please don't break it
Love was made for me and you
Love was made for me and you

Valentine’s Day Poetry
– by Danielle A., Ramona E., and Wilson G.

Serious love
L-onliness
O-besity
V-oid
E-nding

V-arnished!hate
A-a grapefruit
L-upus
E-ternal hate
N-thing
T-oo sad
I-nterior darkness
N-o one
E-nv

Heart
H-having feelings for someone you like
E-expressing your feelings
A-appreciating what you have
R-romantic day
T-true to yourself and to your loved ones

Artwork by Danielle A. and Ramona E.