



THE PANTHER PRIDE



Middle School Edition

Pay it Forward Week

“Kindness...it costs nothing, but means everything.”

~ Janet Kilburn Phillips

This is a perfect time to spread some kindness around...we find ourselves with a little extra time on our hands, and people need their **spirits lifted** during this difficult and possibly lonely time.

This week, the focus is paying it forward, showing kindness to others. So the challenge is to be a **secret helper**. Pick a neighbour, a family member, or a friend... and do random acts of kindness throughout the week. If you want, reveal yourself as the secret helper on Friday. Or choose to keep it a complete secret.... shhhh!



Your Challenge:

Spread kindness around!

WE are in this TOGETHER!

NB is amazing!

Compared to other parts of the world, New Brunswick has done an amazing job of containing COVID-19. This is because, as a province, citizens have engaged in collective action, working together and understanding that everyone can make a difference.

Here are some of the ways New Brunswickers have helped their fellow citizens:

- ◆ **Delivering groceries** to elderly citizens and the seriously ill, who are most at risk for COVID-19.
- ◆ Giving **blood** to support hospitals requiring increased amounts of blood during this pandemic.
- ◆ Supporting **local** businesses to ensure New Brunswickers keep their jobs and businesses open.
- ◆ Making **masks** and wearing them to lessen the chance of getting and spreading COVID-19.
- ◆ **Donating** to homeless shelters to help those who were already suffering before this pandemic happened.

The Gift of Charity

One person can make a difference!



After being diagnosed with **cancer**, Terry Fox became an icon and a symbol of the strength of human spirit. Cancer took away his leg, but not his deep desire to **help others**. With his remaining leg, he ran across Canada in the hopes that others would donate to cancer research. Even now, years after his death on June 28, 1981, he is remembered as a national hero. The annual **Terry Fox Run**, which at one point was just held in Canada, is now held in over 60 countries and has raised over **750 million dollars** to help find a cure for cancer. Think about it, although he is long passed, he created a legacy...a legacy devoted to

helping others and inspiring people forever. In a way, **that is the closest thing to becoming immortal there is!**

Think About It: What are some ways that you could help your community during COVID-19? Choose a group, cause or initiative, and create a way that you could raise money or supplies for that group. Examples: Crowd funding, selling bracelets, clothing drive, running across Canada (if you have time this summer!).

The Greatest Canadian is...

Tommy Douglas! Who's that?



In 2004, Tommy Douglas was declared the "Greatest Canadian" by CBC. Viewers voted for who they believed was the man or woman who had the biggest impact on Canada.

What did Tommy Douglas do, and why is it so important? You can find the answer at doctors' offices and pharmacies when you ask for your bill... or in Canada's case, **lack of a bill**. Born in 1901 in Scotland, Tommy Douglas believed that Canada and all its citizens had the right to **affordable healthcare**. When premier of Saskatchewan, he became a strong negotiator for the creation of 'Medicare.' The program was a huge success, resulting in the creation of a National Medicare system in 1966 in which 50% of a citizen's health bill is paid for by the province and the other 50% is paid for by the federal government. He viewed healthcare as a **right** for every Canadian. He saw his country as a community of his own people, and he wanted them to be taken care of.

"We are all in this world together, and the only test of our character that matters is how we look after the least fortunate among us."
~ Tommy Douglas



Think About It: In the USA, hospital costs averaged \$3,949 per day and each hospital stay cost an average of \$15,734. In Canada, we pay nothing (or next to nothing). How is Tommy Douglas helping Canada right now during the COVID-19 Pandemic?

The Power of WE

Working together!

The world is full of things they say are "not doable." But there's a whole movement of people **creating good** in the world in ways we never imagined. Each one of us is entirely capable of changing the world. Because WE make doing good, doable.

The world is not about ME, or YOU. There are over **7 billion people** on the planet. Imagine what could happen if each person decided to do their part to make the world a better place.

The We Movement was started by brothers Craig and Marc Kielburger, over 20 years ago, as a way of sparking social action. One person can make a difference, but imagine what many people working **together** can accomplish!



#WEcelebrate: East Coast & Quebec

On May 29, WE celebrated extraordinary change-makers across the provinces. The streamed show showcased the inspiring stories of students and schools. Watch the WE Day celebration for East Coast Canada and Quebec featuring special musical performances and interviews from some of Canada's most influential young people.

11:02 - **"Food for Thought"** – What is it and who is it aimed at helping?

14:21 - **"Maddie's Hugs"**- The opportunity to do good is limitless. This student created an initiative and became a social entrepreneur before even graduating from high school. What would you like to do better your society and self before graduating?

21:12 - What are some of the initiatives that local **schools in New Brunswick** have started to spread hope to people during COVID-19?

If you could think of one thing your school could do to help your community and world, what would it be?

Kindness Rocks

How to make kindness rocks!

Random art of kindness

The intention is simple, to create kindness for unsuspecting recipients because one message at just the right moment can change someone's entire day, outlook and life! Join the grassroots kindness movement in making this world a kinder place.

Gather your kind thoughts

Gather your supplies as well as your kind thoughts and messages. When considering a message to paint on a rock, be sure that it is positive and uplifting. The goal is to inspire someone and make them feel happy when they find one. Imagine the message that you would like to find - chances are it will inspire someone else as well.

Time to get creative

Begin by painting the rock a bright colour with your acrylic paint and foam brush as this will create a cheery backdrop for your artwork. Once dry, use your paint pens to create a picture or inspirational message. Let your artwork dry for a few hours and then seal it with a light coat of clear outdoor sealant.

Spread some love

It's time to start spreading some love and kindness in your community! Leave some Kindness Rocks on your front yard or around your garden where it can also serve as a Butterfly Basking Rock (next page). You can also place it at a local park, playground or library. Hopefully someone will see it and you'll brighten their day! Don't forget to take a picture and post it into your homeroom Teams page.



* Be sure to ask permission when leaving a kindness rock somewhere.

Support Local Businesses

Help small businesses succeed!

Cornhill Nursery

A nursery offering the largest selection of plants in the Maritimes. Offering services ranging from plant sales, landscaping, consultation and planning of landscaping designs. Located in Petitcodiac on 2700 Route 890.

The Green Pig

Open for business and selling local in-season fruits and vegetables. They are located in Salisbury, and also deal in local goods such as meat, eggs and baking goods from a variety of different farms and local producers. Check them out at 2927 Fredericton road.

Petitcodiac Valley Golf and Country Club

This Glenvale road golf course is open for business and ready to provide a fun outdoor activity for you and your family. Don't know how to golf? No problem because they offer lessons and an 18 – hole course, as well as a clubhouse and restaurant for refreshments and socializing (while social distancing of course).

Add to this list of local and/or New Brunswick-owned businesses.

Where are they located?

What products do they sell?

What services do they provide?

Music for the Soul

Music is a universal language!

By listening to music, we can feel and experience different emotions. Search for songs about kindness. Some examples are "Humble and Kind" by Tim McGraw and Michael Jackson's "Heal the World".

Listen to the music without focusing on the words. How does the music make you feel?

Now listen to the song again and listen to the words as well as the music. How did the words make you feel?

Look for more songs like these and do the same exercise.

Now choose one of these songs and work out dance movements to the song.

Bee Kind to Pollinators

Why are pollinators so important?

Eighty percent of flowering plants require a pollinator to produce the next generation. Can you imagine a world with 80 percent less plants?

Pollinators are responsible for **2 out of every 3** bites of food we eat!

Many researchers strongly believe that pollination is as important to life as food, water, and shelter.

Why are some pollinators at risk?

Several pollinator species are in severe decline, due to the loss of habitat / feeding grounds, pollution, pesticides, diseases, and climate change.

How can we Help?

Create pollinator habitats! Whether you have a large yard or a single flowerpot, all outdoor spaces can be made valuable to pollinators and other wildlife.

Habitat Creation Activity 1: *Grow your own Pollinator Garden*

1. Research pollinator-friendly flowers to plant in your yard or in pots!

Plants that are native to your region are especially helpful - native plants and pollinators have co-evolved to help each other out. Native plants also require less watering and less fuss than many ornamentals. If you do plant non-native plants, make sure that they are not considered invasive in our region.

2. If you can, plant each plant species in clumps around the garden – this creates a big target for pollinators to spot.
3. Leave some dead plants, dead wood, and exposed soil in your yard. Some pollinators nest in dead plants and wood, or burrow into the soil.
4. Avoid using pesticides - and encourage your friends and family to do the same!



Habitat Creation Activity 3:

Create a Bee Waterer

Bees get thirsty too! Set out a dish of shallow water and semi-submerged rocks or marbles so that insects can get a drink and not fall in.

Habitat Activity 2: *Butterfly Basking Rocks*

Butterflies are “ectotherms” meaning that they are not capable of producing body heat on their own. They are often seen “basking” in the sun – and this is because they need to “soak” up energy in order to fly and go about their daily business.

To make a butterfly rock you will want to:

- 1) Find a few flat, solid rocks that butterflies can land on.
- 2) Add colour! This will help attract butterflies to your rocks.
- 3) Butterflies are attracted to the colours orange, red and yellow – so it is a good idea to use these colours as much as possible.
- 4) Place the butterfly rocks in your garden and wait for them to get noticed!
- 5) If you are interested in identifying the different species of butterflies, download the iNaturalist app to get help from experts around the world!



Recognize these popular children’s books?

1. 🌙 🐛
2. ♻️ 🔍 🐷
3. 🐱 🎩 🍴
4. 🙌 🐟 🙌 🐟 🐟 🐟

Bingo De La Gentillesse

Cette semaine, on te lance le défi de faire des actes de gentillesse ! Complète les activités ci-dessous pour faire un bingo sur la carte. Tu peux faire les 4 coins, une ligne droite ou diagonale ou la pleine carte!

Donne un compliment à quelqu'un	Aide tes parents à faire la vaisselle	Appelle un membre de ta famille au téléphone	Ramasse des déchets à l'extérieur
Demande à ton voisin s'il a besoin d'aide	Écris un message à un ami	Souris à trois différentes personnes	Raconte une blague à quelqu'un
Remercie un membre de ta famille	Sois gentil envers toi-même et fais une activité que tu aimes	Prends soin d'un animal de compagnie	Prépare un repas
Sors les poubelles	Demande à quelqu'un comment se passe sa journée	Fabrique un cadeau pour quelqu'un	Sois original et pense à ta propre action de gentillesse et fait le partage sur TEAMS

The Face of the 10

The first Canadian woman to appear on our currency, was a pioneer of Black rights in Nova Scotia.

On Nov. 8, 1946, Viola Desmond went to a movie at New Glasgow's Roseland Theatre and after purchasing her ticket, she sat in the lower bowl. When the manager informed her that seating area was for **whites only**, she refused to leave.

She was removed with force, jailed and fined for this act of defiance – but she fought the charges and was eventually **pardoned** in 2010, 45 years after her death. She believed in the **rights** of all individuals, regardless of colour. She proves the actions of one can make a difference.

This Week's Schmath Problems

Monday	Lexie volunteers for the United Way delivering bags of food 3 days a week, for 4 hours each day. After volunteering for 8 weeks, how many bags of food has Lexie delivered if she delivers 15 bags of food an hour?
Tuesday	Max has 86 marbles and wants to share them equally between himself and his 2 friends. How many marbles will each person get and are there any left over?
Wednesday	There are 297 disposable plates at the Humanity Project's soup kitchen on St. George Street. On Monday, a total of 223 people ate at the soup kitchen. Mr. Brown came that Monday night and donated another 56 disposable plates. If the same number of people show up Tuesday to eat, will there be enough plates?
Thursday	Mr. McSheffery decided to bake some chocolate chip cookies for the elderly at the old folk's retirement home near his house. He baked 9 dozen cookies. There were 27 residents and 8 workers that day. If each resident had 3 cookies, each worker had 2 cookies and Mr. McSheffery had 5, how many cookies were left?
Friday	Peter decided to make his family supper one day. He wanted to prepare spaghetti and Caesar salad. The recipe he chose could feed his family of 4, but then his mom invited his cousin's family of 4 to supper. Please double the following recipe for Peter: 1/4 tsp pepper; 1/4 tsp salt; 1/8 tsp paprika; 1 & 1/3 tsp of garlic powder; 3/4 cup of sauce; 2 & 1/4 cups of water; 125 g spaghetti noodles; 1 & 3/4 romaine lettuce; 4/5 cup of croutons; 2/3 cup of parmesan cheese; 2/3 cup of Caesar dressing; 1.2 pounds of lean hamburger.

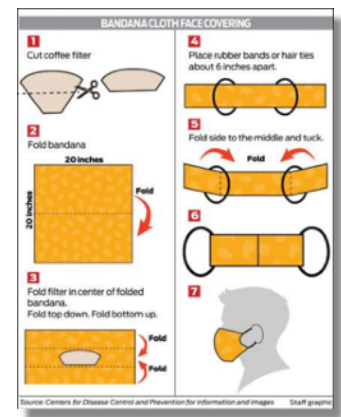
Les jeunes font la différence

Regarde cette vidéo de jeunes d'exception qui font une différence et réponds aux questions.



Questions:

1. Comment s'appelle l'application qu'elles ont inventée?
2. A quoi sert cette app?
3. Où vont-elles présenter leur invention?
4. Quelles sont les différentes étapes que Clémence et Maé ont suivies pour réaliser leur app?
5. Que penses-tu de leur app?
6. Quelle app aimerais-tu inventer?



Becca Schofield



Une adolescente très spéciale!

Becca Schofield est née le 1 septembre 1999 à Moncton au Nouveau-Brunswick. Lors de son enfance, elle a vécu une vie comme bien d'autres enfants. Becca aimait lire, cuisiner, écouter la musique et passer du temps avec ses amis et sa famille. Elle adorait aller au chalet familial pendant les étés.

Malheureusement, lorsqu'elle a eu 15 ans, Becca a été diagnostiquée avec cancer au cerveau. Malgré des traitements agressifs, le cancer a continué de se propager. Au lieu de se décourager, Becca a eu l'idée de lancer le défi #BeccaToldMeTo à sa communauté. Elle encourageait les gens à faire des actes de gentillesse et de les poster sur les médias sociaux.

Le mouvement qui a commencé avec quelques personnes seulement a vite pris ampleur et s'est propagé à travers le monde! Plusieurs milles personnes au Canada et ailleurs ont été inspirées de faire des actes de gentillesse. Becca a voulu changer le monde et elle a réussi!

Tristement, Becca est décédée le 17 février 2018, mais elle continue d'inspirer les gens encore aujourd'hui. Cette semaine, donne-toi le défi de faire une action de gentillesse pour une personne de ton entourage. Comme Becca nous a montré, de simples actions peuvent avoir beaucoup d'impact! Maintenant, c'est à toi de changer le monde!



The park in Riverview, NB was built in her memory. So that it is accessible to all people, the park has:

- ❖ A wheelchair-accessible outdoor classroom
- ❖ Wheelchair-accessible safety surfaces, ramps and roundabouts
- ❖ Ability swings
- ❖ Sign language and braille embedded into the park
- ❖ Sensory play
- ❖ Buddy benches

And much more!

Crossword Puzzle

Complete the puzzle using key words and ideas from the newsletter.

Use the word bank to help you.



Word Bank:

- Charity
- Collective
- Consumerism
- Crowd funding
- Empathy
- Empowerment
- Kindness
- Perseverance
- Resilience
- Self-reliance

Across

5. authority or power to do something
6. a project to raise money from a large group of people who each give a small amount
7. protecting people who purchase goods and/or services
9. being able to do something even though it's challenging

Down

1. actions or feelings shared by every member of a group
2. the ability to recover quickly from difficulties; toughness
3. being able to understand and share the feelings of others
4. being able to depend on your own powers and resources, not others
7. an organization set up to provide help and raise money for those in need
8. being friendly, generous

Created using the Crossword Maker on TheTeachersCorner.net

Last Week's Answers

$2 \text{ flowers} + 1 \text{ flower} = 18$
 $2 \text{ flowers} \times 1 \text{ flower} = 72$
 $1 \text{ flower} \times 1 \text{ flower} = 12$
 $2 \text{ flowers} - 1 \text{ flower} = 15$

$2 \text{ flowers} + 1 \text{ flower} + 1 \text{ flower} = 24$
 $1 \text{ flower} + 1 \text{ flower} + 1 \text{ flower} = 19$
 $1 \text{ flower} + 1 \text{ flower} + 1 \text{ flower} = 15$
 $2 \text{ flowers} \times 1 \text{ flower} + 1 \text{ flower} = 86$

Mon.	There are 61,815 potato plants and 4,121 potato plants will be planted each hour.
Tues.	These three items will cost \$54.90.
Wed.	Volume of soil that the box can hold is 144 cubed feet.
Thurs.	You will need 108 cubed feet of topsoil and 36 cubed feet of compost.
Fri.	He can pack the crates with the following tree weights: 1kg, 9kg and 15kg in crate #1 2kg, 2kg, 8kg, and 13kg in crate #2 4kg, 10kg, and 11kg in crate #3