



THE PANTHER PRIDE



Middle School Edition



Well...it certainly has been an interesting start to the summer vacation. Definitely one to remember!

With all of the uncertainty in the world right now, one thing we can rely on... **nature!** It continues on, bringing with it warm soothing temperatures and fun activities we have been longing for: swimming, hiking, picnics, and camping just to name a few. What do you love about summer?

Panthers, we wish you all a **safe** and **exciting** summer! We can't wait to see you in September. **We miss you!**

Panther Pride!

Your Challenge:

Make your own ice cream.

How To Make Ice Cream

Did you know you can make your own ice cream? And the best part is you don't need an ice cream maker or even a freezer. Here is a fun and tasty food science project that explores freezing point depression.

Materials:

- ◆ 1/4 cup sugar
- ◆ 1/2 cup milk
- ◆ 1/2 cup whipping cream (heavy cream)
- ◆ 1/4 teaspoon vanilla (or another flavour)
- ◆ 1 (quart) zipper-top baggie
- ◆ 1 (gallon) zipper-top baggie
- ◆ 2 cups ice
- ◆ thermometer
- ◆ 1/2 to 3/4 cup sodium chloride (NaCl) as table salt or rock salt



Procedures:

1. Add 1/4 cup sugar, 1/2 cup milk, 1/2 cup whipping cream, and 1/4 teaspoon vanilla to the quart zipper bag. Seal the bag securely.
2. Put 2 cups of ice into the gallon plastic bag.



3. Use a thermometer to measure and record the temperature of the ice in the gallon bag.

4. Add 1/2 to 3/4 cup salt (sodium chloride) to the bag of ice.



5. Place the sealed quart bag inside the gallon bag of ice and salt. Seal the gallon bag securely.
6. Gently rock the gallon bag from side to side. It's best to hold it by the top seal or to have gloves or a cloth between the bag and your hands because the bag will be cold enough to damage your skin.

7. Continue to rock the bag for 10-15 minutes or until the contents of the quart bag have solidified into ice cream.

8. Open the gallon bag and use the thermometer to measure and record the temperature of the ice/salt mixture.

9. Remove the quart bag, open it, serve the contents into cups with spoons.



How could you make different kinds of ice cream? At what stage would you make your changes/additions?

Making Ice Cream

What's the science behind it?

Ice has to absorb energy to melt, changing the phase of water from a solid to a liquid. When you use ice to cool the ingredients for ice cream, the energy is absorbed from the ingredients and from the outside environment (like your hands, if you are holding the baggie of ice).

When you add salt, it lowers the freezing point of the ice, so even more energy has to be absorbed from the environment for the ice to melt. This makes the ice colder than it was before, which is how your ice cream freezes.



Ideally, you would make your ice cream using "ice cream salt," which is just salt sold as large crystals instead of the small crystals in table salt. The larger crystals take more time to dissolve in the water around the ice, which allows for more even cooling of the ice cream.

Next time?!

- ❖ Milk will provide a less rich, lower calorie ice cream. Heavy cream will have the opposite effect because it's richer. Try adding more heavy cream and less milk, or vice versa? Do you like the results better?
- ❖ Experimenting with other methods. One version uses two coffee cans of differing sizes instead of plastic bags.
- ❖ Play with different flavours.

Summer Playlist

Create and share your summer soundtrack!

What music will move your summer and inspire you to enjoy yourself as much as possible. Are you partial to Kendrick Lamar? Prefer a bit of Taylor Swift in your life? Or, are you unfortunate enough to have Bieber fever? Whatever your preference, create a 10-song playlist that will be heard

blasting from your parent's car or bedroom while you make this summer one to remember! Share your playlist on Teams and encourage others to broaden their musical horizons by listening to your #1 song for summer.



Watch your inbox for info about report card pick-up.

Célébration de la fête nationale d'Acadie!

Le 15 août



Le 15 août est une journée très spéciale pour les Acadiens, car c'est la fête nationale d'Acadie! Lors de cette célébration, les Acadiens fêtent leur culture et leur histoire.

Plusieurs activités très amusantes ont lieu, comme des spectacles de musique, des réunions de famille et le tintamarre. Le tintamarre est une tradition acadienne où les gens marchent dans la rue et font beaucoup de bruit avec des instruments et des objets comme des chaudrons. C'est super amusant! Cliquez sur le drapeau acadien pour regarder une vidéo et des photos des célébrations!



La vache

Je suis une belle vache qui aime beaucoup manger de l'herbe fraîche dans les grands champs. Pour ma première sortie de l'été, j'aimerais que tu me colories avec de jolies couleurs. Ma tête et mes oreilles sont brun foncé. Mon énorme nez est lui aussi brun, mais plus pâle que ma tête et mes oreilles. Mon menton est brun comme ma tête et mes oreilles. Si tu as remarqué, j'ai deux jolies cornes sur ma tête, elles sont beiges. Ma langue est d'un beau rose comme la tienne, et je peux moi aussi faire des grimaces!



Bravo! Je suis maintenant prête pour une belle sortie dans les champs au grand air. Je penserai à toi lorsque je dégusterai plein d'herbes.

Bonjour les élèves !

Est-ce que tu aimerais continuer à pratiquer ton français cet été ? Voici des suggestions de livres, collections, émissions et films en français!

Collections de livres pour les élèves de 6^e et 7^e année:

- ❖ **M'as-tu lu?** par Boomerang
- ❖ **GB+ En Action** par Chenelière
- ❖ **Maxi: Rat de bibliothèque** par Pearson
- ❖ **Superhéros** par Éditions Albin Michel
- ❖ **Alpha-jeunes** par Scholastic

Livres pour 8^e année:

- ❖ **L'ordinateur** par Christian Grenier
- ❖ **500000 euros d'argent de poche** par Remi Stefani
- ❖ **Le professeur a disparu** par JP Arrou-Vignod
- ❖ **Defence d'entrer!** par Caroline Herroux
- ❖ **Youtubers, Instalove** par Olivier Simard
- ❖ **Hush, Hush** par Michel Noel
- ❖ **Hockeyeurs cybernetiques** par Denis Cote.
- ❖ **Shuni** par Naomi Fontaine

Bandes dessinées:

- ❖ Astérix et Obélix
- ❖ Bone
- ❖ Dragouilles
- ❖ Garfield
- ❖ Tintin

Émissions de télévision:

- ❖ Astérix et Obélix
- ❖ Les aventures de Tintin
- ❖ Lucky Luke
- ❖ Les mystérieuses cités d'or
- ❖ Oniva!

Films:

- ❖ La mystérieuse Madame C
- ❖ Nelly et Simon
- ❖ La grande boucle
- ❖ Les choristes
- ❖ Belle et Sebastien
- ❖ La guerre des tuques
- ❖ Le bonheur de Pierre

Last Week's Answers

$$\begin{aligned} 19 \\ \text{😊} + \text{😊} &= 32 \\ \text{❤️} + \text{😊} &= 25 \\ 17 + \text{❤️} + \text{😊} + \text{❤️} &= 51 \end{aligned}$$

$$\begin{aligned} 20 \\ \text{🍌} + \text{🍌} &= 54 \\ \text{🍌} + \text{👤} &= 70 \\ \text{🍌} + 7 + \text{👤} + \text{👤} &= 120 \end{aligned}$$

Mots cachés de l'été



undgyplesetrtpalrlw
sopjwotinapfaxdbiemf
rlwkuizieibreypeeuxs
rlpznzicrqglalidliloce
aieksslucsoxebklojrt
lpmgioeloresatflsuee
datpanrlesesveleeamx
zpyuilzbitemlssedec
cmxyqoipledevlepuxatgh
xhubjaaeuteafsrilaala
geyghvladpusuzorebau
lielosedssettenulpwcd
egalptshirtvccpmabel
xvoyageruujtxvnuhie j
iorhnollabydejkacurg
vecelleniccocidrc cle
maillotdebainvffeagv
shortniu jnvvlblrcgv l
ctttbojvwvwomipeebab
lxtstmomujc v d m p c m s f n



été	seau	chaud
mer	pelle	parasol
ballon	juin	glace
fleur	juillet	crème glacée
soleil	août	vacances
piscine	short	crème solaire
plage	t-shirt	piquenique
bateau	sable	château de sable
valise	papillon	lunettes de soleil
nager	abeille	maillot de bain
jouer	coccinelle	serviette de plage
voyager	sorbet	chapeau de soleil

Summer Bucket List

1. A pail
2. A wheelbarrow
3. A mop bucket
4. A concrete mixer
5. A rolling buc...just kidding!

$$\begin{aligned} \text{🌺} + \text{🌺} + \text{🌺} &= 60 \\ \text{🌺} + \text{🌻} + \text{🌻} &= 30 \\ \text{🌻} - \text{🍌} &= 3 \\ \text{🍌} + \text{🌺} \times \text{🌻} &= ? \end{aligned}$$

THE SHAPE PUZZLE

$$\begin{aligned} \text{★} + \text{★} + \text{★} &= 36 \\ \text{😊} + \text{😊} + \text{★} &= 30 \\ \text{🍌} + \text{🍌} + \text{😊} &= 15 \\ \text{🍌} + \text{🍌} + \text{🍌} &= 14 \\ \text{★} + \text{🍌} \times \text{😊} &= ? \end{aligned}$$

What do you want to do this summer?

A bucket list is a list of important actions or goals that you want to complete in a specific time period. Make a list of 10 things you would like to do or accomplish this summer and keep track of what goals or tasks you finish on Teams! 2020 has been a testing year, but life goes on. Make a list of what you want to do and just do it...responsibly of course! Enjoy yourselves and try new things!

Mon.	Lexie delivered 1440 bags.
Tues.	Each person will get 28 marbles and there will be 2 leftover.
Wed.	No, there will not be enough plates.
Thurs.	6 cookies were leftover
Fri.	1/2 tsp pepper; 1/2 tsp salt; 1/4 tsp paprika; 2&2/3 tsp of garlic powder; 1&1/2 cup of sauce; 4 & 1/2 cups of water; 250 g spaghetti noodles; 3 & 1/2 romaine lettuce; 1&3/5 cup of croutons; 1&1/3 cup of parmesan cheese; 1&1/3 cup of Caesar dressing; 2.4 pounds of lean hamburger.

Great Summer Health & Safety Tips

Black flies and mosquitos are rudely interrupting your summer fun. Your arm is now itching like crazy.

What to do

Apply an ice cube or a cool compress. Then slather on a soothing remedy such as calamine lotion, vinegar or a paste of baking soda and water. Peppermint oil (or, in a pinch, peppermint toothpaste) also works well.



How this helps

Reducing inflammation reduces itching. Anti-histamines stop your body from producing histamine – the compound that fights off foreign substances in your body. Though histamine is usually a good thing, in the case of a bug bite, the blood it sends to the affected area makes the bite itchier.

Seek medical attention if...

You feel dizzy or nauseated; that could indicate a severe allergic reaction.

When you try to shoo an unwanted wasp away, you are promptly stung.

What to do

A wasp injects venom into the body. Wasp stings benefit from a cold compress or ice pack, but you should also lie down and lower the part of your body that was stung. Anti-histamines can be helpful if the sting continues to hurt.



How this helps

Cooling the site of the bite helps stop the poison from spreading, as does lying down, and keeping the stung area lower than the rest of the body. Simple gravity makes it harder for the poison to move into other parts of the body.

Seek medical attention if...

You have been stung in the mouth or nose and you think the swelling may be blocking your airways. Go to the emergency room immediately if you can't breathe properly, have a tightness in your throat or chest, are dizzy, break out in hives, faint, or are nauseous or vomiting. These symptoms could indicate an allergic reaction.

You insisted on wearing your new, super cool sneakers - without socks - on the family hike. You and your blisters had to limp home.

What to do

Clean the blisters with soap and water and expose them to air. Don't pop them and don't pull off the top layer of dead skin, because that could open the door to infection. If a blister does pop or you have to wear shoes, apply an anti-bacterial ointment and cover the blister with an adhesive bandage. Lavender oil doesn't just take the sting out of bug bites; it also heals blisters. Lavender oil is the Swiss Army knife of essential oils. If you do not know what to use, go for lavender oil.

How this helps

Air helps blisters dry out. The deflated top skin protects the blister as it heals and acts as a cellular bridge that allows new cells to heal the site.

Seek medical attention if...

The blister refuses to heal within 10 days, is painful or is accompanied by redness, red streaks, or pus.



A day spent sunbathing has left you in pain and looking bright red.

What to do

Apply cool cloths or take frequent cool (not cold) showers or baths. Alcohol-free moisturizing lotions are also helpful. They are all pretty much the same, so go for the cheapest. If you can get something with aloe, that is even better. If you are in pain, you can take acetaminophen or ibuprofen. And remember that sunburns can cause dehydration, so you should drink lots of water.

How this helps

Lowering the body's temperature eases the heat of a sunburn. Peeling skin is inevitable, but lotions help relieve the itching and speed up the recovery.

Seek medical attention if...

If you are covered in blisters, you have a high fever or severe pain, or your burn has not calmed down after a few days.

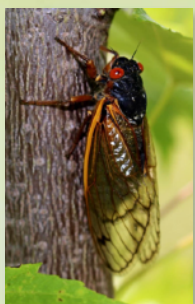


Summer Around the World

How do we celebrate summer in North America? What do we see happening in nature that brings with it that feeling that summer has finally arrived? In NB...the return of the leaves...and BBQ! But what about the rest of the world?

China: Ghost Festivals and the Cicada Scourge

The seventh month of the Chinese lunar calendar brings with it Ghost Month. During this time, it is said that the gates of the underworld open and the spirits of the deceased re-enter the world. To keep them away, families offer gifts of food, money and entertainment to please their ancestors. If that isn't scary enough, every year during the summer months, large insects called cicada fly through the air and nest on trees. And these things are strong enough to rip off the bark to drink the sap.



Scandinavia - Midsummer

Imagine a place where winter is so dark there is almost never any daylight. In northern Europe, this is a reality. In the summer, daylight is constant and celebrated through traditional rituals such as the dance around the maypole in traditional folk costumes, and classic dishes like pickled herring. Yummy!?



This Week's Schmath Problems

Monday	Sam gave Jen $\frac{1}{2}$ of his skittles. Jen ate half of the skittles and gave the rest to Kyle. Kyle kept 8 of the skittles and gave the last 10 to Kim. How many skittles did Jen eat?
Tuesday	Eric spent a whole summer day swimming and sleeping. If he spent $\frac{4}{6}$ of his time swimming, how much of his 18-hour day did he spend sleeping?
Wednesday	For 4 weeks, Mr. Matte volunteered as a helper for senior swimming classes. The first week, he volunteered for 3 hours. The second week he volunteered for one and a half times longer. The third week he volunteered for half what he volunteered the first week. The last week he volunteered for 4 times what he did the first week. How many hours did Mr. Matte volunteer in total?
Thursday	Mr. McSheffery's sunscreen container is 20 centimetres tall, 10 centimetres long and 10 centimetres wide. Mme. Bastarache's sunscreen container is 25 centimetres tall, 9 centimetres long and 9 centimetres wide. Find the volume of each container. Based on volume, whose container can hold more sunscreen?
Friday	Joe makes \$350 a week at his summer job. He has some debt to pay off though. He owes his mom \$129, \$693 for a first bike he bought and \$376 to his friend for a phone. His 3 brothers are coming in 2 weeks and said they would pay off his remaining debt. How much will each of his bothers need to pay?

Russia - St. Petersburg's White Nights

Similar to Scandinavia, St. Petersburg is almost 24 hours of daylight due to its location in the world. They celebrate the constant daylight by showcasing the arts with round the clock performances in Russian ballet, opera, live music and fireworks.



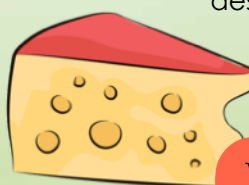
Ireland - Puck Fair

The name of the fair comes from the old Celtic word 'poc' meaning 'goat.' The festival is to honour a wild goat that acted heroically during a great war of Ireland. When the goat saw an enemy army, it ran away from its herd. The goat's arrival in a nearby town warned the people of the incoming assault, which gave them time to prepare to defend their homes. As a tribute, every year a goat is chosen and named "King Puck." For the next three days, horse fairs, live music and dancing are accompanied by a colourful parade to celebrate the folk hero "Puck."



Peru - Q'oyoriti

When warm weather melts the snow in the high mountains, the Inca send their strongest and bravest men and women to scavenge for ice from the mountain Ausangate. Legends say the ice has amazing healing properties. Following their successful descent, the ice is used to create healing water and all participants celebrate by dancing and praying at their indigenous shrines.



Video: The Festival in Gloucestershire, England that we didn't need to know about...[Cheese Rolling!](#)

Taking Social Action

Meet a teenager who isn't remaining silent!



On June 2nd, PRS conducted an interview with **Nellys Kalgora**, the young **Grade 12** student who started her summer by organizing one of the

most successful peaceful protests in Canada to show **solidarity** with fellow protestors in the United States. Protests began in the United States after the unlawful death of George Floyd at the hands of police officer Derek Chauvin, who has since been arrested and is facing criminal charges. This movement was created to demand **justice** and progress towards definitive change for an issue that has existed since 1691. Men, women, teenagers and children have taken to the streets to ask for justice. Countless times this conversation has been had in the United States, and Canada, in which people task their governments and society to answer the question: **Why is this continuing?** Historically, the experience of African-Canadian people, past and present, share familiar stories of hatred, pain, injustice and oppression with the United States. Many times, Canadians are too quick to conclude that **injustice** is not a problem in Canada. We are, of course, mistaken. But even though this is a sad topic, there is hope in the answers given by this young woman.

* Nellys' answers were recorded with her permission, and have been shortened to share with you.

PRS: How did you organize the protest?

Nellys: I started with a video that I put on my Instagram page I told people to share as much as they could. After, to help my friends I organized a Facebook page.

PRS: Why did you feel **compelled** to do something to organize this statement on behalf of Moncton?

Nellys: I wanted to do something for Moncton to first, represent the black community we have here and second, to raise awareness. I wanted to tell my people living here not to live in fear and show that we can talk about injustice.

- * **solidarity** - unity or agreement of feeling or action
- * **injustice** - lack of fairness
- * **compelled** - a strong desire to do something



PRS: What is it that you hope to do? What do you hope your actions will change?

Nellys: First, I hope my actions raise awareness and educate people in similar situations. I want to change the perception that some in our community may have about the black community.

PRS: Why is it important to speak up and be heard when you see **discrimination** or injustice?

Nellys: It is important because when you see **discrimination**, and stay silent, you are agreeing with the situation and empowering those who **oppress**.

PRS: One big issue, the idea of conditioned belief, is one I would like to talk about with my students. It is the idea that certain beliefs we have are **conditioned** in us without us even realizing that we have them. Are we conditioned to look past racism and injustice? I can think of many instances in NB where we have seen injustice but stayed silent. Are we conditioned to see these things as something besides racism?

Nellys: No. For me justice can be made if people who witness injustice come together. I think we haven't been conditioned to not see it. We just decide to ignore it.

PRS: What can people who have never experienced discrimination do to educate themselves. I as a white man will never experience "white on black" crime. I will not truly understand the experience of an African Canadian man or woman, so what could I do to better understand this problem?

Nellys: To me [Nellys pauses for a moment, carefully considering her answer to this question] ... for the people who have never experienced it the first thing they can do is acknowledge that is privilege. They have never experienced it. Furthermore, talk to people who ARE being discriminated against to try and learn from their experience.

PRS: What can a young person do to show solidarity with the movement? Even if they can't go to a rally.

Nellys: As you know, social media has been the biggest **platform** for the young. With that said, they can use it to sign petitions and talk about the issue.

- * **discrimination** - unfair or unjust treatment
- * **oppress** - to keep someone down or in hardship
- * **conditioned** - trained
- * **privilege** - a special right or advantage available to a certain person or group.
- * **platform** - a way to voice your views or start action

PRS: This last question has been on my mind for some time. How do we unify (work together)? There are many protesting and many who are NOT protesting. What is the one thing everyone has in common that can bridge this gap and unite everyone into a dialogue that leads to change?

Nellys: The one thing we all have in common is a **voice**. Those who are not protesting, they can talk about it and find other ways to support it. I feel like people are afraid to speak up, but they know there is a problem and want to make a **difference**. People want to make a difference. People can come together and even if you aren't comfortable talking about it or going out and marching, you can share on social media, you can petition and the small things people will do will make a difference.



On June 5, there was another peaceful protest that saw twice as many people marching down to city hall in Moncton. This time, our indigenous communities also came together in solidarity.
* Photo taken by Sharlie Lemieux of Sharlie Faye Photography

LESSONS LEARNED

White privilege is being misunderstood by many.

Nellys viewed it as a privilege to not be discriminated against, a privilege which she herself has not known. Privilege, to the ones experiencing oppression, is the luxury of never having to experience oppression.

The small things that a person does can make a difference in the world.

Allow yourself the chance to be heard and make it a commitment to not be silent when there is injustice. Whether it is signing a petition, engaging in peaceful protest, making a Facebook post, or by calling to conduct an interview, everyone has a voice that can be used to create change.

Silence is fatal.

Change has been brought about by raising your voice and speaking out when you see injustices that you are passionate to change.

Even in troubling times such as these, there is a great deal of inspiration to be found.

A young citizen like Nellys, with a few simple actions and the initiative to create change, can foster a positive impact for her surroundings and her community. The possibility of hope and change does not end unless people's silence allows it to. In her short time on planet Earth, Nellys succeeded in starting a process of change within this city. It shows what the power of one's actions can do when done for a cause that is worth fighting for. Action and compassion create discussion instead of argument, peace instead of violence, and hope where at first there was none.



It will all belong to YOU someday!



Demonstrators carry signs and march in downtown Moncton, N.B., on Friday. (Guy Leblanc/Radio-Canada)

This Week's Answers

Mon.	Jen ate 18 skittles.
Tues.	Eric spent 6 hours sleeping.
Wed.	Mr. Matte volunteered for 21 hours in total.
Thur.	6 cookies were leftover
Fri.	Each brother will need to pay \$166.

$$\begin{aligned}
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 \bullet + \star + \star &= 30 \\
 \star - \odot &= 3 \\
 \odot + \times &= 101
 \end{aligned}$$

Get in Shape Series #18

THE SHAPE PUZZLE

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 \triangle + \triangle + \star &= 30 \\
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