

KWALIKUM OBSERVER

November 2023

We Bleed Burgundy

By Lina Janeski

The 2023/24 basketball season is off to a fantastic start and the Kondors are in it to win. Senior boys and girls tryouts concluded at the beginning of the month and the teams have both had their first game.

Maya Willis and Maya Sailland are currently on the senior girls team and have been playing on KSS basketball teams since they started at the school. “The energy level is so high which is amazing,” said Willis when asked about the team dynamic. “It’s literally W” stated Sailland jokingly.

Both teams have an incredible lineup this year and are sure to dominate in tournaments this season. In an interview with grade 12 student Kai Larson, he explained, “each team has roles to fulfil and each of our players are versatile and capable of fitting those roles”.

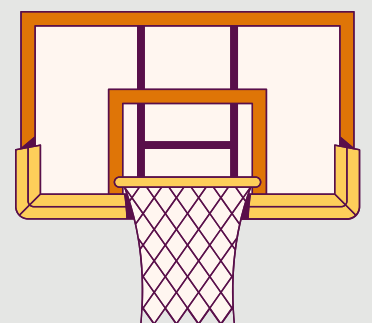
The vast majority of the games this season will be held at KSS, and the teams are hoping to see you all on the bleachers cheering them on. The first boys’ game of the season took place on November 28th and the girls’ game is planned for December 4th.



Photo by Kaitlyn Wells. Carter Hamling (left) is pictured scoring against the Ballenas Whalers adding to his total of 19 points scored during the game.

Stay tuned for the *Kwalikum Observer* December issue which will cover the games in depth as well as include exclusive interviews with team members and coaches. You can also follow the KSS Athletics Instagram for more updates about game times and results for all teams.

Let's go Kondors!



KSS Cheer Team

By Chloe McIntyre

The first meeting of the KSS Cheer team was held in the drama room on October 20th.

The club was started by Luiza Maciel and Sofia who are international students at KSS. Luiza said that she “always saw it in the movies...but they didn’t have it here“ and with Sofia’s help they began making arrangements to create the group.

The team is currently made up of around 20 members, the majority being international students. Luiza expressed that “everybody is welcome” and “it is a club for art” meaning that anybody who enjoys performing arts would find this club well-suited to them. The Cheer team, in Luiza’s words ,“will be performing for the games” representing the Kondors.

This new addition to KSS clubs brings a unique form of creativity and art to the school and students have commented that they look forward to seeing what the future holds for this team.



Take Your Kid to Work Day

By Shyla Resatz

On November 1st, KSS students in grade nine participated in “Take Your Kid to Work Day.” Instead of attending their usual classes, they had the opportunity to spend the afternoon working with their parents to experience an average work day.

Some students enjoyed this field trip and found the experiencing enlightening. On the other hand, some found the adult jobs they tried to be draining. “I sat in my parent's car for 45 minutes at home (after the work day) socially recuperating,” said Evelyn Van Dusen. “I’m good at faking small talk, but workplace drama is draining even though I'm very talkative,” she elaborated.

The students who attended have varying opinions about how successful the field experience was. Some found the experience invaluable, while others felt: “It was blown out of proportion. They only assigned a Google form but it wasn't necessary to actually complete it,” said Evelyn. Another participant, Isla Fenton, stated, “It was enjoyable, but it wasn't helpful or necessary. We could have done it on the weekend or just asked our parents about their jobs.”

It seems as though the general feeling about this activity was, that by grade nine, students are well aware of their parents' jobs and visiting them doesn’t impact their decision-making process in relation to their future careers. Perhaps for future years, there could be some options provided for students to spend a day in a workplace that aligns more with what they might see themselves doing in the future.

Although opinions on the experience vary, it was a fun field trip and showed students what adult work environments can look like.

Remembrance Day

By Emmaline Innes

Remembrance Day is a national event to remember and thank those who served in wars. The first Remembrance Day was November 11th, 1931. Many countries that were involved in wars have their own version of Remembrance Day, such as Australia and New Zealand’s ANZAC Day on April 25th, South Africa’s Poppy Day on the Saturday that falls closest to November 11th. Canada’s Remembrance Day is on November 11th because of the agreement that was signed between Germany and the Allied Forces on November 11th, 1918. It is important to recognize the brave soldiers who fought for our freedom, those we lost and the veterans who returned home. It’s equally important to acknowledge those who continue to fight today to keep that freedom. Canada is very fortunate to not currently be directly threatened by war, and to recognize soldiers and veterans for providing this security, Canadian citizens remember to wear poppies on the 11th as a symbol of support and respect.

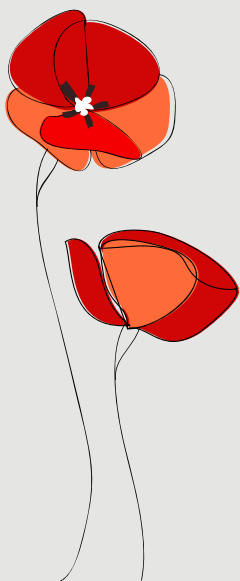


Photo by Emma Allsop

Feature Books

By Emma Allsop

Thanks to the KSS librarians, Ms Martens and Miss Morris, students can enjoy feature book recommendations, which are an excellent perk of the KSS school library.

In an interview with Ms Martens, she explained that the feature books are a curated collection of novels with a specific theme to them. The themes are usually associated with an event, holiday, or season. For instance, they have recently set up books for Halloween, Remembrance Day, and Winter. Ms Martens and Miss Morris change the theme every now and then to fit current events or time of year.

Feature books are usually displayed behind the check-out desk, above the shelf of board games, and on the small bookshelf in front of Miss Morris’ desk.

The feature book installments make it easy to find a book about a specific event, for instance, Remembrance Day. One of the feature books for Remembrance Day was “Vimy To Victory” by Hugh Brewster. This book had a scrapbook style layout with interesting information about World War One and first person accounts.

Be sure to check out the feature books next time you are in the library.

Opinion Piece - Mental Health Issues are being Romanticized

By Caelyn Corcione

It’s cool to not be okay. But is it too cool? Over the past few years there appears to have been a rapid increase in mental health issues among teens ages 12-17. The culprit? It’s not those damn phones. It’s the media in general, as well as peer influence, and an uncanny romanticization of mental illness. There’s a certain culture around mental health issues, and a mysterious inclination to ‘beautify’ serious diseases.

Depression, BPD, OCD and ADHD are all mental disorders that can have a devastating impact on the lives of the people afflicted. Recently, there has been a surge in the number of teens who have self-diagnosed with these conditions. However, instead of seeking appropriate treatment, many kids have adopted the labels as though they’re personalities. There’s nothing wrong with a little teen angst, especially when everyone is exposed to the drama of a high school environment. Unfortunately, teen angst can be seen from a whole different view when it dips into the river of mental illness and begins to fluctuate into self-harm and potentially suicide.

There’s a wide array of accounts on TikTok who post ‘aesthetic’ videos that depict people in films such as ‘Girl Interrupted’, ‘Thirteen’, and ‘the Virgin Suicides’. The images and the films are beautiful on screen, with lenses that perfectly capture the feeling and emotion, but the content is not an example for teens to follow. It paints a rose-coloured glass over mental illnesses such as depression, BPD, and eating disorders. These movies were intended to illuminate the consequences and hardships that those with serious mental health issues face. The characters are not role-models, and neither is their behaviour. Drugs, alcohol use, and self-harm are casually depicted, and in such an ‘aesthetic’ way, that it’s easy to forget the real consequences of those actions.

There’s something addictive about being sad – and it’s contagious. KSS isn’t a stranger to peer influence around depression and self-harm. In a school community that is sometimes prone to gossip, it’s easy to get caught up in the drama. From break-ups and budding relationships, to self-harm and self-diagnosed illnesses – high school is a messy pot of teen anxiety that threatens to bubble over.

And the truth is that a little sadness is healthy. It keeps teens connected to their emotions as they struggle down a path of self-discovery into adulthood. However, being sad is completely different from struggling with serious mental health issues.

Mental health issues are not a status symbol, they are not romantic, and they are not something to gossip about or share on social media. They are significant challenges that require understanding and support from trusted adults, family, and friends.

Land Acknowledgement

By Anna Lucia Ronnau Cabral

I acknowledge that we are on the traditional unceded territory of the Qualicum First Nation, on Coast Salish territory. I appreciate that I am able to watch the waves drag on the shore of the beautiful Qualicum beach. I cherish my privilege of exploring the stunning mountains, and landscapes, and becoming part of the lakes as I swim through them. I am ever so fortunate to be able to call Vancouver Island my home, and experience the beauty it has to offer.



Photo by Anna Lucia Ronnau Cabral

Food Drive Crossword

By Jeanie Gray

KSS 2023 Food Drive

by Jeanie Gray



Down:

- 1. a spread used in sandwiches (sometimes with jam)
- 2. a typical breakfast food
- 3. source of protein, comes from animals
- 8. a warm liquid food (delicious on a cold day)

Across:

- 4. these are what your parents forced you to eat as a child
- 5. used in lots of meals including curries, sushi, chili, etc.
- 6. an Italian food made from grains & wheat
- 7. crunchy snacks made from grain, wheat and seeds

Spot the Difference

By Emily Wojtkiewicz

Spot 10 differences

