

Smoothies
Liquid:
1/2 CUP milk
acup water
Juice
Base:
Banana (1/2 or full banana)
Frozen Zucchini (1/2 Cup)
veggies:
spinach (handfull)
Kale (handfull)
chard (handfull)
piece of Beet (adds a bright
Pink)
Fruit:
add a handfull of any fruit
for flavour and Sweetness

Frozen Fruit (1/2 cup) Fresh Fruit (1/2 cup)

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	DIRECTIONS
	Measure and add all ingredients
	into the blender. Run the
	plender and add more liquid if needed until you reach your
	desired Consistency.
	By Celine.H
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By: So Fig and Whole

The Girls Volleyball Team

We interviewed Ms. Wong, the coach of the girls Volleyball team.

We asked Ms. Wong how long the girls Volleyball team has been happening? Ms. Wong did not know. All we know is that it has been going on for at least 4 years.

Then we asked her, why did you decide to run the Volleyball team? She said to encourage girls to play a team sport and develop a community.

We also asked Ms. Wong if you could run another club, you do not run already, what would it be? She said, "Knitting club".

Then we asked Ms. Wong how has the team got better between the games? Ms. Wong replied, the serves are way better, and the team is really encouraging each other now.

Josephine Div 2

We asked Josephine why she joined the team. She says she joined because she enjoys the sport.

June Div 1

We asked June what she likes about the team. She says she likes how she gets to play the same amount as everyone else.

Emily M Div 1

We asked Emily what her strengths are. Her strength is diving.

Macy Div 2

We asked Macy if she will try out for the team next year? Macy does not know if she will or not.

Scarlet Div 2

We decided to ask Scarlet, does Volleyball hurt your hands? Scarlet says it does. She also says for her, setting hurts more than bumping.

By: Sofia and Whole

The Boys' Volleyball Team

This month we interviewed the boys' volleyball team.

We asked their coach Mr. Kitts some questions about the team. The first question is how long the boy team has been happening. Mr. Kitts' answer was that this was the first boys' team for a while.

The next question was why Mr. Kitts decided to coach the team. He said that he did it because they needed a coach for the boys' team. Also, he thinks that team sports are important.

We also asked Mr. Kitts if he could oversee another club that is not Newsletter club or Hockey club which he also runs, which would that club be. He answered that the club would be Film club.

Then we asked him how the team had gotten better in the games. He said the boys' team has gotten better at communicating for the ball, and they have been more encouraging. That is what coach Mr. Kitts thought about the team, but we also asked the players' opinions too.

Nathan, Div 1

We asked him why he decided to join the Volleyball team? He said, for fun and Volleyball.

Aiden, Div 1

We asked Aiden what do you like about the Volleyball team? Aiden said he likes how you play it indoors.

Matt, Div 1

We asked Matt what he is best at in Volleyball? He said, giving points to the other team.

Shabegh, Div 1

We asked him if he would try out for the Volleyball team in high school. He said he would.

Thomas, Div 1

We asked Thomas does volleyball hurt your hands? He said no.

Tardigrades

Tardigrades or otherwise known as water bears are a species of eight-legged segmented micro-animals. In 1773, German zoologist Johann August Ephraim Goeze first described them as "little water bears" because of the way they walk and in 1776, Italian biologist Lazzaro Spallanzani named them Tardigrada, meaning "slow walkers". In 1834, Karl August Sigismund Schultze gave the first formal description of a tardigrade in a work subtitled "a new animal from the crustacean class, capable of reviving after prolonged asphyxia and dryness". This was followed by descriptions of other species by Louis Michel François Doyère in 1840.

They can live anywhere on Earth from the Antarctic to the deep sea. Tardigrades are one of the most resilient animals known with some species being able to survive extreme conditions — such as exposure to extreme temperatures, extreme pressures, air deprivation, radiation, dehydration, starvation, and even exposure to outer space — that would kill most other forms of life quickly. Fossils are rare. The only known specimens were found in Siberia from the Cambrian period, a few in amber from North America in the Cretaceous and Dominica in the Neogene. The Siberian fossils had slight differences from modern tardigrades.

Tardigrades are usually about 0.5mm long when fully grown, but some larger species could reach 1.3mm. They are short and plump with four pairs of legs, ending in claws or sticky pads. They are made of only about 1000 cells.

Tardigrades are omnivores that usually eat plant cells, algae, bacteria, and tiny invertebrates. They eat using spear-like structures in their mouths to pierce cells and then suck out the liquid.

The use of tardigrades in space, first proposed in 1964 because of their tolerance to radiation, began in 2007 with the FOTON-M3 mission in low Earth orbit where dehydrated tardigrades were exposed to space's vacuum for 10 days and then was reanimated by rehydration. Back on Earth, many of the subjects produced viable embryos. In contrast, subjects that were hydrated survived poorly, with only three surviving. In 2011, tardigrades went on the International Space Station STS-134, showing they could survive microgravity and cosmic radiation.







Ms. Andaya is a grade 4 teacher, and teaches on the top floor.

If Ms. Andaya was not a teacher, she would be a out-door guide.



Her fave Subject to teach is art, or gymo

Ms. Andaya loves Christmas!





She also likes a book called "Little Woman"
By: Louisa May alcotto

Her fave show to watch is called Dancing with the - stars"

She enjoys the colour green, and enjoys peanut butter.

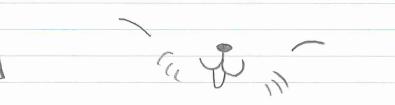
SHe loves Steak, mashed patatoes, grilled tomatoes, and aspricas.





SHE LOVES HER CLASS!



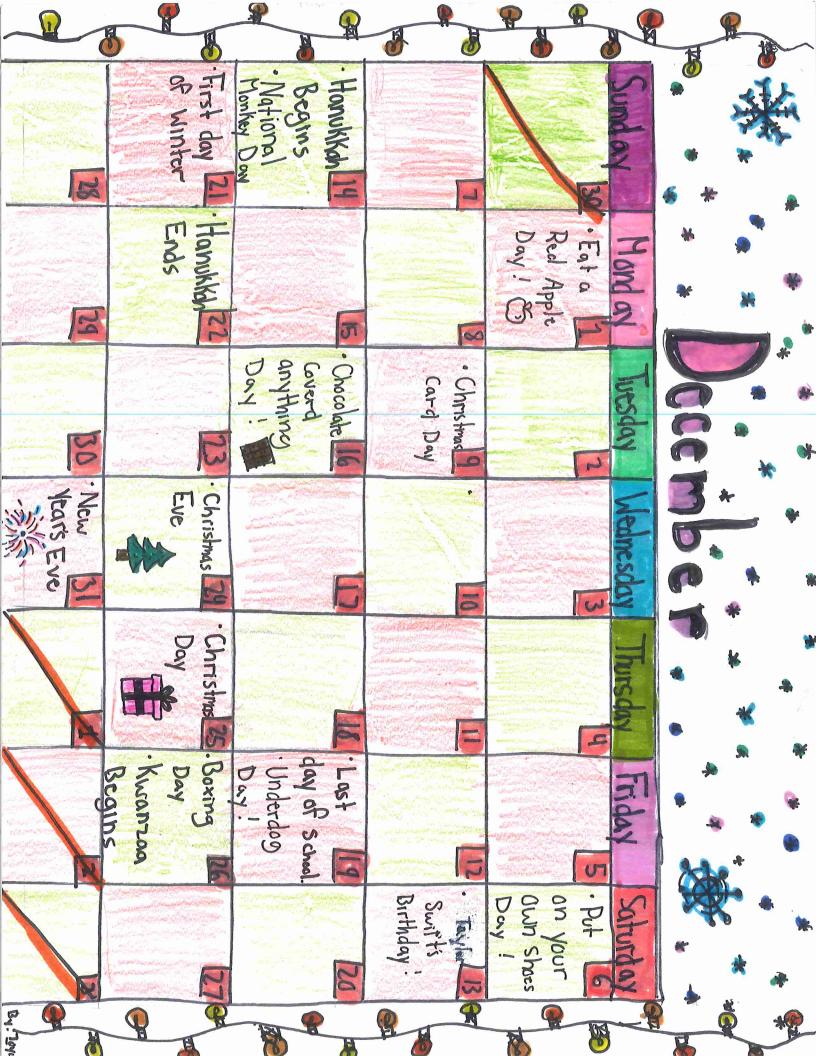


By: Ivy 3 Leona

♦ VH - Chatter Cats ♦

INTERVEIW MR. Kobelka On Summer break, Mr. Kobelka loves to travel to beaches and read books. Mr. Kobelka, likes to teach things his students are pashinet about. When students are pashinet, the subject is more intersting. Mr. Kobelka's Favourite hobby is reading. IF Mr. Kobelha was not a leacher he would be a travel writer. Mr. Kobelka visitsatriend on the weekend. Mr. Lobella loves reading and his favourite book is A little life. Mr. Kobelka favourite colour is purple. (Meour's)

VH Chatter cats o



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