
AUTUMN EDITION



The Orator



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AUTUMN SEASON HAS ARRIVED!



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EXECUTIVE EDITOR'S LETTER

Dear Readers,

Welcome back to another exciting year at SBA! In the spirit of the new, the Orator is thrilled to share with you our new and improved format, a small preview of the bigger surprises we have to come.

Despite our many changes, our dedication to delivering the best news and reading experience remains the same. Please enjoy the fruit of our team's hardwork!

Happy Reading!

Abigail Joseph



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IT'S SPOOKY SEASON AT SBA!

Written by: Anaya Mack || Edited by: Carson Robinson

As we finally enter the spooky season of October, St. Brother Andre prepares for many fun Halloween festivities. Here are a couple of things to look out for:

ART'S COUNCIL HAUNTED HOUSE:

Halloween calls for our annual Haunted House run by our Arts Council. Each year brings a new theme and layout to the house, with many shrieks guaranteed. It's one of the Arts Council's biggest events, and a lot of hard work goes into making it come alive. The props and set design are very well thought-out; there are so many little things you might spot that makes the house that much better. Let's take a look at what the Arts Council Representative, Victoria Koitsis, had to say about it:

WHAT THEME SHOULD WE EXPECT FROM THIS YEAR'S HAUNTED HOUSE?

"You can expect a Coraline theme from this year's Arts Council Haunted House. The alternate world in Coraline was a feature that we found very spooky, and it was something we were able to incorporate into it." Victoria Koitsis - Arts Council Communication Representative 2024-2025

This theme differs from last year, that being a traditional haunted house with the expected decorations, like blood, knives, and other things. You could also have found many conventional characters in the haunted house like a grandmother, a chef, a little girl, and many others. If you looked closely enough to notice them—the girl was looking in the mirror, but no one was looking back. We spoke to another member of the Arts Council, Emma Vigliatore, and here is what she had to say about the decorations this year:

WHAT DECORATIONS MIGHT WE SEE IN THIS YEAR'S HAUNTED HOUSE?

"Just like in the movie Coraline, you can expect many buttons, keys, and sewing needles from the other mother's dolls and otherworldly trinkets collection. Everyone is welcome to experience the haunted house and if you do attend it, don't forget to wear your costume!"

Emma Vigliatore - Arts Council Member 2024-2025



COSTUME IDEAS FOR HALLOWEEN:

With many great costumes featured in the Haunted House from the year prior, we can expect to see many more well-crafted and ghastly outfits. If you haven't decided what you will wear, here are some different ideas for you!

FOR COUPLES OR TWO FRIENDS:

- LOLA AND BUGS BUNNY FROM SPACE JAM
- BELLA AND EDWARD FROM TWILIGHT
- THING 1 AND THING 2 FROM THE CAT AND THE HAT
- BLAIR WALDORF AND SERENA VANDERWOODSEN FROM GOSSIP GIRL

These are super easy costumes to create last minute; especially if you don't want to buy an expensive costume set. You can even use your own clothes to create the majority of these! Not only do they cut down on cost, but they cut down on being super excessive in case you don't like to be over the top.



FOR GROUPS OF THREE:

- HARRY, RON AND HERMIONE FROM HARRY POTTER
- CHER, DIONNE AND TAI FROM CLUELESS
- BLOSSOM, BUBBLES AND BUTTERCUP FROM THE POWERPUFF GIRLS
- ALICE, THE QUEEN OF HEARTS AND THE WHITE RABBIT FROM ALICE IN WONDERLAND

Finding costumes for groups of three can be hard, especially when you're picky with what you like. These costumes allow you to bring to life some of the most iconic trios, like the ones listed above. Trios have super-specific roles, usually consisting of a leader, follower and peacemaker, creating a distinct dynamic for the storyline.

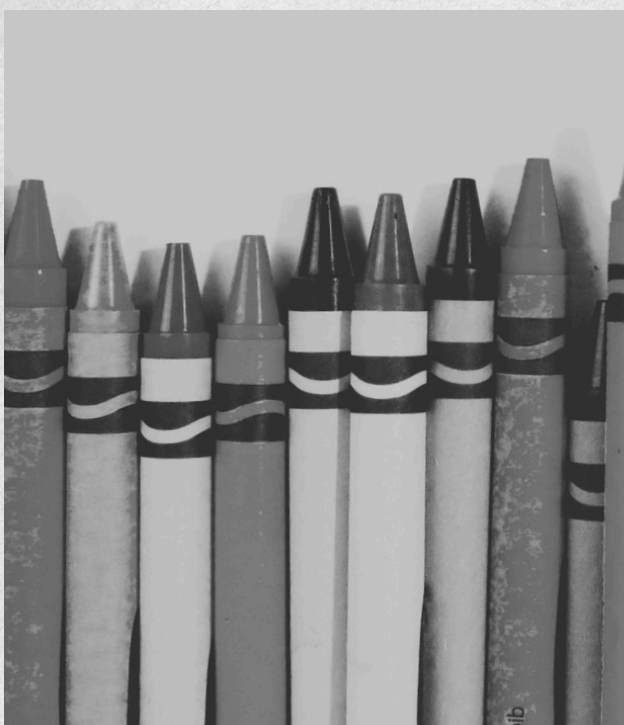
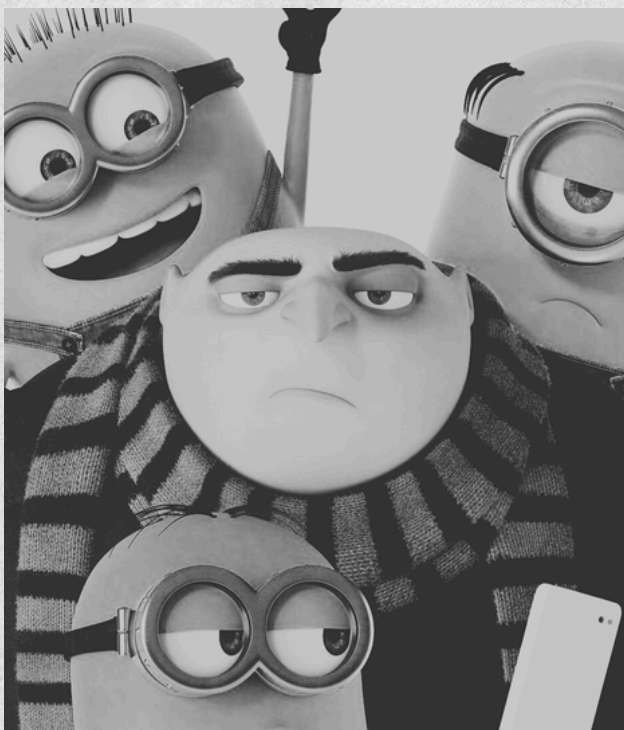


FOR GROUPS OF FOUR OR MORE:

- GRU AND HIS MINIONS FROM DESPICABLE ME
- THE CRAYON COLOURS
- REGINA GEORGE, GRETCHEN WIENERS, KAREN SMITH AND CADY HERON FROM MEAN GIRLS
- THE CARE BEARS
- GRYFFINDOR, SLYTHERIN, HUFFLEPUFF AND RAVENCLAW HOUSES FROM HARRY POTTER

Wearing group costumes with four or more people will be more of a statement than individual costumes. It helps people understand what you are wearing more clearly. When you wear costumes with your friends, you can also expand your costume options. Lastly, when you wear group costumes with four or more, you can plan bigger activities, Halloween costume parties etc.

As Halloween comes near, don't forget to buy candy and put up your decorations. The big night is almost here, and St. Brother Andre is ready to take on the 2024-2025 spooky season!



Carving Your Own Jack-o-Lantern?

Here Are 5 Things You Need to Know

Written by: Meghan Li
 Edited by: Wilhelmina Harker

Pumpkin carving is a popular Halloween tradition that has been around for over 3 000 years. Displaying your own personalized jack-o-lanterns is a great way to showcase your Halloween spirit. If this year is your first time carving one, or you're just looking for advice, here are some tips and tricks before you begin.

1. Finding the right pumpkin will make everything easier.

When carving your jack-o-lantern, the curved surface can be challenging to work with, especially if you have no past experience. Choosing a pumpkin with a flatter side is perfect for etching in your design properly. If you would rather use a more curved side, just keep in mind that it will be harder to carve — especially if you are using a template.



2. You'll need the proper tools.

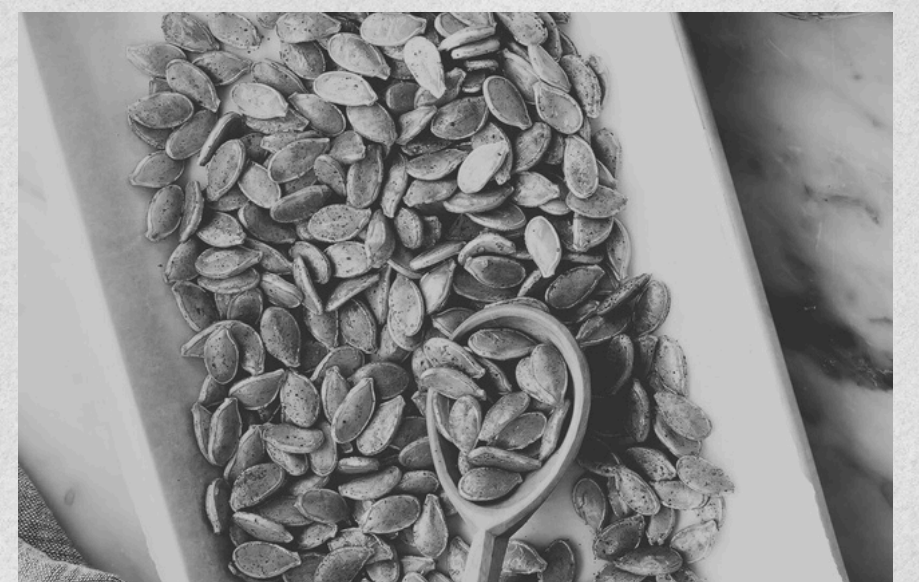
Creating a jack-o-lantern, like any activity, requires specific materials. Some people have an entire kit of tools, but many do fine with just a few. When shopping for the perfect supplies, make sure to add a sturdy carving knife to your list. There are plenty of them in stores and online when Halloween draws near. Pumpkins also have a lot of seeds and pulp inside them, so it's a good idea to have a scoop to clean it out. Your supplies need to be durable and specifically made for carving because the exterior of a pumpkin is very thick. Using the wrong tool can result in them getting damaged.

3. Pumpkin carving is messy.

You will need to hollow out your pumpkin before you begin carving. There is a lot of cold, squishy pulp inside it and hundreds of seeds. Regardless of whether or not you choose to use a scoop, you're almost guaranteed to get some of it on your hands. If you want to avoid this, make sure to wear a pair of thin rubber gloves. It is also useful to have a bag on hand so that you can discard anything you no longer need. This can apply to both scooping out pulp and carving your jack-o-lantern. You should also cover your workspace with a tablecloth. This is so that, when hollowing it out and carving, you don't get pieces of it everywhere. A cover is especially important if you plan to work on the dining table or the floor. This way, you can easily remove the cover instead of cleaning it up whenever you take a break.

4. It's hard to make a template, so try looking for them online instead.

Printing out a stencil is fast, easy, and offers lots of options. You can try checking out sites like The Pumpkin Lady or Pumpkin Pile, which have a vast collection of free templates that range from classic pumpkin faces to your favourite cartoon characters. If you already have an idea in mind, you could also search specifically for it. Chances are, you'll find something you like.



5. You can eat the pumpkin seeds.

Pumpkin seeds make for a tasty snack, offering a unique flavour that is in tune with the fall season. The average pumpkin has 300 to 500 seeds, so make sure to keep some to bake. There are plenty of online recipes to try. If you want to keep things simple, you can drizzle them with oil, sprinkle them with salt, then bake them for ~25 minutes at 165°C (325°F) until golden brown.

WHY DO WE ENJOY FEAR?

The Psychology of Horror Movies

Written by: Victoria Koitsis

Edited by: Carson Robinson

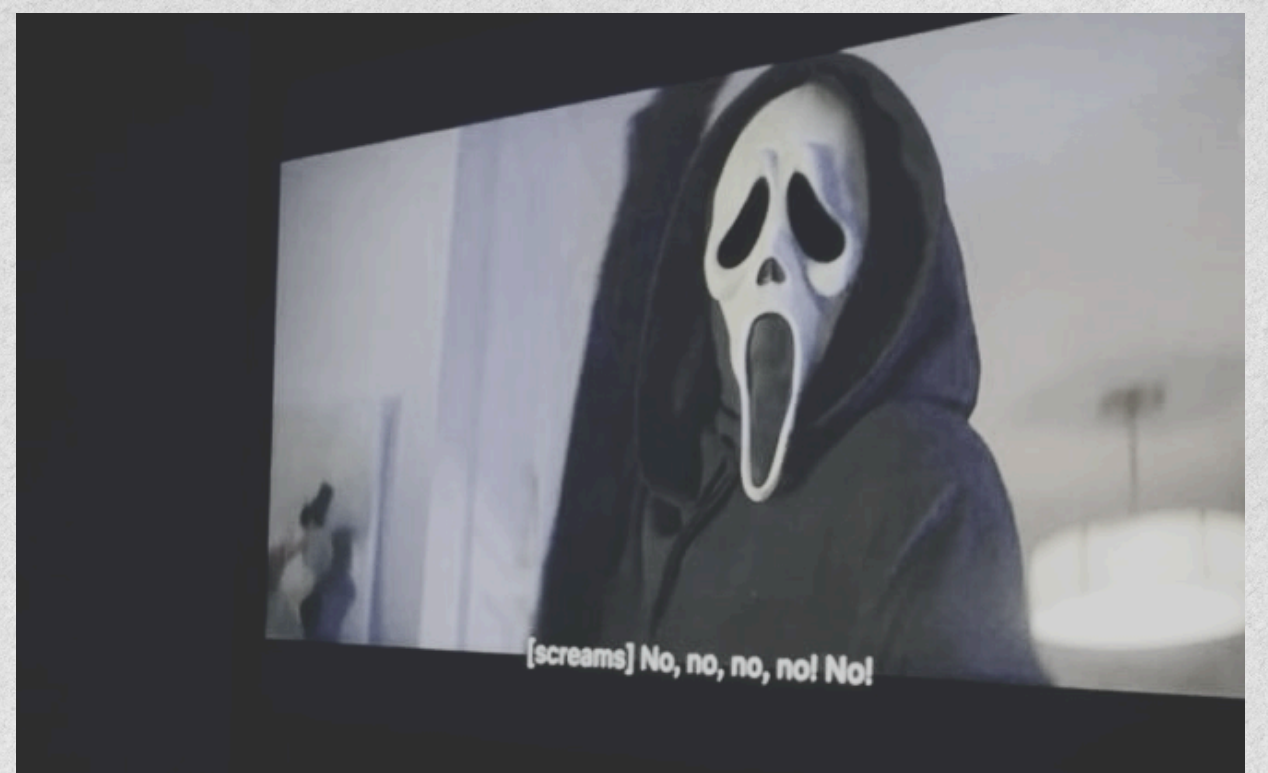


October has arrived at our doorstep again, which means it's that time of the year: colourful candy, glowing Jack-O-Lanterns - and a new gut-wrenching, scream-inducing, terrifying horror film. We see them every year. From films about haunted dolls, to screenplays about alien invasions to complete sagas of serial killers, scary movies jump out at us from every corner. Yet there's another pattern to be discovered here. Every new horror movie isn't just that alone: it becomes successful, popular, renowned. Why is this? Why do we, despite the fact that horror films are so horrifying, enjoy subjecting ourselves to fear? Well, there's a number of factors that contribute to the success of horror films. The most prominent? The psychological factors that flip horror on its head, giving us the opposite effect we experience watching these films: enjoyment.

Our brains have a chemical stored in them called dopamine. This chemical is released when we do something that we can enjoy. There are some common triggers of dopamine, such as exercising and eating food; however, dopamine triggers can also vary from person to person, also potentially being triggered by doing a hobby you enjoy, such as painting or shopping, which may not trigger a release for someone else. You might be surprised to learn that horror—a genre that is so repulsive to some people—can also act as a dopamine trigger. When you watch a horror film, dopamine chemicals are released into your brain, which contributes to the sense of thrill you get when you watch a horror film. In addition, the brain does not only trigger a dopamine release—it may also trigger an adrenaline rush. When watching a horror film, this adrenaline rush can cause us to feel anxious, and even excited.

Interesting enough? Well, the chemicals released by our brains aren't the only reason that the horror genre is as popular as it is today. There's a hidden psychological explanation as to why we get so much enjoyment from something completely different as getting scared. What is this exactly? The juxtaposition between the horror film and our lives themselves. Horror films involve all sorts of creepy, unsettling elements that we know cannot exist in our normal lives—yet they exist in the normal lives of the characters whose movies we delight in. Too often we find ourselves extremely busy: with school, extracurricular activities, and perhaps even a part-time job, we may find ourselves overworked and unable to escape an endless cycle of tasks. The notion of abnormality in horror acts as a wake-up call in our lives: it reminds us that we are, in fact, not trapped in a cycle and can experience excitement outside of our ordinary lives. In addition, horror movies give us a sense of being put out of the ordinary—without actually putting ourselves out of our ordinary lives.

Horror does not only entertain us psychologically—it is rewarding. But that then begs a new question: why do some people find great amusement in these films, but others avoid horror at all costs? The answer lies, again, in psychology. Research has shown that people who enjoy horror films tend to have certain attributes about them that are not possessed by people who dislike horror. For example, research has found that people who enjoy horror films tend to have a greater awareness of the film they are watching in the sense that they understand that what they are watching is only made up and does not affect their real life.



WHY DO WE ENJOY FEAR?

The Psychology of Horror Movies

Written by: Victoria Koitsis
Edited by: Carson Robinson

It is expected that some horror movies are made so well that they might even feel real—or at least the anxiety we receive from them does. What might not be as expected is that research has found that people who gravitate toward horror generally have a stronger sense of control over their lives. This is because all horror films have an element of danger and the unknown in them. People who enjoy horror movies typically understand that the “danger” they see on screen is not real and is controllable. This sense of control over the danger in films actually translates to a sense of control over the dangers they face in their real lives. As a matter of fact, this can even result in them becoming a generally more confident person.

Filmmakers rely on the contrast or, in some cases, the combination of entertainment and fear in order to make a horror film successful. What does this mean? Filmmakers take into account both the fear and thrill that horror movies produce, and use that to make scenes that not only interest viewers but also keep them watching. They often do this by combining horror and comedy. You might have seen this before if you’re an avid horror fan. Take any chilling, mortifying scene from a film, and then a character tells a bad joke. Or slips on a banana peel. While this may sound extremely superficial, it works. Why? Because comedy in horror stems from the psychology of horror. Including something entertaining after a frightening scene might lower viewer anxiety. This reminds viewers that what they are watching isn’t real. It makes horror, well, enjoyable. Thrilling even. In fact, it translates anxiety to thrill—and it makes you crave more.

In addition, filmmakers depend on the characters as driving forces to the successes of their films. Have you read a book or watched a movie where you really enjoyed the characters? Maybe you found them to be great comedic relief, or you enjoyed seeing them go through what is called “a redemption arc,” or perhaps you felt so much empathy for them that you needed to find out where their story would lead. The name for this feeling is pathos. Filmmakers use every opportunity they get to make their audience connect with their characters, because when you connect with a character, you enjoy seeing them on screen or on a page. Better yet, you want them to get their happy ending. Filmmakers use this technique to appeal to their audience, and it almost always works.

And then there’s the classic, near-essential element of almost all horror movies: the plot twist. Think about it. Have you ever watched a horror film where the killer is a character you never imagined it would be? Perhaps you were convinced the killer was somebody completely different. That is how filmmakers use plot twists: they lead us in one direction, and then completely spin us around with the unexpected. Naturally, plot twists give us a thrill, and it’s always fun to guess the twist before it happens. However, plot twists are more common in today’s films than they ever were. Not only in films, but in all forms of media. Our minds are trained to expect plot twists, giving filmmakers the freedom to be as unexpected with the plot twist in order to give the most thrill to their audience.

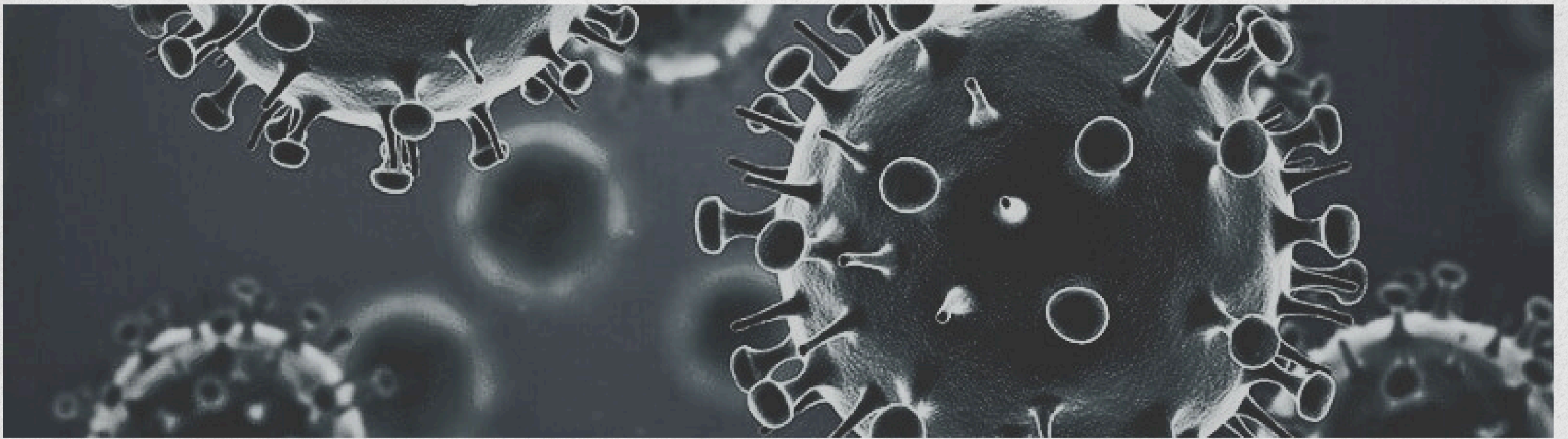
There’s a tremendous amount of work that goes into a scary movie. On the surface, a horror film might just seem like special effects, naive protagonists, and supernatural beings. However, a closer glance reveals much more. Scary movies are connected to the inner workings of our minds and emotions on so many different levels. Horror films are designed to be entertaining through fear. They give us the maximum energy levels through inducing maximum terror, and while it scares us, it keeps us coming back for more. So the next time you watch a scary movie during the spooky season, remember to look over your shoulder. There are hidden psychological secrets lurking in every corner.



A Crisis in Classroom Behavior: COVID & ITS EFFECTS

Written by:
Wilhelmina Harker

Edited by:
Carson Robinson



Students have felt contempt towards their teachers since the dawn of education. It's not unusual to see a kid pull a prank on their teacher, say inappropriate things, or call their classmates names. Partaking in these rebellious acts seems to be a means of protesting against the mundane and frustrating classroom life. However, this lighthearted defiance has become much more sinister in recent years. The students' hatred towards their educators appears to have become much more personal, almost like their motives no longer align with a mild disdain towards their lessons but rather, almost sadistic hatred towards the people around them. So why is this happening? Why have things taken such a drastic turn? And most importantly, what can be done to bring things back to how they were?

An obvious factor at play in the sudden shift of students' attitude is the COVID-19 pandemic. While average grades have inflated, knowledge has been declining. In the 2018-2019 school year, the grade 9 mathematics EQAO results reveal that 84% of participating students were at or above the provincial standard. In comparison, this past 2023-2024 school year reveals that a mere 54% of students meet that same standard. While yes, this could be a result of the students' stunted education from covid—the numbers still don't add up when taking into

account the fact that the last two and a half years of schooling have been relatively normal. So, why is there such a gap?

Students have become used to the curved marking system that came out of online schooling and expect to be handed decent grades on a silver platter, despite their lackluster efforts. When asked about the effect of COVID-19 in the classroom, an SBA English teacher stated: "They learn to ask less of themselves and more of the system."

Across every department teachers have reported a significant decline in students' willingness to put in the minimum amount of effort for success in their classes. With students less focused on academics, they've become much more prone to misbehavior, skipping, bullying, and disrespect.

"They've become more [aggressive], [antisocial] even. I hate to use these words to describe the student body but it's true," said a teacher from the SBA science department when referring to the current state of the school's social dynamics. While these words seem a bit extreme, five out of eight interviewed St. Brother Andre staff agreed that the behavior seen in the classroom today is significantly worse than in their first year teaching here. A 2020 Statistics Canada report reveals that two-

thirds of participants aged 15- 24 report a significant decline in their mental well-being as a result of the pandemic. Having a generation of students whose majority is suffering from psychological decline has led to an increased level of violence, absence and disregard for others. However, there's something else at play: a pre-existing issue that has worsened significantly in recent years.

When asked about the impact of COVID-19 on student's behavior, an SBA religion teacher stated: "Technology and the media had a strong impact. Covid gave the media more influence." It's no secret that kids in the current age have become increasingly addicted to technology, but something not so clearly understood is the social landscape of the internet today and how it affected the classrooms today. The Online Disinhibition Effect is a term referring to the lack of restraint one feels when communicating online compared to in-person.

During 2020, when the world stopped, many took to the internet for things like finding community, forming friendships and learning about new concepts or hobbies. However, it also became increasingly more likely for kids to encounter things like hate speech and right wing extremists.

When combined with the online

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Wilhelmina Harker

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Carson Robinson

disinhibition these political views led to a rise in cyber-bullying among peers and also internet trolling towards superiors like political figures and celebrities. Once students finally returned to the classroom, these outlandish and violent behaviors came with them. Kids would move in groups, disregarding their teachers and being under the impression that, just like online, their actions would have no repercussions. In terms of politics, a rise in extreme misogyny has also emerged from this age of internet hate. The eight SBA teachers that were interviewed had been asked what percentage of their students, on average, display repeated patterns of disrespect in the classroom.

While the definition of disrespect varies from one teacher to another, and things like class age and level are factors, the women reported about three times more disrespect on average than their male colleagues. When asked about this phenomenon, the teachers came to varying conclusions. Some hypothesized that the physical demeanor and size of men lead students to feel more intimidated by their presence, others suggest that misogynistic students will view women as below them no matter the seniority. Interestingly, none of the women interviewed

believed that there was a difference and all of these hypotheses came from the men who had observed sexist behavior from secondary sources.

"I've heard stories of female teachers being sexually harassed by their students, like having them comment on their bodies," said a science teacher when referring to his peers. It's likely that the women teaching at SBA are oblivious to their disadvantage as they don't have a way of comparing their experience to that of a man.

However, when asked about the subject, most students agreed that a class' attitude towards women tends to be much more casual and argumentative than their conforming and respectful behavior in a man's class.

Now, this article presents this idea that the education system is doomed and that the state of the world is crumbling generation by generation. However, this isn't entirely true as things have been changing over the past year or so. On one hand, we have the phone ban which was described by an SBA English teacher as "The best thing that the board has ever done". Eight out of eight interviewed teachers claim that the phone ban has made

significant improvements in their classroom's attentiveness and participation. Some of the teachers also believe that the phone ban has made students more social amongst themselves and less cliquy. In terms of organized mobs of students in the halls and bathrooms, the phone ban has made it harder for students to plan meetups during class hours, causing a significant decrease in bathroom breaks. The Ontario education system has also made recent changes, starting with the reintroduction of exams in the early post COVID days and now, encouraging teachers to be less lenient with grades.

While it's easy to observe that there's a decline in student's behavior, it's important to properly identify and recognize the causes of this change in order to implement new policies and rules targeting the roots of the problems. The phone ban was a good .start with controlling the phone problem at school but hopefully in the future, parents will better monitor their children's online activity and academic performance. Hopefully these changes will lead to a new generation of kids who have overcome the challenges faced with the pandemic in order to live the life their predecessors promised.



THE UNDENIABLE CHARM OF “MEG RYAN FALL” AND THE MAGIC OF NORA EPHRON’S FILMS

Written by: Saqqara Chidiac

Edited by: Hannah Thompson

I TURN ON MY COMPUTER. I WAIT IMPATIENTLY AS IT BOOTS UP. I GO ONLINE AND MY BREATH CATCHES IN MY CHEST – UNTIL I HEAR THREE LITTLE WORDS: “MEG RYAN FALL”.

“Meg Ryan Fall”, as it’s known on the internet, is the celebration and romanticization of the autumn featured in renowned screenwriter and director Nora Ephron’s three most prominent films, *When Harry Met Sally*, *Sleepless in Seattle*, and *You’ve Got Mail*. All star actress Meg Ryan as the witty and relatable heroines on their journey to love. Ephron’s films capture the essence of fall, as she infuses autumnal aesthetics into each one. Thus inspiring viewers to romanticize the season of fall; from going to the bookshop to buy the perfect autumn read to going to an idyllic fall fair to strolling around your neighbourhood to watch the leaves change to canary yellow, burnt orange, and bright red.



“Meg Ryan Fall” has surpassed the realm of autumnal activities by exploding into the world of fashion, music, and literature. Take fashion, for instance. *When Harry Met Sally*’s Sally Albright is known for her chunky sweaters and houndstooth blazers. *Sleepless in Seattle*’s Annie Reed is known for her preppy trousers and collared shirts. *You’ve Got Mail*’s Kathleen Kelly is known for her cardigans, black A-line skirts, and turtlenecks layered underneath pinafores. Ephron’s films inspire viewers to take on the heroine’s elegant, yet cozy wardrobe. Take music, for instance. Ephron’s films are known for their classic and romantic soundtrack, including titles “Tis Autumn” by Nat King Cole, “It Had to Be You” by Harry Connick Jr., “As Time Goes By” by Jimmy Durante, and “Dreams” by The Cranberries. Her films have inspired the creation of many Spotify and Apple Music playlists. Ephron’s films encourage viewers to pick up a fall read as she was an avid reader and began her career in journalism in New York City, which inspired each of the heroine’s professions. Sally Albright was a journalist, as was Annie Reed, and Kathleen Kelly was a bookstore owner. These literary elements influence viewers to pick up a book, perhaps Kathleen Kelly’s favourite, *Pride and Prejudice*.



Autumn is often associated with nostalgia, sentiment, reflection, and change, which is reflected in Ephron’s films. This is partly due to the fact that they were all released in the 90s, but it is partly due to the fact that all of the heroine’s go through a crossroads, prompting a period of introspection. Sally debates whether or not she should pursue a relationship with her friend, Harry, who challenges her long-held beliefs. Annie debates if she should break up with her finance to pursue a relationship with a man she’s never met, but is convinced is her soulmate. Kathleen debates whether or not to sell her family’s bookstore after the opening of the consumerist Fox Books Superstore in her community. She should break up with her boyfriend to pursue a relationship with her mysterious, yet charming pen pal, who, unbeknownst to her, is the heir to the emporium who put her out of business. Why, dear reader, do Ephron’s films evoke such an emotional response from viewers? She is known for her unique blend of humour, wit, and romance in her films. What makes Ephron’s films unique is that they star relatable characters who yearn to love and be loved. Her films are not frothy or shallow, they are serious, yet hopeful reflections on the human condition and what it means to love. Ephron’s films give us hope that we too can pursue our dreams and find love. Kristine Marguerite Doidge asserts this belief in her biography of Ephron, “Why does Nora Ephron matter? Because she gives us hope. The intelligent, self-described cynic was the one who helped us see that it is ever too late to go after your dreams.”

“Meg Ryan Fall” allows us to romanticize and celebrate the idyllic, cozy autumn world of Ephron. It allows us to feel hope, nostalgia, and sentiment. So this year, I will be wearing Meg Ryan inspired apparel, listening to the soundtracks of Ephron’s films, and strolling around my neighbourhood to watch the leaves change. I’ll be having apple pie à la mode with strawberry ice cream instead of vanilla. I’ll have what she having.

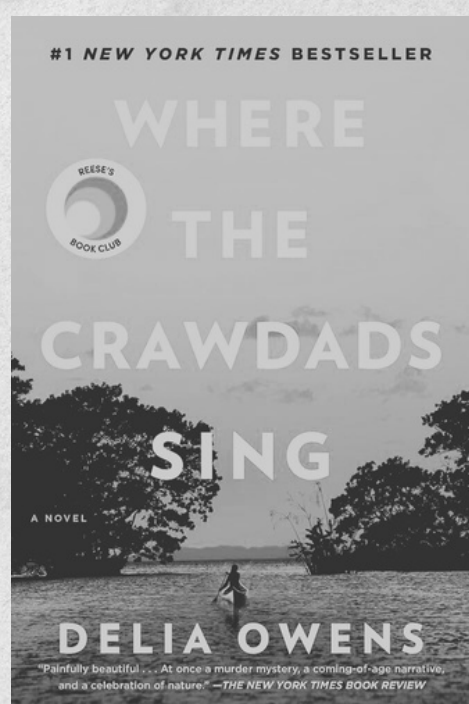
ESSENTIAL FALL READS:

INTERVIEW WITH THE WHITE PINES

BOOK CLUB TEACHER ADVISORS

Written by: Islay Chidiac
 Edited by: Victoria Koitsis

As the cool weather sets in and the sunshine begins to wane, one is inevitably drawn to their favourite reading spot by an enchanting fall novel. From stories that will immerse you in the lives of compelling characters to those that will transport you to bygone eras to those that will charm you with a dazzling plot, the White Pines Book Club teacher advisors have a plethora of essential fall reads to recommend.



Book Recommendation #1:
Where the Crawdads Sing
 by Delia Owens

“Where the Crawdads Sing is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Delia Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.”

- Penguin Random House

“I really like Where the Crawdads Sing because I love a good mystery.”

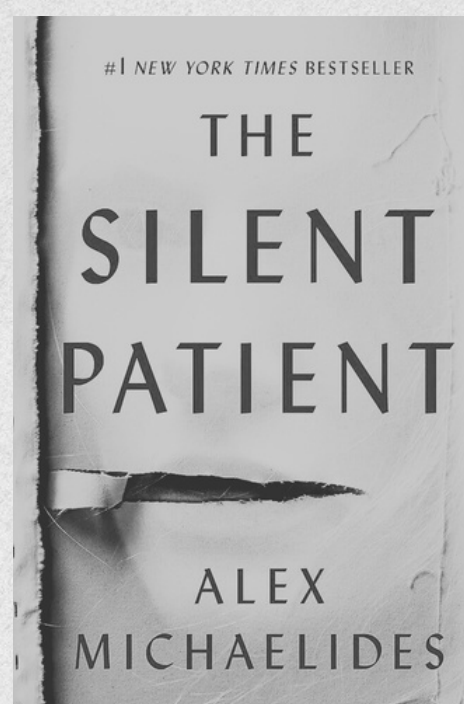
- Ms. Oddi

“The Silent Patient is a shocking psychological thriller of a woman’s act of violence against her husband—and of the therapist obsessed with uncovering her motive.”

- Macmillan Publishers

“Really spooky, haunting vibes, the leaves are changing, things are happening. Super good!”

- Ms. Oddi



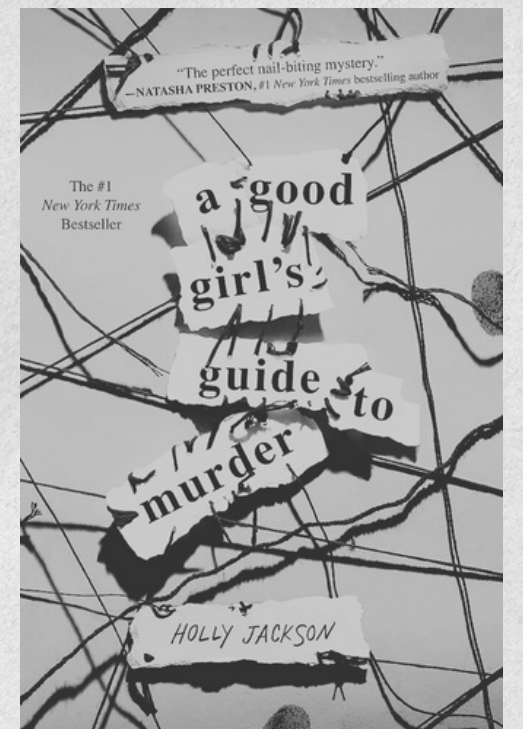
Book Recommendation #2:
The Silent Patient
 by Alex Michaelides

“A treat for mystery readers who enjoy being kept in suspense.”

- Kirkus Reviews

“School is starting back up for the main character and she has to solve this small town murder that happened many years ago. I think it’s the perfect fall book.”

- Ms. Oddi



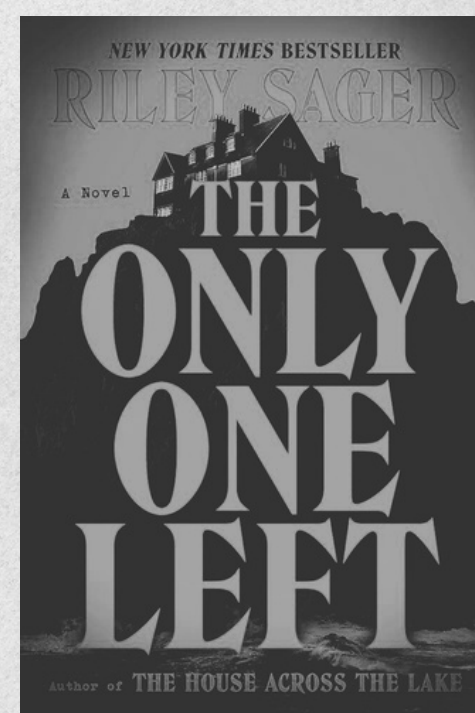
Book Recommendation #3:
A Good Girl's Guide to Murder
 by Holly Jackson

“Bestselling author Riley Sager returns with a Gothic chiller about a young caregiver assigned to work for a woman accused of a Lizzie Borden-like massacre decades earlier.”

- Penguin Random House

“Very fall vibes, very autumn.”

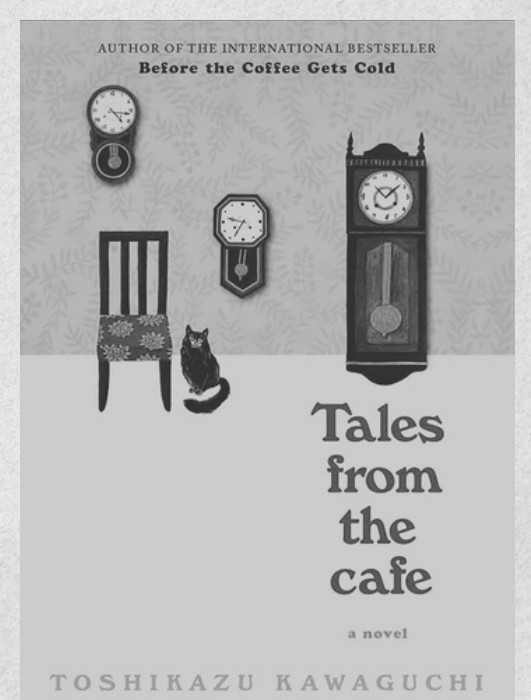
- Ms. Oddi



Book Recommendation #4:
The Only One Left
 by Riley Sager

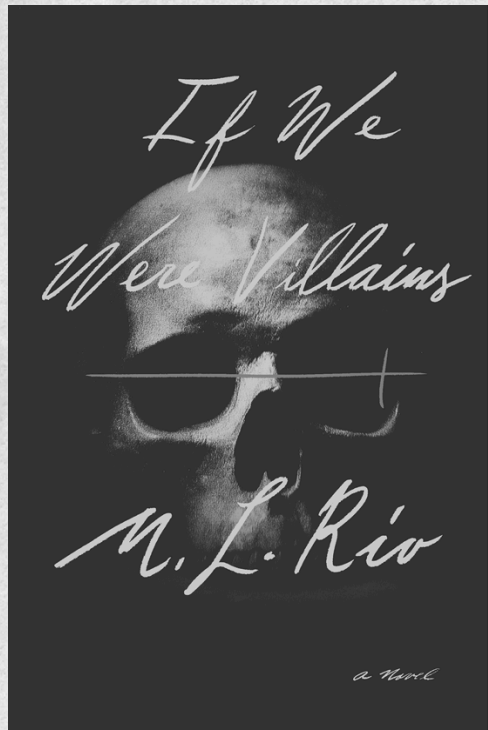
“With faces both familiar and new, Tales from the Cafe follows the story of four patrons who visit to take advantage of café Funiculi Funicula's time-traveling offer and revisit moments with family, friends and lovers. Each one must face up to the past to move on with their lives.”

- HarperCollinsCanada



Book Recommendation #5:
Tales From The Cafe
 by Toshikazu Kawaguchi





Book Recommendation #6:
If We Were Villains by M.L. Rio

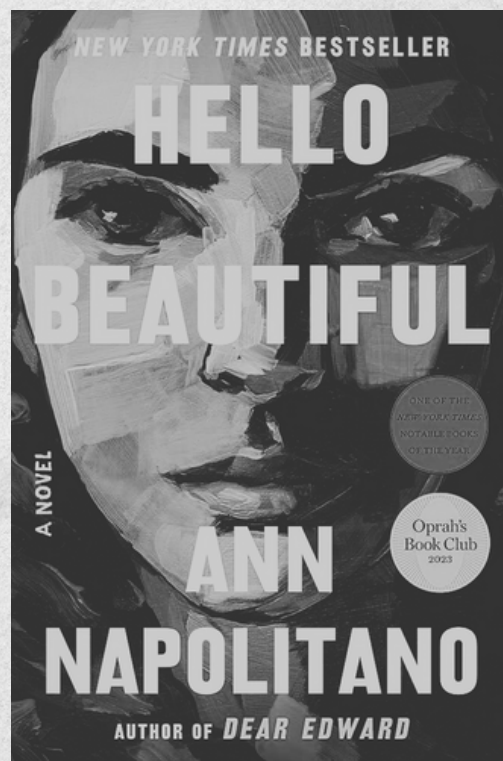
“If We Were Villains is a whip-smart, chilling tale of a group of Shakespeare students who are, as the Bard put it, ‘a little more than kin, and less than kind’— especially after one of their own meets a horrific fate. Full of friendship, betrayal, and passionate devotion, this is a page-turning literary thriller whose final, shocking twist you won't soon forget.”

—Miranda Beverly-Whittemore, New York Times bestselling author of Bittersweet and June

“A good fall read. It's a murder mystery, heavy on the Shakespeare. It's excellent!”
- Ms. D'Amelio

“In her piercingly tender new novel, Hello Beautiful, best-selling author Ann Napolitano catalogues the multitudes of love and hurt that families contain, and lays bare their powers to both damage and heal.”

- Diane Cole, The Washington Post

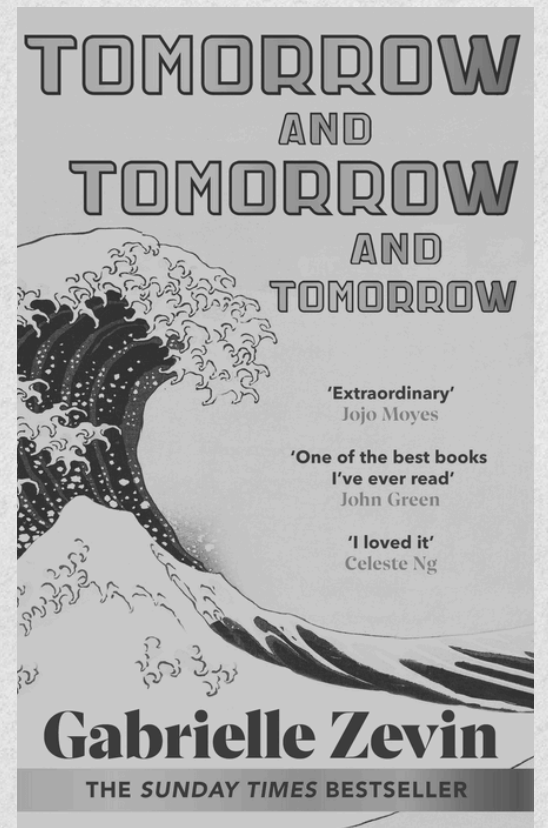


Book Recommendation #7:
Hello Beautiful by Ann Napolitano

“It broke my heart. Absolutely a must read for all women, women of immigrant parents even more so.”
- Ms. D'Amelio

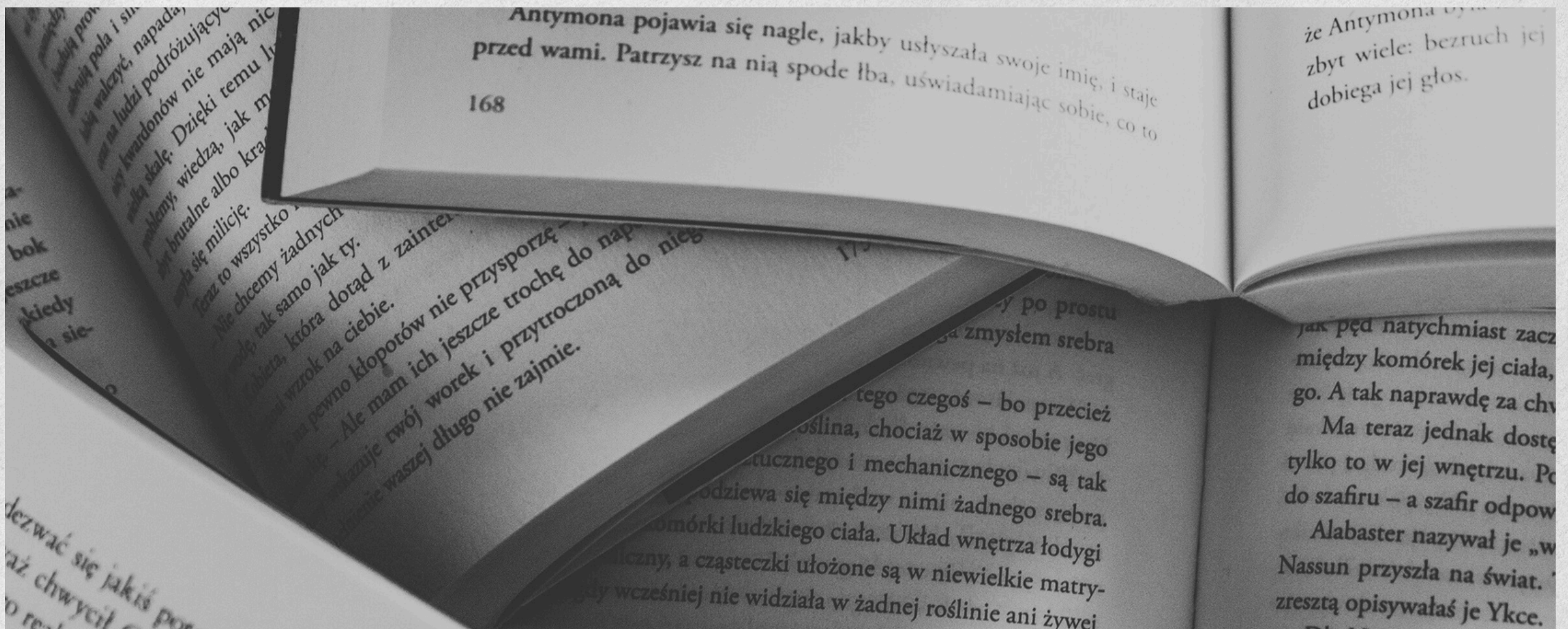
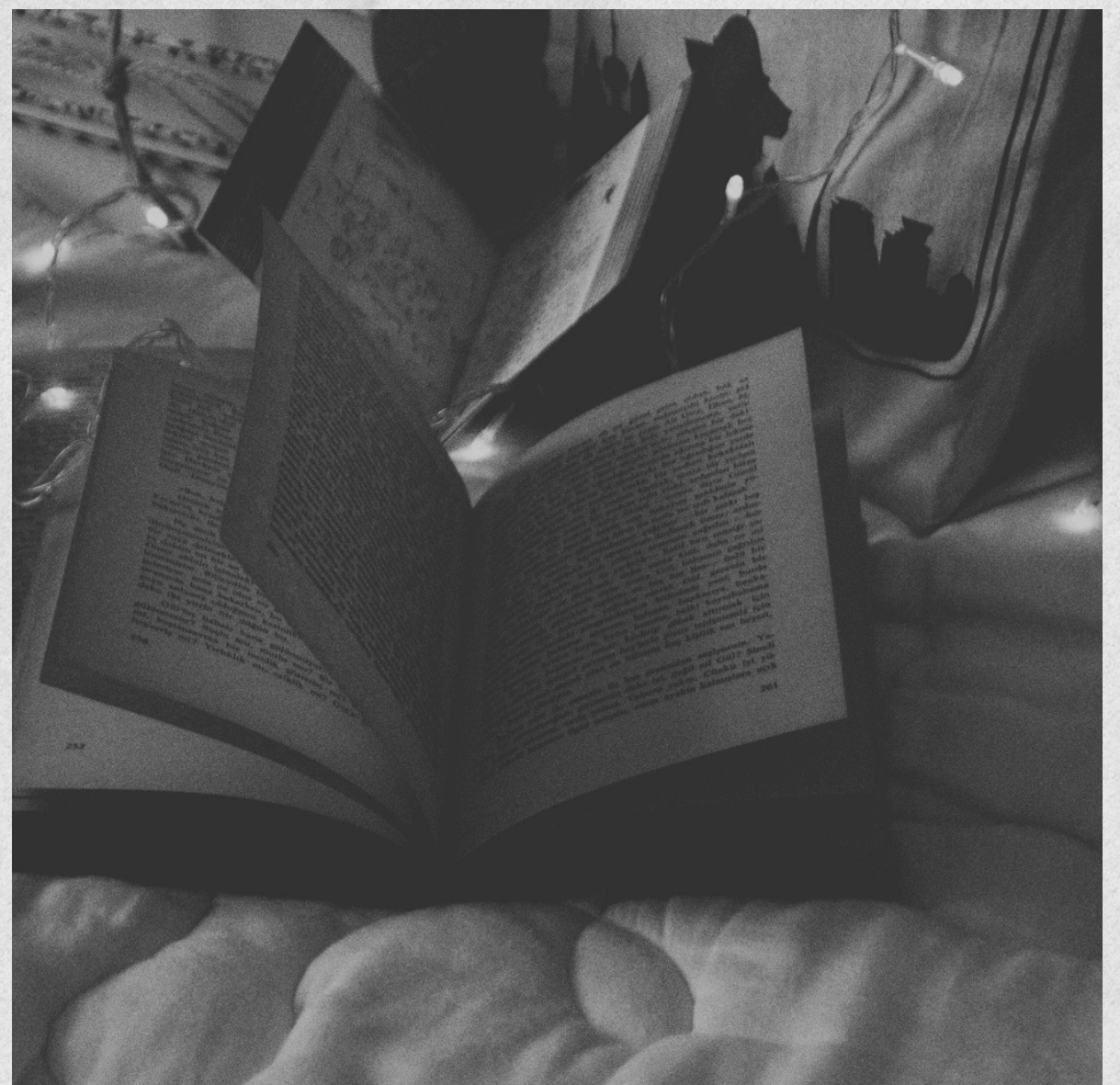
“This is the story of Sam and Sadie. It's not a romance, but it is about love ... A story of friendship and rivalry, fame and creativity, betrayal and tragedy, perfect worlds and imperfect ones. And, ultimately, our need to connect: to be loved and to love.”

- Penguin Randomhouse Australia



Book Recommendation #8:
Tomorrow and Tomorrow and Tomorrow by Gabrielle Zevin

“It's probably one of my favorite books of all time. A beautiful book.”
- Ms. D'Amelio



10 Things You Didn't Know You Could Do at the Library

Written By: Isabella Vigando || Edited By: Carson Robinson

SBA Library Staff is working overtime to make your library space the place to be this year! Come check out all the things you didn't know you were missing out on!

10. Visit our activity tables

Some of you may have noticed that our library has been customizing our space to implement different activities for students to take part in, free of charge, any time they stop by the library. For the past few years we've installed a lego creations table near the fireplace, as well as our community puzzle table that has been relocated to the middle room behind the front desk. We have also started to incorporate a bracelet making table after the craft's great success on dot day this year!

If you enjoy these tables, feel free to take advantage of them, and if you have any suggestions for more activities you would like to see, don't hesitate to let our library staff know!

9. Host game "nights" with your friends

The library isn't just a great place to study and find amazing books, it's also the best place in the school to come and hang out with your friends. Not only do we have super comfortable couches and chairs with enough room for you and all your friends, we also have board games that you're free to pick up any time you and your friends are free.

The library has everything from classics like Catan to newer games like Exploding Kittens. Feel free to bring in your own games, or ask our library staff if we have any new ones in storage or coming soon.

8. Participate in themed activities

A library, at its core, is a hub of knowledge, and our library goes the extra mile by making themed library classroom activities and crafts to make information about events, holidays, and awareness observances more accessible and more fun.

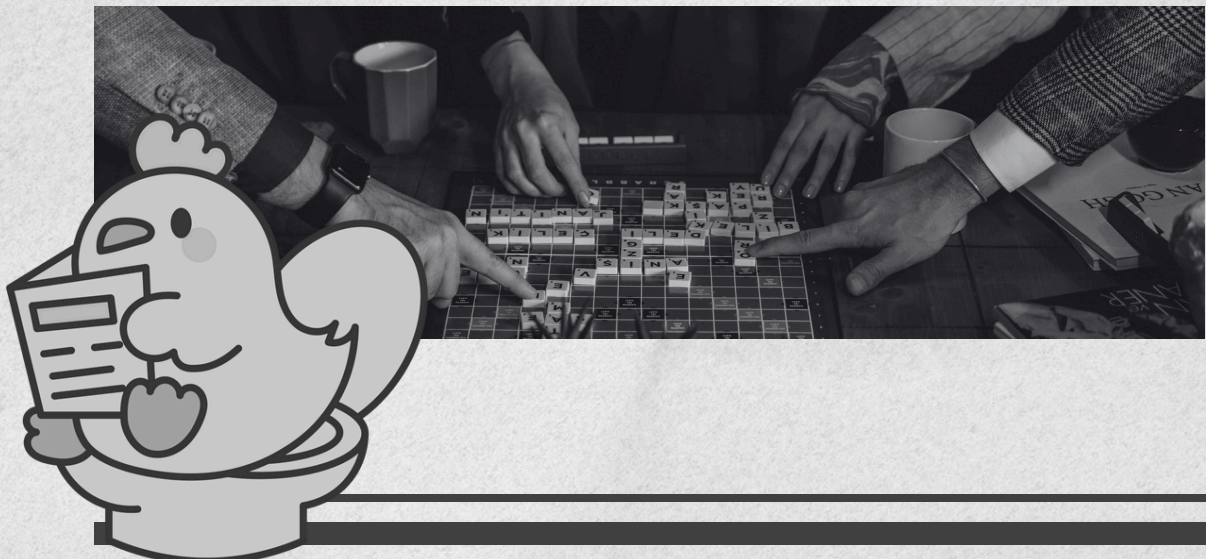


This year, the library classroom has already hosted 2 events. Dot Day, a national celebration of courage, creativity, and collaboration, was celebrated in our own school library with crafts such as watercolour painting, mandala colouring, and even beaded bracelet making! Then, later on, for Truth and Reconciliation Week, the library classroom was once again open for people to come in and sew orange hearts as a show of support for indigenous communities. There's always something new going on in our library classroom for you to check out.

7. Personalize our library's catalogue

What you're looking for is in the library, and we can guarantee it. Even if you don't see the book you want on our shelves, we can get it for you! Stop by Ms. Kekki's office to let her know what you're looking for and she will order it for you. Can't find Ms. Kekki? No worries! Write down your request and leave it in our suggestion box, or scan the QR code at the circulation desk for the book request google form! You can even tell her to place an immediate hold on your new book so that you can be the first to read it when it comes in.

We are constantly making orders to keep our shelves stocked with exactly what you want to read because we care about what you want to see.



6. Make a Podcast

With the rising popularity of podcasts and video essays, our library has got the equipment to support your projects in all formats. With two professional Yeti microphones and a fully functional green screen room, it's never been easier to record your own projects at school.



Whether your teacher has asked you to submit a recording project or you're looking to make your own personal podcasts and videos, we've got the tools to amplify your voice. Speak to library staff about borrowing out these tools and spaces at any time.

5. Use the space to host your club & council meetings

Are you the exec of a school club or council? Need a place to have meetings after school? Look no further than your very own library! With such a large space available and many different rooms, tools, and technology, the library is the perfect place to have your club come together. Make sure to ask library staff ahead of time so that they know who will be in the library when and for how long!

4. Access online resources for free

If you know that half of the library's books are references; citing physical resources is a sure fire way to not only impress your teachers, but also to ensure that your information is the most accurate. Not only have all our references been vetted multiple times during their individual writing, editing, and publishing process, but they've been certified as sources by our library staff, who are dedicated to ensuring that SBA students have access to the best educational resources possible. Now, with the digital age becoming more and more prominent, research has simultaneously gotten easier and increasingly more difficult. While there are more resources than ever available to us in a matter of seconds, the amount of information that comes up in one google search is sometimes so overwhelming, it's hard to know where to start. Our library is still working to ensure that credible reference resources are more accessible than ever before. Get access to eBooks, free films, credible research websites in both French and English, all simply by logging in with your YCDSB email account. All of these resources are available to teachers as well! Any SBA teachers looking to implement these resources in their classrooms are encouraged to visit Ms. Kekki to come talk about sign-in info, available resources, and all the ways that library resources can collaborate with you for your class' next research project or CPT. Visit our library learning commons website to learn about all the resources available to you in-person and online.

3. Find your next favourite show

It is claimed that up to 50% of all Hollywood movies are book adaptations—and TV adaptations are now also rising in popularity on sites like Netflix and Amazon Prime. Our library has an ever growing collection of popular new reads, and fan favourites that have already been adapted for screen. Come check out our display of up-and-coming book adaptations and scan their QR codes to watch them. Feel free to check out the corresponding book as well and let us know which adaptation was better!

2. Buy supplies for you next project

Have you ever been in a situation where you put off a huge project for so long that you don't realise until the night before that you still need to stick it all up on a pretty poster to present in front of your class? No need for that last minute trip to the dollar store, just stop by your school library! We not only have printers for you to print out the best text and coloured images to represent your project, but we also sell bristol board in every colour, for only a dollar! If you want to go the extra mile with your decorating, feel free to ask about what craft supplies are available to you!

1. Get fresh book recommendations

Looking for a book to break you out of a reading slump? Or perhaps for recommendations similar to things you already love? Maybe you're not even sure what to pick up next. Every month, our library entryway's bulletin board is updated with brand new books coming to our library, and there is something for everyone! Take a look under the covers of these books and get a glimpse inside, then come on in and find the next perfect book you didn't know you were looking for.

At SBA, our library is so much more than just a place to come and study. Come stop by and take advantage of all the free, customized resources and space that is available to you! If you have any suggestions for what would make the library even better, join SBA's Library Learning Club

SOCIAL JUSTICE COUNCIL'S THANKSGIVEN EVENT

Written By: Rebecca Varghese

Edited by: Ashna Cherian



Did you know that one in seven households in Markham have experienced/are experiencing food insecurity? Unfortunately, the number of households with access to proper food and nutrition services are decreasing heavily. With Thanksgiving around the corner, St. Brother Andre's very own Social Justice Council is proud to present the "ThanksGiven Food Drive".

As a Catholic school, we believe in Jesus' teachings, and one of them is that by helping the poor, we help the Lord. "Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done." (Proverbs 19:17). To help the poor and needy within our community, Social Justice is arranging a food drive for people in need, this thanksgiving and autumn season!

Our council will provide each homeroom in the school with a cardboard box that can be used to store non-perishable foods. Some acceptable foods for our food drive include; pasta, cooking oils, baby formula, canned sauces, canned vegetables, canned meats, canned soup, canned fruits, and pretty much anything canned. Once you purchase the appropriate food, bring it to school and place it in your homeroom bin!

When the time is near, our social justice members will collect each box from the homerooms and bring it to our local food bank. From there, anybody in need can utilize your donation for their next meal. In honor of Thanksgiving, let's remember what we are grateful for and the fact that we not only have the privilege to feast on delicious food, but also that we can help the needy. Happy Thanksgiving SBA!

GIVING THANKS FOR THANKSGIVING! THE GREATNESS OF GRATITUDE

Written by: Jocelyn Chau || Edited by: Hannah Thompson

Thanksgiving is one of the most overlooked holidays. While there might not be anything flashy about it, Thanksgiving holds something everybody should be celebrating, and it's not the turkey. If you could do something that takes less than five minutes of your day that could significantly improve your heart health, sleep, life satisfaction, and relationships, would you do it? Well, it turns out, this isn't just a wish, it exists. Let's take some time to thank Thanksgiving for celebrating one of the best ways to turn your life around; practicing gratitude.

The idea of 'health' has greatly shifted within the past few years. It has come a long way from merely encompassing physical illnesses. Nowadays, many people consider health to have four main branches: physical, mental/emotional, social, and spiritual health. Coincidentally, giving thanks does wonders for all four of these categories.

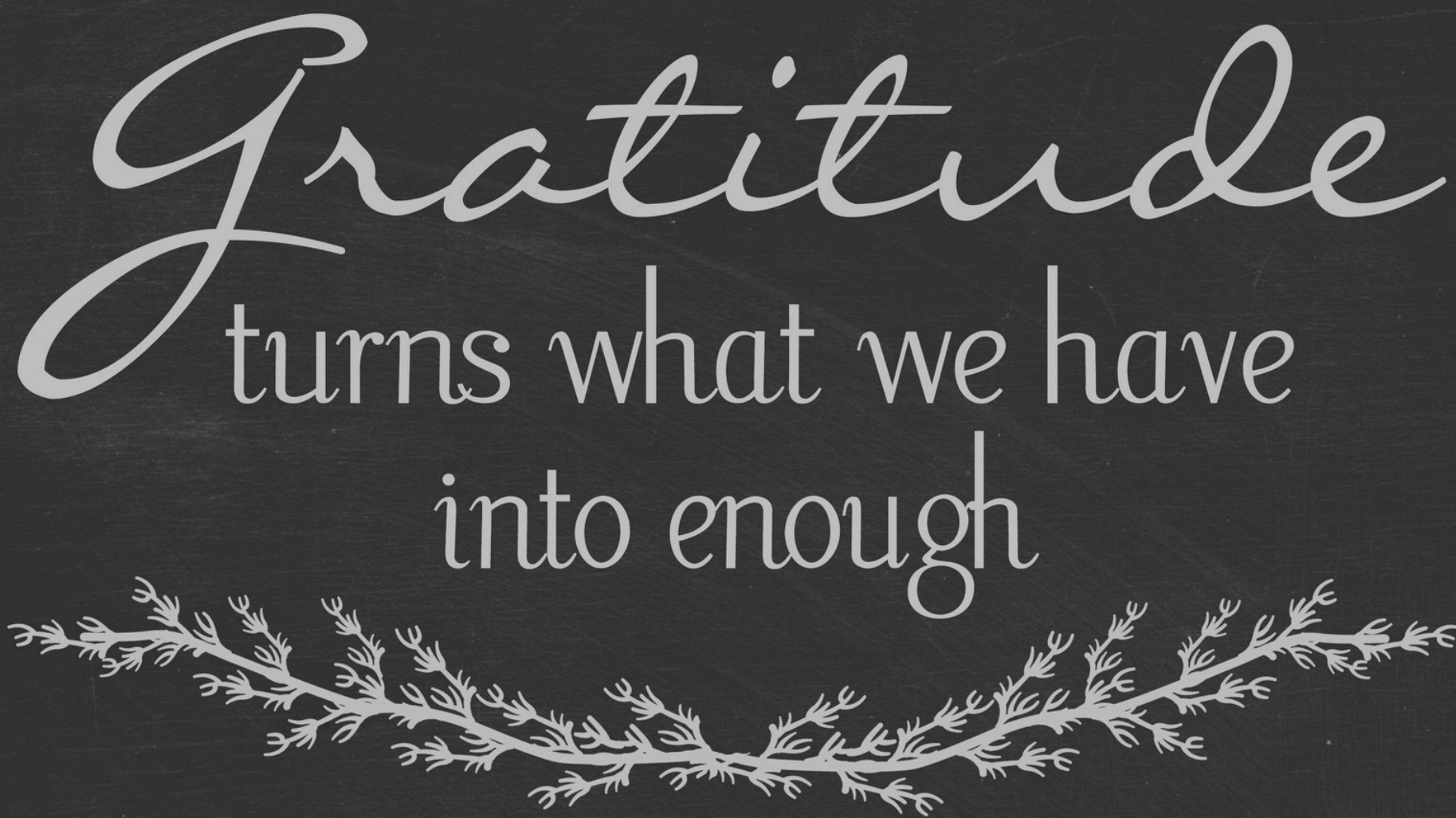


Firstly, we have the most obvious correlation: mental health. When people say to 'count your blessings', it's often scoffed at. However, like other ideas in the same vein, such as positive affirmations and meditation, there's actually decent scientific evidence to back up the claim that keeping a sense of gratitude can promote a happier life. One study used MRI scans and heart rate data to find that gratitude lowers heart rate, improves functional connectivity in the amygdala, creates positive relationships between functional connectivity and behavioural scales, and increases Nucleus Accumben-based functional connectivity. Toning back all the scientific lingo, it means that, giving thanks has been shown to increase self-confidence, improve emotional regulation, decrease anxiety, and enhance performance in cognitive tasks. Zooming in on the part about the amygdala, your amygdala is the part of your brain most closely tied to your emotions. The study showed that during a practice of gratitude, parts of the amygdala synced up in a way that did not happen during feelings of resentment. As such, this improved synchronization is a signal of better emotional regulation in the emotion center. Other scientific data to back up the claim of increased mental well-being during gratitude include the release of oxytocin, a hormone for connecting people, and a decrease in depression and anxiety (according to a review comparing 70 studies).



Secondly, there's your social health. Historically, gratitude was developed as a necessity. In our ancestor's time, those without a gratitude response were identified as selfish and were left out of the group, leading to almost certain death for them. This same kind of social response is mirrored today. A relationship is a two-way street, and someone who not just fails to keep up their part in a relationship, but also fails to acknowledge the contributions of their partner, will end up with a broken friendship. On top of this, gratitude directly counteracts envy, cynicism, jealousy and narcissism, and in the best-case scenario, the positive impacts of gratitude can lead to a positive feedback loop. Let those you care about know they matter to you. Practicing gratitude is an important part of building a trusting, supportive relationship.

Thirdly, we have physical health. As we continue to discover the intense correlation between physical and mental health, the relationship between giving thanks and improved physical well-being is becoming more and more apparent. In 2014, a study on physical health and gratitude considered psychological health, healthy activity, and willingness to ask for medical help as possible causes for a positive correlation between physical well-being and thanksgiving. In the end, this positive relationship was found, with not only all three potential causes but also between gratitude and physical health itself. This study found that because gratitude improved mental well-being, and increased the practitioners' willingness to participate in healthy activities, it improved their physical health. Another way physical health is impacted by gratitude is through improved sleep. By calming your brain, decreasing negativity and anxiety, and slowing your heartbeat, gratitude can make it much easier for you to sleep. This combats a variety of negative effects that come with lack of sleep, including memory problems, worsened immune response, high blood pressure, diabetic risk, increased weight, worsened balance and more.



Finally, we have the improvement of spiritual health. With Christmas around the corner, the prevalence of religion in our lives increases more and more. As Christians, we believe there is only one God, and that He is the creator of the Universe. The Lord has a plan for all of us, and all the blessings in our lives, are attributed to him. Having a healthy relationship with God is not limited to merely asking for things from him, but it also relies on thanksgiving. Just like a friendship on Earth, a relationship with God where you only take is an unhealthy one. As it says in 1 Timothy 4:4-5, "For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the words of God and prayer." Letting God know that you appreciate all He has given you, is a great way to strengthen your relationship with Him.

It's understandable to think gratitude is just another trend preached by self-improvement gurus to 'change your life around'; I thought it was that too. That being said, what's the harm in trying it out? This autumn, if someone asks you what you're grateful for, mean what you say. All it takes is to look around you for a few minutes and think about all the blessings in your life.

Written by: Hannah Thompson

SAD GIRL AUTUMN:

Edited by: Carson Robinson

The Mood, the Music, and Why We Embrace It

As the leaves start to change, and the days grow shorter, a familiar feeling begins to settle in—the vibe of what’s affectionately referred to as “Sad Girl Autumn.” It’s that time of year when chilly weather, gray skies, and cozy sweaters combine to create the perfect backdrop for introspection, nostalgia, and melancholic music. But why do so many of us lean into this feeling, and what makes “Sad Girl Autumn” so relatable?

THE AESTHETIC OF SADNESS

For many, autumn brings a shift not only in the seasons, but also in their mood. The cooling temperatures and quiet atmosphere can evoke feelings of calmness and solitude—often triggering reflection. “Sad Girl Autumn” isn’t about being unhappy—it’s about embracing a certain kind of emotional depth that matches the season’s wistfulness. Think of it as the fall version of “hot girl summer”,but with more sweaters and sad indie music.

This aesthetic finds its roots in everything, from moody walks through misty forests to the familiar scenes from pop culture, like Twilight’s iconic foggy Forks backdrop. Whether you were Team Edward or Team Jacob, the Twilight series perfectly captures the melancholic yet cozy feel of fall—making it a classic “Sad Girl Autumn” watch for any fans who are feeling nostalgic for rainy days and introspective moments.



SOUNDTRACK OF THE SEASON

Music plays a massive role in setting the tone for “Sad Girl Autumn.” Taylor Swift’s Red (Taylor’s Version), Hozier’s Unreal Unearth, and Phoebe Bridgers’ Punisher have become unofficial anthems for this time of year. The haunting lyrics, soft acoustic sounds, and emotional depth in these albums resonate with listeners who want to dive deeper into their thoughts and feelings as the leaves turn golden.

“I think ‘Sad Girl Autumn’ is about finding comfort in the fact that we all feel this way sometimes,” says Zoe T., who considers Taylor Swift’s “All Too Well” as their go-to autumn song. “It’s a time to be okay with feeling a little melancholic.”

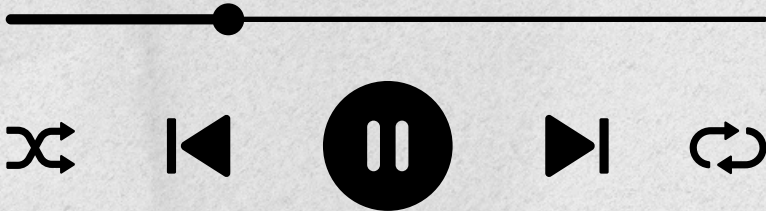


WHY WE LEAN INTO IT

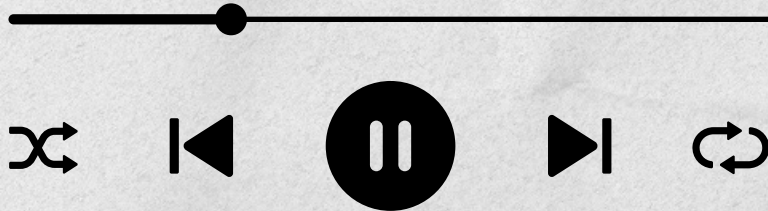
There’s a reason why “Sad Girl Autumn” feels so universal. Studies show that seasonal changes can affect our mood, making us more introspective and sensitive to emotions. However, rather than seeing this as something negative, many people are learning to embrace it. Autumn is a time for slowing down, reconnecting with yourself, and allowing space for those softer, more vulnerable feelings.

THE PERFECT FALL PLAYLIST

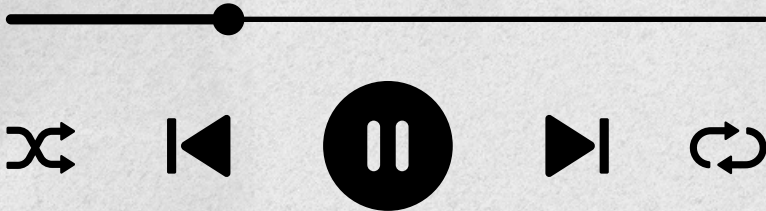
To help set the mood for your own “Sad Girl Autumn,” here is a playlist filled with some of the best tracks to accompany your long walks through fallen leaves:



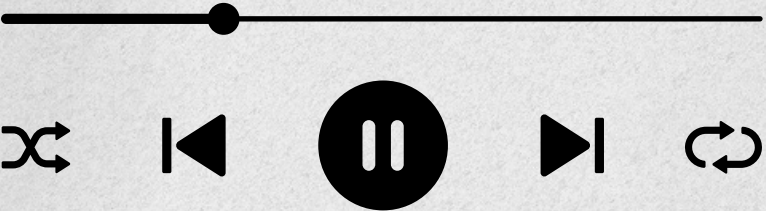
ALL TOO WELL (10-MINUTE VERSION)
BY TAYLOR SWIFT



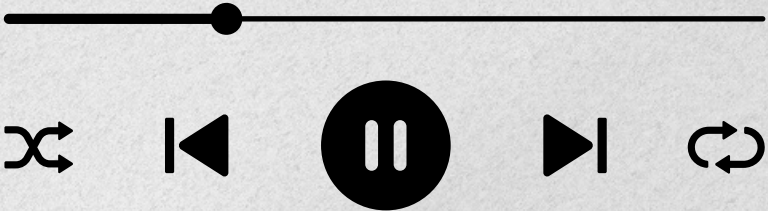
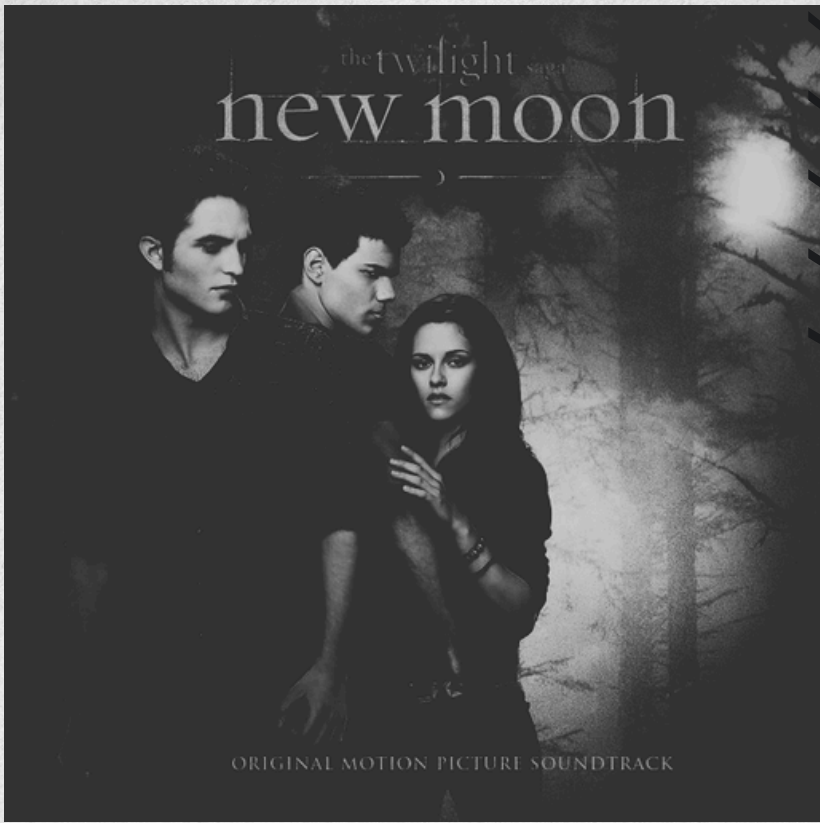
I KNOW THE END BY PHOEBE
BRIDGERS



TO SOMEONE FROM A WARM CLIMATE
(UISCEFHUARITHE) BY HOZIER



THE NIGHT WE MET
BY LORD HURON



ROSLYN
BY BON IVER & ST. VINCENT



Whether you're reflecting on the year so far, gearing up for cozy nights in, or simply embracing the autumn vibe, "Sad Girl Autumn" reminds us that it's okay to feel a little down sometimes; in fact, leaning into that melancholy can be a beautiful way to connect with yourself and the changing world around you.



THE PERFECT FALL DESSERT: CARAMEL APPLE CRISP

Written by: Isabella Vignandoi

Edited by: Elyse Mogle

Fall is a full sensory experience. The sound of dry leaves crunching under your feet as the cool autumn breeze fills the air, tousling your warm not-yet-winter jacket. For me, fall is also about taste; cinnamon spices, pumpkin pies, and apple cider are the highlights of the season.

Now more than ever, people scour TikTok, Instagram, and Pinterest to find the perfect fall treats to get them into the spirit of the season. Allow me to recommend one: a cozy caramel apple crisp. The fall desert you've been looking for. It's the perfect snack for a fall movie marathon and will impress friends and family all throughout the holidays.



INGREDIENTS

Apple Filling

- 3 - 6 medium sized apples, peeled and thinly sliced (enough for 6 cups)
- 3 tbsp apple cider (or orange juice)
- 1/3 cup granulated sugar
- 2 tbsp flour
- 1/4 tsp ground cinnamon
- 1 1/2 tsp vanilla extract

Crumble topping

- 2/3 cup flour
- 2/3 cup whole oats
- 2/3 cup brown sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 cup melted butter

Homemade caramel sauce

- 1/2 cup brown sugar
- 1/4 cup heavy cream
- 2 tbsp butter (room temp)
- 1/2 tsp vanilla extract
- Pinch of salt

DIRECTIONS *Preheat oven to to 350 degrees

Apple filling

1. In a large bowl, combine apples, cider, sugar, flour, cinnamon, and vanilla. Stir gently until combines
2. Pour apple mixture (with juices) into a greased 2 1/2 inch pie plate or a 9x9 inch square baking dish

Crumble topping

1. In a large bowl, combine flour, oats, brown sugar, cinnamon, and salt. Stir gently until combined
2. Slowly add in melted butter while stirring
3. Once combined, use your hands to crush and spread crumble topping over the apple filling, evenly
4. Loosely cover the baking dish with a piece of foil sprayed with cooking spray
5. Bake for 20 minutes, then remove foil and bake for an additional 25-30 mins until juices are bubbling around the edges and the topping is golden brown
6. Let cool and top with vanilla ice cream and homemade caramel recipe

Homemade caramel sauce

1. Combine brown sugar and cream in a small saucepan over medium heat
2. While gently stirring, add in butter, vanilla, and salt
3. Let sauce come to a gentle boil for 2-3 minutes before removing from heat
4. Drizzle over apple crisp to serve, or store in airtight container in fridge to preserve

AUTUMN POEMS

At SBA we have many creative minds that are creating new works of art! One genre of writing are poems, here are some poems made by some of your classmates.

AUTUMN’S COLD REVENGE-
WILHELMINA HARKER

Autumn’s cold revenge
A gory barren sight
Bloodshed from the storm
Heaven’s fleeting light

Autumn’s ruthless war
Cold that strikes your nose
Vibrant leaves left lifeless
The violent wind that blows

Autumn’s hollow victory
Sun’s warmth gone sullen
Summers colors fade
Spring’s flowers fallen

WHISPERS OF HALLOWEEN
NIGHT- ANONYMOUS

In the moon’s eerie glow, shadows creep
Whispers of ghosts in the night so deep
Pumpkins with faces, a flickering light
Guard the doorsteps on Halloween night

Owls howl slowly, a haunting sound
As fog rolls in, covering the ground
Witches and goblins, spirits that roam
Seeking adventure far from home

The wind howls through trees, a chilling
freeze
Spooky tales float on the autumn breeze
In the heart of fall, where mysteries lie
The spookiest season, beneath the dark sky

THE WIND- ANONYMOUS

Is it just the wind?

The knocks at my window -
Howling at my door
The soft rain that falls,
Louder than ever before.

Is it just the wind?

The creaking floorboards.
The steps to my room.
Odd calls of my name,
That makes the house boom.

Is it just the wind?

The scratches at my bed
The breathing to my right.
I wish to look above my covers -
Would it be a pretty sight?

Is it just the wind?

A BLACK CAT- ISABELLA
TEUWEEN

A black cat astray
Never keeps long-distance
From its prey

WHEN THE TREE’S LEAVES
FALL- ANONYMOUS

When the tree’s leaves fall -
I hear sayings of all,

“I miss the beams of sun
When I could feel the warmth as I run!”

“I await the waves of frigid air -
As it combs through my luscious hair!”

I hear sayings of all,
When the tree’s leaves fall.

THE FOREST FOG- PRIYANKA
ARIYANAYAGAM

Each year under October’s last sky,
the fog rolls into town as daylight dies.
Creatures cloaked within this mist,
approach where they can bridge the human
and creature rift.

With glowing eyes and twisted grins,
tonight the town is theirs, their fun begins.

Some have claws like daggers so keen,
they’re able to stalk the night unseen.
With fur as dark as shadows deep,
on this night they can be found more than
where darkness creeps.

There are those who soar on broomsticks so
high,
where their cackling laughter splits the sky.
They cast their spells with a flick of the wrist,
casting their hexes for a cruel twist.

Others cry with sorrowed wails,
their mournful songs tell haunting tales.
With forms that can only glide,
they dance through the fog with other spirits
beside.

But as the stars begin to fade,
the fog retreats, the curse unwaived.
The creatures pause, they’ve had their fun,
their time has passed with the rising sun.

Into the forest, away they flee.
They vanish into the woods until the next
night they’re free.

So every year,
the town waits out All Hallow’s Eve.
For they know when the fog comes,
ghosts aren’t so make-believe.

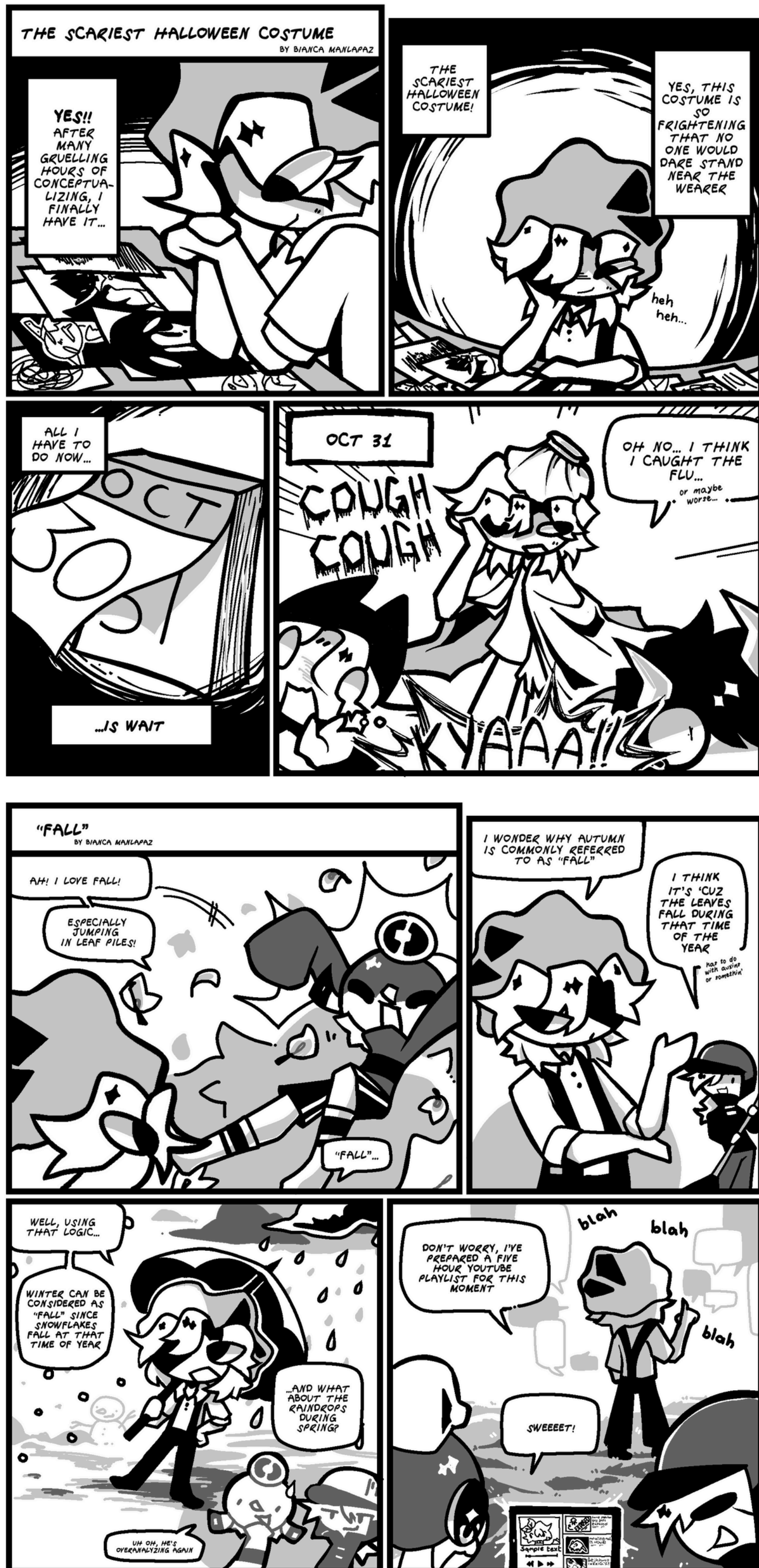


ARTIST'S CORNER: COMIC STRIPS



Created by: Isabel Alegrias

ARTIST'S CORNER: COMIC STRIPS



Created by: Bianca Manlapapz

ARTIST'S CORNER: PHOTOGRAPHY



Divyanne Ajanth



Divyanne Ajanth



Divyanne Ajanth



Feanca Wai



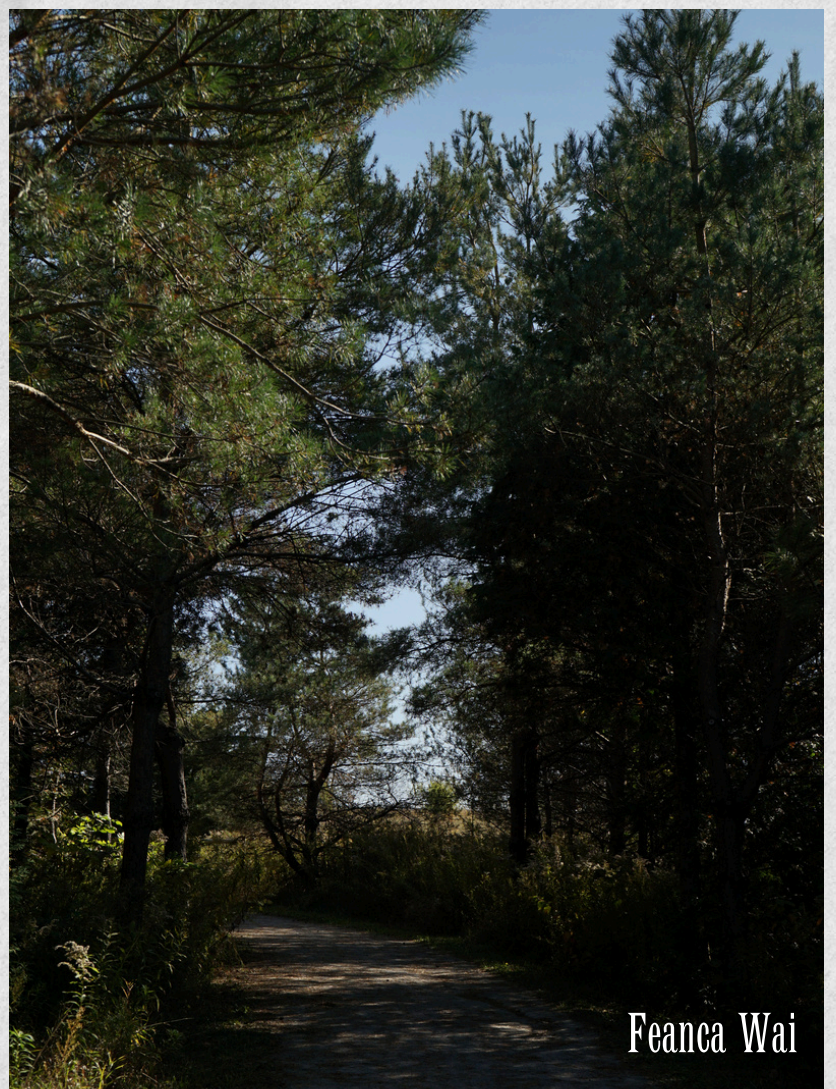
Divyanne Ajanth



Divyanne Ajanth



Rylee Rasmussen



Feanca Wai



Divyanne Ajanth



Feanca Wai



Clara Kim



Clara Kim



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