



“A safe and caring place to learn”

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THOM TIMES

The “Let’s look on the bright side of life” edition

@thomtimesnews



All photos were taken by: Hannah H, Grade 9

Smile! :)

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Oh, hey there Trojan!

Are you a student or a staff member who is just dying to show others your amazing talent?

We'd love to get in touch with you and see your art, get to know you, and hear anything else you have to share with Thom!

Send us a direct message on:

our Instagram @thomtimesnews

or email thomtimesnewspaper@gmail.com

You can also reach out to us in person!

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New Year, New Me!

Emmalea H, Grade 12

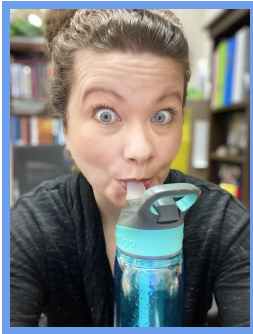
Have you ever heard of this thing called a New Year's Resolution? Or, it might also be known as the change you make for the first week of January, and no other time ... here are some responses about New Year's resolutions from our amazing staff members at Thom Collegiate.

Ms. Benoit

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What is your New Year's Resolution for 2021?

"Spend less money, drink more water, and be kinder to myself."

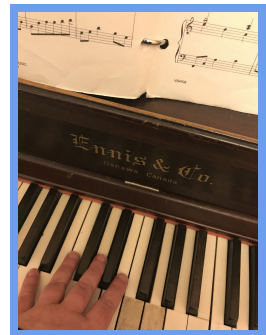


Ms. Bateson also known as the "Library Lady"

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What New Year's Resolutions did you set for yourself in 2021?

"Relearn how to play the piano."



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Ms. Kuntz

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What is your New Year's Resolution for 2021?

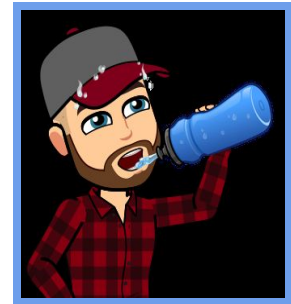
"To make healthier choices this year: 1) To drink more water everyday and less coffee; and 2) To incorporate more yoga & mindfulness into my life to decrease feelings of stress and anxiousness."



Mr. Blondeau

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What New Year's Resolutions did you set for yourself in 2021?



"Drink more water."

Ms. Powers

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What is your New Year's Resolution for 2021?

"Practice self care. Exercise daily, take better care of my skin, save money to buy a boat, spend more time outside, and take four master classes."



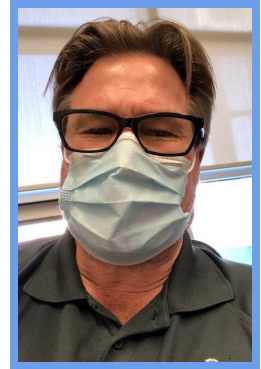
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Mr. DeRosier

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What New Year's Resolutions did you set for yourself in 2021?

"I made a New Year's Resolution to never make a New Year's Resolution."



Ms. Henderson

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What is your New Year's resolution for 2021?

"I want to start stretching and meditating more this year; a good chance to have some stress free time."

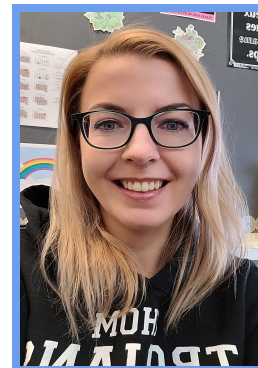


Mme. Grinyer

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What New Year's Resolutions did you set for yourself in 2021?

"Drink more water and watch more space launches."



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Ms. P (Pieracci)

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What is your New Resolution for 2021?

“Walk the dog before work every morning.”



Mr. Heuck

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What New Year's Resolution do you have for 2021?

“I want to run every other day and stop the post supper snacking.”

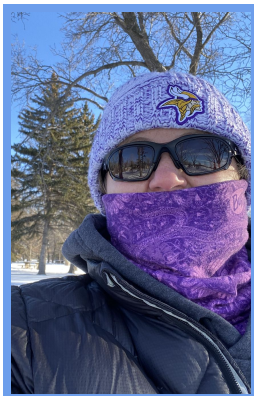


Mme. Campbell

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What is your New Year's Resolution for 2021?

“Positivity and Kindness.”

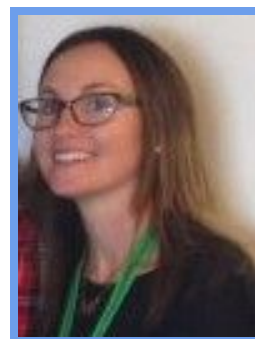


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Ms. Back

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What New Year's Resolution did you set for yourself in 2021?
"To be more like Mr. Atchison."



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What can you do when you feel "the blues"?

Emmalea H, Grade 12

January can be a very rough month for many people. It's dark, cold, and not to mention, all the bills are rolling in from all the shopping you did at Christmas. So if you ever feel like you are completely alone because of the above reasons or others, please read this article about all the ways you can calm yourself down and start to feel better. This information was put together by our very own Thom guidance counsellors and Constable Lawson.

Tips for Coping with Depression:

Constable Lawson

♥ Shower. Not a bath, a shower. Use water as hot or cold as you like. You don't even need to wash. Just get in under the water and let it run over you for a while. Sit on the floor if you gotta.

♥ Moisturize everything. Use whatever lotion you like.

♥ Put on clean, comfortable clothes.

♥ Drink cold water. Use ice. If you want, add some mint or lemon for an extra boost.

♥ Clean something. Doesn't have to be anything big. Organize one drawer of a desk. Wash five dirty dishes. Do a load of laundry. Scrub the bathroom sink.

♥ Blast music. Listen to something upbeat and dancey and loud, something that's got lots of energy. Sing to it, dance to it, even if you suck at both.

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♥ Make food. Don't just grab a granola bar to munch. Take the time and make food. Even if it's ramen. Add something special to it, like a soft boiled egg or some veggies. Prepare food - it tastes way better, and you'll feel like you accomplished something.



♥ Make something. Write a short story or a poem, draw a picture, color a picture, fold origami, crochet or knit, sculpt something out of clay, anything artistic. Even if you don't think you're good at it. Create.



♥ Go outside. Take a walk. Sit in the grass (or snow). Look at the clouds. Smell flowers and the fresh air. Put your hands in the dirt and feel the soil against your skin.

♥ Call someone. Call a loved one, a friend, a family member, call a chat service if you have no one else to call. Talk to a stranger on the street. Have a conversation and listen to someone's voice. If you can't bring yourself to call, text or email or whatever, just have some social interaction with another person. Even if you don't say much, listen to them. It helps.



♥ Cuddle your pets if you have them/can cuddle them. Take pictures of them. Talk to them. Tell them how you feel about your favourite movie, a new game coming out, anything.

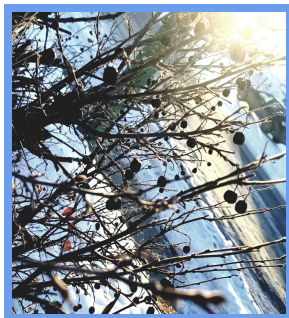
These may seem small or silly to some, but this list keeps people alive. Your absolute best won't ever be good enough for the wrong people. At your worst, you'll still be worth it to the right ones. Remember that. Be kind to yourself and most of all, keep pushing on!!!!

Photo sources in order of appearance : Cosmopolitan, Gestianwitalhoj, Masrawy, Pharmaboardroom, Cyttonrealestate

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Personal Interviews from your very own Trojans!

Emmalea H, Grade 12



An Interview with Ms. Benoit, a Thom Guidance Counselor:

What are some activities you do to make yourself smile?

“I love looking at old photographs of people I love and happy events/memories to make me smile!”

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What is a quote you choose to live by in your everyday life?

"What other people think of me (good or bad) is none of my business!" I used to worry about this WAY too much! This is now my mantra!"

Where can I go or who can I talk to when I like there is no one there for me?

"Personally, I am very close with my mother and my husband. I have some very close friends but I tend to listen to them more than I share my own "stuff". My mom is actually kind of tough on me in that she challenges my perspective so I consider other ways of looking at things. People who really want what is best for us shouldn't always just tell us what we want to hear and agree with us. My husband always has my back which is really sweet...he is a great listener which can help me sort my feelings out but it means that I always go to my mama when I am making really hard choices or really struggling. It is healthy to be called out and to be questioned. My mom does that for me."

What are some tips and tricks for when you feel sad?

"If I personally feel sad, I sometimes need some time alone and honestly, sometimes I need a good cry. As a mom, it can be difficult to find time to cry since you never want to upset your children. I find a hot bath the best place to let my sadness out in this way. I find being creative or getting my space organized and clean is a good distraction and helps me feel better in the long run. I often listen to an audiobook while I do housework or some sort of art. Going for a walk and spending time outdoors is also helpful for me. When I was younger, I journaled too and this is something I'd like to revisit. Once I feel a little better I try to spend some time with people who make me laugh...my husband, my kiddos or my friends usually."

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An Interview with Ms. Baron-Williams, a Thom Guidance Counselor



What are some activities you do to make yourself smile?

"I go for a walk with my dog, Tory. Play board games with my family. Enjoy the peace and serenity of nature. Read comical posts on Facebook; my favorite one lately is 'gramma's old and crabby.' Read inspiration posts on Facebook and such."

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What is a quote you choose to live by in your everyday life?

“Fill this day with joy!”,

“Wish It, Dream It, Do It”,

“Be as kind to yourself as you are to others”,

“Be Humble, Work Hard, Be Kind”

Where can I go or how can I talk to when I feel like there is no one there for me?

“Thom Student Supports: Mrs Benoit, Ms Neetz, Ms Baron-Williams, Mr Blondeau, or any of the contacts below:”

Kids Help Phone	1-800-668-6868 or text CONNECT to 686868
211 Saskatchewan	text 211, call 211, or visit www.sk.211.ca
Regina Crisis/Suicide Line	306-525-5333
Child & Youth Services	306-766-6700
Mobile Crisis	306-757-0127.

What are some tips and tricks you do when you feel sad?

“I write or think of 3 things that I am grateful for. I do something for someone else—giving to others is a mutually gratifying gift!”

Some excellent Facebook pages to check out and follow :

‘Empaths, Old Souls and Introverts’ & ‘Elephant Journal’

An Interview with Mr. Blondeau, Thom Collegiate’s Indigenous Advocate



What are some activities you do when you need a smile?

“When I need a smile, I love to play with and be goofy with my dog Gordie, watch a funny video or movie or stand-up comedy, and joke around with others to make them smile.”

What is a quote you choose to live by in your everyday life?

“Everyone can use some Brotivation” – Blondeau (my own quote about encouraging and supporting others)”

Where can I go or who can I talk to when I feel like I have no one?

“I talk to my fiancée Ashli and my family (mostly my mom, but also my brother and sister). I also talk to my dog if no one else is around (he’s a good listener but I probably sound like a goofball).”

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What are some tips and tricks you do when you feel sad?

“Try to get physically active even if it is just going for a walk.

Remember that it’s ok to cry.

Think of or list positive things in your life.

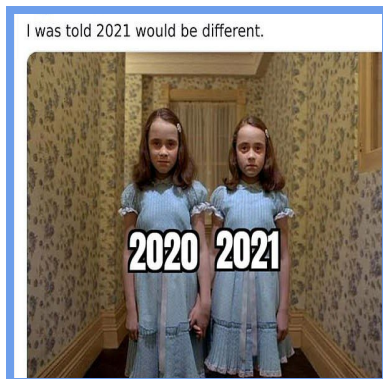
Turn to your positive support people.”



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Just for Laughs!

Thanks, Google



New Year brings ... New Hope?

Ben S, Grade 9

It's 2021 and you know what that means: it's time to buy a new calendar!. The new year has officially arrived so naturally, everyone hopes this one will be better than ... last year.

On New Year's Eve, we all are like “hey, let's all not be stupid for 365 days!” and we think how great the world would be if that actually happened. Like, a whole year without problems is not going to happen because of natural disasters...and well, there is Covid.

Back to New Year's Eve. There is a tradition that when the clock strikes midnight, that you should kiss someone. And, honestly, it just seems weird. Like, alright let's start the new year in the best way possible: with hormones?!

New year's resolutions are weird because a lot of people wait to do the self improvement stuff until the new year. But, really, I feel you are far more likely to get into a new healthy habit *outside* of New Years. Anyway, enough complaining. Here is my ideal New Year's celebration:

Once the clock hits midnight, the lights dim. Everyone waits in anticipation, and then after ten seconds -- boom. Space Jam starts playing. After the Space Jam, we all sleep for a solid thirteen hours, as midnight is pretty late. We buy a new calendar the next day, and go on with our lives, hoping that we will all have a good year.

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Online isn't Always Safe

By Constable Lawson

Have you ever wondered about all the crazy bad things that happen online? Here is an article about all the ways to stay safe -- and who better to have that come from, than a talented police officer!



Tips for staying safe online and using social media.

- Never share your passwords.
- Never send a message when angry. (24hr wait period before responding)
- If harassed or bullied, DO NOT REPLY! Bullies want you to reply. Block the sender (if possible) and log out. Use the REPORT option.
- If harassment or bullying continues, report the user to the web page and your internet service provider. Contact the police if that does not work.
- If physically threatened, do not respond to the sender and notify police immediately.
- Know who your friends are that you can trust.
- DON'T post any personal information. (Address, Date of birth, phone numbers, etc.)
- Read the policy on apps before signing up and ADJUST your privacy settings so that not everyone can see what you post.
- ALWAYS KNOW who you are talking to, and know the friends on your list.
- DO NOT SHARE any inappropriate content that you receive. This could lead to criminal charges.

Very Important: Websites like Facebook, Twitter, Instagram, Snapchat, etc. own the copyright to any pictures or videos that you post or share on your personal page. Once information is posted, you have lost control of that information forever!

- Pictures, contact information, family information, friend information, etc.
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Only respond to emails or instant messages from people you know (or from addresses you know).

If you receive an email or message that makes you uncomfortable or you think is weird, do not respond.

Beware of email/sites that ask for an inappropriate amount or type of information (phishing).

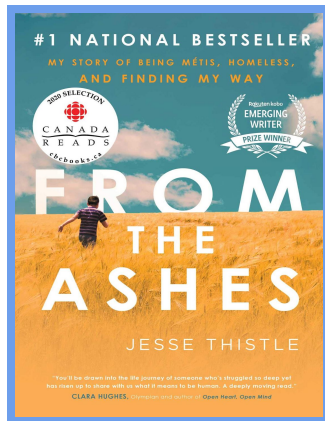
LIMIT yourself to how much time you spend on social media a day. You will be more productive at life!!

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Attention: New Books added to our Thom Library Collection!

Thank you Ms. Bateson for sharing this list!

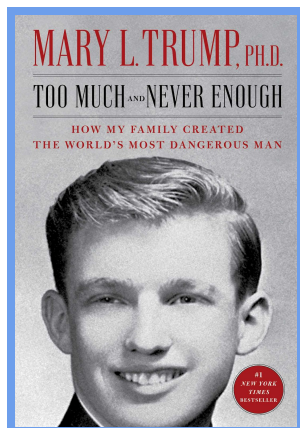
Do you need some new at home reading material? Well, Ms Bateson, AKA our amazing library lady has come up with some new hit books to read!



For Own Voices readers:

1) *From the Ashes: My Story of Being Metis, Homeless, and Finding My Way* by Jesse Thistle (Canadian)

“[Thistle] writes honestly and fearlessly about his painful past, the abuse he endured and how he uncovered the truth about his parents. Through sheer perseverance and education — and newfound love — he found his way back into the circle of his Indigenous culture and family. An eloquent exploration of the impact of prejudice and racism.” - *CBC*

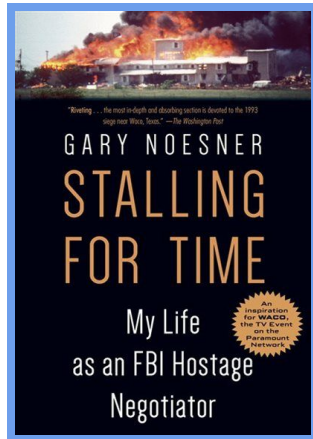
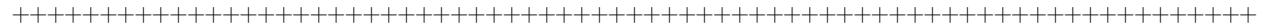


If you can't turn off the news:

2) *Too Much is Never Enough* by Mary L. Trump

“[Donald Trump's] niece delivers a concise and damning account of her family's dysfunctions and their role in shaping her uncle's toxic blend of cruelty, incompetence, and vainglory.” - *Publishers Weekly*

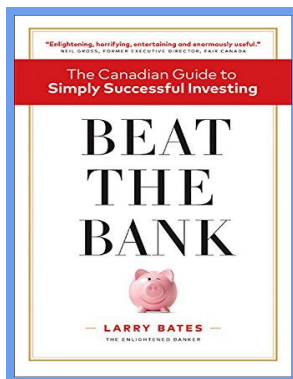
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For fans of true crime podcasts:

3) *Stalling for Time: My Life as an FBI Hostage Negotiator* by Gary Noesner

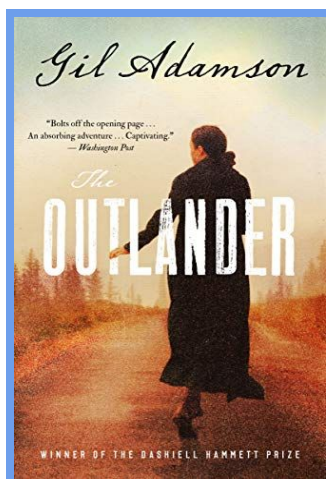
“Drawing on official reports, personal notes, memos, and memories of conversations, [Noesner] writes with a simple style that nevertheless generates much suspense, recreating past events with a vivid intensity certain to fascinate true crime readers.” – *Publishers Weekly*



If you want to be a millionaire:

4) *Beat the Bank: The Canadian Guide to Simply Successful Investing* by Larry Bates (Canadian)

“[Bates] shares some powerful stories over his 35 years as an investment banker. It’s like you’re a fly on the wall in his office . . . [this] should be required reading in financial literacy course[s] in high school.” – Sean Cooper, Mortgage Agent



For historical fiction fans:

5) *The Outlander* by Gil Adamson (Canadian)

After killing her husband, Mary Boulton races toward the mountains while being tormented by visions of the cold-blooded brothers-in-law who pursue her, forcing her to retreat deeper into the wilds of the West and her own imagination. “Authentic historical details, a strong female character running for her life, and a murder-driven plot will appeal to fiction readers . . .” – *Library Journal*

Happy reading, Trojans!



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Advice on the Ins and Worries of High School

Emmalea H, Grade 12

How to make friends in high school:

I recommend trying to start a conversation with another person, by saying things like “how’d you find that class or what’s your favourite show on Netflix right now?” But more often than not, that can be challenging to just go up to someone and make noise. So maybe start off with a classmate who seems to be alone and is wanting a friend too. When you are making conversation with someone, talk about yourself but not too much; you don’t want to come across as someone who only likes to talk about themselves. Taking the conversation off me can be as simply as asking, “how’s life?” Or, “Got any plans for the evening?”

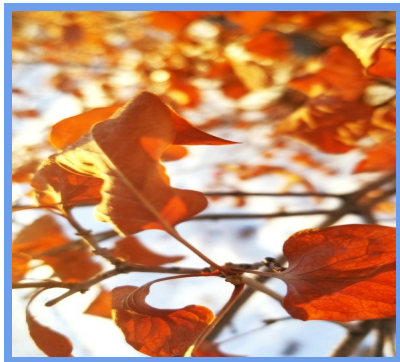
What do I do when I am stressed out with school?

I know at the time, it might feel like you will never make it through all of the assignments and crazy stuff going on. But you will. You will make it through the Physical Science quiz you have to study for and the three essays you have to write. Although if you need something to de-stress your life right now, I recommend reading a book for a little while, listening to some of your favourite music, or maybe just have a shower!

How do I know if my crush likes me?

You won’t know the 100% truth, unless you ask. But some signs that a special someone likes you, are if they make an effort to spend time with you. They might laugh at your jokes (that you know aren’t funny.) But, the most important thing is to just be yourself and remember, everything happens for a reason.

SEND IN YOUR BURNING QUESTIONS TO @THOMTIMES



Life is short, so Smile while you still have teeth! :)

Thank you to Hannah H., Emmalea H., Constable Lawson, Ben S., Ms. Bateson, Ms. Benoit, Ms. Baron-Williams, Ms. Kuntz, and Isaac M. for your contributions to this month’s edition of the Thom Times!

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