

# THOM TIMES

March 2022



"A safe and caring place for all to learn"

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# Are Thom Teachers Superstitious?

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*Reported by: Ben S*

Fingers crossed! Break a leg! And I am sure we have all heard the saying “Luck of the Irish.” Or, should we say, “Luck of the Thom” for the sake of this article? You guessed it! We surveyed our Thom staff to share their superstitious beliefs and their good luck charms they rely on. So get ready to know what Mr. Pon and Ms. Powers’ superstitious beliefs are!

## **QUESTION #1: Are you superstitious?**

*The answer options were yes / no / sometimes. Teachers answered through a Google Forms survey.*

YES	SOMETIMES	NO
Ms. Powers Mr. Pon Atchison Mr. Flood Ms. Kuntz	Mrs. Masters Mr. Vanstone Ms. Williams Mme. Merk	Mrs. Armstrong Mme. Campbell

Yes = 5

Sometimes = 4

No = 2

## **QUESTION #2: What types of superstitions do you hold?**

**Mrs. Masters:** “I’m not superstitious, but I am a little stitious.”



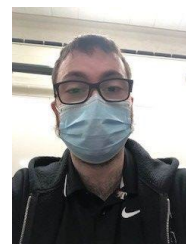
**Ms. Powers:** “Never walk under ladders, break mirrors, or cross a black cat’s path.”

**Mr. Pon:** “I have a lucky number, 23, and a lucky color, red.”

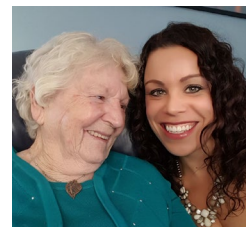
**Mrs. Armstrong:** “I believe in the supernatural, but not necessarily any superstitions. Although I do tend to maintain certain routines. I think mostly out of habit. My grandma was the most superstitious person I knew. She would plant her potatoes under a full moon at midnight; she would not leave her bed on Friday the 13th, and would take a much longer route to avoid a ladder or black cat!”



**Mr. Vanstone:** “For coaching or when I was playing, if we won I would have to wear the same clothes (they still get washed before the next game) but if we lose I would change it up.”



**Ms. Kuntz:** “For as long as I can remember, I have always lifted my feet up while driving over train tracks. I got this from my Grandma who is very superstitious!”



**Mme. Merk -**  
“Don’t break a mirror and don’t step on graves!”

**Ms. Williams -**

"I always make a wish at 11:11. I rub the roof of my car when I go through a yellow light so that I won't get a ticket. This is a Moose Jaw tradition and I've done it since high school."



**Atchison -**

"I firmly believe that the tears of students keep me strong. I never assign essays on a Friday unless I am short on student tears. I believe it is very bad luck to have my picture on the internet."



**Mme. Campbell:** "I'm not really superstitious. My mother thought- she believed - that you should burn the hair you lose and not throw it in the garbage."



**Mr. Flood:** "I believe in luck, both good luck, and bad luck... but I believe you have to put yourself out there in order to have luck. You've got to take chances."



**QUESTION #3:** *Do you have any particular "lucky charms," etc?*

**Ms. Powers:** " Oddly, the number 13."

**Mrs. Masters:** " Always keep a hair tie on your wrist."

**Mr. Pon:** "Detroit Lions Lanyard."

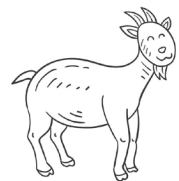
**Mme. Merk:** "I have an Irish lucky coin that I keep with me in my purse that has a clover on one side and on the other it says "may the road rise up."



**Mrs. Armstrong:** " I have a couple of things from my boys that I consider lucky/special. I have a worry stone that I used to carry when my son was younger and I watched him play hockey as a goalie- I used to worry about him, but now I do not! I also have two tokens that I carry in my wallet (a metal O(hug) and an X(kiss) from my boys. The boys gave the same tokens to their grandma. She also carries them with her!"

**Ms. Williams:** "I have a lucky penny from England that I take with me whenever I travel."

**Atchison:** " I always carry my lucky goat around in my car."



**Mme. Campbell:** "I placed a stone from the last place I traveled to in my suitcase for the next trip."

**Mr. Flood:** "I have a "gratitude stone" that I carry to remind me of the good things in my life. Thinking positive brings positive luck."



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# March Talent Show - Coming Soon!

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*Written by: Emmalea H*

It's that time of year again, the March Talent show! Unfortunately, it has been three years since the last Thom Talent Show. Which, if I remember correctly, was an incredible display of Musical Talent and Creativity. This year, we will have 13 acts, with performances ranging from poetry performances to metal bands. The talent show will be in our very own Auditorium at 7pm on March 31st. And best of all, it's completely FREE! Here is a sneak peak of what you can expect from our lineup of Thom Talents:

*Brody P - Singing*  
*Angeline G - Singing*  
*Mariam A - Poetry*  
*McKenzie W - Dancing*  
*Abby C - Singing*  
*Kaden H - Singing*  
*Alex B - Rapping*  
*Hania, Vy Vy T - Acting*  
*Zuni A - Musical Theatre*  
*Kate S - Poetry*  
*Janai W & Kiara W - Singing*  
*Raeanne, Zuni, Abby, Frida, Courtney - Musical Theatre*  
*Avan, Hailey, Frida - Metal band*



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## Just for Fun: Stories You Should Know About!

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*Written by: Emmalea H*

Have you ever been the recipient of an act of kindness? Or, have you ever had an interaction with someone famous? Well, one of your teachers has! Read on to find out some fun stories you should all know about! And by the way, if you have ever been the recipient of an act of kindness, or met someone famous, then we want to hear your stories! Please respond to our

**@thomtimes** Instagram page stories to be a part of our SUPER cool Q & As!

**Instagram Question:** "Have you ever been the recipient of a kind gesture?"

**Student #1:** "These two girls gave my group of friends .50 cents so we could pay for our items in the vending machine, because we were short."



*Emmalea H, former student:* “Yes, many times, like when someone holds the door for me in the store. Or even when people smile at me while driving, it means a lot to me.

**Instagram Question:** “Have you ever met a celebrity? If so, tell us who?”

*Ms. Kuntz:* “I have met the Queen before! She was lovely. I also touched Keith Urban's bicep! We're practically dating now...” (kidding)

*Emmalea, H:* I have met quite a few Regina Pats players over the last few seasons. I have also met Jacob Wasserman, a survivor of the Humboldt Broncos bus crash.”



**Instagram Question:** “If you could meet any celebrity on Earth, who would it be and why?”

*Kaden H, Grade 12:* “I would like to meet Justin Bieber because he seems like such a genuine person.”



*Emmalea H:* “There are so many, but a few of my top picks would be country artist Thomas Rhett. His music is so meaningful, always tells a story, and means so much to me. I would also like to meet Humboldt Broncos bus crash survivor Kaleb Dahlgren, as I admire his outlook on life and his courage.”



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## Are you in NEED of something FUN to do?

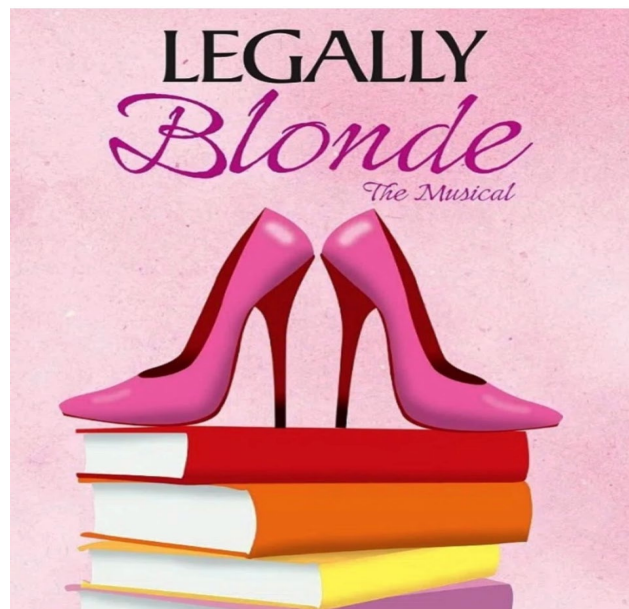
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*Written by: Emmalea H., Thom alumni*

Did I hear a YES? Well, I have the perfect solution for you! Attend the *Legally Blonde Musical* starting on March 22nd. Even more fun is the fact that it is starring two Thom Alumni, Sarah Labadie & Isabelle Middleton. If that isn't quite your kind of fun, maybe consider looking into the Regina Public Library course offerings, some of which are “Baking Bannock and Metis Art.”

There is always something to do if you look for it!

## Legally Blonde the Musical



## Regina Public Library Course Offerings

The Regina Public Library is hosting various virtual sessions for anyone interested. Classes like, "Decolonize YQR: Baking Bannock with Jodi Robson." Join the next workshop in this ongoing series as Jodi Robson from season 3 of The Great Canadian Baking Show teaches how to make bannock. This session is taking place on March 22nd, from 7-8:30pm! Created in partnership with Reconciliation Regina. Registration is free and available on the Regina Public Library website! Check it out!

Or, if you're less interested in the kitchen and more interested in art, join us for an artistic workshop from artist Phyllis Poitras-Jarrett, where you will paint a spirit turtle in the Métis dot style. Also developed with Decolonize YQR, participants will get the opportunity to work with Phyllis Poitras-Jarrett and learn directly from her! **Phyllis Poitras-Jarrett** is a contemporary Métis artist living in Regina. She graduated from the Saskatchewan Urban Natives Teaching program and retired from a rewarding career of teaching after 28 years. Her art celebrates traditional Indigenous worldview and harmony with all sources of life. She is a registered member of the Métis Nation of Saskatchewan. Organized kits are made for participants who register online and the workshop is on April 19th, 7-8:30pm.

#### Decolonize YQR: Baking Bannock with Jodi Robson



##### Description

Join us for the next workshop in this ongoing series as Jodi Robson from season 3 of The Great Canadian Baking Show teaches us how to make bannock. Created in partnership with Reconciliation Regina.

\*Registration required

✓ 28 spots available

Register

##### Additional Information

This program is conducted through Zoom. Register to receive a reminder, the evaluation, and any other resources. Or click the link to join: <https://us02web.zoom.us/j/82027225116>

*Jodi Robson is a proud member of the Okanese First Nation in Treaty Four Territory. She is of Cree and Nakoda heritage.*

*Thanks to her successful run as a finalist in season 3 of CBC's The Great Canadian Baking Show, Jodi was able to showcase her culture and culinary skills nationwide. During the season 5 Holiday Special she was once again able to share her passion for baking and the inspiration derived from her family and life as an Indigenous woman.*

#### Decolonize YQR: Métis Art with Phyllis Poitras-Jarrett



##### Description

✓ 46 spots available

Join us for an artistic workshop from artist Phyllis Poitras-Jarrett, where you will paint a spirit turtle in the Métis dot style.

Register

##### Additional Information

**Materials Provided:** Pick up your art kit at the Central Branch, 2311-12th Ave. Kits will be available for pickup between April 8-11. One kit per registered customer.

*Phyllis Poitras-Jarrett is a contemporary Métis artist living in Regina. She graduated from the Saskatchewan Urban Natives Teaching program and retired from a rewarding career of teaching after 28 years. Her art celebrates traditional Indigenous worldview and harmony with all sources of life. She is a registered member of the Métis Nation of Saskatchewan.*

## Celebrate Winter! In Photos

*Photographed Images by: Hannah H.*









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# WELCOME to new Thom Staff Members! *Part 1*

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*Reporter & Writer: Jordane P*

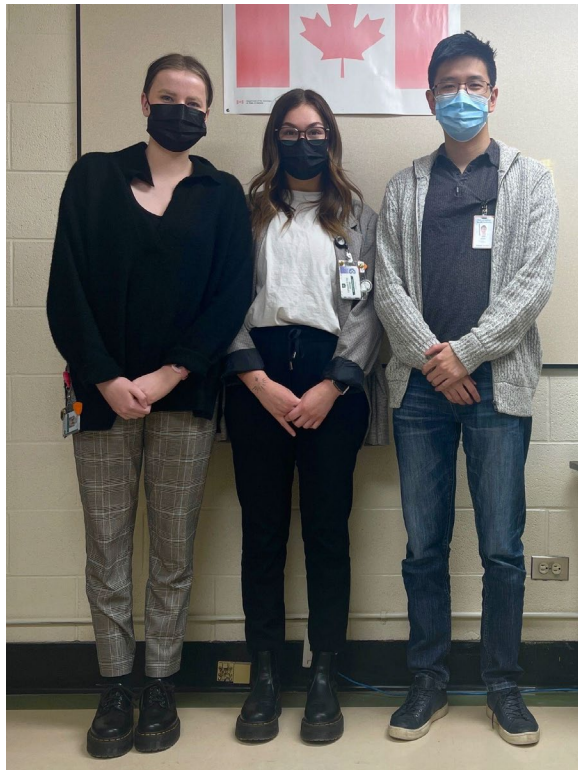
Thom Collegiate is proud to present three wonderful interns, all of whom are fourth year nursing students. We sent them an email requesting some specific details - here they are!

## ***What is your full name?***

- 1) Megan Munro
- 2) Jenna Maruschak
- 3) Yang Zhang

## ***What is your educational background?***

"We are all nursing students with the University of Saskatchewan."



## ***What are you looking forward to during your time at Thom?***

"We want to get to know the student body, get involved in the school, in classrooms, and with groups. We are excited to work with teachers and students."

## ***What is an interesting fact about yourself you think our students would like to know?***

- 1) Megan: "I could not ever give up playing the Animal Crossing Franchise"
- 2) Jenna: "My favorite show is Super Nanny; I watch it everyday"
- 3) Yang: "I love Snowboarding, I take trips to Sunshine Village in Banff. AB or Blackcomb in Whistler, BC at least once per year"

## ***What kind of help / support can you offer our Thom students this semester, and where can they find you?***

"We are looking to provide health teachings to the students on topics of addictions, self-care, internet safety, the pandemic, health careers, and much more. We are in the old I.B coordinator office by the gender neutral bathroom across from the main office on Monday and Tuesdays and we want to encourage the students to come talk to us about any questions related to personal health or general health."

*Welcome to Thom Trojan Territory, Megan, Jenna, and Yang!*

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# WELCOME to new Thom Staff Members! *Part 2*

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*Reporter & Writer: Tiree K*

We also have 2 new teachers and 2 new interns starting their teaching journey out with some Trojan Pride! We asked them the same questions, and here are their answers:

**Mr. Millar:** *(ELA & Indigenous Studies)*

***What is your education background?***

"I have a Bachelor of Arts, and a BA in Sociology, and a Bachelor of Education. I went to the University of North Carolina and the University of Regina."

***What are you looking forward to during your time at Thom?***

"So much. I'm looking forward to getting to know students and helping to make this an interesting place to learn."



***What is an interesting fact about yourself you think our students would like to know?*** "I spent a number of years living in National Parks."

**Mr. Willford:** *(Intern with Ms. Powers)*

***What is your education background?***

"My areas of focus are Social Studies and Drama at the University of Regina."



***What are you looking forward to during your time at Thom?***

"I really look forward to getting to know all my students and working through social related content with them."

***What is an interesting fact about yourself you think our students would like to know***

"I did fencing as a kid!"

**Ms. Comstock:** *(ELA teacher)*

***What is your education***

***background?*** Over the past eight years, I have taught at various schools for Regina Public. Some of my former Gladys students may remember me as Mme Robinson. Before moving to Regina, I worked in alternative education settings for Sun West School Division.



***What are you looking forward to during your time at Thom?*** More than anything, I like to see the progress that the students make over the course of the year.

***What is an interesting fact about yourself you think our students would like to know?*** I am a bit of a trivia nut – I love learning new random and useless facts. □

**Mr. Collier:** *(Intern with Ms. Henderson)*

***Educational background:***

- Graduated High School in Winnipeg, Manitoba (2007)

- Bachelor of Science in Geological Sciences from the University of Manitoba (graduated 2013)
- Bachelor of Education from the University of Regina (in progress – to be completed this spring)

#### What I am looking forward to:

- I am most looking forward to getting to know the students and staff of Thom. Learning from all of you has been (and continues to be) the most valuable experience I have gained throughout my time in the education program at the University of Regina.
- I will also be assisting with coaching badminton so I am excited for the season to get underway so I can get

to know what Thom sports is all about!

#### Interesting Fact:

I spent several years working as a geologist before going back to school to be a teacher, which included working in an underground gold mine in Manitoba.



*Welcome to Thom, new Staff Members!*

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## Gender 101

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*Written by: Aislyn W*

We are back with another much needed segment of “Gender 101” - the section of the paper where you learn more and become a more inclusive individual!

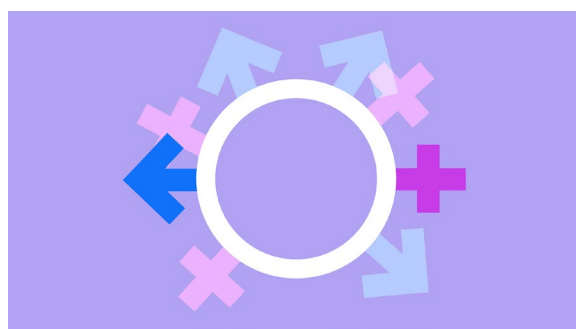
#### Did you know?

There are a lot of different gender identities. People can identify as male, female, non-binary, trans, gender fluid, two-spirit, demi-boy, demi-girl, and agender which we discussed in a previous newspaper. Here are some important terms we should all understand:

**Cis male:** a person who was assigned male at birth and self identifies as male and uses he/him pronouns.

**Cis female:** a person who was assigned female at birth and self identifies as female and uses she/her pronouns.

**Non-binary:** a person who doesn't identify as the gender they were assigned at birth or the opposite gender they often go by they/them pronouns.



**Trans:** a person who doesn't identify with the gender they were assigned at birth and wants to identify with the opposite gender (you should be respectful of their pronouns and ask what are the proper pronouns they use).

**Gender fluid:** a person who identifies with all genders, they could be male one minute and then female the next hour, then non-binary half an hour later, if you don't feel like asking their pronouns all the time you could use they/them with no issue but it is always acceptable to ask what pronouns to use.

**Two-spirit:** refers to a person who identifies as having both a masculine and a feminine spirit, and is used by some Indigenous peoples to describe their sexual, gender and/or spiritual identity.

**Demi-boy:** a person who feels comfortable with the gender male but also non-binary, they usually use he/they pronouns.

**Demi-girl:** a person who feels comfortable with the gender female but also non-binary, they usually use she/they pronouns.

Other equally important information:

- **March 8th** was International Women's Day! International Women's Day was marked for the first time in March 1911.

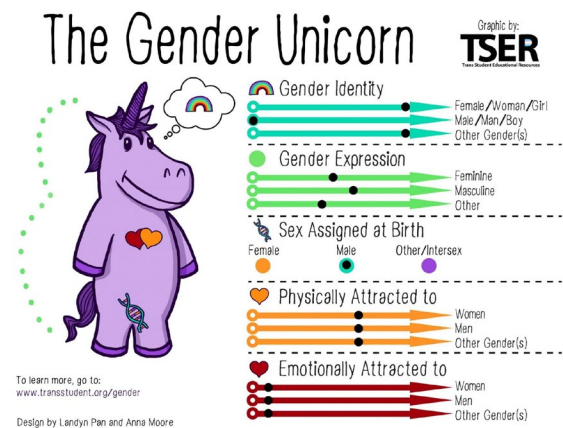
- **November 19th** is International Men's day. International men's day began in 1992.

There is no one way to express your gender. Gender expression is how a person publicly expresses or presents their gender. It can include outward appearance, like dresses, pants, suits, ties, skirts, hoodies, makeup, hair and more. It can also be behavior like body language and voice. A person's name and pronouns are other ways a person can express their gender.

### Gender vs sex

There is a difference between gender and sex. Sex is defined by the biological traits of male and female reproductive organs, and the XX or XY chromosome, and the abundance of certain hormones.

Gender is defined by social norms and roles placed on people.





# Thom Sports!

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“THIS IS TROJAN TERRITORY! THIS IS TROJAN TERRITORY!” I don’t know about you, but we missed hearing those words pouring out of the gymnasium. Finally we are back to a place where we can enjoy games in person again!

## **JUNIOR BOYS BASKETBALL:**

*Information submitted by Ms. Powers*

Ms. Powers is the coach of the Junior Boys Basketball team with McKayla Stoyko and Jordan MacNeil. This team played in the Balfour Classic January 7<sup>th</sup> and 8<sup>th</sup>. We placed 3<sup>rd</sup> in the tournament playing two really tough games against Balfour. In the regular season we finished 3-2 beating RCS, Johnson and Laval. Those wins got us to 3<sup>rd</sup> place in the league! We played Laval in the quarter final and we played Knoll Tuesday March 8<sup>th</sup> in the semi final.

*Here is the Junior Boys roster:*

- Jacob T                      - Calum W
- Luke M                      - Reuben K
- Hunter L                    - Tegan W
- Blazedyn H                - Eric H
- Brody CP                   - Mahad H
- Kaisei W                   - Fareed U
- Deon H



## **CHEER TEAM:**

Congratulations to the Thom Collegiate Cheer Team for Winning 1st Place! On top of that, they were Grand Champions of all other Scholastic Teams in the Competition.” Congratulations to all members and coaches! We asked a few of our winners a couple of things such as:

**Question: “What did you enjoy most about Cheer and What did you feel like when you won the competition?”**

**Hunter L:** “I enjoy the camaraderie and I love my teammates. I enjoy winning, and I love the sport, including the challenges. There’s always new challenges, and it’s difficult, the most difficult thing I did. Along with all the hard work paid off.”

**Izzy C:** “I like the competition and the challenges. I was so proud of us!”

**Cierra F:** “It’s unique and has challenges. I was really proud and excited, especially since it was my first year of cheer.”



# Hey, YOU!

Are you a **student** or **staff** member interested in having your work in the school paper?

We'd love to get in touch with you and see your **art**, know your **thoughts**, and **hear** anything else you would like to **share!**

Please send us a message through:

Our Instagram: [@thomtimesnews](#)

Our email: [thomtimesnewspaper@gmail.com](mailto:thomtimesnewspaper@gmail.com)

You can also reach out to us in person!

We would love to hear from you :)

The March Edition THOM TIMES NEWSPAPER TEAM was created by the following hard working students and staff members (in no particular order):

Emmalea H, Jordane A .P, Tiree K, Aislyn W, Hannah H, Mr. Willford, and Ms. Kuntz.