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THOM TIMES

Your spooky season newspaper!

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Hannah H., Grade 9

Saskatchewan High Schools Athletic Association Cancels Fall Season of Sports

Emmalea H., Grade 12

As we all know, the year 2020 has been anything but normal. Everything closed down: stores, restaurants, schools, and sports. For the longest time, all of us were stuck at home wondering if we would ever go back to our normal lives of school and extracurricular activities. We got the go-ahead to go back to school and wear a mask. Sports, on the other hand, have been up in the air, leaving us to wonder if there would be a 2020 fall sports season at all. The bittersweet reaction is that the SHSAA has decided to cancel the fall sports season. Sports are an important part of Canada, Regina, and École Thom Collegiate. Although it is sad to not be able to watch our fellow Trojans this fall season, our coaches have a positive attitude about the seasons to come!

Mr. Audette - *Head Coach of the Trojans Football Team*

“With respect to the SHSAA and RHSAA canceling inter-school competition for the fall season, it is disappointing but we must respect that the safety of students comes first. We are still able to have sports that remain only within our own school. For football, that will mean that we will conduct a 3-week long camp that will start on October 6th. Student-athletes will have the opportunity to get some physical activity and learn/sharpen their skills on the field. With this, we hope to build some momentum for our football program as we did not field a team last fall, and we will look to return to the inter-school competition whenever that is safe to do so.”

Mr. Bridgeman - *Volleyball Coach, Coordinator of Fall Sports*

“As a coach, I am torn between the decision. I would have loved to get back into the swing of things but yet I understand what the world is going through right now. Is it safe to return, both for students and coaches? No one knows the correct answer! I feel for all of the student-athletes who are missing out on sports this fall. Hopefully, something changes (they find a vaccine) and we can get back into the gymnasiums/stadiums for our winter season. As a dad, I am loving the fact I get to go home at a decent hour and spend time with my family. The past few months have brought us closer together and I am taking this opportunity to cherish that and not take it for granted.”

Mr. Neufeld - *Former Head Coach of the Trojans Football Team*

“I am not shocked that fall sports were canceled. Saskatoon and Prince Albert both canceled theirs in the summer, so I felt it was only a matter of time for Regina to follow suit. We were working on rebuilding the football team here at Thom, and many students told me they were excited about the upcoming season. However, in 2020 and all. I feel bad for the Grade 12's that won't have an opportunity to play. I know they were looking forward to it.

I have always believed that high school sports play an important role in the life of a high school community, regardless of the sport. It brings together students that normally wouldn't socialize and builds friendships that can last a lifetime. I feel bad for the school as a whole because there's a big part of the high school experience missing this fall, especially for those graduating this year. That being said, we need to take precautions to ensure everyone's safety. Hopefully, the restrictions won't last beyond this year. The NFL is filling the football gap for me right now, but I do miss the local football scene. I'm positive we will rebound and will have football, soccer, cross country, and volleyball back next year.”

Mr. Paskiw - *Coordinator of Fall Sports*

“I believe the SHSAA/RHSAA has made the tough but right decision. I have torn feelings as a coach/teacher/parent. As a coach, student-athletes will be missing out on many benefits of extracurricular activities-teamwork, accountability, dedication, and hard work. As a teacher, we have systems in place as an organization to reduce the cohorts in the school and promote social distancing to reduce the spread of COVID 19. As a parent, we decided for my son and myself to not participate this year to keep our family safe. It was a personal decision, as the nature of the sport and the contact makes it difficult to maintain the physical distancing that the Saskatchewan Hockey Association has been preaching.”



A throwback to last year's costumes

Why Do Leaves Change Colour?

Marjan R., Grade 12

Does the beauty of nature spark infatuation in you? Or does it make you more curious about the natural orders of nature? One can't deny that the seasonal progression to fall signifies an ever-growing change and rebirth. The world has become less green and more abundant in the shades of yellow, red, and orange. It's worth dedicating our effort to find out why things happen the way they do. If you thought that leaves change colour because of decreased sunlight and temperature, you are correct! Let's dig a bit more at the microscopic level to find out why.

Leaves are abundant in chloroplasts which are disk-like structures made to promote photosynthesis. The process of photosynthesis converts sunlight into energy for the trees to feed on. Essentially, they convert carbon dioxide and water into oxygen and sugars. The chloroplasts are abundant in chlorophyll which contains the most prominent pigment, green. However, the chlorophyll's abundance is dependent on how much sunlight they absorb. Increased sunlight would mean increased chlorophyll resulting in the dominant green colour. However, as sunlight decreases with the arrival of fall, the chlorophyll breaks down and instead, orange and yellow pigments take dominance. These pigments arise to conserve sugar as photosynthesis isn't a viable option. The pigments essentially emerge to protect its friend, chlorophyll, from damage (See? Being kind is inherent in nature, so let's all try to be kind to one another!). Meanwhile, the red pigments (comes from anthocyanins) emerge due to the storage of sugars in the leaves. Fun fact: these pigments are always present on the leaves, but are only obscured by the presence of chlorophyll for maintaining photosynthesis.

Why do some leaves not change colour, you ask? Trees like pine, spruce, fir, and hemlock have evolved to photosynthesize year-round, enabling them to remain green for an extended period of time. Nature never disappoints, indeed!

Take the time out to witness the brilliant colours of fall!



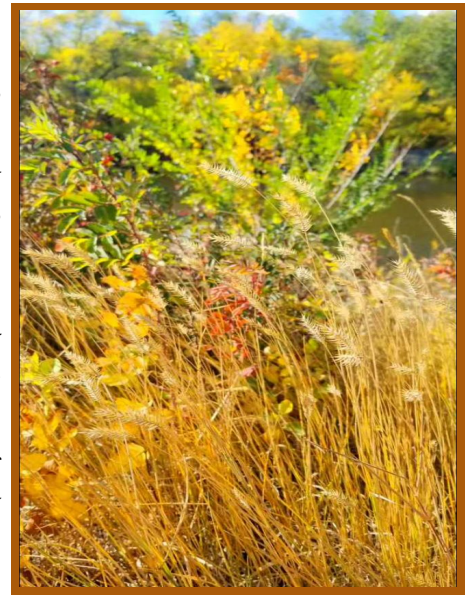
TreeCanada: <https://www.ctvnews.ca/sci-tec>

Is Trick-or-Treating a No-Go?

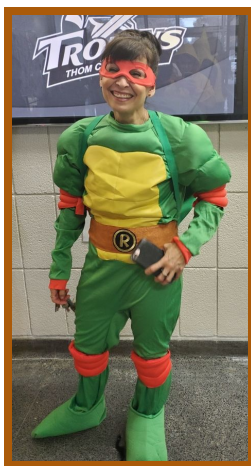
Isaac M., Grade 12

This year's Halloween will be an interesting one to say the least. Because of Miss Rona, physical distancing and mask wearing will be a crucial part of how trick-or-treating happens. In late September, the Saskatchewan Party, the party that currently runs the province, released its guidelines for trick-or-treating to the public. They read as follows :

- *Maintain a safe distance (2 meters or 6 feet - about a three seater couch), using tongs to hand candy out if available and even by placing distancing markers like we see in stores in front of your house*
- *Disinfect your railings, doors, and doorbells, after every other trick-or-treater, if not after each as they will be touched frequently. This time can also be used to sanitize your own hands*
- *The treat giver should be the same person throughout the night, while the sanitizer can be them or one other person*
- *Both trick-or-treaters should wear masks and other personal protective items if available to prevent spreading of the virus, which could be used as a creative outlet to enhance a costume*



Hannah H., Grade 9



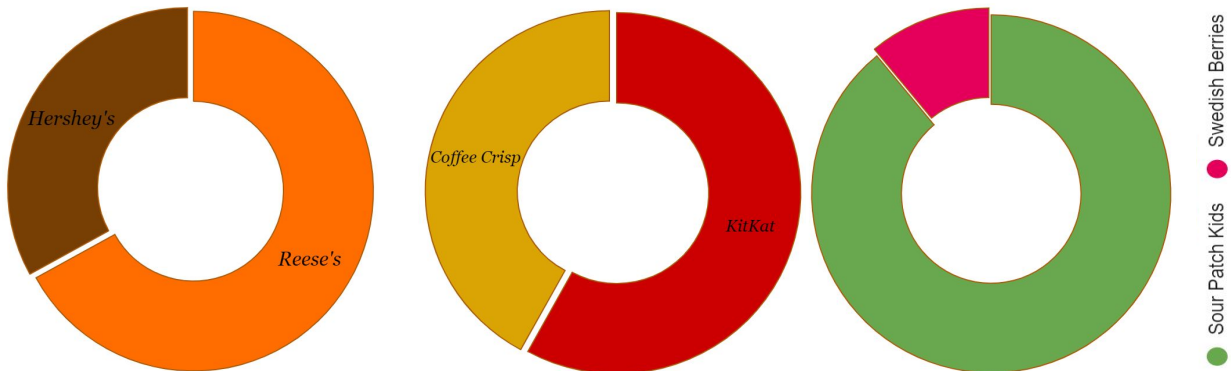
Ms. Neetz as a ninja turtle

While trick-or-treating is a go this year, be sure that you are doing your best to keep yourself and others around you as safe as possible. Make sure you are not touching things you don't need to, you are wearing a mask, you have sanitizer with you, and that you are only going if you have not been in contact with someone who has tested positive with the coronavirus.

Spook-a-Treat!

Emmalea H., Grade 12

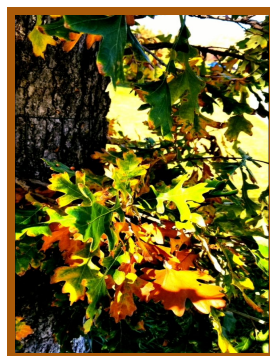
Halloween is a day where you eat chocolate bar after chocolate bar for hours on end, and then completely regret it on November 1st. Have you ever wondered what Ms. Kuntz and Mr. DeRosier's favourite chocolate bar is? Well don't worry you will find out what Mr. DeRosier and your fellow classmates favourite candy is!



--To be a part of our polls, follow @thomtimesnews on Instagram--

Is your stomach grumbling?

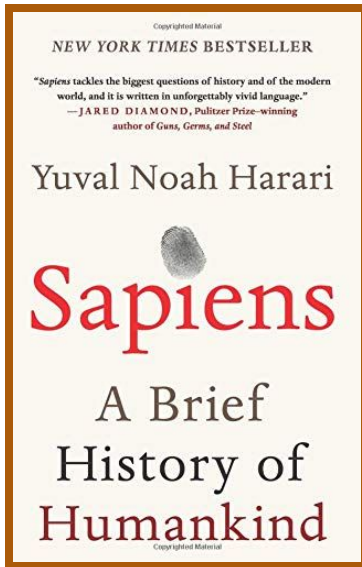
Have you ever felt so rushed in the morning that you run out the door before eating breakfast or packing a sandwich for lunch? Don't stress, we've got you covered. Our amazing guidance counselors provide meals for you on these days. Homemade biscuits, apples, and carrot sticks are often some of the amazing snacks served. Sometimes, even pepperoni sticks!



Hannah H., Grade 12

Must read books!

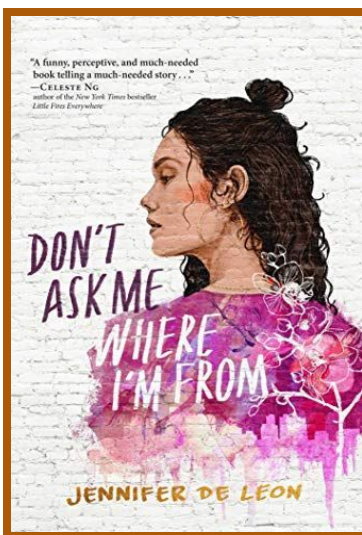
Marjan R., Grade 12



Sapiens: A Brief History of Humankind by Yuval Noah Harari

Sapiens: A Brief History of Humankind narrates the story of how human beings walked on the planet through the wonders of evolution to revolutionize the natural orders of evolution. From the domestication of fire and animals, we climbed up to the top of the food chain. As remarkable as we are, we are just as flawed. The author will give you a vivid glimpse of the past, present, and future with extraordinary details that will beg your attention.

"Happiness does not really depend on objective conditions of either wealth, health or even community. Rather, it depends on the correlation between objective conditions and subjective expectations."



Don't Ask Me Where I'm From by Jennifer De Leon

Racism and discrimination appear to be rampant in the nearly all-white school Liliana Cruz attends. She is fifteen years old and a first-generation American LatinX who becomes wrapped up in the racial tension. Yet, things become progressively worse when a family secret is exposed. With nowhere to seek refuge from all the agony, she must decide between embracing her identity or succumbing to the pain that encircles her.

Don't know what to do in the month of October?

Emmalea H., Grade 12

Not sure what to do this month? Getting bored easily? Don't worry, I have got your back! With this very cute and trendy calendar, I have some ideas of activities for you to do everyday of the week for the rest of the month. Send us pictures of you doing these and we'll post them on our Instagram, **@thomtimesnews** !

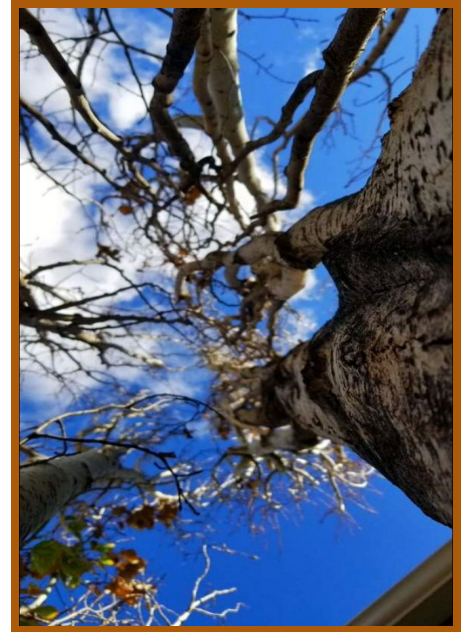
OCTOBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 : <i>Rake leaves</i>	02 : <i>Jump in leaves</i>	03 : <i>Go on a hike</i>
04 : <i>Climb a tree</i>	05 : <i>Go for a fall drive</i>	06 : <i>Make a pumpkin dessert</i>	07 : <i>Decorate your bedroom for the fall</i>	08 : <i>Make a pinecone bird feeder</i>	09 : <i>Have a picnic</i>	10 : <i>Draw a picture with crayons</i>
11 : <i>Go for a walk</i>	12 : <i>Make an 'I'm grateful for' list</i>	13 : <i>Drink a pumpkin spice latte</i>	14 : <i>Eat corn on the cob</i>	15 : <i>Bake muffins</i>	16 : <i>Have a scary movie night</i>	17 : <i>Have a bonfire</i>
18: <i>Make chilli</i>	19 : <i>Carve pumpkins</i>	20 : <i>Make homemade pumpkin seeds</i>	21 : <i>Eat candy corn</i>	22 : <i>Have a fall photo shoot</i>	23 : <i>Make a costume</i>	24 : <i>Buy some fall clothing</i>
25 : <i>Knit a scarf</i>	26 : <i>Light a fall smelling candle</i>	27 : <i>Bake an apple pie</i>	28 : <i>Explore nature</i>	29 : <i>Walk on crunchy leaves</i>	30 : <i>Drink hot chocolate</i>	31 : <i>Go trick or treating</i>

Things to consider this Halloween

Isaac M., Grade 12

While the pandemic's second wave is in full swing, here are some important things to consider this Halloween:

- Trick-or-treating is fun, so if you are feeling embarrassed that you still do it, who cares? You are having fun, which is all that matters!
- Costume choice is important. On one hand, it can be an excellent creative outlet, while on the other hand, it can be an issue. If your costume includes wearing another culture's clothing, do not wear it. If it contains something sacred to another group, do not wear it. If you are ever unsure, just ask.
- Whether you are trick-or-treating or going to a party, you should be wearing a mask, especially if it's inside, even if it's with people 'in your bubble'. If you are upset that it will look bad or will take away from your costume/makeup, here is an excellent tutorial by Rock M. Sakura, a makeup artist, showing how to work around this ([click here for video](#))



Hannah H., Grade 9



Triplet costume from Halloween last year

Compliments mean a lot to people!

Emmalea H., Grade 12

École Thom Collegiate is a great school and it has been an amazing place to grow up for four years. Thom has some amazing kids, too. As you may or may not know, École Thom Collegiate has a compliments account on Instagram, where you can submit compliments about your fellow Trojans. You can follow @thomcompliments right now, to say nice things about your favourite teachers and classmates! While you can direct message them, you can also send compliments anonymously. Check it out today!



More throwbacks from last year's Halloween

Hey You!

Are you interested in having your work in the school paper?

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

Send us a direct message on our Instagram, [**@thomtimesnews**](#) or email: [**thomtimesnewspaper@gmail.com**](mailto:thomtimesnewspaper@gmail.com)
