# THUNDER NEWS

## BLESSED SACRAMENT CATHOLIC SCHOOL

### Too many of our local businesses are closing down!




The Wainwright Alma Theater was one of the only things to do on a rainy day. It closed down in August 2026.

Lots of our local businesses have closed down over the past couple of years. If you can, please support Wainwright's local businesses!

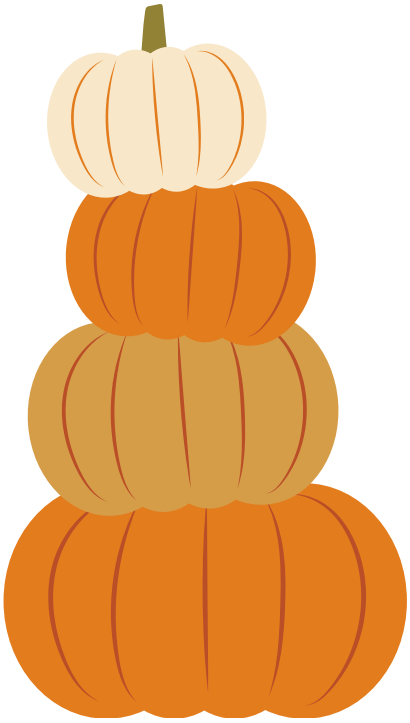



The Crabapples, a local place of fashion for ladies, closed in June 2026.




Toys and Treasures, a fun gift shop that closed in November 2025

By Mya and Mia



# Find The Ducks!



Oh no! Little ducklings Jimmy, Timmy, and Bob went missing! Can you find them? Check all the pages in the newspaper to find the three of them!







This is what they look like!

(This photo does not count)





By Willow Trenerry, Milla-Mari Weerepas, and Elize Burger

# Kids' Corner



Help the monkey get to his banana!

**Toilet Paper Roll Animal Craft:**

1. Grab an empty toilet paper roll or empty paper towel roll.
2. Colour the paper roll with markers.
3. Then cut a piece of coloured paper and glue it to your roll.
4. You can make any animal you want.
5. Have fun!!

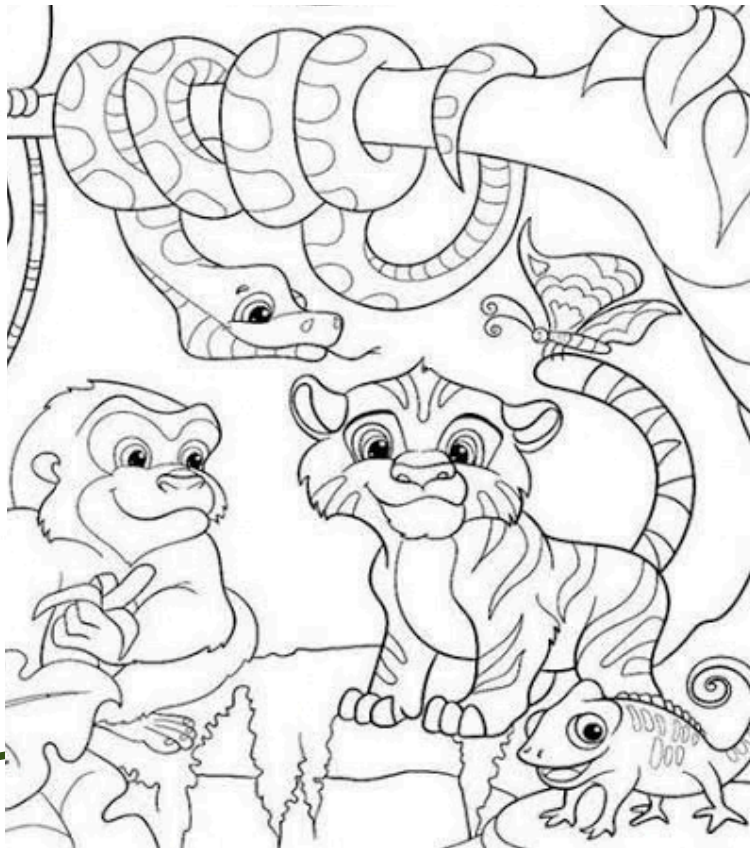




Find and circle the words.

| | | | |
|---|---|---|---|
| CROCODILE | GORILLA | LION | SNAKE |
| ELEPHANT | HIPPO | MONKEY | TIGER |
| GIRAFFE | LEOPARD | RHINO | ZEBRA |

Q E L E P H A N T S Q U J
C W J Y K L G U H I P P O
G C R O E G O R I L L A M
I R B F V Y P P G A I E Q
R O L X N L T I G E R H G
A C I N S E K W K H R Z N
F O O X N O J L W J H E T
F D N O A P C G O I I B U
E I F Y K A B I Z X N R H
Q L A B E R C A M F O A Z
Q E O N Z D X M O N K E Y





# Why did the person flip the page?

# To get to the JOKE PAGE!

**Jokes from your peers:**

Cooper Frissell: What do you call a cow with no legs? Ground beef!

Caylie MacLure: What does a train say when it eats? Choo Choo!

Rylan Palegar: Why did the picture go to jail? Because it was framed!

Victoria Pish: Can I tell you a pizza joke? Oh, wait—never mind. It's too cheesy!

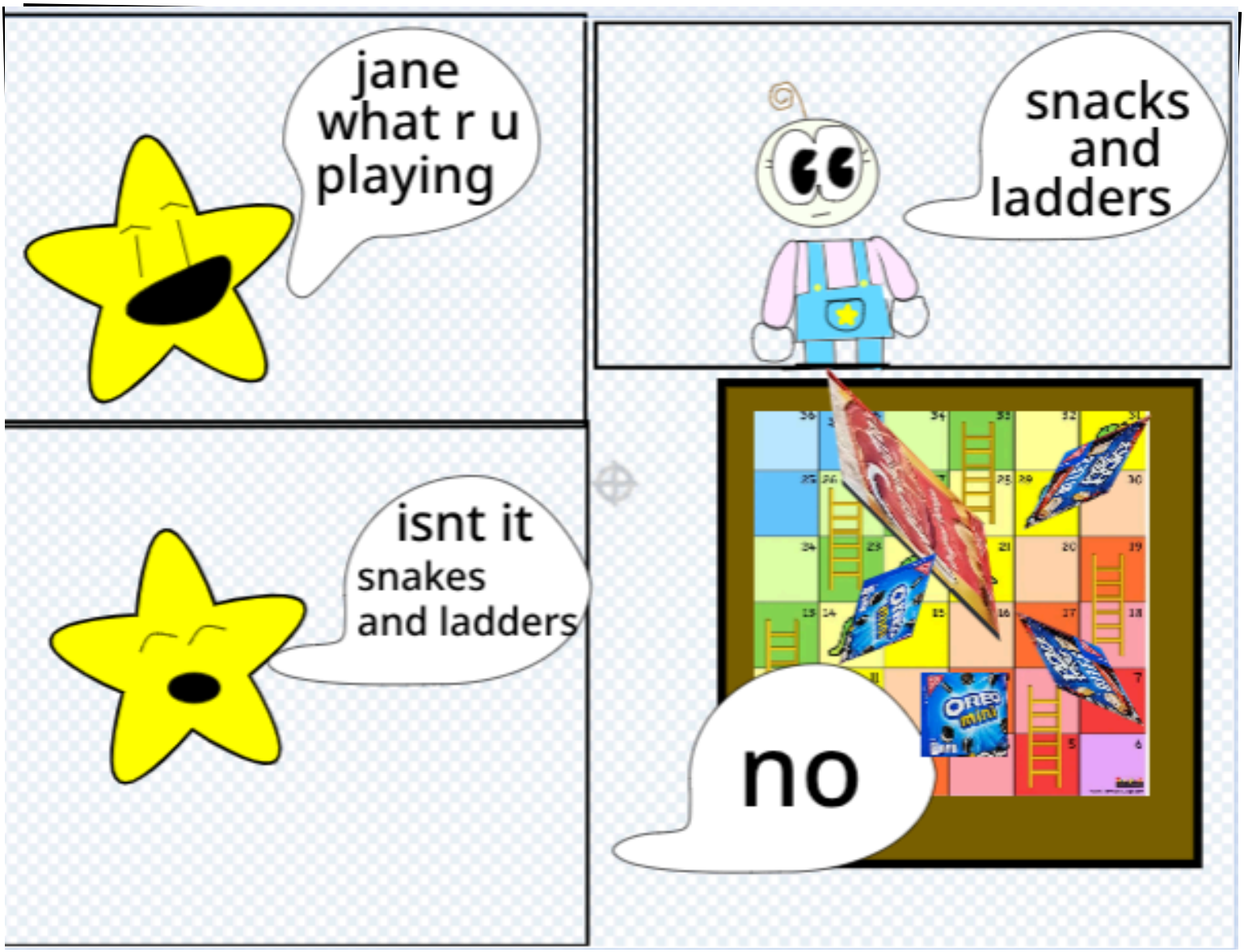
Luke Peeters: Why did the mushroom go to the party? Because he was a *fun guy*!

Aria Erickson: How do cows do math? With a cowculator!

Willow Trenerry: What do you call a pig that practices Karate? A pork chop!

By Willow Trenerry, Milla-Mari Weerepas, and Elize Burger

# Snacks and Ladders




By Malcolm Burrough

# HALLOWEEN IDEAS

**FUN FACT: HALLOWEEN STARTED OFF AS A 2,000-YEAR-OLD CELTIC FESTIVAL.**

## Halloween Fun Ideas

**Dressing up for Halloween is always fun. The hard part is that you have to choose your own costume. Luckily we have given you some ideas for a costume!**



(A soldier)



(K-Pop Demon Hunters)



(Any Minecraft character)



(Any Marvel costume)

## Spooky Treats!

These spider Oreos are simple and fun to make. Start with an Oreo, grab some chocolate-covered pretzel sticks, gently insert the sticks into the Oreo's middle, and then add some optional edible eyes so it looks like it's alive!



By Zeddrik Mananguit and Rylan Palegar

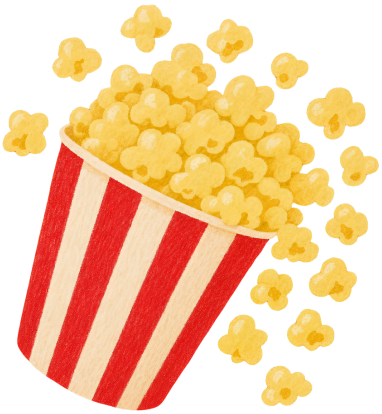
# Fall Fun Facts





Fall Craft:

Take a brown piece of paper and cut it up to look like the brown part of the tree. Next, find some washable paint in red, yellow, and orange colours. Then, dip your finger in the paint and dab it around the tree to make some leaves!



## Fall Watchlist:

- Gilmore Girls
- The Nightmare Before Christmas
- It's the Great Pumpkin, Charlie Brown
- Coco
- Coraline




## Fall Fun Facts:

- Every year in autumn monarch butterflies travel up to 4,800 km from Canada to the United States to Mexico
- During fall the Harvest moon provides extra light to the farmers because it is closer to a sunset than a normal full moon
- The crisp smell of autumn air is from gases coming off of decaying leaves.



## Looking Back at Thanksgiving

Thanksgiving may be over, but gratitude is something we can practise every day. We hope everyone enjoyed time with family and friends over the holiday!

In Canada, Thanksgiving became an annual national holiday in 1879. In 1957, its date was permanently set as the second Monday in October.

As autumn continues, take a moment to thank someone who makes a difference in your life. A kind message or a helping hand can keep the spirit of Thanksgiving alive!

By Sawyer, Harper, Emmie, and Aleen

# BSS MENTAL HEALTH

BLESSED SACRAMENT CATHOLIC SCHOOL

## Recovery Alberta

## Wainwright Mental Health and Addiction

905 A - 3 Ave. 780-842-7522

| | |
|---|---|
| Mental Health Help Line | 1-877-303-2642 |
| Addiction Help Line | 1-866-332-2322 |
| CMHA Distress Line | 1-800-232-7288 |
| Health Link | 811 |
| Kids Help Phone | 1-800-668-6868 |
| Child Abuse Hotline | 1-800-387-5437 |

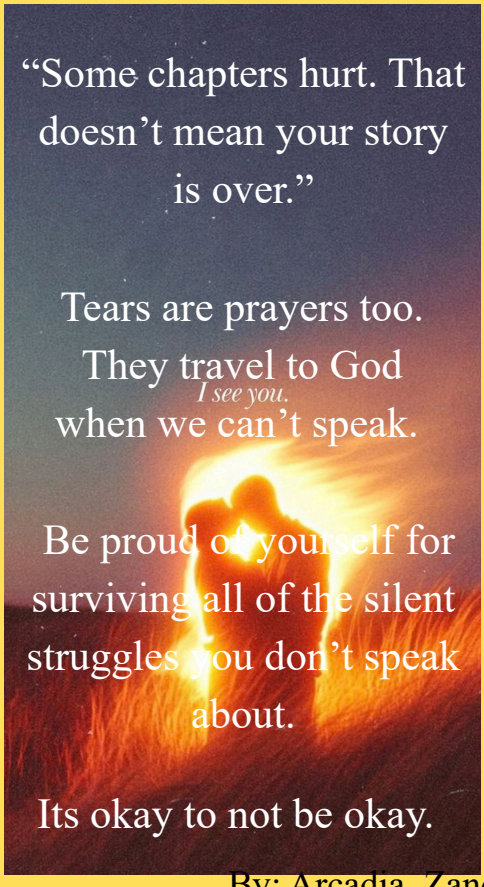
## Step by step

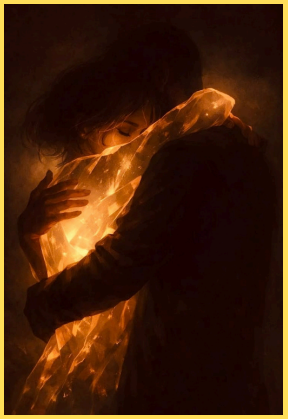
If you do anything today,
could you do one thing for me?

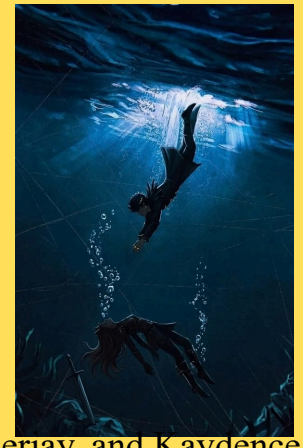
Could you open up the curtains
and let the daylight in?
And while you're up,
would you like to get dressed?
Just out of pj's and into something else,
whatever works for you -
a jumper and tracksuit,
just something cosy will do.

And since you're up and dressed,
you might as well make your bed.
If that task is too much,
take yourself into another room instead.
And while you're out and about,
you must be hungry -
have cereal or toast,
a tea or coffee.

Day by day, hour by hour.
Take each task as it comes
to slowly shrink that tower.
Do what you can in your own time,
just know, I am proud of you
for trying.





By: Arcadia, Zanderjay, and Kaydence





# FAITH PAGE

## The Daily 8: Small Steps to Have a Better Day and Be a Better Person

**School days can sometimes feel like a lot. There are tough tests to take, busy hallways to navigate, and days where you might feel overwhelmed or left out. But through it all, there is one absolute truth you can hold onto: You are deeply, unconditionally loved.**

**Your value doesn't depend on getting a perfect grade, being the best at sports, or fitting in with everyone else. You don't have to earn your worth—it is already yours. Absolutely nothing you face today, tomorrow, or any time in the future can ever change that.**

**When you walk through the school doors, you never walk alone. You have the strength to handle hard things, the resilience to bounce back from mistakes, and a unique light to share with the world. Take a deep breath, do your best, and remember that you are valued exactly as you are.**

## The Daily 8: Small Steps to have a better day and be a better person.

**Digital Boundary: Disconnect from social media for one hour to protect your peace.**

**Learn Something New: Spend 5 minutes reading an article, a book chapter, or learning a new fact.**

**Speak Truth: Catch one negative thought today and actively replace it with a positive truth.**

**Check In: Reach out to a friend or family member who has been quiet lately just to say, "I'm thinking of you."**

**Evening Reflection: Think of one choice you made today that you are proud of, and one you want to improve tomorrow.**

**Active Listening: Put away your phone and give your full, undivided attention when someone is speaking to you.**

**Express Gratitude: Tell someone exactly why you appreciate them, rather than just a casual "thanks."**

**Leave a Good Note: Write a quick compliment on a sticky note or send a kind text to brighten someone's morning.**

**By Payson Dance and Abigail Rajotte**

# Fall Reads

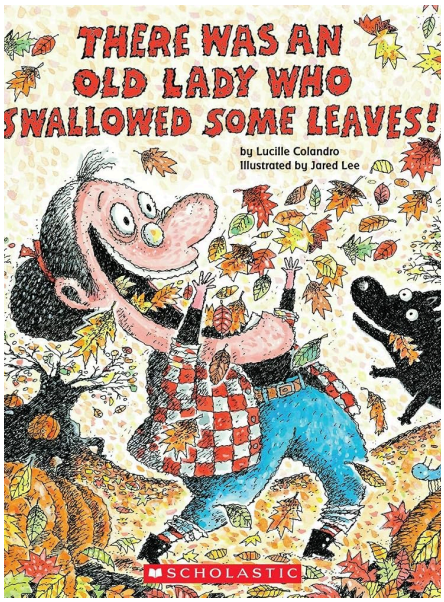
**Here are some fall-themed books you might want to read!**

**Grades K-12**



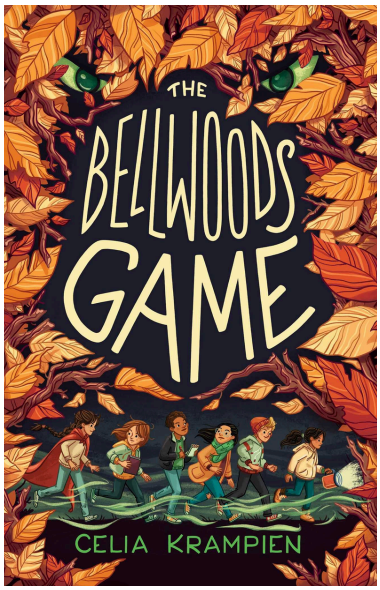

**Leaves is a silly, fun read all ages will enjoy!**

**Grades K-3**




**This is a fun book about how an old lady keeps swallowing more and more things!**

**Grades 3-7**




**This is the perfect book for you if you like a cozy mystery with a little bit of suspense!**

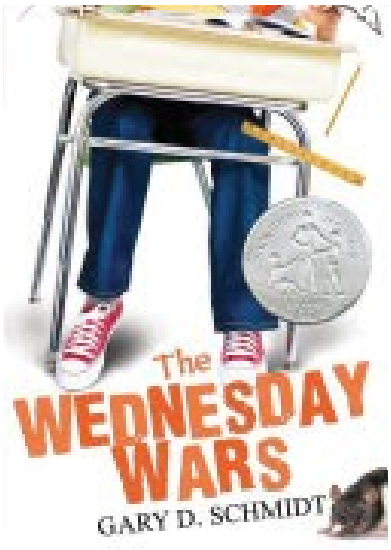
**Grades 8-12**




**A mysterious story about a library appearing overnight in a little town.**



**Grades 6-8**




**The Wednesday Wars is a historical novel about trying to fit in.**

**By Mya and Mia**

# YUMMY FOODS TO MAKE

By. Arcadia, Zanderjay,and Kaydence

## Chocolate Chip Covered Cake Pops










½ Cup Butter
¼ Cup Sugar
½ Cup Brown Sugar
3 Tablespoons Of Half And Half
1 Teaspoon Vanilla
1 ⅓ Cup Flour
⅔ Cup Mini Chocolate Chips For The Coating
2 Cups Of Chocolate Chips (Melted
1 Tablespoon Shortening














## Chicken Caesar Pasta Salad



### Ingredients

- Any kind of pasta
- Lettuce
- Parmesan cheese
- Chicken
- Caesar dressing
- Bread crumbs

## HALO-HALO

### Ingredients

- Ube Ice Cream/Ube Paste
- Leche Flan
- Shaved Ice
- Evaporated Milk
- Sweetened Beans
- Sugar
- Tapioca Pearls
- Gulaman/Green Jelly
- Sweetened Jackfruit
- Nata De Coco
- Sweetened Red Mung Beans





























# Thunder Nominations

We asked students to nominate a person who best fit a specific criterion.
We asked students to be completely honest and not be biased by anyone, and received sincere answers.

First we started with Aurelius Tinio.
Q: “Who do you think has the best hair in school?”
A; “I think that my friend Andrei has the best hair, this is not biased, I truly think so, because he has been able to maintain his haircut since middle school.”
After, we asked Andrei
Q: « How do you feel that Aurelius said that you have the best hair in the school »
A: « Me?! Aurelius said that!? I love Aurelius»
Q: “Who do you think has the best style in the school”
A: “ I think Royce Martens »





Then we interviewed Royce and asked him how he feels about Andrei’s response.
A: « I feel very honoured, I mean catch my swag »
Q: « Who do you think is the nicest person in the school? »
A: « Mrs. Rennie »

We then went to see Mrs. Rennie, we asked her about the funniest student she has ever had.
A: “My funniest student has graduated, but I think Gianne”
We found Gianne, and he was amazed to hear that he is Mrs. Rennie’s funniest student, he jumped on the table and was really happy.
We couldn't find the person that Gianne nominated, so we then interviewed a guy, who introduced himself as “Demarcus The Third”

Q: “Who do you think is the smartest in our school?”
A: “Ethan A.”

Ethan was a really nice girl and she was delighted to hear it.
Q: “Who is your favourite teacher?”
A: “Mrs. Scherbinski.”

Our last guest was Mrs. Scherbinski
Q: “How do you feel about Ethan saying that you are her favourite teacher?”
A: “Me? She said me? Because most of the students don’t remember their elementary teacher, I am shocked. Oh my goddess, okay.”
Q: “Who do you think is always late?”
A: “ I would say Adam Tinio, because he is always late to my volleyball practice.”
And that was Thunder Nominations, if you liked it, speak to somebody in journalism class, and we will continue it!

By Alina,Ophelie and Annabeth

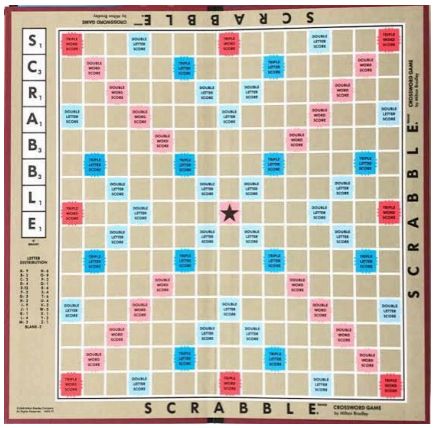
# Fall Board Games



Catan is a game for players who want strategy and expansion. This is a game where you build an empire and have fun.



Chess is a game of strategy and tactics for two players..
Includes a tiled board and a wooden army, it may look simple but it takes skill!




Scrabble is a medium strategy game and can include up to four people. Use your dictionary knowledge in this game.



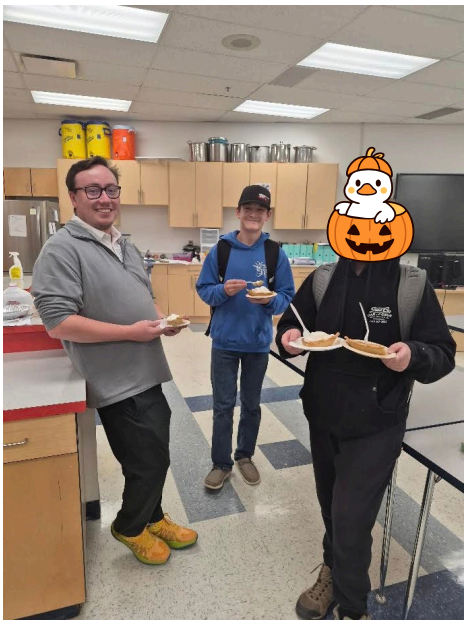

Harvest is a high strategy game. It is an old-timey farming game that can hold one to four people.

By Zeddrik Mananguit

# Junior High Foods

The junior high Foods class made pumpkin pies from scratch. Students washed and cut the pumpkins, removed the seeds, and baked and puréed the flesh. They then prepared the pie crusts and filling before assembling and baking their pies.







These are some pictures of the delicious pumpkin pies and some of the students who were behind them!





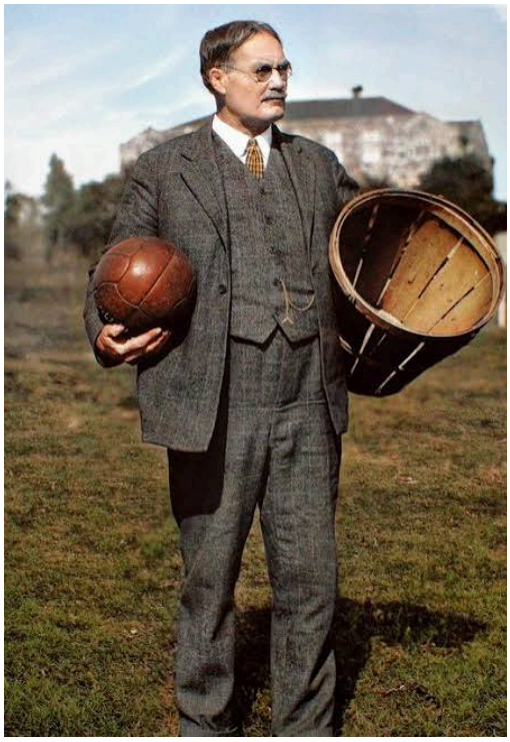
By Willow Trenerry, Milla-Mari Weerepas, and Elize Burger

# The History of Sports





Volleyball was invented in 1895 by William G. Morgan at the YMCA in Holyoke, Massachusetts. He wanted to make a new indoor sport. He blended some sports such as tennis (the net), basketball (the ball), handball (using hands to hit the ball), baseball (the concept of serving). That is how volleyball was invented.






Did you know that when basketball was first created, players used a soccer ball, and peach baskets for nets? Basketball was invented in 1891 by Dr. James Naismith in Springfield, Massachusetts. Naismith's boss told him he only had 14 days to create an indoor sport, because of the long New England winter.

By Rylan Palegar

# Get to Know a Country!



# Montenegro

## History

Its name came from the 15th century and it means “black mountain.” Though in the Slavic language, it is pronounced” Crna Gora ( TSUR-nah GOR-uh).”




## Culture

- Mimosa Festival: Held around coastal towns in Feburary and March to welcome spring with flowers and parades.
- Bokeljska (BOH-kel-ska) Night: An August maritime spectacle in the Bay of Kotor where decorated and illuminated boats parade in the waters.

## Food



Buzara is one of the native dishes to Montenegro.
It has simmered shellfish such as scampi, prawns, mussels and
clams. It is covered in a rich, garlicky wine sauce.

By Zeddrik

# MORE COSTUME IDEAS

Think that those suggestions weren't enough? Well, worry no more!



**Any DC costume**



**Nintendo costumes**



**A police officer**



**A firefighter**



**A pirate**



**Astronaut**

**We hope that you have found an idea for a costume this year.**

**By Emile Tessier**

# Weird but True!




On September 23, 2026, the mac and cheese company KD collaborated with the brand Solly's craft soda, creating a strange mac and cheese flavoured drink!




In August of 2026, this fourth-grade teacher in Houston, Texas made a "fart corner" for the kids in her class in an attempt to normalize passing gas in a classroom environment.



These tiny, endangered raccoons are learning how to make toys out of trash! They learned from each other to create fun masterpieces.

By Willow Trenerry and Elize Burger

# The History Of Coca-Cola!

Coca-Cola's story began on May 8, 1886, when Atlanta pharmacist Dr. John Stith Pemberton brought his syrup to Jacobs' Pharmacy. Mixed with carbonated water, the drink sold for just five cents a glass! Pemberton's bookkeeper, Frank M. Robinson, suggested the name Coca-Cola and designed its famous flowing logo.

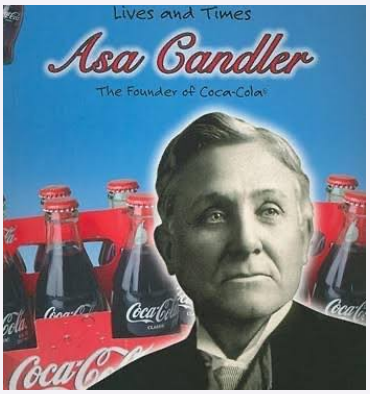
By 1891, businessman Asa Griggs Candler had gained control of Coca-Cola for a total investment of $2,300. He formed The Coca-Cola Company in 1892, helping turn a local fountain drink into a widely recognized brand. Bottling began in 1894, allowing customers to enjoy Coca-Cola beyond the soda fountain.

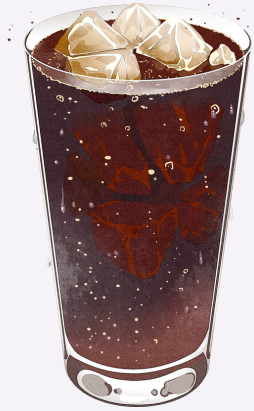
During the Second World War, Coca-Cola supplied American troops overseas and expanded its international bottling network. This helped introduce the drink to more people around the world.

Not every change was a success, though! In 1985, the company introduced a sweeter formula known as "New Coke." Many customers demanded the original taste, and just 79 days later, it returned as Coca-Cola Classic, sold alongside the new version.

From its beginnings in an Atlanta pharmacy, Coca-Cola grew into a brand recognized around the world. For the Coke fans writing this article: COCA-COLA FOR LIFE!



By Willow Trenerry and Elize Burger