

# A New Newspaper

## Meet the Editor

By: Emma Mowat

Welcome to our new newspaper everyone! This year, we decided to take a new approach. This year's paper will be completely digital. *Fravadacus* will also be almost completely run by high school students, for high school students. We want this to be an asset for our peers; a useful source of information and advice. I'd like to make a special shout-out to Mrs. M, our sponsor. We couldn't do this without you! I'd also like to thank our newspaper team. I'm so excited to work with you guys and you're all so talented! Thank you for embarking on this journey with me :).

Enjoy our new, less formal, HS only paper! Email me at [emmamowat@fvaa.net](mailto:emmamowat@fvaa.net) if you have any questions/suggestions/concerns.

## “The Naked Truth”; Recap & Review

### Monday: Self-worth & Image

By: Bono Siago

Our week of prayer was opened to us by Mrs. Muse, our principal! She talked to the high school students about self-image, self-worth, confidence, and belonging somewhere. We were told stories of Mrs. Muse's life before coming to FVAA, and how she struggled with many things. She opened up about her experiences and how it brought her to question herself, but she told us how she found Jesus and how He will always love and stay with us no matter what. We learned that Jesus defines us.



Not the words of other people, not the type of person we were before, and not the size of clothes we are supposed to fit in. God created us in His own image and we are “fearfully and wonderfully made,” (Psalms 139:14). Nothing on this earth can strip us of having the identity of being one of His own.

### Tuesday: Consent

By: Faith Macaraig

Day two of our week of prayer was all about consent; what it means and how to practice it. With Mrs. Kay as our speaker, all of high school listened intently as she shared how consent is a complex yet important part of communication. Consent is used in our daily lives and it goes beyond the lines of sexual activity. It's an important part of communication and respect. It relates to the choices we make and being considerate of the choices of others. We learned that it's beyond a simple agreement, beyond the basic “yes” and “no”. There are many ways consent can be portrayed, and one of the main points we talked about was through body language and speech; how someone can verbally agree but their body language makes it obvious that it's more of a ‘no’. She also spoke about excuses and how people don't give straight answers. We

learned that it's important to be considerate of other people's effort in communicating with you, but sometimes a straight answer is needed. Furthermore, consent is about being listened to, respected, feeling comfortable, and participating in enriching and enjoyable experiences. I hope that the high school students had an enlightening experience and plan to exercise what they learned.

### Wednesday: Mental Health

By: Emma Mowat

On Wednesday, Paula-Eunice Poama came to our school to discuss mental health and her personal struggle with anxiety and depression. She spoke of confessing to someone in her church that she was struggling and they responded by quickly escaping the situation. She reminded us that mental health doesn't have to be a taboo subject and that we need to ask for help if we're struggling. She also mentioned that she felt ashamed of needing medication; her parents told her that she “just needed to pray.” Needing medication to help manage a chemical imbalance in our brains is not something to be ashamed of, whatsoever. If you feel like you're struggling, don't be afraid to reach out. It could just save your life.

### Thursday: Pornography

By: Max Hansen

On Thursday, October 21st, Mrs. Kay returned to talk about pornography, the effects it can have on our mental health, and how it can portray unrealistic relationships and body images. Many students have expressed their appreciation that she addressed the situation in a non-judgmental way, and that she didn't necessarily view it in a negative light.

## Senior's Counsel

By: Emma Mowat

This column is dedicated to giving advice on all things teenage! I've learned so much during high-school and I can bestow that knowledge onto underclassmen. Look for a box going up on the bulleting board in the HS hallway soon and anonymously write in to receive free advice from a senior.

*Q: Hey, so I've been feeling a bit down almost like I have no motivation anymore. It's gotten to the point where I don't even want to get up for school anymore. Do you have any tips for bringing back my motivation?*

A: You're not alone in this struggle. It can be really hard to find the motivation to go to school and do work everyday. My advice to you is: 1. Don't be afraid to take days off for your mental health. If some days you really can't get out of bed, stay home and focus on yourself, and doing things that make you happy. 2. Find what energizes you. If you have a hobby that you can look forward to, the school day will go by so much faster. Biking, playing video-games, painting, going for a walk, watching your fave show on Netflix... Whatever makes you excited to get home for! 3. Find something you enjoy about school. If you have a couple good friends, school can be super fun. If you love getting good grades or have sports practice, it'll help you find the motivation to go to school. I promise school can be fun if you find something you like about it!

*Q: My dog died yesterday and I don't exactly know a world without it. How do I cope? I don't think another dog can ever replace Rodrick :(*

A: Oh my gosh, I so get it. My family has had to put down both of our dogs due to old age in the past couple months. It sucks. Pets are like family, so the loss of one really hurts. You're not going to like this answer but here it is: give it time. Really, the only way you can heal from the loss of a loved pet is waiting it out. Let yourself grieve and cry, and eventually, it will pass.

*Q: I look in the mirror every morning and I hate my body. I'm so insecure about it. What do I do?*

A: It took me years to learn how to love myself. Start by trying to eliminate all negative self-talk from your life. If you start to insult yourself while looking in the mirror, either think of things you like instead or walk away. Even though it can feel like it in high school, your appearance does not define you. Your body is an amazing machine that does incredible things for you! Every little cell is working to keep you healthy. Something I did when I was struggling was to write a list of things I like about myself. Start by thinking of your body positively, but the ultimate goal is body neutrality; thinking of your body as the miracle it is, instead of just it's appearance.

*Q: My mom gives more attention to my little brother than me and no matter what I do or say it always seems like he's better.*

A: Our parents aren't perfect. They can be the ones that really bring our confidence down sometimes. You and your little brother are different people and are good at different things. It might seem like your mom appreciates your brother more, but that doesn't mean you're not equal in value. Try bringing it up to her and expressing how you feel. Hopefully, she'll understand and make an effort to not make you feel this way. In the end, don't base your value off of your parent's opinions. God loves you and died for you, and that's all that matters.

*Q: My girl best friend has tuned into someone different and I honestly don't want to be friends with them anymore because of the way she makes me feel. However, something terrible had just happened to her and she's very sad. I don't know what to do. I can't stand her anymore but it seems like she needs a friend. Should I be fake?*

A: Oh boy, this is tricky. I'd say honesty is the best policy in this situation. Tell her in private how she makes you feel; that you still want to be there for her but that she's affecting you negatively. Maybe she doesn't even know that she's been making you feel this way. If she's

a genuine friend, she'll make an effort to change the way she talks to you. Just because someone is struggling doesn't mean they can dump that on you. Its speaks volumes of your character that this is even an issue for you; some people don't consider other people's situations. That being said, put yourself first.

## The Fraser Frontier: Western Day

By: Faith Macaraig

On October 25, Fraser students showed up to school wearing their best western outfits! Bright bandannas, plaid button ups, clean denim and rustic cowboy hats dotted our school community. Everyone from K-12 showed their western spirit as they went throughout their day.

The Student Association organized a "Best Western Costume" contest, open to all of high school!



The officials from the SA chose the best dressed in each grade and they gave Tim Hortons gift cards to the deserving winner.

Even the teachers and staff joined in on the fun!

This was a very successful spirit day. Thank you all for participating!!

## Sports

By: Bono Siago

The girl's volleyball team has played 8 games overall.

The 1st game - loss against MDR (Meadow Ridge School)

The 2nd game - won against BCCA (British Columbia Christian Academy)

The 3rd game - won against EGR (École Gabrielle-Roy)

The 4th game - won against KSS (Khalsa Secondary School)

The 5th game - won against JKCS (John

Knox Christian School)

The 6th game - lost against RCA (Regent Christian Academy)

The 7th game - lost against EDP

The 8th game - won against MRCS (Maple Ridge Christian School)



FVAA is currently 4th place in the east division. The top 4 schools from the east and west divisions will play on Nov. 4 for a final tournament. Our team got the last spot in the top four, so they'll be participating in the tournament, which will decide what place they come to overall.

Short interview with Wendy

Q: How has volleyball been so far?

A: Volleyball has been interesting.

Q: Does the team struggle sometimes?

A: Some days we work well together, some days we struggle. But in the end, we do our best. Some of the teams were hard to go up against and it wasn't easy to get things together sometimes.

Q: Even when the team struggles, is playing still a good experience?

A: It's still a good experience overall, and our team is pretty good!

Football

This month, our school got to play football against Deer Lake School twice, at Aldergrove Athletic Park. The first time, on Friday, October 15, our team played with the younger grades from 6-9. Everyone had fun and did well. We lost games and we won some games, but everything was worth it. Sadly, Beckett

from Grade 6 got injured while playing, but he is doing okay. The second time was with the 8-10s. We did lose all of our games, but it's just a game and as long as we had fun it doesn't matter if we lost or won. We learned a lot and had an enjoyable time.

Interview with myself

Q: Was it fun?

A: Yes, it was fun, but a little bit stressful at times because of how pressured I get, but I enjoyed every single bit of it.

Q: What was it like playing?

A: It's fun, stressful and scary. When I do good it's fun, but whenever there are tiny mess-ups those can bring you down and pressure you a lot.

Q: Was it all worth it?

A: Definitely, I haven't played like this in a while and it was nice that I was finally able to go out and do it again. I appreciate all the coaches' hard work to help us to improve and make us do great.

Soccer

The soccer team played an awesome season

this year! I wanna congratulate them for doing super awesome in the GVISSA games. The boys made it to the finals and finished in fourth place!



All picture credits to Vivienne Sagadraca.



Comic by Max Hansen.