

Upcoming Dates

December/January 2020

- 17 Non-uniform day
- 21 Start of Christmas Break
- 4 End of Christmas Break

In This Edition

Athletes of the Month

December Holidays

Mental Health Support

Online School Advice

#EndSARS opinion piece

2020 Student Council

by Pauline Rotz

A new school year means new student council representatives and exciting new plans for the upcoming year. Although this school year is different in so many ways, Eden student council has continued to plan and inspire fun and excitement this challenging time.



Together Issac Tenyenhuis, president, and Kamryn Blake, vice president, run the public relations committee. The goal of this committee is to enable communication between students and faculty and to ensure every student's voice is heard. Coming up, the committee has planned a fun-filled spirit week for last week of school before Christmas break, December 14-18.

Eden TV is the newest committee at Eden this year, run by Jorja, Amy and Alex. Twice a month, they release a comical as well as informative video approximately 10 minutes long, featuring Eden staff and students.

Joyce Yin is the committee head of fundraising, and has already planned and executed several events. These events include the Adopt a Teen fundraiser in November, SPC cards and writing holiday cards for seniors.

The Athletics committee is run by Urooba and Parth, and although there are no school sports at this time they have come up with many ideas to incorporate athletics and games into the school year. This includes events such as, trivia nights and gaming clubs.

In this unprecedented time, Eden's student council representatives continue to invent creative ways to have a memorable school year. For more information, questions and updates, follow @edenflyers instagram.

Athlete of the Month

Madeleine Enns

Twenty-twenty has been a disappointing year for many Flyer athletes; high school sports seasons, a time to gain confidence as an athlete and a person, have evidently been cancelled due to the coronavirus pandemic. However, that hasn't stopped Eden athletes from working towards their goals.

The Athletics Committee has also been hard at work to find ways to recognize our student athletes. The continuation of the "Athletes of the Month" program has encouraged students to get involved with sports outside of school, when it is safe. For the month of November, our Athletes of the Month included grade elevens Abby Rorison and Faith Giantses, and grade tens Rhys and Seth Weinert.

Both Abby and Faith are long-time jump ropers and members of the Lincoln Leapers Competitive Jump Rope Team. Faith recently completed 85 jumps in thirty seconds, an impressive achievement! Abby has also been working hard in the sport, competing at an international level, while still playing baseball for the last twelve years.

Rhys and Seth have both been passionate about running since grade three, and have run for the club, Runner's Edge, and of course, the Eden Cross Country Team. They have both been making the most of their time in quarantine by running several half-marathons, or twenty-one kilometres. Rhys has got his time under an hour and



forty-five minutes, and Seth has been able to run the distance holding a strong pace of 4:45 /km. Keep it up Flyers!

If you are participating in a sport or athletic activity outside of school, the title of Athlete of the Month could be yours! Direct message @eden_athletics on Instagram with your name, sport, and any recent achievements for a chance to be featured.

Although the school can't currently provide any athletic activities, Flyers are encouraged to stay active and get involved in sports outside of school when it is safe. And of course, stay tuned to the @eden_athletics account; according to Athletics Executives Urooba and Parth, exciting things such as e-games and fun challenges will be coming up soon!

December Holidays

Alexa Wijnands

There are many holidays celebrated in the December-January range of months.

Sinterklass day is a Dutch holiday which centers around Sinterklass, the Dutch version of Santa. This takes place on the night of December 5. Kids put out their shoes or boots and in the morning receive toys, fruits and candies in their footwear.

Krampus night is a central European holiday celebrated (or rather dreaded by young children) on the night of December 5. Krampus is the opposite of St. Nickolas (Santa). He punishes children who have been bad over the course of the year.

Hanukkah is a Jewish holiday celebrated December 10-18 this year. It commemorates when, in 139 BCE, the Jerusalem temple lamp lasted eight days with only one day's worth of oil. This happened in a time where they were rebuilding the temple and they only had enough oil for the menorah to burn for one day. The miracle of Hanukkah is that the oil kept the menorah lit for eight days.

St. Lucia Day is a Catholic holiday that celebrates St. Lucy. In Sweden, Norway and in some parts of Finland, the oldest daughter in the family wears a headpiece with candles on it and serves her family. This is celebrated on December 13 this year.

Christmas (December 25) started as a Christian holiday that for Christians meant celebrating the day Jesus was born, but has now expanded for non-Christians to celebrate gift giving and being kind towards others.

Boxing Day (December 26), while now a commercial holiday, started as a day when the church would give back to the community through donations. This holiday is celebrated in Canada, the United Kingdom, the Bahamas, Nigeria, South Africa, Australia and New Zealand.

Kwanzaa is an African-American holiday that is celebrated by gift giving and feasts. This celebration lasts from December 26-January 1 this year.

New Year's Eve (also called Hogmanay in Scotland) marks the end of one year and the beginning of another year. It is celebrated on December 31 with countdowns, food, music and spending time with friends and family.

The Twelve days of Christmas isn't just a song, it's a holiday too. Observed by Catholics, the Twelve days of Christmas are the Twelve days between Christmas (the birth of Jesus) and Epiphany (the coming of the Wiseman), spanning from December 25-January 6.

Mental Health Support

Sophia Krause

The COVID-19 pandemic has brought forth many unique challenges for young people, especially when it comes to school. Over the past several months, students have had to adapt to a new way of learning, whether attending classes from home or going to school for half the week in a blended learning model. 2020 has brought increased anxiety due to the coronavirus, work-induced stress due to an accelerated semester, and many other factors. Now, more than ever, students and teachers must prioritize mental health.

When focusing on schoolwork, deadlines, and test dates, it is easy to allow mental health to take a back seat. However, learning to prioritize your mental health through healthy coping mechanisms and practices can help to improve your academic performance.

Online school has kept many of us at our computers for most of the day, which can have negative effects on mental health. Try to take breaks from the computer by going outside, reading a book, playing an instrument, or spending some time with family. When you are experiencing stress due to school, it is tempting to push these healthy habits aside. Nevertheless, practicing activities that bring you joy and replenish your energy can help improve your productivity and reduce stress.

Reducing stress is one thing, but managing stress is another. Managing stress can be difficult under normal circumstances, and the addition of online school certainly does not make it any easier. One of the best ways to manage stress is by learning to prioritize and set achievable goals. If you are becoming overwhelmed by school, it is easy to feel

like it is impossible to complete everything you need to do. By slightly adjusting the way you think and complete tasks, you can begin to conquer your workload.

Start by making a list of all of the assignments you need to complete, tests you need to study for, etc. and try to break these tasks down into bite-sized pieces. For example, instead of listing “Write Romeo & Juliet essay” as one of your tasks, try breaking it down a little more. Start by writing your intro paragraph on Monday, your body #1 paragraph on Tuesday, and so forth. By taking big tasks that feel unfinishable and breaking them down into smaller, more achievable sections, you will be able to better manage your stress and productivity.

Aside from school-induced stress, this past year has brought many new stressors due to the coronavirus pandemic. Under normal circumstances, many of us had several outlets to alleviate stress, such as playing sports or hanging out with friends. Unfortunately, lockdown and safety protocols have taken away many of those outlets. Although it is currently unsafe to participate in these activities, it is still valuable to find new ways to connect with those around you. Connecting with friends through Zoom calls/FaceTime, or picking up a new hobby are both great ways to boost mental health while at home.

If you are struggling with your mental health and/or looking for someone to talk to, Eden Guidance has supplied a document with mental health resources at school, online, and in the community, available on D2L or [here](#).

As we move into a new semester, remember to take care of yourself and your mental health. You got this.

Online School Advice

Madison Duncan

Online school can be really tough, and most of us have never experienced working like this before. Hopefully these tips will help make your school year a little easier!

Calendars

Using a calendar this year can help ensure you stay on top of your work. Planning out how much work you’ll do everyday really helps with the workload and can relieve stress. If you follow your schedule, you probably won’t find yourself cramming the night before a big test. Along with this, knowing when your due dates are and jotting them down makes it much more difficult to miss an assignment.

Stay in Touch with Teachers

Staying in contact with your teachers is one way to ensure you stay on top of your work. Teachers are here to help you, and want you to learn as much as possible. Even just clarifying questions can make a difference!

Phone Notifications

What’s a better way to get notified about school, than the devices we’re already using? It can be helpful to set school notifications on your phone, from apps such as Gmail, Pulse (D2L), and Google Classroom. Statistics show millennials check their phones around 6 times an hour, so might as well keep yourself updated on school responsibilities while you’re at it.

Direct Connect

On D2L under “All Courses”, you’ll find different subjects for direct connect or homework help. These resources can be an amazing way to get answers to your specific questions. Some of these resources will only be available at certain times, so make sure you don’t save questions for the last minute. There’s no need to be scared to reach out when something doesn’t make sense!

#EndSARS and What is Next for Nigeria

Jayden Jeong

SARS, Special Anti-Robbery Squad, is an elite task force formed by the Nigerian police force in 1984 to eliminate threats such as robberies, kidnappings, and other violent crimes, according to the [New York Times](#).

According to the [Wall Street Journal](#), people in the northeast region of Nigeria laud the Special Anti-Robbery Squad because SARS reduced the surge of violent crimes committed by the jihadist group, Boko Haram.

Others, however, have a different view. The Special Anti-Robbery Squad allegedly abused their power by arresting, extorting, and torturing innocent Nigerian citizens.

In an [article](#) by Chimamanda Ngozi Adichie, she explains how SARS kidnapped her cousin because he was driving a Mercedes-Benz. The Special Anti-Robbery Squad ignored the business cards and identification he provided and threatened to slander him as a robber. SARS took him to a station where they threatened to photograph him with a gun if he did not pay. He was one of the fortunate ones who had enough money to pay the ransom, unlike others. The people who did not have the money were tortured, or simply disappeared.

Ms. Adichie also tells the story of Chijioke Iloanya, who was kidnapped by SARS in 2012 during a child dedication ceremony. Ms. Adichie writes: “He had committed no crime. His family tried to pay to have him released but were asked to bring more money than they had. So they sold their property to raise money and went back to the SARS office but Mr. Iloanya was no longer there. They have not seen him since.”

In a report *Times to End Impunity*, Amnesty International [documents](#) at least 82 cases of torture, ill-treatment, and extra-judicial execution by SARS between January 2017 and May 2020.

On Oct. 3, a video that shows SARS officers allegedly shooting an unarmed man has gone viral and prompted the younger generation of Nigeria to take it to the streets.

The youth of Nigeria, including many women, arranged the protest through social media. [The Feminist Coalition](#) is a group of Nigerian feminists with a mission to “champion equality for women in Nigerian society with a core focus on education, financial freedom and representation in public office.” The Feminist Coalition raised ₦147,855,788.28, equivalent to 500,573.53 Canadian dollars, to legally and medically aid the demonstrators.

The Nigerian government felt threatened by the financial support the demonstrators were receiving, so they [accused Flutterwave](#), the company that made the donations possible, of funding terrorism. The Feminist Coalition did not give up and raised money through bitcoins.

The Nigerian government then froze the bank accounts of key activists that organized the EndSARS protest. Rinu Oduala, one of the 20 organizers who have had their bank accounts frozen,

told the [BBC](#): “It's disheartening that our good intention of ending police brutality would make us get tagged as terrorists.”

President of Nigeria, Muhammadu Buhari, has announced the disbandment of the Special Anti-Robbery Squad. However, the demonstrators remained skeptical because the Nigerian government has announced the dissolution of SARS a few times in the past, starting in 2017; but nothing changed.

Instead of prosecuting the SARS officers, the Nigerian government decided to transfer them to another unit and make a new elite task force.

The demonstrations began again after the Nigerian government decided not to prosecute SARS officers. The EndSARS protests were very peaceful. Many were sharing food, praying together, and singing the National Anthem while holding the Nigerian flag. Mr. Agua, a volunteer sound engineer who ran the sound system during the demonstration, recalled a protester holding up the microphone and [saying](#): “No soldier can shoot any citizen holding their own national flag.”

As night approached, the Nigerian military arrived. On Oct. 20, at Lekki Toll Gate in Lagos, [CCTV cameras were cut](#), and the street lights suddenly stopped working. The soldiers aimed their loaded guns at the peaceful protesters. [Without any warning](#), the police began shooting; a witness told the Washington Post. Joe Perkinson, the Wall Street Journal Africa Bureau Chief, [reported](#): “Security forces stormed the protesters’ key demonstration point: the place called Lekki Toll Gate in Lagos. We spoke to several witnesses, and they described a chaotic scene where live rounds were fired in their direction.”

The police did not use tear gas or rubber bullets but live ammunition.

It is still unclear how many casualties there were because the police dragged away some of the bodies. The police also prevented the hundreds of injured from getting treatment. Amnesty International [reports](#) the Nigerian military killed at least 12 people at Alausa and Lekki Toll Gate Lagos, and hundreds were severely injured.

A [video](#) of what happened in Lekki Toll Gate has gone viral and raised more awareness internationally.

Although the EndSARS protests have abated, Nigeria’s younger generation realized their potential to impact change.

Protests' demands should all be met for Nigeria to become a developed country. The members of the Special Anti-Robbery Squad must face justice. They committed inhumane atrocities such as rape, torture, and extra-judicial executions. It is also important to note the other demands of the young Nigerians. Nigeria's economy is not excellent, although Nigeria is one of Africa's most populated countries and has oil.

Corruption is part of the problem. In an [article](#) published by the New York Times, Rick Gladstone and Megan Specia wrote that the protesters “want more accountability from their elected leaders and an end to common practices of graft and bribery that permeate the Nigerian government establishment, considered one of the most corrupt.”

Complete dissolution and prosecution of the Special Anti-Robbery Squad is only the beginning of Nigeria's journey to a more democratic, financially free country.