

FYI

FORT YATES INFO

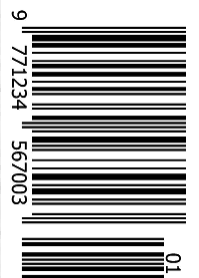
EXCLUSIVE
Fine dining at CMS?

DRESS CODE CELL PHONES NUTELLA AND MORE

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Welcome to FYI

FYI, you should know about a few things around Central and our community.

We are inundated with information every day. At every moment we are being bombarded by facts and opinions from the radio, television, newspapers, internet, social media, posters, parents, teachers and more. How can we make sense of it all? In this era of fake news and memes, how do we know what is important and what we can trust?

FYI, we can help you. Fort-Yates Info is the magazine of M Barwin's Media and Social Justice class, written for you, to give you the information you need to form solid grounded opinions, and make well-informed decisions. More than ever before, critical thinking is essential to navigate life. By presenting many sides of the argument, FYI's student

journalists hope to inform you about important issues at Central and around Victoria. Only with information and reflection can we see the essential, can we discern what is true, and can we change the world.

Read the magazine.

Get the facts.

Form your own opinions.

Bonne lecture!

Alan Barwin

FYI Publisher/Editor in Chief

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What do you want to learn at Central?

by Silas W

On our planet there are many schools. Some are different than others, but they're all run for one purpose: to lead youth to their futures. With all the different governments and schools around the world, but with the diversity of students' minds, we cannot expect them every school to teach the same way. So what should be taught and Central? FYI asked this question to multiple teachers. Here's what they have to say.

The first person I interviewed was M Barwin who has been teaching for 26 years and believes in teaching youth to think critically. "With other subjects like Socials, Maths and Sciences, we don't always teach you things that can be applied to day-to-day life. But everyday we come across situations where we need to make good choices. Our world is all about thinking critically and about making good decisions, whether with friends, family or co-workers." He says. "I really like what we're doing here at Central, teaching core subjects like communication, creative thinking, critical thinking and personal responsibility. Students really do have a chance to figure out what's important, to get real life opportunities, consequences and contact with what they're doing."

Mme Dorion has been teaching for 24 years across the world, at over ten different schools. She loves the fact that with our system in Victoria, the teachers have a lot more freedom on what to teach. "In Britain, their system was very rigid. There I was a French teacher, an Italian teacher and a Spanish teacher. I would have to teach literally a certain page [from the textbook] each day, and that would be the lesson. There, I didn't like that system because

somebody had decided that was what we needed to learn, and as a professional there wasn't much I could do. The people in my classes who had their own ideas and interests had to follow a very rigid system, so I like the fact that here it's different." This contrasts, she explains, "with the system we have here in Victoria the teachers have a big "umbrella" that they can teach under. "For example if we wanted to fit something, we could probably fit it under one of the subjects because of how flexible they are. I really like that."

Mme Holsworth suggested that we could add some community involvement to the curriculum. "At other schools in Grade Eight, they include more career oriented stuff, because in Grade Nine you'll probably start your first jobs." She explained, "Mr. Duval does a really good job with bringing in artists to work with the students [for Collab'Art], and it also creates a connection between the kids and their community. Because teachers aren't really experts, we're generalists, we know a lot about many things, but eventually I won't know as much as you students on certain things so connecting with experts is something that we could be doing more."

Each teacher FYI spoke to brought up a very interesting point, and we encourage you all to take your own suggestions to the teachers at Central. They're all open to suggestions. Along with that, we encourage you to talk to your parents along with your teachers, and see if they or other members of the community could come in to co-teach, as Mme Holsworth suggested.

What could you do to make Central or other schools better. Get out there and think of some ideas yourself!

What to Wear at Central: The CMS Dress Code

By Talia C, Taro H, Jack R and Floyd S

Are dress codes really necessary? Many people would disagree. Here at Central FYI wanted to delve deeper into the subject. Dress codes at schools are a contentious dispute, with students generally on one side and teachers are on the other. There have been debates at SD61 School Board meetings recently in which trustees decided to remove the District dress code, but that has been put on hold. The debate continues. One of our school trustees, Jordan Watters, filed a motion to suspend all dress codes until the discussions are finished, but it was denied. We wanted to find out more so we interviewed students and teachers and asked their opinion on the matter.

Many people at Central think the school dress code is sexist and that it is focused predominantly on girls. One Grade 6 boy told FYI, "instead of telling girls not to wear revealing clothing, we should start teaching boys not to get distracted". On the other hand, a Grade 6 girl said, "I feel uncomfortable when around people that are dressed 'scandalous' because they're showing too much skin".

From our interviews we noted that equal numbers of students agreed, disagreed or were neutral about the dress code. This challenged our previous hypothesis as we thought students would be mostly against the dress code.

FYI interviewed two Grade 8 girls and received

different opinions from each of them. One of the students noted, "the dress code was put in place for a reason, but I also think the way they've told us to use it is kind of sexist, and we could use it in a more general way instead of putting it just on girls". She continued, "I'm with the dress code but I think it's also pretty strict. I guess [staff] don't enforce it that much, but I still think it's too strict and sexist. I do get where they're coming from though."

The other Grade 8 girl was strongly against the dress code. "I don't even know where to start," she said. "It is the most sexist, derogatory, misogynistic, and just plain unfair part of this school. Let's start with just saying I don't understand how tank tops are distracting! Do my shoulders distract you? Also, do my legs arouse you? I'm sorry if I'm wearing shorts when it's thirty-five degrees outside!! Does it affect you? Also, do you find my tuque offensive? I just don't understand. It's a piece of wool covering my hair. It's cold outside."

A common concern is that the dress code is unfair "because clothing is just self-expression. . . No girl shows up to school wearing a tank top thinking 'I'm gonna go to school and get some boys to think I'm hot. I don't think that we should be sexualizing 10-14 year old girls."

According to a teacher here at Central, the dress code should be enforced, but it could also use some changes as fashion is rapidly changing. They explained, "the dress code is complicated. I think that having daughters and a spouse with strong opinions, my ideas

are shifting. At first I was very dogmatic and thought this was the only way it could be, but now I'm realizing that clothing is just self-expression and as long as it's not hurting anybody, it should be fine." They also recognized that "self-expression is applicable to the dress code up to a point. If something is offensive to someone else, I don't think they have the right to wear that. If someone is wearing a blatantly racist, sexist or sexual thing on their clothes, I don't think that's OK for school. Or if someone's wearing something unsafe [like inappropriate footwear for PE], that shouldn't be allowed either."

Another teacher we interviewed said that until girls are able to go to the store and buy longer shorts in their size, we should change our dress code to be more compliant for girls and anyone else who wants to shop in stores advertised towards girls.

It seems that dressing for school is not as easy as it should be. What is your opinion?



Fashion choices from H & M

The Central Dress Code

(As explained in our Student Agendas)

As a place of learning, we expect students to dress in a manner appropriate for school (as opposed to the beach). Appropriate dress means:

- Midriffs as well as underwear and straps should be covered.
- Short skirts and shorts, and strapless or 'shoestring' tops should not be worn at school.
- Hats, and hoodies, should be taken off as students enter the school. Hats must be kept in lockers for the duration of the school day.
- Any clothing, including bandanas, jewelry, or other items that advertise or promote alcohol, drugs, sex, violence, or intolerance are simply not acceptable at school.



No service: The Central Cell Phone Ban

by Sofia H-F and Jessica N

Starting in September of 2017, students at Central Middle School were no longer allowed to bring their cell phones and other personal devices to school. This is an incredibly controversial subject as cell phones can be used for learning purposes but are also a distraction. The question that many schools were and still are facing is are the cons of cell phones in school outweighing the pros? At other schools in Victoria, including Gordon Head Middle School, Cedar Hill Middle School, and Monterey Middle School, the rules about cell phones are very similar to Central's previous rule: students are permitted to bring them to school but they must be kept in their lockers and must only be used for school-related purposes. Other schools are considering the same policy because it has been so successful at Central.

We are surrounded by devices, social media, and technology. Globally, the number of cell phone subscriptions is estimated by the International Telecommunications Union to be five billion. According to one Grade 8 Central student who doesn't have a cell phone, "the lack of cell phone use during school hours is good because people pay more attention [in class]."

With so much technology readily at our fingertips, it is hard to recall that there are negative impacts to technology. Cell phones can cause addictive behaviour and are a source of distraction. Data has shown that cell phones are a large distraction for important activities, especially among children. They take your attention from schoolwork,

homework, or even simply crossing the street. Research has also shown that owning a cell phone increases the chances of being hit by a vehicle while crossing the street.



Many people are addicted to their cell phones and may feel anxious at the idea of leaving them at home. One Central staff member said, "the ping that goes off on a cell phone is the same part of your brain that reacts to sugar and cocaine."

As for cons about the cell phone ban, "There are no cons!" Mrs Aberdeen the counselor said laughing. [For more on the cons of the cell phone ban, please read the accompanying article.]

Taking away phones "removes that intense sense of belonging the gadget gives you and returns your sense of belonging to your learning, to the classroom, to the teacher, to your friends face to face," said Jenne Martin. It allows you "to be connected with humans more. To me [it] is one of the greatest advantages, to bring calm back to the brain and refocus it where brain food exists."

At CMS we have eliminated cell phones and an important medium of communication for student, but we have given students more freedom from the addictiveness of screens.

So, what do you think? Do you agree with the cell phone ban?

We need our cell phones!

by Trinity F and Camille J

"I think that it's inconvenient because a lot of people need to contact their families after school for.. a lot of different reasons."

-Taro, Grade 8

After years of cellphones being allowed at Central the rule was changed In September 2017 Central Middle School decided to ban cellphones on property during school hours. The previous rule being they had to be kept in your locker and only taken out when used for school-related purposes.

The majority of students FYI interviewed disagree with Central's cell phone phone ban, saying it's unsafe and inconvenient. Most saying they could easily think of another way to solve the issue of kids using their phone during class time. Talia Collins in grade 8 said:

"We could definitely develop a stricter rule on no phones during class time."and says she thinks it's a little over the top to ban phones entirely. "It's pretty unsafe, because judging by the fact that multiple people have been followed to and from Central."

One of the most important messages advertised at Central is that everyone should feel like they are completely safe at school. No one should ever have to feel afraid in the mornings before they go to Central. Yet most kids have no way of contacting their families once they leave the school.

"People need to be able to contact their families if they're in danger."says Chloe, a Grade 8 student at Central Middle School. Denying students the right to safety is a questionable decision at best. The ban may

not only be inconvenient, but also dangerous.

Several students at the school agree, and say that given the fact that kids have previously been followed to and from school, the cell phone ban makes them feel unsafe. They also agree that the cellphone problem in which kids were distracted by their phones during class was an issue, but could have been solved with much less drastic measures.

Some ideas were to allow students to bring their phones into the school but hand them into the office in the mornings, retrieving them at the end of the school day. Others suggest bringing them to the teacher in the morning as it would be easier to access during the day in case of an issue such as illness or a family emergency; that way if an issue did occur they could just ask a teacher for their phone.

Until further notice, we need to adapt to the cell phone ban.

What about other schools?

Monterey Middle School: Much similar to Central's previous rule, students are allowed to bring digital devices to school as long as they are kept in their own lockers. They are allowed to use them under the supervision of a staff member for particular purposes. The cellphones must be off with volume down if they're at school. A letter sent at the start of the 2017-18 school year to Monterey parents said "Contrary to what your kids may be telling you, we do NOT recommend that our students bring cell phones, iPods, and other pocket sized devices to school."

Lansdowne Middle School: Asks students to respect technology carefully and respectfully, and for them to use technology in class in a way that supports learning, as advised by teachers.

Fine Dining at Central

by Sam P

I know first-hand about the food served in the Hot Lunch program in the cafeteria because I have eaten there for 2 years. The program has its pros and cons.

For about \$80.00 per month, students can get a hot lunch every day. This includes a main dish, a side dish, milk and fruit. Sometimes there is enough for seconds. The program serves meals like lasagna, chili, burgers and pasta. At a restaurant this would cost over \$10 per day. Karen, the Hot Lunch Coordinator receives the meals from a catering company and is responsible for ensuring that standards are maintained in such areas as food quality, portion sizes, appearance and freshness.

There are different thoughts on the quality of the food. FYI asked some students what they thought of the meals and what they might change about the program.

Floyd, a grade 8 student, eats lunch in the cafeteria. He feels that "the price is a good deal and the is quality good." He wouldn't change anything about the food. Sometimes, he says, food is undercooked."

Maya brings her lunch from home and eats in class. She has heard that the lunch is not that good, so she is not interested in trying it. If she were in charge, she would make the food simpler.

A third student FYI talked to who eats both

in class and in the cafeteria. In her opinion the food in the Hot Lunch program is good. She got bored of the food and she would like more variety. She also had concerns about the price. She suggests, "Maybe add a few more things to the monthly menu and add a few more microwaves in the cafeteria [for students to heat up their lunches from home

In conclusion, Central students think that the food in the Hot Lunch program is good, but they would like more variety in what they serve. Other than that it's good value and quality.

To make the Hot Lunch program more successful, we suggest that there should be a vote for what is served, and that students should be able to give their feedback about the food each month. What would you suggest?



Are you nuts for Nutella?

by Maya M

On the commercials you see kids eat it for breakfast. They show that it's very healthy for everyone. Of course! It's Nutella. If you don't know what it is, Nutella is a chocolate-hazelnut spread.

The commercials insist that it's a boost and a great kickstart for you and your kids' day.

If you look up "Nutella bad" on Google, there is an enormous amount of hate and parents who say that Nutella is poisonous, as well as articles saying that Nutella causes cancer.

On January 12, 2017 an article in "USA TODAY" was posted, stating that a new report from the European Food Safety Authority revealed that a crucial ingredient in Nutella, palm oil, is carcinogenic (meaning potential to cause cancer).

Palm oil what makes Nutella so smooth and make it last so long. It also mentioned it wasn't the inclusion of palm oil, but how the palm oil was refined. In response to the EFSA report, Nutella's producer, Ferrero, launched an ad campaign insisting that their product is safe.

Nutella sales have dropped since then. As well, other makers of hazelnut chocolate spreads have exclaimed how their products are free of palm oil.

One day after that USA Today article was posted, "The Verge" published an article with the title, "Don't worry, Nutella probably isn't giving you cancer."

The article explains that the palm oil won't

give you cancer and is used in a good amount of food and other products, such as pizza, ice cream, cookies, and lipstick. According to the article, palm oil is a health risk when refined at high temperatures around 200 degrees. At these temperatures, palm oil releases a contaminant that in past studies was linked to tumors in rats and mice.

According to the EFSA study, Nutella is a "potential health risk" when consumed in high amounts. FYI suggests you do your research and if you do choose to eat Nutella, don't eat too much!



What Centralians think of Nutella:

"I don't like chocolate."

"It's yummy, but not healthy"

"It's really good but I heard it was bad for orangutans" - Meaning it's killing the orangutan habitat.

"I think it's great"

Trick-or-Treat! When should you stop?

by Jack H

FYI: Hallowe'en has come and gone. It is famously known as the day that millions of kids across the world go trick-or-treating, an activity which completely throws every safety precaution you've ever heard out the window: we can disguise ourselves and go to strangers' houses to demand free candy! The average age at which people stop trick-or-treating is around 12 - 15 years old, but there's never been an exact age at which kids must stop trick or-treating. FYI decided to ask some fellow students what they think of the matter.

Silas stopped when he was 12 years old. When I asked him "À quel âge pensez-vous que les gens devraient être quand ils arrêtent le trick or treating?" [When is an appropriate age to stop trick or treating], he said "Il n'y a pas vraiment un âge" [There isn't really a specific age]. He added, "I think it's a personal choice." When asked, "pensez-vous que le concept de Hallowe'en est bon ou mauvais et pourquoi?" [Do you think the concept of Hallowe'en is good or bad and why?], he replied that "c'est toujours amusant, mais un petit peu dangereux," [It's always fun but kind of dangerous]. For Silas, there should be alternatives to Hallowe'en for people who don't celebrate it.

Sam agrees with Silas that there isn't and shouldn't be a specific age to stop, and that it's your choice. Sam is currently 13, and plans to have next year (Oct 2018) as his final year trick or treating. Sam enjoys the idea of trick or treating, and dressed up this year as a Ninja. Sam concluded his interview by advising people to take advantage of candy's low prices after Hallowe'en.

Thirdly I asked Floyd, who had very

interesting answers. Like Silas, Floyd stopped trick or treating at age of 12. For Floyd, "c'est un choix. J'ai des amis qui ont 18 et qui font du trick or treat" [I think it's a choice. I have friends who are 18 and still trick or treat]. He said that he likes the concept of trick-or-treating, but a lot of sugar isn't healthy.

For Talia, she will be be trick or treating until she is around 18. When I asked her when she thought people should stop trick-or-treating, she said, "personne ne peut pas juger les ados parce qu'ils peuvent faire des chose plus mauvaises." [No one can judge teenagers because they can do stuff worse]. When I asked her whether she liked trick-or-treating and why, she said it is "bon, parce-que tout le monde est joyeux. C'est 'le fun'." [Good because everyone's so happy. It's 'the fun'].

Finally, I asked Jack, who stopped at the age of 13. Contrary to others, Jack feels that 14 years old is an appropriate age to stop trick or treating, but he doesn't think that you have to stop at 14. Jack made it quite clear that if you come to his doorstep (on Hallowe'en) in a costume, you're getting candy! And does Jack like Hallowe'en? Of course, he says: "Free candy!"

For almost everyone, there is no specific age to stop trick or treating. For some, trick-or-treating should stop at 13, for others at 18. The one thing everyone can agree upon is that Hallowe'en is a fun way to spend your time on October 31st.

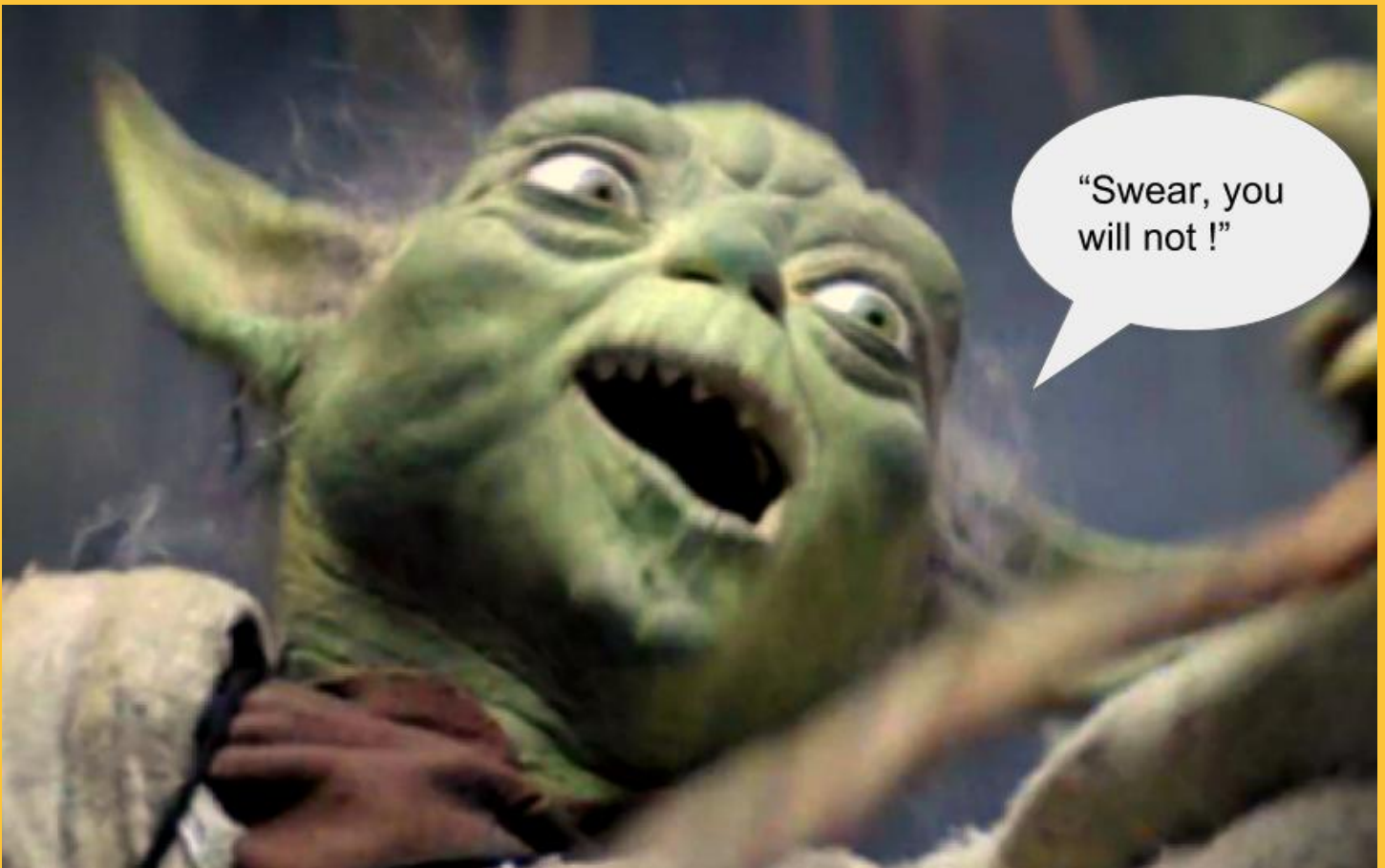


Ahoy Matey!

Don't be latey!



Hey Central! Who do you want to be?





FYI is the magazine of the Chabaduba Media and Social Justice Class. It is all about issues that are important to CMS students.

If there is an issue that is important to you, let us know.

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