

Can you find the hidden acorn?



# The Acorn

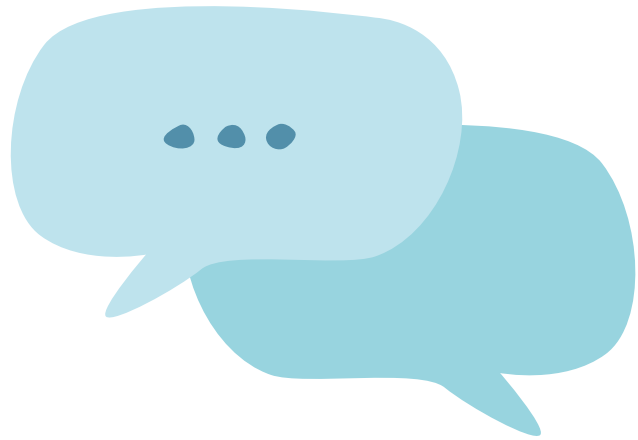
Issue #3 - Wednesday, November 20th, 2024

## Talk to a Stranger Week

By Rocio de la Rosa

This week is 'Talk to a Stranger Week' (Nov 18-24) and it is an opportunity to learn about the benefits of talking to strangers and make new friends. Many of us are still feeling the effects of the pandemic, especially in how we interact socially. Genwell Project has created an opportunity for Canadians to build connections by simply smiling, saying hello, or offering friendly conversation (without judgment). Here are a few tips to help you strike up conversation with new people this week:

- Keep an eye out for familiar faces during the day. People you see everyday could lead to opportunities for friendship and learning.
- The simple act of saying hello can have a greater impact on others well-being than you may realize. Say hello to teachers, acquaintances, and people you see on a regular basis, even if you don't know their name.
- Use eye-contact when talking to new people. Not only does it let others engage more in your conversation, it also lets people know you care.
- Don't be discouraged if someone does not respond to your outreach at first. Social skills are something that are always growing. Plus, not everyone knows about the benefits of talking to new people.



- Talk to strangers at parties, gatherings, coffee shops, in elevators, or in your classroom or workplace.

"There are no strangers here; only friends you haven't met yet." — William Butler Yeats

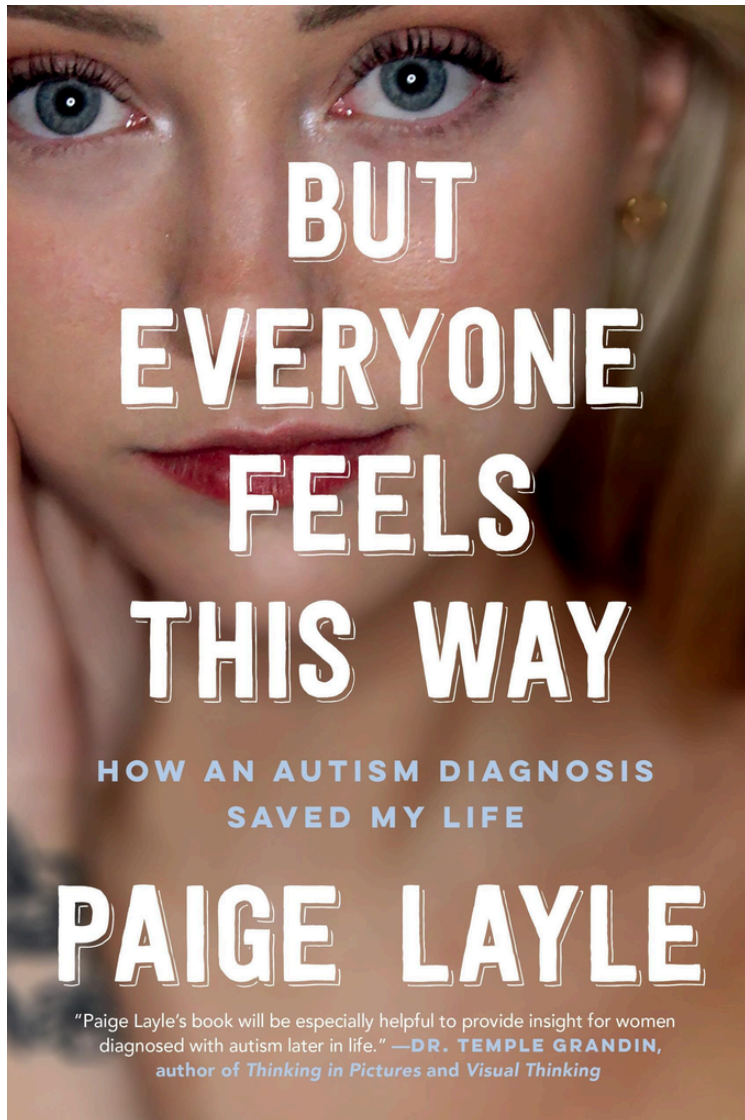
## Book Review - *But Everyone Feels This Way*, by Paige Layle

By Maya Ney-Nichols

After seeing this book in the school library, I decided to check it out. I thought that it would be interesting to understand the point of view of the author who lives with ASD (Autism Spectrum Disorder), as a member of my own extended family lives with ASD. After reading the book and learning about the point of view of someone with ASD may have, it does not mean I now know how everyone with ASD sees the world. This book taught me that those with ASD are not all the same, because it affects different people in different ways.

Paige Layle, author of the book *But Everyone*

*Feels This Way*, writes about her experience of being diagnosed with ASD at 15 years old. She talks about her struggles as a child, whether it was her constant anxiety, perfectionism or learning to try and fit in by masking. Masking refers to where people hide their own personalities and authentic self to be socially accepted. Being diagnosed with ASD helped send Paige on a journey to understand more about herself and how to navigate her emotions.



Amazon.ca

This book was really well written and Paige Layle did a great job at explaining her

feelings and emotions in different situations throughout the book. Not only was this book a story following Paige's life, it also contained many knowledgeable insights and I was able to learn a lot about ASD throughout the read.

If you're interested in reading this extremely insightful book, you can find it in our school library. Paige also raises awareness about ASD on social media, and you can find her on Youtube, Tik Tok and Instagram: @realpaigelayle (Youtube), @paigelayle (Tik Tok and Instagram).

“Your worth isn't determined by anything. You are worthy because you are here”  
-Paige Layle

## “Lest we forget”: Oak Bay High's Remembrance Day Assembly

By Sophia Schlag

On November 8th, Oak Bay High filed into the Big Gym to sombre chorales, to participate in the assembly to respect the sacrifices in war made for peace.

Opened and closed by student cadets and a well-trained bagpiper, who reminded us of Canada's British traditions, the event really was student-led in many ways. The Choir program performed a beautiful piece called “Deep Peace”, that emphasised in a calmer way the message of the poem “Dulce et ecorum Est”, recited by members of the Drama Program.

The highlight of the event, for everyone, was

the speech from Angelina about her very recent experience with war in Ukraine, and her journey to Victoria, which was very moving, and put a ceremony usually about the past firmly in the present.

Following this came Band's "Ayre for Eventide", a solemn yet hopeful piece. The sounds of "The Last Post", performed by a student, filled the auditorium towards the end of this assembly. Finally, after the piper played a lament, the assembly concluded reflectively, preparing us for the 11th very respectfully.



*The AIM group*

## Cultural Corner: San Andres Festival

By Wren Mister-Mercer

The San Andres, or Saint Andrews, Festival is a celebration taking place on the 29th and 30th of November. Its main location is on the island of Tenerife, but has many locations across Spain in smaller villages and towns. Tenerife is a Spanish island with British history off the coast of Morocco. The festival honors the Apostle Andrew, patron saint of fishermen and winegrowers.

One of the ways the citizens of Tenerife celebrate is by collecting wooden boards large enough for a human to ride, and in the spirit of sledding, ride down the steepest streets while others line the sidewalks cheering them on. Another way they help spread the cheer is called "Los Cacharros", or "The Clutter", which involves tying empty cans, lids, and tins to a piece of wire, then dragging it down the street. Making their way through the streets, people will head over to Plaza Del Charco, a green square where people will drop all their metal creations and other clutter from their houses, making a sound which can be heard from blocks away.

In terms of food served at the festival, the island's most produced foods like wreckfish, different types of potatoes, and wine are served along with roasted chestnuts and gofio bread.

If you're ever in Spain around this time I definitely recommend checking this fun festival out!



*Secret Tenerife*

## Recipe of the Month: Chocolate Pixie Cookies

Recipe provided by Kali Weinzettl, created  
by *Chocolate Covered Katie*



*Chocolate Covered Katie*

As we get into the holiday season, what better thing to bake than fun, easy chocolate cookies? I found this recipe when I recently started to get into baking, and it was the perfect thing to start with. These cookies are amazing to share with friends and family throughout the holidays, to bring to parties, or even to make if you just want to lie in your bed and scroll through social media while eating cookies. They don't take very long to make besides the hour you have to wait while they're in the fridge. They can also stay way longer in the fridge if you can't find the time to bake them, so don't worry about being too busy. It can also be hard to make that many cookies, I'm rarely able to, so sometimes the best thing to do is to make slightly less but larger cookies, especially if you're not sharing them at all, or with very few people. These cookies are super yummy and chocolatey, so I definitely recommend them to anyone who loves chocolate.

### Ingredients:

- 1 cup spelt flour or all purpose flour
- ¼ cup plus 2 tablespoons cacao powder or unsweetened cocoa powder
- ¼ cup plus 2 tablespoons granulated sugar of choice
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup vegetable oil or melted coconut oil
- 3 tablespoons milk of choice
- 2 tablespoons pure maple syrup or raw agave
- 1 teaspoon pure vanilla extract
- Powdered sugar

### Directions:

Lightly grease two baking sheets and set aside. In a large mixing bowl, combine the flour, cacao powder, sugar of choice, baking soda and salt and stir together very well.

In a medium mixing bowl, stir together the oil, milk, maple syrup, and vanilla. Pour wet ingredients into dry and stir to form a dough.

Using your hands or a cookie scoop, roll into 20 to 24 balls, then roll in a dish of powdered sugar (if using). Place balls on the prepared baking sheets and refrigerate for 1 hour.

Preheat the oven to 300 degrees fahrenheit. Bake the chilled cookies for 12 minutes. They will look underdone, but will continue to cook as they cool. Remove from the oven and allow to cool for at least 10 minutes before removing from the sheets.

Store leftovers in a covered container at room temperature for up to 3 days.

# Fall Word Search

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PUMPKINSPICE  
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HALLOWEEN  
COLD  
RED  
COZY  
HARVEST  
LEAVES  
AUTUMN  
RAIN  
ORANGE

