



**CANAHARI
MULTIDISCIPLINARY
SUMMER PROGRAM**

*Narrative forms of Expression -
Weaving through stories and
poetry Presented by Canahari
Multidisciplinary Summer
Programs*

Program Sponsor:



**Multicultural
Council of
Saskatchewan**

From Many Peoples Strength

FUNDED BY



SASK LOTTERIES

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Culture as an Iceberg

Visible Cultural Expressions

Food, clothing, music, dance, popular culture...

Surface External
Top 10%

Language & Communication Verbal and Non-verbal

Facial expressions, gestures, eye contact, personal space, touching, body language, conversational patterns in different social situations, handling and displaying of emotion, tone of voice.

Relationships & Roles

Gender roles, ideas about leadership, decision-making models, friendship, designation of status based on positions (e.g., age, gender, job), dating and courtship practices, marriage, notions of child-rearing (and how children behave in places of worship), courtesy & manners, elders, adolescents, dependents, age.

Attitudes & Norms

What we expect of ourselves & others. authority, power, cleanliness, modesty, beauty, rules, expectations.

Beliefs & Values

World view, concept of humans in relation to the world, religious beliefs & practices, ideas about modesty, concepts of time, understanding past & future, fairness & justice, cooperation vs. competition, relationships with animals, virtues, sin, death.

Deep Internal
90%

Adapted from Edward T. Hall's Cultural Iceberg Model (1976)
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SOPHIE, SARAH IN CANDYLAND

Once upon a time, Sophie, a little girl with light blue glasses and neatly braided hair, was playing with her little sister Sarah, who had cornrows and pink earrings. One day, the two sisters were playing in their backyard. Sarah was playing with her teddy bear when Sophie crept up and scared her. Then Sarah dropped her bear inside a bunny hole in front of her.

“Look
What you made me do!” shouted Sarah. “Now I’ll never see my bear again!” “Don’t worry,” said Sophie “I’ll just reach in and get your bear,” But when Sophie tried to get the bear, she slipped and fell. Sarah tried to grab Sophie, but she also fell in. Both girls fell into the hole screaming.

The girls fell into a world filled with candy; everywhere they looked, they saw CANDY. So they did what any kid would do: they started to EAT the candy. But then someone appeared. “What are you doing? Why are you eating all my candy!” the fairy-like person said. “Oh! We didn’t know that we weren’t supposed to eat all this candy,” Sophie said. Then the fairy started laughing.

“It was a prank! You guys should’ve seen your faces. Anyways, my name is Queen Lizzy. I’m the queen of Candyland. You can take all the candy you want, you can take some home, and you can even come back for more.” “But how do we get home?” Sarah finally said “All you need to do is jump down that hole over there”. Queen Lizzy said, pointing to a bunny hole. “Do you have some sort of bag we can put our candy in?” Sophie asked. “I think I do,” said Queen Lizzy.

Then she disappeared and reappeared with two big bags. Sophie and Sarah filled their bags, and before the girls jumped down the hole Queen Lizzy asked “Girls is this your bear?” she said holding up Sarah’s bear. “Yes! Yes! Yes!” shouted Sarah, taking the bear from her hands. “Thank you so much!” Then the two girls said goodbye, jumped down the hole and returned home with two bags filled with candy.

THE END

Written by: Vivien - Grade 4



TWISTED

SISTERS

Once upon a time, there was a Queen and a King who gave birth to one beautiful princess and one ugly princess. The ugly princess was named Lily, while the beautiful princess was named Rose. One day, Rose and Lily were playing in the garden. Some children wanted to play with them but got along with Rose because they thought Lily was weird. After all, she was ugly. When Lily and Rose were 18, everyone liked Rose more; Lily then got angry at Rose and started to treat her in a mean way. Because her father said he would give Rose the authority to rule over the kingdom, Lily planned to kill her sister. So, everyone started to dislike Lily.

At the time when Lily wanted to kill Rose, a light appeared, and Lily was dead. Then Rose saw Lily on the floor, and Rose cried for help because she loved her sister but Lily never knew Rose loved her. Then a hospital van came, and they took Lily and Rose to the hospital. Rose stood with Lily until their parents came. When their parent came, the doctor told them she had died through a bright light, and the parents started crying. From then on, the king banned bright lights, and they lived happily ever after without Lily.

THE END

Written by - Precious - Grade 4

The End of Summer

The end of summer is bittersweet

As the sun sets in the last bit of heat

As soon as August starts, the new school
year begins

But at least I get to see my friends.

First Day of Grade Six

On the first day of grade 6, I will be
glad.

But it will be nerve-wracking too

The beginning of algebra and essays too

I'll be scared but I'll try to be excellent

-

Short Poem - Written by **Modesola**
(grade 6)

Bullying in schools

Imagine a place where everyone was being bullied and hurt emotionally and mentally, and if you were there, how would you feel?

The problem

Bullying in schools is a horrible thing. It sticks forever; it hurts people and makes them feel bad about themselves. Bullying makes students feel like they do not fit in, feel like they do not belong, and feel hated. That is why bullying is a huge problem in society.

A solution

“To stop bullying, schools should aim to identify students at risk of being bullied and students at risk of becoming bullies.” They must also clearly define bullying, engage parents, and look for warning signs. Talk to the child about the reason they bully others and ask if there is anything you can do to help with the problem.

The affected and the Bully

In a bullying situation, there is always a bully, the bully and the bullied one. It is a big problem in schools because it can affect bullying and performance in school. It can increase the rate of suicide missions worldwide. It may also cause the bullied person to have some mental problems. The bullied person can start having trust issues. They could have a scare for life. The person's life could be ruined.

Individuals helping

As an individual, you can stop bullying by telling a bully to stop when you see them bullying someone. Just like one unkind word can change a person's life for the worse, one kind word can change a person's life for the better.

Written by: **Rejoice (gr.7)**

THE SMARTEST GIRL

There was a girl named Eiora who loved solving puzzles. She was a 13-year-old girl going to Grade 8. She lived in Saskatoon With her Mom. She had a black long curly hair. She is skinny and does gymnastics. She also loves swimming. She didn't like drawing. She was born in Canada, but she was a Nigerian. She was very confident and sometimes shy. She also loved to encourage people to do their best. She was very ambitious and determined in everything she did.

On the first day of school, Eiora was excited for the first day of school. When she got to school, she thought it would be fun but realized it was boring. At lunchtime, she tried to make friends, but everyone bullied her because she was smart and participated in every activity, like a maths competition or a science fair. At the end of the day, she was exhausted but happy to go home.

When she got home, Her mom asked how her first day of school was. Eiora started crying as she told her mom what happened at school. Her mom was distraught that some kids were bullying Eiora. Then She told Eiora that she shouldn't care about what other people think and ignore them. After their conversation, They ate dinner and went to bed. The next day, she went to school, and the same thing happened.

After a few days of school, The bullies still bully her. She always remembers what her mom said about ignoring them and focusing on her studies, and she always did that. After a while, her grades went up. A few years passed, and she became more intelligent and more thoughtful. In her free time, She helped people solve jigsaw and detective puzzles. Everyone knew her to be the smartest of them all. The people who bullied her were even jealous of her.

Another few years passed, and today was the day for graduating from university. The people who bullied Eiora didn't graduate because they didn't study or get good grades. But Eiora was graduating from university because she got good grades in all her subjects. Eiora wanted to study science so that she would become a neurosurgeon. Some years later, she became a neurosurgeon; her mom was so proud of her. They lived happily ever after.

THE END

Written by: Sapphire (grade 7)

I LOVE GYMNASTICS

Gymnastics is a sport that needs discipline and focus. Gymnasts (aka me) need to train for hours to perfect their routines and moves.

The sport is challenging but also fun. I have learned to push myself to my limits.

My routines are one of the most exciting parts of gymnastics because I get to make moves, dance and have fun. Gymnastics is a form of dance of tumbling, jumping, and dance moves to music. The choreography is made to show the gymnast's strength and flexibility. When I perform, I have mixed feelings of excitement, happy scared, and nervousness, but in the end, I'm all happy and have fun.



The balance beam is one of the most challenging skills in gymnastics. It needs precision, balance, and focus. This must be performed by serious gymnasts. There are jumps and turns on a narrow beam that is only a few inches wide. The beam can be scary, but with practice and focus, you can master this skill.

The uneven bars are another exciting skill in gymnastics. Gymnasts perform swings, releases, and move from bar to bar. The routine needs upper body strength, coordination, and timing. The uneven bars are a crowd favourite and always leave the audience surprised.

In conclusion, the vault is another fun, exciting part of gymnastics. You must sprint down a runway and launch onto a springboard, then do flips and twists before landing on a mat. The vault requires speed, power, and focus. It's a challenging skill but also one of the most exciting types of gymnastics.

JAPANESE CHERRY BLOSSOM FESTIVAL

Japan is an island country in East Asia. It is in the northwest Pacific Ocean. Every spring, an event is celebrated called the Japanese Cherry Blossom. It is a festival which commemorates the coming of the Spring season. During this time, friends and families come together to celebrate a time of renewal and the fleeting nature of life.

A Cherry Blossom, also known as a Japanese Cherry or Sakura, is a flower of many trees of the genus. During this season in Japan, people like to have cherry blossom parties with colleagues, friends, and family.

There are several foods prepared for the Japanese Cherry Blossom. Here are the Top 4 foods eaten at this event, one of which is the Cherry Blossom milk pudding. It is a drink made up of heavy cream and yogurt, while the Sakura Mochi is made up of light pink coloured rice with sweet red bean paste filling. Chirashi sushi is another food from seasoned sushi rice topped with raw fish, omelets, and pork. The last is the Cherry Blossom Cookies, made with a sweet, buttery almond cookie dough filled with maraschino cherries rolled up in sugar. Did you know Chirashi means scattered, and when eating a Sakura Mochi, you must use a leaf?

The Cherry Blossom Festival is celebrated in diverse ways. They include picnics, where you see many people in various locations around the country enjoying the season under the blossoming tree. Also, family and friends gather around blossom trees to enjoy delicious drinks and food under the pink trees. Hanami, also called viewing parties, are held where people gather to watch the flowers blossom while eating with friends and family. Sake or sake is a drink usually taken at these events. It is also known as Japanese rice wine, an alcoholic beverage of Japanese origin made by fermenting rice that has been polished to remove the hard layer of the grain called the bran.

There are other fun facts about the cherry blossom festival. Cherry blossoms are a symbolic spring flower; they bring billowy pink and white blooms in the spring. The spiritual meaning is fertility and femininity. Cherry blossoms are edible; they only bloom for a week, and you do not have to travel to Japan to see them as you can see them in other countries, too.

The Japanese Cherry blossom is essential as it symbolizes birth, death, beauty, and violence.

“LET YOUR DREAMS BLOOM LIKE CHERRY BLOSSOMS” - Damilola (grade 7)

FOOTBALL

Football is around the corner. I am excited, but at the same time, I am stressed. Getting tackled hurts sometimes, especially by db's that are 200 lbs plus. It is an enjoyable sport, and everybody plays their part.

The quarterback, one of the most critical spots in the football game, gets the ball to the receivers, running backs, etc. The defensive line protects our end zone. They try to stop the other team from getting touchdowns, and if they get an interception, they have to run fast and turn to protect the safety who caught the ball and try to get a touchdown. Then, the receivers and running backs catch the ball, get handoffs and try to get touchdowns. Then, in the offensive line, they protect the running backs, receivers and the quarterback.

I want to be a running back receiver or quarterback this season because I love working with the ball. I am incredibly nervous. I have been working hard. Our first practice is next Wednesday. I am going to be ready and prepared. It is okay as long as I get playing time, but hopefully, I get one of the spots I want.

I am excited and know I will get a good spot. I love football, it is one of my favourite sports. My teammates are fantastic. They push me and hype me up. My teammates are supportive and are like my brothers and make me better.

WRITTEN BY: ABDUL (GRADE 7)



On my first day at Camp Canahari,

I've been in many summer camps over the years. Camps I loved and camps I didn't love—fun camps and not fun camps. I was looking forward to summer camp this year but didn't know if I would attend one. I was later informed that I was coming to Camp Canahari. Later in this essay, I will discuss how I prepared, what we did, what I liked about it, and my overall thoughts.

My first day at Camp Canahari was a great experience. I had prepared for it by attending the information meeting about the camp a few days prior. I also prepared by getting up early, excited to go. I picked out an outfit that would look good and my favourite shoes the day before the first day. I was excited to come to camp, but there was one problem. I didn't know anyone there. I was scared that I wouldn't have anyone to talk to when I remembered that a friend, Elijah, would be there too. Overall, I prepared well and had the best first day possible.

On my first day of camp, we did many activities I enjoyed and some that weren't my favourite. Firstly, when I arrived at camp, David and I waited for Elijah to come. Next, we were put into classes depending on the grade we were going to. Our first activity was an introduction, including us stating our names and their meaning. The second activity we did was learning about graphic designing, which I found a bit stressful but fun. The activity I enjoyed the most was playing basketball with people I never met. I enjoyed this because I love playing sports with new people and testing my skill level.

While enjoying my first day of camp, some specific moments stood out: "my golden moments." In this case, my golden moments were when I first saw Elijah at camp and when we played basketball. I also enjoyed meeting new people with similar hobbies, such as playing basketball, soccer, and video games. My top moment was when it was the end of the day. Not because I was leaving camp but because I wanted to rest and clear my mind off the tiring day I had earlier. This was a main highlight of my summer, considering this was one of the first times I interacted with new people, which I'm not usually good at.

When the day ended, I thought about the camp and how I enjoyed my first day; although I was scared at first, I enjoyed the interaction and the playing of basketball, which was fun. I also thought. I recommend this camp to anyone who wants to make new friends and learn new things at the same time.

Written by **-Fisayo - Grade - 7**

THE EIFFEL TOWER



An Icon of Paris, the Eiffel Tower symbolizes the French capital, unlike any other architectural monument. It's one of the most breathtaking structures in Paris; Its history is vast beyond anyone's EXPECTATIONS. Located on Champ de Mars, Paris, it was built in 1889 by Gustave Eiffel to show off France's modern mechanical prowess. Furthermore, it has become a global cultural icon in France, stretching to the Parisian skies for 127 years.

Why was the Eiffel Tower built?

In 1886, the French government held a design competition to build a flagship structure for the upcoming World's Fair. This also coincided with the centennial commemoration of the French Revolution. It was intended to demonstrate France's modern prowess on a world stage and with meaning and utility. To contemporary eyes, it was unique, but in the late 19th century, nothing had been seen like it. In addition, it has been a critical tool, helping scientists study everything from gravity to electricity.

The Construction and Design of The Eiffel Tower


Gustave Eiffel won the design competition and began building the Eiffel Tower. Alternatively, Gustave Eiffel is usually given credit for creating the concept of The Eiffel Tower. Still, one of his employees, Maurice Koechlin, produced the idea of The Eiffel Tower. The tower is 300 meters high (about 984.25 feet) and rests on a base that is 5 meters high. It's made of 18,000 pieces of wrought iron, held together with 2.5 million rivets. After careful consideration, the curves of the tower were designed to provide maximum wind resistance. The tower was completed on 31 March 1889. At the time, many were against the monument, stating the tower threatened Paris's aesthetic nature; Parisian critics dubbed the new landmark a "Useless and a Monstrous" eyesore that would taint Paris forever. However, history certainly had a way of proving such critics wrong.

The Beauty of the Eiffel Tower

After the Eiffel Tower was built, Paris became as busy as a beehive. It receives an average of 2,500 visitors a day and 7 million visitors annually. It is one of the most visited monuments in the world. People flock to the Eiffel Tower to take pictures in front of its classic façade and enjoy the astonishing views from the observation deck. It has over 20,000 bulbs used for its dazzling night shows, truly cementing Paris's reputation as the city of lights. It is the focal point for many momentous events, including Paris's Bastille Day and the New Year's fireworks festivities. The Eiffel Tower, also known as the Iron Lady, wears her most beautiful golden dress and inspires the world's imagination.

This monument is undoubtedly a site. In the 18th century, people found the tower monstrous, but today it is one of the world's most beloved monuments. However, it is the hallmark of modern architecture, designed in the 18th century. Nevertheless, it is one of the most important monuments that should be remembered for the rest of time in history books.

SHOULD ALL SCHOOLS HAVE UNIFORMS?



Introduction: School uniforms are distinctive clothing worn by children attending the same school. While others love school uniforms, some hate them. So, the real question is, should school uniforms still be allowed in our modern world? The first recorded use of what we now know as school uniforms may have been in England in 1222 when the Archbishop of Canterbury instructed that students wear a robe-like outfit called the “cappa clausa.” The origin of a more modernized school uniform comes from 16th Century England when the impoverished children attending the Christ’s Hospital boarding school wore blue cloaks and yellow stockings. As of Sep. 2014, students at Christ’s Hospital were still wearing the same uniform, the oldest school uniform still in use. When Christ’s Hospital surveyed its students, 95% voted to keep the uniforms.

Pros of school uniforms: There are many pros to school uniforms. Some pros include that students can focus better on their studies. I can imagine this does help considering you aren't worried about your clothes or the latest fashion trends but just about your studies. In addition to that you can't be bullied for your clothes if everyone wears the same thing. Another pro is that school uniforms make it so you can get ready much quicker, improving students' punctuality. School uniforms are also convenient because creating a uniform rather than enforcing a dress code is easier.

Cons of school uniforms: On the flip side there are also some cons to school uniforms. These include some parents may need more money to afford uniforms. Many good schools do have a uniform, so they are restricted from the possibility of higher education. Other valid points include that school uniforms eliminate all self-expression and individuality. And lastly, uniforms may have a detrimental effect on student's self-esteem.

My opinion: I agree with some points on both sides. However, I agree that students should wear uniforms. I think they should wear uniforms because, firstly, the pros outweigh the cons, and I believe that in some instances, the pros arguments seem more valid than the cons. My main reason for agreeing with wearing school uniforms is that they improve focus on studies, punctuality, help eliminate clothing-based bullying and more.

Conclusion: In conclusion, school uniforms should be kept in all schools. I think so because of all the previous reasons stated.



Camp Canahari: Pretty weird but pretty fun

So, About a couple of months ago, During school In June, I was super excited to get out of that hell hole, especially with all these weird kids imitating Mickey Mouse and making strange noises. The school was a huge drag; I don't know why they renamed it "prison" because it's torture. I'm not going to bore you with details like that, but fast forward a few days; my mom is telling me that I'm going to Canahari right after Dallas Valley. So when my grandma drove me here for my first week on Monday, I was confused that we were at some musty church with no Wi-Fi, and then my Little sister said we had relocated here. I asked whether or not it was because we had gotten kicked out of the university, but she said it was Miss Juliet's choice to come here (*cough cough* yeah right...) When I got there, I saw David (the British one) with his hoodie on looking at me weirdly, so I nodded at him, and he kept staring at me. When I entered, I immediately noticed it was super cramped, so I squeezed in the middle; we had done some activities like coding and art for the past few weeks. They even gave us computers, but everybody kept breaking the rules, so some people got theirs taken away until they gave us NEW ones. People still broke the rules, but whatever they said, we could keep them forever unless we got them taken away first...

Apart from all those projects, we also have shark tank presentations one day. This camp doesn't have any sponsors, so it's up to the oldest kids to create something to sell, and then we give the money to the camp; the people here also call it Business Day or something, and they do it every year, plus what other ways do they give us these brand new laptops, I wasn't here last year because my mom signed me up for some other day-camp right before the sales day. I ended up not having to do anything, but since I don't have anything to do this summer, I guess I've got to sell some stuff.

After being here for a couple more weeks I found out that almost everybody here was actually super weird, Some people acted pretty sus, others seemed like they were pretty obsessed with that chibi anime thing which is kind of cringy, and others always had their noses 2 inches away from a screen, but I guess I can't talk since I was included in That category, The activities here were nice, we got to play dodgeball with mini softballs and.. Balloons? I'm just kidding it was some inflatable green bouncy ball. We went on a bunch of walks, so I got my cardio in, including an hour and a half of boxing. We also watched some movies like High School Musical, which was the worst thing I ever laid my eyes on; it was hard to hang onto my insanity after that god-awful piece of crap. But that's just my opinion. Although something that deserves a good opinion is the food here, they have hot lunches that they either order from restaurants or they make themselves and it it's BUSTING, the moment it tastes your mouth your opinion on life will change and you'll become a new person.

Sometimes, we cooked for the homeless because we wanted to do something good for what seemed like a lost cause. We were split up into around about 5 groups and we each cooked on different days of the week, one time we went out to get free slushies, and Miss Juliet asked me to help her take bags to the homeless Miss Juliet took a picture and sent it to my mom because if my mom doesn't get her daily dose of 1000 pictures per minute she will die (you know the same way if fortnite gamers touch grass their hands explode) But yeah my mom was pretty obsessed with taking pictures. Sometime later near today, Our teachers gave us a talent show and I was going to play the trumpet, but my valves got stuck so I wasn't able to perform, sadly, Then we also had a science fair and I think i might have won 20 dollars from it because my balloon powered car really got a whole bunch of attention So probably have a smooth chance.

So I guess that's all for my essay. it only took me a total of an hour to write all of this, but I still had some fun doing it in the end; if you are reading this, thank you, thank you for your time. I'm going to go now so goodbye.

written by: **Derain (grade 8)**



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