



Panabaker

Press

Coronavirus vs. Society

----- by Tiffany T. and Rowan S. -----

I'm sure that everyone here has heard the information circling around about the coronavirus

that has been spreading throughout the world. But do you really know what it is, how it works, and what we can do to help prevent the spread of this disease?

Coronavirus is not actually the real name of this virus. Coronavirus is a family of viruses that includes the common cold and flu. The scientific name for this disease is 2019-nCoV, which explains why we're calling it the coronavirus, because it's such a mouthful.

About eighteen years ago there was an outbreak of a similar strain of coronavirus called SARS. Seemingly very similar to 2019-nCoV, it was an airborne respiratory disease that infected 8,096 people and killed 774. It was a Zoonose virus, which means that it was transmitted from an animal to a human, the animal specifically being a



bat (<https://www.cdc.gov>). It is, however, not the exact same virus as the 2019-2020 coronavirus, as the 2019-nCoV is a novel virus, meaning that it has never been seen before.

How is the Coronavirus transmitted? It is seemingly transmitted when the infected person sneezes or coughs, and droplets of snot or saliva land on another person. What are the symptoms? The Coronavirus has the same symptoms of the common cold or flu. The infected person normally has a fever, a headache, feels very tired, and starts coughing dryly. It also includes shortness of breath and trouble breathing. About one in four people require hospitalisation and in extremely severe cases,

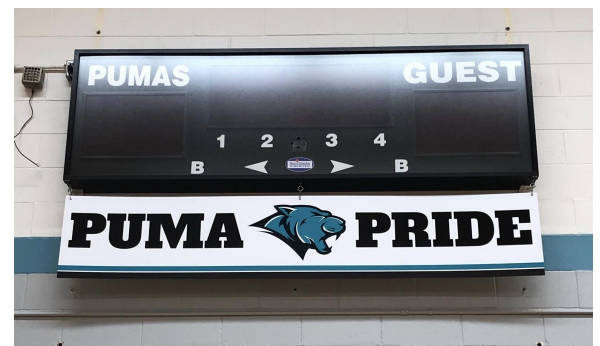
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Every Class is Supposed to Have DPA on Non-gym Days, Do you?

----- by Alex L. and Anjali N. -----

Numerous classes throughout our school seem to be denied the opportunity to exercise, why? The Ministry of Education website states "The Daily Physical Activity Policy (DPA) will ensure that elementary students have a minimum of twenty minutes of moderate to vigorous physical activity each school day." Ms. Allan agrees with them when she stated, "students are required by the Ministry of Education, not by me or the principal, to have twenty minutes of DPA." However, most classes don't receive any DPA throughout the week.

Some classes only receive one hundred sixty minutes of physical activity a week, that is two gym and one fitness period. But many teachers are not providing the minimum amount of DPA. Students are supposed to receive twenty minutes of DPA, excluding the days students do not have a physical activity class (fitness or in the gym). DPA should be supplied by teachers during classroom instructional time.



Some suggestions for teachers looking for a quick DPA activity are: Just Dance on Youtube, a quick workout, or run a few laps around the school. Teachers can also incorporate DPA into their lessons!

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Coronavirus vs. Society

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it shuts down your lungs and essentially suffocates the infected person. According to the New York Times, there have been over 7,711 people infected and 170 deaths (as of January 30th 2020.)

The virus originated in Wuhan, a city in the province of Hubei, China, when on December 31st, a cluster of pneumonia cases were reported by the government of Hubei, where many of the cases were traced back to the South China Seafood Wholesale Market in Wuhan. At the market there were wild animals, such as chickens, bats, rabbits and snakes, which are suspected to be the most likely cause of 2019-nCoV, as they were of previous coronaviruses SARS and MERS.

To prevent further spread of this illness, China has placed the citizens of Wuhan under what is effectively a mass quarantine. The citizens cannot travel under any circumstances, and all public Lunar New Year celebrations and other public gatherings were cancelled.



The Chinese government is also building two new hospitals in Wuhan as the current hospitals are overwhelmed by the amount of infected citizens, and they can't handle the influx of people. They are also evacuating foreigners back to their home countries, where they are then placed under quarantine and undergo a series of tests. As of January 29th, the virus has infected people in Australia, Canada, France, Japan, Malaysia, Nepal, Singapore, South Korea, Taiwan, Thailand, the United States and Vietnam.

Can we prevent the Coronavirus? As it is a new strain in this family of diseases, there are no vaccines and

no medications, though doctors say that the first vaccinations to prevent the coronavirus may be available in as soon as three months. Doctors encourage people to reinforce hygiene and hand washing to stop the spread of the virus. But don't worry, most people infected with the Coronavirus only have symptoms of what seems to relate to the common cold. Sorry guys, but just because you have a cold doesn't mean you are infected with the Coronavirus and get to stay home. However, talking to your parents and seeking medical advice from a doctor is best. So stay safe, wash your hands, and scientists are working really hard on preventing anyone else from getting sick!

Quantum Tunneling

-----by Yassine B.-----

Imagine that you are pushing a heavy cart full of things, and you suddenly come across a hill, which you're going to have go across. But what if I told you there was a way across, without going up. This answer will be so strange that it doesn't even make sense. The answer, you go through the hill. What's really weird is that you don't have to touch the hill to go through it.

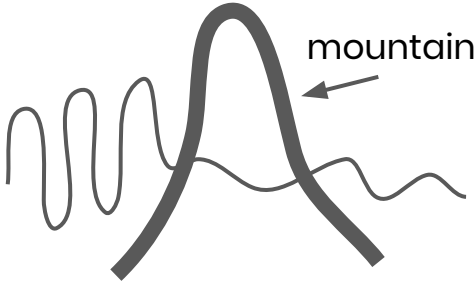
The first question that pops up in your mind is probably, "how is that possible?" This topic has its own field of science quantum physics, which is called quantum tunneling. It doesn't make sense until you know the theory of quantum physics, and actually, no part of quantum physics will make sense until you know some basic rules.

The main thing you need to know about quantum physics is that no particle is actually in a location until you measure its location, and you only know the probability of it being in a place before measuring its location.

For example, if you had a closed box with a sock in it you wouldn't know the color of the sock, or where the sock is, until you open the box. You can, however, calculate the probability of it being in a particular place or even it's color. Common sense, right? There's just one problem: there is also a probability of the sock not even being in the box.

Imagine that there is a car being crash tested. There is a wall it rams into and on the other side of this wall, there is a space. Pretend this car is going at the speed of light (299792458 metres per second). Before it hits the wall, there is a chance of it going to the other side of the wall, without touching it, which it should eventually. The weirdest part of quantum tunneling breaks the laws of physics. You probably thought the speed of light was the fastest thing ever, but it is not. In quantum tunneling, the particles that travel through the barrier, for example the wall, travel faster than the speed of light.

The longer the barrier, the faster the particles go.



You're probably wondering; "but does this even exist in our world?" The answer is yes. A very simple example is a window. The only reason we see light coming from windows, is the light particles tunnel through the window.

A drawback of quantum tunneling is that to successfully do it, the energy of the object has to be greater than the energy of the barrier. Also, the object needs to be close to or at the speed of light.

Soon, maybe someday, we will be able to tunnel through that hill you have to cross!

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A few suggestions for teachers looking for a quick DPA activity are: Just Dance on Youtube, a quick workout, or run a few laps around the school. Teachers can also incorporate DPA into their lessons!

Many students find it a bit unfair that they do not receive their DPA. When we asked students if they were given DPA, most of them responded with “no” or “no, we don’t.” We also asked students whether or not they wished for DPA and one said “I do wish for DPA and I think it’s vomitrocious that we don’t get our DPA.” We also questioned a student who does receive some DPA, what kind of activities they did. They answered, “we usually play soccer, volleyball, kickball, or sometimes our teacher has a workout.”

We posed the question, “Are you frequently told by students that they don’t receive DPA?” to our gym/fitness teacher. They responded with, “they don’t tell me that. I just assume they get DPA,” and “not as much this year. Last year was more complaining, I’m assuming more DPA is being done.” However this is not the case, we asked students how many periods of DPA they think they’ve had this year, one said “probably zero point two.” Another stated, “about three.” We are at the end of term one and some students have had less than five periods of DPA this year.

Does your class receive DPA? Let us know your opinions!



----- by Diyala A. -----



Mythical Creature

The Kelpie ----- by Sonia M. -----



What is a Kelpie? They are powerful black horses with a fish tail instead of back feet that dwell in in the rivers of Scotland. Kelpies can only shapeshift into regular horses. When you pet them you are unable to pull away and they drag you into the water to drown you.

Scientists found evidence of Kelpies in the sixth and ninth centuries. If you want to learn more about the Kelpie and other mythical creatures, keep your ears open for the next cryptozoology/xenobiology club meeting.

About Our School Animal

The Puma ----- by Sarah L. -----

Pumas are some of the most fierce, stealthy animals, and have been recently chosen as our school mascot. But how well do we know them? What makes them so special that we, Frank Panabaker Elementary, chose them? Let’s grab our shovels and dig to find out.

These cats belong to the Felidae family and are also known as cougars, panthers, and mountain lions. These carnivorous cats are slender and swift. They are 2.4 m in length from the nose to the tail. Pumas are approximately 60-76 cm tall and weigh as much as 72 kg for males (53 kg-72 kg) and 48 kg for females (34 kg-48 kg). Their fur comes in plain colours: tawn to sliver gray or reddish brown. Pumas have round heads and upright ears. They have sharp eyesight paired with weak hearing. Its front legs are larger than its hind legs, perfectly adapted for leaping on their prey.

Pumas attack elk, cattle, sheep, horses, and deer. They hide among the bushes and trees, on rock ledges before they pounce on their prey, ending the animal’s life through a fatal neck bite. Pumas are most active at dawn and dusk and are good

jumpers and runners. They are capable of swimming in lakes and rivers and climbing trees.

A litter of puma cubs are born every two to three years. A cub’s mother will protect it fiercely from any harm or danger. At six months old, puma cubs will hunt for small prey on their own. They leave their mothers to live alone at the young age of two. Pumas can live up to thirteen years in the wild and nineteen in captivity.

Pumas are interesting to learn about in many ways. As you can see, pumas are compelling in many ways (strong, great mothers, stealthy hunters) making them mightier and braver than we realize. No wonder we chose the pumas as our school mascot!



What's Going on in Our School?

Fundraiser

----- by Amelia H. and Aislyn P. -----



On January 14, Frank Panabaker students participated in a Spirit Day to help wildlife that are affected by the bushfires in Australia. Students at North Site showed their support by wearing animal print clothing and bringing in animal stuffies. At the South Site, students wore hats and wacky clothing. Students were asked to donate a toonie but many donated much more than that! As well, Frank Panabaker North campus made a “boomerang tree” to share some words of support for Australia. In total, our two campuses raised 1,933.55 dollars. The money is going to be split – half of it will be going to a wildlife organization called WIRES (Wildlife Information Rescue and Education) and the other half will go to the Red Cross, a world-wide organization that helps wildlife, people and the environment.

Eco Tips

----- by Lincoln R. and Lily P. -----



RINSE CONTAINERS

All food containers should be rinsed before being placed in the blue bin. This includes yogurt, pudding, and applesauce containers. Often the contents of those un-washed blue bins are thrown in the garbage instead of being recycled. Not to mention, all that extra food in the blue bins is messy and attracts critters.



LLL

If you don't already know , LLL stands for Low Light Lunches. Pull up the blinds and turn off the lights when eating. Enjoy the natural light from the outside world and save some energy too!



Boomerang

Boomeranging is taking food scraps home and not putting them in the school garbage. At home they go in the green bin where scraps can be made into fertilizer that helps crops and gardens grow.

Japan's Nuclear Ghost Town

-----by Yara S.-----

Nuclear power is taking the world by storm. More and more countries and communities have started to use it as a main source of power. One of these countries is Japan, which is a country that has forty-two nuclear plants, and more than forty percent of the country runs on this kind of power. Though nuclear power can be an amazing thing, it can also be very dangerous. Even the smallest mistake can make everything blow.

Following the eleven foot waves of the March 2011 tsunami, the nuclear reactors, which create the power became unstable, and consequently melted, causing a huge nuclear disaster. Luckily, the plant and the people living around it were evacuated safely, with only one radiation related casualty. Now, eight years after the accident, Fukushima is your stereotypical nuclear ghost town.

Although scientists have ruled the area safe, Fukushima still remains abandoned. Over the years, buildings have been taken over by plants and others have crumbled without people to maintain them. The area has become a tourist destination, as people are eager to see what happens after a nuclear accident.

This catastrophe is one of many that have happened around the world. Even though nuclear power is



considered “safe”, that does not mean that it shouldn’t be closely monitored at all times. Nuclear power is very volatile, and has to be monitored constantly, otherwise another tragedy could happen and could cause a lot of other damage such as radiation poisoning. That being said, nuclear energy is hugely popular now, and much more efficient as it releases more energy per gram than when fossil fuels such as coal are burned. The Darlington Nuclear station is closest to Ancaster, and is a good and constant reminder that, if we are careless with how if we don’t monitor our nuclear generators, we could end up with a fate very similar to the one of the people of Japan. That begs the question – is nuclear power all that it’s cracked up to be?

Top 5 Weirdest Sports

----- by Yassine B. and Ibrahim A. -----

These are the top 5 weirdest sports!

1. Shin kicking: Shin-kicking is an ancient sport, part of the annual Cotswold Olimpicks. The aim of shin kicking is simple: kick your opponent as hard as you can in the shins. Each time your opponent falls to the ground you earn a point. The winner is the person with the highest score in the best of three rounds. Competitors kick each others shins to try and knock them down. They can also pad their legs with as much straw as possible, and thankfully are required to wear soft shoes. No more steel capped boots like in the past!

2. Snail racing: Snail Racing, "the slowest sport in the world", is a “fun” entertainment where two or more snails race against each other. Snail races also take place in different parts of the world, though predominantly, events are held in the



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United Kingdom (UK) The race usually happens on a circular track where the snails start in the middle and race to the perimeter. Snail owners are not allowed to touch their snail during the race, change snails or doing something that would make the snail go faster than it should (no steroids or drugs of any kind). The track is made up of a damp cloth on top of a flat surface and has a radius of 13 to 14 inches. The race number of each snail contestant is marked on their shell. The first snail to touch the outer circle of the ring is crowned the winner.



3. Sepak Takraw: Volleyball is an internationally played game, with a goal to keep the ball in the air using only your arms (or legs), and then to try and score. But what if there was a game that worked the complete opposite, using anything but your hands? Well, we're in luck because such a game does actually exist. This game is called Sepak Takraw and is played in the area of Indonesia, and China.
4. Quidditch: Quidditch is a sport in which five players shoot a ball through three rings. Each ring gives you a different amount of points. To all the Harry Potter fans, just letting you know that there is such a thing as Quidditch. In fact, McMaster University has a quidditch team! The rules of this game are fairly simple. There are five types of players, who have similar roles to the ones in the Harry Potter movies. Unfortunately, Quidditch is only an adult played sport, so you have a long six to eight years to wait until you could play it!
5. Toe wrestling: There's wrestling, arm wrestling, thumb wrestling, but the weirdest of all is definitely toe wrestling! This strange sport is very simple; what you have to do is lock feet with your opponent and pin their foot down as both of you are sitting. This sport's championship is held in the UK every year.

Meet the Contributors!

-----By Rowan S.-----

Do you remember January fourteenth, the Australia Wildfire Support Day on which you wore crazy clothes or a crazy hat? If you do, then you will probably remember Natalie Duralia. She was the girl with the giant party hat with snakes and a wolf attached. If you saw it, you would know that it was highly memorable. Natalie is the editor of the Panabaker Press, and I had the great privilege of interviewing her to get a look at the everyday life and interests of the newspaper aficionado.

Natalie has two mixed breed dogs, Sonny and Rebel. Rebel is

three, born on March 21st and Sunny is twelve years old, born on July 21st. They like eating bread crusts that Natalie willingly saves for them.

Natalie plays two sports, Ringette and Roller Derby. She enjoys playing Ringette with her team. They won a tournament in Kingston and Natalie is proud to show off her gold medal. Natalie enjoys Roller Derby, and during bouts she particularly enjoys playing with her team at a high level. Natalie is also part of another club at school, Hobbies Club, where she



finishes up art projects and does free drawing.

She thanks everyone for a great first issue, and she's excited to continue her work with the Panabaker Press.

Teacher Features

----- by Diyala A. and Sonia M. -----

Mr. Fulkner

Mr. Faulkner, is the new drama and arts teacher at Frank Panabaker North. Mr. Faulkner attended two different universities, and did his undergraduate degree honors bachelors in French and film studies which is a fancy way of saying drama. He went to Poison, a university in Toronto he went to for his masters degree in child studies and education.

Since he began teaching, there weren't many crazy days but there was one while teaching in college, last year, the fire alarm went off four times in a row one morning, not four times during the day, just in the morning! Students and staff had to keep going outside and back inside so their day was just getting a whole lot of nothing done. The school was attached to a pool something was wrong with the sensors, so it kept going off. Eventually they fixed it.

Mr. Faulkner does a lot of work for the community theatre. He runs it with some of his friends and not only puts on shows that entertain people but teach them something or help them to see from another perspective. Another fact people may find interesting is that he used to be a school bus driver! Mr. Faulkner has driven all over Hamilton. Not only does he keep students safe during their travels, Mr. Faulkner's biggest passion is helping people learn. He said, "It's the whole reason I became a teacher."



Now can you figure out which are his two truths and one lie? First, Mr. Faulkner has traveled to Africa. Second, he has travelled all around the provinces in Canada. Third, between him and his wife they own three pianos.

Mr. Faulkner is a creative teacher who's very devoted to his craft and happily shared his stories. Sadly, he only teaches at our school on day 2's when he replaces Mme. Tebo's so he's not available to run any clubs right now. Nonetheless, we hope you get a chance to meet Mr. Faulkner and maybe check out one of his theatre productions.

Mme. Rosa

All teachers have their stories to tell, that includes Madame Rosa. Madame Rosa has her own little adventures. This February will mark her first year of teaching, not that long to adapt to our school but she managed from past experience. Before Frank Panabaker, she taught at an all boys school in Toronto, Madame Rosa was born in Gatineau, Quebec, and lived there until she was eight. Her dad got transferred so they moved to Hamilton and she went to an all French school in Hamilton, where she continued to learn the language. That's where her passion for French comes from. Her teaching career started at York University, where studying French is mandatory. She got a bachelor's degree in French and in Education. Teaching here, and being new gives her crazy days with new students and school. She thinks that everyday there are little things in her day that make class crazy, a good crazy that makes



the day fun. That way they can make new memories to look back on and laugh about it.

Madame Rosa doesn't run any clubs. She isn't entirely sure if there are any clubs she can run, but she's down to help students find their interest, and says, "So if anyone is interested in starting something, they can come to me and we can maybe do something together". Her determination and thoughtfulness are qualities of a great teacher. Madame Rosa is passionate about education, helping others and being a kind person in general. Apart from teaching, Madame Rosa has some hobbies she considers are weird. She has just taught herself to crochet, she says "I'm like an old grandma".

Now let's see how well you know Madame Rosa, Two truths and a lie; First, Madame Rosa snowboards. Second, Madame Rosa has been part of breaking a world record, she used to do synchronized swimming and decided to take part in the world record for the most people doing the same movement at the same time in a pool. Third, Madame Rosa also did Hot Yoga. Hot Yoga is like yoga but you do it in a room at around one hundred degrees celsius. When asked to finish a quote she answers with "Many will start fast, few will she responded with "finish without great experiences". Madame Rosa is a great teacher with unique experiences, and is great at what she does.



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