

LOVE WEEK THRIVES IN THE SCHOOL

Written by Ryleigh Gelling

If you missed school from February 13-16, you should probably be reading this. Sure, Valentine's Day is only one day; but our school made it into a week: Love Week! Every day of the week, there was something to make the school a little more festive.

We started off strong with free ice cream for everyone on Monday and continued the fun by handing out candy grams on the official Valentine's Day (the 14th). Lots of people wore Valentine's-Day-themed clothing this week. After those fun-filled days, the week was wrapped up with free hot chocolate with heart marshmallows, which they eventually ran out of due to high demand. On Thursday, there was a Valentine's bake sale. The week ended with a day off.

Overall, the third week of February was a very eventful week. From bake sales to candy grams, it was truly a week to remember. Hopefully you enjoyed Love Week!

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Equimalt Ink Submissions

Esquimalt Ink is delighted to bring you up-to-date information in this newspaper. We are happy to get feedback and submissions via Instagram @equimalt_ink_news.

BLACK HISTORY MONTH

Written by Regina Porter

Black History Month is an annual celebration of African American history, but it's much more than a date in the calendar or a presentation they give you at school! It's the legacy of millions of people and their stories, a protest against the people who oppressed them, and a way to honour those who were discriminated against. As Martin Luther King, Jr. said: "The ultimate tragedy is not the oppression and cruelty by the bad people, but the silence over that by the good people," so let's not stay silent. Let's keep honoring these amazing people. Let's remember their history and what they went through.

A few important people to recognize are Martin Luther King, Jr., Bessie Coleman, Frederick Douglass, Claudette Colvin, and thousands of others who, in their time, fought for what they believed in. We live in a fairer future, one where almost everyone is seen by more than the colour of their skin. A future where we all strive for equal rights. Some things as simple as sitting at the same table, or drinking from the same water source as someone else are seen as normal. Even though we still have a *lot* more things to do to achieve equality, I can probably say the people of the past would be proud of how far we have come. In the spirit of this, here is a story of a Black woman whom you may not have heard of!

Dancer During the Day, Spy During the Night

Written by Regina Porter



Josephine Baker grew up poor, leaving school at a young age to support her family. She loved dancing, but segregation made her leave America. In 1925, she left for Paris at the age of 19 to pursue her dreams of being a dancer. After only a year, she became one of the most popular music-hall entertainers in France, but her life would change forever during the German occupation of France when she was recruited by the French resistance.

She started working with them, using her fame to travel and smuggle messages. Josephine used invisible ink to write secret messages in her sheet music and housed resistance fighters at her house, supplying them with visas. After the war, she continued performing and went on to live a long life. She was also given a Star of Honour and other awards for her bravery.

Canadian Women's Soccer Team Goes on Strike For Unfair Treatment but is Forced Back to the Pitch

Written by Ryleigh Gelling

The Canadian women's national soccer team announced that they were going on strike on February 10, 2023, due to an ongoing dispute with Soccer Canada over a lack of funding. They want to be provided reasonable and equal funding, especially in preparation for their upcoming World Cup. They were concerned about the obvious funding cuts to the program in 2023.

Soon after they announced their strike, the team was forced back to work under protest by Soccer Canada. They threatened the team with legal action to force them back to playing and might even consider taking millions in damages from them!

The team played in the SheBelieves Cup, but did it under protest. During their first practice back to protest, they wore their Soccer Canada shirts backwards and didn't show any Soccer Canada symbols.



CANADA AND USA HOLDING HANDS (MIKE EHRMANN/GETTY IMAGES)



CANADA WINNING GOLD AT THE TOKYO OLYMPICS (MARK BLINCH/COC)

The USA women's national soccer team (who have undergone their own fights for equality in the sport) showed their support during their game against Canada. At the start of the game, both teams wrapped their hands around each other and stood in solidarity for gender equality.

“We are tired - tired of constantly having to fight for fair and equal treatment and for a program that will give us a chance to achieve what we know this team is capable of achieving for Canada,” the team said in their statement.

2023'S GROOVY GROUNDHOG DAY

Written by Arden Giles

Groundhog Day is an annual event that takes place on February 2nd. Most Groundhog Days are similar; it's either we have a longer winter or we hop into spring earlier. This year, however, there was a twist! The organizer of the Groundhog Day event in Quebec ventured to the animal to wake it from hibernation.

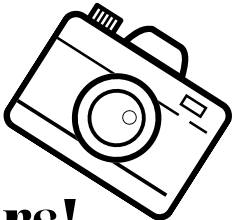
He was devastated to find the groundhog, Fred la Marmotte, was no longer living. Canada will always honour this little groundhog after his nine-year Groundhog Day tradition: predicting when the next season comes.

Despite the tragic loss of Fred la Marmotte in Quebec, other provinces in Canada were able to get help from their own groundhogs.



Fred la Marmotte in 2018 (from globalnews.ca)

In British Columbia, a marmot named Van Isle Violet determined that we would have six more weeks of winter.



Esquimalt Ink is looking for new members!

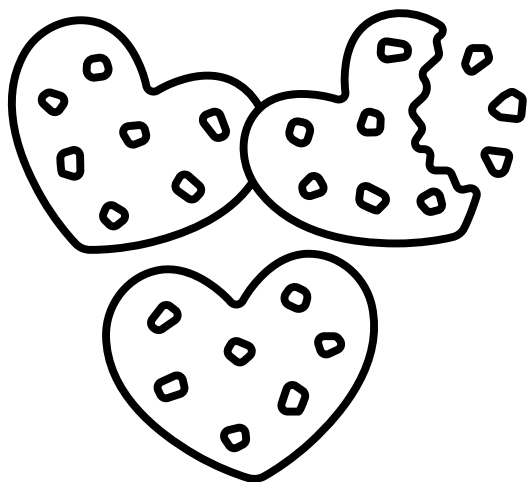
Do you have any exciting ideas you'd like to share? Come check out the Esquimalt Ink club! We host our meetings Thursdays at lunch in the library. Pop by and help us keep this newspaper thriving! Any help is appreciated; no experience is required!



February Recipe

VALENTINE SUGAR COOKIES

XOXO



Instructions

Cream the butter and sugar together until fluffy. Add baking powder and salt, then mix. Add egg, milk, food colouring, and vanilla and mix. Slowly add in the flour and mix until combined. Let the dough chill for 3 hours or overnight. Preheat oven to 375°F. Roll out dough until thin and cut with cookie cutters. Bake in the oven for 8-10 minutes. Add sprinkles and icing if you'd like to add extra decoration!

Ingredients

- 2/3 cup butter
- 3/4 cup sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1 large egg
- 1 1/2 tbsp milk
- 1/2 tsp of red or pink food colouring
- 1 tsp vanilla
- 2 cups flour



Games

Made by Ryleigh Gelling

February Word-Search



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|-----------|------|-------|----------|
| FLOWERS | GIFT | CARDS | KISSES |
| CHOCOLATE | HUGS | HEART | ARROW |
| VALENTINE | LOVE | CUPID | FEBRUARY |

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