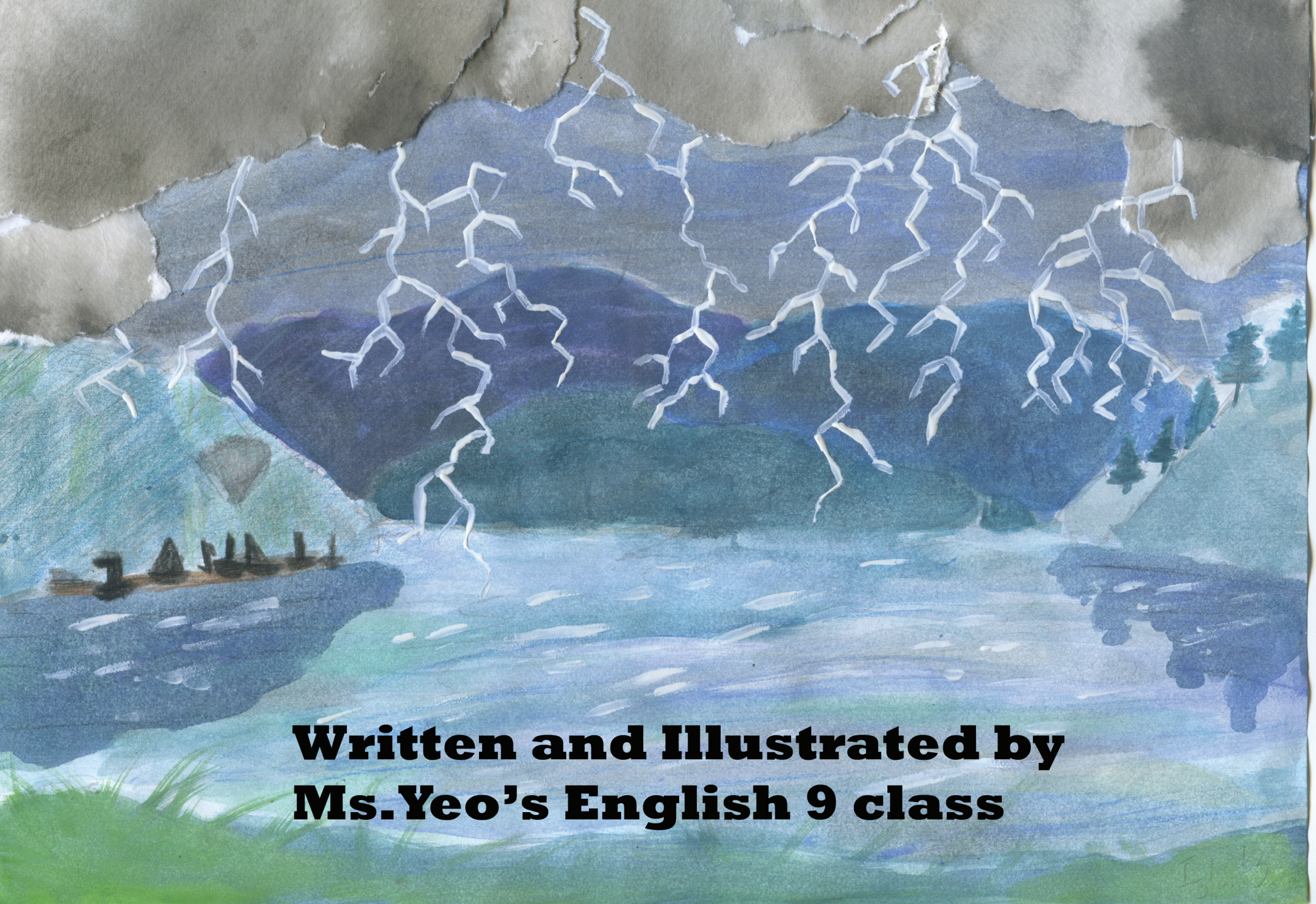


SEYCOVE'S THUNDER



**Written and Illustrated by
Ms. Yeo's English 9 class**

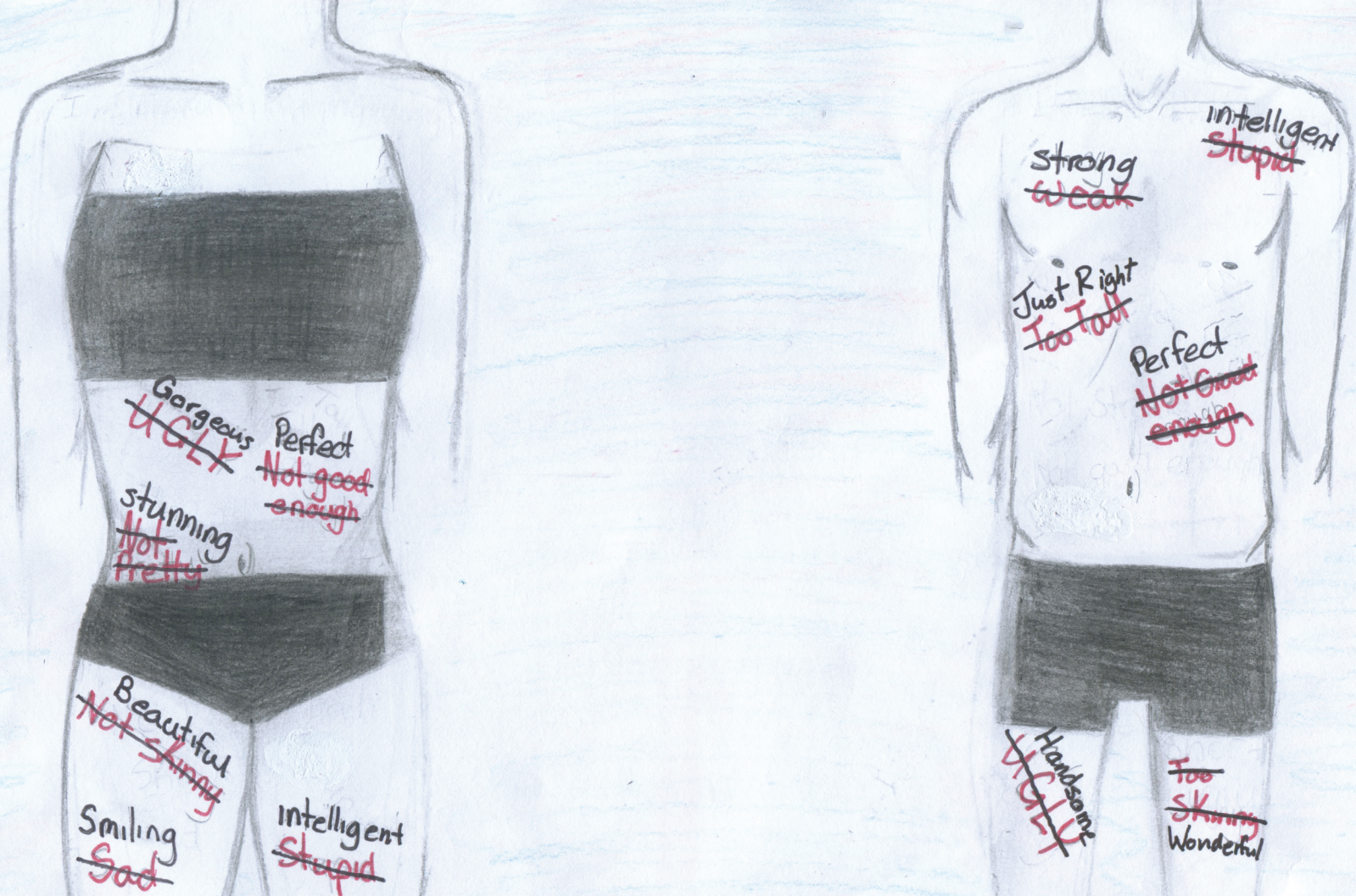
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Preface

Our class of grade nines went to Tsleil Waututh First Nations community to listen to an indigenous writer, Wab Kinew, read his new book, “Go Show the World.” This book was about indigenous heroes, and it inspired us to write our own book.

The class based our book on the way his book was written, with small poems on each page, a tagline that continued throughout the book and the pictures behind them. The class decided to write our book about mental health and being in grade 9. The plan was for the whole class to write one book.

We made the book by having small groups of students write different pages, and each page was about a different mental health topic. One of the biggest challenges in writing the book was trying to work collaboratively with everyone to make one end product that we all felt proud of.



**We sometimes have thoughts that often say:
“you’re too big, too small, too short, too tall.”
We’re all perfect no matter how much we weigh.
We don’t give ourselves enough credit for it all.**

**Your beauty shines in and out as there’s only one you.
So listen to your inner voice, it will tell you what to do!**

**When you're online, you should always be kind.
People can be mean, you might find.
We know it's hard to leave it behind.
We are all the same, we are all mankind.**

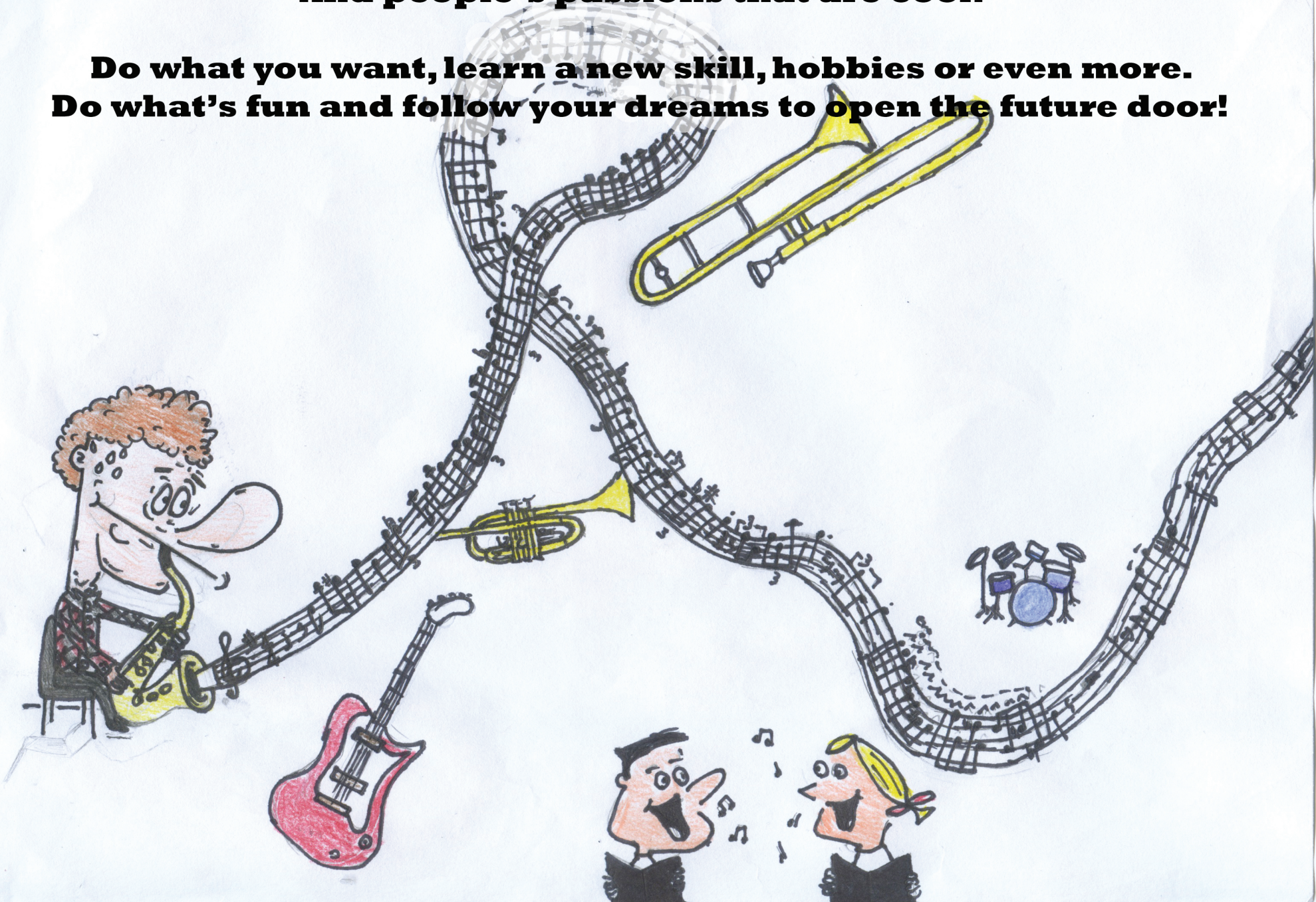


**Always do your best
then you'll never have to wonder
what you could've done if you used all your thunder!**



**Everywhere you go, all around Seycove
There's music playing in the school
Smells of cooking that can rove
And people's passions that are cool.**

**Do what you want, learn a new skill, hobbies or even more.
Do what's fun and follow your dreams to open the future door!**



**Have you ever felt like trying out a new pastime?
Music, travel, sports and clubs are waiting anytime.
Undiscovered pursuits make your energy level climb.
So, listen to your crave for adventure - you have limited time.**



LANGUAGE



PEOPLE



PLACE



Opportunities



Experiences



**Always do your best
then you'll never have to wonder
what you could've done if you used all your thunder!**



**Sports are fun, they're also tough.
You have to persevere when life gets rough.
Soccer, skateboarding, skiing are all dope.
They're also a healthy way to cope.**

**It doesn't really matter if you lose or win.
Your body is just happy for all the endorphins.**



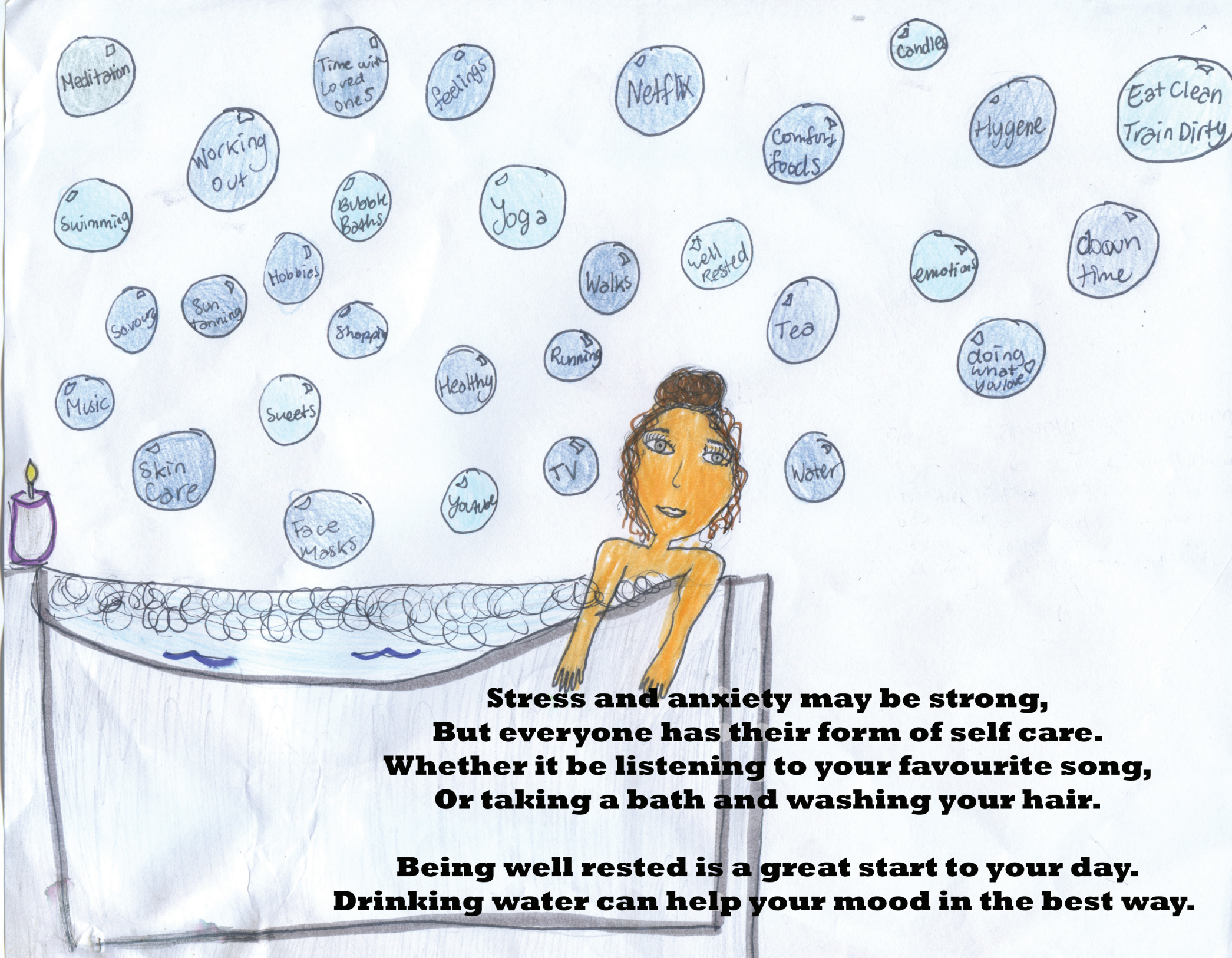
**Sometimes when we are sad and feel in dismay,
A fuzzy loving friend can be the best way
To help make your stress and worries go away.
Love from a pet is awesome some would say.**



**Always do your best
then you'll never have to wonder
what you could've done if you used all your thunder!**

6oko' a
Different
Ö'äravisi
khác nhau
tofauk
不同
Diferente
rözre
verskillende

異なる
مختلف
Kala kadan
Pa'He'e
ehlukije
दध दध
different
ferekö



Meditation

Time with
Loved
ones

Feelings

Netflix

Candles

Working
out

Comfort
foods

Hygiene

Eat Clean
Train Dirty

Swimming

Bubble
Baths

Yoga

down
time

Hobbies

Walks

well
rested

emotions

Savour

Sun
tanning

Shopping

Tea

doing
what
you love

Music

Sweets

Healthy

Running

Water

Skin
Care


TV

Face
Masks

Yams

**Stress and anxiety may be strong,
But everyone has their form of self care.
Whether it be listening to your favourite song,
Or taking a bath and washing your hair.**

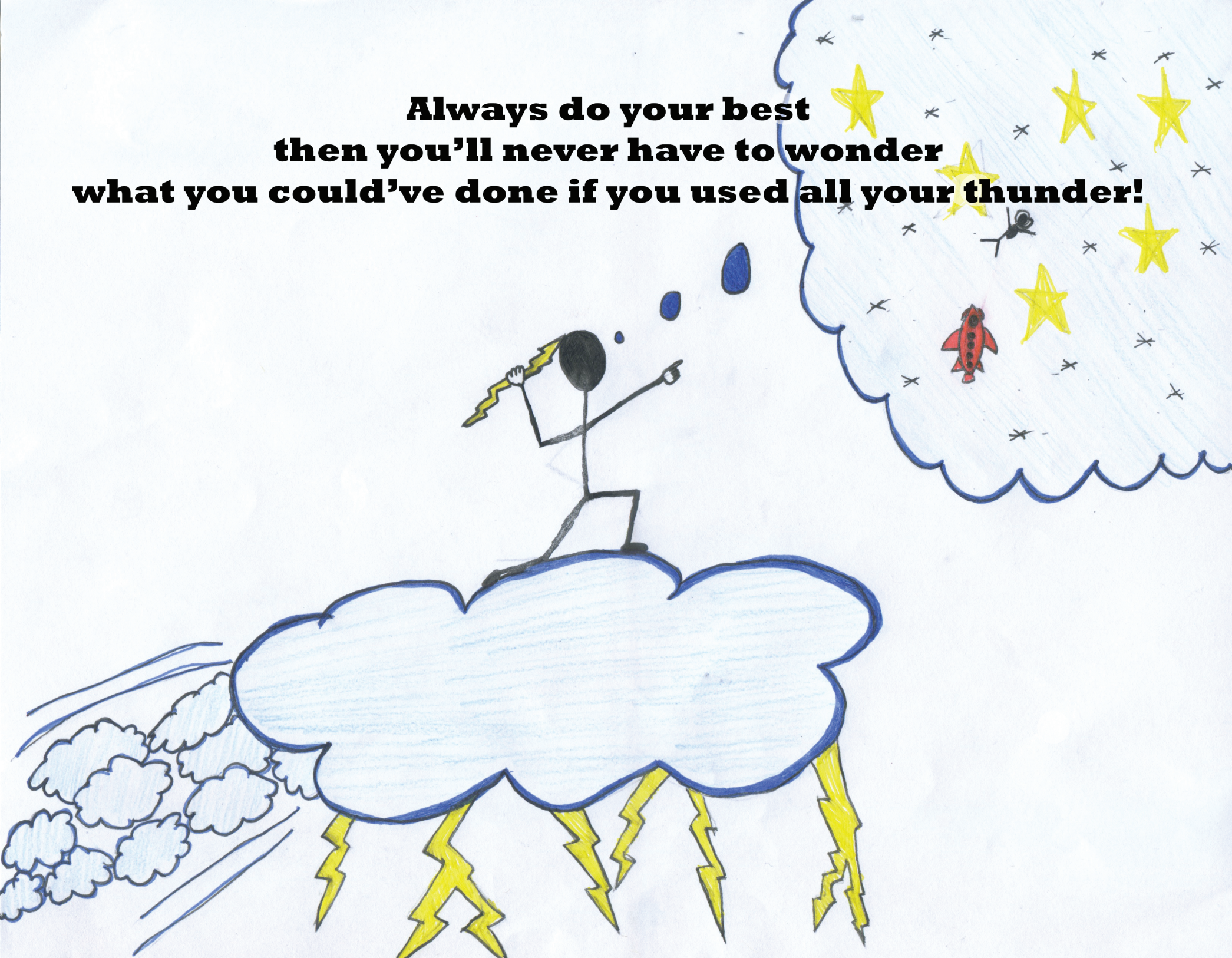
**Being well rested is a great start to your day.
Drinking water can help your mood in the best way.**



**Welcome to my favourite place.
A place I will never replace.
Each visit, I leave a trace.
I will never forget, no matter the case.**

Paradise
Cove

**Always do your best
then you'll never have to wonder
what you could've done if you used all your thunder!**



About the Authors and Artists

Sofia Almerling - I have an older sister and a younger brother and also enjoy watching Netflix.

Isla Bergen - I like to draw, paint and bake.

Sage Cable - I love travelling, animals and summer.

Winsten Chen - I like Asian food and I travel alot.

Julian Cortina - I enjoy skiing, travelling and I speak Spanish.

Kyle Dent - I like to play soccer and I used to live in Mexico.

Adam Dhanji - I have lived in North Vancouver my whole life.

Oliver Humenny - I like to skateboard and snowboard.

Jorja James - I am 14 and I have an identical twin.

Thomas Jelstad - I am 14 and I have a cat named "Willow."

Jacky Jung - I enjoy playing music.

Aleks Kiudorf - I know dogs are better than cats.

Leila Koller - I like to draw.

Ron Lacroix - I have two cats and my favourite colour is orange.

Ruby McCarthy - I love music, my friends and Billie Eilish hugged me.

Taylor Verney-McLoughlin - I am 14 years old and do competitive cheerleading.

Manny (Emmanuelle) Miller - I love travelling and writing music.

Alex Milton - I love field hockey, soccer and mountain biking.

Lily O'Dea - I love creating crafts and spending time in nature.

Ava Pacholek - I am 14 years old and have a little sister named Georgia.

Kaiya Perkins - I play hockey and love Shawn Mendes.

Hana Richmond - I love playing music and spending time with my family and friends.

Evamae Sveinson - I love to be with my friends and family.

Gaby (gabriella) Vega - I love volleyball and travelling.

Dominic Wagner - I like music and field hockey.

Noah West - I like cats over dogs.

Paisley Witham - In my free time, I like to spend time with my family and friends.

Ms. Kim Paterson - I love cooking, crafting and spending time in the garden.

Ms. Andrea Yeo - I love teaching and watching young people evolve into their true authentic selves.

Ms. Yeo's English 9 Class



