

Banbury Independent News

EEK! Public Speaking

According to the World Health Organization, the fear of public speaking (glossophobia) is one of the top 10 global fears amongst people. It's considered a social phobia that can negatively affect one's success in life. And yet, most of us, at some point in our lives, have to speak in front of others for some reason or other. Some may only have to prepare for this a few times in their lives, like giving a toast at a wedding, or lobbying to various forms of government on an issue that impacts them. Others will face this endeavour regularly in their work, such as when giving sales pitches, presenting monthly reports, training fellow employees, or even teaching.

The American National Institute of Mental Health has estimated that 75% of all people experience some degree of anxiety/nervousness when public speaking. In fact, their surveys have shown that most people fear public speaking more than they fear death. The comedian, Jerry Seinfeld, said in response to this finding that, "In other words, at a funeral, the average person would rather be in the casket than giving the eulogy."

Although maybe not completely curable, there are a host of strategies available to assist people in making public speeches (just Google it). My theory is that if people are used to doing it from a young age, it won't be so scary. The Alberta curriculum is littered with outcomes relating to oral and multi-media presentations. You'll find them in almost every subject. Teachers would be quite neglectful if they weren't incorporating this skill within their pedagogy. That's why students are assigned with tasks such as Show and Tell, book sharing, research presentations, internship exhibitions, speeches, project discoveries, science or math fairs and even the demonstration of tricks or moves in PE activities.

Here at Banbury, in addition to all of the above, we have our formal Student Exhibitions twice a year. This is a time for students to brag and reflect in front of their parents and teachers. It is an opportunity to work on their public speaking, and it incorporates one of the most important strategies of successful speeches, *Know Your Topic*, the topic being, *themselves*. It is a safe time for them to confront nerves or anxiety, because their audience undoubtedly cares about them. It is an important part of their growth in taking ownership of their work and, ultimately, their futures.

I hope you all enjoy the first round of Student Exhibitions! Please join me in celebrating all those big, and small, accomplishments that our students have had, so far this year.

Karen Harrison

Important Dates for November:

Monday, November 3rd – WE Day (Secondary Students)

Thursday November 6th and Friday November 7th – Mandatory Students Exhibitions. NO CLASSES.

Monday, November 10th – SCHOOL CLOSED

Tuesday, November 11th – Remembrance Day – SCHOOL CLOSED

Thursday, November 13th – Pizza Day forms due

Friday, November 14th – Elementary field trip to the Museums of the Regiment

Wednesday, November 19th – Pizza Day

Wednesday, November 26th – Pre K – Gr.1 to Vertigo

Note: Elementary Students will be going to gymnastics every Monday in November

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Hawaii Trip

This spring break, students in grade 9 and up have the option to go on the Hawaii Trip. The trip includes going to Volcanoes National Park, Jagger Museum, Imiloa Astronomy Centre, snorkelling, a Polynesian dinner and show, and exploring many of the natural wonders of Hawaii.

For more information on the trip and how to register, please see Tara.

All participants MUST register before December.

Note: Grade 8 students can be granted permission to go on the trip, based on the number of chaperones.

Upcoming Casino

On the 11th and 12th of this month, November of 2014, Banbury Crossroads is supporting a casino at Cowboys Casino, which is at the north end of the Stampede Grounds. We are almost prepared for this event! However, we still do have a few positions to cover, in order to fulfill our obligations. These are: Chip Runner on both days and Count Room Staff on both days. Anyone who would like to help us out in this way may call me at 403.270.7787. I will be mailing out information to volunteers within the next few days. To every person who has volunteered for this event, we all thank you immensely! This is our major fund-raising event, and we are lucky to be able to do so.

Diane Swiatek

Cars, Planes, and Trains

By Jay

Car News:

[Porsche Rented out the Sistine Chapel for a Event?!?](#)

Porsche will be the first company to host a corporate event in the Vatican City's Sistine Chapel.

On the Saturday evening, 40 guests paying 5,000 euros (7,187 dollars) each listened to a classical music concert, followed by a dinner in the museum "surrounded by masterpieces by world-famous artists such as Michelangelo and Raphael," as said on the Porsche Club's web site.

Pope Francis has allowed the chapel to be rented out for private functions, with the all the money going towards going to charities for the poor. About 6 million visitors visit a year visit the Sistine Chapel to admire artist Michelangelo's painted ceiling. Concerts have been held in the Chapel before, but usually for church-related activities.

Train News:

[Train collides with another train!](#)

A passenger train on a sight-seeing trip collided with a freight train Thursday in Arkansas injuring 44, including five severely. The incident occurred at about 10:30 a.m. and involved four passenger cars carrying 44 passengers and six crew members. Emergency responders were at the scene in Washington county and transported 31 to nearby hospitals. 37 people were able to walk away from the crash. 300 gallons of diesel fuel also spilled near the White River because of the crash. Details of the crash remain unclear. An official from the county said that the passenger train, which left from Springdale and en route to Van Buren, a 134-mile trip, stalled and the other train was sent to assist. But somehow the assisting train collided with the stalled one.

Plane News:

[Top secret plane lands in California!](#)

A plane or "space ship" lands at Edwards Air force base after a 3 month mission circling the earth. NASA and the United States Air force both say the spacecraft was only measuring the earth's atmosphere for a study on air pressure, but the secrecy and limited press conferences has a lot of people thinking the U.S. is spying on another country. After NASA accidentally realised a basic blueprint to the public, it raises even more questions such as if it was really doing what NASA said it was doing, due to the strange design. As of October 14, 2014 (landing date) the Orbital Test vehicle (NASA's official name for it) had been in space for a record shattering 671 days, launching in December 2012. What's your view on it? Do you think it's a top secret spying mission?

Cursed

By Skye

Chapter 2

Different

1 day past. Everly let out a big breath. She tried to stand up. But, the ceiling was too low. Everly looked around. It was so dark. She saw a faint light and went toward it. Then she realized it was her imagination. So Everly went farther into the tunnel. It seemed like the tunnel went on forever. But, she kept going. Then Everly saw a light that was a little brighter than the one she had imagined before. Everly went closer. The tunnel got smaller. So she started digging. Then Everly heard a scratchy voice. Then the tunnel got even smaller. She dug faster. Then Everly suddenly froze in horror. There was a trail of blood leading into a forest. She avoided the blood and got out of the tunnel. This world was so different than her world. It was strange and sort of scary. Everything looked and felt different. But, she kept going and set up camp. It had been a long and tiring day. Soon Everly fell asleep. She woke up to nothing changed except there were two trails of blood.

To be continued...