

EQUILIBRIUM SCHOOL

Newsletter

August 2025

Welcome

to our **second** check-in for our newsletter this year!

Our students, teachers and staff have gone on many adventures since we last saw each other in April...

Let's see what everyone has been up to!

Please note, that everything here has been written by a student or teacher of Equilibrium!

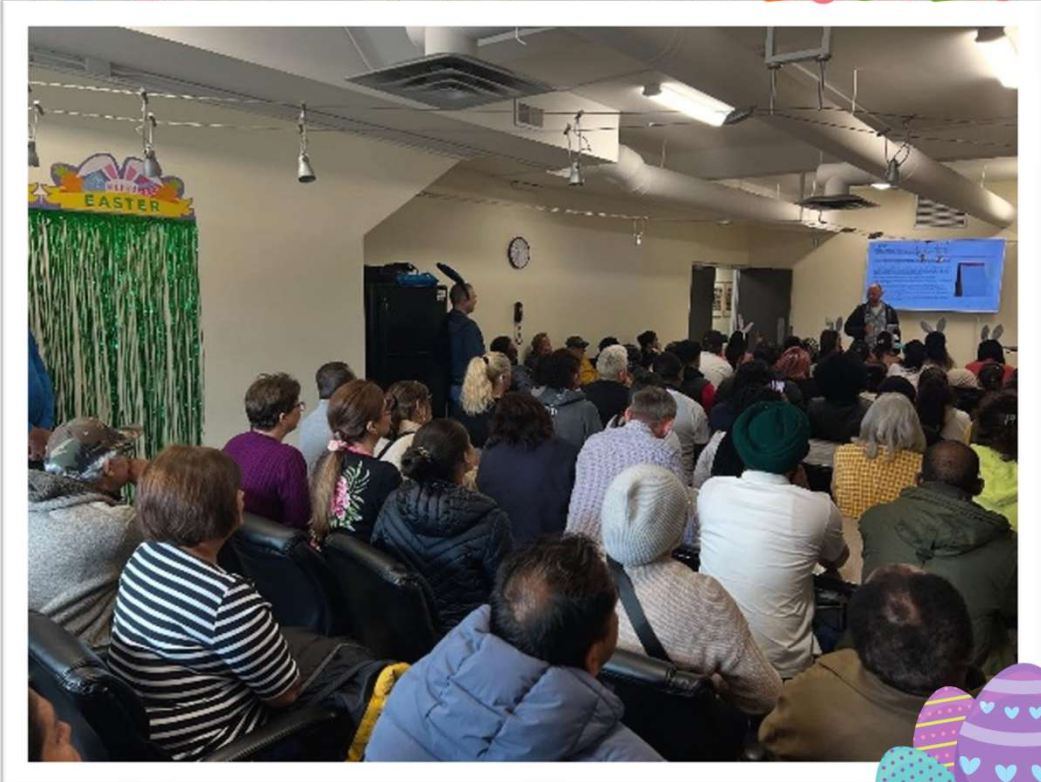




EASTER 2025

We had so much fun for Easter decorating eggs at school. Fantastic job, everyone!







McDonald False Summit

McDonald False Summit was a very enjoyable hike located on the north end of Canmore. Consisting of 989m of incline and a total horizontal distance of 8.2 km, it took me roughly 4 hours to do the hike with multiple breaks. The hike was definitely not easy. It starts off very easily on flat terrain, but then gradually inclines until $\frac{1}{3}$ of the way up to the summit, where most of the incline lies, and it becomes a gruelling scramble. Although this



hike was challenging, I believe that it was very worth it. Not only did I get to see wonderful views of the mountains and the town of Canmore, but there was also plenty of wildlife roaming around, including mountain goats, squirrels, and many birds. Overall, this hike is a must-do for moderate to advanced hikers.

If you are a beginner, I would suggest hiking a few other mountains to prepare for this one.



Nathan Li- Ourbravesummer student.



Interesting Facts about Mount Lady MacDonald's False Summit

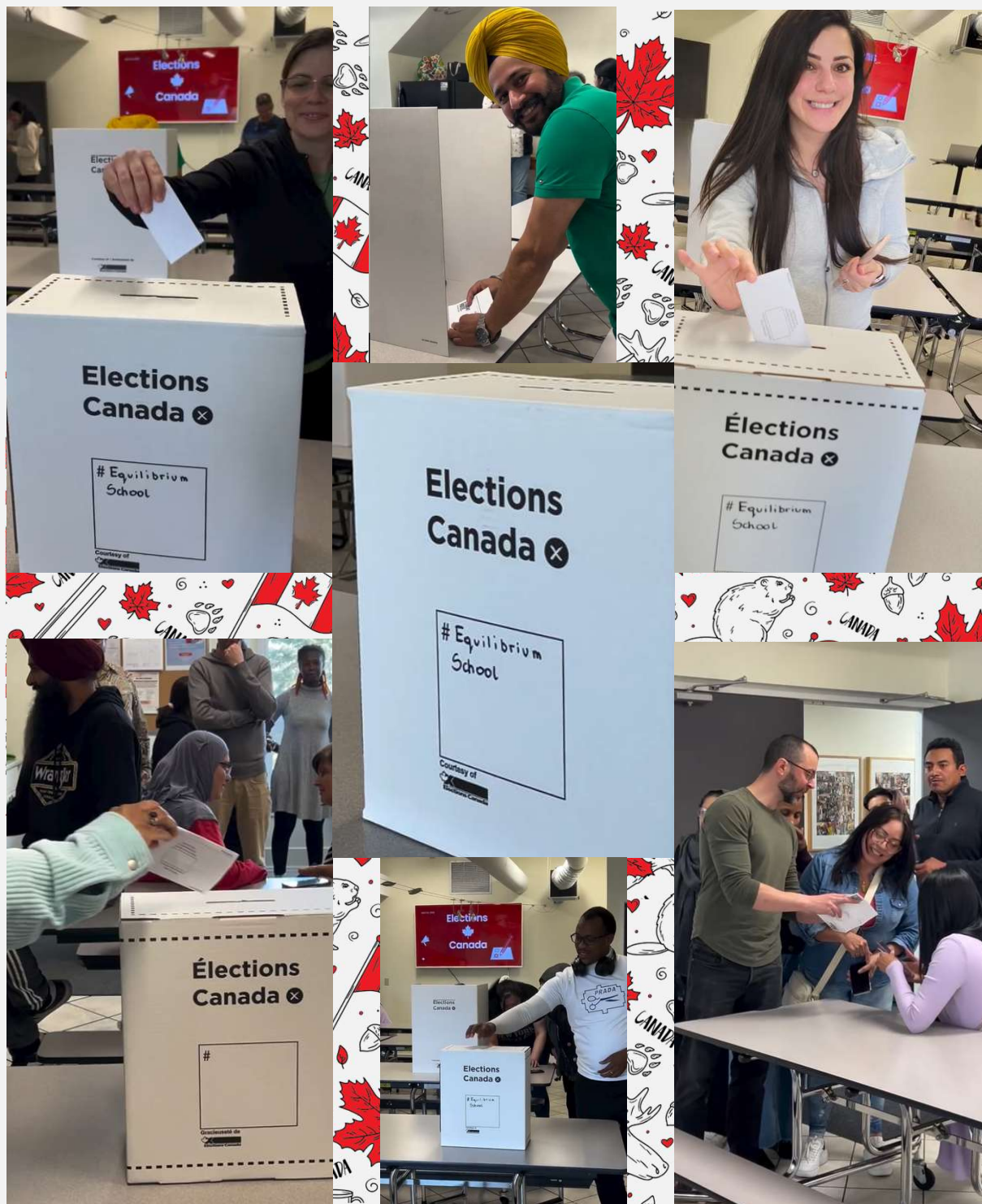
1. **The McDonald False Summit**, also known as **Mount Lady MacDonald's false summit**.
2. **The Helipad That Was Never Used**
3. At the false summit, there's a **wooden helipad**, built in the 1990s as part of a proposed **luxury teahouse resort**. The plan was to helicopter guests to the top. However, the project was abandoned, and the helipad remains as a quirky, windswept relic.
4. **A Popular Spot for Locals and Visitors**
5. **Named After a Real Person**
6. The mountain is named after **Susan Agnes MacDonald**, the wife of Canada's first Prime Minister, Sir John A. MacDonald.
7. **Unmatched Views of Canmore and Beyond**
8. From the false summit, you get **panoramic views** of Canmore, the Bow Valley, and surrounding peaks like Grotto Mountain and Mount Rundle. On clear days, you can even spot parts of Banff National Park.



CANADIAN ELECTIONS 2025



In April, we experienced the **45th Canadian elections**! For some of our students, it was their **FIRST time** experiencing this! So in natural Equilibrium fashion, we **HAD** to have a **mock election**! Which means, we held our **OWN** elections at the school to show our students the process and educate them on it before they headed to the polls on **Monday, April 28 2025**.



CANADA

We had our annual

HOWDY

SURPRISE STAMPEDE BREAKFAST

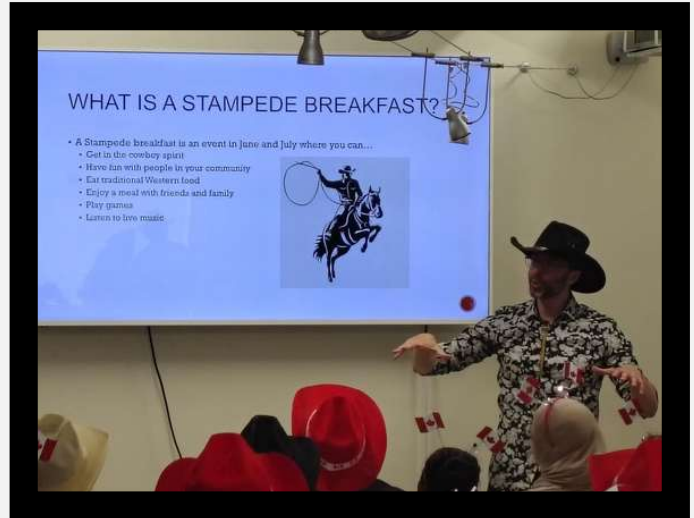
The first Stampede Breakfast was served in 1923 when a local rancher began serving pancakes from his camp stove during the festivities!



Calgary Stampede



**Every year, we not *ONLY* make food for our students
*“Stampede style”, we also educate them on what Stampede is!***



Teacher Philip teaching everyone how Stampede breakfasts started, and what they are!

We also shower our students with **PRIZES!**



As per usual, we also went to Stampede Grounds as we always do!



The first Calgary Stampede was held in 1912!



We plan to go on Community Day, because it is free admission!





Did you know?

In the mid-1940s,
admission to the
grounds was just 25
cents. Today, it's
\$25.00 for ages 13-64!



HOWDY!



Some of our wonderful students and a member of the
Royal Canadian Mounted Police (RCMP)!

The Calgary Stampede – from a Calgarian

Many people who move to Calgary are often surprised by the Calgary Stampede—its cowboys and culture, its loud, brash nature, and its expense! But it's one of Calgary's deepest roots, going back to **1912** when Calgary was just a fledgling western city, and since then, **this annual event has become one of Calgary's defining cultural centerpieces.**



The West—as we western Canadians call it—includes Saskatchewan and Alberta and, some would argue, British Columbia, though BC is often viewed as separate from “The West”. These western provinces were brought into **Canadian federation** later than the original four provinces of Ontario, Quebec, Nova Scotia, and New Brunswick. Many in the West wanted to showcase their unique culture and hospitality and, of course, draw more people to Alberta and Calgary! The Stampede is that showcase: **The best cowboys the West has competing against each other after a pancake breakfast.**



The pancake breakfast has evolved over the more than 100 years the Stampede has been around. And while the pancake breakfast is still an essential part of Stampede food culture, you can now find food from around the world, often fused together in interesting and unique ways, called **“fusion food”**.

Fusion food is traditional food from two totally separate countries or communities mashed together, resulting in something unique! For example, I had the delicious “sushi taco” for lunch on Stampede Day, fusing Japanese sushi with Mexican tacos. The result? An \$18 masterpiece of raw fish on a tortilla. The food at the Stampede is always a wild ride.

Speaking of wild rides, the Stampede is host to **roller coasters** and other rides that can make the most seasoned cowboy green in the face. My personal favorite is the “slingshot”, where you are launched into the air with huge elastic bands. It's common to pass out from the g-forces—you accelerate so fast that the blood rushes out of your head, and you take a little nap while hurtling through the air. I guess that's one way to spend \$45! Personally, I'd take a sushi taco over the slingshot, but hey, the Stampede has something for everyone!



I hope you all had fun on your trip to the Stampede this year. It's become something of a **tradition** at Equilibrium School to take students there, and if you were a bit shocked at all the noise, food, and expense, well, you weren't the first! **Remember, the Stampede is about the West, cowboys, fun, food, and fainting, and I can't wait to go next year!**

As always, we also celebrated Canada Day!



Our wonderful teacher Richard did a presentation on Canada Day and why we celebrate it!



One of our students, Ryham, played the Canadian anthem for us on her violin!



Did you know?
Canada became a country 158 years ago, in the year 1867!



Did you know?

The beaver is Canada's national animal!



Canada Day

Tina's PM class did a reading lesson on Canada Day and completed some writing tasks. Here are the questions they chose from:

- How do you usually spend Canada Day? Describe a past celebration or a future plan.
- Why is it important to learn about the history of Canada?
- What do you like most about Canada?
- Should Canada Day include more learning about Indigenous Peoples? Why or why not? What is your favourite Canadian symbol (flag, maple leaf, beaver, etc.)? Explain why.
- If you could create a new way to celebrate Canada Day, what would it be?

Khaterah

I usually spend time with my sisters and we enjoy watching fireworks and also staying up late. Last year we went to TD Square mall for shopping. This year we just stayed home.

For me, it is important to know about Canada's history because it helps me to connect and understand their cultures and the impact of colonization.

I like Canada because it is safe and peaceful, and welcoming country from all over the world. The part I really like is the beauty of nature especially Banff. The people are kind and respectful

Personally, I would say we need to learn more about indigenous people because they are the first people who landed before everyone else. As an immigrant I need some knowledge about their cultures and many other things.

Oksana

I have lived in Canada a year and a half. I still feel myself a newcomer. But thanks to hospitality and kindness of Canadians, I enjoy living here. The one thing that attracted my family in Canada is its multiculturalism. I can't think of another country with such a friendly policy to newcomers. Sometimes you can hear that "Canada is a country of immigrants" and it really is. You can meet people from all over the world in one place. And all of them are different, they have different cultures, they can speak their own languages. But at the same time, all people can live peacefully and work together here in Canada.

Equilibrium school is a good example of a multicultural society. There is a diversity of people here. All of the students are equal and treated well. That's why I'm happy to be here and be part of the welcoming and friendly environment.

Hasnaa

So as a newcomer it is important to learn about the history of Canada because it helps us understand how the country was formed and how people from different culture come together. We can also learn from the past to make the future better by knowing about the history of indigenous peoples and their connections to the land, and how it's important for building respect and keep their land safe.

I think Canada Day should include more learning about indigenous peoples. They are the original people of this land and have a rich culture and history. It is important to show respect and recognize the truth about what happened in the past, such as residential schools. Learning about indigenous peoples can help all Canadians understand each other better and move forward together.

Canada is a multicultural country, and that give us the chance to live with people from many nationalities and backgrounds. This allows us to learn about different cultures without travelling to another place. This diversity encourages us to make new friends and respect others' culture. The second thing is the peaceful environment. I like the beautiful nature, lakes, mountains and forests.



Mario

I like the history of Canada because my ancestor Pierre Pigeon (1650) was the domestic of Lambert Closs, intendant in Montreal. At the beginning it was only 50 colonies, and they fought with the Mohawk Indians (Montreal was still their territory). That day they fought a couple of days. They finally won against the Indians and saved the 50 colonies. So, Lambert Closs and his friends gave them the name of Savior of Montreal. Today if you google Montreal, you have schools named Lambert Closs, you have some statutes of him. This is one history of our country, but there is history in every place you can go. After 1860-1865, over 20,000 French Canadians from Montreal participated in the Session War in USA against the British and that's why it's so interesting to know about the history of your country.

And now I can talk of something that was born in the 1960s. It's from Quebec and people all over liked it. It's made with fresh cut potatoes, delicious gravy and fresh cheese curds and they call "poutine." What a beautiful country – Canada!

Congratulations to our student Satnam Singh for receiving his Canadian Citizenship on May 13, 2025!



Canadian National Anthem

O Canada!
Our home and native land!
True patriot love in all of us
command.

With glowing hearts we see
thee rise,

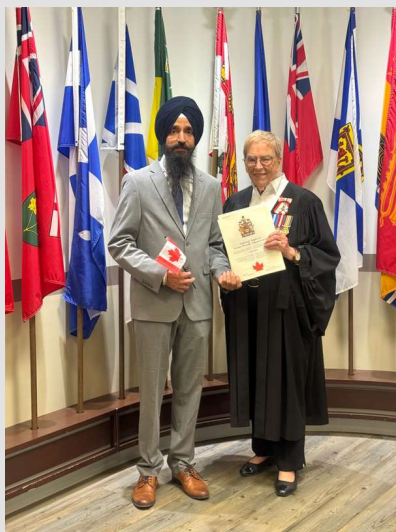
The True North strong and
free!

From far and wide,
O Canada, we stand on
guard for thee.

God keep our land glorious
and free!

O Canada, we stand on
guard for thee.

O Canada, we stand on
guard for thee.



Did you know?

You have to sing the
Canadian National
Anthem at the end of
your Citizenship
Ceremony!



Did you know?

In the consensus of 2021,
there were 33.1 million
Canadian Citizens. This
number is probably much
higher today!

Celebrating National Indigenous Peoples Day in Julia's AM LINC Class

June 21, 2025



Julia's Morning LINC class explored Indigenous Culture firsthand during their Indigenous People's Day celebration this semester. National Indigenous Peoples Day, which is on June 21 every year, is a great opportunity to learn about a group that is such a crucial part of understanding Canadian culture. After reading about Indigenous culture as a class, we were able to dive into an Indigenous tradition that has a special place in many Canadians' hearts. That is, of course, "crunchers" or, like many of us know them as, "fortune tellers". This paper craft and game was created by Indigenous Peoples a long time before it became popularized in Canadian elementary schools. Julia's class had a blast putting their own spin on this tradition, and Julia was thrilled to share with her students what it means to her as a Canadian. Indigenous Peoples have made so many contributions to Canada and Canadian culture, and we are very fortunate for the opportunity to learn about such a dynamic group here in our school.



Ćevapi by Igor Bratic

As serious, dedicated educators, the teachers at Equilibrium take professional development very seriously. Last Friday of each month, we all gather in our school's cafeteria for engaging presentations and team building. Hard work can make one famished, so I thought it might be a good idea to cook some food for my fellow teachers. I thought about what sort of food might hit the spot, and I immediately decided that treating them to a specialty from my parents' home country would be the way to go. I decided to bring a grill and some supplies on the last Friday in July and serve some home-style food to my coworkers.

Igor making cevapi for our teachers



In the heart of the Balkans lies Bosnia and Herzegovina, a country known for its rugged mountains, Ottoman-era towns, and a rich tapestry of cultural influences. Situated at the crossroads of East and West, Bosnia has long been a meeting place for different peoples and traditions — and nowhere is this more evident than in its food. One of its most beloved dishes, ćevapi capture this blend perfectly.

Ćevapi are small, hand-rolled grilled sausages made from seasoned minced meat, usually a mix of beef and lamb, though variations exist. Traditionally served with warm somun (a soft, pita-like bread), chopped onions, and a dollop of ajvar (a roasted red pepper spread), they are a staple of Bosnian cuisine and a symbol of hospitality. The dish traces its roots to the Middle Eastern kebab, brought to the Balkans during centuries of Ottoman rule. Over time, Bosnians made it their own, adapting spices and preparation methods to local tastes and ingredients.



However, ćevapi are more than just food — they are part of the social fabric of Bosnia. Whether enjoyed at a bustling outdoor grill in Sarajevo's Baščaršija or at a family gathering, they bring people together. Sharing a plate of ćevapi is an act of connection, reflecting Bosnia's history as a place where diverse cultures, religions, and traditions have intersected. For many, the dish represents a taste of home, embodying the warmth and resilience of Bosnian hospitality.



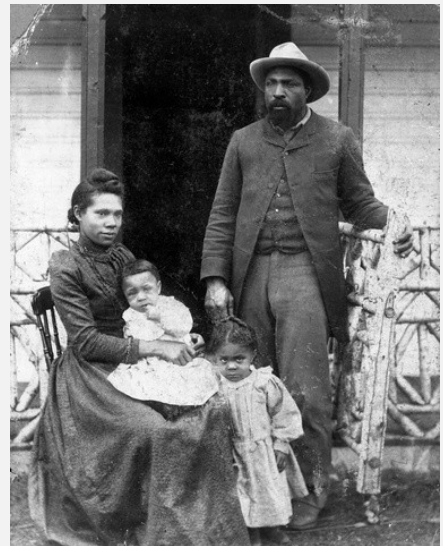
The ćevapi proved to be a hit with my fellow teachers. I had counted on leftovers and had even brought Tupperware to pack them in but in the end, there was absolutely nothing left. They were finger-licking good and were enjoyed by one and all.

John Ware – a Pioneer of the American West

During Stampede Week, **Tina's PM class** did a reading lesson on Alberta cowboy, **John Ware** and completed a writing task.

Here are the questions the students chose from:

- What challenges do you think John Ware faced as an African American cowboy in the 19th century?
- How do you think John Ware's experiences as a slave influenced his life as a cowboy?
- In what ways do you think John Ware's contributions to the ranching industry still resonate today?
- How does John Ware's story challenge stereotypes about the American West?
- What can we learn from John Ware's resilience and determination in overcoming obstacles?



Here are the paragraphs written by the students:

Sif

Even after escaping slavery, Ware lived in a time when racism was widespread across North America. He likely faced social prejudice, limited rights, isolation, racism and discrimination.

John Ware overcame slavery, racism, poverty and the physical demands of frontier life. He didn't just survive, he earned widespread respect and left a lasting legacy. His ability to overcome these obstacles speaks to his resilience, strength of character and quiet leadership.

Mario

John Ware was born in 1845 into slavery in South Carolina. We know slavery means that it is not an easy way. He started to work in the cotton fields very young and it was hard for a child. He was free in 1865 and made his way to Texas where he started to work on a ranch and developed his ability to handle cattle and horses. He became an exceptional cowboy. In 1882, Ware traveled north to Canada where he played a very good role in the ranching industry. His reputation was known as a solid cowboy, and he became a respected cowboy. He introduced some new techniques and practices. Even these days we still talk about him as a famous cowboy in the west of Canada.

Roman

He faced racism and unfair treatment because he was black. His history shows that black people helped build the West. Being a slave made him strong and hard-working. He helped make ranching better and people still use his ways today. His story shows that not all cowboys were white. We learn to be strong and never give up.

Khaterah

John Ware likely faced many challenges: racism and discrimination because he was black, especially during that time many people were treated unfairly because of their race. I think he had exceptional talent. I felt proud of his hard work but he also faced frustration of racism. He contributed to the growth and success of the cattle industry in Alberta. John Ware shows strong skills, hard work, and fair treatment of others. His legacy inspired ranchers today.

Oksana

John Ware was an exceptional figure in American West history. He became one of the most respected cowboys of his time regardless of being born as a slave. He also experienced racism as he became a cowboy in Texas. He made a really long way from slavery to well-known and respectful cowboy in Canada. John Ware is a good example of inspiration and motivation to be resilient and determined in overcoming obstacles or difficulties in your life. I can't imagine how hard it was to handle racial stereotypes at that time and keep doing the job you've never done before. He teaches us to never stop and don't be afraid to be different from others, to be resistant, to work hard, to be persistent against any obstacles in your life.



A personal view of tinnitus

By Darren Poppleton



Tinnitus is often called “**ringing in the ears**”. Most people experience it at some point in their lives, especially after hearing a loud noise.

Some people, however, experience tinnitus permanently in one or both ears.

I started experiencing tinnitus three years ago **out of nowhere**. Some people get it after some sort of noise that damages their hearing, but it seems that my affliction is simply from **too much noise over a prolonged period of time**.

What are some ways to avoid this situation?

Good hearing health starts by protecting your ears.

If you are going to work with power tools or near other loud noises, use earplugs. Basic foam ones are available at any hardware store and cost very little. The small amount of time and money needed to make that change is worth it.

If you like going to concerts, you may not want to use the foam ones because it will make the music muffled. In that case, you will have to pay 20, 30 or more dollars for a set of earplugs that reduce the loudness but do not interfere with the tone quality of the music. My current earplugs reduce the sound by 20-25 dB but let me hear the music clearly, so I can stand at the front of concerts and not damage my hearing.



In fact, here I am at a concert by the punk band Otokoke Beaver!

If you do start experiencing ringing in your ears, you will want to make sure you **visit your doctor and/or an audiologist**. Your doctor can help you rule out some rare causes that are more serious, and your audiologist can help you cope with the likelihood that you’ll be hearing a squealing sound for the rest of your life!



As my left ear says: “Squeeeeeeeeeeeeeeeeeeeeeeeee!”

That translates to:

TAKE CARE OF YOUR HEARING!



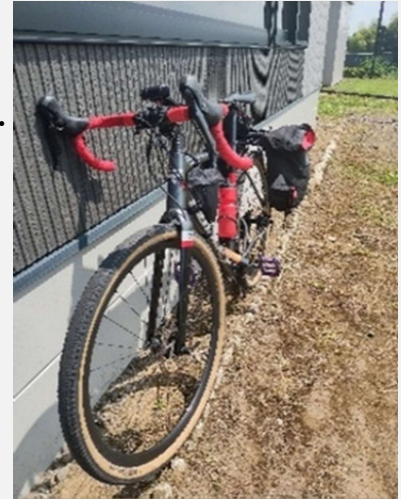


An Unconventional Journey Through Japan

By Leigh McAvery



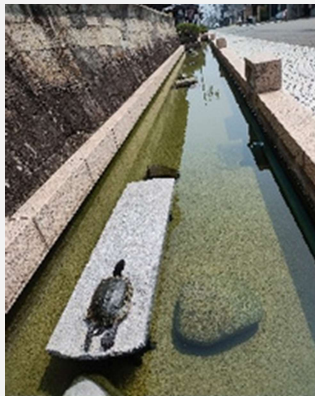
Last month, I embarked on a unique adventure: cycling across Japan. Covering roughly 1,000 kilometers, I chose to explore the country not through its bustling cities or tourist hotspots, but by pedaling through its quieter, rural landscapes.



My connection to Japan began at age 16, when I first immersed myself in its language and culture. This trip was a chance to put that knowledge to use and experience a side of Japan that most tourists overlook—or never even know exists.



Clean Streets, Konbini Culture, and Curious Creatures



In Japan's countryside, one of the most striking features is the immaculate streets. This isn't just municipal upkeep—it's a reflection of deep cultural values. Many retirees voluntarily clean public spaces, trim vegetation, and maintain local beauty, driven by a sense of community responsibility.

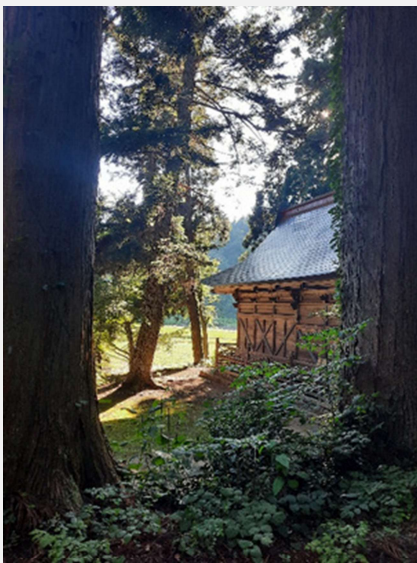
Convenience stores, or konbini, are another marvel. Chains like 7-Eleven, Lawson, and FamilyMart offer high-quality meals, snacks, and daily necessities at affordable prices. I was surprised by the variety and usefulness of the products—far beyond what you'd expect from a typical convenience store in Canada. I encountered some bizarre bugs near these stores and in rural areas that I'd never seen back home!



Nature's Abundance Beyond the Cities



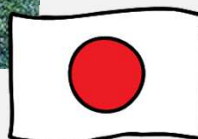
While Japan is often associated with futuristic cityscapes, its rural regions are overflowing with natural beauty. From serene lakes to cascading waterfalls, many parts of the countryside feel untouched by human development.



While also in cities and towns, Temples and shrines are also nestled within these landscapes, offering peaceful sanctuaries from the intense summer heat. With temperatures soaring to 35°C and humidity hovering around 80%, these spiritual sites provided not just shade, ***but a sense of harmony.***



Shinto shrines are designed to blend seamlessly with nature, using organic materials and minimalist architecture to honor the spirits (kami) believed to inhabit the natural world



Over-Tourism and Japan's Warm Hospitality

Japan has seen a surge in tourism in recent years, with over 40 million international visitors expected in 2025. While this boom has boosted the economy, it's also led to challenges—especially in popular destinations like Kyoto and Mount Fuji, where overcrowding and environmental degradation have become pressing issues.

Despite these pressures, I found the Japanese people to be remarkably kind and welcoming. Their hospitality is rooted in cultural values of respect and politeness, and even in areas affected by over-tourism, locals maintain a warm demeanor toward foreigners.



General Thoughts about Japan's Future - A Nation in Transition

Japan is also undergoing a societal shift. With one of the world's fastest-aging populations and a declining birth rate, the country is increasingly turning to immigration to fill labor shortages. Programs like the Specified Skilled Worker visa are opening doors for foreign workers, especially in industries like healthcare and agriculture.



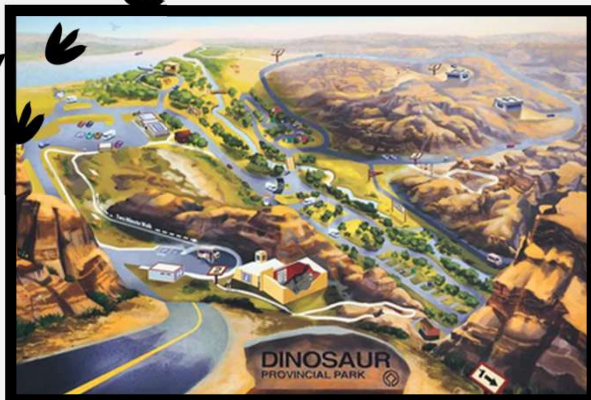
I noticed that while Japan has historically been culturally homogeneous, attitudes toward immigration are evolving. Integration remains a challenge, but the need for a younger workforce is reshaping public policy and social norms. On my future trips to Japan, it will be interesting to see how the country evolves to meet its challenges!

Dinosaur Provincial Park

Hello! I hope everyone is having a great summer, especially since the temperatures have generally been much cooler compared to last year.

For the last Equilibrium Newsletter, I wrote about the community of **Rosebud, Alberta**, and its various attractions, including the **Rosebud Theatre of the Performing Arts**. Hopefully, some of this newsletter's readers took the 1.5-hour trip from north-west Calgary out to Rosebud to enjoy some live theatre performances this summer. Perhaps some of you also went to Drumheller, Alberta, a short 25-minute drive beyond Rosebud to tour the magnificent **Tyrrell Dinosaur Museum and the area's badlands**. I hope everyone who went to one or both destinations had a wonderful time!

Now I want to feature another place in south-eastern Alberta that many people have never heard of, let alone visited: **Dinosaur Provincial Park!** This beautiful park is located about 48 miles north-west of the town of Brooks, Alberta, and is about a **2.5-hour drive from Calgary**.



My wife and I camped there several years ago, and we were very impressed with the many features that the park offers. Like Drumheller, Dinosaur Provincial Park is located in badlands of the Red Deer River valley and also features lots of walking trails through the "hoodoos", where you will see lots of interesting desert plants and wildlife as well as dinosaur bone excavation sites!



A picture of the Willow Creek Hoodoos



A picture of the Badlands in Drumheller

The park also features a museum. I forget how much the charge is for admission but remember that it was quite a bit cheaper than the one in Drumheller. The Dinosaur Provincial Park Museum is smaller, but it also contains dinosaur exhibits and interesting geological artifacts found in the region. In addition, the museum has an interactive play area for children to enjoy.

So, if you and your family like going to museums, camping, glamping, nature trails, and even river canoeing, take a drive out to **Dinosaur Provincial Park** this summer. It will be an experience you soon won't forget!



**-George Van Bruggen,
Equilibrium Instructor-**

How do you balance work and personal life?



A writing piece from Aleksa's afternoon class



Svitlana:

"People should balance their work and personal lives by **setting clear boundaries**, such as limiting work hours and prioritizing time for rest. People should also focus on family, friends, and hobbies.

Jesus:

"I think everybody should **communicate** more with their families and work together."

Thai:

"Everyone ought to **set a clear time to stop working each day** and spend quality time with family and friends."

Mariusz:

"You had better focus on your health. People should remember that work is just a way to make money, and **it's important to stay healthy and safe.**"

Yolanda:

"People had better **find balance** in their lives. Take time for work, friends, and family."

Carina:

"People should coordinate housekeeping, cooking, medical appointments, and work to **make everything fit on a schedule.**"

They also talked about the reasons why parents should support their children's creativity:

Sunny:

"Parents should support their children to learn how to create things because they will be able to spend time together in the process."

Mariusz:

"Parents ought to help their children stay strong with hobbies like hockey or soccer. Parents should buy equipment such as sticks, skates, or jerseys."

Thai:

"Parents should give their children free time to play music and draw."

Teacher Aleksa:

"Parents should support their children to be creative because creativity helps children express themselves, build confidence, and solve problems. Parents can encourage creativity through games, art, or music. Supporting creativity within children strengthens bonds, and it shows children that their ideas are valuable. By allowing children to create, parents help their children grow into curious and confident adults."



The Importance of English and Tips for Better Learning

A writing piece from Ron's afternoon class

The students in Ron's advanced writing class were asked to write about the importance of learning English. They also wrote some tips on how to better your language skills!

Ezzidini Abdessanad:

Learning English can be very difficult for many reasons because English grammar, punctuation and articles are very hard to remember when to use them in the right tenses. Also, it's hard to remember all the vocabulary because it's not my mother tongue I don't use it every day. Learning English at an older age can be very challenging because of **lack of time and family responsibilities**. That why, learning English requires efforts and a lot of time.

There's many ways that/which can help you to learn English. First, is the **practice of the language every day with English-speaking people**. Second, **writing in English** can help you remember the vocabulary you learned. Third, **reading books** and taking online courses can be very helpful. Fourth, using apps and **watching funny cartoons** in English can make your learning journey more fun. When you use all those tools mentioned above, **learning English can be very easy and an enjoyable task**.

Ben Freire:

It is not easy to learn a new language. Firstly, the grammar like punctuation, pronunciation, or new vocabulary are big obstacles to go through. Secondly, the time you spend on it is very important because these days we are busy as a bee, so is difficult spend time, yet is not the most important reason. The difference between English and your mother tongue is another obstacle for learning. The most important motivation to learn is, if learning a new language is a priority or not. In conclusion, it is **not easy to learn a new language but not impossible**.

Learning a new language is difficult, but there are good ways to do it. Firstly, courses or school programs are the best, so **if you want to master a new language you need to dive in**. Watching T.V. with no subtitles is good to get familiar with the speed, the pronunciation, and making your brain adapt to the new language. **Having conversations with native speakers** is a very useful way as well. When you talk to a native English speaker you can infer what a word means even if you don't know the meaning of it. Asking questions is a powerful way to understand and correct your knowledge. Once you get better, **you can try to think in that language**, so your brain rewires faster to include the new vocabulary as part of your communication skills. Reading books listening to the radio are good tools as well. There is something important to know, you should try to find somebody that you like how they speak and try to mimic their speaking. There are a lot of ways to learn a new language, but in my opinion all of it depends on if you want to learn or not.

Rachid El Kaghene:

English is the most widely spoken language in the world, so it's important for everyone to learn it. Here are some tips to help you learn this new language. First of all, practising English is crucial, so **speaking English both at home and in public**, especially with native speakers, can improve your fluency. Secondly, reading books, newspapers, and articles can help you to **expand your vocabulary and improve your comprehension**. Thirdly, the most difficult parts of learning a language are vocabulary and grammar, so taking online courses or in-person courses are the best ways to master them. Finally, **learning any language requires time, perseverance, and active involvement**.

Most adults have difficulty learning a new language, unlike young people who often become fluent in a short time. Among these challenges, pronunciation is a common issue, our tongues tend to speak like our native languages. Additionally, the complexity of grammar rules demands perseverance and patience. Acquiring vocabulary also takes time, but sometimes, it is not possible due to busy lifestyles. **Despite these obstacles, learning another language offers many benefits**.

Arvinder Hanspal:

It is very difficult to learn the English language because **English is a strange language**. It is hard to remember grammar, punctuation, vocabulary, and pronunciation. It's very hard to remember because lots of things are going on in my life like stress and pain. I can not use it all the time because my mom can not speak English.

The best way to learn English.

The best way to learn English is to **talk in English more with people**. We have to watch TV and read books and newspapers. We also have to **use the internet to watch documentaries** and do online courses in English. We have to talk all the time at home or outside with friends and family, **not be shy when we speak**, and give time to learn and remember vocabulary.

Moh'd Ayyoub:

Although learning English is extremely important, it also presents many challenges and difficulties. Some of these difficulties facing English language learners are as follows: First, **English grammar differs greatly from other languages**. For example, English punctuation and the way they is used differ greatly from Arabic. Second, the major problem facing English learners is practice. **In other words, it's rare for an English learner to always speak English while everyone around them speaks another language.** The third important point is the lack of time. It's well known that learning English requires perseverance and practice, which requires a lot of time and is often scarce due to people's busy schedules and other life concerns. In conclusion, learning English, despite its importance, is not easy as it is a new language and **requires time and practice**, and these things aren't always available.

There are many important languages at this time that make it easier for individuals to study, work, or even move from one country to another in search of a better life. English is one of the most important languages that most people are keen to learn. In my opinion, the best ways to learn English are as follows: First, make sure to enroll in a school that specializes in teaching English, and preferably with a native-English teacher. For example, a student who learns English from a native-English speaker will learn better than one who learns from a teacher whose second language is English. Second, education in school alone is not sufficient; **the language must be practiced so that the student learns how to use it correctly.** For example, a student who studies in a school in an English-speaking country learns faster and more correctly. Third, watching television in English, as well as all media, helps students learn faster. For example, watching television in English provides students with a large stock of new words and correct grammatical usage. **The conclusion is that there are many ways to learn English, and the most important of which are for the teacher to be an English speaker in an English-speaking country, as well as practicing the language well.**

Sandrine Foute:

Learning English is difficult for many learners. One reason is grammar, especially punctuation and articles, that are often tricky to understand. **Pronunciation can also be hard, due to some sounds which do not exist in other languages.** New vocabulary is another difficulty because it takes time and practice. In addition, English may be very different from one's mother tongue, which makes understanding and speaking more complicated. Finally, many people have busy lives and do not have enough time to study regularly. In conclusion, **learning English can be a real challenge for many people.**

There are many good ways to learn English. One of the best methods is to get fully involved with the language by watching English TV shows, movies, or news. Travelling to a country where people speak English helps people learn faster by practicing in real situations. People can also improve by speaking with native speakers or taking online courses. **Reading books in English is also helpful.** It's important to use English as much as possible and try to think in English during the day. Finally, **do not be afraid to make mistakes**, speaking is the best way to get better. Overall, even though learning English is not easy, there are many helpful ways to improve.

Saima Asif:

In my opinion, **learning a new language can be difficult** for several reasons because every language has different rules such as grammar, vocabulary, and spelling. Firstly, you need to know how to use the correct grammar structure. Secondly, you need a lot of knowledge of vocabulary which can be improved by memorization and practice. I have shared my own experience on what are the best ways to learn a new language.

Here are some of my tips. When I arrived in Canada, I felt that English was very difficult because my native language is different. **To improve my English, I started volunteering at my kids' school.** Being around other people speaking English helped a lot with improving my communication skills. I also started **watching English TV shows and news** along with reading newspapers which helped my listening and reading skills. I later joined an English class to improve my writing skills and patch mistakes that I wasn't aware of. **Finally, I found that anything is possible, and nothing is too difficult to learn if you are motivated.**

Jatinder Singh:

Language plays a very important role in our lives. Sometimes it is very hard to learn a new language because of its pronunciation, alphabet, grammar, punctuation, and much more. Often, I speak my mother language, so I do not get time to practice or talk in any other languages. **Plus, it takes so much time to learn a new language, and it is very hard to take time out of your daily life.** Overall, if you try your best, you can learn any language.

There are some great ways to learn a new language. Some ways are **to watch TV shows or movies in English, get into an online course**, use the language all the time, and do many more things to learn a new language. Also, you can talk to a native speaker, and while you are talking, you get to know the new terms the speaker uses, the way the person speaks, and the speed at which the person speaks. **Overall, there are so many ways to learn a new language.**

Some fun facts about English

1. English is the official language of over 60 countries.
2. Hundreds of new words are added to the English language every year.
3. The most common letter in English is “e”.
4. “The quick brown fox jumps over the lazy dog” uses all 26 letters of the English alphabet. This sentence is called a pangram, because it uses all of the letters in the alphabet.
5. If you wrote out all the numbers (i.e. one, two, three...), you would not use the letter “b” until the word “billion.”
6. More people in the world have learned English as a second language than there are native English speakers.
7. The word “swims” is STILL “swims” upside down!

Our students went to Kananaskis for a daytrip!

The EAL students went on July 31st !



The day started with the bus breaking down...



A new one came quickly, and the trip continued!



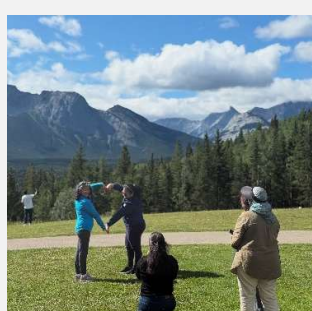


After an awesome picnic, they also went for a walk with some amazing scenic views of the Rocky Mountains!

Did you know?

The Rocky Mountains are home to the Continental Divide, which separates rivers flowing to the Atlantic and Pacific!

On August 7th, our LINC students went to Kananaskis too!



This trip allowed for everyone to have some fun in the sun, get to know each other better and take a break in the beautiful mountains away from the big city!

Kananaskis Trip for LINC students



Kananaskis Trip for LINC students

