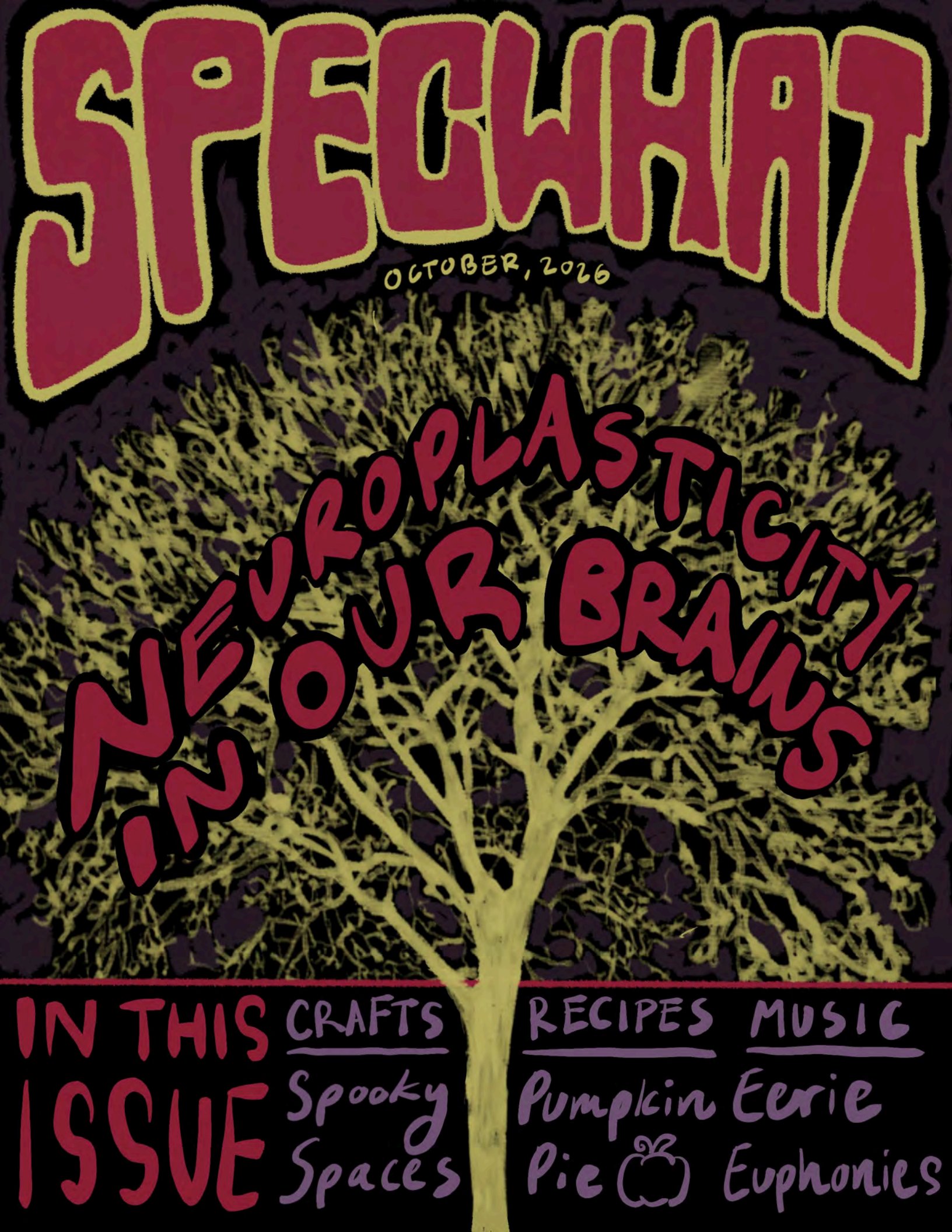
SPECWHAT

OCTOBER, 2026



NEUROPLASTICITY IN OUR BRAINS

IN THIS ISSUE

CRAFTS
Spooky Spaces

RECIPES
Pumpkin Pie

MUSIC
Eerie Euphonies

STAFF



PRES., DESIGN & MUSIC



DESIGN, FASHION



DESIGN



PEER EDIT. & DESIGN



HOW TO



EVENTS



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SOCIAL MEDIA



SOCIAL MEDIA

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Out and About October

it's the national month of..
Breast Cancer Awareness
ADHD Awareness
Spooky fun times...

Markets

-Bastion Square Market- October 7-10, 11am-6pm

-Esquimalt Farmers Markets, every Thursday starting October 2nd, 4:30-7:00
At Esquimalt rec centre

Uvic Sports

Come and support our local athletes! Uvic has a variety of sports up and running this month. Watch rough tackles from their men's rugby team or intricate plays in soccer and field hockey. Find more information including tickets and time on Uvic's Athletic website.

Games Include:

October 10- Men's Rugby vs TWU
October 11- Men's and Women's soccer vs UBC
October 15-18- Women's Basketball Invitational

October 17- Women and Men's Soccer vs UBC Okanagan
October 24- Men's Rugby vs UBC
October 29- Women and Men's Basketball vs UFV
October 31- Men's Rugby vs Westshore

Yeehaw!
Do you miss sunfest already? Country musician Owen Rielging performed at Sunfest and now, he's back on the Island for one night in October. Don't miss the second chance! Find information on his instagram or tickets at owenriegling.com
-Owen Riegling, October 18, 8:00pm
At Mcpherson Playhouse

Are you ready for the spooky season? If not, some of these halloween activities may get you into the spirit. If you're looking for something to do with friends, grab a group and pick your poison! Visit the respective website for specifics.

Haunted Manor: Mini Golf and Ping Pong Lounge
Horror Escape Rooms
Ghostly Tours
Farms all through October
During the day from Oct 3-Nov 1 on the weekends

New Turf in Town

by Liz Allan



As many of us know, Thursday was the official opening of the brand-new Spectrum Community School turf. As a member of Spectrum athletics, I know I am speaking on behalf of the rest of the athletics school body when I say that we are very excited to have this field to get to play on and enjoy while at this school. The community outside of the school is also pleased with this opportunity to grow athletic development in and around the school in this new space.

Since the beginning of the school year and the opening of the turf, a few of the school teams have gotten a chance to use the new field for both practices and games. Both Boys Soccer and Football have begun their seasons and will be playing on the turf in the coming weeks. Please don't be afraid to show up to watch and show school spirit during home games as it will help keep the energy up on the field. The rest of Spectrum's Football games will be homegames, so I look forward to seeing people showing support from the sidelines on Fridays after school.

While the new turf has attracted a lot of attention, it is important to note the other fall school sports that have just begun. Sr. and Jr. Boys and Girls Volleyball teams have been locked in since the earliest possible opportunity this year and have started the season off with a bang. The Cross Country team, led by Mr. Norris has also been seen covering ground around the school and I am looking forward to the development of that season.

Some newer sports taking place at Spectrum this fall are the Girls Field Hockey team and the 2nd year return of the Swim team. Mr. Cherry has taken initiative to kickstart a field hockey team at Spectrum and practices have just begun. This team has tons of potential and I look forward to seeing how the season takes shape. The Swim team is back in action with both new and returning swimmers and after making provincials last year, this team is expected to make a splash!

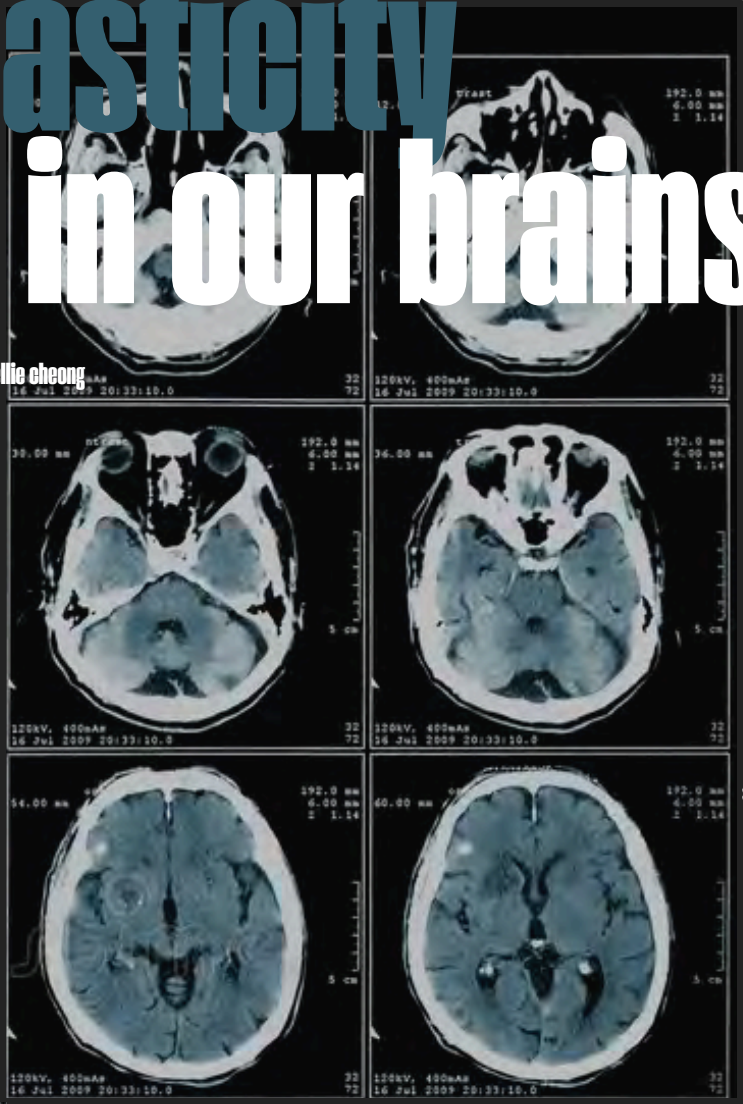
As the fall season ramps up, we should recognise the staff, students, community partners and donors who have made both the turf projects as well as the amazing sports team diversity at our school possible. I can't wait to see what this year has to offer to our amazing Spectrum athletics community!



Neuroplasticity in our brains

Neuroplasticity is the ability of the developing brain to reorganize itself, form new neural connections, and adapt in response to learning, experiences, and environment.

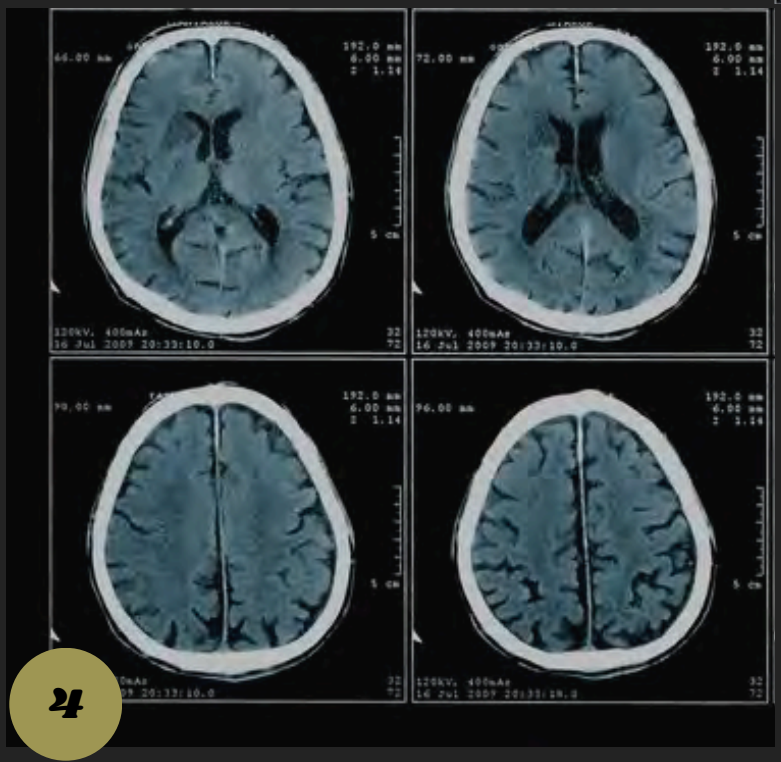
by: ellie cheong



Neuroplasticity in a child's brain is mind blowing. A baby is born with more than 85 billion neurons in its brain, with plasticity reaching its highest levels during infancy and early childhood. During this time, the brain creates about 1 million new neural connections every second.

During childhood the brain is highly sensitive to experiences, turning daily interactions into lasting changes in the brain. The young brain overproduces connections and acts like a sculptor, strengthening connections that are repeated, and "pruning off" those that are not.

As children grow, their brain shifts from a system of flexibility to efficiency. In early childhood the brain has roughly twice as many synapses (microscopic junctions that allow neurons to communicate with each other) as an adult brain. At its peak, the brain forms over 1 million neural connections per second. This explains how toddlers can pick up languages and other skills quickly, and with ease.

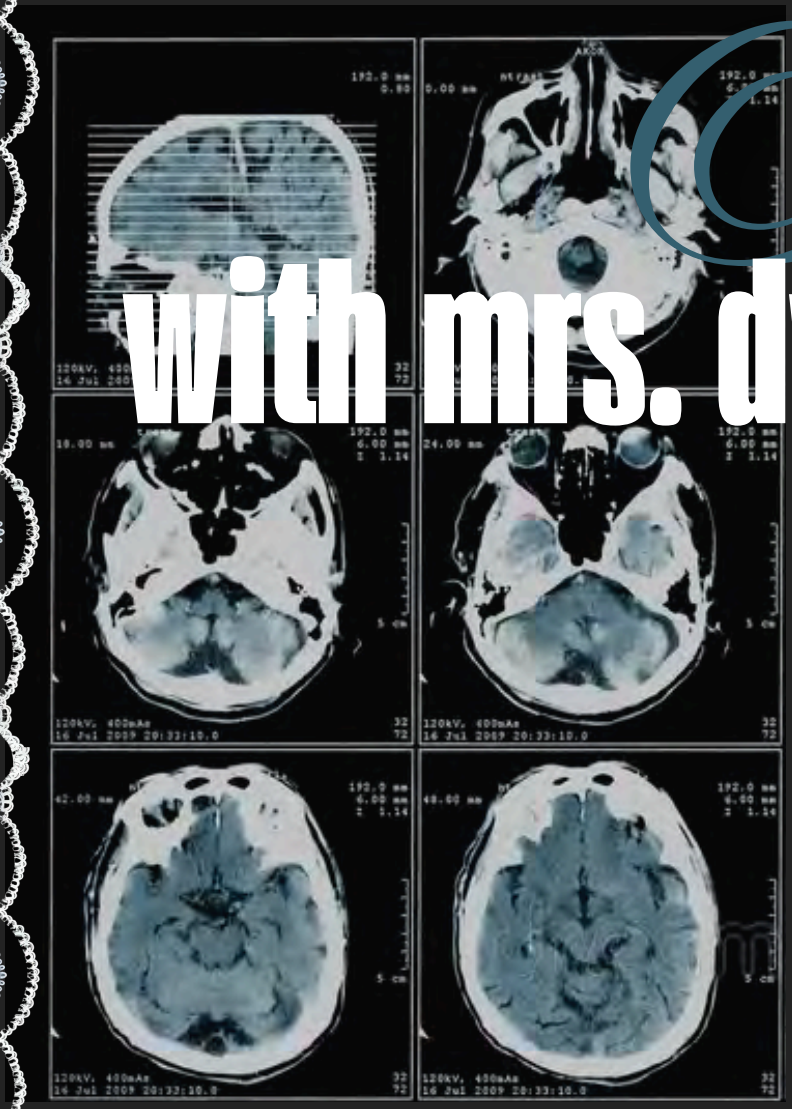


Then, during adolescence, the brain experiences a second window of opportunity. As puberty begins, the brain triggers a massive second surge of neuroplasticity. At this point the brain is super sensitive to peer feedback, explaining why adolescents become highly motivated by social acceptance.

Finally, during adulthood, the brain fully matures and develops the prefrontal cortex. This allows adults to think about the consequences of actions before they act. Neuroplasticity still exists as an adult, but requires more focus, effort, and repetition.

A child's environment is constantly shaping their brain. Talking to a child strengthens their language skills, and playing builds problem solving skills. This is why childhood experiences are so crucial. The brain is constantly adapting to the world around it, becoming more efficient at what is repeated the most.

Ultimately, the development of a brain isn't only shaped by genetics, but also by the experiences, relationships, and environments surrounding it. What children see, hear, feel, and experience helps shape the brain they carry into adulthood.



Interview with mrs. dyck

by: giselle moldovanos

Q1:

Why do you think understanding neuroplasticity is important for teenagers to know about?

A1:

"I think it is most important to recognize that our brains **are** neuroplastic, which means they are capable of making and strengthening new connections, and can also 'let go of' unneeded pathways (think 'use it or lose it'). This is so exciting if there is thinking or behaviours that you would like to change about yourself. In the nature vs nurture debate, brain neuroplasticity invites us to lean into the nurture.

I do not want to dismiss the aspects of nature, as DNA and your unique chemistry give us the basis from which we can grow, but understanding neuroplasticity allows us to feel optimistic about having a little more control over ourselves and our development, which can be very empowering!"

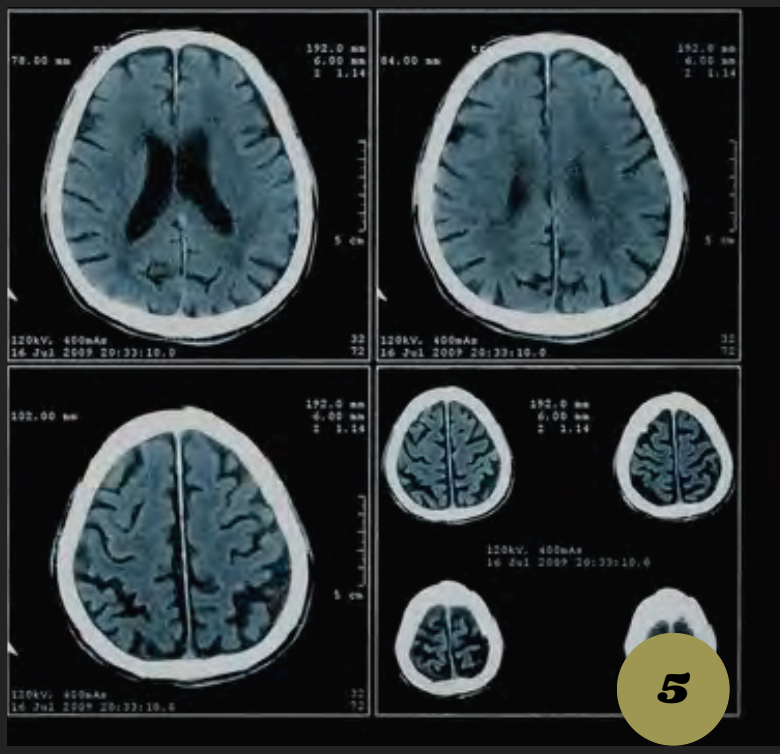
Q2:

How do you think practicing something repeatedly can change our brains?

A2:

"The neural pathways within the body use electrical and chemical signals that transmit information. When we practice something repeatedly we are strengthening those pathways by making them faster and more 'available' to us. Eventually these new pathways will be automatic. We know that 'practice makes perfect' with many skills, but it's also true for our thinking and behaviours! Repetition is the key.

An easy place to start is how you talk to yourself. Every time you think something you are reinforcing that idea. If you call yourself a procrastinator you are reinforcing that idea of yourself. If you call yourself stupid you are reinforcing that idea, too. Try to think of something more positive to reinforce, like "I am determined", or "I am learning".



The Books That Everyone Is Reading

by Caitlin Perdue

Someone Is Watching
Kelley Armstrong | Thriller | YA

Brief Overview
The story follows Blythe Warren, a dedicated high school student whose life drastically changes after her friend Gabrielle is found covered in blood near a dead school administrator. The issue is, Gabrielle doesn't remember anything that took place during the incident. As they try to piece together what happened, they realize their memories may not be as trustworthy as they originally thought.

Why is it trending
This book is trending due to its high suspense, and terrifying events that take place during the book making it irresistible to read and easy to get hooked to.

Main themes:
Psychological thriller
Mystery
Friendships and loyalty



The Housemaid
Freida McFadden | Thriller/Mystery • Mature

Brief Overview
Nina Winchester's maid job was Millie's chance at a fresh start. A new job, a place to stay, steady income... What is there to lose? It was easy to ignore the strange lies and weird behaviour from Nina, but what she couldn't ignore was Nina's miserable, handsome husband. How could someone like that fall for Nina Winchester? Nina had it all. The perfect husband, a beautiful house, a daughter... How could it have gone so wrong? Throughout it all, Millie had to remember one thing, they didn't know what she was capable of.

Why is it trending?
Freida McFadden does an excellent job building suspense. It's nearly impossible to put the book down. Whatever you predict will happen next, I can guarantee you're wrong. Just last December, the "Housemaid" was released as a movie. From there, the attention that the movie received became outrageous, and drew many eyes towards the book.

Main themes:
•Psychological manipulation
•traps of power and poverty.

Trigger warning!!
Domestic and mental abuse is a mentioned theme in this book.

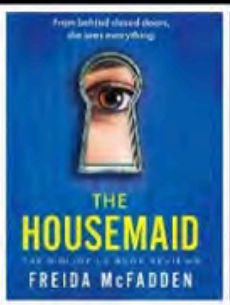
One of Us Is Lying
Karen M. McManus | Murder mystery | YA

Brief Overview
Monday afternoon detention is no different than any other day. At Bayview high, Bronwyn, Addy, Nate, Cooper, and Simon sit silently awaiting their departure. As if detention wasn't a horror on its own, Simon never makes it out of that classroom. Matter of fact, Simon died before detention was even over. Over the course of investigation, his death was discovered as not an accident. It was planned that on Tuesday Simon would release juicy inside secrets about all four of his high-profile classmates. Was this a planned murder to not reveal their secrets? Now you're not the only one who's thinking that, read more to find what the four suspects have to say for themselves.

Why is it trending?
After its appearance on Netflix and being featured on the trending lists, the book grew more attention to the young adult readers who are interested in romance + murder investigation format.

Main themes:
•Romance
•Murder-investigation
•suspence







designed by Leah

Pumkin Pie

by Neka

Fall has now settled in which means Thanksgiving is just around the corner! No matter if you choose to celebrate it or not, the holidays are always a little better with some good food. Here's my favourite pumpkin pie recipe that makes me grateful for tasty baking.

Single Batch

(Makes one large pie)

Pie Shell:

You will need a pre-made 9' deep dish pie shell if you want to keep the recipe simplistic. If you want to make the pie dough from scratch follow the recipe below.

Pie Shell Ingredients:

4 cups all purpose flour
1 ¾ cups shortening (chilled and cut into cubes)
1 tsp salt
¼ tsp vinegar
1 cup cold water
1 egg

Pie Filling Ingredients:

2 cups pumpkin purée
3 eggs
1.25 cups brown sugar
1 Tbsp Cornstarch
0.5 tsp salt
2 tsp cinnamon
1 tsp ginger
0.5 tsp nutmeg
0.5 tsp cloves
0.5 tsp pepper
1.25 cups heavy cream, half and half, or evaporated milk

Pie Shell Instructions:

Mix flour and salt together.
Cut in the shortening using a pastry cutter until it resembles the texture of gravel.
Mix egg, vinegar, and half of the cold water together; add this to the flour mixture.
Using your hands, combine into a ball, add more cold water as needed, kneading slowly.
Roll dough on a floured surface until it is roughly 16' in diameter. Lift into a pie dish and trim the edges.



Directions:

Preheat oven to 350 degrees fahrenheit
Whisk eggs and set aside
Mix all other ingredients by hand in a large bowl. Try to avoid bubbles forming. Add in whisked eggs and mix in thoroughly.
Pour into the prepared pie shell.
Cover the top with tin foil and bake for 30 minutes at 350 degrees fahrenheit
Remove the foil and cook until the center no longer appears liquidy (approximately 15 minutes).

designed by Leah

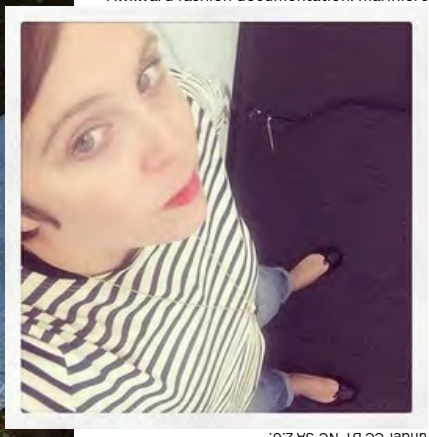


"Ballet Flats" by yourfaceisjon is licensed under CC BY-NC-SA 2.0.



"Ala Moana Fall Fashion Event 2011 by CW Abas Photography is licensed under CC BY-NC-ND 2.0



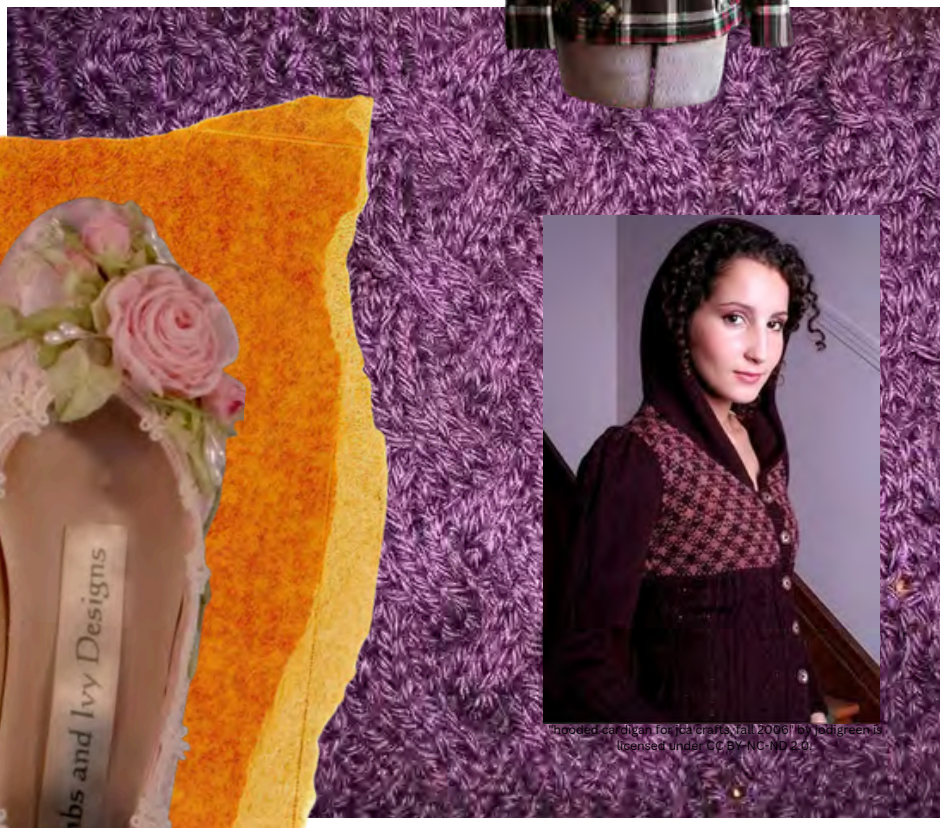


"Awkward fashion documentation: marinière, boyfriend jeans,Repetto ballet flats" by killerfemme is licensed under CC BY-NC-SA 2.0.



prada 2026 womenswear collection







"lace ballet flats" by lambsandivydesigns.com is licensed under CC BY 2.0.

"hooded cardigan for jcrew arm&hall 2006" by odigreen is licensed under CC BY-NC-ND 2.0.



What will you wear this fall?

Whatever is in your closet will certainly suffice, fall fashion isn't known for its annual changes, but rather its familiar colour pallet and plaid.

-Please wear some fun pops of colour in all the grey. I am famously a fan of grey, but am working on incorporating some brightness.
-On the runways, there was a very apparent art deco resurgence just sprinkled in, which is of course on track with last seasons shift towards the messy girl, really just a funny descriptor for wearing what you like and being chic, what have you.
-Skirts and Jeans
-Capri's are still here after the warmer months, please wear them please
will discuss ballet flats in a later issue, but for now just wear them just wear them please



'Prada FW 2026 Womenswear', Prada, https://www.prada.com/ca/en/pradasphere/fashion-shows/2026/fw-womenswear.html. Accessed 28 Sept. 2026.



'Prada FW 2026 Womenswear', Prada, https://www.prada.com/ca/en/pradasphere/fashion-shows/2026/fw-womenswear.html.





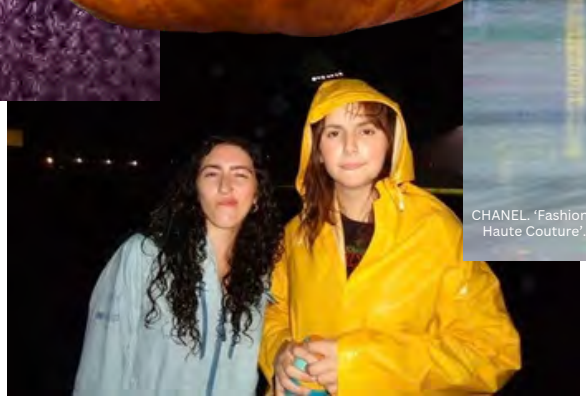
"Pink knitted cardigan" by [illegible] licensed under CC BY-NC-SA 2.0.



"Best friends cardigan" by AnnaKika is licensed under CC BY 2.0.



New Item...
CHANEL. 'Fashion Shows, Ready-to-Wear and Accessories Collections, Haute Couture'. CHANEL, https://www.chanel.com/ca-en/fashion/.





By Charlie

HOW SIOUXSIE AND THE BANSHEES INSPIRED GOTH

by Kaiya Nagel



"File:Siouxsie and the Banshees-3.jpg" by Paulus1

As we adjust to the early evenings and grey skies of October, a certain chill tends to take over our bones. The season of fear is upon us... and with Halloween just around the corner, I see no better time to discuss the pioneers of goth rock, Siouxsie and the Banshees. Emerging at the beginning of the post-punk movement, the band aimed to shock and surprise audiences. Between lead singer Siouxsie Sioux's striking appearance and the band's discordant tunes, they brought an interesting edge to the rock scene of the UK. That very edge would inspire bands such as Joy Division. Bauhaus, and the Cure to adopt a dark, gothic sound.

Every time I hear the wailing voice of Siouxsie Sioux, I just want to cry. It seems totally separate from the jingling, jangling instrumentals of the band. Sioux seems isolated. As a result, listening to Siouxsie and the Banshees feels isolating, and sometimes frightening. In the song "Spellbound" off their 1981 album, *Juju*, the guitar and drums merge to embody the sensation of running away. When paired with Sioux's jerking vocals, a sense of fear and urgency creeps throughout the track. This ability to forge rich, eerie atmospheres distinguished Siouxsie and the Banshees from their former inspirations, such as the Sex Pistols and The Damned. These early punk bands were well known for their raw, aggressive music. Over the years, Siouxsie and the Banshees strayed farther and farther away from this musical style, eventually adopting a distinctly pop sound in an effort to breach the top 40's. On their cover of The Beatle's song "Dear Prudence", this pop rock style is evident. The original song by The Beatles was sweet and encouraging. Siouxsie and the Banshees took it and wove their thread of apathy and disappointment throughout. This attitude, driven by Siouxsie Sioux's singing and performance, would turn out to be a key element of the goth subculture.

When Siouxsie Sioux was just nine years old, she was sexually assaulted by a stranger. Her parents and the police did nothing about the incident, leaving her completely alone. Then, when she was fourteen, her father tragically passed due to his ongoing alcoholism. Sioux rightfully developed extreme distrust and anger towards the adults in her life and the world from an early age. As a result, her band's lyrical content often touched on the difficult and macabre aspects of human life. In the song "Candyman" off their 1986 album, *Tinderbox*, Sioux details the manipulation of young children by pedophiles. This lyrical content is quite obviously inspired by her own horrific experience. Backed by pounding drums and desperate guitar, Sioux wails "Sickly sweet, his poison seeks / For the young ones who don't understand / The danger in his hands / With a jaundiced wink, see his cunning slink / Oh, trust in me, my pretty one / Come walk with me, my helpless one." Likely influenced by their own punk icons, Siouxsie and the Banshees were known for discussing current political issues in their albums. In their 1978 track, "Hong Kong Garden", the band protests against acts of violence enacted by skinheads against the Chinese workers who ran the local takeaway restaurant that Sioux frequented. On this track, the lead vocalist sings, "Harmful elements in the air / Symbols clashing everywhere". You get the sense that there's real war and danger lurking around every corner. This apocalyptic atmosphere is present in every one of Siouxsie and the Banshees works. In later goth music, similar topics of death, destruction and violence would often rear their heads.

While gothic culture, architecture and music had existed for centuries before Siouxsie and the Banshees came onto the scene, their style really solidified goth music as its own genre. People inspired by the band's intriguing look and sound would go on to adapt it into their own performances and lifestyles, creating a real community. That just warms my heart really. The music and the look may be spooky and distinctive, but the way that these bands could take horrible things and turn them into atmospheric, beautiful works of art is universally inspiring and uplifting.



"Solo performance" by access.denied

EERIE EUPHONIES

I'm ready for fall, and yes, ohh yes I am ready for Halloween!! Here are some spooky tunes for the darkest days of October...

Bela Lugosi's Dead by Bauhaus

Drown by Strange Boutique

New Dawn Fades by Joy Division

Love You to Death by Type O Negative

Jams Runs Free by Sonic Youth

Dear Prudence by Siouxsie and the Banshees

A Forest by The Cure

Purple Lips by Nico

The Passenger by Siouxsie and the Banshees

She's Lost Control by Joy Division

Cheree by Suicide



"File:Siouxsie-siouxvan-oakland-np.jpg" by Andwhatsnext



"Siouxsie-Lollapalooza-1991" by Carlos Aguilar

Spooky Spaces - Some DIY Ideas to Fill Your Home with Festive Fear

by Ruby Eliason

The first craft is relatively easy and inexpensive, but definitely adds a spooky vibe to your space. These candles are perfect if you're hosting a party, or just for general Halloween decor.



Bloody Candles

Supplies:

- Plain pillar candle of desired size
- Red crayon
- A lighter

Steps:

Either light the candle and use that flame, or use the flame of the lighter to slowly melt the red crayon around the top edge of your candle. Go slowly so you can control the dripping and avoid any unwanted drops or messes. Continue around the candle until you have reached your desired level of gore.

This next idea is great because it uses stuff that you may already have (or could easily find at a thrift store for cheap) and all the supplies can be returned to their original state after halloween is done.



Lacey Ghosts

Supplies:

- Embroidery hoop (if making multiple, try to acquire a mix of shapes and sizes)
- Lace doily, table runner, or small table cloth
- Black construction paper
- Tape
- Scissiors

Steps:

Lock your lace material into the embroidery hoop so that the majority of the fabric is hanging down one side of the frame to give it that 'ghostly' look. Cut out 3 circle/oval shapes from the black paper for the eyes and mouth of the ghost. Tape on the black details then find a spot to hang your ghost. That's all! These ghosts can be easily disassembled if their supplies are needed elsewhere during the rest of the year.

I have a slight personal vendetta against fake pumpkins. Not only are they expensive and hard on the environment, but you also have to find a place to store them the 10 months of the year that they are out of fashion. You know what's cheap and compostable? Pumpkins! I like this next craft idea because it really adds pizzazz to your squash collection without involving carving, which means your creation will last much longer.

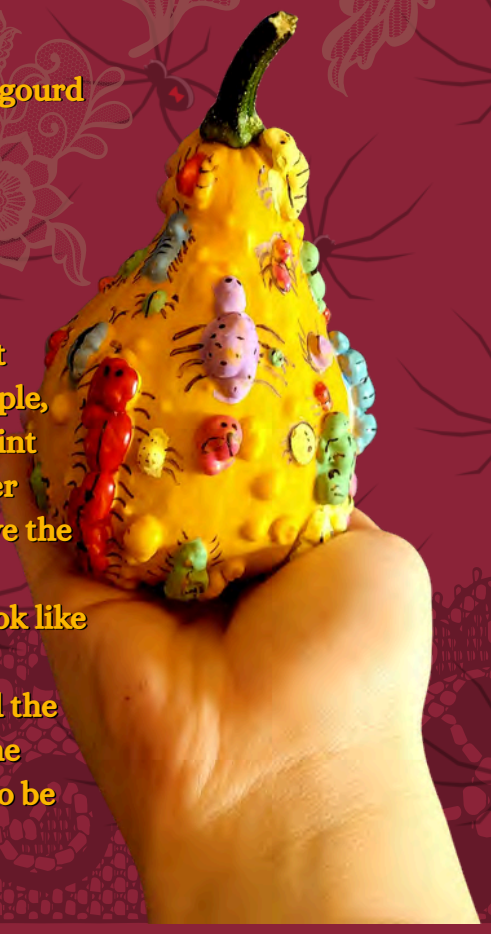
Creepy Crawly Pumpkins

Supplies:

- A perfectly warty, lumpy, and bumpy pumpkin or gourd (big or small)
- Various colours of acrylic paint or paint pens
- Small paint brushes if using paint
- A black sharpie

Steps:

Paint the lumps of your pumpkin a variety of different colours (try to make it look random). I used pastel purple, green, yellow, blue, as well as red and pink. You can paint each lump a solid colour, or if your pumpkin has longer more oval shaped lumps, you could paint stripes. Leave the paint to dry for at least a few hours, then go in with a sharpie to add details to the lumps that make them look like various creepy crawlies. Add legs, spots, dots, wings, whatever feels right! And that's it, you're all done! Find the perfect spot to display your art, and because we left the pumpkin whole, it should last awhile before needing to be composted.



How to Defeat the Dread of Studying

by: Samara McDowell

Nothing is scarier to a student than a test or exam that they are not prepared to take. So, I have created a list of helpful hacks that help prevent this from happening, as well as some helpful tips for the students who love to leave things to the last minute.

Stress: Firstly, we need to understand the importance of reducing stress when studying and taking tests, as well as the science behind what learning does to our brains. Stress worsens the operation of the prefrontal cortex, the area of the brain responsible for memory recall, and makes it much more difficult to remember what we spent so long studying and learning about. This is why using tools to reduce stress on test and exam days is so necessary for academic success and your body's wellness.

Brain's Activity: When we learn something new, our brain undergoes a process known as neuroplasticity, which refers to its ability to reorganize and form new neural connections. At first, these connections are weak; that is why repetition is so important because it reinforces these connections and the rewiring of your brain.

Tips:

To help those neural connections strengthen, create flashcards, highlighted notes, and questions to help get those facts to stick in your brain. Some helpful apps for these methods include Quizlet, Forest, Study Together, and Notion.

The scent of peppermint helps with focus because menthol in peppermint stimulates the hippocampus and increases your brain's alertness.

Does Chewing Gum Improve Memory? While no study has shown that chewing gum helps with memory-related tasks, Andrew Smith (2009) found that it does have the ability to enhance accuracy and alertness when taking a test.
Even if you'd rather stay up all night studying, sleep is still really important to your body's health; it can even improve memory. So, if you are feeling exhausted, take a 45-minute power nap (no longer), then run through your flashcards and quiz yourself. This will improve your memory and give your body a moment to rest.





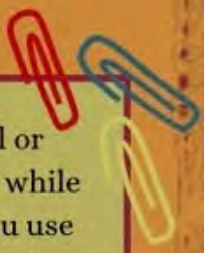
To get maximum sleep the night before an exam/test, read a book or go straight to sleep instead of watching TV or scrolling. Research shows that the light emitted from phones, computers, and televisions reduces the production of your body's natural melatonin.



Often, when studying for too long or focusing really hard on a test, headaches can occur, and although ponytails are helpful in keeping long hair out of the way, they can create a lot of tension in your head, giving way to more headaches. What I would recommend is using a headband, clips, or bobby pins to keep hair out of the way.







With all of these tips and tricks, studying does not have to be as stressful or overwhelming as it can sometimes feel. Taking care of your brain and body while studying is just as important as actually learning the material. Whether you use flashcards, take a short nap, chew gum, or simply make sure you get enough sleep, finding what works best for you can make studying much easier. The most important thing is to give yourself enough time to prepare and not be afraid to take breaks when you need them. By creating healthy study habits now, you can feel more prepared and confident when it is time to take that big test or exam.

designed by Leah



'Movie Review- "The Lighthouse" Is as Empty as Al Capone's Vault'. Stephen H. Provost, 9 Sept. 2020, http://www.stephenhprovost.com/on-writing/the-lighthouse.

The Lighthouse

Robert Eggers The Lighthouse is a 19th century period piece, which takes inspiration from the Greek mythological tale of Prometheus and Proteus, about two lighthouse keepers on a tiny New England island. This film explores the story of isolation and questions of what is reality and what isn't, while also raising more questions about the mystery of who our main characters really are. Robert Pattinson plays Ephraim, a man who found work as an assistant to Thomas. Thomas, played by Willem Dafoe, is a cranky lighthouse keeper that quickly stands ground and raises questions about the true intentions of why the two of

them are really there.

Throughout this movie we get to explore not only the entrancing story, but also the cinematography and dialogue that fits perfectly within the setting.

and dialogue that fits perfectly within the setting. With Cinematography executed by Jarin Blaschke, the entire film was shot on a rare film stock from the 1950's and uses multiple filters from the 20th century putting the film in a 1.19:1 aspect ratio, and black and white which brings a great amount of depth to the visuals surrounding each scene.

Overall, the film is amazing. It has great pacing especially with suspenseful moments leaving not a dull scene in the film. Running at 1 hour and 50 minutes, it is a total horror movie that is worth watching.

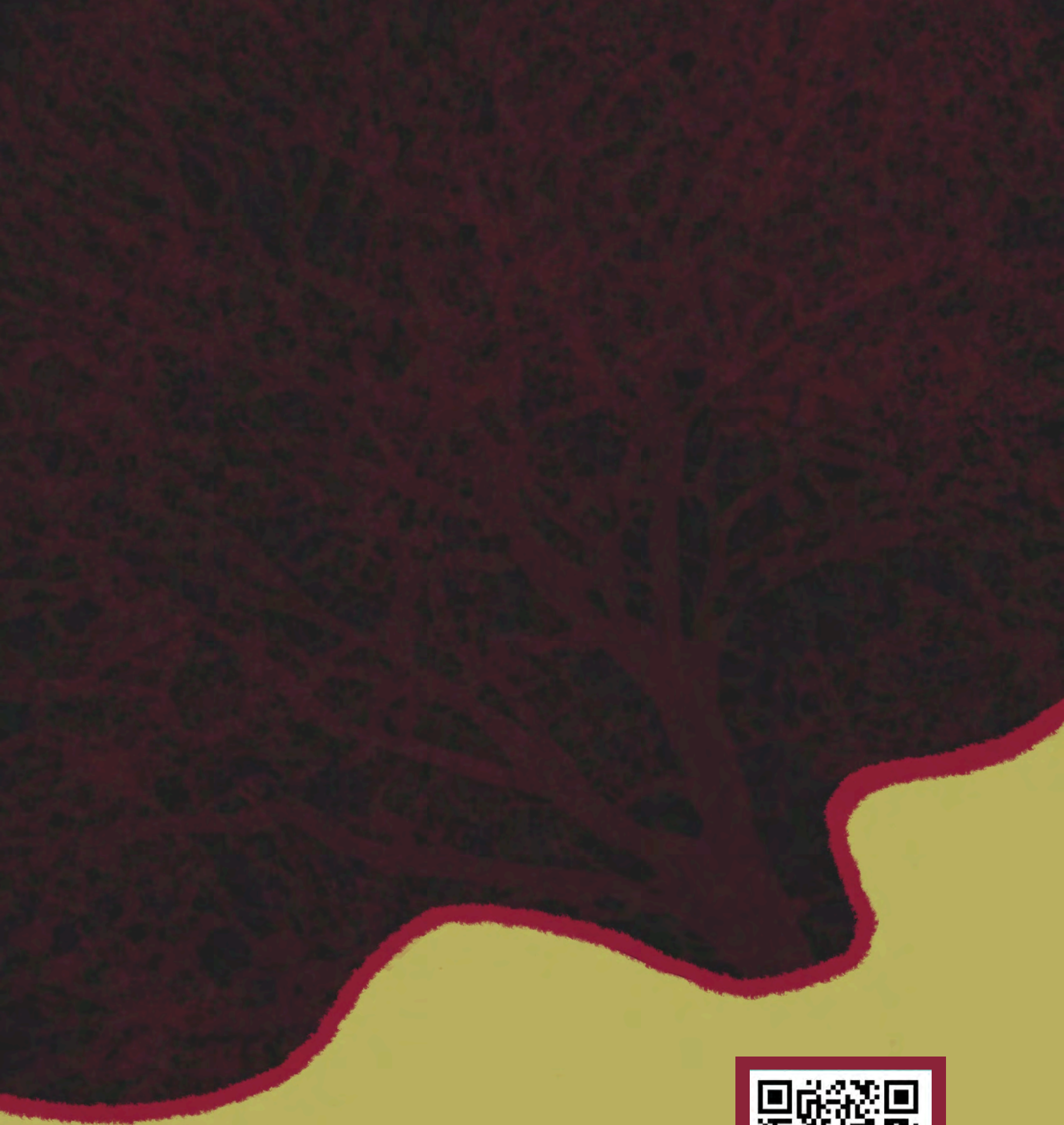
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Willem Dafoe and Robert Pattinson in The Lighthouse, A24


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