

RWA



News

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OCTOBER 2017

A Word From The Administration

Mr. Tony Pita, Principal

Ms. Chantal Juhasz, Vice-Principal

Mr. Steven Manstavich, Vice-Principal



Our Secondary I Parent Seminars kicked off this year on October 4, with an informative presentation by our MINDPOP team, Mr. Mateus and Ms. Almeida. The seminar focused on teenage development and a student's transition to high school, particularly to Royal West Academy. More than 100 parents were present for a crash course on the workings of the adolescent mind. The next seminar will be taking place on November 7, 2017, at 7 PM in the school auditorium. All Secondary I parents are strongly encouraged to attend.

Cross-country runners from Royal West Academy participated in the annual meet on October 12 (*see page 6 for details*). Our students brought home five banners and several qualified to compete at the provincial championships! Congratulations to all students who participated, and thank you to the RWA Leadership students who volunteered at the event as well as to Ms. O'Neil for coordinating our team!

On October 17, Royal West Academy hosted its annual RWA CEGEP/University Information Evening. Representatives from both English and French CEGEPs as well as universities located in Montreal and Ontario

were in attendance. After a general overview of the CEGEP and university admissions process, students and parents were able to visit representatives from two CEGEPs or universities of their choice for 25-minute presentations on the programs offered in those institutions. A third session, over 30 minutes, allowed students and parents to ask individual questions of all the CEGEPs and universities present. Over 150 students and parents were in attendance.

As most of you can remember, October brings with it the sometimes difficult and stressful admissions process to Royal West Academy. We are presently in the process of interviewing over 300 applicants and have offered approximately 80 families an early acceptance based on the results of their qualifying tests and their report cards. We expect to fill the 180 Secondary I spaces by December 2017. Congratulations to those that have chosen to join the RWA family! Special thanks to all the staff committed to this process, including Ms. Paolillo, Ms. Spiroulis, and Ms. Djebrani, who made all our visitors feel welcome; and Ms. Wineberg, Ms. Dimopoulos, Ms. Di Pietro, and Mr. Mateus, for administering the qualifying exams.

Congratulations to Secondary V students Aliya Behar, Kareem Brochu, Yuan Ding, Amanda Lupu, Janvi Patel, and Alexandra Spyridakos, for being selected for the Hospital Opportunity Program for Students. The HOPS program provides an opportunity for students from a variety of high schools to observe and assist medical personnel within a large hospital setting. The Auxiliary of the Jewish General Hospital arranges for students to spend a half-day per week for two five-week periods in various departments of the hospital. Special thanks to Ms. Di Pietro and Ms. Wineberg for their work in preparing students for the selection process.



Once again this year, the Secondary II students embarked on a fundraising campaign for the Terry Fox Foundation (*see page 4 for details*). Students worked tirelessly to raise over \$11,000! Congratulations to the Secondary II class and thank you to Ms. O'Neil and Mr. Aiken for their leadership.

Congratulations to Secondary V student, Magali Goblot, who was recently recognized as runner-up in the Zonta International Young Women in Public Affairs Award. Zonta International developed this award in 1990 to encourage students in secondary schools to become aware of public policy in their communities, with the aim of inspiring young women to become involved in community service and to seek leadership positions in the public and political arenas. Well done, Magali!

Janvi Patel, also a student in Secondary V, was recently selected to share her experiences in computer programming, in celebration of the UN International Day of the Girl. In partnership with Concertation Montréal, and as part of a web series called Les filles et le code movement, Janvi was one of several female STEM students asked to share their experiences, what they have learned, and how pursuing their studies involving technology has empowered them. Great work, Janvi!

Just a friendly reminder for students who take public transit to and from school to remember that they represent Royal West Academy far beyond our walls. We ask that parents discuss with their child what constitutes appropriate behaviour while travelling on trains and buses, as students who behave in a disruptive or unacceptable manner may be subject to monetary fines by the transit authority as well as disciplinary sanctions from the school's administration.

Parents and students are reminded that students must come to school and leave school in uniform. Students may not wear jeans or any other pants with their skirts or over their school pants. Students may only wear their Physical Education jogging pants, if deemed necessary due to weather.

In an effort to improve safety and security, Royal West Academy will be holding a lockdown drill in the coming weeks. Parents should not be alarmed by this drill. This exercise is carried out at least once every year.

Finally, the RWA Governing Board elected Mr. Nijad Dahdah as Chairperson and Ms. Anne Monereau as Vice-Chairperson for the 2017–2018 school year (*see page 7 for details*). We congratulate them both, and we look forward to working with all the members of the Governing Board to improve educational services and school life for students and parents at RWA.

The RWA Governing Board will be meeting at 7 PM in the school library on the following dates:

- November 20, 2017
- January 11, 2018
- February 22, 2018
- March 19, 2018
- April 23, 2018
- May 29, 2018
- June 7, 2018 (Volunteer Reception)

Meetings are open to the public and include a question period. A complete list of all members and their contact information as well as minutes of past meetings can be found by visiting the RWA website and clicking on "Governing Board".

Enjoy the beautiful colours of autumn!

National Addictions Awareness Week

November 12–18, 2017

By Ms. Jaimie Dimopoulos, Guidance Counsellor



With National Addictions Awareness Week coming up, we here in the student services department wanted to take a moment to inform you of a useful tool that has been developed by Drug Free Kids Canada, Health Canada, and the Canadian Centre on Substance Use and Addiction.

The Cannabis Talk Kit has been designed as a resource to provide parents with information about cannabis. The kit provides information regarding alcohol and drug use, the law, and drug use and its effects on the teen brain. The kit also provides some of the arguments teens might have when they bring up the subject of cannabis and guides parents as to what they can say in response.

When parents keep the lines of communication open with their kids, this can make a big difference in preventing teen drug use. In fact, kids themselves say that losing their parents' trust and respect are among the most important reasons not to use drugs.

Interested parents can print or order a free copy of the Cannabis Talk Kit at www.drugfreekidscanada.org.

Heart Rates Of Habs Fans

Heart Rate Responses in Spectators of the Montreal Canadiens Hockey Team
(an RWA Science Fair project)

by Roxana Barin & Leia Khairy

While a higher rate of heart attacks and cardiac deaths has been observed during major soccer championships according to previous studies, no study has assessed heart rate responses in spectators of ice hockey, Canada's official winter sport.

When undertaking this project, our objectives were to quantify heart rate responses in spectators of the Montreal Canadiens, to determine whether viewing live games results in a greater increase in heart rate compared to a televised game, to explore which elements of the game were most commonly associated with peak heart rates, and to assess whether heart rate increases correlate with a fan passion score adapted from studies in soccer spectators.

We then recruited 20 volunteers willing to view Montreal Canadian games, ten live at the Bell Centre and ten watching on television. Following provision of informed consent, a brief questionnaire was administered to assess the individual's fan passion score. Participants were then hooked up to Holter monitors (a device to record heart rates) for the duration of each of the games.

After analyzing our results, we observed that, on average, watching a live game is associated with a 110% increase in heart rate, equivalent to vigorous physical activity. In contrast, viewing a televised game was associated with a 75% increase, equivalent to moderate physical activity. In addition, the increase in heart rate was most pronounced during overtime and scoring opportunities, both for and against. The fan passion

score adapted from soccer studies did not appear to predict heart rate responses in spectators.

When playing competitive soccer, we assumed that our heart rates were increasing due to our level of physical activity. However, our parents on the sidelines were yelling and cheering us on throughout the entire game. Moreover, we wondered if this excitement was provoking any stress to their hearts, even if they were not performing any physical activity.

This study has important public health implications particularly for people with previously known heart conditions, who are not suggested to perform physical activity. Furthermore, defibrillators should be present in every arena as well as trained employees to use them. Our goal through this study is not to forbid people from watching hockey games, but rather to take the right precautions.

Life is full of risks. One should not live trying to avoid all risks, but understanding these risks may help minimize them.

National Debate Seminar

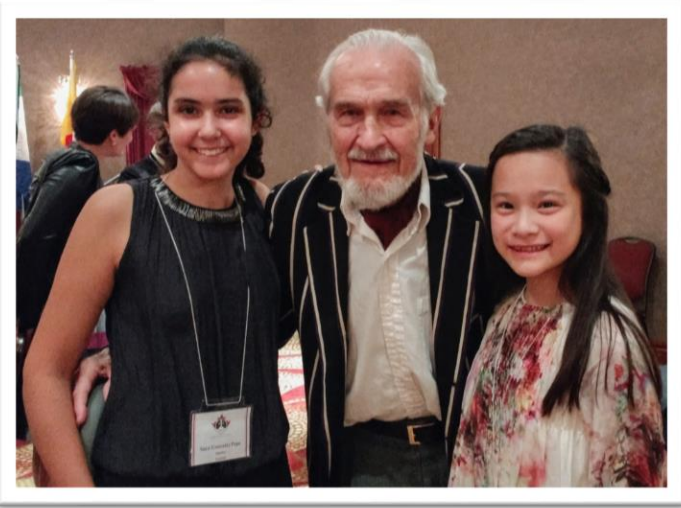
By Allison Engo & Sara Gonzalez
Pepe



On October 10, we took a train to Port-Hope and Cobourg, Ontario, for a once in a lifetime debating experience. The National Student Debating Seminar invites students from all across Canada to attend debating workshops, debate rounds, and socialize with other delegates from different provinces and territories. Many students from all ten provinces and two territories met at this seminar. Both of us were lucky to be there. Coincidentally, it was the Canadian Student Debating Federation's 50th and Canada's 150th anniversary.

The debate seminar committee had also planned various workshops to introduce debaters to different styles of debating such as British Parliamentary Style, Canadian National Debating Format, and a Model Parliament that would take place in an actual courthouse. Experienced debaters taught us how judges decide who win a round. We witnessed a panel discussion where two informed representatives of both opposition and proposition discussed our prepared

debate topic: that this house supports a national referendum on electoral reform in Canada.



We also debated many rounds of impromptu topics where we would have 20 minutes to come up with

From left: Sara Gonzalez Pepe, Tom Lawson (founder of the National Debating Seminar), Allison Eng.

arguments for the assigned motion. Each round, we had a different partner, so we got to know a lot of the other debaters as well as their way of debating and style. We got a better idea of teamwork and working with a variety of people.

We had also gone hiking as an outdoor activity and had a trivia game night where we got a chance to mingle. Over time, we became close friends with people at the seminar. Even though at first we both didn't like the idea of sharing our hotel rooms with people we did not know, after a day we felt like we had known our roommates for years!

We also realized that our debating skills in general had strongly improved. We learned how to communicate our ideas clearly, persuade others, speak confidently, and analyze what others say. We were more than happy about our progress and if we could, we would without a doubt go to another seminar. On the sixth and last day of the seminar, like on any trip, we were sad to go back home since we had had such a good time there. We would, of course, miss debating every day and miss our new friends. Overall, the seminar was amazing and it was so much more fun than we had ever expected. We had a chance to open ourselves up, make new friends, and most of all, practice our debating skills.

Terry Fox Event

by Magali Shimotakahara & Hannah Primeau



This year's Terry Fox run was a big success! The Secondary II students raised \$11,796.35\$—officially surpassing the \$100, 000 mark since we first began participating with the Terry Fox Foundation in 2004. The two top fundraisers were Adrien Chaput with \$520 and Liam Plotkin with \$447.

The Secondary II students spent the beginning of each physical and health education class preparing for the race day, running distances between 880 m to 2400 m. During one of our physical and health education classes we watched the Terry Fox documentary, which inspired us to do our best during the race day.

We would like to thank everyone who donated money to the Terry Fox foundation and we would also like to thank the physical education teachers for pushing us to do our best!

SHAD: A Summer Enrichment Program Like No Other

By Victoria Iannotti, RWA Alumnus

I just had a summer I will never forget, one that I know will impact me for many years to come—and I have my dad and SHAD to thank. Unfortunately, SHAD has flown under the radar of many people in Quebec. But it is truly a life-changing summer program.

SHAD is a summer program for students with a passion for science, technology, engineering, and math as well as art, design, business, entrepreneurship, and innovation. Before going, all I knew about SHAD were these words, however the experience was so much more—more than I could have ever imagined. SHAD gives students from across Canada (grades 10, 11, and 12/CEGEP I in Quebec) the opportunity to attend the program at one of 16 host universities (including McGill University in Montreal!). I was selected to attend the program at Lakehead University in Thunder Bay, Ontario. Before SHAD, I didn't even know where

Thunder Bay was. Now some of my most special memories are from there.

When the big day came and I left for Thunder Bay, I must admit I was very excited but also nervous. Once I arrived, I saw that I wasn't the only one feeling this way. There were 59 other kids from across Canada, from big cities to small rural communities, in the same boat as me. It didn't take long for those nervous feelings to subside.

My average day at SHAD began with a variety of university level lectures on science and entrepreneurship led by university professors and local business leaders. The lectures varied from topics about neurology and orthopedics (one of my favourites) to axiomatic design and physics. The afternoons included fitness activities, workshops, and field trips to local industries. The evenings offered us time to work on our team projects.

On weekends, we had the chance to explore and visit local attractions. One of our outings was a hiking and

camping trip to Sleeping Giant Provincial Park, where the breathtaking views outweighed the many mosquito bites. As a city girl, this outing totally blew me away and I left with a new appreciation for the outdoors—this is what SHAD is all about: new experiences.

SHAD pushed me out of my comfort zone. It allowed me to see all of the amazing things that can be accomplished when people put their minds together. A big aspect of SHAD is hands-on learning through a design and engineering challenge which tasks us to come up with an original product to solve a real world problem. This year's theme was reducing an individual's energy footprint. It was empowering to work on a problem that many professionals and really amazing people around the world are trying to solve. At first, it seemed impossible for a group of 11 students to solve such a problem, but when we put our heads together and understood each other's strengths, we came up with something amazing.

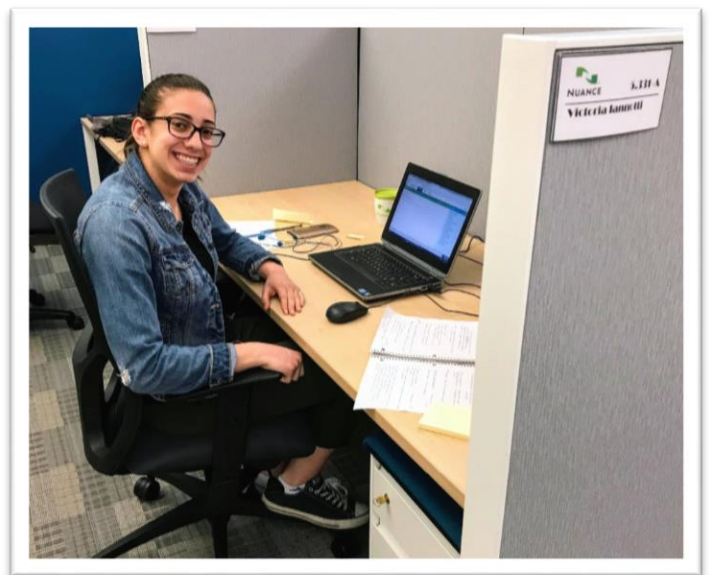
Our product, Carbon Crush, is an app that will educate



people on their own personal carbon footprint and enable them to take positive action to reduce it. It is a convenient and interactive platform that enables users to purchase and gift carbon offsets as well as compare their carbon consumption with that of their friends, family, and community. This carbon offset market is paired with various other features in order to foster a new generation of environmentally conscious and carbon-neutral renters of the world: us. I'm not saying that we saved the world in one month—not at all—but we did come up with a product that could help, designed a business plan for it, and pitched it to judges. It was almost like a mini-Dragon's Den—in fact, Michele Romanow from CBC's Dragon's Den is a SHAD Fellow. Just having completed the task was worth the long nights and the many coffee runs. In the end, my team won the local competition at Lakehead and was selected to represent our campus at the national innovation awards and the SHAD Cup in Toronto in October.

During my month at SHAD I got the opportunity to meet Hon. Patty Hajdu, Federal Minister of Employment, Workforce Development, and Labour, to discuss our ideas for promoting youth volunteerism. I was also interviewed along with Tim Jackson, President and CEO of SHAD, by CBC Thunder Bay, about the program, what was happening at SHAD, and my experience with Patty Hajdu. I was nervous about speaking to Patty Hajdu and then speaking about her on live radio but all in all it was a great learning experience and I was really honoured to have had these incredible opportunities.

In addition, to the university portion of the program, SHAD provides a select number of students with access to a four- to six-week internship. I got the opportunity for an internship at Nuance Communications. I spent six weeks using the skills and knowledge that I had received in my first year in the Computer Science and Mathematics program at Collège de Bois-de-Boulogne and at Royal West Academy. I contributed to technology that would be used in virtual assistants inside automobiles. I worked on the artificial intelligence and natural language understanding solutions for making phone calls and sending messages from inside a vehicle. The internship was stressful and educational, but fun! Some days were pretty overwhelming when I had bugs to work out and it took



me hours to find an error in my code; but I guess I had better get used to that if I pursue a career in programming as planned. I really got the chance to experience what it's like to have a full-time job and live the life of an engineer in a big company.

All in all, SHAD was an amazing and life-changing experience! I left the program with new friendships and bonds that can't be broken by the distance between us, because we now have this great experience that will keep us together. Now, my friends live all over Canada, from British Columbia to Newfoundland. From the very first day, I felt like I belonged and was surrounded by like-minded, wonderful, and amazing people who really understood me.

Thank you to my dad who went to SHAD at University of New Brunswick in 1988 and encouraged me to apply—I have these memories and experiences that will forever impact my future and goals. That's why I feel SHAD is something I can't keep to myself.

Originally published at www.shad.ca/blog/shad-spotlight-victoria-iannotti.htm

Cross-Country Running

By Rachel Anson

Cross-country running is a fun extracurricular activity and a great way to get in shape! The team is composed of students in Secondary I to V. Team practices were held twice a week until mid-October with two competition events.





The first practice was held on September 5 at the start of the school year. The initial practices were held during the September heat wave. The first meet was held at West-Island College on September 26, which ended up being an extremely hot day. Throughout the heat wave, the runners persisted and pushed themselves throughout the practices and at the meet. The second meet was held on Mount Royal on October 11. The Mount Royal meet was a change from the training weather the team had become accustomed to, as it was very cold. Yet the runners still had fun and managed to bring home five out of the six banners that were available! All the runners did their best and showed good sportsmanship. Even though cross-country running is an individual sport, it becomes a team sport because of the amazing team spirit and support for each other.

In conclusion, there was a high level of participation that was shown at practices and meets. If you would like to enjoy the running experience, it is not too late! You can get your sports credit by joining the indoor track and field team. All students are welcome. More information will follow in the daily bulletin over the

coming weeks regarding the indoor track and field team.

Governing Board Report

By Mr. Nijad Dahdah, Chair

The Royal West Academy Governing Board held its first meeting on October 10, at 7 PM in the school library. The Governing Board is composed of 20 members including 18 voting members: eight parents, six teachers, one professional staff (non-teaching), one support staff, and two students. In addition, there are two non-voting community representatives who are part of the Board.

At the meeting, the following parents were elected for the different positions:

- Mr. Nijad Dahdah, Chairperson
- Ms. Anne Monereau, Vice-Chair
- Ms. Arzine Brochu, Secretary
- Ms. Jacqueline Stein-Elman, Treasurer

Mr. Norm Gharibian and Ms. Monereau are returning as the Parent Delegate/Parent Commissioner and

Alternate Parent Delegate, respectively. It was recommended to invite Dr. Mahesh Chandra Sharma and Ms. Elysia Bryan-Baynes to return as our community representatives for this school year. Following my invitation, they both graciously accepted, and we welcome them both.

It is important to note that the principal, Mr. Tony Pita and vice-principals, Ms. Chantal Juhasz and/or Mr. Steven Manstavich are present at the Governing Board meetings. The ward commissioner Mr. Joseph Lalla also joins us when he is available.

As a team, we will review policies and procedures and recommend the implementation of those which are in the best interest of our students.

Our next meeting is scheduled to take place on November 20, 2017, at 7 PM in the school library. Our meetings are open to the public and there is always a question period reserved for the guests.



CALENDAR OF EVENTS

Nov 1–3	Bardolators present: ???
November 7	Secondary I Parent Seminar @ 7 PM
November 8	Remembrance Day Assemblies
November 11	Remembrance Day
Nov 12–18	National Addictions Awareness Week
November 13	Pedagogical Day
November 13	RWA Foundation meeting @ 7 PM
Nov 14–17	Bullying Awareness Week
Nov 14–17	MINDPOP Math
November 15	Diversity Caravan
November 16	Secondary III vaccinations
November 20	Reports issued
November 20	Governing Board meeting @ 7 PM
November 22	Parent-Teacher Interviews 14:30–17:30 PM & 19–21:30 PM
Nov 23–24	Pedagogical Days



LOST AND FOUND POLICY

Please be advised that the Lost and Found boxes are cleaned out on the 15th of each month. While labeled items are returned to their owners, several bags of unclaimed unlabeled items are removed and donated to charity every month. So if you are looking for lost items, make sure to look for them before the 15th!

The Lost and Found bins are located in three areas at Royal West Academy:

- outside the new gym
- outside the guidance office
- in the main office under the teachers' mailboxes

In the meantime, please label all your belongings!

RWA



News

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