



## A Word From The Administration

Mr. Tony Pita, Principal

Ms. Chantal Juhasz, Vice-Principal

Mr. Steven Manstavich, Vice-Principal



Winter finally departs, the sun begins to warm us, and spring weather is in the air. As always, this is a reminder that the end of the school year will soon be upon us. Students and staff are also beginning to think about and plan for the upcoming end-of-year exams.

During the week of April 3, Secondary III students participated in our annual trip to Washington DC (*see page 14 for photo*), while Secondary IV students travelled to Boston MA (*see page 6 for details*). Students had the opportunity to spend a few days visiting some of the most important sites in these cities and learning more about the cultural and political fabric of the United States.

Once again the Home & School Association, under the leadership of Mr. M. Mendelson and Ms. K. Cawthorn, hosted a volunteer painting weekend. The dedicated parents were able to paint four classrooms in our west wing and paint the doors of the computer labs.

Sports are in full swing and Royal West Academy has definitely had representation this year in the winter sports session. Congratulations must go out to our Midget Boys Badminton program for capturing the

GMAA championship. Thank you to Mr. J. Dufault for all of his hard work in helping to prepare our boys for competitive play.



Parents and administrators enjoyed an entertaining evening at the EMSB Volunteer Reception on April 4 at Plaza Volare. Twenty parent volunteers from RWA were present—a larger group than in past years. We would like to reiterate our appreciation to all the volunteers that make RWA a strong and welcoming community dedicated to enriching the high school experience of our students.



From left: Mr. Agostino Cannavino (EMSB Commissioner), Ms. Arzine Abbas-Brochu, Mr. Donald Brochu, Ms. Marie-Claude Giguère, Ms. Joanne Dahdah, Ms. Angela Mancini (EMSB Chairman), Mr. Nijad Dahdah



Staff and alumni showed off their acting skills for a good cause on April 12–13. Under the direction of Mr. D. Floen, spectators were treated to an entertaining evening of murder mystery, based on author Agatha Christie's *An Appointment With Death* (see page 3 for details). All proceeds support the RWA Foundation's auditorium renovation project. Thank you to everyone that made this event possible.

On April 19, RWA members of the We R One group, led by Spiritual Community Animator Ms. J. Trehin, were hosted by the Ford Lincoln Gabriel on Saint-Jacques Street West as a result of their fundraising efforts during the *WE Scare Hunger* campaign last fall. Students collected one tonne of non-perishable food in support of the NDG Food Depot. Royal West Academy's efforts resulted in the Ford dealership collecting the most food in the Montreal area. Students were treated to a special meet and greet with Marc Kielberger, the founder of WE Charity. Congratulations to everyone involved.



Secondary IV for her speech. Thank you to all the English Language Arts teachers that supported them.

During the weekend of April 21, four RWA students participated in the Canadian National Debate Championships held in Vancouver: juniors Yimaj Baharun and Dylan Gharibian, and seniors Josephine Campbell and Daniel Mendelson. Both junior and senior debate teams performed admirably as they represented Quebec at the nationals. Thank you to Ms. C. Holloway for taking the time to work and help prepare our very talented students for this prestigious event.

The Provincial Junior RoboCup Competition was held at RWA on April 21–22. Three hundred and seventy-six students, making up 96 teams, participated. This was the 15th edition of the RoboCup and the third time RWA has hosted. This year, RWA had nine teams



Earth Week took place at Royal West Academy from April 18–20. Students and staff were busy organizing and participating in activities to raise awareness about this year's theme—fashion—and its impact on the environment. On April 20, the Environment Committee hosted La Nuit Verte which took place in the school auditorium (see page 6 for details). The event was well-attended and included art exhibits and musical performances. Thank you to Ms. C. Suarez and Ms. C. Almeida for all of their work and to our environmentally committed students for their dedication to this important issue.

During the week of April 18, RWA students participated in the annual EMSB Public Speaking Competition. Royal West Academy is very proud of our representatives, including Romy Shoam who received 1st prize in





participating in this exciting and stimulating competition. For the second year in a row, RWA was crowned Junior RoboCup Champions. Special thanks to Ms. C. Juhasz, Mr. S. Nemeth, Ms. J. Fogel, and Mme L. Bourdeau as well as all our volunteers for their efforts in organizing the event and preparing our students.

Forty-one Secondary IV students taking the Enriched Biology course took part in the annual Marine Biology trip on April 25–29 at the Huntsman Marine Science Centre in St. Andrews, NB. This trip complements the Enriched Biology Course offered to senior students. Special thanks to Mme K. Darouach and Mr. J. Zigby for organizing the trip.

The Home & School Association hosted our annual RWA Book Fair on May 2–3. Students used this opportunity to purchase books on their Summer Reading lists. Proceeds from this event go to support our school library. Summer Reading lists can be found on the RWA website. Summer Reading books may also be available for loan from your local library at no cost.

Students that live in the EMSB territory and are at least 2.4 kilometers from RWA were issued a transportation subsidy cheque in the amount of \$225 from the EMSB. If you qualify and have not received your cheque, please ask your child. Cheques were distributed during the week of April 18.

Just a friendly reminder for students who take public transit to and from school to remember that they represent Royal West Academy far beyond the walls of our school. Please continue to use appropriate behavior while travelling on buses and trains, ensuring that the community at large knows that Royal West Academy truly is the best!

As the end of the school year approaches, please be aware that the last day of cafeteria service will be June 7, 2017. This date is a change from the one provided in the April mailing sent to all parents. The cafeteria will not be open during exams.

Students may wear their Physical Education uniform or regular uniform beginning June 8, 2017. Please note that the uniform rules include shoes. No mixing-and-matching is permitted.

The pedagogical day tentatively scheduled for June 2, 2017 has been confirmed. There will be no classes for students on that day.

Finally, we are thrilled to report that our school has received funding to improve the main water entry into the school. As part of the project, students and staff will now benefit from several new filtered water fountains that include dispensers for water bottles. This project is valued at \$90,000 and was made possible through funding from the EMSB. A welcomed improvement just before spring!

## SHARING THE STAGE WITH YOU.

### Dessert Concert

Join us for the Dessert Concert at Royal West Academy on May 5, 2017 at 7 PM and be entertained by RWA's talented students at a benefit concert for the auditorium. Various groups representing RWA's musicians, singers, and actors will be performing.

Tickets are only \$15 for adults—\$10 for students and seniors—and include all-you-can-eat home-baked desserts after the show. It is the tastiest performance you will go to this year!



Avoid the line-up at the door by purchasing your tickets in advance at <http://rwaf.ca>.

“She’s got to be killed!”

By Ms. Pat Barillaro-Nolan

The audience was on the edge of their seats during the staff and alumni production of *An Appointment With Death* earlier in April—with a sold-out performance on the second night. Kudos to all involved, particularly director Douglas Floen and stage managers Teresa Kaeser and Maya Radhakrishna.





An assorted group of travellers, including the nasty Mrs. Boynton (an exceptional performance by Patricia Taylor) and her stepchildren, are vacationing in the Middle East. Mrs. Boynton is a psychopathic puppet master, whose manipulations impact not just her family and their lovers, but everyone around her. When she turns up dead, everyone becomes a suspect. But Mrs. Boynton has the last laugh, and an evil one at that!



The play takes place in the 1930s, and the stage design by Gloria Koyounian and Steven Guénette made the most use of the theatre, creating two distinct sets. Costumes (under Erica Kuch) were reminiscent of the era, and helped enhance the characters' personalities.

Only one question remains: Will they put on another performance next year? We can only hope.

Thank you to the cast and the production team for supporting the auditorium project and for providing us



with two evenings of great entertainment—and thanks to Andre Knox for the wonderful photos.

Go HABS Go – 2017–2018

By Mr. Mitchell White

So the Rangers knocked the HABS out of the 2017 playoffs ...

But the RWA HABS Raffle is still in the game! Next year marks the 100th anniversary of the NHL. When you purchase a raffle ticket, in addition to help supporting our kids and the auditorium, you could win the best seats in the house for this momentous year.

If each family sells three tickets, we will have enough money to install air conditioning in the auditorium. Let's make this the last year that students have to write their exams in the hot auditorium. Buy your tickets today at <http://rwaf.ca>.

Each prize consists of a pair of tickets in the all-you-can-eat Desjardins A section:

- 1st prize – 10 pairs of tickets (a \$4125 value)
- 2nd prize – 7 pairs of tickets (a \$2887 value)
- 3rd, 4th, 5th prize – 5 pairs of tickets (a \$2062 value)
- 6th, 7th prize – 3 pairs of tickets (a \$1238 value)
- 8th, 9th, 10th prize – 1 pair of tickets (a \$413 value)

How can you play a part?

We are always looking for volunteers to join the RWA Foundation. No matter your experience or time available, everyone can play a role. Our focus for the coming year is on organizing more special events and fundraisers so anyone with an interest or expertise in



that field would be a very welcome addition to our team. If you have any questions or fundraising ideas, contact Mitch White, President, RWAf at [rwafoundation@gmail.com](mailto:rwafoundation@gmail.com) or visit <http://rwaf.ca>.

Make a donation!

Just go to <http://rwaf.ca> and give what you can. Every donation takes us closer to transforming our 80-year-old auditorium into a state-of-the-art Performing Arts Centre for our children.

## Science Fair Success

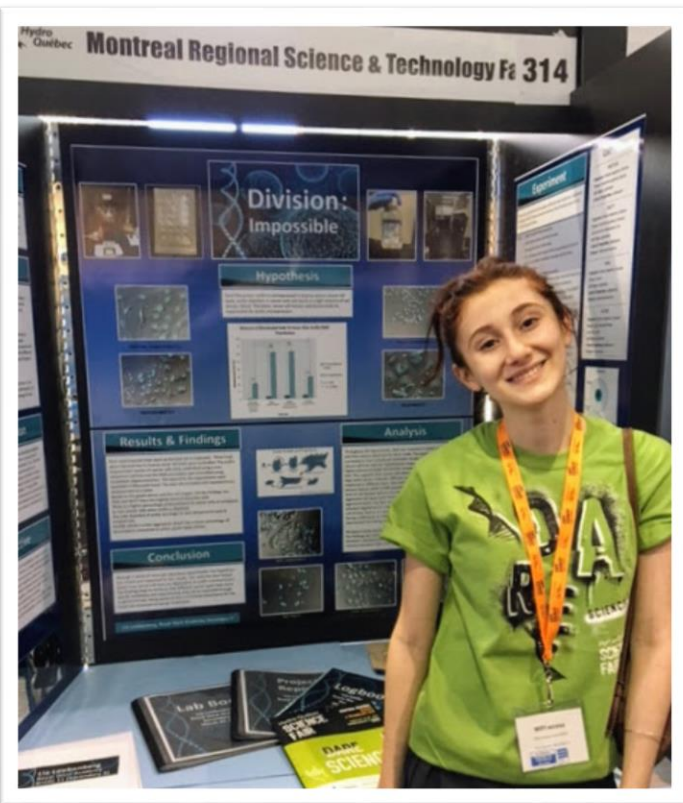
By Jennifer Pevec, Science Fair Coordinator



Congratulations to Royal West Academy's Lia Loebenberg!

Not only did Lia fare well at this year's **RWA Science Fair** on February 23 (winning Gold for the fourth consecutive year), she won the following at the **Montreal Regional Science & Technology Fair** on March 26–28 at Concordia University:

- Bronze Medal – Senior
- Cercles des jeunes naturalistes Award



- Concordia University – Faculty of Arts & Science Award
- Concordia University Faculty of Arts & Science Entrance Bursary
- Highest Distinction
- Super expo-sciences Hydro Québec Experimentation & Design Award

At the **Québec Provincial Final** on April 20–23 at École secondaire Mgr.-A.-M.-Parent in Saint-Hubert, Lia won the Prix de l'Université Concordia (\$4000 per year, renewable for three consecutive years), and was a Medalist and Finalist – Member of the Délégation du Québec à l'Expo-sciences pancanadienne 2017.

Lia will be the sole EMSB representative at the **Canada-Wide Science Fair**, taking place on May 14–21, 2017, in Regina, SK. Good luck Lia!

## Ensemble Workshops

By Ms. Sadia Di Pietro



Once again this year, facilitators from ENSEMBLE for the respect of diversity ([www.ensemble-rd.com](http://www.ensemble-rd.com)) facilitated workshops for Secondary I and III. Ensemble is a non-profit organization whose mission is to work with youth to build a more inclusive society.

The first cycle workshop consisted of developing awareness of the types of bullying and its consequences and thinking about ways to stop it. The workshop's goal is to show the extent in which bullying affects all of us and that each of us has the power to intervene. Two experienced facilitators led students in an interactive discussion on the phenomenon of bullying, its causes and its consequences. Their goal is to turn around defeatist attitudes held by students by showing them that even a small act can make a big difference when it comes to bullying.

The second cycle workshop focused on various forms of prejudice, stereotypes, and discrimination as well as their consequences. Two trained facilitators used the students' viewpoints and realities as a basis to form a space for dialogue where young people can explore and deconstruct common prejudices and their sources. The discussion moved on to examine how preconceived notions sometimes translate into acts of discrimination

and how, in turn, the Charter of Human Rights and Freedoms can help us ensure that our rights are respected. The workshops wrapped up with a discussion on each person's role in maintaining harmonious social relations and ways to promote respect and inclusion within their schools.

Throughout the workshops students were very engaged and interactive. Students learned valuable insights on how to stand up to bullying and seemed willing to employ the lessons beyond the workshop. Feedback received from students was very positive and expressed an interest in continuing to have them come to Royal West Academy.

## Boston Trip (Day One)

By Sean Connor

Our first day of the Boston trip began on a rainy day in the Royal West Academy school cafeteria at 6:45 AM. The faces in the room were a sweet blend of weariness and excitement for the days to come. It was only a short while before we were all being shuffled into our buses.

It was then only a quick hour to the border. Fortunate for us passengers, shortly after this checkpoint, we made a quick break for lunch. Unfortunately, we couldn't stick around any longer than a couple of minutes and so were quickly back on the road. The following hours slowed down as we waited to get to Boston. Nevertheless, we eventually got there.

Our first destination was the Museum of Science. We saw many cool items on display, including an entire exhibit on chocolate. We then headed to the Mugar Omni Theater. We quickly realized it was an IMAX theatre where the image is being projected onto a

dome-shaped screen. We were given two movie options depending on our group's arrival time. The first was *Journey to Space*, taking a detailed look at our future in space exploration. The other was Robert Redford's *National Parks Adventure*, which focused on the importance of America's many national parks.

The next activity was Boston's famous Duck Tour. Because the vehicle is amphibious, the tour took place on both the street and in the water. The tour took us around the streets, pointing out various buildings and landmarks before rolling into the water and continuing as a boat in the Charles River.

Returning from this, we loaded back into the bus and headed to Quincy Market for dinner. We were given some free time to explore the stores and restaurants scattered throughout the square. A while later, we were rounded back up and taken to our hotel. As soon as we arrived at our hotel, we immediately headed to our rooms and unpacked. We were then granted free time to hang out with friends. Ultimately, the day ended with us returning to our rooms for lights out.

## Boston Trip (Day Two)

By Dante Sabini

Day two in Boston kicked off with cloudy skies that became more menacing as the day progressed. After an early breakfast, the Secondary IVs headed out from the hotel and took a bus ride to Salem, a coastal city located roughly 40 minutes outside of Boston. Upon arrival, we were given a tour of the historical city where we learned about everything from its rich Puritan history to the Salem witch trials of 1692. At the end of the tour, we visited The House of the Seven Gables, a famous



colonial mansion that played a key role in Nathaniel Hawthorne's witchcraft novel of the same name.

We then made our way back to Quincy Market again for our lunch break. We were given the choice to eat at any one of the various international food vendors that were available to us.



After some free time at Quincy Market, our next destination for the day was the New England Aquarium. Students were treated to an experience of observing and even interacting with some of the aquatic creatures the aquarium had to offer. The aquarium's most famous resident, Myrtle, is a green sea turtle that weighs over 500 pounds and is approximately 80 years old. One of the main exhibits involved a touch tank that housed harmless miniature rays and sharks that could be stroked.

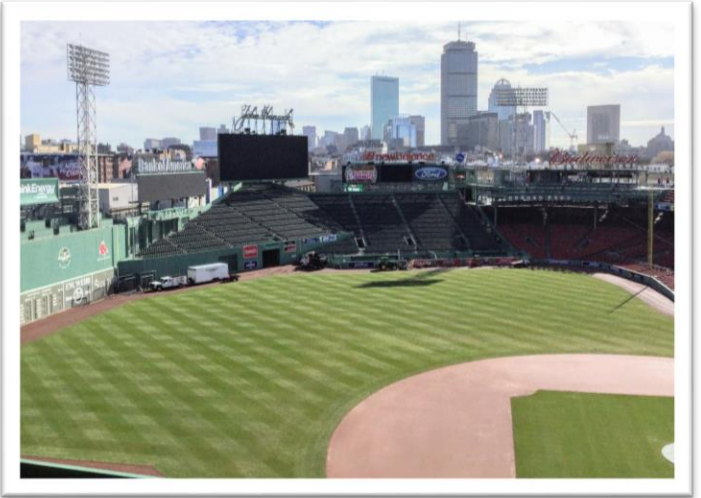
After departing from the aquarium, it was time for dinner at FiRE+iCE, a grill that gave everyone the opportunity to create the perfect dish. Our meals were grilled directly in front of us.

The last stop for the night was the Charles Playhouse. We dashed over from the restaurant in the pouring rain, where we watched *Shear Madness*, a partially improvised play that told the tale of a murder mystery. It was an interactive show and students could participate by helping to solve the crime. After many laughs, we headed back to the hotel that night in a good mood. We were ready for our third and final day in Boston.

## Boston Trip (Day Three)

By Ethan Baggoo

The next day we all woke up early—and I mean early—I mean 5:45 AM early. A little while later we all made our way downstairs for breakfast. After eating, we either went back to our rooms or stayed downstairs. Regardless, we were all on the bus by 7:10 AM and left heading to our first destination: Fenway Park.



We arrived at Fenway Park after about an hour on the bus. During the tour, we saw the stadium in its entirety, heard its history, and saw intriguing things such as the commentator's box and the Green Monster. After a little over an hour, the wonderful tour concluded and we got 40 minutes to shop and collect our Boston Red Sox memorabilia at the official Red Sox Team Store. Eventually, our time there concluded and we got back on our bus and headed to our next destination, Harvard University.

Once at Harvard, we were all met by kind student tour guides, who gave us a lengthy tour of the campus. They also spoke in depth of Harvard University's rich history. We took many photos, saw many things, and learnt very much. After an hour and a half, the tour concluded and we headed to The Harvard Shop. Once there, we were met with a huge store complex filled with Harvard University attire. After some time in the gift shop, our time there had concluded and we headed back on our bus to Montreal.

At around 2 PM we left Boston. About an hour later, we stopped for our lunch break at a truck stop. After a sufficient amount of time and a good meal, we left and



headed back on our bus. So came the long home stretch of doing nothing while the bus took us home, the one thing that every student dreads. At about 7 PM we arrived at the border. There we went through the motions and quickly passed. All buses arrived in Montreal around 8:30 PM–9 PM, thus concluding our Secondary IV trip.

## La Nuit Verte

By Finn Brennan-Krip



At Royal West Academy, we are known for our academic intelligence and have always been portrayed as students with high scores in math and science classes. However, the student body of RWA also possesses many artistic talents that we wish to display. La Nuit Verte is a yearly event that allows students to show their creativity to each other in a relaxed and happy environment.

This year, La Nuit Verte took place on April 19 after school, at 4 PM–8 PM. The Environment Committee, who organized the event, decorated the auditorium with string lights, plants, couches, beanbag chairs, and tables to create a relaxed atmosphere. At some of the tables, they placed board games for students to enjoy with their friends throughout the night, and in the back there was vegetarian food being sold. On the stage of the auditorium, the Light and Sound Crew with the Environment Committee set up several microphones next to an available drum set, keyboard, and piano.

Students who wished to perform a song or poem were invited to go and do so at any time during the night as it was open mic—all they needed to do was give in their name and song choice and then perform. A student or group of students could go as many times as they wished throughout the night and needed not stress

about their preparedness for their performances. Due to the fact that many people were conversing with others or playing games during the songs or poems, there was no need for any stage fright. In fact, it was the perfect atmosphere for students who are slightly shy or have not sung in front of others to try performing! Students from all grades including myself performed this year and entertained the crowd with their voices and musical instruments of all sorts.

Music was not the only artistic talent displayed at La Nuit Verte. Royal West Academy's student body is filled with students who are extremely talented in the visual arts. Students had submitted their artwork to the Environment Committee beforehand to be displayed in the auditorium for others to admire. This year, there was a wide variety of forms of art on display, made by students in all grade levels. There were sculptures, paintings and even photography displays! Student-artists could come to see their artwork as well as their peers' artwork on display and admire the creativity at Royal West Academy.

"La Nuit Verte was a big success! Beforehand the Environment Committee was scrambling to prepare for the night. However, after a lot of hard work, everything went smoothly and the art both performed and displayed was wonderful," said Committee member Kayleigh Christensen, and I could not agree more. La Nuit Verte has continuously been one of the best events for artists at Royal West Academy and will continue to be so in the years to come.

## Bardolator Shake-Scenes

By Ms. Gloria Koyounian



This year's Bardolator graduates directed Shake-Scenes for each Shakespearean play studied in Royal West Academy's English Language Arts classrooms through March and April. The groups went into the ELA classes and taught a key scene from the play studied in class. The reception by the teachers and classes was enthusiastic and the whole venture was a success as always. A big thank you goes out to all who showed their support for our program.





# Encounters With Canada

By Louis Yoon



Encounters with Canada is a program offered to youth between the ages of 14 and 17 all across Canada. It takes place at the Terry Fox Canadian Youth Centre in Ottawa and stretches throughout the entire year. All participants stay for one week, participating in activities related to one theme that they chose amongst thirteen.

I chose the theme, Democracy and Youth. The application process took place initially through the school, and was followed by an online process on the official website. Although initially I planned on participating in a week related to medicine or art, I chose my particular theme because it fit in well with my schedule. The date and basic information as well as my train ticket were all provided the moment I completed the application process. All that was left for me to do was wait for the date of departure a few months later.

The week I spent there will remain one of my most cherished memories for the rest of my life. I was provided with the opportunity to make over a hundred new friends from across Canada, participate in amazing activities, and meet some important people. I now have friends from British Columbia, to the Maritimes, and all the way to the Northwest Territories who I contact regularly.

The trip there was a simple two-hour train ride. Once I arrived, there was someone waiting for all the people from the Montreal, QC region to take us to the Terry Fox Canadian Youth Centre in a van. In the building itself, they assigned us bunks and provided us with nametags which we were required to wear for the entire duration of the program. We were then set free to explore the building.

The first impression really was overwhelming. It was a building full of people I didn't know. Thankfully, it only took me four games of President to realize there was nothing to be afraid of. The people there were all



friendly and open-minded. You could start a casual conversation with virtually anyone, anytime, no questions asked. The nametags really came in handy for that, they provided your name, city, and province of origin—so you knew everyone’s basic information and didn’t need to feel stressed about memorizing 123 different names.

The centre itself was quite comfortable. It had a chill room with a TV, a game room with a ping-pong table, a computer room with computers, and a cafeteria with a stage and a piano. I still remember the dancing, the skits, and performances from the numerous events that took place in that cafeteria. I myself spent a fair amount of time playing the piano with a bunch of my friends.



Louis Yoon (left) with friend Elliot Kim.

The activities themselves were quite varied. We got a tour of the Parliament, including the library, the House of Commons, and the Senate. We met various guest speakers such as members of the House of Commons, the Speaker, and a few members of the Senate. We also re-enacted debates in the House of Commons, created our own political parties and ran an election. Unfortunately, although my party had a really good platform, our leader was not chosen as prime minister. Other activities included sports such as bowling, visits to museums such as the Canadian War Museum and the Canadian Museum of Nature, and the tour of a haunted prison. We also invited some musicians from Quebec who taught us how to play instruments and dance, held

a talent show, and performed skits to address issues in Canada and promote our home province.

I recommend this program to everybody. It might sound scary for some to meet over 100 new people, and trust me when I say it was indeed scary for many. However, as the weeks progressed I watched quiet people become animated and engaged, lonely people laughing amongst over a dozen new friends, and the quiet rooms I first walked into filling with joy and laughter. It was an amazing place where anyone could talk to everyone and everyone could be anyone’s new best friend.

The people I met there are some of the most accepting people I know and though the time we spent there was only one short week, many were in tears when we said our goodbyes.

## Rice and Water

By Ms. Katharine Cukier and Ms.  
Allison Holloway, Social Justice Club



The Social Justice Club organised a very successful fundraiser, Rice and Water on March 22. Over 70 students participated—being required to only eat plain rice and drink water for 24 hours. They were sponsored by friends and families for their efforts. The students participated in a number of workshops related to social justice issues linked to indigenous Canadians. There was even a workshop on basic Cree!

Rice and Water raised \$3000, which will be given to the Native Women’s Shelter of Montreal. Thanks to all the students who participated.

## Feminism Club

By Anna Chuprun



*Feminism: The advocacy of women’s  
rights on the ground of the equality  
of the sexes.*

When I was in Secondary I, I had never really thought about feminism. I knew I believed in equality between genders but I had never thought very much about it until I started reading articles online and hearing other people talk about it. In Secondary I and II, I began learning a little bit more about what feminism was and



finally in Secondary III, I joined the Royal West Academy Feminism Club.

Once a week, the RWA Feminism Club (more commonly known as Fem Club) is held at lunch in Room 312. Fem Club is run by Esme Bale and Magali Goblot, two Secondary IV students. Esme and Magali have run Fem Club since last year. When asked about why she likes to run the Fem Club at RWA, Magali answered, “I really enjoyed being a part of Fem Club and like having an outlet to talk to others who have similar views as me and also be able to learn something. I want to be able to make people aware of everyday issues and I like to research on current events in order be able to bring them up and start a discussion.”

Every week Magali and Esme start a discussion about anything surrounding the topic of feminism. They also often show videos or read us articles about current events. During these group discussions, everyone has a chance to participate and give their opinion. Like Magali said, this club provides an outlet for people to express their views on the topics brought up every week. These group discussions are also beneficial because it allows people who are unfamiliar with the topics brought up to listen and learn from their peers.

Not only does Fem Club meet once a week to talk and share ideas, but it also holds fundraisers. Last year the club had a fundraiser to raise money for Chez Doris, a women’s shelter in Montreal. After having two bake sales, the club raised over \$300! Fem Club is planning on having another fundraiser this year.

I have been a part of this club for two years now and I love it. It has taught me a lot about what is going on in the world of feminism and it gives me a safe space to express my opinions. Feminism is such an important concept to understand in our ever-changing world. Fem Club has taught me about feminist movements around the world and it has shown all of the other members of the club and me why the world needs feminism.

If you are someone who wants to learn more about feminism and current events going on in the world then I would definitely suggest you come to Room 312 for the Feminism Club’s weekly meeting. You won’t regret it!

## LGBTQ+ Club

By Tatiana Evangelista

LGBTQ+ Club is a club run by students who usually meet every Thursday at lunch in Room 216. During club meetings, we discuss topics like gender identity, sexual orientation, gender roles, labels, LGBTQ+ rights, and more. We also watch and analyze informative videos and share interesting articles related to the LGBTQ+ community.

The club creates a safe place for LGBTQ+ students to hang out, eat lunch, and talk about their experiences, opinions, and current events with people who share similar experiences and can relate to them on a personal level. Also, the meetings always have a positive and inviting atmosphere no matter what topic is being discussed. Gabriel Isabella, a student who attends club meetings regularly, says, “It’s a place where I can express my personality and opinions without worrying about judgement—and it’s fun.”

Many of the students who go to the club meetings greatly enjoy and look forward to the next ones. I started attending meetings at the beginning of this year and I’m very happy that I did. I think of LGBTQ+ Club as being one of the highlights of my week.

LGBTQ+ Club is not just for LGBTQ+ students. It’s for everyone—no matter what gender or sexual identity. Even straight and cisgender students can enjoy the club meetings. I strongly recommend dropping by Room 216 next Thursday if you want a place free of judgement to hang out with your friends, express your opinion, and eat your lunch. Everyone is welcome!



## High School's Short—Join A Sport

By Lemuel Campbell

Royal West Academy is a school that's academically like no other. It produces some of the brightest young people and has graduated students who have gone on to achieve great things. However the school's excellence runs much deeper than the classroom. Royal West Academy's ECA programs are some of the best in Montreal and a large part of its greatness comes from its sports teams.

Part of the reason students that graduate from RWA are successful is because they learn to juggle multiple classes and their respective workloads all at once. Due to taxing academic demands, it can be easy for kids to feel overwhelmed, thus leading to stress and anxiety. Weekly assignments, tests, and homework can take a toll on students after a while.

"Personally I think playing a sport helps you manage your time as well as getting you through the toughest workloads with minimal stress," says Paula Rossi, a Secondary IV student. Playing a sport is a great way to help students relieve that anxiety and take a break from the stressful environment that is Royal West Academy.



GMAA competitive teams range from volleyball to soccer, hockey, basketball, badminton, rugby, track and field, and more. Boys and girls are able to get away from schoolwork related affairs for an instant and have fun time playing a sport they love. Our sports teams help develop and sustain students' communication skills, teach them how to work as a team, and allows

them to create relationships with teammates and friends as well as coaches that they will keep throughout their entire high school careers if not further.

After attending RWA for these past four years, I've learned a lot about the stress that can come from the academic and social aspects of school. I joined the bantam basketball team in the fall of my first year at RWA and have been playing ever since. I didn't know very many people that first year and I had only one other ECA—Dance Show—which I learned was similar to basketball. Getting involved in a sport taught me how to work together with my teammates and those teammates became my friends. The bonds I've formed with my teammates and staff members are irreplaceable—they've been a huge factor in my success in high school up to this point.

## Being a Dance Show Exec

By Amanda Kaplan

**HOURLY 24**

*"The only way to do great work is to love what you do." –Steve Jobs*

Each year, Royal West Academy puts on a dance show to raise money for a charity called Dans la rue. It includes spectacular dances as well as videos with a plot line. But who puts together this great show? The answer to that question would be the six executives, otherwise known as "the Execs". This year, I was lucky enough to take on a role as one of them.

I have always loved Dance Show so when I got an opportunity to organize it, I was very excited. The Execs started off the dance show process mid-September by holding auditions to select members of the cast as well as choreographers for numerous scenes. We then released the list and practices began taking place every week. As the dances progressed, so did the plot line for the theme of the show. The weeks continued to go by as we found supervisors, collected sponsors, filmed the videos, created our cast apparel, and found makeup artists. Before we knew it, it was March 24, the day of the show. That night was absolutely incredible.





I have been in Dance Show for the past three years and this year was without a doubt my greatest experience. As an Exec, I was taking on the biggest role possible in Dance Show. Throughout the past six months I had dedicated my time and efforts to produce the show to the best of my abilities. While I performed on stage and watched as others did too, I got a sense of satisfaction that made me proud of all the work we Execs put into the show. It was crazy to compare what the show was and what it had become. I am already looking forward to next year's show as I know it will become something amazing and it will be a night I will never forget.

## Mandala Colouring Club

By Kylie Richardson

This spring, Ms. S. Di Pietro and Ms. S. Leech-Pepin decided to join forces in order to create the Mandala Colouring Club, a club they created with the goal of taking some of the stress that comes with school off of students' minds for a while.

Students who signed up for the club are invited to come to Room 113 at lunch on every Day 2 or Day 5. Once there, students can grab a mandala outline and start colouring with any of the hundreds of colourful markers to choose from, or take a blank sheet of paper and draw whatever they would like. While students are creating their artwork, often without even noticing it, music from [www.calm.com](http://www.calm.com) plays peacefully in the background to help them relax. To top off the room's relaxing atmosphere, students are expected to not go on their phones.

When asked about why she started the club, Ms. Di Pietro said, "We know that there is a lot of stress and anxiety in the school, and even though we already

started the Mindful Moment, we wanted to provide another way to help students relax." She had recently heard that colouring mandalas could help reduce stress, so she decided to give it a try with the help of Ms. Leech-Pepin, since she has the best art room in the school.

As a member of the Mandala Colouring Club, I can truly say that it is an extremely relaxing way to spend my lunch hour. I always come out of the room feeling calm and ready to take on my afternoon. Ms. Di Pietro and Ms. Leech-Pepin have really created a great activity to help us students out!



## Coaching Bantam Boys Basketball

By Tara Ginsberg

Basketball is an intellectual sport that involves team-building skills and strategy. It requires you to have the athletic abilities to run up and down a court for a long period of time to shoot the ball into the opposing basket and to stop the other team in doing just that in your basket.

As an assignment for the Leadership and Leisure Studies course, we were obliged to get involved with the school community and to find a leadership role in one of Royal West Academy's many ECAs. Alongside my two classmates who played basketball with me in previous years at RWA, we decided to coach the GMAA Bantam Boys Basketball team. Little did we know the responsibility that came with this choice.





there was a lot of work to be done. Basketball being one of the longest sport seasons, we had a tough time juggling school work and this big responsibility we took upon ourselves. In the words of my fellow coach, Liza Shahin, “Coaching a team was a very unique experience. It taught me leadership skills that will come in handy later on in life.”

The boys’ basketball season was, in my opinion, a huge success. Secondary I could be a tough year to make friends and keep up with a new school environment. This team helped them bond with one another and it helped them develop new mental and physical skills that could be very useful in the future.

The experience of coaching a team was very different than what I expected it to be. Between planning the transportation for any “away” games and physically training the Secondary I boys during tiresome practices,



Secondary III students at the United States Capitol Building in Washington DC.



## Used Uniforms Needed

Home & School Association

Donations of any used Royal West Academy school uniforms may be dropped off at the school store (at lunch time) or at the school office no later than June 9, 2017. Thank you!



### CALENDAR OF EVENTS

May 1	RWA Foundation meeting @ 7 PM
May 2–3	Book Fair
May 4	SLA Elections
May 5	Dessert Concert @ 7 PM
May 5–7	Creative Writing retreat
May 11	Spring Concert @ 7 PM
May 16	Home & School meeting @ 7:30 PM
May 16–19	Bardolators: ??? @ 7 PM
May 20–22	Creative Writing retreat
May 22	Victoria Day
May 25	Art vernissage
May 26	Free Dress Day
May 26	SLA Dance
May 29	Governing Board meeting @ 7 PM
May 31	Farewell BBQ
Jun 1	Graduation exercises @ 7 PM
Jun 2	Pedagogical Day

# RWA



# News

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### 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!

