

RWA



News

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MAY 2017

A Word From The Administration

Mr. Tony Pita, Principal

Ms. Chantal Juhasz, Vice-Principal

Mr. Steven Manstavich, Vice-Principal



It's hard to believe that another great school year has come and is almost gone! Royal West Academy students, parents, and staff have all contributed to making the 2016–2017 school year a truly memorable experience. Students and staff are now hard at work preparing for end-of-year exams.

Parents should review the exam schedule carefully with their child. As per Ministry regulations, anyone arriving more than 30 minutes late for an exam will not be permitted to write the exam, thus receiving an unjustified absence. Parents are reminded that students are required to be in full uniform (including shoes) until June 7, 2017. After that date, students may choose to wear their Physical Education uniform for exams. Grad apparel for Secondary V students is also permitted.

Congratulations to Lia Loebenberg, who recently competed at the Canada-Wide Science Fair, held in Regina SK. Lia won Bronze and an Excellence Award in addition to multiple scholarship awards.

Congratulations also go out to Dean Bizogias, who was recently awarded the "Prix du Mérite en histoire" as a result of his exceptional achievement in the

Secondary IV histoire et éducation à la citoyenneté course. Dean was recently recognized at a gala event celebrating student success.

Students from all over Montreal were recognized at the Gala de la persévérance scolaire du Fonds 1804, a special event created to recognize student achievement in celebration of Montreal's 375th birthday. Norman Kong was among many students recognized at this event.

The 15th Provincial RoboCup Competition was held at RWA on April 21–22. More than 350 students participated from schools all over the Montreal area. Royal West Academy successfully defended its title and won the championship cup! Congratulations to all of the students who participated! Special thanks to Mr. S. Nemeth and Mme L. Bourdeau for their efforts in preparing our students and organizing the event.

Spanish students organized a wonderful Cinco de Mayo celebration, during which RWA was treated to delicious food and educated on different aspects of Spanish culture. Thank you to Ms. A. Almeida and Ms. C. Holloway for your support.

Music students as well as those involved in various music ECAs treated parents and others to this year's Spring Concert on May 11. The audience was treated to performances by the RWA Winds, Jazz Band, Honour Band, a capella group, and the Secondary 2 and 3 combined groups along with chamber pieces by senior music students—a great job by all involved! Special thanks go out to Ms. G. Purdy and Ms. S. Macleod for their tireless leadership in the RWA music program.

Elections for the SLA took place on May 12 (*see page 7 for details*). All of the slates presented clear and compelling platforms, but after the votes were tallied,



the winners were the members of the Omni slate. The complete list of SLA representatives for 2017–2018 are:

- Co-presidents: Jillian Loth & Lily Puterman-Salzman
- Secretary: Nelson Smith
- Treasurer: Spiro Markopoulos
- Sec V Representative: Kyle Vamvakas
- Sec IV Representative: Oliver Sabelli
- Sec III Representative: Myles McGee
- Sec II Representative: Jasmine Puterman-Salzman

The Bardolators treated audiences to stellar performances of *Much Ado About Nothing* on May 17–19 (see page 9 for details). Congratulations to all involved. Special thanks to Mr. D. Floen, Ms. G. Koyounian, and Ms. E. Kuch for their efforts.

Congratulations to the RWA Midget Girls Outdoor Track and Field Team, as they captured the GMAA championship at the track and field meet, which took place on May 15 (see page 11 for details). Special mention goes to Alison Looper, who won the overall aggregate. Thank you to Ms. M.-C. O’Neil for her efforts as coach.

On May 18, RWA Cross Country runners participated in the annual Halo Road Race on beautiful Mont Royal. Runners from across the island of Montreal enjoyed a wonderful sun-filled day on the mountain. Special thanks to the students in Mr. J. Bateman’s Leadership and Leisure class for their efforts to support an annual event that draws over 6000 students aged seven to seventeen years old.

Student art work was proudly displayed at this year’s Art Vernissage on May 25. The student work on display was beautiful and awe-inspiring. Congratulations to all the students involved, and special thanks to Ms. C. Suarez and Ms. S. Leech-Pépin.

This year’s Bike Trip took place on May 19–22 (see page 5 for details). Students travelled through the Eastern Townships and Vermont before returning to Montreal. Thank you to Mr. S. Nemeth, Mr. J. Dufault, Ms. M.A. Zuccaro, Mr. J. Zigby, and a return appearance from former RWA teacher Ms. Leigh Partington.

Finally, I would like to thank the many volunteers that help Royal West Academy provide an enriching and educational experience for our students. In particular, I

would like to thank Mr. Ronald Pau, volunteer editor of RWA News for his efforts in producing a wonderful newsletter that keeps the RWA community informed and showcases the amazing accomplishments and talents of our students and staff. Special thanks to Mr. Pau’s trusted assistant Benjamin Vigny-Pau (Secondary V) for his efforts in advertising and soliciting articles for RWA News on a monthly basis as well as his assistant editor Hayley Bleho (Secondary V) and junior assistant editors Jasmine Akrivos and Julie Liu (both Secondary IV). On behalf of the entire RWA community, thank you for a great publication!

To our graduating parents, we wish to congratulate you as well as your child, and we hope that you will continue to support RWA in the years to come. We have enjoyed working with you to make Royal West Academy a cherished part of your child’s life. We hope that RWA has contributed to the fulfilment of your child’s future dreams and we wish everyone the very best. Good luck and be safe!

SHARING THE STAGE WITH YOU.

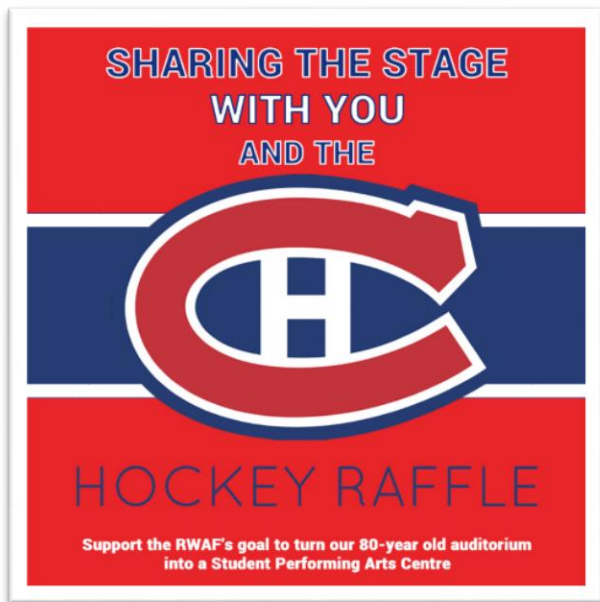
Dear fellow RWA parents:

Last month, my daughter wrote a beautiful article about the necessity of supporting the RWA Foundation raffle drive and, except for a handful of parents, it seems to have fallen on deaf ears. I know that we all have other important things going on in our lives, and helping out our school may not be a top priority. But think about the message that we are giving our children by not being a part of this beautiful pay-it-forward initiative that the Foundation is knee-deep in: the execution phase of the auditorium renovations.

Being at Royal West Academy, you, as parents, committed in your registration contract to be a part of the culture at RWA and to help and support the school. Now I know many of you help out at many levels of the school—and for that we are both thankful and grateful as nothing could get done without the generous support of those parent volunteers.



Unfortunately, that is just a minor part of the parent body, and it always seems to be the same dedicated parents that help out. Just imagine how lucky your children are to receive a private school quality education at a public high school for a fraction of the cost. If every family in the RWA community supported this initiative and either bought or committed to selling just three (3!) raffle tickets, we would have sold all of our tickets and raised \$125,000 for the school from which the RWA community and your children would benefit. I know this sounds easy, but we need your help to succeed at this feat. With summer around the corner, now is the perfect time to support this amazing initiative! What would the Spring Concert, bands, plays, shows, etc. be without this amazing benefit to our school?



I urge you, implore you, and respectfully ask you to support our school and buy a raffle ticket—what's the worst thing that could happen? That you win Habs season tickets in the all-you-can-eat Desjardins section next year?!

Please give of yourselves and buy a ticket—it's the same price as going out for dinner on a Saturday night, and at least this gives back to your own children!!

Thank you,
Mitch White
RWAF President

Ford Fundraiser

Join us on September 15, 2017 at 10 am–6 pm in the Royal West Academy community and participate in the Ford Drive 4UR School fundraiser, in support of the Foundation and the Bardolators program.

More details to come at the start of the 2017–2018 academic year!

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 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.

Mock Drunk Driving Crash

By Sidra Babin



On May 30, Royal West Academy Secondary V students witnessed an extremely realistic drunk driving accident simulation. During this simulation, students saw their classmates (covered in fake blood and wounds) experience the events following a car crash caused by intoxicated driving. With tow trucks, firefighters, police, and paramedics all on site, everything seemed all too real (you can see Global News' coverage at <http://globalnews.ca/news/3490397/>).

Having the students seeing their own friends unconscious on the ground shocked and sensitized them in a way no normal lecture could. It made students understand that this can happen to anyone if they don't take the necessary actions to avoid it.

Because graduation and prom are just around the corner, there are many parties planned all around the

Canadian National Debating Championships



By Ms. Catherine Holloway

On April 20–23, four members of the Royal West Academy Debate Team traveled to Vancouver BC to represent the school and the province at the Canadian National Debating Championships. Yimaj Baharun and Dylan Gharibian, both in Secondary II, competed in the Junior category (which includes students in Secondary III), while Josephine Campbell and Daniel Mendelson, both in Secondary V, competed at the Senior level.



From left: Daniel Mendelson, Dylan Gharibian, Yimaj Baharun, Josephine Campbell

The students took part in six rounds of extremely competitive debating, on topics including oil pipelines, regional trade block agreements, US airstrikes, indigenous education, gender-normative toys, and a variety of others. The students also had the opportunity to visit the Capilano Suspension Bridge, Stanley Park, and other sites around Vancouver as well as meet debaters from across the country. It was a very successful trip and I am very proud of all the hard work the team has done this year.

A big thank you to all the debating parents for their support, and alumni debaters Isaac Harris, Caleb Foster, Leiandros Kaklamanos, and Logan Stack for volunteering their time to work with the debaters this year.



island of Montreal, which means there will be a lot of alcohol and other substances consumed during these events. It is for this very reason that Royal West Academy partnered with MADD Canada to ensure the safety of their students.

Preceding the mock accident, a speech was given to the students to inform them of the right decisions to make should they decide to consume alcohol and/or drugs during their festivities. The hope is that everyone stays safe and keeps other people safe from the terrible consequences of driving or being in a vehicle with an individual under the influence. Driving drunk not only affects you, but also everyone else around you.

You have a choice to make. Choose to stay off the roads if you are under the influence. Choose to make sure your friends find a safe way home.



You are the only one that can make that decision, not anyone else. Decide to not drink and drive.



Bike Trip

By Cedric Gravel-Switzman

During a long weekend in May, a group of adventurous Secondary III–V students travelled to the Canadian-American border on an arduous but rewarding trip of a lifetime! Over the course of three days, the group of 26 students and chaperones biked approximately 270 km on the fifth annual RWA Bike Trip.

On Saturday, we took a bus to Ayer's Cliff QC, where the trip began. Trailed by a U-Haul transporting our equipment (tents, clothes, and food), we biked to the Haskell Free Library and Opera House, a historical monument located half in Canada (Stanstead QC) and half in our southern neighbour's homeland (Derby Line VT). After circling the southern end of Lake Champlain, passing through Newport and North Troy in Vermont, we ended the day back in Canada at our campsite in Mansonville QC. There we cooked our own vegetarian food, made a campfire, and played sports and music whilst enjoying each other's company, in the absence of any electronic devices the entire time.

After waking up early the next day to pack our things, make breakfast, and do yoga to stretch those stiff muscles, we headed out and biked through the sunny plains of southern Québec and the rolling hills of Vermont for 80 km to end at Camping Caravelle in Sainte-Sabine QC.

On Monday, the final day, we biked all the way back to Montréal—a whopping 100 km!—ending at Royal West Academy to conclude the amazing bonding experience and exhausting yet exhilarating weekend that it was. Newbies and veterans alike enjoyed the challenge presented to them and everyone was tired by the end of a vacation designed to clear your mind before the debut of exam season.



Says Edward Mendelson, "What's so rewarding about this trip is that you get yourself wherever you go with your own muscles. Though challenging, there couldn't be anything better than spending the weekend surrounded by nature and great people."

We hope to see you next year! Destination TBA.

Leadership Camp

By Ms. Samira Chawki



This year the EMSB Leadership Camp was held at a new location in Saint-Alphonse-Rodriguez on April 26–28. As usual, the camp was run and organized by 30 students from various EMSB schools. Our very own Royal West Academy student organizers Athavan, Spyro, and George dedicated endless hours to make the camp a success!

Approximately 200 students from James Lyng High School, Marymount Academy, Lauren Hill Academy, Royal West Academy, Royal Vale School, Westmount High School, Laurier Macdonald High School, Vincent Massey Collegiate, Lester B. Pearson High School, and Rosemount High School participated. The camp is open to all students from all levels with one main mission: "to foster the development of student leadership through icebreaker games, experiential learning, guided discussions, team building activities, and personal reflections." Scott Backovich delivered the keynote address and stressed the importance of building connections and reaching out to those around us.



Students arrived at Camp Papillon as strangers and left with new friendships and the memories of an unforgettable three (sleepless) days!

Marine Biology Trip: Zonation



By Scott Martin

On the third day of the Royal West Academy Marine Biology Trip on April 25–29, we were greeted by the standard weather of New Brunswick: clouds and drizzling rain. After breakfast, we travelled down to the lab where we received our instructions for the Zonation Project. The project consisted of observing different quadrants at every metre along a straight line on the beach. By the end of the trip, we were to create a poster representing the elevation, the soil, and the organisms as well as the type and percentage of seaweed in the quadrant.

On the beach, we worked with our two to three other group members to discover what lives on the shores of the Bay of Fundy, home to the world's highest tides. The findings were mostly barnacles, common periwinkles (snail-like creatures), and many varieties of seaweed. Occasionally we found some side swimmers (tiny shrimp-like creatures) in puddles and, if we were really lucky, a crab. It was surprising to see how much life resides under the seaweed.

However, that was only the first part of this project. After lunch, every group needed to graph their results on a wide paper in a creative way. For example, my group created a video game-themed graph in which the organisms in each quadrant were represented by different game characters. The construction of the poster took place over Day Three and



at the end of Day Four, after the exciting crab hunt.

On the last day, we unveiled our masterpieces (posters) to Ms. Kebira Darouach, Ms. Catherine Thomasson, Mr. Jamal Zigby, Ms. Maria Alessia Zuccaro, and two representatives from the Huntsman Marine Science Centre (where we were staying). The presentation was a short delivery of the data we collected on the beach. This concluded our stay in St. Andrews NB.

Despite all the work this appears to be, the trip is an amazing experience and a great way to learn about the science of marine biology.

Senior Ski Trip

By Julian Shaw



The Secondary IV and V ski trip this year took place on March 17–19. The trip was composed of several teachers and a handful of students from both senior grades. Since it was a relatively small group, it was a great opportunity to make friends and have fun.

The two days spent skiing or snowboarding were full of laughter and excitement. We skied or snowboarded at Le Massif and Mont-Sainte-Anne. Le Massif is the highest mountain in Canada east of the Rockies. The first thing we were greeted with upon arrival at the peak of Le Massif was a beautiful view of the sparkling Saint Lawrence River at the base of the mountain. We

had blue bird skies, soft snow, and warm weather on both days. It was so warm and sunny we could eat lunch outside with our jackets off. The adventures we had hiking in the sous-bois to find fresh snow and the night skiing were unforgettable memories shared with the best of friends.

After skiing, we would return to our condos, where we made our own dinners, and played some friendly games of road hockey. The road hockey was a great way to unwind with a bit of friendly competition.

One night, we had the pleasure of visiting a cabane à sucre, where we got to dance and clack spoons and tambourines while a man played the accordion. We also got to see how maple syrup is made and taste their fresh syrup with the dinner they provided.

The trip was an amazing experience that brought friends together and was definitely a weekend to remember!

SLA Elections

By Jillian Loth

On May 12, Royal West Academy held their annual Student Life Association elections. Students from every grade level picked a slate (composed of two co-presidents, a treasurer, and a secretary) to represent them for the 2017–2018 school year. There were two slates running this time around:

- **Omni**, composed of Jillian Loth & Lily Puterman-Salzman (co-presidents), Spiro Markopoulos (treasurer), and Nelson Smith (secretary)
- **Empower**, composed of Tara Ginsberg & Paul Mandelos (co-presidents), Katie Gassios (treasurer), and David Povetta (secretary)

Two weeks before election day, both slates were campaigning all around the school by putting up posters, posting on social media, handing out pins with their logos on them, and coming up with catchy slogans such as “Vote Omni because we represent ALL of you!” and “Vote Empower because we EMPOWER you!”

On the day of the election, each slate had the opportunity to present to all the students their ideas for next year. Both Omni and Empower had great ideas.





OMNI slate (from left): Nelson Smith, Lily Puterman-Salzman, Jillian Loth, Spiro Markopoulos



EMPOWER slate (from left): David Povetta, Tara Ginsberg, Paul Mandelos, Katie Gassios

"There was no clear winner by the end of the presentations," according to an anonymous student.

Prefects spent all of recess and lunch counting the votes and tallied up the totals to determine the winner. This election, the winning slate was my very own slate, OMNI!

My colleagues and I cannot even begin to describe how thrilled we are to have won—Lily and I have dreamed of this day since Secondary I. We would like to give a big thank you to everyone who voted for Omni. We promise not to let you guys down!

Abraham Lincoln once said, "The best way to predict your future is to create it."

We want to create an amazing year with the help of ALL of you!

What Causes Stress At RWA?

By Dante Meldrum

Royal West Academy is a school known to be stressful for students. The kids that attend are often

overwhelmed by the amount of homework and tests they are given. They often blame the teachers for the stress and anxiety—but no one really knows what the teachers themselves are going through or if they know they are putting stress onto the students of tomorrow. Who better to know the effects of this on students and on society than someone who teaches in those domains?

I decided to interview an Ethics/Contemporary World/History teacher at Royal West Academy: Ms. Jodie-Amelie Cayer.

In an interview with the teacher her students call Ms. Cayer, she says students that go to Royal West Academy are often stressed with academics. She stated, "I do believe that [the kids are under a lot of stress] since students are often talking about the amount of stress they are under."

Leading that I wanted to know her thoughts on this school compared to others, Ms. Cayer responded, "Depending on the subject matter, I do believe that students at Royal West Academy are under more stress than other schools."

Royal West Academy is known for the challenges and stress students face academically. "The students who attend RWA are academically strong and self-motivated," stated Ms. Arzine Brochu, an RWA parent.

If this was the case, I wanted to know how Ms. Cayer was involved in all of this. She has her own idea on homework and the concept behind it, "I believe in homework when it is necessary [when class work is not completed or to reinforce material that students may find more difficult]. I do not usually give students a lot of homework."

My final question involved getting help if students were under some form of stress. "I think we are very lucky here at RWA because we have many different support systems that are in place to help students deal with stress, whether it is homework help, peer tutors, guidance, Mind Pop. We have many options," said Ms. Cayer.

Every person has his/her own opinion on how to resolve stress. People often ask the students because they are often the ones who experience it. Very few often look



towards the cause nor, some may say, the teachers themselves. After have attending RWA for the past four years, I cannot really blame the teachers (for the amount of work they give) or the students (for waiting until the very last moment to complete work), but one thing is for certain, students should seek help if they undergo any form of stress.

Interview: Mme Caroline Belina

By Andrew Pate

Mme Caroline Belina has been at this school for a while, but the interesting part is what she did before she started teaching here and how she ended up at Royal West Academy.

After teaching physical education in a private school for five years, she decided to go travelling, which took up the next two years of her life. Her travels started with an eight-month internship in Bolivia. She was working with CIDA and Royal Military College of Canada to help integrate women into the Bolivian military. This task was much harder than you would think. It took three months before the Bolivian minister of defence would even talk to her, and then it was only because she marched into his office and demanded his attention.

Back in Montreal, she got a call to replace an elementary school teacher and accepted right away. At the end of that school year, one of the fathers of her students asked Mme Belina where she was going to work for the following school year, but she didn't know yet, and that's what she told him. The father, Mr. Angelos Diacoumacos, said that he works at Royal West Academy and that he will give the principal her CV.

The summer went by, and Mme Belina didn't hear anything from Royal West until one week into the school year. She was called down to the office to meet with the principal. The principal at the time, Mrs. Reynolds, said that there was a position open and asked if she wanted it. She showed her the schedule that she would get if she accepted. Mme Belina thought about the job: a packed schedule with 11 groups, no classroom (meaning she was going to have to run around between classes), and there wasn't even a single gym class which, given that she had a degree in

Physical Education, wasn't ideal. But her answer was still "yes" and that was how she started her RWA career, even teaching a few gym classes over the years.

Says Mme Belina, "I consider myself very lucky to be a teacher here and it is a privilege to work in this environment and interact with all the different students."

Mr. Floen and the Bards

By Anthony Falcone



Mr. Douglas Floen has been at Royal West Academy for many years. He is a well-respected, passionate, and cherished member of the RWA community. Prior to his retirement, Mr. Floen taught English and history. He also pioneered the Contemporary World program and was the driving force that allowed the Bardolators and Musical programs to become a reality.

Today, he remains very active and contributes significantly to the RWA culture. When he is not travelling, Mr. Floen spends his time working with adolescents, writing and directing musicals. In addition, he directs Shakespearean plays, which include classics such as *Romeo and Juliet*, *The Merchant of Venice*, and *Twelfth Night*. His unique ability to interact with students is what makes his work relevant for the students that are part of these enriching programs.

This year, Mr. Floen's latest undertakings included directing *Much Ado About Nothing* with the Bardolators. In a recent interview, Mr. Floen stated, "I love the Bards. I'm so proud of everyone in the Bards program. I get to see these kids grow up and put on these exceptional plays. That's the single greatest reward for me. I am so proud of this group."

Earlier this spring the Bardolators performed *Much Ado About Nothing*. This comedy, by William Shakespeare, tells the story of Leonato, a nobleman (played by Kaylah Langburt and Kristina Nikolaou) who lives in the town of Messina, Italy. Leonato lives with his young daughter Hero (Anna Chuprun and Georgia Thanopoulos) and his clever niece Beatrice (Zoe Knox and Romy Roussel-Lustgarten).





As the play begins, Leonato welcomes his close friend, the prince Don Pedro (Zachary and Gabriel Cohen). Claudio (Alex Plawutsky and Niall Cunningham) and Benedick (Jacob Cohen) serve as soldiers. The antagonist Don John, who is Don Pedro's bitter brother (Jada Wood), creates trouble amongst the other characters, along with his companion Boracchio (Ted Warren and Bronwyn Farkas).

When the soldiers arrive at Leonato's home, Claudio falls in love with Hero and they vow to get married. Meanwhile, Beatrice and Benedick continue their war of words and quibble constantly. In the weeks prior to

their marriage, Claudio and Hero create a plan to stop the bickering between Beatrice and Benedick, and ultimately make them fall in love.

The devious Don John decides to unsettle everyone's happiness and creates a scheme involving Boracchio that leads Claudio to believe that Hero was unfaithful. Claudio, believing that he has been betrayed by his love, decides to humiliate her on their wedding day, leaving her stranded at the altar. To protect Hero from further disgrace, her family decides to announce that she died from grief—until the truth is revealed.

One night, when Benedick and Beatrice finally profess their love, a night watchman overhears Boracchio bragging about the scheme that he was involved in with Don John, and he gets arrested. Claudio hears word of Hero's innocence and grieves for her loss. He later learns that Hero is alive, and asks to marry her again. Benedick also asks Beatrice if she would become his wife. The pairs of lovers dance joyfully at their weddings as Don John is arrested.

The RWA Bardolators performed yet another excellent show which was filled with passion, romance, and witty humour. The next performance of the Bardolators will be a rendition of *A Midsummer Night's Dream* in the fall of 2017.



Rugby: An Unforgettable Experience

By Paul Mandelos



Sweat is dripping down the side of his face as he waits for the game to continue. His palms are sweaty, his knees are weak, and his arms are heavy. The ball is in the ruck as the forwards are tussling for it. The ball flies out of his teammate's hands and into his own. He looks up and sees 15 players running at him. Adrenaline is pumping through his veins as he runs straight up field for 50 yards, the ball still in his hands. He's wheezing for air and his lungs feel like they are going to explode. An opposing player dives to try and tackle him. As he absorbs the impact and falls on the wet grass getting covered in mud in the process, he off-loads the ball to the teammate next to him as his teammate runs in for the five points! The look on his face is priceless: pure elation. It is at this moment that he realized that every morning training and all the practices, during rainy afternoons where he thought he couldn't continue but still managed to push on, were worth it.

The decision of joining the Royal West Academy rugby team is a big one as practices take place almost every day for two months. Practices are physically demanding but any player will say that it is one of the best decisions that they ever made in their high school career.

"I have made many friends and invaluable memories thanks to the RWA rugby program. Thank you to the coaches and everyone else involved in making the program such a great thing to be a part of," says Anthony Miron.

Mr. William Lapierre gives countless hours of coaching and mentoring to the rugby program. He has over 30 years of coaching and rugby experience, and uses his expertise to help the students achieve their best.

Outdoor Track And Field

By Giuliano Leo

Every year, over 1000 athletes from schools across Montreal compete in the outdoor track meets hosted by the GMAA in the hopes of winning in their respective events. Outdoor track and field takes place every spring from the first practices in March to the final meets in

May. Track and field is meant for many different types of athletes, from long distance runners to shot putters. With eight track and seven field events to choose from, almost everyone can find an event for themselves.

This year I decided to sign up for track and field for the first time. All the people who were involved in outdoor track and field created a very welcoming environment for a new runner like myself. They immediately made me feel like part of the team. We had practices two to four times a week depending on what events you were planning on doing. For example, people doing jumps or field events had their practices at different times than the people doing track events. After about a month and a half of training we were finally ready for the meets. This year the boys qualifying meet was on May 8 and the girls had their meet on May 9. If you managed to qualify, the championship meets were on May 15 for the girls and May 17 for the boys.

This year I was personally given the honour of representing my school in the 800 metre run and the triple jump. On the day of the boys qualifying meet we happened to get unlucky with some cold rainy weather but we still did our best during our events. A good amount of our athletes managed to qualify for their respective events. The boys track team even ended up winning medals in the sprints. The girls track team also had a good performance winning many medals throughout all the events.

"Special mention goes to Alison Looper for winning the midget girls aggregate award and to the midget girls team for winning the championship banner. Good luck to the athletes who are attending provincials on June 9-11," Ms. Marie-Claire O'Neill announced.

Never Give Up

By Elliscia Peters-Mark



Basketball is a popular sport played worldwide, no matter the age, race, or ethnic background. It is an enjoyable sport for both the participants and spectators. Basketball, in simple terms, is a game with two teams of five players each with the goal of getting the ball through the net.

When I was younger, I would play at recess in the courtyard with my friends. None of us had much



technique or experience considering the fact that we were not taught how to play in gym class. To me, basketball was just a leisurely sport that I enjoyed playing occasionally. The more I played it at recess, the more passionate I became about it. I wanted to play basketball seriously and learn all the rules of the game.

Entering Royal West Academy, I was determined to get on the basketball team but the first step was trying out. I thought every girl trying out that day had the same amount of basketball skills as I had. I didn't know much about what was happening outside of my small elementary school of 160 students, but almost every school but mine had a basketball team. Therefore, a lot of those girls had a lot more practice and experience than me. Needless to say, sadly I didn't make the basketball team that year, but I never gave up.

I got my mother to help me practice since she used to be a basketball coach. We would practice every Wednesday afternoon at her school. I tried for the basketball team again in Secondary II and Secondary III and unfortunately didn't make it both years.

Finally in Secondary IV, I made the juvenile girls' basketball team. Being on the team was an amazing experience that I will cherish forever. From the dreadfully hard and sweaty practices we had twice a week to leaving my heart, sweat, and tears on the court after every game. Being on the team was being part of a fun family that all had the same interest. I know for sure that I will be trying out for the team again next year.

Never give up in what you believe in. Whether it's making it onto a team or the fear of not passing your exams. There may be obstacles in the way and you may fumble a couple times, but you have to hold your head high, push through your fears and failures, and keep a positive attitude throughout and you will surely make it.

Ultimate Frisbee

By Devon Bradshaw

Ultimate frisbee is a sport that requires many physical and mental attributes. It is not as easy as many people who have never played think it is. The sport combines running, jumping, agility, throwing, and anticipation of plays as well as confidence in your ability to catch. One of the main lesson's ultimate frisbee teaches you is teamwork and moving in unison.

At Royal West Academy, ultimate frisbee is open to students of all genders and every grade level, teachers, and others. Playing is the easy part—developing strategies as a group is harder.

The objective is to move the frisbee down the field whilst not being able to move when in possession of the frisbee. The goal is to return the frisbee thrown by the opposition to the end zone where it originally came from to earn points.

The hardest part of the game is making sure your passes make it to your desired teammate, and there are many ways to make sure your passes get there. You have the standard frisbee throw, the hook shot, and the backhand as well as many more. When you throw a hook shot, the goal is to make it curve around your opponent. When you use your backhand, you can confuse your opponent because most people are unable to perform a backhand pass.



Ultimate frisbee is a sport that often gets less representation by the media and professional players because you don't usually see it on your television or in stadiums during the summer months.

As Dante Meldrum (Secondary IV) says, "It's a good way to earn a credit, while competing against students from every grade and working with students from all backgrounds."

RWA
News

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RWA News is published during the academic year (from September to May) on the Royal West Academy website at www.royalwestacademy.com. Articles, comments, and suggestions may be directed to the editor at rwanews@gmail.com

CALENDAR OF EVENTS

June 1	Graduation exercises @ 7 PM
June 2	Pedagogical Day
June 5	RWA Foundation meeting @ 7 PM
June 8	Volunteer Appreciation @ 7 PM
June 13	USED Uniform Sale @ 7 PM–8 PM
June 14	NEW Uniform Sale @ 3 PM–8 PM
June 15	NEW Uniform Sale @ 2 PM–8 PM
June 22	Graduation Prom
June 23	(Saint-Jean-Baptiste Day)
June 26–30	Pedagogical Days
June 28	Report Card Distribution
July 1	Canada Day
August 24	Uniform Sale @ 3 PM–8 PM
August 28	Secondary I Orientation
August 31	First day of classes
September 4	Labour Day

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!

