

RWA



News

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MARCH 2019

## A Word From The Administration

Mr. Tony Pita, Principal

Ms. Chantal Juhasz, Vice-Principal

Mr. Steven Manstavich, Vice-Principal

Ms. Christy Tannous, Vice-Principal

Mr. Rob Aiken, Interim Vice-Principal

Spring is here! Well ... almost.

### Recent additions

There have been a number of recent additions to the Royal West Academy community.

- Due to the fact that Ms. Chantal Juhasz was named interim principal of the Outreach school network, Mr. Rob Aiken has agreed to help out at the office in her absence. Mr. Anusan Anandan will be replacing Mr. Aiken in the gymnasium.
- Joining our secretarial team is Ms. Fatemeh Dashti, taking over for Ms. Liana Borzomi.
- With Ms. Anjali Abraham's return to the classroom, Ms. Elisabeth McKittrick has now taken over Ms. Ashleigh Huza's classes.
- M. Fidèle Mouafo is replacing Mme Danielle Ouellette until her return.
- Ms. Widlyne Brutus has joined the team in the library, taking over from Ms. Rebecca Pothier.
- And last but not least is Ms. Anna D'Angelo who is joining us as the new Resource Tutor at RWA.



### Rencontre de parents

Notre deuxième rencontre de parents s'est déroulée le 14 mars, avec un achalandage habituel. Nous rappelons

aux parents qu'ils peuvent contacter avec les enseignants par courriel. Vous trouverez leurs adresses électroniques sur les plans de cours distribués en classe en début d'année, ou encore sur notre site web.

### Honour Band

Our school Honour Band took part in two St. Patrick's Day parades this year. On March 17, the students marched in the Montreal Parade and won Best High School Unit. On March 24, the students took part in the St. Patrick's Day Parade in Chateaugay. The low temperatures hampered instruments, but not enthusiasm and talent. Well done to the Band and Ms. Purdy for their commitment to an exercise that is an annual tradition here in Montreal.

### Science Fair

Suite au succès de notre Science Fair à RWA, 14 étudiants (huit projets) ont pris part à la finale régionale, Montreal Regional Science & Technology Fair, tenue à l'Université Concordia du 24 au 26 mars 2019. Adelka Felcarek-Hope et Sofia McVetty, étudiantes en secondaire 4 à RWA, ont remporté le premier prix Hydro-Québec pour Best Overall Project, une mention Highest Distinction, ainsi qu'un chèque de \$750 chaque, grâce à leur projet «The Poly-Phaeophyceae Method». Breakfast Television a passé Adelka et Sofia en entrevue (<https://www.btmontreal.ca/videos/meet-montreals-emerging-scientists/> à 6:17 min). Adelka et Sofia se sont donc taillé une place à la finale provinciale. Elles seront accompagnées de Hajeong Seo et de son projet « Fog on, Fog off », qui a mérité d'un prix Highest Distinction. Quatre autres de nos projets ont mérité le titre de Great Distinction et deux projets, Distinction. Nous sommes extrêmement fiers de tous nos élèves, et nous tenons à remercier mesdames Andrea Dillon et Jessica Fogel pour leur aide dans la coordination de cette activité.



Voyez le communiqué de presse la commission scolaire English Montreal en cliquant sur le lien ci-dessous :  
<http://www.emsbfocus.com/2019/03/march-27-2019-edition-volume-21-number.html>

### Battle of the books

In a seldom talked about activity, RWA placed first in this year's Battle of the Books competition on March 26 at the EMSB. Our students earned over 100 points, a feat never before seen! We are very proud of our students and of their great accomplishment.



Click below to read the EMSB press release:  
<http://www.emsbfocus.com/2019/03/march-27-2019-edition-volume-21-number.html>

### Débat

Récemment, lors d'un récent tournoi provincial, l'équipe de débatteurs, composée de Cameron O'Hare (secondaire 3) et Claudia Leroux (secondaire 2), s'est qualifiée pour participer aux Junior National Debating Championships qui auront lieu du 24 au 26 mai 2019 à Montréal.

### School trips to Cuba and Costa Rica

Two school groups that did not mind the snow and low temperatures here in Montreal were the Honour Band students and staff that spent their March Break in Cuba and the students attending the Spanish Trip in Costa Rica. Special thanks to Cuba chaperones Ms. Purdy, Mr. Pita, Mr. Bowles, and Ms. Lescaudron; and Costa Rica chaperones Mr. Wilson, Mr. Aiken, Ms. Belina, Ms. Reddy, and Ms. Tannous for sacrificing time with their families during March Break to make these trips a reality. From all accounts these trips were spectacular,

bringing experiences, friendships, and memories to last a lifetime.

### Dance Show

Une autre tradition à Royal West Academy est le spectacle annuel de danse, mieux connu sous le nom de Dance Show. Les profits de cet événement vont directement à l'organisme Dans la rue et à la RWA Foundation. Au cours des deux représentations de cette soirée, les étudiants, qui ont eux-mêmes chorégraphié toutes les routines, nous ont offert des prestations exceptionnelles en nous présentant des danses de styles et de cultures variés. Pour la centaine d'étudiants ayant pris part au spectacle, ceci met fin aux préparatifs ayant duré sept mois. Félicitations, et un grand merci au Dance Show student executive: Sascha Azoulay, Jill Rodin, Macey Zemel, Maxine Noik, Stéphanie Dale, et Serena Silver. Nous tenons aussi à remercier les coordonnateurs de l'événement, Mme Cayer et M. Zigby, ainsi que tous les superviseurs qui ont gracieusement consacré des heures de leur temps libre pour superviser les élèves.

### Regarding end-of-year exams

As we approach the end of year, we are preparing for the end-of-year exams. Parents are reminded that students must be in school for exams. The official exam schedule will be available at the end of April 2019. Many exams are already scheduled in May 2019, therefore parents should avoid making appointments for their children during this time. Any absence for an end-of-year exam must be supported by a medical note and cannot be rescheduled. We appreciate your cooperation. Parents should also avoid booking travel or making plans for summer camp if their child's success in any course remains uncertain. Accommodations for summer plans will not be possible should your child require summer school or need to write a supplemental exam. More information will be available on the EMSB website in the coming months regarding summer school.

### Admission au cégep

Petite mise en garde aux parents d'élèves de secondaire 5 au sujet de leur admission au cégep. Comme vous le savez, de nombreux cégeps ne peuvent accueillir qu'une fraction des étudiants qui postulent chaque année. Si votre enfant est admis au cégep dans le programme de

son choix, notez que cette approbation est conditionnelle. Par le passé, certains de nos élèves ont vu leur admission révoquée en juillet après une baisse substantielle de leurs notes, les plaçant à un niveau inférieur aux normes acceptables par le cégep. Nous encourageons tous les élèves, avec le soutien de leurs parents, à poursuivre les pratiques qui ont assuré leur succès jusqu'à ce jour.

### Sports

In the sports arena, our Juvenile Girls Volleyball team placed first in the RSEQ Montreal league for francophone schools.

The Bantam Girls Volleyball team placed third at the Lac-Saint-Louis Regionals on Sunday.

In basketball, our Juvenile Boys division 4 made it to the finals, finishing in second place.

Tiffany Osuala and Kevin Wasacz qualified for the Provincials of indoor track, which took place over the weekend.

### Vendredi 12 avril, jour 5

Un petit rappel quant à la journée du 12 avril 2019. En raison de la fermeture de toutes les écoles de la EMSB en janvier, cette journée ne sera plus pédagogique mais bien une journée d'école régulière. Tel que publié dans le calendrier, le vendredi 12 avril sera un jour 5.

### Alumni news

In alumni news, congratulations to Victoria Iannotti (class of 2016), who helped lead the Cégep Bois-de-Boulogne team to first place in the regular season and to win the RSEQ Division 1 Women's Volleyball

Championship. Her performance also enabled her to be selected as the 2018–2019 MVP of the Year, and to the 2018–2019 All-Star team and 2019 Provincial All-Star team. Victoria got her start playing volleyball at RWA and has been thriving ever since. We are very proud of all her accomplishments.

We would also like to congratulate Abigael Singer (class of 2016) for making it on the President Honour List in the Paralegal Technology Program at Collège O'Sullivan de Montréal. This distinction is awarded to students who achieve an overall average of 85% or more.

Please enjoy the pleasures that longer periods of daylight bring to your life, and be that light for someone else. Happy Spring!

## SHARING THE STAGE WITH YOU.

By Mr. Mitchell White, RWA President

The Royal West Academy Foundation Big Super Raffle was an incredible success, thanks to all of you who supported the fundraising initiative by buying tickets.

The draw took place March 22 at the RWA Dance Show. Congrats to our lucky winners, some of whom purchased online and some of whom did so in person:

- Lynn Serre and Esterina Vescio each won a pair of great seats at the Ariana Grande concert
- Lisa Hallman and Alan McKirdy each won a pair of tickets to see the Blue Jays at the Olympic Stadium
- Christine Greschner Hamaker won a pair of passes to the Osheaga Festival this summer

The raffle raised a total of \$3180 for the Foundation, funds that will go toward our current Capital Campaign, "Sharing the Stage with You", which seeks to provide the school with a new state-of-the-art performing arts facility within the next few years. We raised an additional \$356 through our 50/50 raffle at the Dance Show, which was won at the early show by Mr. Pita and Mme Tannous, and at the late show by the Noik family, who generously donated their share of the pot back to the Foundation.





Speaking of performing arts, the RWA is thrilled to welcome the innovative and ground-breaking chamber music percussion quartet, Architek Percussion, to the school for a fundraising performance on May 6, 2019. One of the members of the band, Alessandro Valiante, is a graduate of Royal West Academy and the school community is very pleased to welcome him and the rest of the group back to the school for this fundraising event. The group has been touring with support from the Conseil des Arts de Montréal Touring Program.



Don't miss this one-night-only concert event, which will also feature performances from the RWA Winds Music Group, the A Cappella Group, Dance Show scenes, and Glee!

When: May 6, 2019 at 7 PM

Where: Royal West Academy Auditorium

Tickets: Adults \$20

Montreal West Residents \$15

(with proof of address)

Students \$10

Tickets are available online at [www.rwaf.ca](http://www.rwaf.ca). For more information about the group, visit [www.architekpercussion.com](http://www.architekpercussion.com)

Our next meeting will be on April 15, 2019 at 7 PM in the Teachers Lounge on the second floor. If you can lend a hand, or even if you're just curious, come see what we're all about! Access is via the Ainslie Road entrance. If you want to help but cannot make the meeting, just send me an email.

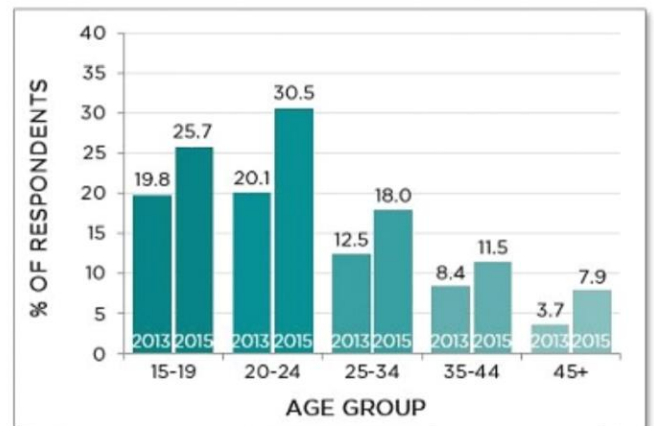
Looking forward to seeing you there or at the show on May 6, 2019!

## Vaping And Its Risks

By Ms. Jenna Labell, Addictions Counsellor,  
Chabad Lifeline

The use of vaporizers “vapes or e-cigarettes” has increased exponentially, especially among youth. Between the years 2011–2015 the Surgeon General of the United States reported a 900% increase in e-cigarette use among high school students. The popularity continues to increase, both in the US and Canada, and remains more prevalent among Canadians aged 15–24.

FIGURE 12.4: PREVALENCE OF EVER USE OF E-CIGARETTES AMONG CANADIANS AGE 15+, BY AGE GROUP, 2013-2015



DATA SOURCE: CANADIAN TOBACCO, ALCOHOL AND DRUGS SURVEY, 2013, 2015

<https://uwaterloo.ca/tobacco-use-canada/e-cigarette-use-canada/prevalence-e-cigarette-use/e-cigarette-prevalence-age>

### Risk of Nicotine Addiction and Impacts on the Brain

Most vapes have nicotine in them, which is considered one of the most highly addictive substances. Addiction to nicotine is one of the hardest to kick. Nicotine has the largest negative effects on the areas related to memory, concentration, and higher-level processing in the teenage brain. Some studies have found that damage to cells, due to nicotine exposure, in these areas of the teen brain do not regenerate themselves.

### Inhalation of Chemicals

Most vape liquids include ingredients such as vegetable glycerin, propylene glycol, flavourings, and nicotine. Vaping at higher heat levels creates formaldehyde compounds (toxic and carcinogenic to the body). The vape user also risks inhaling small metal particles like nickel, tin, and lead.

### Risks to Lung Health

Some flavourings (specifically the popcorn flavoured liquid) contains a chemical called diacetyl which can lead to “popcorn lung”, a condition where the airways in the lungs are thickened and narrowed; symptoms include coughing, wheezing, and shortness of breath. A much rarer lung condition related to vaping is called “wet lung”, which involves inflammation of the lungs and can become quite serious if left untreated.

### No Long-term Research

Because of vaping’s relatively recent emergence on the market, there is no long-term research. At one point in time, cigarette smoking was seen as safe and only years later did we realize the damage (sometimes irreversible) it can cause to our bodies, overall health, and quality of life. Individuals who vape cannot accurately say that it is not a harmful behaviour until more research is conducted, specifically long-term effects of vaping, both on the vape user as well as second hand vapour effects.

With the little that we know now, is vaping really worth the risks?

## India Exchange 2019

By Caileigh Bates

When I was chosen in Secondary II to be part of the 2019 India Exchange Program with the Venkateshwar Global School, I never anticipated that I would have such an eye-opening and awe-inspiring experience as I did this past February. All the Secondary III and IV students in this program had been working very hard for the previous two years, preparing for the Indian students’ trip to Canada last June and fundraising for our trip to India most recently.

When the Indian students came in June, we all bonded very quickly and had a wonderful time showing our friends our Canadian culture and our everyday lifestyle. Needless to say, by the time our plane had landed in India, the anticipation to see our friends once again and



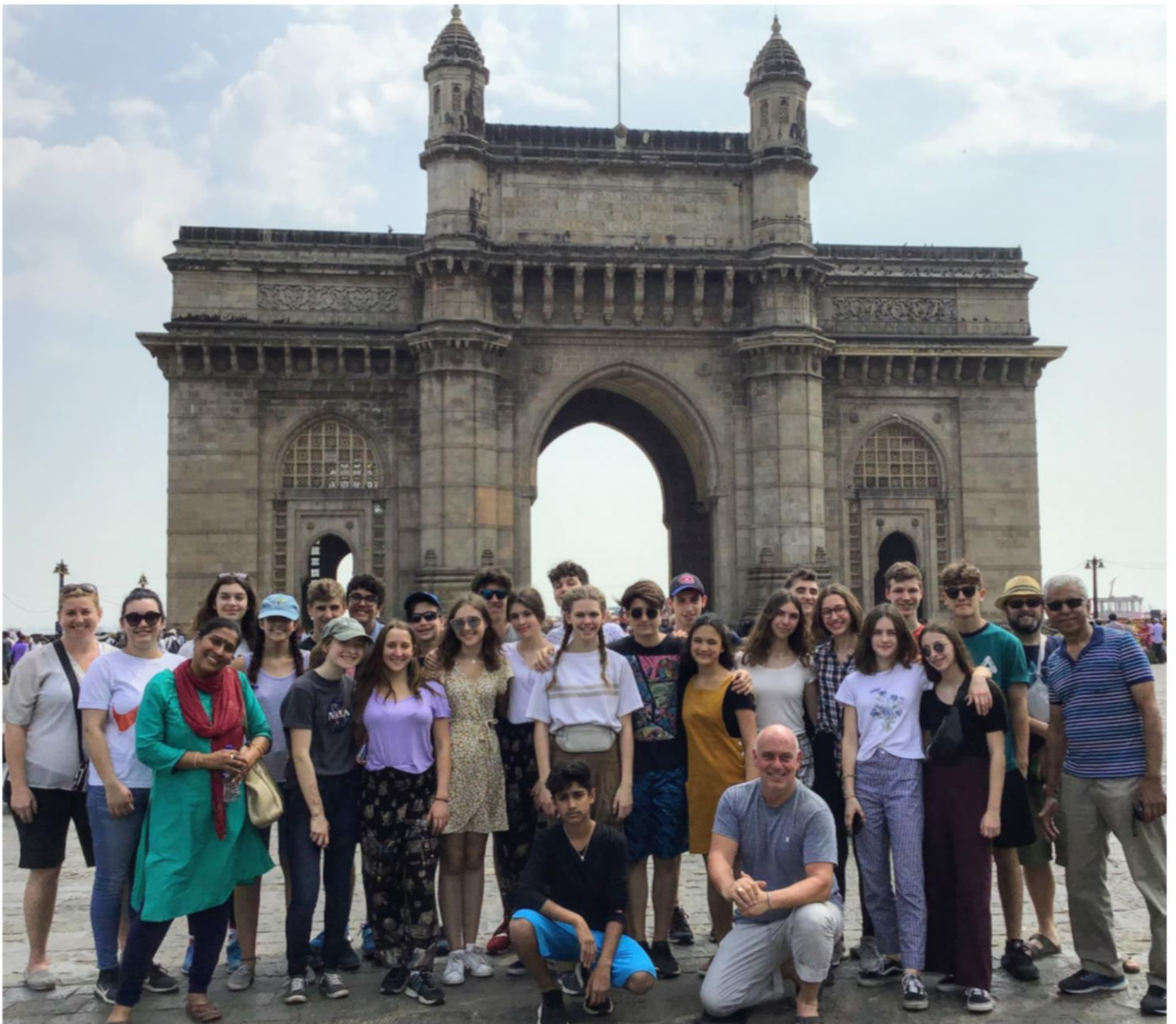


to visit their home country that we have been researching and hearing so much about for two years was immense.

During our trip, we spent seven days in New Delhi with our billets and host families, and ten more days in Jaipur, Jodhpur, and Mumbai before heading back to our home country. Our time with our exchange school was short but we were immediately showered with incredible hospitality and care, from both the teachers and host families, and had the privilege of experiencing their everyday home atmosphere. We were able to explore the country's ancient and sacred sights, observe

India's exotic wildlife, take part in their cherished traditions, and taste their flavourful and delicious cuisine. The relationships and experiences that we were able to have were truly a once in a lifetime opportunity that none of us will ever forget.

I have learned so much on this exchange about Indian culture and about appreciating and embracing the differences between our countries. I have made lifelong friends that I hope to visit again, both from India and from here. Even if we are not able to visit our friends in India again, they along with their beautiful and diverse





country, culture, and traditions will forever hold a special place in our hearts.

## The Governing Board Report

By Ms. Fotini Markopoulos, Chair

The last Governing Board meeting was held on March 12. Once again, quorum was met and the following were the highlights of our meeting.

Mr. Pita thanked the Royal West Academy Home & School Association for organizing the Staff Appreciation luncheon, brunch, and breakfast as well as the parent volunteers who donated time and/or food to these events. He expressed that the teachers and staff appreciated these efforts very much!

There is presently a teacher shortage in Quebec—particularly in French. This has made it difficult to find substitute teachers. The Administration and the Board are doing everything possible to address the situation in a way that minimizes the effects on our students.

A detailed presentation of the Educational Project was given. Members asked questions and discussions ensued, followed by the adoption of Governing Board. Bravo to Ms. Juhasz for such an excellent presentation!

As Mr. Pita does every year, a copy of the present RWA Rules of Conduct and Safety Measures was distributed prior to this month's meeting date, giving Board members the opportunity to read, reflect, and give feedback. The 2019–2020 RWA Rules of Conduct and Safety Measures will be approved in a future meeting.

Our next Governing Board Meeting will take place on April 23, 2019 at 7 PM in the school library.



## CALENDAR OF EVENTS

April 1	Home & School meeting @ 7:30 PM
April 1–4	Sec IV Trip: Boston MA
April 1–5	Sec III Trip: Washington DC
April 3	UN Debate
April 5	Pedagogical Day
April 14–17	Bardolators: Hamlet
April 15	RWA Foundation meeting @ 7 PM
April 15–17	MindPOP ELA
April 19	Good Friday
April 22	Easter Monday
April 23	Governing Board meeting @ 7 PM
April 23–26	Earth Week
April 23–27	Marine Biology Trip
April 25	Nuit Verte
April 30–May 1	Book Fair @ 8 PM

## LOST AND FOUND POLICY

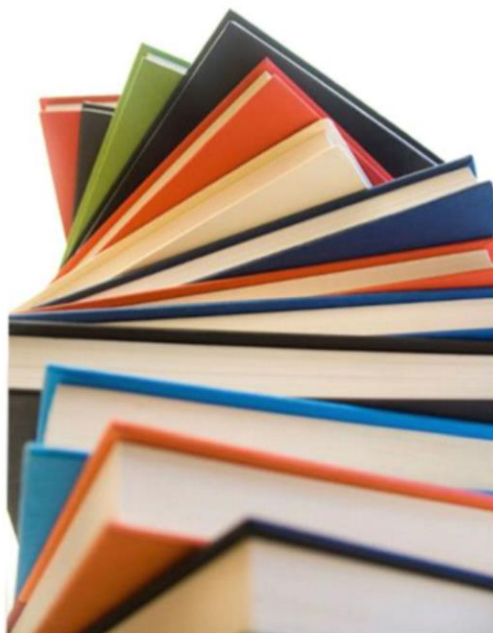
Please be advised that the Lost and Found boxes are cleaned out on the 15th of each month. While labeled items are returned to their owners, several bags of unclaimed unlabeled items are removed and donated to charity every month. So if you are looking for lost items, make sure to look for them before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

**TUESDAY, APRIL 30, 2019 - 8:00-20:00**  
**WEDNESDAY, MAY 1, 2019 - 8:00-13:00**

**Organized by: The RWA Home and School Association AND Babar Books/Livres Babar**

Enjoy convenient, one-stop shopping while supporting your school library! Take advantage of this opportunity for you and your child to become familiar with Royal West Academy.

Note: Prices are not reduced, they are bookstore prices. The Royal West library receives a credit equal to a percentage of the sales. Last year, over 100 books were added to our collection this way.



### **SUMMER READING LIST BOOKS**

**Books for all grades will be available**

**Location: RWA Auditorium**

**Cash, Cheque, Debit, MasterCard, Visa**

**Cheques payable to Babar Books or Livres Babar**

### **ROYAL WEST ACADEMY**

189 Easton Ave,  
Montreal-West, Québec  
H4X 1L4

[www.royalwestacademy.com](http://www.royalwestacademy.com)

p 514.489.8454  
f 514.489.3682

## **USED UNIFORMS ACCEPTED ALL YEAR!**

Home & School accepts used uniforms all year long. If you have used uniforms to donate to the Used Uniform Sale in June, you or your child can drop items off at the school store on all regular school days during the lunch hour, or at the main office during regular school hours.

# **RWA**



# **News**

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**Assistant Editor**

**Assistant Editor**

**Junior Assistant Editor**

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Ronald Pau (RWA alumni parent)

Naomi Zukerman (Sec V student)

Julia Baran-Polansky (Sec V student)

Daniella Maclean (Sec IV student)

Tony Pita (Principal)

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Vapes can expose you to toxic chemicals like formaldehyde and acrolein, even if they don't have nicotine.



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