#### WHAT'S HAPPENING AT ROYAL WEST ACADEMY





# News

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**MAY 2016** 

#### 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 2015–2016 school year a truly memorable experience.

Students and staff are hard at work preparing for endof-year exams. Parents should review the exam
schedule carefully with their child. As per Ministry
regulations, anyone who arrives 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 2, 2016. After that
date, students may choose to wear their Physical
Education uniform for exams. Grad apparel for
Secondary V students is also permitted after May 20.

The first day of the formal exam session is June 6, 2016. Students need only report to school if an exam is scheduled, but are free to use the school library between 7:30 AM and 4 PM. Students are expected to empty their lockers by June 2, 2016 (June 1 for Secondary V students) at which time locks must be

returned to their homeroom teachers. Any unreturned locks will incur a cost of \$8.50 which must be paid prior to receiving June report cards. *Please note that the Cafeteria will close on May 31, 2016. The Pedagogical Day originally tentatively scheduled for June 3, 2016 is now confirmed.* 

Royal West Academy has a new Student Life Association for the 2016–2017 school year. Congratulations to the entire slate:

- Co-Presidents: Jennifer Lynch and Sam Galler
- Treasurer: Lily Puterman-Salzman
- Secretary: Carl Miller
- Secondary V Rep.: Gabriel Coluni
- Secondary IV Rep.: Paul Mandelos
- Secondary III Rep.: Myriam Ferreira
- Secondary II Rep.: Grace Martin-Chang

On April 30, teams from RWA competed in the 14th edition of the Junior Robotics Competition. Royal West Academy distinguished itself by winning the overall title after finishing in first and third places in the Triathlon competition, first place in Search and Rescue competition, and first and second place in the Soccer competition. Special thanks to Mr. Nemeth, Ms. Partington, and Mr. Munro for all their efforts in preparing our students.

This year's Variety Show took place on May 6 (see page 10 for details). Students treated a sold out audience to a great show that highlighted their talents in a variety of areas including song, dance, improv, magic, comedy, and even the Yo-Yo! Proceeds from this year's show go to support the Montreal Children's Hospital and the RWA Foundation. Special thanks to Ms. Dillon, the Student Executive, and Mr. Zigby's SLA for a great show.



On May 9, the RWA Foundation held its annual theatre fundraiser at the Segal Centre (see page 4 for details). Over 100 guests from RWA enjoyed the musical I Love You, You're Perfect, Now Change, produced by Tony Award winning writer Joe Di Pietro. Parents, alumni, students, and staff enjoyed a musical comedy that explored all facets of romance and adult relationships. Guests were also treated to delicious baked goods, provided by the RWA parent community, following the performance. For those who were not able to attend, we hope to see you at next year's event!

The RWA Foundation also organized its first RAW Disc Drive Ultimate Frisbee Challenge on May 14 (see page 17 for details). Seven teams played a round robin tournament on what ended up as a beautiful spring day to raise money for the RWA Foundation. Special thanks to Mr. Aiken and Mr. Kirk Kelly for all their efforts in organizing the event.

Congratulations to Secondary IV students
Sean Giacobbe and Jaad Van der Wee, who recently
represented RWA in the Canada-Wide Science Fair held
at McGill University. The staff and students of RWA are
extremely proud of you!

On May 9–13, the Bardolators put on a special presentation of Shakespeare's *Twelfth Night* (see page 8 for details). As usual, the students put on superb performances each evening. Obviously, these productions do not happen without enormous amounts of time and effort by those in front of and behind the lights. Congratulations and thanks to all involved!

In the world of sport, RWA continues to rack up championships in the GMAA. The Midget Girls Track and Field team recently captured the overall team title at this year's GMAA Track and Field Championships.

Leading the way were Alison Looper, Cloe Desjardins, and Analies Smith, with gold performances in the 800 meter race, 3000 meter race, and high jump and triple jump events. In the Bantam category, RWA fought their way to a silver medal in the overall team standings. The Bantam Girls saw gold performances by Mary Roper in the triple jump and Emma Rhodes in the 3000 meter race. Finally, in the Juvenile category, Renata Sabini captured the gold in the 400 meter race.

Congratulations to all our girls and boys for a great season!

On May 19, RWA Cross Country runners participated in the annual Halo Road Race on beautiful Mont Royal. Despite a short downpour, runners from across the island of Montreal enjoyed a wonderful day on the mountain. In the Midget category, RWA's Allison Looper captured the gold medal, beating out her teammate Gloria Anastasopoulos, who finished with the silver medal. Our Bantam Girls team was led by Emma Rhodes who finished in third place. Special thanks to the students in Mr. 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.

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 IV) for his efforts in advertising and soliciting articles for RWA News on a monthly basis, assistant editor Yi Sen Wang (Secondary V), and junior assistant editors Hayley Bleho and Alex Rona. 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!

#### Start Of The Year #3

By Kirk Kelly, Director, RWA Foundation

Save the date for Start of the Year Celebration #3!

Make sure you mark your calendars for our third ever Royal West Academy's Start of Year Celebration: Friday,









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BeaverTail eating contest. Dominos pizza. Inflatables. Free Dress Day. Pie the Pita.

New this year: Kangoo Boots!

And much, much more.
For parents, siblings, students, friends and staff.









September 16, 2016, at 3 PM –7:30 PM. Remember, SOY is for the entire RWA community: students, parents, siblings, extended family, friends, staff, and neighbours from Montreal West—that means you!

Meet new friends, revisit old ones, have fun, and get some good food at student prices: BeaverTails, pizza, popcorn, sundaes, cotton candy, ice cream, home baking, and more. Our only goal is to make it more fun than last year.

Jump Off will be back along with Laser Tag and four more rides. And this year we will have Kangoo shoes for you to try out. See if you are secretly a kangaroo in human disguise.

No RWA event would be complete without Pie the Pita, Bait the Bateman, What Juhasz You Gets and a BeaverTail eating contest to test how much you really love these great Canadian treats.

If you had fun last year, tell your friends, and then come on down. If you missed SOY, shame on you and don't make that terrible mistake again. Come and be part of the party!

As we get closer to the date, more information will be made available on the school and RWA Foundation websites as well as email notices during the summer.

### SHARING THE STAGE WITH YOU.

The Royal West Academy
Foundation had its second
annual winner of a
fundraiser on May 9 at the
Segal Centre. Over a
hundred members of the
Royal West Academy
community—parents,
friends, administration, and
teachers—turned out on a
lovely spring evening for



the charming musical comedy I Love You, You're Perfect, Now Change.

All about love in its various guises, from horrible first dates to long and loving marriages to seniors experienced enough to enjoy romance without the heartache, the audience (yes, Mrs. Taylor from the office, we're talking about you) never stopped laughing. The performers were superb, the play itself was a winner, and the cakes, donated by RWA volunteer bakers for the reception afterwards, were delicious.

Mr. Pita and the vice-principals Ms. Juhasz and Mr. Manstavich were there, as were Mrs. Taylor and her parents, Ms. Partington and Ms. Zuccaro with their friends, and over 80 RWA parents, kids, and supporters. Thanks as always to the bakers, to the Segal Centre for being so great to work with, and to everyone who worked hard to make the evening a success. Raising over \$2900 has never been so much fun!

So far this year, the RWAF has raised over \$35,000 from donations, the Segal Centre event, and Ultimate Frisbee.

In the fall, we're having the third annual Start of the Year Celebration with its Jump Offs, Wrecking Box, and more. Just so you don't go hungry, there will be the usual BeaverTails, St. Viateur bagels, TCBY, Dominos pizza, and RWA bakers table. Plus the bar for parents, and soft drinks for students. And don't forget the mounted police horses!

The third annual Hockey Raffle will also take off, and we're excited for that as well, as the last raffle raised over \$70,000.

Looking forward, we have also ramped up class reunion participation, a new face to Alumni Reach Out, and another Segal Centre play.

Stay tuned to stay involved! Community, school, and activities are the Foundation's big three. Be a part of it all.

By Ms. Erica Brown, RWA Foundation

Alouettes home opener versus Redblacks Come see our Montreal Alouettes play the Ottawa Redblacks at the Alouettes' season home opener at Molson Stadium on June 30, 2016 at 7 PM. Tickets are only \$15 per person, a tremendous saving off the regular price—and \$2 from each ticket goes to the RWA Foundation. The Alouettes have generously made a limited number of these tickets available to Royal West Academy families and friends.



You must order your tickets and pay for them on or before June 10, 2016. To order your tickets, go to https://rwaf.ca/shop/tickets/3rd-annual-emsb-alouettes-night/, enter the number of tickets you would like, and pay for them online with your credit card. We will let you know when the tickets are ready for pick up at the school office.

Remember, order and pay by June 10! And be one of the lucky people to see the Alouettes home opener for only \$15.

By Ms. Sarah Goblot, RWA Foundation

#### FundScrip

Lots of driving in the car this summer? Esso, Shell, Ultramar...



Planning a barbecue or a picnic? Provigo, Metro, Maxi, M&M...

Work around the house? Home Depot, Rona, Réno-Dépôt...

Need to clean up after that work? Sephora, Bath & Body Works...

Dealing with boredom? Chapters, Cineplex...

Back-to-school supplies? Bureau en Gros...

Kids home all day? SAQ...

Buy FundScrip cards. Buy a gift card for the face value, and the company gives a portion of the money back to the school.

Easy. Convenient. And at no extra cost to you.

Go to: https://www.fundscrip.com/login, use the group code WMSTBS, and get the cards delivered to your home in about a week.

The money raised goes towards the new Performing Arts Centre.

By Ms. Sarah Goblot, RWA Foundation

#### The Royal West Academy Foundation

The RWAF is run by volunteer parents and is currently focused on transforming our over 80-year-old centre for our children. The auditorium plays a central role in the academic life and extra-curricular activities at Royal West Academy.

If you have any questions, would like to volunteer, or have any fundraising ideas, contact the foundation at rwafoundation@gmail.com. You can also make a donation at <a href="http://rwaf.ca">http://rwaf.ca</a>.

#### Marine Biology Trip

By Olivia Valcourt



On April 26–30, 48 Secondary IV Enriched Biology students were randomly selected to go on a trip to St. Andrews NB. Every year, half of the biology students have the opportunity to take part in this journey. We were able to work hands-on with many different organisms that we had learnt about in class. The teachers always say how much of a success this trip is every year, and after having been a part of it, I can truly say it was an experience I will never forget.

After a ten-hour bus ride, we finally arrived at the Huntsman Marine Science Centre. Once we settled into our dorm rooms, we were free to roam around the

campus until curfew. It was a one-of-a-kind and extremely educational trip. Mr. Zigby, Mme Darouach, Ms. Zuccaro, Ms. Juhasz, M. Haas, and the animators were generous enough to give us their time and help, which made our stay that much more enjoyable.



Our days were packed with work and activities. One day, we went on a boat ride and collected several deepwater organisms. We were even able to taste some fresh scallop that we caught! We did multiple labs with marine animals like sea stars, sea urchins, plankton, crabs, seaweed, and sea cucumbers. We observed them under microscopes and recorded what we had learnt. Everyone was absolutely exhausted by the end of the day; mentally and physically. It was a great way to push yourself to your limit. We were extremely lucky to have had the weather that we did—it was sunny and not too cold. We were told to prepare for rain and wind, so we were all very pleased with what we got. Many friendships were formed and even strengthened; I feel so much closer to so many people after this trip.

We had two main projects to do, one of them being "Zonation". In groups of four, we had to go down to the beach and record how many organisms and what percentage of seaweed were in each quadrate-frame of seashore that we examined. Measuring every two metres, we repeated this about 30 times. The organisms found included barnacles, periwinkles, green

crabs, side swimmers, dogwinkles, and sea stars. We observed that the organisms tended to live closer to the water.

The second project was "Animal Behaviour", which was done in pairs. Each group would have to observe the behaviour of either sea urchins, crabs, barnacles, or sea stars. My partner and I observed how long it took sea urchins to flip back over. For both projects, we had to make posters: one showing the distribution of the different marine organisms for Zonation and one showing our hypothesis, procedure, results, and conclusion for Animal Behaviour.



The marine biology trip is my favourite school trip to date. I learnt so much while having an amazing time bonding with my fellow peers and teachers, and I am not the only one who thought so. Emily Brotman, a close friend of mine, said, "The marine biology trip was very different from the past school trips I've been on. It was educational in a hands-on way and contributed positively to the biology program."

This trip was an experience that I will cherish forever.

#### Leadership Camp

By Ms. Samira Chawki

On April 27–29, the English Montreal
School Board held its annual student-run Leadership
Camp at Camp Val-Estrie. Taking place about two hours
from Montreal, the theme for this year's camp was
"Pangea: we are all drops living in the same ocean." For
three days students participated in activities and talks
focusing on team building, self awareness, cooperation,
and communication.



Royal West Academy's very own Chazz Yeargans (Secondary V) completed his fifth and final year at Leadership Camp as an avid Student Organizer. Thank you Chazz for your dedication and enthusiasm over the years!

Time to start looking forward to next year's Leadership Camp, open to all RWA students!

#### Eco Bike Trip

By Alexandra Matos

On May 21, a group of seventeen students and eight chaperones drove up north from Royal West Academy to partake in the annual Eco Bike Trip. Once we arrived at our destination, we embarked on a 261 km journey through the north of the province, all the way back to the school.

On the first day, the group began in Nominingue and cycled through 82 km of roads consisting mostly of gravel and hills. By the end of the day, everyone was exhausted. Luckily, we had delicious spaghetti and sauce to refuel us for the next day.

On the second day, we biked from Labelle to Morin-Heights. The 76 km ride started with a 12 km incline and quite a few uphill runs. As we arrived at the campsite, many of us took a dip in a nearby river. We ended the night by roasting marshmallows over the campfire and discussing the funny things that had happened to us while cycling.

On the final day, the group biked from Morin-Heights all the way back to RWA. Some might say that this was the hardest of the days, as we were all very tired from the previous day. As we approached Montreal, a sense of accomplishment could be felt growing in the group.

The Eco Bike trip—a carry in, carry out, zero waste trip—allows students to pedal past their limits. The trip teaches students about responsibility; on each of the three days, each student was responsible for a task (e.g., making dinner, cleaning up). This trip also allows students to get in touch with nature as we spend the whole time outside in the wild. As Mr. Dufault said, "The trips allows students to explore their personal and psychological limitations."



The Eco Bike Trip is a truly amazing experience and I would recommend it to anyone who wants to challenge themselves all while having a great time.

Olivia Mendelson, a student who took part in the trip, expressed her thoughts on bike trip and said that she thinks "students need more trips like this one!"

I would like to thank all the chaperones, including Mr. Dufault, Mrs. Partington, Mr. Nemeth, Mrs. Zuccaro, Mr. Munro, and everyone else for making this trip possible. Trips like this really enhance the high school experience and make Royal West Academy a great school.

#### Bardolators: Twelfth Night

By Eliott De Smedt Day

For many actors it is a challenge to make all the characters they play believable, especially an actor who may be familiar to you from a TV series. High school actors face a similar struggle when performing in front of people who've seen them in the halls and classrooms every day.

At the Bardolators' latest play, many of the actors successfully fit into character. In this complicated love story, Twelfth Night, written in 1601, we follow the life

of shipwrecked Viola, as she decides to dress as a man in order to get work serving Duke Orsino. She becomes the duke's messenger and is asked to declare his love for the duchess Olivia; however, the duchess falls in love with Viola (who goes by the man's name of Cesario) while Viola in turns falls in love with Duke Orsino, hence



creating the complicated love story. This cross-dressing character reminds us of how modern Shakespeare's plays were for his era and how relevant they can still be today.

Talent was showcased by several actors such as Jake Cohen's jester, who was quick with his words, showed signs of a promising career in the musical world, and was good at keeping his hands in pertinent movement throughout the play so as to make his body all the more in tune with the character.



Another role worth mentioning is that of Uncle Toby, played by Dara Cunningham, who was very much at ease and genuine while playing his character (but had a bit of a harder time being "eloquent" when improvising his thank you speech for Mr. Floen).

Sir Andrew, played by Caleb Foster, also put on a great show for the audience and participated in one of the scenes I would say to be the best: when the uncle reads a letter written by Sir Andrew as Sir Andrew himself mouths the words while walking around the stage, feeling confident in his letter challenging Cesario to a duel. This scene was so well-done that one could almost hear Sir Andrew's voice, as if it was actually him reciting the letter to the public.

Furthermore, this performance had one of the better uses of background characters during a scene, like when two maids engage in swordfight while they are cleaning Olivia's mansion. Speaking of the countess, Willa Bateman who played Countess Olivia was one of the actors whose elocution throughout the play was at its best. You could clearly hear every word she said which is not always the easiest when speaking in Shakespearean English.

Another actor who seemed at ease in her personage and whose pronunciation was also excellent was Romy Roussel-Lustgarten, who played the part of Olivia's housekeeper.

An impressive feat when considering this play is the number of lines some of the actors were able to memorize. Viola/Cesario, played by Leela Shamash, shows to what extent this can go, as she recited monologues that lasted five minutes or more. Finally, Joshua Rampersad, who played Malvolio, showed natural acting skills throughout the play, making his character go from serious to borderline crazy, and performed in a scene where he is blindfolded throughout its whole duration.

All in all there was a great show of talent from the whole crew. I am already looking forward to the Bardolators' next play.

#### **Spring Concert**

By Rebecca Jarvis

The Spring Concert is a yearly event at Royal West Academy that showcases the music program. At this year's event the RWA Winds Ensemble, Jazz Band, Honour Band, and String Ensemble, performed spectacularly. Additionally the audience was introduced to chamber music by Secondary IV and V students, and heard the new music students in Secondary II and III perform together.

Ms. Purdy organized and directed the event. She chose the pieces, prepared and practised with the various bands, and conducted the Spring Concert. The pieces performed reflected many different genres and styles, ranging from classical to jazz. Some crowd favourites included pieces from West Side Story and the theme from Harry Potter. All were played with expert skill.

Students interviewed after the concert spoke of the time and commitment required to put on this show.



Honour Band had mandatory practices every Thursday at 7 PM—9 PM as well as practices twice a week during lunchtime. The Jazz Band practiced weekly after school. Additionally, in order to make this show a success, individual band members had to practice daily at home to get their pieces polished for the concert.

Why would students commit to such a time-consuming event? Jonah Fried explained why participating in this event is such a great experience. He said, "My favourite part about it is the amazing people that you become close with, and the incredible repertoire of music that we are able to play." Students also spoke of the fact that this program helps them connect with other students who love music, learn new musical styles, and share beautiful music at the concert.

Fundraising is an important part of the RWA band program. The students held many bake sales throughout the year to help pay for the music program. Fundraising is an additional commitment students make to the band program. Parents also support the band through fundraising and volunteering at the Spring Concert.

If you love music and want to have an interesting experience, don't miss next year's Spring Concert. Support your school and your friends. You won't regret it.

#### Variety Show

By Olivia Mendelson

Royal West Academy's annual variety show took place on May 6. It is an event in which students have the opportunity to showcase their talent and perform in front of their peers. The show included 21 amazing acts, which ranged from singing to breakdancing, to card tricks, and even a special performance from two of our



teachers. The musical acts varied in genre and style and every act was unique.

Some students even performed original songs! One of the original compositions is entitled *We Have Been* by Jonah Fried. This song has a very powerful message and raises the important issue of bullying. For those of you who didn't get the chance



to hear his performance, it was uploaded to YouTube by the school!

It is always nice to see students from different grade levels participate in the show, and having participated in it myself, I can say it was a great experience. After interviewing some of the performers, Hayley Bleho explained what she loves about performing in the show, "I love being in the Variety Show; I've performed in Sec II and Sec IV, and plan to audition next year as well! It's a great opportunity for people to showcase their talent and for me, personally, to do what I love best: play music."

A special thanks to Ms. Dillon, Mr. Zigby and the Student Life Association for organizing the event. The show also wouldn't have been possible without the fantastic Sound and Lighting Crew. All proceeds from the show went to the Montreal Children's Hospital and the Royal West Academy Foundation.



Congratulations to all the performers and a big thank you to all those who came to watch!

#### Secondary II Drama Production



By Caterina De Felice

On May 19, the Secondary II drama students of Royal West Academy each presented a one act play with their classmates. They had been working on the plays for a very long time and they were the best they could be on the night of the show.

There were nine plays, each presenting a different story. However, all of the stories had a central theme of emotions and colours.

The students used many different techniques while presenting their plays. For example, they used many "freezes" which added a very nice effect. During certain freezes, you were able to see the thoughts of different characters as if they were thinking them rather than saying them. They all used a lot of expressions in their plays, which allowed the viewers to clearly see whatever emotion the character was feeling.

The main ideas that each play presented were very similar. A lot of them demonstrated how sometimes there are certain sides of people that we do not always see. We often decide how we see a person without even knowing of an entirely different side of them. This was demonstrated in a lot of the plays, when certain characters had a whole separate part of their life that nobody could see. I found the students incorporated these ideas very successfully into their plays.

It was very interesting to see how each play had a unique storyline, yet maintained a link to the other plays. Each play showed emotions and colours in a different way. Some showed it in the clothes they wore, while others showed it in the characters' secret personalities. While being different, each play presented the theme successfully.

Each play also seemed to go as planned. Every actor was prepared and knew exactly what their role was and executed it perfectly. I would definitely recommend every student in the school should go see the

Secondary II drama production. The plays are all very entertaining and professional.

In my opinion, the production was a big success, and I am looking forward to seeing how my peers continue to excel in their acting careers as well as to see next year's Secondary II students perform their one act plays.

#### **Meditation Club**

By Alessa Gavita



Most people are very familiar with stress.

Almost every week, all of us experience it. Thankfully, there are resources that can help you manage your stress. In my opinion, the best resource is meditation. Meditation helps you take a moment to stop, breathe and relax. It is a calm and peaceful activity that you can practice at any time of the day. By simply taking big deep breaths, you can lower your heart rate and learn how to change your focus or your attention.

At the beginning of every science class, Ms. Kissin makes us meditate for about two minutes. I think that regardless of the hour of the day, it is always important to take some time to forget what you have to do and what you need to do. These couple of minutes at the beginning of every class make our minds more aware and focused for our lesson.

This year at Royal West Academy, I also joined Ms. Kissin's Meditation Club which runs twice a cycle at lunch. I think the purpose of this club is to learn to use techniques to calm our minds and mood. By having it at lunch, I found that my body felt at ease and more positive for the last two periods of the day. This club is really for anyone who wants to believe that stress can't control them. The meditation that the entire school does at the beginning of every third period should encourage you to practice meditation more often, and when we do it, you should try your best to participate. It will make a difference! I really believe that bringing meditation to students at our school is an excellent idea because it makes your body much more peaceful and healthier

The meditation app that we use in our class and for the meditation club is called *OMG. I Can Meditate!* Founded and led by Lynne Goldberg, it guides us through different timed programs. Most recently, my science



class had the opportunity to spend a period with her. In the short amount of time we had with her, we learned quite a lot. For example, she gave us a brief explanation of how the brain works, the physical and emotional results of meditation and, of course, why meditation is important for our daily lives.

One of the most relevant topics that she covered was realizing when stress begins and learning how to prevent it. Royal West Academy students often stress about school, homework, exams, and managing time. Ms. Goldberg explained that what we are doing is worrying about the future or even the past. We should be living in the present. A few sentences she mentioned stayed with me and changed my attitude towards stress.

One sentence was, "You have to agree with the stress." When you are feeling stressed learn how to accept and overcome it.

The second was, "Live in the now." Basically that means to take time to realize how wonderful life is now, and not how it will be later.

Lastly, she told us, "Don't worry about the future." Why stress about the future when you don't know what to expect? The future will come when it comes and when it does you just have to learn to manage what is happening and to stay calm about it. Why dwell on the past when it has already happened and there's nothing you can do to change it? Again, the idea is to focus on the present only.

In order to practice this, we did a meditation exercise where we had to focus on strawberries. It's ironic how our minds work because as we were doing this exercise all we could think about was strawberries and the way they smell, taste, feel, look, and sound. We used all of our five senses when we meditated. This exercise really proved to us that we can all meditate and focus just on meditating. Instead of thinking of strawberries when you meditate, you might want to think of the beach or of your happy place.

All in all, Ms. Goldberg taught us many tricks to meditate and the effects of meditation after it is done on a daily basis. Practice makes perfect and all you have to do to succeed in meditation is practice. After 30 days, your brain actually changes and you will feel results!

In conclusion, my experience with meditation this year has been surreal. It helped me when I had a lot of homework to complete, it helped me unwind and loosen up more often and focus on things in life that don't cause stress. Meditation is a great tool to help students out that I encourage you to practice. It will make a difference in your life.

#### Cinco De Mayo

By Emily Tamir

On May 5, Ms. Almeida's three Spanish classes put together our very own Cinco de Mayo celebration. Cinco de Mayo is a celebration of the courage of the Mexican people during the Battle of Puebla, which took place on May 5, 1862.

Ms. Almeida asked her students to each bring something in for this event. Whether it was food, activities, or trivia, everyone participated. The event took place in the auditorium at lunch and it was a huge success! Speaking on behalf of all the Spanish students, we were very happy with the turnout!



At the celebration there were a lot of activities. There was a station for face painting where students got to choose one of the traditional colours and get a flag painted on them. There was a piñata which was made out of papier-mâché and tissue paper and it had candy inside. A station for making bracelets invited students to pick different colours according to the different flags of Spanish-speaking countries to make their bracelets.

Some delicious food was also made by many students. From churros, to chilli, to guacamole—we had it all! Students even prepared drinks, such as virgin piña



coladas and margaritas. Everyone put a lot of hard work into the food and it was all very tasty!

Lastly, some students created trivia games to test students' knowledge! One group of students created a Spanish Jeopardy!, which consisted of three topics: verbs, food, and countries. The game was a lot of fun and students who did not speak or understand the language could learn from it.

Overall, the celebration was very well done and everyone was satisfied at the end. We would all like to thank Ms. Almeida for the organizing the event and we can't wait until Cinco de Mayo next year!

#### Bees

By Sam Galler

On May 31, honey bees will have arrived at Royal West Academy! Honey bees are essential for the survival of our species. These creatures spend their lives pollinating plants everywhere, and with their extinction would come the extinction of thousands of plant species worldwide. This means that around a third of the food that we take for granted would cease to exist, leading to a massive deficit in our food market.

The problem is that this terrifying story might soon become a reality due to Colony Collapse Disorder (CCD). Scientists have discovered millions of honey bee hives dying each year, even noting a decrease from 5 million hives in 1998 to 2.5 million hives in 2015. There are a number of factors that are causing this disorder, such as crop monoculture, stress caused by human activities, the widespread of parasites such as Varroa and Acarapis Woodi, and the use of pesticides like neonicotinoids. Although we as a school may not have the power to

stop this global epidemic, our Environment Committee has come up with a way to improve the situation locally.

Our students are fully aware of the issues surrounding CCD, and thanks to the EC we now have a means of addressing this issue. The Environment Committee will be pairing up with a group called Alvéole to install a brand new apiary on the roof of the west wing of the school. Alvéole is a company that has helped many schools and homeowners install their very own beehives. Certified employees from this company will be coming to our school to teach students everything they need to know about maintaining a beehive and will be educating them on all the steps needed to safely extract honey from the hive. They will also be in charge of maintaining the hive while students are gone over the summer, and they will be taking it back over the winter.

A growing concern of many of our students is the danger of having bees at our school. The good news is that students need not worry about getting stung since these domesticated honey bees have no intention of harming anyone. Alvéole has assured us that the honey bees are only here to pollinate our plants and produce honey. Any students still sceptical about their personal safety need only ask John Rennie High School students about how their positive experience with their school's beehive.



"Having bees at Royal West Academy will benefit the Montreal West community so much. Not only will they pollinate our flowers and keep our gardens healthy and beautiful, but we will also be able to have our own local organic honey for sale!" says Katy Feldman, one of the experienced members of the Environment Committee.

Once students start to become comfortable with the new bee situation, they will start to realize the benefits it will have for our school and will soon be given the opportunity to enjoy some delicious honey on a weekly basis! Come check out the buzz that will be taking over our school!

#### Strings Club

By Analiese Dunn

This year, a new club was created in the spirit of appreciating music. While this is not the first club to do so, it is the first in the genre of classical music. The Strings Club appreciates the talents of those who play instruments such as the violin, the viola, and the cello. The club, which has taken place in Room 312 on Thursdays all year long, creates a fun and educational experience for musicians to practice and enhance their skills as well as learn new skills that are important in a classical musician's development.

Despite its small size, the Strings Club has had a big impact on its members. Yuan Ding, a particularly zealous member, says, "I had a lot of fun playing violin in the Strings Club this year. I actually learned a lot of pieces made for duos, trios, and quartets, and I was able to get a lot of



practice in general. I'm definitely going to be a part of the Strings Club next year. Also, we had been looking for a cellist to join us this year, but we weren't able to find one. Hopefully we will find someone for next year."

The Strings Club will be back next year, and anyone who is the owner of a string instrument such as a violin, viola, or cello, is encouraged to join the ranks of the Strings Club, even if it isn't their forte! With so many pieces to play and so many puns to make, who could resist?

The Strings Club looks forward to seeing its proud members again next year. If you should be looking for them, just remember to follow the sound of the strings!

#### A Sad Farewell To Ms. Clark

By Justin Sacksner

A number of years ago when she first began as the Individualized Education Plan (IEP) coordinator,
Ms. Angie Clark noticed the big roles that stress and anxiety were playing in students' everyday lives at school. She began attending



workshops about anxiety and learned about its impact on students' mindsets and on their marks. Around the same time, Mr. Pita asked her to put something in place that would help students manage their work. Together with Ms. Leech Pepin, Ms. Clark created MindPOP.

When I asked Ms. Clark to explain to me what MindPOP entailed, she gave me a very long list. One example is visiting the Secondary I classes throughout the year to help them understand how to plan their time, organize their lockers, and study effectively.

Something else that MindPOP brought to the school is the Mindful Minute. Every day, during the first few minutes of third period, students and teachers are given the opportunity to stop what they are doing and to take a minute to compose themselves. During this minute, either Ms. Clark herself, Ms. Leech-Pepin (who has also played a very big role in this project since the start), or Mr. Mateus, walks everyone through a relaxing breathing session. Other mini projects, such as Test-Edge, recently put in place by Ms. Chawki and Ms. Clark, are present to help students deal with their emotions.

If someone is struggling with a particular subject in school, peer tutoring is offered. Students can also go see teachers after class for extra help. Academic support is most definitely supplied; however, Ms. Clark wanted to further support students by putting in place another level of support. Her ultimate goal was to simply help students understand that the mixture of emotions they felt was normal—especially for teenagers—and that there are ways to help overcome the stress and anxiety that come with being a student, particularly at Royal West Academy, where there is a great deal of pressure to do well.

Ms. Clark could not be happier with how far MindPOP has come over the past three years. She has noticed a great deal of change in teachers' and students' attitudes towards this project. Many were ready to dismiss this project when it was first put in place, and there are now teachers who have gone as far as to implement a minute of relaxation in their own classrooms, on top of the daily Mindful Minute. Ms. Clark is sure that a few years ago, the Mindful Minute would not have been as great of a success. She is extremely proud of how everyone has responded to this project. Ms. Clark only wishes she could implement MindPOP into students' weekly cycles as its own period. She believes that this would go a long way in improving the students' psychological state and their marks as well.

Though Ms. Clark will not be returning to RWA next year, her legacy will live on. She does not yet know who is going to be filling the position of IEP coordinator, but she is leaving the project with us, at school, and it is to be continued for years to come. Even though Ms. Clark will be in Kingston ON, next year, she will most definitely be in our thoughts during future Mindful Minutes.

#### Juvenile Boys Rugby

By Matthew Kis

The juvy boys rugby team were undefeated for a fourth consecutive regular season!

The season had a rough start, with numbers lacking, it was unclear whether we'd even have a team. Through the beginning of February we trained anyway, hoping for a chance to compete this season. Luckily, with the arrival of a few talented rookies, we were suddenly a full team, and a good one at that.

As soon as the sidewalks were (mostly) clear of snow, we headed outside. Through brutal training, twice a day every day, we progressed quickly, physically, and

mentally, improved our skills and teamwork, and were excited to finally play.

On the May 4, the time had come for the first game of the season. We strutted onto the field to face École secondaire Monseigneur-Richard, and were met with a strong opposition. We left the field victorious, with a score of 24–0.

The trend continued on May 9, when we played Heritage Regional High School. We stuck to our guns, played well, and came out with another win, once again a shutout.

At the middle of our season, we faced our biggest challenge yet: LaurenHill Academy. They were a highly physical team, and they played a hard game. It was an hour of intense contact, with a seven-minute battle at our own 5-meter line towards the end of the third quarter. In an incredible show of determination and guts, our team came out on top, beating much bigger and more physical team than ourselves. The final score was 18–5.

To finish out our undefeated regular season, we faced Collège Jean-de-Brébeuf, a team that had challenged us in the past. On that day however, we were too strong against their opposition. Our back line ran beautifully, running circles around the opposition. In the fourth quarter, with the score 80–0, they forfeited, and the win propelled us into the semi-finals.

On May 26, our first home game of the season, we took on the Westwood Wildcats. In our toughest match so far, we pushed until the final minute and came out victorious, with a huge 17–5 finish.

As we moved on to the finals, we were focused and hopeful to take home the banner this season. On May 30, we faced Laurentian Regional High school. After a slip-up in the first quarter, trailing 5–0, we came back, executing skillful plays and gaining a strong lead with three tries to one by the half. However Laurentian fought back hard, they played well and climbed back up. By the fourth quarter, they were down by six points. With a strong try, they led by one with time ticking down. Rallying our strength, we pushed our way up the field, and to our luck received a penalty in our favour at their 10-meter line. On the last play of the game, we

went for points, and met defeat. Laurentian took home the championship in a devastating 19–18 loss for RWA.

Once the banner was presented, we regrouped by the goal for a touching moment of speeches all around and congratulations on a fantastic season. The brotherhood felt by this team was worth at least as much as that banner. Walking off that field, the 2016 Wildcats were no more, but this group of guys will always have a connection, just as we did on the field.

#### **Ping Pong Club**

By Thomas Jarvis



Just last year Royal West Academy opened their very own ping pong club! This club allows students to drop by whenever they want and play a few games of ping pong with other RWA students and teachers at the school. The club usually meets two to three times a week during lunch in the auditorium or in Room 102. This diverse schedule allows many students, including those with busy schedules, to participate.

This year we had about 15–20 students attending regularly as well as a few teachers. It was a lot of fun! Even though we only opened the club halfway through the year, we were still able to practice a lot and play many games. This club has helped improve the overall ping pong skills of students at RWA including Alexander Ortins who said, "It really helped me to develop my skills in a relaxed and enjoyable environment."

At the moment, the RWA ping pong club owns three tables. With one table in bad condition, it's difficult for everyone to participate. Luckily, the club plans to buy an extra ping pong table next year to allow more students a chance to play.

Another exciting plan in the works for next year is a fullon ping pong tournament! Unfortunately, there wasn't enough time this year to arrange such a competition. Next year, however, the club is planning on starting mid-September to allow plenty of time to organize this contest.

Interested in joining the ping pong club next year? Speak to M. Girardin or drop by in person to check out the club. Have a great summer and see you next year!



#### Girls Soccer

By Cassidy Murray

Due to the work-to-rule campaign at the beginning of the school year, all Extra Curricular Activities were cancelled. This included the girls soccer program whose season is usually at the beginning of the fall semester.

Around 20 young girls including myself were very excited to hear the excellent news that Royal West Academy was going to be a part of the spring soccer league this year. This short season started at the beginning of May and so far we played five games. The season has been going great, with a record of four wins, one tie, and no losses. As a team, we give it our all at every game, which has resulted in outstanding results. As a defender, the highlight of the game is the feeling I get after chasing your opponent and finally catching her and gaining possession of the ball—this is the feeling of you and your teammates' handiwork paying off.

With Ms. Belina as our coach we are both motivated and inspired to play to our best ability, all while having fun on the field. The surprise ordering of pizza to the field for after we finish our match combined with awesome motivational talks before and during the game make Ms. Belina our all-star coach. She teaches us to enjoy all aspects of the game.

On May 26, we played for the gold medal in the finals. The whole team put their hearts into the game but unfortunately, despite all of our hard work, we lost the game by only 1–0. The team fought until the very end, and we are still proud to bring home the silver medal!

Go Wildcats!

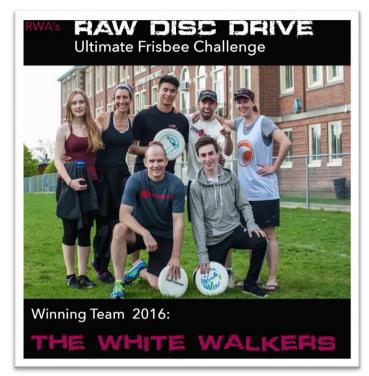
#### Ultimate Frisbee Challenge

By Ms. Lindsay McLeod, RWA Foundation

Thanks to some dedicated parents on the Royal West Academy Foundation, and the enthusiasm of Mr. Aiken, a fun-filled day of Ultimate was achieved May 14.

The weather cooperated with us perfectly as seven teams signed up for some friendly competition. It was just warm enough to dress in shorts and t-shirts, to make crazy dive-rolls and leaps in the air to catch carefully thrown Frisbees (or "discs", as the pros call them).

It is an Ultimate thing to have obscure names for your team. So the Dank Memes, Broken Dreams; the Erectile DISCfunction; and the Mechanical Hip-Shaped Swarm of Bees joined right in with the spirit—and the White Walkers walked away with the championship.



Many thanks (for the calories) go to Patrick Marcovecchio and his BeaverTails truck—an extra and delicious part of our fundraising event. Thanks also to Sarah Goblot and her fabulous photos of the event. Check them out on our Facebook page!

#### Cafeteria Craving

By Cédric Gravel

Royal West Academy should be grateful for the amazing cafeteria service we receive and the great meals that are served. Every day, our lunch ladies dish out food at recess and at lunchtime during the frenzy before classes resume. They work tirelessly to do a quick and efficient job of making sure we can be on our merry way as soon as possible and get exact change back. They make sure that we can get some sustenance in our bellies before leaving to go study for a test. For that we must all be thankful.

Royal West Academy should also be appreciative for the wondrous food that is served to us as well. The cafeteria is a great option for students looking for

healthy and delicious meals. Based on a rotating schedule, there is a variety of great choices that will satisfy your hunger as well as your taste buds. Ranging from the chipotle chicken sandwich to the vegetarian quesadilla, there is something out there for everyone. The food is always changing so it never feels like an unwanted repeat. One particularly superb dish was the shepherd's pie about which RWA student Daniel Mendelson said, "The meat was seasoned to perfection and it really reminded me of restaurant quality food."

We must also consider the fact that our cafeteria supplies very affordable meals. A student may purchase an entrée, vegetable, and dessert for a grand total of \$3.85! So not only are the meals delectable, but cheap as well.

Fortunately, the year is coming to a close, but with that means the end of the cafeteria service too. Let's hope for another amazing year of cafeteria food and for incredible service on top of that!

# RWA Home & School Association Wants You

#### Opportunities available to get involved!

Attention Royal West Academy parents: join your Royal West Academy Home & School Association to be in on the decision-making while getting informed of all that goes on at your child's high school!

Dedicated individuals are needed to fill the following OPEN positions for the 2016–2017 school year. Interested? Contact us at <a href="RWAHSA@gmail.com">RWAHSA@gmail.com</a>.

#### Treasurer/Bookkeeper

- Does the bookkeeping of the Home & School accounts (using Excel software), including a bank reconciliation each month.
- Prepares cheques.
- Does some deposits at the bank.
- Becomes one of the signing officers.
- Attends all seven monthly H&S meetings per year.
- Presents the financial situation at every meeting.
- Prepares a financial statement at the end of the year in June.

#### **Recording Secretary**

- Attends all seven monthly H&S meetings per year.
- Takes notes during the meetings and preparing the minutes in a Word document.

#### **Uniforms Co-Coordinator**

Helps the Uniforms Coordinators with

- uniform orders from suppliers (checking quantities, etc.)
- uniform (store) inventory
- uniform sales (June and August)

#### **RWA Convocation Coordinator**

A wonderful job for a volunteer who likes to interact with lots of students and parents.

- Liaises with the RWA Vice-Principal in charge, and the events coordinator at the grad venue, to make sure all is in order.
- Books the balloon decorator
- Purchases the five cases of apple and orange juices, the many Costco desserts, and the ice.
- Books the four cruising tables and four water thermoses at Bravo Rentals
- Be at the event early to set up tables with RWA tablecloths, and hang other decorations and fairy lights.
- Ultimately coordinates your parent volunteers to serve desserts and drinks like at a fine catered reception!

Planning needs to be done a month or so before, shopping the day before, and then about 6-8 hours the day of the event. It's a lot of fun and you'll have instructions/notes (and plenty of support!) to guide you.



#### RWA UNIFORM PRE-ORDERS

USE THE PRE-ORDER FORM AND AVOID THE LINES AT THE UNIFORM SALE!

Once again, for all returning RWA families, we are happy to offer the opportunity to pre-order your uniform needs. Avoid waiting in line to make your purchases. Orders will be delivered as is, no changing sizes or trying items on. Simply complete both sets of columns of the Uniform Price list form (XLS or PDF format) and email to mcwhite\_to@hotmail.com before Sunday, June 12, 2016. You will receive a confirmation by return email.

All orders will be available for pick-up during the regular RWA New Uniform Sale hours on June 15-16, 2016.

> Payment is required at time of pick-up. Cash or cheques only (we cannot provide change for cheques).



#### RWA USED UNIFORM SALE

Organized by RWA Home & School Association

Tuesday, June 14, 2016 @ 7 PM-8 PM

In the school cafeteria. Cash or cheques only (we cannot provide change for cheques).



## RWA <u>NEW</u> UNIFORM SALE

Organized by RWA Home & School Association

Wednesday, June 15, 2016 @ 2 PM-8 PM Thursday, June 16, 2016 @ 3 PM-8 PM

In the school cafeteria. Cash or cheques only (we cannot provide change for cheques).



#### **VOLUNTEERS NEEDED!**

RWA Home & School is looking for volunteers to help out at the RWA uniform sales! If you're interested, please contact us at rwahsa@gmail.com.

#### Governing Board Report

By Ms. Lori Rinaldi, Governing Board Chairperson

As many of you will recall, earlier this year school boards across the province asked governing boards, unions, and multiple stakeholders to review the proposed changes to the Education Act as presented by the provincial government in their document referred to as Bill 86. In its original version, despite the government's stance that its intention was to give "greater powers to parents", Bill 86 sought to eliminate universal suffrage while also conferring greater powers to the Quebec provincial government regarding how our schools are run, the resources allocated to our schools, and the mechanisms that would decide school closures and/or transfers, among other things.

When the heat was turned up, our voices became heard. The Quebec government proceeded to consult with several school boards, including the English Montreal School Board, and allowed us the forum to share our concerns regarding the Bill as it was being proposed. In addition to the limitations of the Bill as previously mentioned, this Bill was also considered unconstitutional as it infringed upon Article 23 of the Canadian Charter of Rights and Freedoms and our community's rights to "have access to an education in a minority language," in the event that there is "a sufficient number of eligible children to justify providing schooling in that language."

We thought it timely and important to share with the RWA community the outcome of our tireless efforts over the past several months. In addition to thanking the EMSB and its Administrators, I would like to take this opportunity to thank our principal Mr. Pita as he continued to guide us in our discussions; the unions that represent our teachers, professional and support staff; the entire Royal West Academy Governing Board, especially Mr. Norm Gharibian, whose implication in this file was nothing short of stellar; and the entire RWA community for supporting our initiatives related to this Bill.

Enjoy the letter at the end of this newsletter!

Have a safe and happy summer!









Bureau du président Office of the Chairman

May 17, 2016

To all EMSB Stakeholders:

"Premier praises English school board system as Liberals shift education focus"

The Premier of Québec, Philippe Couillard in his final speech to supporters at the weekend LPQ conference, the Liberal leader said he now wants to follow the example of English school boards and therefore bury Bill 86 – the bill to reform the school board system – for good.

He said that the English school board models were the way forward, considering their graduation rate of 85 per cent. He praised the success rate of the English public schools, saying they should serve as an example.

"The level in of involvement in the community in their school system is very significant and frankly is something to compliment the community about. That's something we should all be doing," he said.

"We must say again to our English-speaking fellow Quebecers that the way they did things, the way they conducted their school boards and their schools is the way to go for all Quebecers and this is what we get," he added." (CTV newscast Sunday May 15, 2016)

It is indeed an unprecedented shift by the government along with the recognition of our accomplishments as English School Boards across Québec. This is the single most important compliment a Premier can offer our community and I would like to take this opportunity to thank all of our stakeholders for their support towards efforts to counter Bill 86, the proposed legislation by the provincial government which would have restructured school board governance and limited the public's right to vote for commissioners.

The united front against Bill 86 was successful. Education Minister Sebastien Proulx has confirmed that he will not proceed with the law. While he has indicated that some changes to the way school boards function will be enacted, school board elections will be maintained.

An enormous amount of time and effort has gone into opposing Bill 86. We are glad that the government has decided to focus its attention on more important things like student success. In our case, we never lost sight of our pedagogical responsibilities throughout this process and still maintain the highest success (graduation) rate among public schools in the province at 87.8%.

Defeating Bill 86 was a team effort. First and foremost, this exercise resulted in a bonding experience between English and French school boards across the province. Only a month ago we held an unprecedented press conference at an EMSB school with two of our sister English boards and three French boards.

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The Quebec English School Boards Association, the umbrella group representing the nine English boards in the province, showed great leadership. In particular, the appointment of former Liberal Member of Parliament Marlene Jennings to chair a committee to examine school board governance and oppose Bill 86 provided increased credibility to our cause.

At the EMSB, I want to thank all of our union representatives, management associations and members, the EMSB Student Advisory Committee, the Central Parents Committee, governing boards and some of our municipal leaders who spoke out loud and clear on this issue. I express my gratitude to the Council of Commissioners for their support against Bill 86 and a special thank you to our Vice-Chairman, Sylvia Lo Bianco for her tireless efforts during this past year along with Commissioner Joe Ortona for presenting with us in Québec City at the parliamentary commission. When Bill 86 was deposited by former Education Minister François Blais last December, many people told us that we had no chance in fighting this law – that it was a fait accompli. We never had a defeatist attitude.

We must thank Mr. Proulx, who as Education Minister clearly listened to the concerns expressed by all school Boards, for having the courage to do away with this legislation. As well, we extend our gratitude to those Members of the National Assembly who supported us. Many of these individuals are in the Liberal caucus, but we must recognize the assistance from the Parti Québecois, their now former leader Pierre-Karl Peladeau and education critic Alexandre Cloutier. When Mr. Blais tried to cancel an EMSB by-election prior to Bill 86's introduction in November for the Cote St. Luc—Hampstead ward, it was Mr. Peladeau who stood up and stopped that from happening. They stepped up again when the EMSB was not included among the groups invited to present a brief during the hearings for Bill 86. That decision was reversed. At the hearings themselves, Mr. Cloutier spoke out loud and clear that Bill 86 was unconstitutional. We may not always see eye to eye with the PQ on issues, but in this case their position was completely the same as ours.

The EMSB is able to effectively manage its schools and deliver results due to the confidence invested in it by taxpayers who freely and fairly elect their commissioners to represent them at the Board. The legitimacy that comes from being elected via the process of universal suffrage cannot be underestimated, nor can it be taken for granted. Integrity and transparency are incumbent on all elected officials resulting from them being democratically chosen by members of the community.

We are eager to hear what plans Mr. Proulx has in mind and together with other Boards are most ready to cooperate.

Sincerely,

Angela Mancini Chairman

Angela Harcire

AM/vc

