

RWA



News

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Words From The Admin



Vice-Principal

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Vice-Principal

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Welcome to the final edition of the Royal West Academy newsletter for the 2021–2022 academic year. And what a year it has been! We have endured, among other things, more COVID waves, seemingly endless renovations, and a small fire. In the face of these challenges, RWA students embraced the return of ECAs, put on shows for the community, won sports banners, hosted celebratory events, and worked hard academically. A huge thank you to the RWA staff whose enthusiasm and time fostered an environment of opportunity and growth for our students. Read on to learn about some of these wonderful moments.

Model UN

Through April and May, the Secondary V Contemporary World students participated in their annual Model UN Debate. To accommodate work being done on the auditorium, this year's edition was a longer-lasting crisis simulation that took place in class over several weeks. Students represented the countries of the UN Security Council, European Union, and NATO as well as selected regional governments to try to understand the current situation in Ukraine. Actions taken in one classroom had effects on the decisions made in other classes. Over the course of the simulation, students developed their debating and diplomatic skills as well as gained some

insight into the challenges the international community faces in trying to establish a just and peaceful world.

Farewell BBQ

Despite the rain on May 27, SLA hosted a farewell with hot dogs and Beaver Tails (*see page 4 for details*). The students ate well, mingled, danced, and laughed throughout the lunch period while staying sheltered in the new gym. A huge thank you to SLA for the time and effort.

Student Life Association 2022–2023

SLA held their annual elections earlier in May. Congratulations to all those who put their name forward and to those who have been elected.

- Co-presidents: Marilena Sahlas-Roy & Saige Shrier
- Publicity: Darius Villavera
- Secretary: Brad Coleman
- Secondary V representative: Eden Atlas
- Secondary IV representative: Eve Bercuvitz
- Secondary III representative: Huda Runjeet
- Secondary II representative: Oliver Gee

Honour Band

Honour Band had the opportunity to perform live on May 25 at a joint concert with the Quebec Youth Wind Ensemble at the Wagar Adult Education Centre. After so many months of playing in isolation and physically distanced, it was wonderful to perform on stage for an audience!

Honour Band performed beautifully in what was the first ever concert performance for several of the band members. The graduating members were delighted to have had the chance to experience playing on a stage. It was truly an evening to remember!

As always, we are so proud of this group and excited for next year!





Track and Field

Congratulations to all our Track and Field competitors! Both the girls and boys teams made RWA proud at this year's championship meet. Our team had a stellar performance bringing home several individual medals. A special shout out to our juvenile girls team for bringing home the school banner (*see page 11 for details*).

Halo

The Halo race is the highlight of the year for GMAA. They have thousands of runners taking over Mount Royal each year. Royal West Academy students trained during the spring after school to prepare for the race. Congratulations to all our students who participated in this year's race. Our team had an amazing performance

bringing home several medals. We are very proud of all our athletes.

Variety Show

Thanks to the time and effort of Ms. DiPietro and Mr. Linton, RWA performers returned to the stage on May 20 for the Variety Show (*see page 6 for details*). The audience was regaled with music, singing, dancing, and comedy. Congratulations to all performers!

Art Vernissage

The annual Art Show took place on May 19, with much success (*see page 6 for details*). Although slightly different this year, the cafeteria provided a beautiful space to showcase artworks from the Secondary IV and V levels. Students were in attendance from 3 PM to 5 PM



to present their work to invited friends and family. Together we celebrated the effort, creativity, and products of the art students.

According to one art student this was their impression of the Art Show: “Standing there looking at all those beautiful pieces of art, I began to feel in awe. The cafeteria was filled with proud parents, little siblings, and excited students. As I walked around looking at my peers’ work, I saw tons of colour, forms, and passion. That night was the night that all our hard work paid off. Seeing all the smiles filling the room made me realize how anyone can be an artist. Even the jocks, even the introverted, even the gamers. We are all artists at heart.”

CRC Robotics Competition

Royal West Academy participated in the CRC robotics competition held at École secondaire Curé-Antoine-Labelle on April 28–30. Students worked long hours over several months to build and program a robot that could complete a variety of tasks. They also created a video (*see page 7 for details*), a website with a tutorial, and a card-themed kiosk, and competed in a programming competition. We reached the finals in the robotics competition and received several awards in our division. Well done RWA!

- 1st overall in video
- 1st overall in website design
- 1st overall in programming
- 3rd overall in video tutorial



Zone01 Robotics Competition

The Three Pancakes competed in the Zone01 regional robotics competition in Chambly, QC on April 28. They received a second-place medal in the flight simulator challenge. They also qualified and competed in the National competition that took place on May 27. Congratulations to Manuel Hernandez, Seohyeon (Jina) Cheon, and Jacob Falvo-Schrider.

Carnival Code

On May 27, the Educational Technology Department held their first annual Carnival Code Fair. This event consisted of carnival-themed games built and





programmed by our Secondary I students. Students from all grades were able to attend the Carnival to try out the games.



RWA Piano

Royal West Academy's upright piano has found a new home in the foyer of our school. Students and staff have been enjoying performances before school, at recess, at lunch, and after school. The music is enjoyed by all and proving to be a wonderful stress reliever for those who partake.

Time to Say Goodbye

We will soon be saying goodbye to our Secondary V students. In some cases, we will also be saying goodbye to some families that have been members of our community for over a decade. To the graduates: we know that your photos, achievements, murals, and mosaics will continue to populate the hallways and live on to inspire younger students. Additionally, we hope that your memories allow for a special place in your heart for Royal West Academy.

End of Year Barbeque

By Violette Perez-Foulds

After two years, Royal West Academy's annual End of Year Barbeque returned. This school tradition was sadly unable to take place due to COVID-related restrictions and protocols. Many of these restrictions were lifted just in time to allow this event to take place. The student body of this academic year was wished farewell as it all came to an end. With the pandemic, many things had changed and a serious decrease in school spirit has been noticed by older students. However, Student Life Association and school staff have done a phenomenal job in trying to keep an optimistic and positive environment for our community's welfare. As many of us reminisced and remembered what school was like before March 2020, this event's incredible turnout brought back a sense of normality that we all knew and missed.

Marilena Sahlas-Roy, SLA's event coordinator explains how "it was enjoyable to make things happen despite having so much working against us." With the weather not being ideal, this did cause a setback as it could no longer take place outside. However, Mr. Zigby, Mr. Held, and SLA persevered through it to have things work a little smoother. While the morning was stressful, Marilena spoke about how getting to bond with her fellow SLA members, delegating, and helping to make the experience better for everyone made it all worth it in the end. The goal was to try and bring students together and indeed that was successfully achieved.





"Seeing people get out of their shells, get food, and socializing was gratifying as there hasn't been a lot of that in these past few years," Marilena said.

Mr. Zigby and Mr. Held grilled alongside a small group of students as the other SLA members sold tickets and set up. Together they grilled over 900 hot dogs about an hour before lunch so they could be enjoyed warm. The affordable prices ensured it was accessible to all. Overall, this was a great experience and opportunity for the students of RWA to come together and enjoy some food with friends.

Public Speaking

By Mr. Michael Wilson

This year, Royal West Academy students from Secondary I, II, III, and IV took part in the EMSB Public Speaking Competition hosted on April 26–27. The work began in January when Secondary I, II, and III classes prepared either personal narratives or persuasive speeches. Following in-class competitions, an on-line grade level competition was held featuring the winner from each class. Grade level winners then went on to perform in the School Board level competition. Participants were guided by the following prompt from Dr. Martin Luther King Jr, "Our lives begin to end the day we become silent about the things that matter."

Participants performed exceptionally in the school board wide competition. In Secondary I, Jane Raimbert came in third place for her personal narrative *My Golden Shoes*. Our Secondary II representative Carys Shotigian was unable to perform her speech *On-Line is not Alright* (but we are confident that she would have nailed it). Our Secondary III and IV finalists, Alexander Luis-Kaminer and Raphaëlla Etienne-Krief, each came in

first place for their respective speeches *Quebec's Outrageous Bill 21* and *Voicing my Colours*.

We would like to once again congratulate our finalists for their hard work and dedication as well as thank all the teachers, judges, and organizers involved.



From left: Raphaëlla Etienne-Krief, Jane Raimbert, Ms. Kuch, Alexander Luis-Kaminer, Ms. Chronopoulos, Carys Shotigian, Ms. Amro

Maimonides Geriatric Centre

By Indra Molins

I first came to Maimonides Geriatric Centre about a year ago, to deliver kindness cards to the seniors. When the COVID lockdown began, I noticed the loneliness and isolation that many seniors experienced in the old-age homes. I thought that personalized cards with kind messages would be a great way to brighten up their day. Students worked hard making cards this year and I'm proud to announce that over 140 cards were delivered to the residents of Maimonides.



I was also proud to help organize a musical performance for the residents, and I was lucky enough to find incredible and generous students who volunteered to come perform for the senior residents. I think the residents really enjoyed it and I overheard one resident say it was one of the highlights of her year.

I am so grateful to all the talented musicians who put their hearts and souls into the performance, and an extra big thanks to Ms. Di Pietro, Mr. Linton, and Ms. Macleod. Without their efforts it wouldn't have happened. I am graduating this year, but I am leaving with some warm memories of this wonderful performance. I hope the students who participated are inspired to return to volunteer at Maimonides next year!

Art Show

By Nicolas Cantin

On May 19, from 3 PM to 5 PM, the Royal West Academy Art Show took place in the cafeteria. This event contained a majority of the art pieces that students of the art class elective made throughout the year and allowed the artists to answer any questions about the pieces that they made.

Showcased were a wide variety of artworks, ranging from sculptures to drawings, to even masks. The number of things to see was very entertaining and diverse. This allowed all the spectators to wander around for a long time without it ever feeling repetitive.

When I first arrived at the Art Show, I was surprised to see how many students were attending. Although all of the art works were amazing, what I enjoyed most was the sense of community present during the show. The way that every student was courteous and respectful when viewing the artworks and asking questions is truly what stood out to me.

After taking my time viewing all of the pieces and talking to some of the artists, I asked one of the participants, Adhiyan Thambimuthu, how his experience was and what his favourite part of the show was. Adhiyan told me that he found the Art Show to be "really fun and cool" because he "was able to see the artworks of my friends who are in other classes that I wasn't able to see prior." To Adhiyan, his favourite part of the show was "being able to showcase my prized art drawing, Phonky, to the world."



Although I am not in the art class elective, I was certainly able to appreciate all of the different artworks that were displayed. I recommend that any student keep Art Show in mind for next year so as to not miss this unique event which allows so many to express their emotions and thoughts.

Variety Show

By Saige Shrier

On May 20, Royal West Academy's first Variety Show in two years took place at Wagar Adult Education Centre. After countless hours of planning and figuring out every detail, the show happened with many acts performing beautifully. There was a wide range of acts from piano to a surprise dancing scene put on by Zoe Molins and her sister Indra Molins, who is part of this year's graduating class. The MCs—Marilena and James—did a wonderful job narrating the show with a final act of James singing *Landslide* by Fleetwood Mac.

There was no question that each of the acts put so much thought into their performance as well as time and effort. It was a night for students to showcase their talents and rise above. The production was complemented and enhanced by the effects produced by RWA's own Light and Sound crew. This year's show coming together so well was especially impressive



following two years of not being able to host a variety show.

A special thank you to Ms. Di Pietro and Mr. Linton for taking the time to sit with James, Marilena, Peter, and myself to discuss every last detail concerning this production, organizing major parts of the show, and supporting the students at Royal West Academy, in and out of Variety Show. If you weren't at this year's show, make sure to go to next year's. It was quite the event filled with talent from RWA.

Robotics Video Team

By Edmond Pan

As the name suggests, the Robotics Club is catered towards individuals with an interest in engineering and, well, robots. Chances are you already know the team spends months designing, prototyping, and testing a robot in order to eventually compete with it in the CRC competition, exercising students' skill sets as well as their team coordination in the process.

What most people outside of the club do not know is that there are three other practically independent clubs within the entire Robotics Club. These three other "components" of the club are the kiosk, website, and finally *video team*. Don't let this discourage you though—although all these components are only one club, there is plenty to do.

The robotics division is for aspiring engineers—students who would like to dip their toes into the process of

designing a machine. Kiosk team members are interested in art and incorporating the team theme into a booth. Website members got to build a website and participate in several programming competitions. So what about the video team?

The video team is for individuals interested in pursuing filmmaking. Just as the robotics members dipped their toes into engineering, I dipped mine into cinematography through this club. With a team of roughly ten members (only half of them regularly attended), we accomplished our goal of creating the best film by earning a first-place finish in our component's contest.

Here are the things you need to know if you wish to pursue cinematography through this club. The film component is an excellent club to attend if you wish to



practice this discipline as a beginner. It provided me an opportunity I could not find anywhere else by being able to partake in a project with so many people. Not only that, but the school is willing to provide funding for equipment if you think you'll need it. The only constraints are what you can come up with.

As Mr. Northey, the supervisor of the video team explained, "It's a fun experience. It's a collaborative experience. It's a bunch of us working together, figuring [it] out [...]"

If you're interested, here is a link to our award-winning video:

https://www.youtube.com/watch?v=DbITGUCxbBg&ab_channel=RoyalWestAcademy

Park n' Lot Out of Dormancy

By Lucas Abergel

Want a way to give back to the community and our precious environment? Well, you could do just that in our school's parking lot. You might be thinking, "Gardening on asphalt?" Well, yes—but no. Eleven years ago, a group of students and staff had the idea of reappropriating a rarely used Royal West Academy parking lot into a flourishing garden. This initiative started from a random thought and turned into a beautiful green space. Since then, the garden has grown and is managed by the Environment Committee, but who gets to take care of it? This is where the Park n' Lot Club enters the picture.

When spring finally arrived, the plants and the club left dormancy. Our first meeting of the season consisted of Ms. Partington introducing us to the garden and

teaching us how to properly water it so that every single plant gets the same amount of love. Participants were provided with fruitful tips and tricks to help them during their watering. Everyone was assigned specific days to water the garden so no cases of overwatering or underwatering would occur.

The following day, Ms. Partington and a few students came to the garden to take care of the tasks needed to prepare it for the next two months of watering. The compost was taken out of the bins and then spread on the soil. Many leaves and rubbish were also picked up to keep the space clean and protect the growing plants. Consequently, the plants were finally fresh as a daisy and ready for summer.

Park n' Lot Club is the essence of the garden. With the leadership of Ms. Partington, the club is there to maintain the garden by watering the plants and picking up litter, among other things, to keep the garden burgeoning. A green thumb is not necessary, but you should be willing to accept the responsibilities of taking care of plants. Besides, participating in Park n' Lot Club is an excellent opportunity to contribute to the care of our environment, and it can be therapeutic! You also get the chance to plant your own seeds!

Food Appreciation Club

By Emily Ojerio

I found out about Food Appreciation Club through a friend who learned about it from their friend. Needless to say, I was extremely lucky that I did, seeing as it seems only a very limited number were fortunate enough to make it into the club. Not only was I able to earn a cultural credit, learn about different cultures and eat amazing food for free but I was also able to do it with friends and an amazing guide through it all: Mr. Stewart-Reid.

When asked about why he decided to start this club, Mr. Stewart-Reid answered, "Food is one of the easiest ways to bring people together. Whether it's cooking, eating, or simply talking about food. Eating is a basic need that everyone has, and because of that, food inherently brings people together. The last two years have been increasingly difficult for everyone, and we lost the ability to come together. Food is a great way to bring that back."

The Food Appreciation Club is a completely unique experience. Even though I consider myself a very



adventurous person when it comes to food coming from a Filipino-Italian-Japanese household, this club gave me opportunities to try new foods that I never would have otherwise. I think what this club offers is very important, as ethnic food is still sometimes stigmatized (though much less than it used to be) and labelled as gross. It is often seen through a very sheltered lens of people with an unwillingness to try new things. What this club offers for otherwise close-minded people is to learn about different cultures and appreciate them.

Something Mr. Stewart-Reid did that reinforces this is that he usually attaches a lesson to each food we eat. For example, when we had arepas, a Venezuelan grilled cornbread dish, he taught us about the relationship between colonization and food and how migrating groups of people often brought along with them their culture and foods to wherever they travelled. This in particular helps with the appreciation of different cultures and understanding how some cultures have come to be.

Honestly, this club sounds too good to be true but it manages to be legitimate and holds up to every expectation. If you like trying new things and want to eat food (!!!), this club is undoubtedly the one for you.

Power Walking

By Mikaella Grandoit

Out of all ECAs our school has to offer, I found that power walking was one of my favorites. This ECA was introduced at the beginning of the year and towards the end. Surprisingly, a few students that were in my class were also participating in power walking so I didn't feel alone and had people to talk to.

"Power walking allowed me to learn more about the community and make new friends," says Shawn Korzeniewski. The goal of this ECA was to walk for approximately an hour around Montreal West, providing students an opportunity to talk about interesting subjects as well as get active after a long day of school. Even though I live in this neighborhood, while power walking, I noticed things I had never noticed before. Power walking allowed me to enjoy my surroundings while talking with friends and being able to be active instead of spending my time on some sort of electronic device.

At first, I thought I would be the only one participating in this ECA and that I wouldn't know anybody. To my surprise, many students in my class joined and it allowed me to have friends that I could enjoy power walking with. Power walking with friends was truly an incredible experience which I enjoyed and would definitely want to participate in again next year.

While the school has many interesting ECAs to offer, power walking is an easy way to get a credit while also having an opportunity to exchange and have plenty of fun with friends. Mostly, it offers a chance to get some fresh air and exercise after a long day of hard work. I strongly recommend it and hope that it will still be offered for many years to come.

Running Club

By Zachary Elkin

Royal West Academy's Running Club does many events from the start to the end of the year, including the cross country run and indoor track. But we end the year off with the Halo race and Outdoor Track and Field.

Everyone was prepared for these events by Ms. Di Pietro and Mr. Rafael every Thursday after school. The Halo race was a delightful experience for everyone and RWA students did very well and had a good time running at Beaver Lake. While the students ran a long-distance race, they got to witness the nature on Mount Royal.

Outdoor Track and Field also went very well. On the day of the track meet everyone met at Riverside Park at around 8:30 AM. Then they spend the next half dozen hours competing, watching, and cheering on their friends in running, jumping, and throwing events.

The experience was really fun and many RWA girls and boys did so well at their track meet that they received many ribbons and got an opportunity to go to the GMAA Regional Outdoor Track and Field Championships. There, they would have a chance to win medals, ribbons, and even a banner for their school. Royal West Academy also did well on the girls and boys meets where a few RWA students won medals and even qualified for provincials. Royal West Academy's best event was the 4x100m relay—both the boys and girls relay teams got at least one medal during their meets.

Overall, Royal West Academy has an incredible running program. So, if you are interested in running for the

school you should join and participate in numerous fun events throughout the school year. Not only that, you have the chance, with two experienced coaches, to become a stronger and faster runner. As Ms. Di Pietro told me, “If you come to practices, we will make you stronger runners and you’ll do better in competitions and have fun.”

Rugby Back in Full Swing

By Sandro Bonet

Have you ever wanted to build a group of friends through a sports team? If you do, then you might want to consider joining Royal West Academy’s Boys Rugby program, which is run by Mr. Lapierre. I myself have played on the team for two years—my first year being in Secondary I and my second year being this year—so you could just imagine my excitement back in January when I saw the message for the rugby team sign-ups in the daily bulletin.

The boys rugby team begins practices on Tuesdays and Thursdays in the old gym from early February to early April. Throughout the practices, Mr. Lapierre focuses on teaching new and old rugby players how to learn or improve their passing, running, and overall coordination

on a rugby field. Following the indoor practices, we transition to around three fitness sessions in the mornings and approximately two to three technical practices on the back field after school. These practices give players a chance to learn how to tackle, be tackled, scrum, ruck, and maul. Around two weeks before the season begins, the team focuses more on being able to connect all the techniques learnt on the field and less on building up stamina and endurance. For example, we focus on running plays off of lineouts and scrums and how to handle specific scenarios during games.

Finally, after two and half months of hard work, we played our first game against Loyola High School at Concordia Stadium on May 3. Though Loyola did play well, Royal West Academy won for a rather good start for the season. Following that game, we played Chateauguay Valley Regional High School on May 19, which resulted in a disappointing loss for the RWA team. Our latest game was played against Selwyn House School on May 24, which ended in a loss for Royal West Academy.

Even though we’ve lost two games so far, the team is feeling pretty good about our game against Selwyn House School. Coach Alex even said, “It’ll be the game



you remember for the rest of your lives, for the right or wrong reasons, so go out there and have some fun.”

More than Just a Sport

By Vivian Bilios

Everyone has their thing, that one thing that makes you the happiest. If your thing is soccer then don't hesitate to read on. Every year, Royal West Academy has a set of tryouts for the girls soccer team at the start of the year. As I made the decision to join the team later than the other girls, I didn't regret this at all, in a sense I am grateful to have been a part of such a loving team.

The soccer team is not only a place to showcase your skill and love for the sport, it gives you the opportunity to meet new people and make friends for life. During practices and away games, you are able to bond with your teammates and make unforgettable memories. While being part of this team, you will learn how to be proud of one another and will always be inspired to keep on improving.

One of my favourite memories is when we played an away game, just the feeling of bonding with the girls and having good laughs before the game. We worked so hard on the field and it paid off when we won that game 3-1. The joy the team and I felt was just indescribable. That was such an amazing day. The feeling of scoring the winning goal or making the winning save or even watching your fellow teammates do these things to bring your team to victory is incomparable. There is no jealousy or envy, only enough space for support throughout this team, which is one of the many reasons why it was so enjoyable to be a part of.

So if your thing is soccer and it makes you the happiest, join the team because those who will play by your side know, as do you, that soccer is so much more than just a sport.

Girls Track and Field Championship

By Nimai Teles Garabedian

This year's students who participated in Track and Field made Royal West Academy very proud in regards to the multiple medals won and valiant effort put in.

Track and Field is an ECA which takes place during springtime every year and is run by Ms. Di Pietro, where

students of any grade level are able to get a sport or community credit. From the middle of March to the middle of May, participants are supposed to show up every Thursday after school for a 50-minute practice outside the new gym and some practices on Pedagogical Days for the championship meets. It is a great opportunity to improve your cardiovascular health in a semi-competitive environment where students have many choices in what they would like to participate in, some examples are sprints from 100m to 400m, high jump, long jump, and javelin. Every sport is divided into three divisions based on age, which are bantam, midget, and juvenile. Finalists have the possibility to participate in provincial championships.

I am not a member of Track and Field, but I was a helper for Halo. Since both are practiced at the same time and in close proximity, I ended up helping Track and Field whenever it was needed. I was asked to attend the girls championship on May 11 to help with high jump and so I went. My tasks were to readjust the bar every time it was knocked down and change the heights for every round. When I arrived, I was greeted with unpleasant weather—a good amount of wind, low temperature, and a lot of clouds with occasional rain. Despite these conditions, I was surprised by how most of the participants from all schools were able to maintain focus, a good attitude, and good sportsmanship. I was impressed by the number of medals our school won—in fact our girls won the most out of all the schools who attended. The girls' hard work was appreciated and recognized. An example of this is when the speaker on the school intercom announced, “Congratulations to our girls track team in making Royal West Academy proud.”

Wildcats on the Loose!

By Azie Alderson

This year's volleyball season started off on a positive note as COVID restrictions were loosened on sports, and team members were fresh with enthusiasm and ready to dive into the season. All three teams: the Midget Girls, the Juvenile Girls, and the Juvenile Boys, all led by their passionate coach, Milen, strived throughout the season and improving drastically. At the beginning of the school year, all three teams achieved the gold medal in their respective GMAA leagues.



After the school season ended, the Juvenile Boys went on to compete in the French League and obtained second place, losing only a single set. They went on to compete against Dawson College and John Abbot College as well. Juvenile Boys Volleyball Team member Phoenix Trew says, “We absolutely smashed it and I’m really happy to be a part of the team. It’ll be hard to play without them next year.”



The Juvenile Girls additionally won silver in the French League. Meanwhile, the Midget Girls continued to practice and display their talents at competitive volleyball tournaments. They also managed to win the bronze medal at a tournament at École secondaire Mont-Royal. Midget Girls Volleyball Team captain Juliana Marz says, “Although the GMAA season was short, we continued to work hard as a team during practices and tournaments. I’m hopeful that next year we will keep this momentum, and reclaim our championship.”



Overall, all volleyball teams had many accomplishments and this year was a well-deserved success. All players

worked hard and created a welcoming and supportive environment for themselves and their team. “All teams are improving so much, and everyone is coming here for the sheer pleasure of playing the ball and having fun with their friends,” says Coach Milen.

Tryouts for next year’s teams are starting up as summer break is approaching. The current midget team will replace the current juvenile team, which will ensue a fresh new team of midgets. The season is to finish with a vintage-themed dress-up volleyball party featuring Milen’s DJing and some delicious pizza!

Flag Football Fun

By Shirley Mae Jiwani

Practices for flag football started off mid-spring season. The moment everyone entered the gym for the first practice, I felt a sense of community. The coaches and our team were very happy to be there and were all extremely kind and welcoming. Everyone was so excited to get into warmups and start playing. It was easy to make friends and talk to others on the team because everyone was really nice and super inclusive. I loved the liveliness and passion the team and coaches had, it really put off a good energy.

At first, I had a bad mindset and didn’t feel confident in my skills but that quickly started to change. I kept comparing myself to others and was nervous about how I would play, but our coaches and team were always there to give us helpful advice and better strategies to help improve. This communication and understanding really helped me build myself to be and think better. Games came and went quickly, and wins started trickling in. When we were faced with our first loss, the coaches were quick to remind us that we tried our best and that there is always space for improvement. A loss never felt like a loss because we never lost anything. We knew it wasn’t about the wins, but it was about the effort we put in and the fun we had.

“Everyone on the team is super nice and I love the sincerity and support from the coaches and our team!” teammate Mia Simpson says. Being surrounded by such positive people and such great energy really made practices and games something to look forward to everyday. I never felt judged or like I was doing something wrong, but I felt like I was being pushed to do better and like there was always room to ameliorate. The school’s flag football team felt more than just an extracurricular activity, it felt like a loving and

supporting friendship, a getaway from any stresses that surrounded me. Playing flag football with such a fun and enthusiastic team and coaches really made me feel like I belong and that I'm a part of something more than just a team sport.

Badminton

By Maya Mottillo

Congratulations to the girls badminton team!

During the past couple of months, they have worked extremely hard to improve their skills and showed excellent improvement by the end of the season. The bantam team came in second place and took home a silver medal, and the midget team won gold and brought back a banner. I took part in helping coach the badminton team this year, along with two other student coaches. I think that it was an amazing experience and a great way to learn more about the sport as well as to become further integrated into the school community. Not only did players on the team improve their badminton skills, but being on the team also brought them closer together with other players. For many, this was the beginning of new friendships.

I spoke to a singles player from the midget division on the team, Alicia Clemente. Alicia is a player with outstanding skills and won every game she played this season. I asked her how she felt about playing on the team. Alicia responded, "It was a really fun experience and I really enjoyed going to away games. It was a really nice environment to play in. Everyone was very kind and supportive throughout the whole season."

I also spoke to one of the doubles teams for the midget category, Sofia Cristiano and Rebeca Phillips, who said, "We really enjoyed the opportunity Mr. Bateman gave us to be on the team. We are so proud of our

improvements. We really enjoyed playing against other schools. Everyone was so nice and supportive. Most importantly we had a lot of fun."

I encourage any student to try out for the badminton team this coming school year if you are interested in improving your skills, meeting new people, and having fun!



CALENDAR OF EVENTS

June 2	Graduation Ceremony
June 3	Pedagogical Day
June 6–23	Final Exams
June 13	Governing Board meeting @ 7 PM
June 13	RWA Foundation meeting @ 7 PM
June 13–15	Uniform Sale @ 3 PM–8 PM
June 23	Prom
June 24	Saint-Jean-Baptiste Day
June 27–30	Pedagogical Day
July 1	Canada Day

RWA



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