



### Words From The Admin



Principal Tony Pita (centre) with Vice-Principal (interim) Jessica Fogel (left) and Vice-Principal Catherine Lumsden (right)

#### Welcome Back!

Welcome to all students, staff, and parents to the 2022–2023 academic year. We are delighted at the return of Mr. Tony Pita, Principal, back at the helm for Royal West Academy. More staffing updates include:

#### New staff members:

- Jessica Fogel (Interim Vice-Principal M–Z)
- Chesla Dopwell (Secretary – HR)
- Caroline Benamron (Français)
- Paraskevi Tsagaroulis (Social Studies)
- Adam Wiltzer (Math & Science)
- Hoda Ghadirian (Science)

#### Returning staff:

- Antoine Tétreault (Français/Univers Sociale)
- Katharine Cukier (English)
- Marie-Alessia Zuccaro (Math & Science)
- Alexandra Todi (English)
- Ariane Gouin (Français)
- Thomas Gordon (Math & Science)
- Stephanie Germain (Librarian)
- James Magee (Science)
- Madeline Crist (Youth Counsellor)
- John Miniaci (Day Caretaker)

#### Community News

It is with heavy hearts that we announce the passing of Ms. Marcela Henriquez, former art teacher at Royal West Academy. A celebration of her life was held earlier this month. Her memory will live on through the eyes of the students she taught and the colleagues who had the pleasure of working with her.

#### Best Practice in the Digital World

Moving forward, in lieu of using a student's full name in a digital publication, Royal West Academy will opt for "First name Last initial". Our intention is to protect the students in the ever-evolving digital world.

#### Welcome Back Assembly

For the first time in years, students were able to assemble to celebrate what makes Royal West Academy special at the Welcome Back Assemblies. Honour Band regaled the crowd while students found their seats and enjoyed a slide show of photos of last year's activities. Student Life Association co-presidents presided as emcees. Key players in the Student Services department were introduced and extra-curricular activities were showcased. The objective to get students excited about the school year was met with resounding enthusiasm.

#### Awards Ceremony

Award winners were invited to recognize achievements from the 2021–2022 school year at the [Awards Ceremony](#) in October. We celebrated those who had earned the top mark in a particular course, MVP title for the sports ECA, national distinction in the Waterloo Math Competition, and those who made the Principal's List. Additionally, in honour of Royal West Academy's founders, the four students recognized for their commitment and contribution to our ECA program were presented with Taylor-Negm awards.

#### Celebrating Our Alumni

Royal West Academy alum Alice Abracen's play *The Covenant* is showing at the Segal Centre this month. All current Secondary III students will have the privilege of



being in the audience for one performance. More details on the play and Théâtre Ouest End, co-founded by Ms. Abracen, can be found [here](#).

### School Trips and Outings

We are pleased to announce that Royal West Academy students have already enjoyed many outings and adventures this year. Curriculum enrichment is coming from trips to the theatre and museum as well as the EMSB Education and Career Fair and [École d'art de Sutton](#). Grade level trips are starting to be organized, starting with the Secondary I class who enjoyed a day at Camp de Bon Départ.

### Admissions

Royal West Academy hosted qualifying exams in October for prospective students. The Admissions department remains busy with applications at all grade levels and interviews.

### Secondary I Parent Seminars

Parents of Secondary I students enjoyed an in-person seminar in October entitled *Surviving and Thriving*. Presented by Mr. J. Mateus and Ms. C. Almeida, these seminars are designed to support parents of Secondary I students to help them navigate their children's journey through high school by providing insights into a student's everyday experience, with a focus on the particular challenges at Royal West Academy.

### Academics

We returned to three terms this year. All Standards and Procedures documents can be found on the school's [website](#). If your child requires tutoring at any time this year, Royal West Academy has an excellent peer-tutoring program at minimal cost. Any questions or concerns in this area should be directed to Ms. S. Di Pietro, our school community animator (ECA coordinator), at [sdipietro@emsb.qc.ca](mailto:sdipietro@emsb.qc.ca). LEARN Quebec is another great resource for any student needing additional academic support.



### ECAs

Extra-curricular activities are an integral part of Royal West Academy's program. Students are required to participate in three out of four different types of activities (cultural, sport, community service, and environment). Activities may take place before school, at lunch, or after school. Here is the link for [ECA options 2022–2023](#).

### Terry Fox

Congratulations to all the staff and students who contributed to Royal West Academy's Terry Fox run in October. The Secondary II students train for the run as part of their physical education class while Leadership students coordinate the logistics of the event. Students raised just shy of \$7000 this year by collecting pledges and even donating their own earnings from part-time jobs.

### Grad Fundraising Events

Grads 2023 have been fundraising to help reduce the cost of Prom. The year started off very sweet with [chocolate bar sales](#). The next big fundraiser is a raffle. All Secondary V students will be selling raffle tickets for \$2/ticket. First prize is a pair of hockey tickets for a game in January, 2023, second prize is both a \$50 Amazon gift card and a \$50 Starbucks gift card, and third prize is both a \$25 Amazon gift card and a \$25 Starbucks gift card. Finally, there are only 21 Royal West Academy Wildcats tuques left for sale at \$20 each. Thanks for supporting Prom 2023!

### School Building Improvements

Royal West Academy's washrooms, science labs, and auditorium are the focus of a school building improvement plan. The science labs are up and running with beautiful new workstations for the students. Excitingly, two of the four bathrooms are also finished.



We anticipate the remaining bathrooms will be ready shortly and that the new auditorium will be unveiled in the spring.

# SHARING THE STAGE WITH YOU.

By Mr. Jesse Chaim, RWAF President

After more than a decade, during which many in our school community have dedicated their time and energy, the Performing Arts Centre renovation is expected to be complete by Spring 2023. This state-of-the-art facility is made possible by the members of the Royal West Academy Foundation along with the support of parents, donors, the EMSB, and the RWA Governing Board. Thanks to the generous RWA community, the Foundation has raised \$500,000 towards the auditorium project. We are very proud that in partnership with the EMSB and the Ministère de l'Éducation, we have been able to contribute to making the new auditorium project a reality

## RWA Foundation: The next chapter

Over the years, the RWA Foundation has played an integral role in fundraising for some of the most important projects at RWA, including the building of a new gym, which opened in 2008, and the new Performing Arts Centre. We are excited to share that we will soon be unveiling a new school improvement initiative that will enhance our school's learning environment to the benefit of our students and staff. We will be launching communications to our parent community in November, so keep an eye on your inbox for more about this exciting initiative!

The RWA Foundation would like to thank the outgoing board and committee members for their hard work and dedication and welcomes its new board:

- President: Jesse Chaim
- Vice-President: Judith Obadia
- Treasurer: Julie Karman
- Secretary: Ian Swain
- new and returning parent volunteers

## The RWA Foundation needs you

The RWA Foundation is run by parent volunteers. If you'd like to volunteer, please send us an email at [info@rwaf.ca](mailto:info@rwaf.ca).

To support the RWA Foundation, please visit us at <https://www.rwaf.ca/>.

## Art Trip

By Emma T.

### A Day for the Art Kids

When I initially heard about my first full-day field trip since the pandemic hit, I was ecstatic.

I remember walking into school the morning of and seeing everyone gathered in the cafeteria, dressed up in their own styles and tastes. This was a day for the art kids. Class by class, we were loaded onto the buses with a two-hour drive to Sutton ahead of us. I stared out the window at the mountains, a warm-toned mosaic of the October trees, the sun hitting them just perfectly and making the colours jump out at you.

Soon enough, the Royal West Academy art students met our destination, l'École d'art de Sutton. We were greeted by gorgeous sculptures, a large green open land, and white farmhouses with few walls. I saw a crowd of people around a little shack giving out hot chocolate and knew I was going to like this place. To start off the day, my fellow classmates and I gathered around a huge bonfire with our hot chocolates and listened to the instructors explain the three workshops in which we would partake over the course of the day. And so, we were sent off into our groups.

My cluster first executed a "Yarnifact"-making unit inspired by the art of Judith Scott, an American fiber sculptor. This was done by using multiple random inanimate objects (mostly sticks) and wrapping them in yarn until they were unrecognizable. We transformed the objects into our own art.

Following the creation of our sculptures, we were guided into another artistic room where each student made a bracelet. These were no ordinary plastic bead bracelets. Each bead we chose was made from diverse healing crystals with various properties (e.g., amethyst has healing properties, quartz helps relieve stress, etc.). I carefully weaved a thin metal string through the crystal charms, clamped small metal crimps on each end





to secure the beads, and proudly finished the charm bracelet that I now wear every day.

We took a brief lunch break post-beading. There was a piano set up under one of the farmhouse structures and the musically talented students took turns playing songs, creating an amazing atmosphere.

Our last project of the day was photography. I had a great deal of fun taking pictures and portraits of my classmates on professional cameras while playing with diverse poses, lighting, and props. As we took serious and silly photos together, this experience allowed me to laugh and bond with many people in my class that I had never previously spoken to.

On our way out of École d'art de Sutton, we were offered cotton candy, popcorn, and fresh bagels; and then redirected onto the buses. Yarnifact, bracelet, and bagel in hand, I was extremely pleased with my day. The RWA art students drove off into the mountains, the same way we came, and I was sorry to say goodbye to École d'art de Sutton.

## Awards Ceremony

By Avery B.

Royal West Academy held its first Awards Ceremony since 2017. I watched the ceremony from a different perspective than most as I was part of the tech team, not as a recipient of an award.

The ceremony opened with Ms. C. Lumsden welcoming everyone in. She was followed by Ms. J. Fogel (Mr. S. Manstavich's replacement) who is doing a wonderful job. Sadly, the microphones were not working for their introduction but they still managed to project loudly, saving the tech team. Luckily the mics started working just in time for the very first awards. Together they began reading out the awards with Mr. T. Pita sitting to the side, having not yet spoken. The awards were given out by multiple staff members including Mr. R. Aiken, Mr. C. Du Mond and Ms. M. Wineberg, as well as others like Mr. J. Magee. They were then photographed on the side by Kelly C. and Neve P.

After all of the grades and awards had been given out, it was time for the Taylor-Negm Award, otherwise known as the credit award. This is when Mr. Pita made his debut and gave away the most prestigious awards our school has to offer before graduation. The Taylor-Negm

Award goes to the person who has put in the most effort towards each specified credit. They are each given a plaque with their name on it and have their name displayed on the big plaque in the foyer for everyone to see. The award for the community credit went to Stephanie B., a truly worthy candidate for the award. The award for the sports credit went to Brent S., the only non-Secondary V to win one. The cultural credit award was bestowed upon Isabella A.-F. Last, but very much not least, the environment credit was given to Ben A. All of the recipients of the Taylor-Negm Award had a collective photo taken at the end.

Altogether the award ceremony was a wonderful success, with a stellar display from the faculty and the brightest students at Royal West Academy who were all so pleased to see all of their hard work finally pay off.

## India Exchange 2023?

By Natalya B.

After two long years of waiting, will this trip finally happen? It's now or never.

Sixteen Secondary V students anxiously await news on the fate of the Royal West Academy India Exchange program. Mr. A. Diacoumacos, other participating staff, and the students are still optimistic that the program will take place. The India Exchange is one of the many trips and extra-curricular activities that Royal West Academy offers. For thirty years, RWA has given students a once-in-a-lifetime opportunity to travel abroad and experience a foreign culture firsthand.

In order to make this trip possible, the students who signed up must raise funds. We raised money by selling chocolates, bagging at local grocery stores, and even hosting a raffle with the prize being WestJet plane tickets. Unfortunately, because of COVID, the trip has been delayed for the past two years and it is no longer an exchange. However, we will still (hopefully) be visiting our sister school Venkateshwar Global School located in New Delhi. The students are scheduled to travel for two weeks at the end of February 2023 and the first week of March 2023. This trip will give the students great insight into Indian culture. They will be visiting many historical places such as the City Palace in Jaipur, the Jantar Mantar and the Taj Mahal. In addition, the students will also get to witness some of India's wildlife. We will get to see tigers at the Ranthambhore tiger reserve. If we are lucky, the students may even be given the opportunity to ride an elephant on an



excursion to Amber Fort. Student Lilian Y. said the following, "I hope that we get the government's approval for international travel considering that this is our final opportunity to go to India since we graduate this year!"

India Exchange is offered as a cultural credit and a community credit at Royal West Academy. This wonderful program gives the students a unique opportunity to learn about the unique Indian culture. I am hoping that this once-in-a-lifetime trip takes place. I am fascinated to learn how over a billion people on this planet live.

## SLA: Student Life Association

By Zack M.

### Leaders For Life

The Student Life Association at Royal West Academy is responsible for a wide variety of fun and engaging activities that students can take part in throughout the year. The Welcome Back BBQ, Orientation Day and open house are just a few of the activities. Joining SLA is a great way for Secondary II through V students to build their leadership skills and be more involved with the teachers and students. Not only do you get to learn new social skills and organize fun activities, but you get all the credits you need for the year.

Student Life Association is run by Mr. J. Zigby, but this does not take anything away from the independent aspect of being part of SLA. When asked if SLA builds leadership skills, Kiara B., a Secondary V student who has been in SLA for two years, answered, "100%. There are a whole bunch of things that we have to do for ourselves. Our school's events are created by us and we have to put it in action, and a lot of planning goes into our events."

Being part of SLA not only allows you to organize activities, but it can allow you to vocalize your opinions and implement changes that will be beneficial to Royal West Academy. Joining SLA will give you the chance to represent the whole school and be the voice behind all the students. Many things that students propose as ideas go to SLA and get discussed to put things in motion. The SLA presidents also have the opportunity to be the voice between staff council and parents which allows the students' opinions to be heard throughout the school, for example participating in Governing

Board. Kiara participated in one of these meetings and it allowed her to voice her opinion.

Student Life Association students will often visit homerooms and advocate new school events like the Haunted Hallway on Halloween, the Welcome Back BBQ, and help raise money for charity. The SLA is a massive help in the school, and they always take initiative to make the school more enjoyable for the students.

## Powerwalking: An Alternative to Competitive Sports

By Krystyna P.

### Powerwalking offers Royal West Academy students a more relaxing sports credit

For all five years that I've been at Royal West Academy, I have been attending one particular club I've enjoyed over the past five years. This club has made me unwind while also doing exercise. The club is powerwalking.

Powerwalking is a club that Ms. S. Di Pietro coordinates. This year powerwalking has been held on Tuesdays after school from 3 PM–3:45 PM. In this club, you have to walk around the neighbourhood with a group of students for around 45 minutes. It's enjoyable to see the new scenery and find new places you've never seen before. It's an opportunity for students to walk around and move after a long day at school.

I interviewed Ms. Di Pietro on powerwalking and her overall thoughts on powerwalking. This club already existed beforehand but the main coordinator had left, so Ms. Di Pietro took it upon herself to continue this club. As Ms. Di Pietro explains, "I continued this club because of the benefits for the students who aren't athletically inclined who needed a sports credit, and give students an opportunity to get some exercise, unwind, get fresh air, and socialize after a long day at school."

Powerwalking has gotten very popular over the years at Royal West Academy and I was curious if Ms. Di Pietro expected this to happen. After COVID, she expected powerwalking to become very popular because it isn't competitive, it's relaxing, and a convenient way to get exercise. It's also a great way to be outdoors and socialize with friends after having no ECAs for a couple of years. Students wanted to get involved at their school.



When joining powerwalking you should expect to go on a brisk walk outdoors for 45 minutes after school for eight to ten weeks either during the fall or spring sessions. The last session is always fun. All students who come on the last day get to enjoy a special dessert to celebrate the end of the session.

We hope to see you there in the upcoming sessions!

## Swim Team

By Clara C.

For most people, fall is marked as the season where the leaves change colours and the weather gets colder. However, for Royal West Academy swimmers, it marks something much more exciting: the start of Swim Team! Every Wednesday, eager students cram into the city bus and head over to the Côte Saint-Luc Aquatic and Community Centre, getting ready to dive into the swimming pool, and begin their practice.

The Royal West Academy Swim Team is the perfect opportunity for students of all skill levels to practice and improve their swimming. Whether you are an experienced and competitive swimmer or someone who has never been on a swim team before, everyone is welcome to join. You receive a sport ECA credit for participating.

Practices are held every Wednesday after school at the Côte Saint-Luc Aquatic Centre throughout October and November. The swimmers are divided into three levels to maximize their training: beginner, intermediate, and advanced. Throughout the practices, the students are able to develop their basic strokes along with their starts and turns, which are necessary for the race. They are able to learn and improve in a non-competitive environment.

In January 2023, the swimmers can then compete in GMAA swimming competitions, which are now finally returning after the two years they were made impossible by COVID. The competitions are not mandatory but students are encouraged to partake in them.

The Swim Team is brought to Royal West Academy by Ms. L. Kissin and Mr. N. Rafael, two wonderful teachers at our school. The practices are led by Secondary IV and V coaches, who are all experienced swimmers. In each practice, the coaches take the time to prepare plans specifically designed towards each skill level. Their goal



is to create a welcoming and inclusive environment where everyone has the opportunity to develop and learn.

I was able to talk to Secondary IV student, Clementine C., who previously swam with Royal West Academy and is now a coach. When I asked about her Swim Team experience and how it has affected her as a coach, she responded by saying, “When I was a swimmer, Swim Team was amazing because there was always someone there to help me, and when you have the right support, the sky’s the limit. Now, as a coach, it feels great to give the same support back and watch the swimmers improve in the same way.”

Swim Team is perfect for anyone who wants to get better at swimming and have a lot of fun while doing it! It’s an easy way to stay active and make new friends. I’ve been part of the Swim Team for three years now and it has been one of the best parts of my experience at Royal West Academy. I highly recommend it to any students thinking about participating.

## First Dance Show in Forever!

By Gabriella G.

The annual Royal West Academy Dance Show has officially begun! Supervised by Ms. J. Cayer, and Mr. J. Zigby, and organized solely by students, Dance Show is one of the many extra-curricular activities offered at Royal West Academy. Of the three possible credits—sport, community, and cultural—students from Secondary I to V are given the opportunity to obtain two. This being said, Dance Show is far more than just this. It unifies the students at Royal West Academy as it serves as an opportunity to build new relationships,





learn new dance choreography, and all in all, create new memories that will last through shows to come!

With each year, former Dance Show participants are met with brand new faces providing the chance to build new friendships. This year, alongside Jazmyn J.-B. (Secondary V), and Efstratios R. (Secondary V), I (Secondary V) am a co-choreographer for Scene 6, *Confessions*, the Secondary V boys dance.

One of our dancers, Zack M., is a first-year participant in Dance Show. Eager to learn more about a newcomer's experience, I set up a meeting with Zack to furthermore get to know about it from his fresh perspective.

Upon asking him the reason he was initially interested in joining, Zack mentioned how he figured it was a great way to meet new people and socialize with his friends. Being drawn towards tryouts for just this, in 45 minutes he was able to learn and perform a 20-second dance which he had a lot of fun doing. After being accepted, Zack was excited about attending his very first Dance Show practice! Based on what he had witnessed so far, he described them as "something the choreographers had under control," saying that they were professionally led, getting through all the dance moves scheduled to be taught that day.

After only a small experience of the Dance Show legacy, Zack has already expanded his "dance moves" portfolio, from the Kalamatianos (Greek circle dancing) to the Jerk (a 1960s hip hop move). With this, from the perspective of a first-year member, Dance Show is a great stress reliever at the end of a hard-working RWA student's day and doubles as a serotonin boost of memory making!

## Activities and Clubs

By Miranda C.

When we think of the teachers at Royal West Academy our minds often go to the academic subjects they teach, but we often forget that they have their own interests and hobbies outside of the scholastic realm.

Royal West Academy has provided many teachers over the years with the opportunity to incorporate their passions into activities and clubs that students can choose to partake in. Whether it's Mr. M. Wilson's Do It Yourself Club, Mr. W. Lapierre and rugby, Ms. C. Holloway and Debate Team, Ms. L. Partington and Bike Club, Mr. S. Nemeth and robotics, or Mr. A. Wiltzer and Karate Club, the teachers at Royal

West Academy take the time to share their passions and hobbies with students and provide them with fun activities and clubs to partake in.

The activities at Royal West Academy range from sports to social and art clubs, so there is something for every student. I spoke to Mr. Wilson, an English and Spanish teacher at Royal West Academy about his experience with running the Do It Yourself Club, he expressed his enjoyment in sharing his passion for making preserves and cooking with the RWA students and told me that he was "grateful that the school had allowed him the flexibility to do so much more with his interests and hobbies."

Mr. Wilson also expressed his enjoyment in introducing children to the Spanish language. Teaching the class has also allowed him to bring students to places like Costa Rica and introduce them to the Spanish-speaking world.

The sports teams at Royal West Academy are no exception as our gym teachers Ms. M.-C. O'Neil, Mr. J. Bateman, and Mr. R. Aiken have all incorporated their passion for physical activity and their experiences playing on sports teams to coach many school teams to win GMAA championships. Thanks to all the teachers, the students at Royal West Academy have a vast variety of great activities and clubs in which they can choose to participate in.

## Tea Club

By Aislinn D.

Once again, Royal West Academy is hosting its own Tea Club supervised by Mme L. Moreau. This club is offered to students in Secondary IV and V. Tea Club takes place in Room 108 every Tuesday starting at 8 AM. With winter approaching, this is a nice way to warm up and chat with friends. Tea Club is a perfect way to kick off your morning!

Four students in Secondary V are in charge of running Tea Club: Lucas A., Veronica C., Esmé D.-F., and Rahul P. They come in early every Tuesday to set up and stay late to clean up. These students bring a welcoming and enthusiastic energy to every session.

I really look forward to Tea Club as it is a nice change in pace from our busy lives. This club encourages me to take a second to be mindful if I have a stressful day coming up. Tea Club allows me to reflect, relax, and even finish some last-minute homework if needed.



In Tea Club, you get to sample a variety of teas originating from different countries. These teas are all freshly brewed with quality tea, and you can really taste the various flavours. Mme Moreau has an impressive collection of miniature tea cups, which she generously entrusts to us.

My favourite kind of tea is green tea. This tea has a multitude of benefits; it improves your brain function, is full of antioxidants, and is good for your body. Drinking tea has been proven to help with mental health as it can create a calm state of mind, and who doesn't like that?

We are lucky to have occasional fun educational presentations from Veronica and Esmé. These students prepare their presentations in their own time outside of school. You can tell that they actually want to be doing them and aren't simply there for a credit.

If you are looking for a cultural credit: Tea Club is your answer. By only attending ten sessions, you can receive a credit. If you wish to get an environment credit, you can obtain it by listening to eight to ten entertaining presentations from Esmé and Veronica. We hope you consider joining us; you won't regret it!

## Open Gym

By Arshneet S.K.

### A great way to spend your lunchtimes!

At Royal West Academy, we offer an activity called Open Gym which takes place every day of the week. It takes place in the Foundation Gymnasium and the sessions are split between the younger and older grades. Secondary I and II Open Gym sessions take place every even day, meaning days 2, 4, and 6. The older kids are on all the odd days, meaning days 1, 3, 5, and 7. Having this division is great as it allows for smaller amounts of people to be in the gym at once so that everyone can enjoy the sport they want to play!

When entering Open Gym, you will be surprised by the variety of choices we offer. From pickup basketball games, organized badminton matches, bumping and setting the volleyball around, to simply just throwing around a football—we've got it all covered! This huge variety allows you to focus on what you like and find friends who share the same interests as you. "I was able to find a great group of friends who also loved playing badminton as much as I did. We became friends outside of Open Gym and are still friends to this day!" said a student from Secondary V.

Going to Open Gym is not only a great way to make friends, but also to improve your skills in the sport you love. Mr. R. Aiken, one of the many great physical education staff members here at Royal West Academy, said that Open Gym "is an opportunity for students to have structured free play, get to know new students, hang out with the awesome Phys. Ed. Staff, and further develop physical or interpersonal skills." Having people to practice with daily makes you work harder and have more fun, which inevitably improves your skills.

Attending open gym is a vital part of the Royal West Academy experience. It allows for friendships to blossom and skills to be developed and improved! Come join us for the lunch of your life!

## Cheese Club

By Molly S.

This year Royal West Academy has started a new club called Cheese Club run by Mr. P. Stewart-Reid. Throughout the year, Cheese Club will have guest speakers from Quebec come and explain to the members of the group how their cheeses are made. We will have workshops with these guests, and really get an insight into the world of cheesemaking. In addition to this, members of this club will be bringing in their own different kinds of cheeses and have a chance to explain to everyone else its backstory.

I'm a part of this club, co-running it as part of my Leadership project. Leadership is one of my electives this year and in this class, we are doing a project where you have to lead a group of people by either coaching a sports team, becoming the head of a club, or by finding another way to be a leader. As mentioned, for my project, I'm co-running the Cheese Club. Now, I know Cheese Club may sound a bit silly (or not, if you love cheese), but this club is interesting, and we all get to eat cheese too which is much fun. I think that this club will be a great way to bring people together and to have an enjoyable activity to look forward to. Josephine R., the other co-leader of Cheese Club says "it's just a really amazing extra-curricular activity. It's going to be so much fun to do all of these workshops, and I can't wait until we get started."

And I agree. Being a part of this club, even though it's only November, has really been an enjoyable experience. By emailing different cheese makers and shops, and checking all of their websites and workshops, I've come to learn how much work goes





into the entire process of making cheese. I think that everyone will have a lot of fun learning about it too, and I can't wait to spend the rest of the year enjoying this club with everyone else. So if you like cheese and want to eat some delicious kinds while also learning about it, I would definitely recommend joining Cheese Club. And who knows, maybe it'll be the next *grate* thing.

## Walk and Talk

By Denia M.

We all know that starting high school is difficult. Especially coming from elementary school where you are less independent and in a one-classroom setting. Being in an elementary school setting is way easier to make friends than in high school. As in high school, you don't stay in one classroom, every subject is in a different class with different students in each classroom. Therefore, coming to high school is an enormous stressful change that every Secondary I student goes through. This is why signing up for new things such as Walk and Talk is a great idea!

You may be asking yourself what is Walk and Talk? Well, for most Secondary I students, I find making their first year easier would have been to make some friends. Unfortunately, that does not happen for all students. Here at Royal West Academy, kids mainly in Secondary I are introduced to loads of different extra-curricular activities. Most of these ECAs are mainly organized to make Secondary I students' first year of high school easy. One of the amazing ECAs for Secondary I students is Walk and Talk.

Walk and Talk is an amazingly organized ECA by Mr. H. Held and Ms. S. Di Pietro to aid students in Secondary I to make friends and to just socialize. To sign up, Secondary I students just have to write their name on a list put up on a wall near the ECA room. Depending on how many students sign up there are usually two groups. Each session takes place Tuesdays and Thursdays at lunch. Normally Group 1 goes on Tuesdays and Group 2 goes on Thursdays.

What students do is eat their lunch for ten minutes on the benches in the backfield and then walk around outside the school for the rest of lunch. It's an amazingly organized concept to let Secondary I students have the opportunity to socialize with kids in their grade. Most groups of friends in Secondary I were made by this ECA. Another positive thing is the students receive either a community or cultural credit if they

participate eight different times. You can miss a total of two sessions. On the tenth session, it is recommended to attend as goods are given to the students! I personally believe that this ECA was perfectly created to help students in Secondary I make friends and I would definitely recommend it to a Secondary I student struggling to do so.

## Get into the Spirit! Join the Club!

By Sofia C.

As the new school year began, Ms. M.-C. O'Neil and a few other students decided to create a new club to get back into the spirit of sports. As a few other girls and I in this club are very much sports girls, and we were very disappointed in not being able to play sports for a few years. We wanted to figure out a new way to bring sports back in a fun and new creative way. We were not allowed to play for over two years, but with our luck, we are back on track with sports being played without restrictions and with spectators! So to encourage it all and make the sports life for students more exciting, we decided to come up with Spirit Club.

The point of this new club is to go to as many games as possible, take pictures, and be able to physically post them outside the new gym. This gives a purpose for more kids to participate in sports as we encourage kids to join sports, because it's a great way to take their minds off school. As we all know school can be very stressful and you always need to give yourself a break to be able to accelerate in your school work, so when you are having fun and making friends you are still improving yourself at school. You might get the



opportunity to show your talent through our photographs.

Every two weeks, we will be posting and adding new pictures to the bulletin. After speaking to one of the members, Maya Y. said, "I love going to most of the games and capturing these special moments between the students, and in the future, they can look back and remember these good old times."

So who knows, you might be one of our new models. Our pictures are already posted, so come on by the new gym to see if you made the cut! We encourage you and your friends to join next year so you can continue this new activity!

## Start of Dance Show 2023

By Lola C.

Dance Show has been a tradition at Royal West Academy for many years now. This ECA brings many students together to create a fun and exciting show put together for the month of March. Due to COVID, Dance Show was cancelled in 2020 and 2021, but fortunately was able to continue last year in 2022. The show was incredible and brought light to all the talent of the student community along with bringing enjoyment to all parents, staff, and friends who were there to watch. The past few weeks have been the start of Dance Show 2023. With all the excitement from the dancers, executives, and choreographers, I decided to reach out to one of the Secondary IV choreographers to discuss this year's start of the show.

One popular question that many ask is, why choose Dance Show as one of your ECAs? The choreographer explained to me that although you may not be the best dancer, being a part of the show brings you closer to the school and student life, creating fun moments and memories, and even help to bloom new friendships within the students of all grade levels.

I followed this question by asking what is your favourite part of Dance Show? Even though she's only been able to experience one show while being here at RWA, we shared the common feeling that being in Dance Show helps create tight-knit bonds in the school. It makes creating friends within your grade much easier, by exposing us to the fun and artistic side of others who we might not have known much otherwise. In addition to this, the Dance Show community has always felt very

welcoming and creates a family-like relationship within the school, especially when the show time arrives.

As many of you may think, wouldn't it be stressful to choreograph a dance for such a staple show at our school? An answer I received for this was, although it can be stressful as you try and create the best dance you can to show to the entire school, and needing to teach it all to the dancers in your number, being a choreographer is a very fun experience and you can incorporate your creative ideas into the dance along with taking requests from others to make the most amazing number possible.

To finish off my interview, I needed to ask the burning question, what are you most excited about for this year's Dance Show? She's most excited to perform the dance that she and her dancers will be working on every week until the day of the show. Being able to finally reveal all the hard work put into the show to almost the entire student body is very exhilarating. The feeling of stepping onto the stage and performing your number while the crowd cheers is a sensation like no other.

If you or a friend are considering to join Dance Show next year, take this article and dig deep into this community to see if it's the right fit for you. I recommend it to anyone looking to be more active, be more involved in the school, and to people who want to grow their skills, friendships, and bonds. Can't wait to see you all at this year's show, whether you're in the audience or on stage with me!

## The Magic Behind the Swim Team

By Meghan B.

### An interview with Ms. Laura Kissin

Ms. L. Kissin is the teacher behind Royal West Academy's incredible Swim Team. The Swim Team has about 50 student members this year with practices every week, and competitions coming up in the new year. I had the pleasure of sitting down with Ms. Kissin to discuss why she got involved in the team, her experience with swimming, and more.

First, Ms. Kissin and I spoke about her experience with swimming. She spoke about her experience working as a lifeguard, as a swim instructor, and at summer camps as a swimming staff member. She mentioned that she was a member of a high school swim team and a university team. Before becoming the teacher involved

in Swim Team at Royal West Academy, Ms. Kissin was involved in the swim team at Herzliah High School.

Ms. Kissin wasn't always the teacher involved in the Swim Team at Royal West Academy. She took it over 14 years ago. Ms. Kissin said that the main reason she wanted to be involved in the swim team was that she just loves swimming. She spoke about her passion for the sport and how she wants to encourage students to swim.

When she started at Royal West Academy, she was the Swim Team coach, but Ms. Kissin then decided that she would recruit Secondary IV and V students to be coaches instead. She and I discussed why it's important to have students as coaches. "I trust my coaches. They are mature enough, organized, and responsible." She also said that coaching is a great opportunity for students to step out of their comfort zone.

During my time speaking with her, Ms. Kissin showed a lot of pride in the team that she has developed. She and I spoke about how the RWA Swim Team has developed or changed in the past 14 years. Ms. Kissin implemented the Head Coach position, which entails administrative tasks, being in charge of taking attendance each week at practices, and more. Ms. Kissin mentioned that the Royal West Academy Swim Team has been trying to gain more team spirit in the past few years. "Since the team consists of all ages and grades, it's hard to find a sense of unity like other teams, so we've been trying to have more team spirit," she said.

Ms. Kissin and I discussed her favourite parts of being the teacher in charge of Royal West Academy's Swim Team. She said that she just loves to see students getting involved, whether it's coaching or swimming. She loves to see the coaches stepping up and leading, developing workouts each week, and taking charge of about 50 swimmers. To conclude our conversation, Ms. Kissin said, "I just love feeling pride in my students when they step up and lead the team."

## RWA Basketball Teams Get the Spencer Cheer

By Esmé D.-F.

A student interrupts us needing to reschedule his four upcoming detentions. I'm trying to interview Ms. Tonicia Spencer about her commitment to Royal West Academy's basketball teams. She adjusts her schedule and goes right back to waiting for my next

question. Ms. Spencer is a secretary at Royal West Academy.

This integral member of the school administration admits she was never really good at basketball. As a teenager, she felt others excelled faster than she did. She quit and joined cheerleading instead. The lack of basketball in her youth doesn't stop her from supporting the youths playing on our boys and girls teams today.

Ms. Spencer notices the fouls and the baskets. She calls the players hard workers and sees them constantly encouraging one another.

Ms. Spencer's attachment to the team is evident. When she noticed a player getting pushed by a much bigger player from Herzliah High School, she remembers wanting to run onto the court. Even when the team loses, the next day she will tell them that they played well.

I ask her to imagine herself as a coach in the locker room. She said she would tell the players to do their best and play like their life depended on it. Once, a coach on the opposing team started yelling at his players; it bothered her. She knows she wouldn't be like that.

Ms. Spencer enjoys the echoes of basketball shoes running up and down the court and the squeaks they make. "I feel pumped when I hear them."

Toward the end of the interview, a girl hadn't eaten lunch and asked Ms. Spencer if she had any food. Without thinking, she went into her purse and gave the student money.

Since 2018, Ms. Spencer has teased and charmed hundreds of students and faculty. She helps with attendance, handles admissions, and manages meal cards.

Everyone is aware of her commitment to the school. And now I see that the basketball teams feel it too.

## Get to Know Miss Colannino

By Kalista M.

Miss Daniela Colannino grew up with her younger brother, older sister, and family dog Jax, in the east end of Montreal. She has lived in Montreal all her life and went to Vincent Massey Collegiate. She is described by her peers as supportive, a good listener, and someone





they can rely on. Along with that, she is also an English and psychology teacher here at Royal West Academy. Both her parents studied hard as teachers so she practically spent most of her life in school. This encouraged her career in teaching, and she also added that one of her favourite parts about being a teacher is the kids. She loves to laugh with them and enjoys the relationships she gets to form with her students.

Although she did have some completely different jobs as a kid, with her first job as a cashier in a pet store, learning and teaching have always been her passion. In addition to that, she is currently working towards a Ph.D. She explained to me that in regards to her Ph.D., it is a feminist education study. Her research examines how female high school teachers are represented in popular culture, specifically on television. Due to the fact that she is in school trying to get her Ph.D., she has had to cut down the amount of time she spends teaching. Now she is at Royal West Academy 50% of the time and she spends the other 50% of her time in school studying. The cut-down time was a difficult adjustment for her, especially since she has been working at RWA for about 15 years.

When she isn't teaching or in school, she has many hobbies. "Running and exercising are a big part of my life," she says. Although these activities are very important to her, her teaching comes first and she wouldn't be the same person without it. All in all, she is a good listener, hard-working, and intelligent woman. She is a great and easy person to talk to. So if you didn't learn enough from this article, strike up a conversation next time you see her in the halls.

## GMAA Cross Country Race

By Sarah D.

On October 6, the annual fall GMAA Cross Country race was very successful for Royal West Academy's Cross Country Team. Led by Mr. N. Rafael and Ms. S. Di Pietro, all grades were invited to participate in the cardio exercise and practice for the race every Thursday since the beginning of September. After several weeks of practice, the day of the race turned out to be a beautiful sunny day.

As a member of the Juvenile Girls, I participated in the race as well. After an early dismissal during second period, we took a school bus to Mount Royal Park and arrived quite early. We arrived at around 10:30 AM and the races began at 12:30 PM, so we had time to have

lunch and enjoy the scenery. About an hour before the races started, Mr. Rafael distributed tags with numbers for each of us, equipped with a GPS chip to time our races based on the times we passed the start and ending line. Additionally, this time around, unlike last year, masks were not mandatory, so all runners were much more comfortable running.

The races started well with our first win during the first race, with Mikaella P. winning first place for the Bantam Girls. The second race was just as successful, with Gabriella P. winning first place for the Midget Girls. Around 1 PM, the Juvenile Girls and Boys race took place. This was a much longer race, as it was 5 km. With an impressive average of 20 minutes, Mia S. and Natalya B. took first and second places. As for the teams overall, the Midget Boys and Juvenile Girls won a banner for the school. They came in first place with the overall rankings used by the GMAA.

Cross Country is a rewarding sport when you are good at it, and as a cardiovascular and fitness exercise. Moreover, it is a nice experience when you get to run with your friends and celebrate team wins. Teamwork, friendship, and better endurance are all things that you can get out of cross country running. I encourage you to sign up to cross country and get a chance to participate in the Spring GMAA HALO road race!

Congratulations to all winners and participants!

## The Legacy of the Wildcats

By Brooklyn M.

The Royal West Academy volleyball team is a well known and highly regarded program that is offered to all grade levels, something that I myself have had the privilege to be a part of. This program has helped mold so many lasting friendships and created memorable high school experiences for graduates.

I recently interviewed Mr. J. Mateus, who has been running this program for well over 25 years. He explained to me that this program not only emphasizes the importance of balancing academics, but develops students' leadership skills, and teaches them the importance of commitment at an early age. For as long as Mr. Mateus could remember, the Royal West Academy volleyball team has flourished and created a name for itself with the amount of skill and team spirit they have. This was of course a result of the countless





efforts and constant determination they have displayed over the decades.

A number of people would argue that this program is prioritized over other sports played at Royal West Academy, and they are not wrong. Now to finally answer this controversial question that has been making its way throughout our school, I asked Mr. Mateus. He explained to me that it is due to the relationships between the coaches and players. Not only did Mr. Mateus have a love for the sport, but he passed on his passion to students which led to generations of champions.

Although this program finds itself at the top of Royal West Academy's sports hierarchy, there are no questions that it has a well-earned advantage. With a record of winning GMAA matches 16 years in a row throughout the late 1990s and early 2000s, the volleyball teams have brought a great deal of pride back to our Royal West Academy community.

In recent years, the teams have had the chance to work with Mr. Milen Christov, a decorated volleyball player and coach who has taken on the task of teaching a new line of athletes. With his help and experience, the Wildcats have not only gained countless medals, but a chance to develop their skills to the best of their abilities. I have had the opportunity to watch my own team grow and flourish in its own ways. We have overcome and accomplished so much together, bonding us into a family. Whether it's screaming at the top of our lungs or laughing until our stomachs hurt, RWA volleyball is something that I shall forever cherish.

## Wrestling: A Sport Reborn

By Theodore G.

Royal West Academy is pleased to announce the official rebirth of the Royal West Academy Wrestling Team, offered as an ECA during the fall and winter months.

Originally, the school's Wrestling Team was led by Mr. Anthony Merlo (national medalist, member of the Montreal Wrestling Club National Training Centre, and member of the Concordia Stingers) until 1992. After a 30-year hiatus, the team has set up fresh roots once again at RWA.

Mr. H. Chen, a wrestling coach with 30 years of experience (NCCP, ACD) both at the national and international level as well a coach at the Montreal Wrestling Club NTC, leads the new team. He was also an athlete for the 2nd All-Canadian Concordia Stingers Varsity Team and is a teacher at RWA.

Under his guidance, the club aims to compete against other high schools in the Greater Montreal area. The team aims to compete at the provincial level as well. The club offers students of all ages the opportunity to explore this timeless sport, often cited as the oldest recorded competitive sport along with athletics.

Although one considers wrestling an individual sport, the team aspect emerges during training and tournaments. Team practices allow students to learn more about their fellow wrestlers (both physically and mentally) as well as the RWA community overall. Furthermore, the RWA Wrestling Team aims to create stronger ties amongst RWA students and those elsewhere.

During club practices, students learn many different skills related to the sport such as dynamic stretches, physical exercises, and skills used during bouts. As the team improves, new skills are introduced and older ones are reinforced, thereby enhancing the athletes' performance. As Coach Chen said, wrestling "gives student-athletes a sense of work ethic and mental fortitude. These skills will serve them well in their lives."

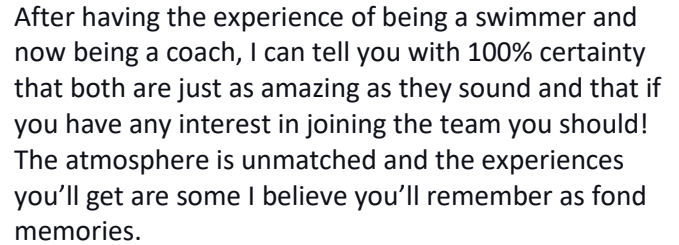
Last year, I joined the club for the first time during their regular Wednesday practices. Ever since, I have found a community of peers within the school who challenge me on the mat and help me as well outside of club practices. I became much stronger and less tired with time. I found the sport to be a very enjoyable ECA. It even motivated me to pursue the sport further on my own.

Students can start wrestling at any grade level, even as early as Secondary I. All are welcome to come to our practices Mondays and Wednesdays after school in the cafeteria, and we look forward to seeing you there!



By Clémentine C.

These practices also aren't meant to be too intense, which means that you can get creative with your daily plans and find ways to engage your swimmers in more fun activities. For example, the most recent activity we coaches planned was a game of snakes and ladders where each square you land on is a different water or land exercise!



By Brent S.

Adam L. had positive things to say about his first year as a coach, "I am so proud of the team's performance and how they've evolved over the course of the season, having seen huge improvements in their skills and abilities. I recommend joining next year as it builds comradery and the opportunity to compete with and against skilled athletes."

[illegible]

Being a coach could sound like too much work when you could be a swimmer instead, but it gives you such an incredible opportunity to improve your leadership skills that it makes up for any extra work you might do. Not only that, but it is genuinely so amazing to watch your swimmers improve and learn, knowing that you helped them achieve that!





truly know what they are doing. They were always fair while still maintaining a competitive mindset.”

Highlights of the game included an early rushing touchdown, game-altering catches, consistent receptions, strong coverage skills by the defense, and nimble maneuvering during both kick off and kick return.

The coaches of the team welcome those interested to come try out for the 2023 season to make the dreams of winning gold a reality. Next year we expect to build on the lessons learned this season and push our team to new heights.

## Tyndale Week

By Chanel S.

As November just rolled in, it’s almost time for the annual Tyndale Week at Royal West Academy. Tyndale Week is an activity organized by the Student Life Association at RWA in order to raise money for the Tyndale St-Georges Community Centre in Little Burgundy, Montreal. This community centre offers a

supportive and safe environment for many children that come from many different backgrounds to learn, socialize, grow, and have a safe place to live. They also help families in need with education. They have programs for children from kindergarten all the way up to Secondary V, and they offer education and training for adults as well. They give families the opportunity to connect and grow as well as help reinforce parental support.

Every year, RWA organizes a week so parents, students, and staff can help collect money to donate to this community centre. One way we do so is that we encourage every homeroom to come up with an idea/activity that will help raise money. Many homerooms do bake sales, while others make raffles to win prizes. There are so many activities going on in the school during Tyndale Week and it’s so amazing watching the school raise money for such an important cause. To continue, there’s also Penny Wars.

Penny Wars is an activity in which each grade level competes against each other to see which grade can raise the most money. Each grade level is assigned a



basket in which they can put in any change/coins they have. For every coin they put in their basket, it's a point for the grade. A grade level can also place bills in other grade level baskets in order to reduce the other's points. At the end of the week, all the points are tallied up and whichever grade level had the most points wins an afternoon off. Lastly, at the end of the week, there is a dress-down day where students bring money in for the cause.

This is such an amusing activity that really brings all the students of Royal West Academy together for one common goal. This year, Tyndale Week is from December 5 to 9, 2022, so help support this cause and donate to the Tyndale St-Georges Community Centre.

## SLA Halloweek

By Alinna D.

Did you feel the spirits?

From October 24 to 31, the Student Life Association planned multiple events to raise the Halloween spirit at Royal West Academy. From cookie and candy sales in the foyer to even a haunted hallway in the old changing room! This year, the SLA has gone above and beyond to ensure the school's enjoyment of this spooky holiday.

Every lunch period during the first half of the week, students passing through were encouraged to stop in the foyer and purchase candy bags. Halloween-themed cookies were also sold on Wednesday. Many students stopped to buy some sweets, which they really seemed to enjoy. These were small, yet amazing ways to motivate students to look forward to the fun and eventful night ahead.

On top of the tasty treats in the foyer, there was also a

haunted hallway in the old gym changing room. Open for two lunches, October 28 and Halloween day, this smaller version of a haunted house was an amazing success. From the frightening decorations to the creepy sound effects, it was awesome. There were even students wearing masks hiding in the shadows, waiting to jump out and scare those walking through. Many came out of the room saying it felt like a real haunted house.

Furthermore, on Halloween day, students and teachers were able to dress up in their creative costumes. Contests were held for different categories such as best-dressed teacher, best-dressed homeroom, and even best-decorated door, etc. Prizes are pizza lunches for the winner's entire homeroom. Throughout the day, students in SLA went around taking pictures of each homeroom, the teachers, and their doors. Other students were also able to submit pictures to the SLA Instagram of who they thought deserved to win the prizes. Winners will be announced soon.

"Halloween was a great time, and the costumes were awesome, everyone had tons of fun," said Mr. J. Zigby, the head of SLA. As the students of SLA had hoped and planned, Halloweek 2022 was a definite success.

## Chocolates for Sale!

By Shirley M.J.

Who doesn't love chocolate? It's the perfect little treat to snack on whenever you are craving something sweet. Well, the Secondary V students at the beginning of this year had been given the opportunity to sell chocolates to help reduce and possibly pay off the price of their prom tickets. Each box comes with milk, mint, caramel, crispy rice, maple, and almond chocolates, and each pack sells for only for \$3!

When my friends started telling me about this opportunity, I had so many doubts and I didn't think anyone would end up buying chocolates from me. I was really nervous about going around and talking to people to try to sell chocolates. But after selling my first box, all the nervousness I felt about having to put myself out there and talk to people I didn't know went away. I didn't have any problems and I met so many nice and interesting people, who I never would've met if it weren't for this opportunity. Some people just paid for their chocolates and left but others talked a bit and I learned some little things about their lives. It was also really nice seeing the little smiles on people's faces





when they bought their chocolates. I was constantly being treated with so much kindness and it gave me so much confidence and joy.

I'm honestly so happy we got the opportunity to do this, and I think it was so thoughtful of the school to give us this chance to help ourselves out because prom is important to many of us. I really enjoyed selling chocolates and even though I started off nervous, I ended up having so much fun putting myself out there and talking with others. This didn't feel like a job I had to do so my prom ticket could be cheaper, but more like a chance to go out, talk, and connect with others. Selling these chocolates gave me a chance to talk to people and learn new things about others while also helping me pay off my prom ticket. I'm so glad I took this opportunity and I would definitely sell more boxes if I could.

## Samosas

By Jacob W.

At Royal West Academy, all the students are unique in their own ways. However, there is one thing that unites us all: samosas. For years now, students at RWA have contributed to multiple charities through their purchases of samosas, and this year is no different.

Ms. K. Cukier, an English and ethics teacher at the school, has been interested in social justice her whole life. One year, she noticed that one of her colleagues, Mr. P. DiStefano, was selling samosas to the students to fund a trip for the Social Justice Club. After Mr. DiStefano left the school, Ms. Cukier began to sell samosas instead, this time for charity. She runs the Social Justice Club, a club that raises awareness for issues happening both globally and locally, and raises money for charities supporting the victims of these issues. Ms. Cukier sells samosas throughout the entire school year, but notes that profits increase during the colder months, most likely because more students stay inside the school at lunchtime.

So far this year, Ms. Cukier has used samosa money as well as money directly donated to the school to donate to the Red Cross Pakistan Floods Appeal. The government had issued a statement saying that they would double donations made to the charity before the end of September, so the school's donation ended up being twice as beneficial to the victims of the Pakistan Floods that are currently happening.

Right now, all the profits from the samosas are being collected to be donated to the Native Women's Shelter of Montreal once the Social Justice Club reaches one thousand dollars.

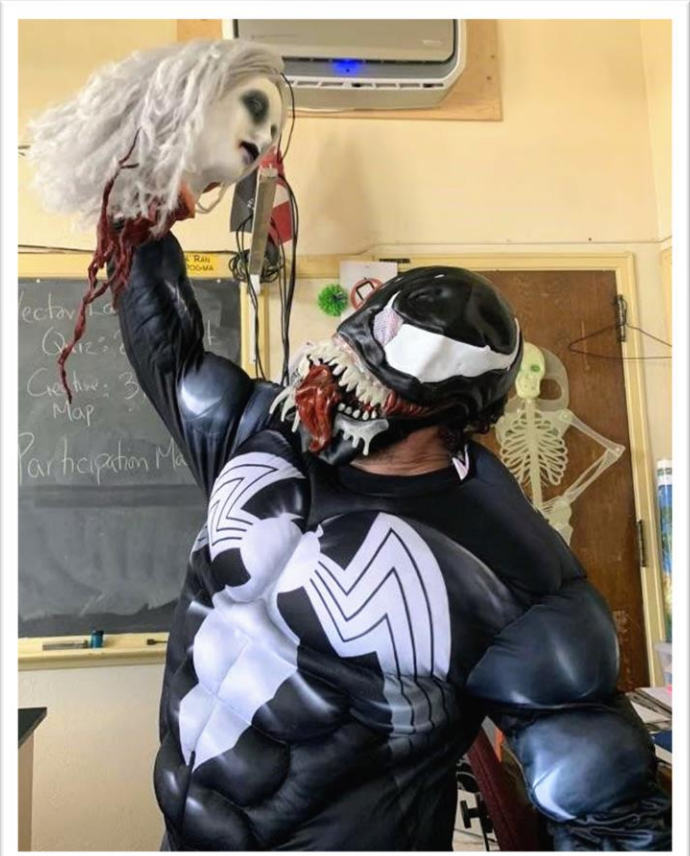
While unable to calculate the monthly profit earned solely by the sale of samosas, Ms. Cukier estimates that overall, the Social Justice Club donates about four to five hundred dollars per month to various charities.

We as RWA students thank Ms. Cukier for her consideration for social issues around the world as well as for exposing many of us to delicious cuisine we most likely would not have been in contact with otherwise.

## Spooky Season

By Mikaella G.

The month of October, AKA Halloween, is a time of year that Royal West Academy takes part in something called Halloweek. The Royal West Academy Student Life Association, led by Mr. J. Zigby, goes out of its way to make Halloween a fun and enjoyable time for us all. Every year they organize different events such as pumpkin carving competitions, candy sales, and





decorating classroom doors.

This year, the SLA decided to organize a haunted hallway, as they do every year, and a costume contest for individual costumes and best-dressed homeroom! The costume contest is a great way to show off your creativity by making your own costume or by coming to school in something funky and different than the everyday uniform. This year there were many cool costumes and many people went all out!

Each year, my friends and I come up with a group costume idea. For our first year at RWA, my friends and I decided to dress up as Things from *The Cat in the Hat*, and we had up to nine Things. Last year we chose to be *Snow White and the Seven Dwarfs*. As for this year, my friends and I decided to dress up as the cheer team from *Glee* and their coach Sue Sylvester. Our costume for our last year at RWA has to be one of my all-time favourites.

The haunted hallway was also a great activity planned by the SLA. It gave the students at RWA something fun and exciting to do during the school week and enjoy spending time with their friends. Now, Halloween is not just about dressing up and getting spooked but also about getting all kinds of candy! The SLA sold candies and sweets in the foyer for the entire week as a fundraiser for charity.

This year's Halloweek was just as good as any other year and really made Halloween as fun and thrilling as it should be. I do hope the tradition of celebrating Halloween at RWA lasts forever to give all the generations to come a chance to experience Halloween just as I did!



## CALENDAR OF EVENTS

Nov 14	RWA Foundation meeting @ 7 PM
Nov 15	Report Cards issued
Nov 17	Parent Teacher evening 2:30 PM–5 PM 7 PM–9:30 PM
Nov 18	Pedagogical Day
Nov 21–25	MindPOP Science
Nov 24	Governing Board meeting @ 7 PM
Nov 29	Secondary I Parent seminar
Nov 30	Home & School meeting @ 7:30 PM
Dec 2	Pedagogical Day
Dec 5–9	MindPOP History
Dec 5–9	Tyndale week
Dec 7–9	Blackout period
Dec 9	Tyndale dress-down
Dec 12	RWA Foundation meeting @ 7 PM
Dec 12–16	Mid-year exams
Dec 20	Holiday lunch in cafeteria

# RWA



# News

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Danielle S. (Sec IV student)  
Molly S. (Sec IV student)  
Catherine Lumsden (Vice-Principal)

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