

THE CLASS

FALL 2017



CREDITS

Welcome to *Class* Celtics!

This magazine has been in the works for the last 3 months, and thanks to the amazing support of staff, local businesses, and a team of dedicated and talented students, this dream has finally become a reality!

Class magazine is a publication created by students, for students, with the purpose of inspiring and connecting with each other. It was created with a goal to create a space for students to be able to share their talents within our school community.

In a constantly changing community, and world as a whole, it is very important to create a space that is able to highlight positivity and the amazing achievements of those around us. I hope that this magazine can make that difference in the St. David community, and unify students, staff, and local professionals. We are here to showcase the talents of those who we walk past in the halls everyday, and sit near at lunch, without realizing the amazing abilities of those that we are constantly surrounded by.

Take a chance, reach out to someone who you haven't in a while, compliment the talented people who create things like 'Celtics on Broadway', win volleyball championships, and build robots, and appreciate the numerous opportunities and achievements that are ready to be appreciated around you.

I hope that you will enjoy learning a little bit more about what happens around our school and in the community.

Stay *Class*-y,
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Senior Editor, Founder

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LEAVING A POT ON
THE STOVE CAN
BURN MORE
THAN JUST YOUR DINNER.

ALWAYS
STAY IN THE KITCHEN
WHILE COOKING.



Office of the
Fire Marshal and
Emergency Management



KICKSTARTING THE ARTS

CELEBRATING THE CAST & CREW OF ST. DAVID'S 3RD PRODUCTION OF 'CELTICS ON BROADWAY'

By Shaelynn Coffey

The drama and music students of St. David's performed in our unique and ever popular Celtics on Broadway series from November 22nd to 24th. With their own choreography, voices and band, they brought songs that have been performed on Broadway to St. David. Their unbelievable talent and commitment blew the audience away in all four performances.

Celtics On Broadway is a performance put on by the Arts Department consisting of songs from famous Broadway musicals. The show features students from grades nine through twelve providing many different roles for student involvement, such as cast, backstage crew, tech crew, and band. Teachers involved in this year's production helped with vocals, staging and tech in this cabaret. With Mrs. Lehmann taking the lead, Mr. Coates, Ms. Foran, Mr. Elworthy and Mr. Grundy, the students and teachers put tremendous time and effort into bringing this breathtaking performance together.

Celtics on Broadway was started six years ago by Mrs. Angela Lehmann. This production happens every other year, with 2017 marking the third production. Celtics On Broadway is only one of the many events the Arts Department puts on in St. David. These events allow students to strengthen ties with the arts and meet people with similar interests. Sarah Lucier reflected on the time and energy it takes to be involved but says it's worth it. "It is super fun and you get to hang out with a bunch of people with the same interests as you." St. David is privileged to have such a wonderful arts program with teachers willing to give so much time to the arts, as well as students who are passionate about music and drama. This has been a great experience for many students like Isabella Maher, a grade 10 student. "This experience has definitely helped me develop my non-existent dancing skills into adequate skill. It has helped me become more confident in myself by letting me express myself."

4 This year, songs that were performed included: 'Schuyler Sisters' from Hamilton: An American Musical, 'A Musical' by Something Rotten,

and 'Pulled' from The Addams Family. These well known pieces provided a chance for performers to get a taste of how it felt to be in a Broadway show. It also gave an opportunity to learn more about famous plays and musicals. The variety of songs and vast range of emotion presented by the singers left audiences in awe. A truly emotional performance of 'You Will Be Found' from Dear Evan Hansen involved the whole cast wearing grey wrist bands throughout the song and in the end turning them to blue representing the change from loneliness to togetherness.

The cast, crew, and teachers put this skillful, spellbinding spectacle together with much time, effort, and energy. Our school community and feeder schools thank you for giving us the opportunity to watch and be inspired by the enthusiasm involved in this year's production of Celtics On Broadway.

Congratulations on another fantastic production!



Cast (above) and stage/tech crews (below)



CELTICS ON BROADWAY

NOVEMBER 23RD & 24TH 2017



20
17



ARTS

Visual Arts • Music • Drama

REMEMBERING GORD DOWNIE

A CANADIAN LEGEND, MUSICIAN, & INSPIRATION

By Joyce Li & Lauren Mena-Yiukay

Image: Andrew Chin / Getty

Gord Downie, frontman and lyricist of the rock band The Tragically Hip, passed away on October 17th of this year from terminal brain cancer at the age of 53. He was an accomplished musician and performer, and as a Canadian, contributed largely to the culture, society and the protection of the heritage of his country.

Downie was born in Kingston Ontario. It was in high school that Downie met the people who would eventually, along with he himself, form The Tragically Hip in 1983. Currently, the band consists of bassist Gord Sinclair, drummer Johnny Fay, and guitarists Rob Baker and Paul Langlois.

During their first few years, the Hip performed in various bars in Kingston and Southern Ontario, including bars on campus at Queen's University. They caught the attention of MCA Records president Bruce Dickinson while performing in Toronto and were offered a record deal. Fame followed soon afterward. Today, The Tragically Hip ranks as one of the top rock bands in Canada. The group has won numerous awards over the years and was appointed to the Order of Canada in 2017.

In 2001, Gord Downie released his first solo album, *Coke Machine Glow*. This debut was followed by six others, including *Secret Path* and *Introduce Yourself*, which came out this year.

Aside from his achievements in music, Downie was an active member of Lake Ontario Waterkeeper, an environmental organization dedicated to making Lake Ontario a safe source of drinking water and a safe place for recreation. He was heavily involved in Indigenous affairs, using his music to share an important piece of Canada's history and to promote reconciliation.

The Hip announced Downie's cancer diagnosis in May of 2017. The band went on a farewell tour, performing in various cities across Canada. Justin Trudeau was present at the concert in Gord Downie's hometown of Kingston, and he reflected on the show on Facebook, saying: "On behalf of Canadians, I thank Gord Downie and the Hip for their



Downie performs onstage with The Tragically Hip in July 2017.

decades of service to Canadian music. Forever in our hearts and playlists."

From Gord Downie's passing, we as Canadians have, in a way, lived through Gord. He was a man who loved his country, a man who wasn't afraid to stand apart from the crowd - in the recording studio or in his activism, and most notably he never gave up. When faced with the near impossible odds, Gord Downie didn't let it slow him down; instead he rose to greet the world with everything he had.

Gord Downie, without a doubt, was a fearless Canadian!

GLOBAL

THE IMPORTANCE OF WE

How can WE make a difference, as young people in a changing environment, both in school and around the world?

By Olivia Ingle

In our constantly changing world, it is paramount for young people to understand what is happening in global and political environments that influence many of our decisions. 'Global Citizenship' is a term that has increased in usage over the past 10 years. It is often used to refer to people who see themselves as citizens of the world as whole, as opposed to a specific country. Many people who identify as global citizens are especially interested in how they can use their passion to change the world. Becoming a global citizen is achieved by living in a way that is conscious of global issues and does something to make the world a better place.

In order to create change, we must first understand why the world isn't already this way. This is achieved by analysing the history of global issues. In high school, studying world religions, taking internationalized courses, and focusing on staying current with what happens around us, is a great way to get started on a pathway to global citizenship. While some may argue that the past is in the past and the future can't be changed, this is opposed by the idea that you need to know history to understand the way that the world works, and to work towards a better tomorrow. You cannot complain about the present, if you are unwilling to do something to invoke change.

In our school community, numerous opportunities are available to create an internationalized education for oneself.

Clubs like Model UN, Conversation Club, REAL, and WE Act help students to learn more about international issues and global cultures.

International Certificate program is a program through WCDSB that encourages students to take international focused courses, like second languages, history, and social sciences. Students must track international hours, which can be achieved through participating in clubs, as well as international travel and exchange programs.

Get involved in the world around you. Create change in every way you can. No matter what future you are interested in, we all have an interest in shaping the future of our world.



International Certificate Program

Experience a Global Classroom

Waterloo Catholic District School Board

For more information... See your guidance counsellor

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The poster features a collage of images: a group of diverse students giving thumbs up, a student with arms raised overlooking a city, and a map of Europe. It includes the WCDSB logo and a large number 7 in the bottom right corner.

Christmas Around the World

By Sophie Stimpfl-Abele

Christmas is celebrated in many different ways around the world. Celtic exchange students shared how they celebrate Christmas in their home country. Here's what they had to say:

Frohe Weihnachten

In Austria, Christmas is celebrated on the evening of the 24th of December. A big family dinner is shared, typically Bratwurstl with Sauerkraut. A common tradition is for the father to light candles and sparklers on the Christmas tree, without the rest of the family seeing. When the tree is lit, and the presents are laid under the tree, a bell is rung, symbolizing that 'Christkindl' has arrived. The family can enter at this point, where traditional Christmas carols are sung together. Prayers are said in front of the tree, and then the presents can be opened!

Feliz Navidad

In Columbia, Christmas is celebrated on the 24th of December. The evening is spent with family, visiting and eating together. Later, families come together to read "The Last Day of the Ninth" a book filled with prayers. Some families sing and pray in front of the tree on the 24th of December, and open the presents the following day. Other Colombian families do all of this on the

24th of December.

Joyeux Noël

In France, Christmas is celebrated on the 25th of December. The night before, Father Christmas comes and puts some gifts under the Christmas tree. In the morning the whole family eats a lot of food together. The food is usually fancy, and quite expensive. After enjoying a meal, presents can be opened and shared together.

Feliz Año Nuevo

In Spain, the Catholic people celebrate on the night Jesus was born. My family is Catholic, so we celebrate on December 24th. A big homemade dinner is eaten with the whole family, complete with fun celebrations and conversation. At 12 o'clock noon, it is tradition to all go to church to celebrate the birth of Jesus. After church, there is a big party, which often doesn't end until nearly 6 am. On the 25th, another homemade meal is shared between family at the house of another relative. According to the beliefs of some families in Spain, Santa Claus brings the gifts, but other families believe in the Christian version, where baby Jesus brings the presents.



Kitchener's annual Christkindl Market gives a taste of what can be seen in authentic European markets during the Christmas season.

新年快乐

In China, Christmas is not celebrated. A similar celebration, in terms of size and importance, is Chinese New Year. This holiday depends on the Lunar calendar, and this season, will be celebrated on February 16th 2018. We look forward to celebrating this holiday with our many international students.

새해 복 많이 받으세요

Merry Christmas and happy holidays to everyone in our Celtic community and beyond. Wishing every person a happy and safe Christmas season!

Merry Christmas

INTERNATIONAL DAY OF THE GIRL

By Lauren Mena-Yiukay

October 11th, 2017 - a day of international celebration for all people, especially families all over the globe. Why? Because October 11th is the United Nations observed occasion, International Day of the Girl! With 2017 being the fifth year of observance for this day and being a girl myself, I wanted to analyze what the impact has been for girls and young women around the world.

To begin, a background on International Day of the Girl Child (IDG). According to information from the United Nations:

"On December 11th, 2011 United Nations General Assembly adopted Resolution 66/170 to declare October 11 as the International Day of the Girl Child, to recognize girls' rights and the unique challenges girls face around the world."

"The International Day of the Girl focuses attention on the need to address the challenges girls face and to promote girls' empowerment and the fulfilment of their human rights."

This day was created as a way to initiate programs, implement regulations, and spur a change for girls and young women in their communities, societies, and countries.

This year's theme was "EmPOWER girls: Before, during and after conflict". The 2017 theme was chosen to emphasize and highlight the major issue conflict creates for adolescent girls: physical violence, child marriage, exploitation and trafficking. But more importantly, "Adolescent girls in conflict zones are 90 per cent more likely to be out of school when compared to girls in conflict-free countries." By protecting all girls from ongoing conflict, their education can be kept safe and secure, allowing them to access future opportunities they might not otherwise have.

For example, the new approach to ending such gender related issues is through educating/training both girls and boys to end gender-based sexual harassment and assault. In 2012, No Means No Worldwide (NMNW) began self-defence classes. This has provided the tools boys and girls need to defend themselves and others against assault, which has proven to be a successful initiative according to NMNW "IMpower is now a leading dual gender violence prevention curriculum for youth. The male and female IMpower Instructors trained since launching NMNW have taught over 180,000 girls and boys in Kenya and Malawi".

By NMNW's efforts:

- 51% decrease in the incidence of rape
- 50% of girls stopped a rapist the year after training
- 73% of boys who intervened to prevent an assault
- 46% decrease in pregnancy related school dropouts

Furthermore, with the emergence of social media hubs such as Instagram, Facebook, and Snapchat, the message of the importance of girls is spread. For instance, Facebook page "Mighty Girl" (@amightygirl), brings attention daily to the most interesting and unbelievable things that young girls and women have done. From several book recommendations on the state of female puberty, to a nine year old girl building a Ghostbusters proton pack for Halloween, to Afghanistan's first female street artist using art to overcome the trials of war, there is so much that has yet to be discovered and told. Social media provides access to, and paves the way for more positive stories, videos, and messages of true female awesomeness!

As fortunate as we are to be Canadians and live in Canada, we cannot forget that we, along with other countries, are still faced with gender-related issues. With each passing year, the hope is that the International Day of the Girl will become a celebration of how far each country has come in bridging the gender gap. Establishing empowerment for all people will be a win for human rights everywhere!

**ADOLESCENT GIRLS IN
CONFLICT ZONES ARE
90 PERCENT MORE LIKELY
TO BE OUT OF SCHOOL WHEN
COMPARED TO GIRLS IN
CONFLICT-FREE COUNTRIES**



The Girls. By Nikki C., Antonia S., Erin W. **9**

Article: Katelyn Stapleton

Photos: Iris Huang

IN

THE

END ZONE



The St. David senior boys football team's big season began September 20th with a game against our rivals, Resurrection. The team came in with a bang, taking the win 31 - 7.

Early morning practises were certainly paying off for the team, as they won their second game against St Benedict 48 - 7.

As the season progressed, the team continued

score was 13-7. The players got a much needed rest as the dance team put on an amazing performance. After their break, the battle continued until the game

'PUT IT IN PERSPECTIVE. IT'S A GAME. IT'S NOT LIFE-ALTERING.'

- SHANE VERBISKI



Celtics take the lead against Resurrection at the KW Bowl.

to do well. The pressure was on when the big game, the KW Bowl against Resurrection, approached. At 7:00 on October 13, the battle began. Tons of fans from both schools cheered on their team as the tension tightened. Quarterback, Sam Hepditch (#12), ran in a touchdown at the buzzer to end the half. Halftime



Celtic fans cheer on their team.



Coaches and players watch as the game begins.

ness and their belief in themselves.

The importance of the pregame talk was not lost on Coach Verbiski as he reminded them to focus on the moment. "Today we just concentrated on reminding them to start believing in themselves and that it's time, we're turning the corner and now believe in themselves." It was truly a night of festivities and great school spirit!

The next big game took place on November 3rd for the Celtics as they went to UW stadium to take on St Benedict in the D8 football championship. The Celtics fell short by four points in this tight game, losing 25 - 21. Although falling short in the championships, St David is still proud of the team!

GO CELTICS!



ATHLETICS

JUNIOR BOYS SOCCER

By Tyler Hill

St. David's junior Celtics had one busy soccer season. There were several joyful wins, but also some losses. The junior soccer team has tried their hardest and proved once again that St. David's Celtics always fight until the end.

During the beginning games, the Celtics played at Monsignor Doyle, St Mary's, St. Benedict's and Resurrection along with some games here at St. David's. Celtics thank

those who scored any goals: Nolan Beddoe, Kevin De Oliveira, Wes Bruce, Ryan Suljak, Matthew Duart, Caden Chaure, and Jonathan Dinner. They couldn't have done it without their teammates and all those who supported them from afar. The Celtics had four wins, two losses and one tie. They made it to the semi finals but no further, with a loss against Monsignor Doyle. An interview with the Celtics coach, Mr Bedic revealed his

thoughts on the overall year.

"I am very disappointed that our season ended short, as we finished second place in the D8 in the regular season. It would have been nice if we could have advanced and made it to the championship game." Mr. Bedic stated.

Congratulations, all juniors on the soccer team for completing another great year of hard work.



VARSITY GIRLS FIELD HOCKEY

The varsity girls field hockey season started with a strong 5-0 win against Monsignor Doyle. On September 25 their first home game against Resurrection resulted in a tie. The next three weeks were amazing as our Celtic girls posted 3 straight shutouts, scoring a combined 13 goals. Friday, October 13 proved to be unlucky with a 5-1 loss in their second game of the season against Resurrection.

Second in the standings meant they would play St. Mary's on October 16 in the semi final. Tied after regula-

tion, a shootout was inevitable. A Stroke shootout lifted your Celtics to a 4-3 win over St. Mary's!

That afternoon, the girls played the D8 Finals against Resurrection. Resurrection won, 4-2, with the Celtic goals coming from Chloe Davidson and Jenna Berger.

Caralynne Murphy, the coach of the team, was disappointed that they didn't win the D8 title, but she noted "they had a great game and fought hard till the end." She is still extremely proud of the girls. "There was lots of team chemistry, lots of laughs and lots of hard work,

and the girls got to know each other on and off the field." Murphy has great hopes for next year. "Resurrection is our toughest opponent" but she believes they can definitely win next year "because we have a lot of good juniors."

Congratulations to the graduating players: Marley Dowling, Jenna Berger, Mack Denomme, Adrianna McMullin, Shelby Kempel, Sara Wideman, and Jessica Schnarr. St. David is proud of your hard work and dedication to the game!

COMMUNITY

FROM FOOTBALL PLAYER TO FIRE CHIEF

Catching up with St. David grad Rich Hepditch

By Katie McElroy

Richard Hepditch is the fire chief of Waterloo Region and a former St. David Celtic. Rich started out at St. David's when it was only a junior high school (grades 7-10), but while he was here, it transitioned into a regular high school; meaning that he was a Celtic for seven years, grades seven to thirteen. Even though he was here a long time, Rich said that it was a fantastic experience with amazing teachers,



Rich Hepditch, Class of 1990

some of which are still teaching here today.

While at St. David's, Rich was very involved in sports and extracurriculars. He participated in five different sports: football, hockey, rugby, wrestling, and cross country, as well as co-hosting many of the school assemblies. From an academic standpoint, Rich enjoyed science, phys-ed, and tech courses, like auto. Like many others, he struggled with math. Throughout high school and even into taking his firefighter's exams, math was the greatest challenge for him.

Rich has had an extraordinary career, and St. David set him up for his success. It academically prepared him, and taught him responsibility and the importance of faith. "Having faith-based learning really helped me throughout my life, especially as a father and a civil servant."

After graduation, Rich didn't go right into fire fighting. He started out working 2 part time jobs, one at Bell Canada, and the other at Canada Post, as well as being a part time student at Wilfrid Laurier. During this time, he also continued playing football. Later on, he worked for the City of Waterloo, which led him to being a paramedic, after which he became a firefighter, then Fire Chief. Throughout this entire peri-



Rich is now a fire chief in the City of Waterloo.

od, Rich continued to extend his learning, taking classes at different universities, and even getting his Masters in Disaster and Emergency Management.

Firefighting is an amazing profession, and many aim to go into the field. Rich has some good advice to anyone interested. "You have to want to help people. It's essential that you care about your community and it's well-being." In all the jobs he's had in his life time, Rich has always assisted anyone in every way he can. "It's a privilege to help people." He has shown this in all of his professions as well as with his charity work.

Schooling has changed a lot in the time that Rich has been at St. David, and he thinks that they all are good changes. "There's something for everyone." The range of courses has grown tremendously, as well as the social events that school has. He loves the Arts Nights, Coffee Houses, and that courses like Hospitality and Photography are available for students to take part in.

Rich currently has two children attending St. David's, and a third will be attending in a few years. "I'm so thrilled that my kids get to go to the school. I'm extremely proud."

St. David has been the backdrop of some of his best memories; all the sports and fun he had, as well as some of his strongest friendships. "My favourite memory would have to be meeting my beautiful wife, Lisa, my highschool sweetheart, when I was 16."

WHEN I WAS A STRANGER

By Elisabeth Gillies

The newest addition to our St. David's courtyard has prompted valid questions and concerns from students about our school's values and resources. After researching the process of purchasing the statue, we can hopefully provide some insight on the matter.

Last year, St. David's celebrated its 50th anniversary, a major milestone for us as a community. We opened a time capsule and held celebrations to honour the way our school has impacted the community in the last five decades. Because this was such an exciting anniversary, the school wanted something to enhance our building; something that really represented our Catholic values.

Ms. Lisa Denomme, the head of our religion department, was at the forefront of this decision. She felt as though there was a lack of religious representation in the school and started looking into the work of Timothy Schmalz, a local and world-renowned artist. He has created stunning sculptures that have been admired by people all over the world, including Pope Francis.

The bronze piece we now have in our school is called, "When I Was a Stranger". The name comes from the bible verse, "I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me" Matthew 25:43.

**I WAS A STRANGER AND YOU
DID NOT INVITE ME IN, I
NEEDED CLOTHES AND YOU DID
NOT CLOTHE ME, I WAS SICK
AND IN PRISON AND YOU DID
NOT LOOK AFTER ME
- MATTHEW 25:43**

The Original Vision and Idea

The vision for the courtyard, as designed by Student Voice, includes the main area with the bronze statue of Jesus with eight seats to join him in prayer (reflective of our eight associate elementary schools), picnic tables (to be painted with creative themes by students), a vegetable garden (for the culinary program), bicycle racks, benches, flower gardens and Celebration Wall which will annotate the source of donations received through to project completion.

What a tremendous testament to Catholic Education to build such a beautiful place for our students to encounter Christ through quiet prayer, meditation, dialogue with friends or special event celebrations.

We are building Bethlehem everywhere.
-Jacqueline Wettlaufer (former Vice-Principal,
SDCSS; 50th Celebrations Committee)

The statue reflects a very personal, down-to-earth image of Jesus. He is shown with a backpack to make him more relatable and to appear humble and approachable, as he was often depicted in the Bible. The final installation of the piece will have 8 seats (one for each of our family of schools) placed around Jesus, creating a quiet, special space for people to sit and reflect. When asked about the placement of the statue, Ms. Denomme said, "We really wanted to turn what was an ugly area into a beautiful, sacred space where people can be in the moment, and reflect." Hopefully, this interactive display will increase the usage of the area and create an inclusive, welcoming space for anyone who is in need of one.



A final version of the statue, as seen at St. Paul's Anglican Church in Toronto.



A sketch by the artist Timothy Schmalz of the final statue.

The most prevalent concern about this statue is, undoubtedly, where the money came from. Many students were concerned that the purchase of the statue came out of the school's budget, which would mean there was less money for clubs and teams, resources and charities. However, Ms. Denomme confirmed that no money whatsoever was taken out of the school's budget to buy the statue.

THE MOST PREVALENT CONCERN ABOUT THIS STATUE IS, UNDOUBTEDLY, WHERE THE MONEY CAME FROM.

The civvies day we had last year in support of the statue was added, and did not take away from the other days we had to support local charities. Instead, the statue is 100% community and alumni funded. The school has also applied for a grant to finish paying for it.

They feel it will be a beautiful way for past generations to give something to future generations. Many parents can also support the statue in remembrance of their lost loved ones. They will be able to visit the area inscribed with the name of the loved one for whom the donation was made, instead of having to go inside the school to see a plaque.

There are people who do not agree with the school's decision to purchase the statue. Some argue that having religious statues is a form of idol worship, because of passages in the Bible that discourage the making of "false idols". When asked about this, Ms. Denomme provided some clarification. "You are not praying to the statue, you're praying to what it represents. It is only a representation of our faith, not our actual faith."

As well, some students felt that the money

could have been better put towards other projects. Many feel that the money from the community and alumni could have gone towards something more practical, such as textbooks and other educational resources.

The statue was, however, purchased in the best interest of everyone in our school community. The purpose was to create a sacred space for quiet reflection that available all, and reflects our Catholic values. Hopefully, it will be a source

of spiritual comfort and reassurance for students, staff, and family alike.

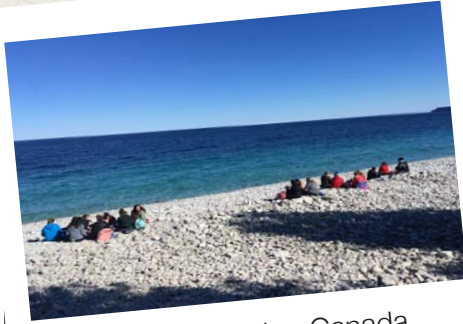
On the Road to Completion

This project calls us into direct witnessing of our Catholic Tradition – a tremendous revitalization of the vision from 1966 in commitment to our future generations. To date more than \$20000 has been raised for this charitable initiative through donations made by the Catholic Schools Foundation, Alumni, Staff, Students and Friends. More fundraisers are currently in the planning process – direct contributions can still be made through the Catholic Schools Foundation. We invite all of our families and friends to donate so we can put the finishing touches on this legacy within the next two years.

-Jaqueline Wettlaufer

If you are interested contributing to the completion of this project, please visit:

www.wrscf.ca/funds/



📍 Cypress Lake, Canada

Grade 11 gym classes head to Cypress Lake for 3 days to adventure through the wilderness and disconnect from the world.



📍 New York City, USA

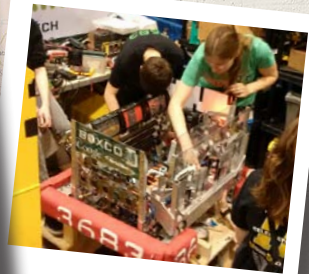
Every 2 years, students involved in the arts departments are invited to go on the arts trip. Last year, the destination was NYC!

Celtics Go



📍 St. Louis, USA

Team DAVE travels to the world championships in St. Louis, MO. The team won their division, and placed in the top 20 in the world.



The World
ANTIQUE POLITICAL
Equatorial Scale 1: 30 000 000
Van der Grinten Projection

16

City
Mumbai
Istanbul
Toronto
Birmingham
Vigo
Cork
Tromsø

● 10-20m
● 5-10m
● 1-5m
● 250,000 - 1,000,000
● 100,000 - 250,000
● Less than 100,000

National capitals are shown in CAPS.
USA: Administered by or belonging to ()

Highest peak in country
Other peak
Depth figure



📍 Vimy Ridge, France

WCDSB Students travel to Europe to commemorate the 100th anniversary of the battle of Vimy Ridge.



The culmination of the trip which began in London, was a visit to the iconic memorial at Vimy.

For Kieran Coffey, the trip was personal. He found his great uncle's grave, and was reminded of the journal entry where he noted that it would be "nice to die in a quiet place where you are clear of shells and bullets flying around and where you can get a decent burial."

Absroad



📍 Yokohama, Japan

As part of the school board's commitment to becoming global citizens, a partnership has been formed with the Yamate Gakuin school in Yokohama, Japan. Every 2 years, students are invited to participate in an exchange program which partner Japanese host families and North American students. Next opportunity for the fantastic opportunity is scheduled for 2019, but applications for interested participants will be starting soon.



A completely different world that showed not only the challenges of a life, but the wondrous possibilities of it, that anyone can experience if they took the chance. The short but everlasting journey I took to Japan has taught me many things and helped me grow. The most meaningful part for me is that through it all, one day I will return back to what has become my second home.

-Natalina Murray





HEALTH & WELLNESS

5 TIPS TO TURN YOUR STRESS TO SUCCESS

If you are feeling stressed, you're not alone. It's normal to deal with stress, but sometimes too much stress can affect your mood, sleep, eating habits, and energy throughout the day. Here are a few handy tips to manage stress, and live your life with a positive outlook.

Tip #1: Get Some zzzz's!

With all the homework, extracurriculars, sports, and other activities you may be required to complete or participate in, it's hard to get a good night's sleep. People between the age of 13-18 should be getting at least nine hours of sleep every night. Now is the most important time in your life to be getting enough sleep. Getting a good night's sleep will help you focus better in school and feel refreshed and ready to start each day.

Tip #2: Find a Balance

It can be hard to find time in routine to do activities you want to do, because of homework, work, and other tasks. Or maybe it's the other way around, and you do too many activities to get any work done. A tip is to find a healthy balance of each, so you aren't always caught up in work, or so you're not always hanging out with friends. Try to have fun and get your work done by making a schedule and planning your time.

Tip #3: Eat Energizing, Healthy Foods

An important factor of being stress-free is to eat a healthy, balanced diet. This doesn't mean you have to cut out all sugary or fatty foods from your meals, but try to eat these things in moderation. Too much of one thing is never good for you. Remember, the quick rush you get from sugar and caffeine is usually followed by a crash. These things won't give you the sustainable source of energy that you need. Skipping meals is also not a good idea, especially breakfast. If you don't have

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time to eat in the morning, plan out what you want the night before, or if you aren't a breakfast person, something like a protein shake is a good idea. Check out the services that the school offers, like the breakfast club in the hospitality class! Also, try including foods from all four groups throughout your day, so you get the right amount of nutrients. Eating clean will make you feel energized, improve your mood, and allow you to make the best of your time!

Tip #4: Get Moving!

One of the best ways to relieve stress is to do some kind of physical activity. It's okay if you don't play a sport because there are plenty of other activities you can try. Walking, jogging, biking and yoga are just a few examples of how you can get moving! Another good idea is to get a group of friends to join you. You can all do a team sport together or just have a friend to go exercise with you. Anything helps! Find what suits you best and get your mind off stress by putting it in your daily or weekly routine.

Tip #5: Talk it Out

Maybe you just have a lot on your plate, and you can't stop worrying about that one specific thing. A great way to take a load off is talk to a trusted person you know, who will gladly listen to your problems and give you helpful advice. This could be a family member, a close friend, a teacher, a coach or a grandparent. Whoever it may be, just take some time to talk to them about what's making you stressed and listen to what they have to say to help you. They might suggest a counselor or a therapist to go to if your stress is really out of control. Find the way that makes your life better. Just remember that you control how much stress you have, stress doesn't control you!

FEATURED RECIPE

Chocolate Coconut Protein Bites

Try these amazing protein and energy bites after a workout or a game; maybe as a quick breakfast if you're pressed for time before school. They take less than 20 minutes to make and stay fresh for 3 weeks in the fridge (though they taste so good, they won't last that long!). Black beans add a big hit of protein and don't have any taste once blended with rich cocoa and coconut. Try out this healthy, protein filled, energy boosting, delicious treat, that you don't need to feel guilty about snacking on.



- 1 can of black beans, rinsed well (about 400g)
 - 4 tbsp of honey
 - 1 tbsp of coconut oil
 - 1/4 cup of cocoa powder
 - 1 1/2 cups of rolled oats
 - 1/2 cup of coconut flakes
 - 1/3 cup of chocolate chips
 - Splash of milk, optional
1. In a blender or food processor, blend black beans, honey, coconut oil, and cocoa powder until a smooth paste is formed. If the mixture is too thick to blend, add a splash of milk as needed.
 2. Move black bean mixture to a bowl, and mix in oats, coconut flakes, and chocolate chips. Mix together until all ingredients are fully incorporated.
 3. Roll mixture into balls, and keep refrigerated.
 4. Enjoy!



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