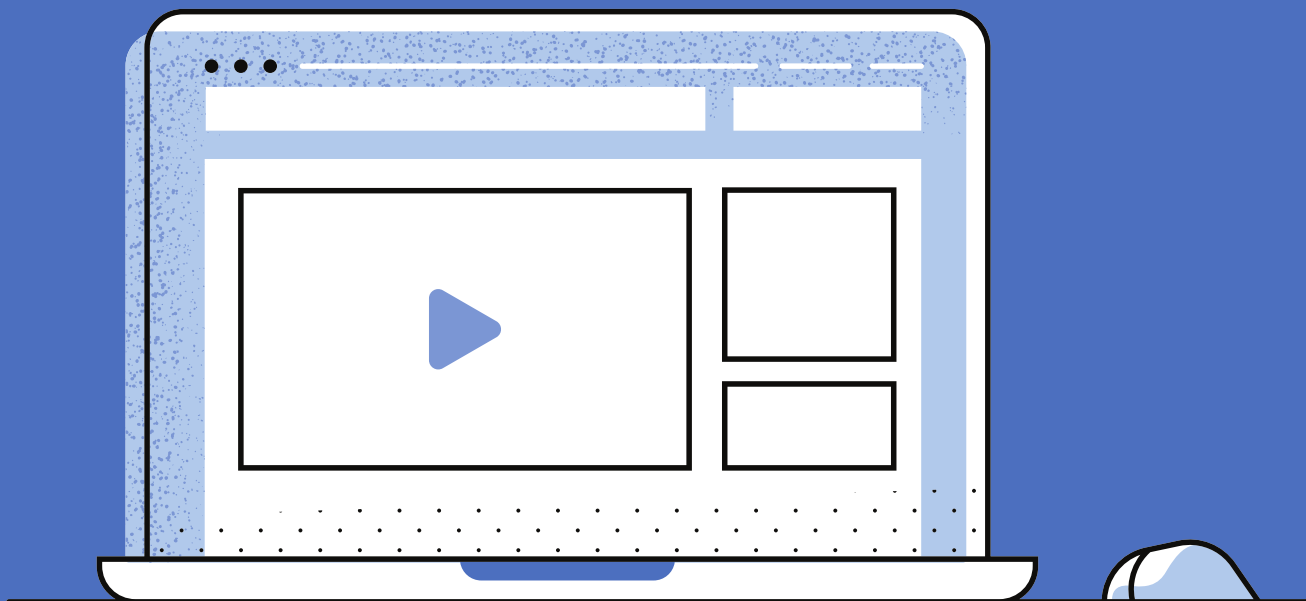


THE CLASS



VOL 5

International Certificate Program

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Waterloo Catholic
District School Board

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See your guidance counsellor

12 DAYS OF HOLIDAY FIRE SAFETY

DAY 1 Water fresh trees daily. It's time to trim the tree for the festive season. If you're using a real tree, buy a fresh tree and keep the base of the trunk in water at all times. Keep your tree away from any ignition source such as the fireplace, heaters or candles.

DAY 2 Check all sets of lights before decorating. Before you put those lights on the tree or around the front window check the cords closely. Discard any sets that are frayed or damaged.

DAY 3 Make sure you have working smoke alarms. Remember, they wear out, so replace them every 10 years. With family and friends spending extra time at your home over the holidays, you'll want everyone to be safe. It's the law to have one working smoke alarm on every storey of your home and outside all sleeping areas.

DAY 4 Make sure you have working carbon monoxide alarms. Remember, they wear out, so replace them every 7-10 years depending on the manufacturer. Carbon monoxide is an invisible, odourless gas that can quickly kill you. Installing CSA-approved carbon monoxide alarms in your home will warn you of the presence of this deadly gas.

DAY 5 Make sure everyone knows how to get out safely if a fire occurs. Develop and practise a home escape plan with everyone in your home. Make sure someone helps young children, older adults or anyone else that may need assistance to evacuate. Once outside, stay outside and call 911 from a cell phone or neighbour's house.

DAY 6 Use extension cords wisely. People often use extension cords for that extra set of lights. Extension cords should be used only as a temporary connection. Make sure cords never go under rugs as this can cause damage to the cord and cause a fire.

DAY 7 Give space heaters space. If you are using space heaters to help take the chill off, remember to keep them at least one metre (3 feet) away from anything that can burn such as curtains, upholstery, or holiday decorations.

DAY 8 When you go out, blow out! Candles can set the perfect mood for a holiday celebration, but remember to always blow out candles before leaving the room or going to bed. Keep lit candles safely away from children and pets and anything that can burn, such as curtains, upholstery, or holiday decorations.

DAY 9 Keep matches and lighters out of the sight and reach of children. People often keep matches and lighters handy to light holiday candles. But matches and lighters can be deadly in the hands of children. If you smoke, have only one lighter or book of matches and keep them with you at all times.

DAY 10 Watch what you heat! The holiday season is one of the busiest times of the year, which means it's easy to get distracted from what we are doing. Cooking fires most commonly occur when cooking is left unattended. Always stay in the kitchen when cooking - especially if using oil or high temperatures. If a pot catches fire, carefully slide a tight-fitting lid over the pot to smother the flames and then turn off the heat.

DAY 11 Encourage smokers to smoke outside. Careless smoking is the leading cause of fatal fires. If you do allow smoking indoors use large, deep ashtrays that can't be knocked over and make sure cigarette butts are properly extinguished.

DAY 12 There's more to responsible drinking than taking a cab home. With all the festive cheer this time of year, keep a close eye on anyone attempting to cook or smoke while under the influence of alcohol. Alcohol is all too often a common factor in many fatal fires.



*Shaping Our
Fire Safe
Community*

An aerial photograph of a sports field. In the foreground, there is a blue running track with white lane markings. To the right of the track is a green soccer field with white yard lines. In the background, there are several tennis courts with green and red surfaces. The word "CONTRIBUTORS" is written vertically in large, white, serif capital letters across the left side of the image.

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Celtics on Broadway

2019: This is Us

St. David is proud to offer a wide variety of extracurriculars. From Model United Nations to Math club to Smash club as well as countless teams, there is a place for everyone. Celtics on Broadway is a perfect example of an accepting community that provides a place for many different students.

Celtics on Broadway was production made up of various musical numbers from classic and modern Broadway shows. The cabaret style show ensured that there was something for everyone. This year's performance had numbers from *Dear Even Hanson*, *Heathers*, *Mama Mia*, and many more.



This year's cast was beyond talented. Angelic voices, killer dance moves, and persevering attitudes ensured this group of students were ready for whatever this experience threw at them. "It's exciting for me because I have done bigger performances so it's not that stressful," said Daniel Moniz, a Grade 9 soloist.

While not all newcomers into this world of theatre had featured roles, they each played a key part in ensuring the show ran smoothly. "Celtics on Broadway has really made my experience in the first year of St. David feel important. I feel I'm part of a community and I've expanded my view on the school," said Leah Ceron, Grade 9. For many Grade 9 students, Celtics on Broadway has been a huge opportunity for them to become comfortable with a new atmosphere. For Claire Burzynski, one of many Grade 9s, the production aided on the path to self-expression. It made her "first year of high school such a great experience".

While the cast is the face of the show, there was so much help behind the scenes. From tech crew to back-stage crew to band, this production was a team effort. Without the tech crew in charge of the lighting and sound effects, the show would not have went on. With direction from Mrs. Lehmann, the Celtics on Broadway band was composed of members playing a variety of instruments. From piano to saxophone to fiddle, the versatile band persevered through tech challenges and onstage difficulties.

The level of professionalism within the tight-knit group was phenomenal considering this was a highschool production.

The spectacle of Celtics on Broadway would not have been possible without the stage crew who organized each and every stage piece and made sure everyone was in their places under the direction of the ever so talented Maria Kanellis. "Stage crew along with the tech crew will work hard to ensure that the performance will be the best possible!" said Rachel Brinzan, a member of the stage crew and tech crew. As the closing number stated, "This is Me", everyone accepted and recognized that they were all different, but functioned as one. The Celtics on Broadway cast, band, and crew are a community of that values acceptance and friendship. During musical season, it is always a "season of love" within the cast, band, crew and mentors.





Coffee House

Coffee, sweets, and great music! Another night filled with endless talent from the St. David's arts community has come and gone, leaving an inspirational imprint on audience members. The proceeds from this past fall's Coffee House went to 100 Guitars for 100 Kids, an organization created by Blue Rodeo's band member, Bob Egan. The money raised gifted kids in the KW area with guitars, providing them with an opportunity to immerse themselves in music. Over the years, this St. David event has supported this organization as a way to give back to the surrounding community.



There were a variety of acts, ranging from vocals to full band performances, each one differing from the last. Each performer put in countless hours in preparation for their act, creating an overall unique and original show. Each grade was represented, especially our graduate students, through performances by Sarah Lucier, Kyile Richards, Fiona Lehmann and many more!

The performers were not the only ones preparing day in and day out; the St. David's Tech Crew worked tirelessly behind the scenes to make sure the performers had flawless experiences under the spotlight. Tech Crew members along with brand new grade nine's Emma and Sebastian, went above and beyond making sure the mics, sound and lights added to the amazing show.

Even though Spring Coffee House was not "rocked out" in the traditional sense due to the COVID-19 pandemic the Arts Council worked hard to produce a show enjoyable from any location. This pandemic has allowed time to find a passion. Whether it is through music, drama, art or photography, the Arts can provide an outlet to distract from dull days. Coming together to celebrate the talented Celtics brought a sense of peace and community in this time of uncertainty.

We hope you had the chance to attend the Fall Coffee House, and Virtual Coffee House whether sitting in the audience (or your living room), working backstage (Or from home), or standing under the stage lights (or household LED's. Another stellar show is added to the books and the Arts community is excited to share their talent and comradery in future events. St. David's Arts doors are open to all!



CELTICS SPORTS

By Evan Brown & Sam Donsig

Junior Girls Basketball

The Celtic junior girl's basketball team posted an outstanding regular-season record of 10 wins and two losses. They beat fierce competition such as St. Mary's and St. Benedict for first place in the standings. In the semi-finals, the girls beat Père-René-de-Galinée by a score of 36-26 to move on to the finals where, unfortunately, they lost 48-42 to St. Mary's but qualified for CWOSSA. At CWOSSA, the girls managed to make it to the Championship game but lost a nail biter 47-45 to take home the silver medal. Their top scorers led the team; Nyeduel Diew, Dani Egredzija, and Grace White.

Congratulations, girls, on a fantastic season!



Senior Girls Basketball

In senior girl's basketball, our Celtics persevered throughout the season, giving it their all for the blue and green. However, they ended the season unsuccessful. Nevertheless, the season was full of spirit and a fun one for the girls. We also saw some great performances, including Natalie Rondilla scoring 28 points against Rockway in a 56-48 loss. Natalie, alongside Iva Baleta and Christina Ross, were consistently scoring throughout the season. The Celtics did their best and had a spirit-filled season of perseverance.



Girls Hockey

What a season for the girl's hockey team! They finished first in the division with an undefeated record of 4 wins, three ties, and no losses in 7 games, won the finals for District 8, 3-0, made it to the CWOSSA finals, qualified for the sadly cancelled OFSAA, and unfortunately lost 1-0 in overtime in the CWOSSA finals. Led by District 8 MVP Abby White and Erin Bauer, the girls scored an incredible 24 goals in 7 games, highlighted by a 5-goal game for Abby and five total hat tricks between these two alone. Way to make us proud, Celtics!



Boys Hockey

The boy's hockey team had a bit of an underdog season this year as they ended the regular season tied with St. Mary's for third at 2-4, but then came the playoffs, and the Celtics turned on the jets. They won the semis against Resurrection with a big 7-0 score with all seven goals scored by different players topped off by Ben Pendleton's shutout. In the finals, they narrowly lost 3-2 to St. Mary's but qualified for CWOSSA. At CWOSSA, the boys squared off against Norwell, but despite goals from Josh Cornfield, Jacob Butterworth, and Cole Main, they lost 5-3. Despite the loss, you made us proud for fighting all season long until the bitter end.

IN REVIEW

2019-2020

Cross Country

Our cross country team did exceptionally well at their meets this season. Note worthy results came from Celina Gross coming in 2nd in junior girls 4,000m, and Will Betik coming in 4th for junior boys 5,000m. The junior boys and senior girls placed 1st overall! Congrats to all runners!



Junior Boys Volleyball

The Celtic junior boys volleyball team finished their season with a marvellous record of 11-3 that was good enough for first place in the standings - above the 10-3 Rockway and rival Resurrection teams. The boys, led by team co-captains Andrew Stapleton, Ben Labelle, and Ethan Oliphant beat last year's champions Woodland Christian in the semi-finals with a score of 3-1 to move on to the finals! After putting up a valiant effort against Resurrection during the finals, the Celtics took home the silver medal, in the end losing three sets to 1.

Fortunatly, CWOSSA was yet to come, where the boys played their hearts out to make it to the semi-finals where they lost to a pesky St. Mary's Owen Sound team. Still an excellent season overall, boys, great job!

Senior Boys Volleyball

The Celtic senior boy's volleyball team put up a great effort throughout the season and fought hard, but came out with a record of 2-12 after playing some tough opponents including the undefeated St. Benedict and 11-3 Woodland Christian teams. The two Celtic wins came against Our Lady of Mount Carmel, the first of which was a dominant three-set sweep at home and the other game, on the road this time, was also a dominant three-set sweep. Sadly, the boys did not make the playoffs but were led to a decent season by the captains Matthew Nandu, Liam Kinahan, and Bryce Noble.



District 8 Golf Championship

On a nice day at the start of October in Waterloo, three Saint David's senior girls, Jenna Kaufman, Erin Bauer, and Natalie Rondilla, took home the gold. The group won the D8 Championship whilst proudly flying the "Full Send" flag and were featured on 519 Sports Online's instagram!

CELTICS SPORTS

By Evan Brown & Sam Donsig

Junior Boys Football

The Junior Boy's Football team finished their season with a 2-4 record with their two wins coming against St. Mary's. One win came in the first game of the season on the road against Mary's when they won 30-6 with an impressive defensive game, and in their second win, at home, the Celtics shut out the Eagles 18-0. The Celtics played an excellent regular season but ended up losing to St. Benedict in the semi-finals, 18-7 in a hard-fought battle. The team was led by QB/K Blake Wolf, running back Coulson Riedel, fullback Eddy Ferrede and their solid defence.



Senior Boys Football

The senior boy's football team this season had another stellar year, finishing first in District 8 with a 5-1 record. The only loss came against Resurrection, 20-2. After completing the season, it was time for playoffs. The boy's entered as the number 1 seed, and with that came a first-round bye. After resting for a week, the team was ready for the D8 championship game against St. Benedict's. The team went on to win the D8 championship game over St. Benedict's 35-7 in a dominating performance from the whole team. After winning D8, the team went on to CWOSSA. The Celtics took care of business when facing St. Mary's Owen Sound in the quarterfinals, which took them to the semi-finals against Assumption College. The game went back and forth but in the end, Assumption College went on to win the game and CWOSSA. The boys had a legendary run, nothing short of spectacular.



District 8 Wrestling

The District 8 Wrestling Championship held at Forest Heights this year saw some outstanding St. David students win a medal, including Miguel Cabrera, Trevor Zuber, Patric Lehman, Madi Splane, and Miles Solomon! Great Job, Celtics!



Junior Boys Basketball

The junior boy's basketball team posted a decent record of 4-7, led by top scorers Nikola Simonovic (high of 27pts.), Neil Elises (high of 16pts.), and Tobi Papoola (high of 26pts.) but sadly lost in the Quarter-final to St. Mary's. Their best win of the season came from an overtime win against St. Mary's during the regular season with a score of 73-62 led by Nikola's 18 points. Way to fight all year long, Celtics!



IN REVIEW

2019-2020

Senior Boys Basketball

The senior boy's basketball team ended the season with a record of 7-5, earning third in their division. In the playoffs, they went into the quarterfinals against Our Lady of Mount Carmel where they scraped out a vital win of 56-54 in the final seconds of the game! In the semis they went up against a strong St. Mary's team and were eliminated. The season was an exciting one with the electrifying dunks of top scorer Landon Atkinson, who had a team-high of 36 points in a game, along with the consistently high scoring Ryan Weiss, and the clutch Ford Cooper. Thanks for the fun season, boys!



Swimming

Overall, our Celtics did incredibly well at this year's District 8 Swimming Finals! The girl's team as a whole finished second place in their division with the boys finishing in fourth, both proudly representing our school. Individually, Alex Kirkup finished first for Girls 15 & Under, Andrew Stapleton placed fifth for Boys 15 & Under. Finally, Delaney Davis and Kate Hinsperger finished first and second respectively in Girls 16-19 with Gillian Fabian coming in fifth. Gillian also went to CWOSSA, where she finished first for girls 19 & Under. Way to represent our school well, Celtics!



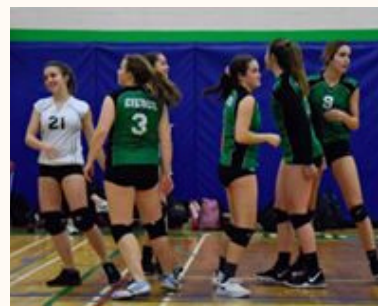
Junior Girls Volleyball

The junior girl's volleyball team had an incredible season posting a 14-2 record with their only losses coming to the undefeated Resurrection team. The girls were incredible all year long, winning most of their games by a commanding 3 sets to 0 throughout the year. In the playoffs, the Celtics beat St. Benedict in the semi-finals 3-2 in a thrilling showdown, earning them a spot in CWOSSA but sadly in the final, they lost to a tough Resurrection team 3-0. But they weren't done yet! The girls went on to CWOSSA and took the competition by storm, beating Glen View Park in four sets to win the championship! Way to go, girls, excellent season!



Senior Girls Volleyball

In senior girls volleyball, the girls came up just short in the standings, barely missing the playoffs. The deciding factor was a score differential in a three-way tie between Rockway, Woodland Christian and St. David. Despite that, the girls had done something that no other could boast about; they were the only team to beat the first-place St. Benedict team, which was a nailbiter for sure as the Celtics pulled off the big win 3-2 in the fifth and deciding set. Way to battle girls, you'll get them next year!



REMEMBERING OUR CELTICS

By: Sam Donsig & Shealynn Coffey

For the past 50+ years, St. David has displayed the spirit of compassion and empathy towards the past, present and future Celtics. This is why for over 16 years, St. David has held an annual basketball game memorializing Celtic community members who have passed away. This game was started by Larry Rose and members of his organization in remembrance of Larry's son, Timothy Rose. This group, with the help of current Celtic students, have helped make this event a reality year after year.

On August 9th, 2002, Timmy and his friends were returning home from a Muskoka resort, (where they had gone to make money for college) when he passed away in a car accident. A scholarship was made in his name, to be awarded to a graduate who is friendly, athletic, social, enthusiastic, has a positive outlook; traits that Timothy portrayed.

Two years ago, Chelsea Alvarez, a St. David's alumni and recent graduate of Conestoga College, passed away on January 1st during a mountain hiking accident while in Italy with her fiancée. Chelsea was also a recipient of the Timmy Rose scholarship when she graduated from St. David's in 2010. In February of 2017, Larry Rose decided that since the Timmy Rose scholarship was self-sufficient, the funds raised at the game would go to the Alvarez family for the Chelsea Alvarez Memorial Award at Conestoga College.



The event has been renamed as the Remember Our Celtics memorial game. The purpose of the renaming is to include all St. David community members who have passed away in recent years. Those members include students and staff namely Scott Weiler, Chelsea Alvarez and Nico Flamenco-Steiner.

This year, the event was held on January 9th with community members, former and current St. David students, and Elementary school students in attendance. The St. David Celtics senior basketball team faced off against the Rockway Flames. Throughout the first half, the game was close, with both teams putting up a fight. However, in the third quarter, St. David started to pull away and came out with a big win over the Rockway Flames. After the game both teams came together for a picture under the basket.

Overall, the atmosphere of the game was spectacular, with many parents and staff reminiscing over the St. David Celtic members who had passed away and their contribution to the school community. Each year the event continues to grow in support. The future looks bright for the Timmy Rose foundation and the Remember Our Celtics Memorial Game.

History is repeating itself. Years ago, people thought that smoking was safe, even beneficial, but we now know it's not. Vapes and Juul Pods have become the modern equivalent of a pack of cigarettes. It seems as though no one is aware of the potentially life-threatening long term effects of vaping. The public maintains the belief that vaping is safer than cigarettes; unfortunately, it may be a surprise to hear that one Juul pod contains as much nicotine as 20 cigarettes (The Truth Initiative).

VAPING WITH NICOTINE

Not only does nicotine cause cancer, it is highly addictive. Teens are profoundly affected by the harmful effects of this substance, with youth becoming dependent on it. Nicotine may affect memory and concentration, leading to the alteration of brain development and can contribute to behavioural problems. Vaping liquid containing nicotine is essentially the same as inhaling a poisonous substance and has the potential to be incredibly harmful (Harvard Health: Can Vaping Damage Your Lungs?).

HEALTH RISKS IN VAPING

Vaping substances have different chemicals than simply tobacco products, including vegetable glycerine and propylene glycol; considered safe to be used in products. Despite this classification, inhaling these substances is risky considering there is no information about the long term effects. Chemicals used for vaping products are also used by food manufacturers to add flavour to products.

Although it's safe to eat, there has been no testing to see if it is safe to breathe in. Due to vape liquid being heated, new chemicals can be created, such as formaldehyde, a gas associated with the worsening of asthma symptoms (Health Services Canada). People who vape have a higher risk of developing 'popcorn lung,' a disease that damages the small airways in the lungs.

WHAT DO PEOPLE IN OUR COMMUNITY SAY?

"It was to deal with the stress of school and family. I know it is dangerous, so I'm trying to quit."

"I started vaping a while ago when it was very new. I started vaping with zero nicotine, thinking it was just flavours, design and vapour clouds, which I thought was cool. Over time, peers started giving me devices with nicotine, which, of course, got me hooked. Now instead of doing it for fun, it's just addiction. Currently, I am trying to quit, but it is a tough process due to everyone having a vape."

"It's cool. I decided to stop, though. Honestly, I started because when I did it for the first time, I just felt happier and more relaxed than I had in a while."

FIRST STEP TOWARDS QUITTING

Make reasons for wanting to quit and write it down and look at the list when tempted to 'take a hit.' Get rid of all vaping supplies.

In Ontario, vaping is illegal for use and sale for those who are under 19 years of age (CBC: Vaping and e-cigarette regulations across Canada).

Withdrawal symptoms are strongest in the first few days after stopping.

They get better over the following days and weeks.



By: Lauren Ehrenworth

FROM WATERLOO TO WORLD LEADERS

by: Isabella Maher



Canada is a mosaic, a mixed bag of cultures, religions and personalities. We as young adults live in a society where culture is valued, allowing for critical advancements to be made towards tolerance. We are more globally aware than some of the generations before us, but are we trained to solve the issues ahead? Wars will not cease and discrimination will remain if the next generation remains unaware of not only social issues but political crises and how to solve them effectively.

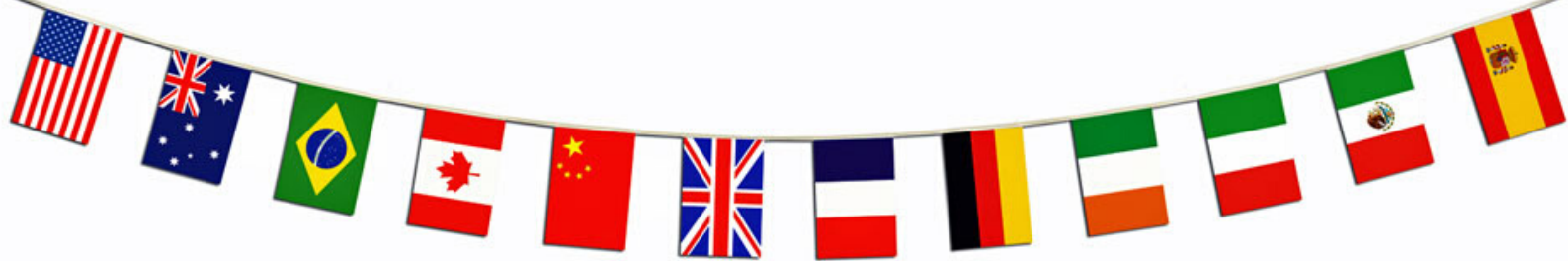
As students within the Waterloo Catholic District School Board, we are given so many opportunities to open our minds and think globally. WCDSB is without a doubt encouraging and inspiring the world's next diplomats and political figures through many of the programs it offers. The International Certificate Program and International Diplomacy Course are unique as they were specifically created to encourage students towards a globalized mindset.



"SSUNS - Secondary Schools' United Nations Symposium."
Facebook, www.facebook.com/officialssuns/.

The International Certificate Program- more commonly known as ICP- is a three-component program geared towards internationalizing your education. Globalizing your education and adding an extra seal to your diploma is easy as three steps: communication, course work, and experience. International Languages and intercultural communication refer to gaining a secondary language credit besides Grade 9 French or speaking a second language, while international course work requires exploring a culture besides one's own through in-class assignments. International experience involves gaining hours of cultural enrichment, whether at festivals, volunteering, school clubs, or international travel on family vacations and abroad programs. For those who are passionate about global topics, components can easily be completed (some even by pure accident). The ICP certification appears on a graduation diploma, allowing employers and universities to see that initiative was taken to globalize one's mind and expand beyond Waterloo.





“I joined ICP because I wanted to gain a more global perspective and I wanted to learn about various cultures, including my own heritage,” said Grade 12 student Shealynn Coffey when asked why she joined this program. She has completed Grade 11 French and volunteers at the annual St. David Multicultural Festival every year, representing her Scottish roots. “It’s easy to achieve the components if you are already intending to develop an international outlook and lifestyle.” Coffey found her club involvement and course planning already leading her to easily fulfilling components.

If debate and international relations is your passion, a Grade 12 university-level course is available. International Diplomacy, also referred to as the Model United Nations course, is a unique class in which students study United Nations procedure and debate from various countries’ points of view in order to develop resolutions. As the course creators are select teachers from each of the five WCDSB high schools, content relates directly to what each teacher shares in their Model UN. This debate-style class allows students to take the stance of many different countries, opening our young minds to new points of view.



“I chose to take the International Diplomacy course because I have a passion for politics, world events and debate,” says Emma Chaput. “I love talking about current issues and how they affect our country and the world. I believe that this world needs to learn how to produce diplomatic relations between one another. More than ever our world is divided and through diplomatic debate I believe that our world can come together and maintain peace.” Emma is a perfect example of a student taking the initiative to globalize her education and is finding ways to expand her future throughout these opportunities.



The WCDSB’s efforts to provide an internationalized education are a step towards the future, providing students with a safe environment to learn, discuss, and challenge their knowledge about the world around them. This all leads to a tolerant and informed society. The minds that are shaped within these programs will be the future leaders of our world.

A DISSOCIATED YOUTH?

by: Natasha Giannantonio

The youth population is bringing forth a rise in a new voice, a voice that has often been considered by some to be irrational, ignorant, deemed “too young”.

Statistics Canada notes that **19.2% of the population are aged 15 to 29 years of age** - 7 000 000 of Canada's population (Statistics Canada). The reality is politics and climate change are affecting youth, bringing forth protests, rallies, and cries for change.



Why do some youth feel dismissed by the older generation? Why does each generation seem to perpetuate the belief?



Some stereotypes associated with youth today establishes a mindset that questions the seriousness of their concerns, their voice, their power. Negative media portrays young people as lazy, self-centered, and dangerous, drawing true understanding away from their actions.

The traditional, conservative views based on religion, nationalism, and economy have been replaced with a growing sense of **equality, education, and acceptance**. The outcome: a growing acceptance for the LGBTQ+ community desire for modernized education , and growing climate change concern.

Inclusivity.

Today's youth are educated on sexual orientations, and have seen legalizations of same-sex marriages in multiple states and countries. Society today has a higher representation of LGBTQ+ in media. Our society today is starting to recognize the importance of boundless love.

Education.

Canada had its largest youth turnout in 2015, raising the **youth vote to 57%** (Elections Canada). 15 to 29 year olds are becoming involved in politics and world issues. Their whole lives depend on the success or failure of political candidates and if the earth is going to be habitable by the time they reach 30 to 44.

The protests against climate change have opened a Pandora's Box throughout the world. It has drawn attention to rising global temperatures, shrinking ice sheets, and rising sea temperatures. Activist Greta Thunberg - only 17 years of age, was perceived as being too young to understand how science works while blatantly criticizing world leaders of failing in their roles. She encouraged governments - rather than individuals - to act on climate change. She sparked a global movement that will not be silenced; will not be put back in the box.

Acceptance.

This generation is driving the understanding that society must learn, must not hesitate, must change.

Is the dismissal of youthful generations an inevitable cycle? All generations must acknowledge the rising voice of new activists, but together - young and old - we can create a connection of understanding, communication, and trust. Only then, the generational disconnect will mend.

Our youth today is not dissociated, rather focused on world issues to be addressed. Change comes, new days starts, youth voices rise.

Statistics Canada. "A Portrait of Canadian Youth: March 2019 Updates." Government of Canada, Statistics Canada, 9 May 2019, <https://www150.statcan.gc.ca/n1/pub/11-631-x/11-631-x2019003-eng.htm>.

"Voter Turnout by Age Group." Voter Turnout by Age Group - Elections Canada, 2 Aug. 1970, <https://www.elections.ca/content.aspx?section=res&dir=rec/eval/pes2015/vtsa&document=table1&lang=e>.

THE UMBRELLA PROJECT

GROWTH MINDSET: LETTING GO OF LIMITATIONS

Student Wellness Article
By: Carla Stocco

“The best way to treat obstacles is to use them as stepping-stones. Laugh at them, tread on them, and let them lead you to something better.” - Enid Blyton

You just walked out of your English class, completely dejected. You thought the paper you wrote was 90 material, but you ended up with a 60. You feel like a failure; maybe you should give up in English. No matter how hard you try, you’ll always fall short. Right?

This is a perfect example of a situation in which adopting a growth mindset can be challenging, yet beneficial. Receiving feedback is a practice common in the realms of academics and athletics, yet too many of us view the critiques of our coaches and teachers as evidence that we have failed. Feedback, when looked through the lens of a growth mindset, is an opportunity to be better than you were yesterday.

The English teacher who grades your paper did not give you a 60 so you could wallow in self-pity and shame. Likewise, your track coach did not tell you to work on your stride because he thinks you’re an awful runner. Whether you are a professional athlete or a straight-A academic, feedback is truly inevitable, as one can always improve upon their skills and abilities, even if those talents are already pretty great! Most of the time, the critiques we are given can assist us in putting our best foot forward.

To get you started, here are some simple steps outlining the shift from a fixed mindset to a growth mindset:



Obstacles: A Chance to Experiment

To see the roadblocks in our lives as hurdles to be leapt over rather than rocks blocking our path, we need to apply a growth mindset. Perhaps the obstacle you are currently facing seems so intimidating, you are convinced there is nothing that could remove that rock from your path.

In life, rocks will constantly be strewn across our paths, no matter where we may be walking. We all encounter obstacles that we can’t get out of our way completely. In these cases, it can be helpful to instead focus on getting around the roadblock, rather than trying to eliminate it. Obstacles may very well be a part of life, but by choosing to learn from them, we set ourselves up to better handle stress and adversity later in life.

Be EMPATHIC
Be GRATEFUL
Be AUTHENTIC
Be OPTIMISTIC
Be RESILIENT
Be KIND

Get Out Of Your Comfort Zone

It takes courage to take a step into the unknown. What lies ahead may appear daunting, yet quite often once we face our fear we wonder why we ever doubted ourselves. To do all that we dream of, we will need to take leaps that could lead us away from comfortable familiarity. It is a true challenge to continually place oneself in uncomfortable situations, yet over time, the discomfort begins to dissipate. Just as a caterpillar outgrows their cocoon, perhaps we have outgrown our comfort zone and so may emerge, just as the caterpillar does, with the wings to live life fully and freely.

See Failure As A Chance To Learn

Failure is perhaps one of the most universally recognized shared human hardships in life. We fall, we stumble, yet we find our way back up. Failure is beneficial, as it allows us to learn from our struggle. When we view a poor test score or an athletic shortcoming through the lens of a growth mindset, we can bounce back with renewed determination and grit. We rise with the willpower to achieve whatever once seemed insurmountable. Next time you disappoint yourself, be it in a classroom or on a sports field, recall that struggle will not define you. You define yourself through actions you take to better yourself.

Talent is Never Fixed

Too often, we view our capacity as fixed. We convince ourselves our writing skills are set in stone and that being great at math is a talent one is born with. The truth is that every successful athlete, writer, and scientist have worked incredibly hard to get to where they are today. A great example of such dedication is the Olympic sprinter Usain Bolt, the fastest man in the world. While many would credit his staggering speed as a God-given talent, Bolt asserts that without all his training, he would be nowhere near the speed he is capable of today. As the saying goes, “the expert at anything was once a beginner.” No matter what your goals, dreams, or ambitions, know that where you start does not determine where you will go. Achieving any dream begins with hard work, patience, and a desire to put forth one's best efforts.

LINK: CREATING A CULTURE OF KINDNESS

LINK is a student leadership group comprised of senior-level students dedicated to ensuring that Grade 9s feel welcomed and supported upon their arrival at school. Grade 9 is a challenging transition, and the LINK team takes note of this, calling to mind their thoughts and feelings when they were freshmen. Student leaders aim to give the Grade 9s a warm welcome by instilling a spirit of kindness and empathy, as well as reminding each student of their call to belong. At the core of LINK lies the belief that kindness can transform anxiety and fear into feelings of excitement, hope, and trust.

The Importance Of A Semester: A Personal View

Every semester of high school is much more important to our lives than we think. To some, a semester means just a rotation of new classes, new teachers, new classmates, along with overflowing schedules to grind through. To others, a semester is a new learning opportunity for the next five months. However, a semester can be something else entirely. Not only is it a chance to learn about physics rather than chemistry, or English rather than French; it's an opportunity to build a future. Along with improving academically in preparation for post-secondary, there are an abundance of small yet important experiences that help to strengthen us as people without realizing it. We can build stronger relationships with our classmates, make connections in our desired industries, and learn how to build a better future for ourselves.

Firstly, we might not always see it, but every semester tends to mold our relationships with people based on our classes and extracurricular activities. In every semester of high school, strong relationships can be forged in a variety of ways. In gym class, countless hours spent with like minded people, sports lovers doubling as nerds, theatre students just trying to get by. In science a class reunion with an old friend from years past.

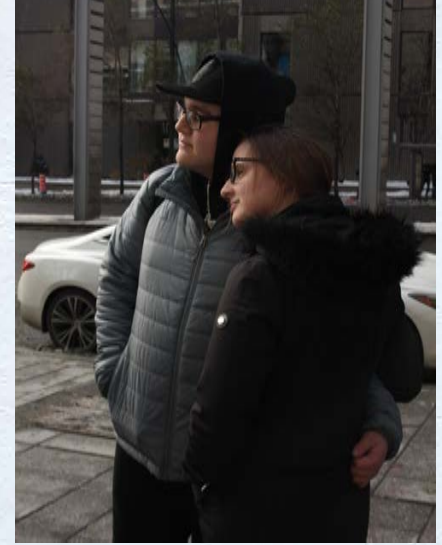


I personally have met people who share my love of gaming and comedy, growing into a friendship. Joining the badminton team allowed me the opportunity to know my doubles partner, making us unbeatable on the court (or at least that's what we liked to believe). Another semester allowed me the chance to help a friend with their mental health. This was challenging for both of us at times. I also spent time expanding my social circles that have influenced on who I am and the person I was becoming

We may not always realize it, but the extracurriculars, meeting new people with shared interests, and the learning that takes place in our classes help us build skills for the future. We have met many people that not only will help us build skills for the future but ones we could reconnect with in the future; possibly going to University with or working with some in the same industry. My desired pathway leads me to sports journalism, management, and the media industry which prompted me to join the magazine. This has helped me practice my writing and meet the many other skilled writers who could give me advice on how to improve. Fate helps with those connections as well. One of these connections leading to On The Rise Podcast.



By Evan Brown



As luck would have it, at the start of Grade 10 I was on the same bus as my current co-host, Sam Donsig, who also wanted to get into the sports industry and was eager to talk sports with anyone who asked. One thing led to another and in August of 2019, On The Rise Podcast was born with the help of three of our good friends (now streaming on all major platforms). Luck would also have it that St. Davids' has many talented athletes like Oshawa Generals defenceman Cooper Way who could be drafted into the NHL as soon as 2021. I could end up meeting him in the industry years from now and say, "Hey, I know that guy, we went to the same high school."

Now, of course, these are just my own connections but depending on your pathway, the same still applies. For example, music students could decide to start a band together like the "Kool-Aid Jammers" who were made up of four David's students that graduated in 2019 or science students taking University of Waterloo's Chemical Engineering program together. Point being, no matter where your pathway takes you, you probably have already started to build connections in your desired industry without knowing it.

Lastly, we can, sometimes without recognizing it, learn how to build a better future for ourselves through the help of our teachers, parents and classmates. Every single school day, not only do we learn in our classes but, we also acquire certain skills that value is not apparent at the time, yet may help us down the road. For example, grade 9 Business Technology that focuses on like photoshop, or excel- programs I never thought I would need. I've used photoshop numerous times during different courses to improve my projects as well as outside of school for my own use. This has also helped us excel and organize the podcast. Good advice is something that is so valuable and we take it for granted sometimes, whether it be from teachers, classmates, guest speakers at our school, or parents. "Life's all about choices." Something as simple as that really makes you think and also can really point you in the right direction in life. So many times we take what life gives us for granted when in fact, everything in our lives shape our futures and who we will become.

Overall, throughout high school the small moments are much more significant than we realize. They shape our future in ways we don't always notice; whether it be through our relationships, connections with others, or the influencers in our lives that we don't thank enough. Why are semesters so important? Because each one is a new opportunity; new classes, people, and experiences. One last thing I can't say enough is that whether you're an arts, STEM, technology, or athletics student, no matter what life throws at you, take each semester as a new opportunity. An opportunity to meet new people develop ones skills and embrace life.

EXAMS

WHY FEAR THE END? / HOW TO COPE WITH THE STRESS

By: Lauren Dafoe

Approximately 30 exams: that is how many you will write during your high school career. 30 times your brain goes into panic mode. Confused, anxious, overwhelmed. You find yourself spending more time and energy worrying when you could have been preparing. So why are exams so frightening in our heads?

Being on LINK Crew, I discovered that the aspect of high school that grade 9's are most afraid of, is exams. Exams, however, are not life and death. Consider that your course work and other tests make up the majority of your mark. Those are the things that set you up for the oh so scary final exam. To put it into perspective; grade 9 and 10 exams are only 75 min long. That means the exam has to be the same length as a test.

Exams should, according to my calculations, be easier than unit tests, why? Because **YOU HAVE ALREADY LEARNED THE SKILLS TO SUCCEED AND BEEN TESTED ON SIMILAR INFORMATION TO THE EXAM.** There is nothing new on exams, just an opportunity to apply what you already know.

Preparing for exams is quite simple; there are three main components in defeating the exam monstrosity. Firstly, pay attention in class; if you understand what is being taught, then you don't have to memorize it later. It is also extremely important to make sure that when you get a test back, you clarify anything you got wrong. This will make your life much easier in the long run.

Secondly, we should redefine what it means when teachers say "you need to start preparing for your exam." It sounds like you have to embark on this long process of making notes, drinking endless amounts of coffee, and pulling all-nighters to study everything for the exam. Listen, when it comes to exams the word "prepare" means "review." You have been preparing for this exam since the first day of the course. All you have to do now is simply look back at your notes and go over things you didn't understand and make connections. That's it.

Finally, just relax. You do not need to lose sleep over this. Take some deep breaths before you start and if you don't understand a question skip it and just come back to it later. So sit back and relax; review what you don't know and trust in the knowledge you have been collecting all semester. Treat it like a test - that's all it really is.





Paradise Challenged

Written by Ashely McCrea

Far in the North,
West from here,
I go to a place
Where the air is clear.

The trees are short
Small evergreens
As if God came down
And chopped them, clean.

The water is blue
Crystal aquamarine
Where no imperfection
Has ever been.

As I stood there
Completely alone I think of the life
I've always known
The life with trees,
Clear blue lakes,
Mist and stones,
Golden daybreaks.

think of the outside,
The world beyond,
And from my mind,
A thought was spawned.

What if I left
This beautiful place,
And saw the world
For its true face?

It wouldn't be
All trees and lakes
No calm, clear air
No golden daybreaks

But it would be *life*,
For that, I yearned.
I wanted to experience
What I felt I'd earned.

It would be different,
But come what may,
No matter the change,
I'll be okay.

SINCERELY, CLASS OF 2020

by: Natasha Giannantonio

Four short, "simple" years draw to a close, and for some the time couldn't have come fast enough and other wished it would never end.

Everyone found their niches. The kids from elementary school became closer than friends, and some further than strangers, and tight-knit groups welcomed new members. We met so many new people our parents couldn't keep up with the different names. Some say they cannot picture the high school journey at another school.



Soon after, a new virus ravaged the world. Ontario cases were increasing daily and there was no choice but to close the schools.

There would be no last game, no last performance, no last strut through the hallways that shaped us. No closure. We end the school year on a cliffhanger of what was to be, or not to be.



As each year passed, the dreaded topic of university and future careers became more frequently asked, and family gatherings seemed to become a Q&A. Reaching grade twelve, the realization that our senior year at St. David's changed in the blink of an eye. First, the government and strike, then a pandemic.

Strike days for the school board were scattered. Students were falling behind while the government and boards could not agree on the new education plan.

Questions circulated would we have coffee house? Winter and spring sports? Athletic and arts banquet? Spring arts night? All in jeopardy of work to rule action.



We feel cheated of our tireless efforts. We have no satisfaction of walking across the stage, our dedication and achievements recognized, as we flip the tassel; memories unfulfilled.

How can we move onto the next chapter of our lives without finishing the last? We sit in isolation, aching for normality we once wished so desperately to change.



If being a Celtic has taught us anything, “Character Counts”. Engraved in our brains the first day we stepped in the gymnasium with fresh eyes, this mantra was repeated. Repeated day in and day out on the announcements, “Character Counts”. We carry this in our hearts, ready to encounter whatever our new paths have in store.



Aristotle stated, “By ‘Life’ we mean a thing that can nourish itself and grow and decay”. As we go our separate ways, delving into the world that has treated us harshly in these past months, “Life” is regrowing. Wisdom and bravery, courage and determination, love and forgiveness; our lives are reforming making us stronger than ever.



We did not get a final goodbye to high school but often, the best stories are left unfinished. We take the lessons from the first chapter to the last and learn. Relive memories only we had the chance to experience. Sincerely,
The Class of 2020

The 2019 Japanese Exchange was a life-changing and eye opening learning experience. It allowed students to heighten their global awareness and participate in a culture unlike the one students witness each day.

This was the second board-wide exchange with Yamate Gakuin School in Yokohama, Japan. From April 12th to 26th, Japanese students came to Canada, and from July 19th to August 3rd, WCDSB students went to Yokohama. Each participating student hosted two visiting students in their home for approximately two weeks, allowing students to experience daily life and the various social aspects of a different country and culture.

“It was lots of fun,” says William Dixon, a Grade 11 student who participated in the exchange last year. “We got to visit places like Tokyo Disneyland, Sea Paradise, and a samurai castle, as well as ride the high-speed trains (Bullet Trains).”

Students were also introduced to day-to-day activities, including Japanese food, religion, traditions, and after school activities. The differences in culture brought students together, as they were able to bond over commonalities in their schools and homes.

“It was a great cultural experience,” says Will. “I participated in all aspects of the Japanese lifestyle- including eating their delicious food!”

Are you intrigued? For those looking for a life-changing cultural experience, the next exchange to Yokohama, Japan is set to take place in July 2021.

“I’m excited to go,” says Mr. Spanopulos, who will be travelling to Japan with WCDSB students next year.

JAPAN EXCHANGE



By: Tiffany Ceron and Ashley McCr



“I’m looking forward to learning about a different culture and meeting new students and teachers in Japan as well as within our school board.”

For students participating in the 2021 exchange, introductory classes in Japanese will be available. Language has proven to bring students together, as in 2019 exchange participants from both Canada and Japan taught each other common slang. These small words helped break the ice and allowed students to create lifelong relationships with others across the world.

The many photos are a reminder of all the new things tried, everything learned, new foods, language, places, traditions and lifestyles. For all Celts and students from Yamate, the exchange was a life-changing opportunity that helped gain life-long friendships.



Gearing Towards Gold

By: The Team Dave Administration Team

On March 7th and 8th, Team DAVE competed in the ONT District Humber College Event, winning the event as alliance captains and taking home the Chairman's Award. During qualification, we won eleven of our twelve matches and ranked 2nd before the alliance selections. With FRC Team 1114 - Simbotics and FRC Team 2405 - Techno Trojans we swept the playoff matches and took home gold for our first competition of the season.



This competition was held at Humber College who has hosted the event for their second year, both of which we have attended and won with FRC Team 1114 - Simbotics. Through the weekend, teams competed in qualifying matches to earn their seed in alliance selections and gain a place in the playoffs. The energy in the venue was consistently equalled by the excitement every match had to offer and was an event everyone could enjoy.



Our robot, Tennant, is a tiny mechanical creation which we built with the specifications to shoot, move, and climb effectively. Tennant is capable of scoring high, with a fast and accurate shot that frequently achieves the inner target within the high goal. It has a three-stage telescoping arm with the strength to pull itself up on the generator switch.



The Chairman's Award is the most prestigious award within FIRST, and after 8 years of working to accomplish our goal of taking it home, the team was ecstatic to finally be announced as a District Chairman's winner. Our Admin students worked hard through build season to formulate an essay, produce a video, and prepare a presentation based around our Chairman's theme; the Force of FIRST. The team worked to highlight the outreach we've done for the community and changes we will continue to make to spread our passion through these three projects. To go along with the presentations, students also created a board demonstrating our representation of FIRST City and how DAVE impacts it. Even though the season ran short, we are incredibly proud of everyone who helped to accomplish this and look forward to the future of Team DAVE.



The first part of the paper discusses the importance of the research and the objectives of the study. It then presents a literature review of the existing research on the topic. The next section describes the methodology used in the study, including the data collection and analysis techniques. The results of the study are then presented, followed by a discussion of the findings and their implications. The paper concludes with a summary of the main points and a list of references.

The research was conducted in a systematic and rigorous manner, following the principles of good research practice. The data was collected from a representative sample of the population, and the analysis was carried out using appropriate statistical methods. The results of the study are presented in a clear and concise manner, and the implications of the findings are discussed in detail.

The findings of the study have important implications for the field of research. They suggest that there is a need for further research in this area, and that the results of this study can be used to inform policy and practice. The paper also highlights the importance of the research and the need for continued research in this area.

In conclusion, the paper presents a comprehensive and detailed analysis of the research. It provides a clear and concise summary of the findings and their implications, and it highlights the importance of the research and the need for continued research in this area.