

THE TIGER TIMES

JOHN RENNIE HIGH SCHOOL

FINAL ISSUE THIS ACADEMIC YEAR!
Sports, Arts, News, Grads

JRHS COMMEMORATES LUCAS GAUDET

BY CHIARA BRAMANTE

On May 10th at 12 pm, John Rennie High School remembered the tragic loss of one of our grade 10 students, Lucas Gaudet, with the planting of a Magnolia tree at our school's front entrance. It was a beautiful ceremonial event and it will continue to honor his memory for years to come. Along with a large number of Grade 10 and 11 friends, we were honored to have his family attend. Lucas' little sister was a welcome guest and we were all touched by her presence and how she helped plant the tree.

In the future, if anyone misses Lucas they can stop by the tree to feel his presence. We'll remember him forever and always.

FROM THE EDITORS

Thank you for all the incredible support that we've received over the past few months. We're happy to bring you the official second issue of The Tiger Times. We've put every last drop of sweat, blood, and tears into this. Never forget how passionate we are about bringing you the clawsome news! We wish you a fabulous summer... and even more fabulous grades!

Meadow Boigatzian - Co-Editor-In-Chief
Chiara Bramante - Editor-In-Chief



Under the Stars

.....

JUNE 26TH, 2022, 6:30 - 11:00PM.
THE SHIP LEAVES PORT AT 7PM SHARP.

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John Rennie High School Prom

DINNER CRUISE ON AML CAVALIER MAXIM
LE GRAND QUAY, OLD PORT- MTL
FORMAL ATTIRE
TICKETS \$150 (CASH, CHEQUE OR DEBIT)
ON SALE IN THE GREAT HALL MAY 30TH-JUNE 8TH

LET'S CELEBRATE THE LAST DAY OF SCHOOL
with a

CARNIVAL!!!

THURSDAY, June 9th, 2022

10:00 am - 2:40 pm

BACK FIELD (or GYM 3 + 4 in case of rain)
Food Trucks accept cash, credit, or debit
Games are FREE

Music, Food, Friends, and Fun!!!



GREEN TEAM: NUTRITOWER & BEEKEEPING

BY SUMMER ST-JAMES & MR. PEPIN

Have you seen that plant-filled lit-up structure in the Junior hall? Well, it's called a Nutritower, and we here at the Green Team take care of it. We first got the tower in the early winter, where it took a few weeks to construct, and then plant and then take care of the seedlings. Soon, many different plants grew; we now have tomatoes, lettuce, basil, and more, all grown in the comfort of our own school.



On another note, the bees are back! No need to be afraid, bees only care about flowers. We will once again partner up with Miel Montréal to host two beehives in the garden. We will have regular beekeeping sessions during this spring and the fall. You can participate by showing up at Lunch time. No experience required. Dates of the sessions will be posted in the announcements.

LEADING THE WAY FOR SENIORS

BY MS BEVERLY LANDRY

Carrefour Jeunesse-emploi de l'Ouest-de-l'Île gave JRHS an activity grant for Junior Leadership students to promote ties between John Rennie students and seniors in our community.

A quick conversation with Ms Kurta, our principal, inspired this initiative. She had recently read an article about how happiness is often found later in life reliving events that brought much happiness in childhood. A project was born in order to entertain seniors from La Maison des Aînées de Pointe Claire. Ms. Lobaton's Junior Leadership students created meaningful messages that were put into Easter Eggs along with candy and chocolate. These amazing students prepared over 250 Eggs!

The plan was for Leadership students to visit Terra Cotta Park and hide these little gifts throughout the park for a hunt by invited seniors. Unfortunately the weather didn't cooperate - it rained really hard! We had to cancel the student portion of the event. Even our Tiger mascot was going to play the Easter Bunny! To everyone's surprise, eleven hardy seniors dressed in raincoats and rubber boots went out hunting! One senior said that in their childhood they would have gone out on the egg hunt despite any and all weather conditions and that day was no different! We're very proud of the students and staff who put together this activity for the Seniors in our community. We look forward to next year when both seniors and students get to finally meet and interact in person!



ANIMAL ALLEY

Tick Tock: Time to be Aware!
Tips when walking your pooch

BY STELEO KOUTSIMANIS

Walking a dog can be really fun and exciting. You have alone time with your dog -unless you go with friends or family! You also get a good amount of exercise and your dog gets to take care of business. It's all fun and games until you get home and realize your dog carried in ticks from outside. If this has happened to you or you don't want this to happen, then continue reading to find out how to prevent ticks when walking your dog.

Firstly, wear dark colours and maybe get your dog a dark coloured leash and collar. Do this because ticks aren't attracted to dark coloured clothing or other items. The only problem with this tip is that if a tick does land on you, you won't be able to spot it. But it's better than wearing light colours because ticks are attracted to them. Also, don't forget to wear long sleeves and pants - even in the summer. Consider using some sort of bug spray to protect yourself. I'd recommend "Off!". These guys know what they're doing.

There are treatments for dogs which include sprays, powders, and pills to prevent critters like fleas, lice and ticks.

Finally, regularly check yourself and your dog for ticks. Ticks love hiding in tight spaces. Always check your dog in its ears, around the eyes and tail, under the front legs (basically its armpits), and between their toes and back legs. Do this to protect all your family members - including your dog and prevent ticks from invading your personal space.

In conclusion, when walking your dog, you must wear darker clothes and wear longer clothes. You also have to check yourself and your dog for ticks every once in a while and don't forget the bug spray. If you do all this stuff, you and your furry friend will be safe.



SCHOOL NEWS

LE SLAM AVEC MC JUNE

BY MME. GARDNER

Les élèves de français de madame Cooper et madame Gardner ont eu la chance de rencontrer le chanteur, rappeur et slameur MC June. Il est venu expliquer que le français pouvait s'écrire de différentes façons et l'une d'elle est la poésie, la chanson ou le slam. Maintenant ceux-ci mettent à l'essai ce qu'ils ont appris en créant leur propre slam Mc June a maintenant ses groupies de JRHS.



INSTAGRAM TAKEOVER

In December 2021, Grade 9 student Sidney Bernard-Dagenais took over the John Rennie and Lester B Pearson School Board Instagram Stories for the day and took us on a day in the life of a student with hearing loss. Sidney, who uses a Cochlear Implant to hear, showed our Instagram followers through informative posts, and quizzes how she uses assistive listening technology in the classroom to enhance her listening experience. Sidney also educated followers on what a Cochlear Implant is, the support that she receives from the Montreal Oral School for the Deaf (MOSD), along with her Itinerant Educational Specialist and Teacher of the Deaf, Tracey. In addition she also explained the things which make her day more unique. These included things such as dealing with batteries dying in class (meaning that she cannot hear) and the added stresses of picking up her remote microphone. We also learned about her regular visits to meet with her Audiologist Jenny at MOSD.

By taking us through her day at school, Sidney allowed students, staff, and our wider community to get an insight into what it is like to live with hearing loss, and how she overcomes obstacles everyday.

The work done here has forged paths with further initiatives such as JRHS and LBPSB celebrating World Cochlear Implant Day on social media. We're looking forward to more opportunities for our students to advocate via our social media platforms, if you have an idea please see Mr Webb.

Sign Language Alphabet



ASL CLUB

BY SIDNEY

BERNARD DAGENAI

This year, John Rennie set up a club for students to learn American Sign Language (ASL). Ms. Pastor teaches the senior and the junior groups during their lunchtimes on Wednesdays. We learn many new signs each class and practice signing to each other. It starts with basics, such as the alphabet and goes on from there. ASL is taught to anyone who wants to learn a new language. People also learn the history of the Deaf Community. Since there are many variations of sign language, ASL is thought of as English - but in a signing form. But to make it clear, ASL is a language on its own and is not the English language. In addition, you should know that there are many other varieties of sign language.

Learning ASL is not only beneficial to the Deaf Community but to anyone learning it because it allows you to communicate with Deaf people and it also promotes a better understanding and acceptance of the language among all people. It's sometimes the case that not just people with the ability to hear want to learn ASL, but hearing impaired people that hear and speak also want to learn ASL. While hearing impaired people are grateful to be able to hear, some have no understanding of their culture, which leads them to want to learn and connect to the Deaf Community. This also brings inclusion to the Deaf Community because it brings people from different communities together. Overall the ASL Club is a great club to join because it immerses you more into the Deaf Culture, it is a great way to make friends and of course you get to learn a new language!



BALANCED DAY

BY MS. SPENCER



In the Balanced Day class at JRHS, students follow a theme of study for a particular segment or month of the year. The first theme was for students to plan a field trip. Students planned for and fundraised money to go to the Holocaust Museum, the Biodome and the Eco-Museum. In another theme study segment, students researched and created slides for a culture of their choice. Each student created a story to highlight their understanding of inclusivity. For the month of March, students prepared for and cooked a meal of their choice. In April, students built something that would help the environment, such as a bird house, a compost bin or a planter. Students have gained many skills over the year and we've been having a blast working together on these projects!



ARTS AND CULTURE

LOVE PROGRAM: LISTEN, OBSERVE, VALUE, EMBRACE

BY MEADOW BOGIATZIAN



Did you know that our school has an extravagant creative arts program called The LOVE Program? This program is offered in several schools over a 24-week period from September to May. I applied for this program at the beginning of the year and, so far, it has been fun. We explore and practice many art forms such as writing, drawing, and photography. And I know what you're thinking, but no, you don't have to be good at art to join this program!

Once a week we get together during a class period to do some sort of activity, whether it be photography or writing. Each week has a different theme or topic, such as bullying, idols, racism, etc.

My favourite thing about this program is how welcoming and supportive it is. We talk about a lot of real-life scenarios and issues. This program is inclusive; it doesn't matter who you are, your background, your race, culture, or your gender identity. Each week the program's leaders check in on the students and see how their week went. For example, we do an activity called Highs and Lows of the Week. Some people feel that the best part of this program, however, are the snacks and drinks!!

This is by far the best program I've ever been in. They make me feel very included, loved and that my feelings truly matter. They make me feel like it's a place I can be 100% myself. If you're interested in the program, they'll be here again next year. So look for The LOVE Program then and sign up for it in September!

A REVIEW OF ELLA ENCHANTED

BY GABRIELLA BLOOM



Before the Holiday break, the Actors' Studio produced a play which was an adaptation of the movie Ella Enchanted. I thought everything was amazing! I haven't seen the movie but I feel like the play probably looked just

like the movie does. I also loved the costumes and all those involved did a very good job! Another thing I liked was that the actors portrayed their roles really well. Like you could tell!

In addition to that, whoever handed out the roles did a very fantastic job because those roles really suited the actors. When there were small mistakes, everyone covered for each other. For example, when the fairy's wing got stuck in the set a production member quickly fixed it and I barely even noticed the small mistake. That's how wonderful they did at fixing it!

Lastly, one thing that surprised me was, at the end, Ella and the Prince kissed. The whole auditorium was shocked! I don't think any of us expected it!

MUSIC PROGRAM: YEAR IN REVIEW

BY MR. HODGSON



This school year in the Music program at John Rennie, the students re-established their skills on their instruments. All music students from grade seven through to grade eleven clearly cherished the renewed opportunity to play music.

March 2022 marked our first official performance by all three concert bands and two jazz band bands. We video recorded three songs for each ensemble. Teacher Chris Webb and Teep Menon assisted with the audio and video equipment in the recording process. The video results were sent via google classroom to the students so they could share with their families. This was the first official video recording of the whole music program in JRHS history.

On March 25th Les Fusiliers de Montreal (Military Concert Band), performed in the JRHS theatre for all our music students. This concert was sponsored by the Festival de la Voix.

On March 27th, Terry Fox Elementary School Concert Band came for a musical exchange. They listened to our grade eight and nine Intermediate Concert Band perform, followed by a combined rehearsal setting with our grade seven band, during homeroom. All students involved in this band exchange were inspired.

On Friday April 29th our grade eleven band class and senior Jazz band performed concerts at St. John Fisher Senior Elementary School and Terry Fox Elementary School.

During the last days of May the JRHS Concert bands and Jazz bands will perform in the evening for family and friends in the JRHS theatre.





BY ISABEL ARIAS

An Interview with the Cast of 10 THINGS I HATE ABOUT YOU

BY LARISSA KOUYOUMDJIAN

What's your name and which character are you playing?

☒ - My name is Kaden Harris and I play Patrick Verona in the play.

☒ - My name is Melissa Zibreira and I will be playing one of the lead roles Kat Stratford.

What should we expect from this play?

☒ - You can expect an amazing story. Something that's iconic, that's true to the real story. It's going to be fresh, new and exciting. I can't wait for all of you to see it!

How did the audition process go?

☒ - It was a pretty nerve-racking and exciting process. We got to write our own monologues which was pretty fun, and how we see the character. It was so much fun because you could've written whatever you wanted.

What influenced you to take part in this project?

☒ - Well I've always had a passion for acting ever since I was a little kid. I was always making movies, trying to be a part of shows and productions and I wanted to go out of my comfort zone because I knew this would be a place where I could meet so many new people. Because of this play I formed so many new friendships and by watching the plays from other years I knew this was something I wanted to do.

What was your first reaction when you found out you got the lead role?

☒ - I was in complete shock, I remember I had started crying because I was so stressed and knowing that I finally made it after a 4 week waiting process, that I could finally breathe now, I could finally rest. I was thinking to myself "this is finally over. I have the role now, like I'm actually the lead". So, yeah, it was a very fun and an overwhelming process.

What's the best advice you would give as an Actor/Actress?

☒ - The best advice I would give is to be prepared because the better you know your lines, the more confident you're gonna be on stage.



VIKINGS!



Grade 7 students in Ms. Bingham's and Ms. Mackiewicz's English classes have been studying mythology this year and they're finishing this year-long unit of study by writing their very own original myth. Along their journey through world mythology (Creation and Hero stories) students constructed their own classic Viking Vessels. These Scandinavian longboats were used for raiding settlements across Europe from 400 BCE to the 13th century and even made their way to Newfoundland. Now they've even found their way to Rennie!!



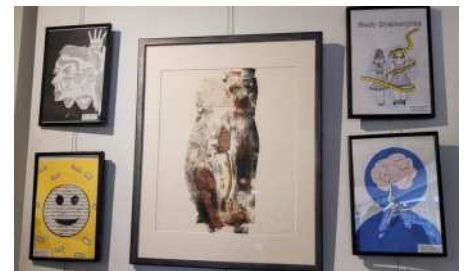
DAY AGAINST HOMOPHOBIA

May 17th was the International Day Against Homophobia, Transphobia, and Biphobia. It is a day to reflect on the discrimination that the LGBTQ2+ community has faced over the years and the progress that has been made towards inclusion and acceptance. It is a day to support our friends who are members of the community and celebrate diversity. All humans should feel safe being themselves, regardless of their sexual orientation or gender identity.. In fact, every day should be a day against homophobia, not just on May 17th!

JUNIOR PLAY ANNOUNCEMENT

There's an upcoming Cycle 1 play called "Game of Tiaras" showcasing grade 7 and 8 students.

They've been working really hard on this show since the Fall. Performances will be this Friday, May 20th, by invitation only, unfortunately.. Break a leg, everyone!



ART ON DISPLAY BY MEADOW BOGIATZIAN

This past Friday, May 13th, I attended a vernissage at Galerie d'art Viva Vide, of art created by our very own students at JRHS (as well as work by students from two other schools: PCHS & St Thomas). There were many people who came to admire the featured artwork and they took lots of photos too. On display, there were a variety of different art forms such as paintings, drawings, collages, etc. These students are very talented artists! I was surprised by how much I appreciated their contributions. If you get the chance this week you should definitely check it out!



INSIGHTFUL GLEE!

BY ANNE-MARIE RENÉ

On Friday, April 22nd, I sat down with one of our Drama and English teachers, Mr. Teep, to ask him a few questions about our school's Glee Club team, and how our yearly variety show, Black and Gold, went.

Anne-Marie: *Is it easy to choose who gets into the Glee Club?*

Mr. Teep: No, it's never easy. It's very hard because we want to give everyone a chance, but obviously not everyone has the necessary voice, or the charisma, or the stage presence. You have to try and analyze potential, and who will bring something that's unique or needed. But the hardest thing about running a team like the Glee team is saying 'no'.

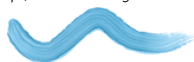
Anne-Marie: *What qualities in a performer are you looking for?*

Mr. Teep: I look for energy, I look for enthusiasm, I look for someone that I feel will put in the work. I also look for people who are kind, polite, and who will be a positive part of the team. And of course, talent is in there, but talent alone is not enough.

Anne-Marie: *Finally, is there anything you would like to add about the Glee Club and the Black and Gold show?*

Mr. Teep: This year with Glee was fun! It was a much younger team and so now we can build them from a solid foundation. Having the Glee team perform at the Black and Gold show is one of our favorite traditions. Hopefully, it makes more people want to join.

Thanks, Mr. Teep, and see you around the school!



HARRY POTTER CLUB

BY GABRIELLA BLOOM



Calling all Potterheads, Wizards and even Muggles!

Who is Harry Potter?

For those who have no clue who Harry Potter is, he's a character in a seven-book series about wizards and a co-magical dimension. I personally recommend reading the books first and then watch the Harry Potter movies.

What is the Harry Potter Club?

Harry Potter Club takes place after school and is a place where we roleplay, use props from the movies and meet fellow Potterheads. For example, we tried the Bertie Botts Beans which are the jelly beans from the train ride in the movies. I have to tell you some of them were disgusting and some were delicious! We're still on the hunt for the chocolate frogs. Also, we played trivia and Harry Potter board games during our meetings.

Join us next year and discover the magic!



SEEING GOLD!

BY CHIARA BRAMANTE

Black + Gold isn't just an incredible talent show, it's an experience! It's a memory that never leaves the person who partakes in it. It's a community of individuals who consistently encourage, love and embrace each other for whatever talent they may have. Being able to watch it, being exposed to many different talents in such a short period of time, is like Christmas morning!

First of all, a shoutout to the amazing MCs from the event; Courtney Harcourt, Julia Randolph, Eden McCooye, and Gabriel Grenier-McDermott. Got to say, they definitely stole the show more than once.

They provided a remarkable comedic break between emotionally-charged performances. All of them have tremendous talent. Moreover, there was a wide variety of performances that stepped onto the stage that night; from Irish dancing to a banging rock band. There was something for everyone to enjoy. Who knew so much artistic talent existed at John Rennie High School, a school known for its competitive sports program?

Victoria D'Elia's voice blew the audience away. She has such a raw edge to her voice that it makes it completely unforgettable. It's addictive- the second you hear it, along with her confidence and her reassured posture it all made the entire performance magical.

Next we got a literal Disney princess, otherwise known as Maya Shah-Busby. This contemporary dance didn't only resemble the gratifying movements of atoms in the sunshine, but she did it all with a huge smile on her face.

Finally, the shortest performance, but who appeared to have the most presence onstage, was Jack St. Onge. A seemingly simple talent with the ability to play the electric guitar, this performance turned into something much more stunning in a matter of seconds. It should be illegal for someone to have talent like this who is so young!

The show was not possible without the amazing logistical planning, support and coaching of Mr. Teep and Mr. Addie, as well as everyone else not mentioned who performed wonderfully - and the Tech team too who managed everything marvelously well. To everyone within these categories, and anyone else who helped (you know who you are) thank you for giving the students of John Rennie the opportunity to showcase their talents and the opportunity for the rest of us watch the process. It's an experience that isn't possible for us to forget!

"There's a sense of community when it comes to being a part of Black + Gold, you feel supported, you feel loved, and no matter what, you have people who are proud of you."

- Selena

BATTLE OF THE BOOKS: THE BATTLE OF THE CENTURY



The John Rennie High School Team read and discussed 12 books this year. The first round of the Battle of the Books Competition was fought on the 16th of March, 2022 at LCCHS. Our team placed third in this round with a very close finish. It was an exciting battle to the end. Well done to all the participants! See you next year. Well done to the BHS students who went on to win the Provincial Level Battle on behalf of LBPSB. For those who missed out this year, there will be more information this upcoming August 2022 for next year's competition. Join us then for our next battle!

SPORTS



SPORT ÉTUDES

A YEAR IN REVIEW!

BY CHIARA BRAMANTE

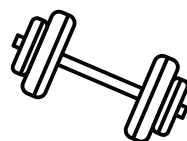
Several appearances at **GMAA Finals, RSEQ** and the **Provincial Championships!**

SPORTS / AGE CATEGORY & RESULTS

- Juvenile Girls Futsal - **GMAA Champs** & 6th in Provincials
- Juvenile Boys Hockey - GMAA Silver Medalists
- M13d1 Hockey Team - Runner-ups RSEQ Finals
- M15d1 Hockey Team - Runner-ups RSEQ Finals & QF appearance in Provincials
- Weightlifting - Provincials: Bronze medal awarded to Lukas Gaul

- Golf - GMAA Golf Tournament: Zachary Benfeito ~ Gold MB & Gold Overall
 Jake Winlo-Houston ~ Gold JB & Gold Overall
 Julianne Yuck ~ Gold BG & Silver Overall

- Juvenile Boys Basketball - GMAA QF appearance
- Midget Boys Volleyball - GMAA Silver Medalists
- Juvenile Boys Futsal - GMAA Silver Medalists
- Juvenile Boys Rugby 7's - GMAA Silver Medalists



WHAT'S GOING ON RIGHT NOW?

Track Championships



Grade 9 student Hailey Racine finished 3rd in 300M and is invited to the upcoming Provincials! *Woohoo!*



On the date of publication the following students represented JRHS in the Track Championships at Riverside Park, LaSalle:

In Bantam: Samuel Gate, Darcy Muzard, Chase Racine, Thomas Schultz, and Liam Starnes

In Midget: Kalen Alexander and Peter Ladouceur.

In Juvenile: Ayden Kenny, Anthony Giro, and Lorenzo Ranaldi.

We're so proud of all of you!

Juvenile Girls Rugby



Last Game is happening Wednesday, May 25th at 4:30 in Terra Cotta

Juvenile & Bantam Girls Flag Football



Last Game for Bantam is happening Tuesday, May 24th at 3:00 at Terra Cotta





GRADS!

Prom is our last big event where we're all together. Most of us have been at this school for 5 years. This is our last chance to celebrate our high school years together. Let's celebrate!

By MEADOW BOGIATZIAN

**The 2022
Graduation/Convocation
Ceremony is almost here!!**

Here's what you need to know:

Date: Friday, June 3 - it is a regular school day!
Time: Ceremony starts at 7:00 pm

Place: John Abbott College

Arrival: Graduates need to be at John Abbott by 6:00 pm

Guests:

3 guests per graduate- a parent/ guardian must contact Mme Gobeil directly for extra guest(s)

Under The Stars Prom Night:

It's time to celebrate the completion of high school and the new beginning that awaits us in a few short weeks.

Here's what you need to know:

Date: Sunday, June 26th, 2022,
Time: 6:30 pm- 11 pm

Place: Le Grand Quay, Old Port-MTL, Dinner Cruise

Tickets: On sale in the Great Hall, May 30th- June 8th, 2022

Cost: \$150 per ticket

Wardrobe: Formal Attire - **Outside Guests are welcome!!**

Moving on into the world is definitely a big step. Remember when we practiced at the

Model UN...



The 4th annual John Rennie and PCHS Model United Nations was a two-day event held on March 31st-April 1st, 2022. Grade 11 students from both schools represented delegations from various countries in a simulated General Assembly of the United Nations. Through collaboration and negotiation, students created resolutions and policies addressing the very important issues of femicide and child labour. Many impressive speeches were made debating the resolutions and perhaps a few future careers at the United Nations were inspired. A big congratulations to Madeline Sparkes, who won the Ban Ki-Moon Award as top delegate for John Rennie High School!

QUOTES FROM OUR SENIORS:

- "I'm sad that it's coming to an end, but excited to take the next steps forward" -*Kyla Wiet*
- "I'm excited and can't wait to leave high school" - *Anonymous*
- "I'm a feeling a mix of excited and scared because I really don't know what will happen next year" -*Riley Palov*
- "Have a good life and "not" see you next year." - *Anonymous*
- "The Realization of how much there is to do and learn about to become an adult" - *Riley Paterson-Dumas*
- "I'm excited to move on to the next step in my life but also worried about losing so many connections that took all these 5 years to form. But with each, comes a new beginning, and many more relationships to form and grow." - *Anonymous*
- Thank you Teep for making my vision come to life this year with the play. Thank you Ms. Natcheva and Ms. Grewal for helping me through this year. I hope you know how much all of you helped me - *Kyla Wiet*
- "I'd like to thank Mr. Mankarios for always putting a smile on my face, Miss Priya for always hearing me out and not judging me" - *Gabriella Ciampini*
- "Mr. Jarvis , Ms.Grewal, Mr. Addie and Ms. Wendy. I thank them all for making school an enjoyable place and I'll never forget them"- *Riley Palov*
- "Disappointed that it's my last year of high school. I don't feel ready to grow up yet and I'm especially going to miss all my friends, and the simplicity of still being a kid." - *Anonymous*
- "I'm looking forward to all the grad celebrations (next year) and opportunities— the Snowball, grad movie night, Model UN, trips (if they're allowed), and so on. I think everything happening next year will mean so much more to me since I know it'll be my last year with my friends and teachers at this school."
- *Maya Shah-Busby*

A big thank you to all teachers and supporting staff, for all of your hard work and support over the years. Many students appreciate everything you've done for us. You've inspired and helped many of us through hard times.

JRHS HOROSCOPES

For obvious reasons these are just for fun and not at all true.

A SIMPLE STUDY SCHEME



STRAWBERRY ENERGY BALLS!

Studying is hard work - if done right!

When it's time for a snack, what should you choose?

The key is to get both tasty snacks and ones that will help both your body and mind.

So, here is one of the many tasty snacks that you can make to keep you going as you review and redo work. There are only 6 ingredients and 3 steps to this snack.

INGREDIENTS

- 1 ¼ cups shredded coconut, divided (¾ cup and ½ cup)
- ½ cup rolled oats
- ½ cup strawberries
- ½ cup almonds
- 4 Medjool dates, pit removed
- ¼ cup almond butter

DIRECTIONS

Step 1: In a food processor or blender add ¾ cup of shredded coconut and all the remaining ingredients (berries, oats, almonds and butter) to the processor. Place on high speed until mixed well.

Step 2: Scoop out 1 tablespoon of the mixture and roll it into a ball. Roll the ball into the remaining shredded coconut. Place on a baking sheet lined with parchment paper. Repeat.

Step 3: Place the baking sheet in the refrigerator for a minimum of 2 hours before serving. Keep the strawberry energy balls in an airtight container in the fridge.

TIP: When rolling the balls coat hands with flour or butter to avoid the batter from sticking to your hands.

Enjoy!

(Now get back to work :)



Supervising Staff for The Tiger Times:
T. Bingham, L. Douglas, K. Lagendyk, J. Mackiewicz

♈ Aries (Ram): March 21–April 19

Your courageous nature will give you all that you need to get things done. Play tennis, Pickleball and PingPong when possible. Best colors include Sunset Orange, Vermillion, and Chartreuse.

♉ Taurus (Bull): April 20–May 20

You might be shy and feel unprepared for certain things, but really you're a sincere person who loves deeply. Speak your mind. Watch out for stuffed olives. Avoid ants and hydrangeas.

♊ Gemini (Twins): May 21–June 21

You will meet a new person that you think is using you, but actually really cares about you. Their loyalty is unreal!! Revisit the game Kerplunk but don't lose your marbles. Eat persimmons.

♋ Cancer (Crab): June 22–July 22

People may think that you're an emotional being which is not at all true. You can be cerebral, kind, and thoughtful too. Be careful at 2:47 am on Mondays and Thursdays. Avoid chicken in tortillas.

♌ Leo (Lion): July 23–August 22

You're typically a "fries before guys" type of person but that doesn't stop you from trying out new things. You have the inspiring humor of an armadillo. Best color: Opaque Green.

♍ Virgo (Virgin): August 23–September 22

Fine, you're sort of cool but stop using all the hot water. You either love or hate pickles. Try loving them. And no, you're not the coolest sibling. Don't forget to make your bed in the morning. Clean out your locker. That sandwich is two years old. Use Lysol wipes.

♎ Libra (Balance): September 23–October 23

Libras may seem suspicious, but in reality, they are the most loving, caring, funny people anyone will ever meet. But make a decision! Stop second-guessing yourself. Enjoy jellybeans when you can.

♏ Scorpio (Scorpion): October 24–November 21

You're quiet and secretive and won't let anybody talk you down. But don't be spiteful. You have determination to strive forward to greatness! Wear red on special occasions. Avoid the number 15273.

♐ Sagittarius (Archer): November 22–December 21

You're a tad self-centered so try to avoid mirrors. You're one of the many individuals who believe there are more doors than wheels in the world. At least ten people have a crush on you. Use Axe spray.

♑ Capricorn (Goat): December 22–January 19

As usual, you're the winner. You have the humor of a 7-year-old boy and the energy to match. Will you ever let a song fully play? Saturn is in your fifth house so return borrowed sweaters ASAP.

♒ Aquarius (Water Bearer): January 20–February 18

Do the thing you thought of doing but decided not to do it. You will pass your next test (if you study). Be careful on June 32nd. Your lucky number is 0.7472. Bears will have a new level of appreciation for you. When picnicing, share with the bears then run.

♓ Pisces (Fish): February 19–March 20

You need lots of chocolate to focus and achieve academic success. Working for and expecting to succeed has its own rewards. Expect desperate people wanting your sandwich. Do not relinquish your values and most importantly, your sandwich. Eat berries. Stay calm.

HOW TO STUDY FOR A MATH EXAM

BY STELEO KOUTSIMANIS & ANNE-MARIE RENÉ



The following tips may help you do better preparing for your exam. Repeat what works!

- Make a plan & study for an hour each day until the exam to master the subject.
- Practice in a place with no distractions.
- Don't study on an empty stomach, prepare **snackage**, see the recipe on the previous page.
- Make a solid cheat sheet. Know what the formulas are for. Write them on a cue card. It'll help you to remember.
- This cheat sheet idea can be used to prepare for science and history.
- Do practice questions, and check the answers.
- If wrong, figure out why then do it again later.
- Listen to music without lyrics to help you concentrate.
- Play games related to your topic to make studying fun.
- Try chewing gum when memorizing. You may remember what you were studying when you write your exam.
- It's better to study earlier in the morning after a refreshing night's sleep and a good breakfast.



A STEP-BY-STEP GUIDE TO SUMMER JOBS

BY ANNE-MARIE RENÉ

- Write/polish up your resume-CV
- Ask family and friends for job leads
- When out in the community, check postings on storefronts
- Ask employees at stores you visit if they need applicants
- Apply for jobs that interest you

Good luck - and get out there!!

Job ideas:

- Babysitting
- Mowing lawns & taking care of plants
- Dog walker, pet sitter
- Pool cleaning
- Tutoring
- Washing cars
- Scorekeeper
- Lifeguard (you need a Bronze Cross)
- Camp Counselor
- Sports coach
- Grocery bagger
- Cashier
- Movie theater attendant
- Fast food employee
- Restaurant server
- House Painting
- Window Cleaning
- Start your own small business!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <u>May 9th</u> | <u>May 10th</u> | <u>May 11th</u> | <u>May 12th</u> 9am-12pm: French Sec. 5 Regular Comprehension (MEQ) | <u>May 13th</u> |
| <u>May 16th</u> | <u>May 17th</u> | <u>May 18th</u> | <u>May 19th</u> | <u>May 20th</u> |
| <u>May 23rd</u> | <u>May 24th</u> 9am-12pm: ELA Sec. 5 Reading (MEQ) | <u>May 25th</u> 9am-12pm: ELA Sec. 5 Production Preparation (MEQ) | <u>May 26th</u> 9am-12pm: ELA Sec. 5 Production (MEQ) | <u>May 27th</u> |
| <u>May 30th</u> | <u>May 31st</u> | <u>June 1st</u> | <u>June 2nd</u> | <u>June 3rd</u> |
| <u>June 6th</u> 8:30am-11:30am: French Sec. 5 Regular Production (MEQ) | <u>June 7th</u> 9am-12pm: French Sec. 5 Enriched Comprehension (MEQ) | <u>June 8th</u> 9am-12pm: French Sec. 5 Enriched Production (MEQ) | <u>June 9th</u> | <u>June 10th</u> 9am-12pm: Math Sec. 1 C2 Reasoning 9am-2:30pm (by appointment): French Sec. 5 Regular Interaction Orals |
| <u>June 13th</u> 9am-12pm: History/Histoire Sec. 2 9am-12pm: History/Histoire Sec. 4 Complementary MEQ | <u>June 14th</u> 9am-12pm: Science Sec. 1 Theory 9am-12pm: History/Histoire Sec. 3 | <u>June 15th</u> 9am-11am: Science Sec. 2 Theory 9am-12pm: Math SN Sec. 4 C2 Reasoning (MEQ) | <u>June 16th</u> 9am-12pm: History/Histoire Sec. 1 9am-12pm: Math Sec. 3 C2 Reasoning 9am-12pm: Math SN/CST Sec. 5 C2 Reasoning | <u>June 17th</u> 9am-12pm: Math Sec. 2 C2 Reasoning 9am-12pm: General Science & Tech Sec. 4 Theory (MEQ) 9am-12pm: Applied Science & Tech Sec. 4 Theory (MEQ) |
| <u>June 20th</u> 9am-12pm: General Science & Tech Sec. 3 Theory 9am-12pm: Math CST Sec. 4 C2 Reasoning (MEQ) | <u>June 21st</u> 9am-11am: Environmental Science & Tech Sec. 4 Theory | <u>June 22nd</u> | <u>June 23rd</u> | |