



CVR Voice

March 2018

CVR Europe Trip 2018



Lynn Harper

This year's Europe Trip found us travelling to four major cities and historical gold mines! Our first stop was Rome – The Eternal City. From the Trevi Fountain to the Pantheon, the Colosseum to the Roman Forum, we experienced the rich tapestry that is Rome. It is incredible to think that we walked the same roads through which Julius Caesar and his armies once marched. Rome is a city of historical layers. Anywhere you dig in the city centre could potentially unearth an archaeological find!



While in Rome, we also took a trip to Vatican City and viewed the Vatican Museums, the Sistine Chapel and St.

Peter's Basilica. "The Museum of Museums", the Vatican not only houses the extensive collections of art, archaeology and ethnic-anthropology gathered by the Popes over the centuries, it also contains some of the Apostolic Palace's most extraordinary and artistically significant rooms. One is immediately struck by the sheer beauty and historical significance of this incredible place. Nothing can prepare you for the grandeur of the place...and pictures simply do not do it justice.

We also took an excursion to the City of Pompeii. Founded between the 6th and 7th century BC, in its heyday Pompeii was a happening place. Once home to a civilization with the finer things in life, it is now a city frozen in time. Sadly, in 79 AD, the entire city of Pompeii was lost as Mount Vesuvius exploded and covered the area with lava and rock. Today, Pompeii is an archaeological goldmine with clues which tell

us much about how the people lived...and how they met their end.

We travelled from Rome to Athens by plane and began exploring this ancient city. Our hotel was in the Glyfada District – right next to the beach. While it seems quite laughable to us, March is winter to the people who live in this region...and thus, no one goes to the beach...except the Canadians!

immensity of the structures is testament to the ingenuity and brilliance of the Ancient Greeks!

On our last day, we traveled from Athens to Delphi. While it is a bit of a drive, the views along the way are something to behold...and the warm sunshine felt wonderful! Delphi is a town on Mount Parnassus and is the site of the 4th-century-B.C. Temple of Apollo, once home to a legendary oracle. We visited



Our explorations began with the Olympic Stadium, the Acropolis and the Parthenon. The Acropolis' most famous building is the Parthenon, a rectangular temple built to replace two earlier temples to Athena. It was built between 447 and 438 BC. It is quite a hike to get there...but once you are standing on top of the "Acropolis"...one is immediately struck by its beauty. As well, the sheer

the extensive mountainside archaeological complex which contains the remains of the sanctuaries of Apollo and Athena Pronaia, as well as an ancient stadium and theater.

Truly, travel is the best teacher – and we hope that this journey has sparked a taste for many more years of exploring and learning.

Photo credit: Lynn Harper

CVR Sports Update

CVR Embraces Winter

Breanna Hadley – Gr. 7

Not all schools have the chance to experience the outdoors in the winter snow like we do. We can go skating, cross country skiing, snowshoeing and so much more. While many schools are limited to indoor sports in the winter, CVR embraces the cold and gives students the chance to learn new sports that they otherwise would never get to learn. From the first frost to the first signs of spring, any gym class that can be spent outside is. We are fortunate to have the equipment required to go cross country skiing and snowshoeing as well as the hockey rink built on our campus to play hockey, broomball, and have fun skating. When the conditions aren't right to do any of these winter sports we are lucky to have the opportunity to simply enjoy Canadian winters and play in the snow! Thank you to the Physical Education Department for this opportunity.

Photo credit: Terri Marino



SSIAA Champions

Congratulations to CVR's Juvenile and Midget girls on winning the SSIAA basketball championships against Centennial Regional High School. Special thanks to Juvenile coach E. Hamilton and Midget coach J. Kennedy for their support and guidance.



Equestrian Elite

Congratulations to CVR student Vanessa Krohn on being named "Cavalière Espoir" 2018.



Spartans Visit McGill University

CVR's Spartans had the opportunity to attend a McGill Redman's basketball game at McGill University. The opportunity to see what post-secondary athletics can offer students, as well as the hard work and determination required to play at the university level, inspires younger players to work towards their goals.



CVR Student Life

Tamara Laurin-Ricard Gr. 9

Student Leadership Update

Over the past few months Leadership members have found themselves quite occupied. They've organized a cookie sale in which all proceeds went to the Heart and Stroke foundation. Meanwhile for Staff Appreciation Week they assembled a red carpet placed just outside the staff room; a few days later they also baked cookies to hand out to all the bus drivers and organized snacks for all of staff. In honour of that week dedicated to the hard work of staff, special recognition is accorded to Leadership advisors Ms Hamilton, Ms Chow, Ms Langevin, Ms G. and Ms Barrette for nothing could have been accomplished if not for them. Speaking of gratitude, Leadership would also like to thank all students who participated in this year's carnival activities which consisted of



shopping/movie, sky tag/laser tag, skiing, tubing, spa and in school activities. If not for your participation these activities would have been cancelled in future years. This quarter's spring dance themed "Throwback To The 80's" was held on March 23rd. Thank you to all the students who attended and the staff who supervised.

Coalition Corner

Our Coalition leaders attended all 28 S.S.R.s to update students of their initiatives and brought back the feedback to the fellow members. With this information we able to make a concrete plan and begin creating the substitute teacher kits as well as beginning to design posters including the student code of conduct and contact numbers for all staff members.

We were also busy preparing students for the "Tell Them From Me" surveys which are conducted each year to gain statistics about the student population and their specific needs. We gave a presentation to the entire school on what last year's results told us and how it inspired our platform this year.



CVR Tech Crew: The Behind the Scenes Heroes

Gina Bonhomme Gr. 8

Ethan Iverson Gr. 8

When watching a performance, the main focus is almost always on stage. With the dazzling lights, set design and costumes-how can you not be left in an amazed trance. However, it is what happens behind the scenes that makes all this possible.

Enter CVR's tech crew.

Without the hard working members of the tech crew we would not have the amazing plays, pep rallies, assemblies, dances, talent shows, or lunch time activities. They also devote their lunch hour to serving as a DJ playing the most popular songs for students to enjoy during their free time. Throughout the Olympics there was a television set up in the lobby so students could support athletes and see exactly what hard work and dedication to a passion can result in. Their efforts were also evident in this year's amazing Performing Arts production of *Cinderella* and will be pivotal in the success of the upcoming Talentfest.

Thank you to this amazing group of students and to Mr. Geukjian for their time and effort.

Cinderella Success

Once again the CVR Performing Arts department has outdone itself. This year's production of *Cinderella* was funny, captivating, and of a caliber rarely seen in a high school production. The execution was flawless and the performances enchanting creating an atmosphere of wonder and awe. Congratulations to all the members of the CVR community who made this production possible. Excitement raves throughout CVR with high-hopes of the 2018-2019 show, knowing it will be just as amazing as the years before.

CVR Alumni in the Spotlight



Lydia Sutherland has made it through the blind auditions on *La Voix*. The CVR alumni demonstrated Spartan perseverance as she auditioned for the TV show for the fourth time and having two judges turn their chairs for her. She chose Alex Nevsky and will be perusing her dream on live television this spring. Good luck Lydia! CVR is proud of you.

Photo credit: TVA

Former Spartans Shelby Ovans (women's rugby) and Tristan Redcliffe (football) were recognized by Champlain College for their contribution to the continued success of the Champlain Saint-Lambert Cavaliers.



Matt Heaton, former CVR Spartan, has been named Rugby Canada's 2017 Men's 15s Player of the Year. Heaton began his rugby career at CVR and is an inspiration to our athletes that a strong work ethic can allow you to achieve your goals.

Photo credit: Rugby Canada

Huntingdon Arena Finalist in Kraft's 2018 Hockeyville Contest



The Huntingdon Arena is one of 4 finalists across Canada for this year's Kraft Hockeyville Contest in which they could win \$250,000.00 towards upgrades and host an exhibition NHL Hockey Game. In order to win, we need the community to vote as much as possible starting March 30th at 12 noon. Help support our communities who support our Spartans!

Go to krafthockeyville.ca for more details.

Photo credit: SportsNet



Notes from Our Nurse

Could your kids be at risk for substance abuse?

Families strive to find the best ways to raise their children to live happy, healthy, and productive lives. The following five questions highlight parenting skills that are important in preventing the initiation and progression of drug use among youth.

1. Are you able to communicate calmly and clearly with your teenager regarding relationship problems?
2. Do you encourage positive behaviors in your teenager on a daily basis?
3. Are you able to negotiate emotional conflicts with your teenager and work toward a solution?
4. Are you able to calmly set limits when your teenager is defiant or disrespectful?
5. Do you monitor your teenager to assure that he or she does not spend too much unsupervised time with peers?

**For each question, a video clip on the website below, shows positive and negative examples of the skill. **

Source: <https://www.drugabuse.gov/family-checkup>

Cell Phones

Students are reminded to leave their cell phones in their lockers during class time. As stipulated in your agenda cell phones are not to be used during class time as they are a distraction to your learning and the learning of others.

We thank you for your cooperation in making CVR the best possible learning environment it can be.

Mark Your Calendars

- **March 30** - Start of voting for Huntingdon in Hockeyville contest
- **March 30** – Good Friday (No School)
- **April 2** – Easter Monday (No School)
- **April 13-14** - Talentfest
- **April 16** - Cancelled Ped. Day (Day 4)
- **April 17** - Day 7
- **May 19** – No School
- **May 21** – Victoria Day (No School)
- **June 16** - Graduation