



CVR Voice

September/October/November 2018

CREATIVE CORNER: *PRODUCTION*

CVR has always been well-known for its performing arts—specifically production and theatre. Every year, our school mesmerizes hundreds of viewers with animated classics and films, like *Peter Pan*, *Cinderella*, and *Alice in Wonderland*. This year's production will be *Shrek*.

Students involved in every aspect of this production will be rehearsing, designing and decorating for countless hours to ensure every performance goes off without a hitch. With the help of our fantastic staff members, Ms. Babin, Ms. Harper and so many more, this year's show is bound to be a success, and will be a bummer to miss.



Workshop Day for Grade 7s

September 21st marked the day when CVR's grade 7 teachers and support staff came together and created different workshops to help new students be successful throughout their high school career. It was an opportunity for students to learn quick study skills, educate themselves on the proper use of the agenda, they informed themselves on health and hygiene, and were given a simple beginner's guide to IT.

To end a successful day, all grade 7 students regrouped in the school auditorium for a quick inspirational video by Admiral William McCraven on the importance of simply "*making your bed*" to start off our day with the right mindset of accomplishing small goals. Special thanks to the grade 7 teaching team, and support staff.

CVR's Annual Terry Fox Run

By: Gina Bonhomme



Every year, students around Canada participate in "The Marathon of Hope". The run is dedicated in honor of Terry Fox and the legacy he left behind.



Winnipeg. Fox was diagnosed with Sarcoma, a type of cancer that can be difficult to avoid it without amputation. Terry Fox did this to raise money for cancer research.



In CVR 38th year participating in the Terry Fox Run, which took place on September 20th, our goal was to fundraise \$3800. With the help of the student body, we are proud to announce that we have surpassed our goal, and contributed \$5081. Congratulations to all!

CVR Student Life

Tamara Laurin-Ricard

Aphrodite, Apollo, Athena and Zeus houses are back. However, instead of teachers keeping each group on task and uniting them, four senior school members have been offered the opportunity to take on that responsibility. As for the Leadership advisors, without being limited to one house, they're able to meet and offer each member of another house, guidance.

To start the year off right, each group was given an activity to organize, set up, and run. Zeus planned a Breast Cancer Fundraiser. This activity took place October 10th, and included an obstacle relay race. Teachers and students were encouraged to participate in groups of three for a small fee of \$3. All the proceeds donated went to Breast Cancer Research.

Apollo was assigned the Welcome Back activities. Twin Day and Crazy Hair Day, both a week apart, turned out to be a great success, with dozens of students, and staff members joining in on the fun. A special shout out to Ms. Filiatrault and Ms. Evans for twinning.

The house of Athena planned this year's Welcome Back Dance, Tiki Time Hawaiian, which took place on September 28th. Although it wasn't the largest dance, it was definitely a lot of fun.



Robb Nash Jams at CVR

Malorie Summers (Gr.8)

Robb Nash, Canadian born, is an exceptionally talented musician, writer, and story-teller. He uses his passion for music as a platform to tell teenagers his story. Nash was declared pulseless, after a head-on collision shattered his skull. Luckily, the universe granted him a second chance at life. However, being angry with the world, and not understanding why he was given this opportunity, he decided to make the best out of the situation, and change his outlook on life.

On October 25th, Nash and his bandmates from, *The Robb Nash Project*, visited CVR to share his story about his struggles about mental health, His songs inspired many students and brought hope that someday, everything will get better. *“If the pain doesn’t go away, neither does the strength,”* is a lesson that Robb Nash left echoing in our minds. The Robb Nash Project in a non-profit organization that hopes to inspire young minds to make better life choices through the power of music.

Thank you to the Robb Nash Project for sharing their story, and to CVR administration and staff for inviting such special guests.



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CAREER FAIR: Choosing our path

For senior school students, Career Fair is an important event for the planning their future. Luckily, it presented itself at CVR with so many different career options. Canadian Armed Forces, Dawson College, Concordia University, O'Sullivan College, and Nova Career Center are just some schools, to name a few. We would like to thank all the schools and the centers that participated and to Mr. Angelopoulos for organizing the event.



CVR Remembers

Every November, CVR holds an assembly to commemorate all the men and women who fought and died for our country, and for those who continue to fight for our rights and freedoms. This year's ceremony took place on November 7th, during which groups of students helped the ceremony run smoothly. Grade 10 students Christina Knox, Emma Anderson, Mackenzie Burns and Tamara Laurin-Ricard acted as the Masters of Ceremony, introducing the choir, and speakers. To add more beauty to the ceremony, Vincent Rolland and Adam Exler recited the poem *In Flander Fields*. With the help of Mrs. Harper's grade 7 Choir and after-hours choir, the ceremony included beautifully performed songs.

Grade 11 students Duncan McIntyre, Rose Surprenant and Dan- Phillippe Gosselin escorted the veterans and entertained them throughout the day. A very special thank you to the organizing committee for putting this commemorative ceremony together, Mrs. Harper and her grade seven choir and afterhours choir for the extraordinary music, and Mr. Geukjian and the tech crew for their help in making this a wonderful assembly.





Academic Achievers—CVR

...la was held on November 29th, and
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 ...brated students' academic
 ...photo booth was set up so students
 ...their awards, and attendees.
 ...nts for their achievement! Thank you
 ...ssey, Ms. Evans, Ms. Filiatrault, Ms.
 ...Geukjian and Ms. Sauve, for their
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NOV 29 Academic Awards Gala
 Public · Hosted by Chateauguy Valley Regional High School



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Student Leadership Corner