CVR'S FIRST ANNUAL IGNITE GRADE 11 CONFERENCE

"Where Preparation Sparks Opportunity"

May 2, 2017

8:30 - 3:15

RULES FOR IGNITE 2017

This is a regular school day. All grade 11 students are expected to be in school. A lot of thought and effort has been put into the planning and organizing of this event especially for you and your future.

Registration is on a first come, first served basis. Please read this program and select your sessions. On the registration form make sure you rank your choices from 1 being most favourite to 4 being the least. Not everyone will get their first choice, so please help the planning committee to place you where you'd most like to be. Otherwise, sessions will be assigned.

Put the registration form in the box in the main office by the deadline listed on the form, and please keep this program for your records.

Upon arrival on May 2, participants will be provided with a folder, including their schedule for the day. Attendance is based on this schedule and students are expected to be where they are registered. Every effort will be made to respect your choices. Please respect the presenters donating their time and expertise by staying where you are supposed to be as sessions have been filled equally.

Grade 11s do not have SSR on this day to facilitate discussion and communication about the morning sessions.

You will be provided with a feedback form after the conference for us to assess its success, as well as aid in planning for next year. Thank you.

The IGNITE 2017 Planning Committee:

Justine Beghuin
Isabelle Crawshaw
Alicia Dandurand
Michelle Frost
Hoang-Oanh Nguyen

NOTES

CHATEAUGUAY VALLEY REGIONAL HIGH SCHOOL

IGNITE

Thank you to our supporters and sponsors:

CVR STUDENT CAISSE

Petch

Caisse Desjardins

Mme Barrette, and the CVR office staff, for their vision and support

Grade 11 teachers for their understanding and collaboration

Our awesome volunteers: Kim Wilson and the CLC gang, D. McArthur, PAG, and other CVR staff who jumped in to pitch in

Ms. Sauve, for listening to grads and running with a good idea

Mr. Geukjian for our awesome logo and his patience and advice, always

L'éducation, un parcours à vie. Education, a lifelong journey.

PÉRIOD 1 8:30 - 9:50

Apprenez à dompter la bête

Geneviève Ross est une intervenante en prévention des toxicomanies dans une école secondaire, qui a longtemps travaillé en santé mentale. Je suis la personne désignée dans l'école lors de crise d'anxiété, donc je suis maintenant une spécialiste pour calmer les gens. J'ai envie de donner cet atelier car, j'aurais aimé avoir ces trucs lorsque je suis partie de chez mes parents pour vivre ma vie de jeune adulte.

Ensemble, on va essayer de comprendre qu'est-ce que le stress, le reconnaître et le déconstruire. Tu vas apprendre des moyens concrets pour essayer de maitriser cette bête. Et, en extra, je te donnerai des trucs pour étudier efficament. En gros, tu vas développer des stratégies qui te seront utiles dans ta vie d'adulte. L'atelier est vraiment important pour toi, parce que des fois, on ne trouve pas toutes les solutions sur Youtube ☺.

Staying in the Black! All you Need to Know about Budgeting Your Way Through College.

Join Caisse Desjardins employees Jonathan Tully, CVR grad (2002) and Wealth Management Advisor, and Pierre-Luc Brault, also a Wealth Management Advisor with expertise in Marketing and Personal Finance, for this session to help you know the basics of saving, investing, and the art of compounding. Also, learn about the government programs available for young savers.

Learn how to manage:

- Credit
- Your budget
- Your credit score
- To avoid costly mistakes (non-sufficient fund charges, defaults, bankruptcy and late payments)

PÉRIOD 1 8:30 - 9:50

How to *IGNITE* Your Country Spirit while Living in the City

Myka Taylor, CVR grad (2008) took the CRLT program at Dawson, followed by a degree in Human relations at Concordia. She is now finishing her Master's degree is Sustainability, Innovation and Creativity. She is now an animator/travel guide for From Me to We youth trips in South America. She has a certificate in Sustainable Happiness!

Moving to the city can be tough. Sometimes we take for granted the fresh air, wide-open spaces, and close community ties of the valley. It can be quite an adjustment. In this session, we'll take a look at how we can integrate all the small things that are so familiar to us while adjusting to a new chapter in life. How can we appreciate what we have and also be open to all that Montreal or any other city has to offer? How can we feel at home just about anywhere?

ROOM 107

Once a Spartan, Always a Spartan: How to Be a Successful Student Athlete

Jayme McClintock, CVR grad (2008), played rugby at John Abbott for two years and then played rugby for the Concordia Women's rugby team from 2010-2013, winning two provincial championships and placing fourth at the CIS National Championship in 2013. Being a student athlete and attending school full time can be hard to juggle. This workshop will give you tools to help manage your time and implement strategies in order to succeed as a student athlete. We will talk about:

- Time management
- Creating a weekly schedule
- How to address teachers & coaches
- Prioritizing your time
- School resources for athletes

ROOM 110

PÉRIOD 2 10:00 - 11:18

Mon 1er logement - My 1st Apartment

Doreen Roy du Comité logement de Valleyfield, qui a pour mission : (1) d'aider les locataires à solutionner les problèmes qu'ils rencontrent en lien avec leur logement; (2) rendre des services de consultation, d'éducation et d'information pouvant améliorer leurs conditions; et (3) promouvoir et soutenir le logement social. Ateliers sur vos droits et responsabilités :

- Bien choisir son appartement, seul ou en colocation?
- Bail : paiement du loyer, inclusions, renouvellement, résiliation et négociation
- Les factures : cellulaire, câble, internet, électricité, chauffage
- Budget et évaluation des coûts
- Déménagement, les assurances et les ressources
- Le crédit et votre dossier de crédit

ROOM 107

Batter up! Cooking Basics

Sarah Smith, AKA Emmett's Mom, studied to be a Chef when she was 19 and fell in love with food and everything about it. She's worked in large hotels, catering companies and small kitchens. Now, she teaches cooking from her home and makes wedding cakes.

In this session, we will talk about:

- Shopping for food and looking for fresh produce
- Using weekly flyers to get the best bang for your buck
- Basic pantry needs and kitchen equipment for your new pad
- Do's and don'ts about safety and hygiene
- How to use knives and measuring equipment
- How to cook basics like pasta, eggs and rice

COOKING LAB

PÉRIOD 2 10:00 - 11:18

Taking Care of Your Castle

Mike Furey, owner of Furey Construction, Inc. has 14 years experience in construction, and 8 years owning and operating his own business. Just because you may be a renter doesn't mean you don't need to know home handyman basics such as:

- What should be in your toolbox
- How to find a stud, hang pictures properly, and patch holes
- How to deal with a leak and where the water shut offs are
- Painting 101, and safety equipment in an apartment
- The general makeup of a house
- The breaker panel and what to do if you blow a fuse, or if the power goes out
- Caulking and sealing

AUTO SHOP

The Power of Saving: How to Build Your Wealth Starting Now!

Join Caisse Desjardins employees Jonathan Tully, CVR grad (2002) and Wealth Management Advisor, and Pierre-Luc Brault, also a Wealth Management Advisor with expertise in Marketing and Personal Finance, for this session which is all about saving money! Learn about:

- The impact of starting a savings plan at young age
- The effects of compound interest
- The basics of investing: learning about money market instruments, bonds and stocks
- The basics of asset allocation
- Registered savings programs like Retirement Savings Plans and Tax Free Savings Accounts
- Ethical investing

ROOM 112

PERIOD 3 12:30 - 1:50

Sunfuki Self-Defense: Establish that Confidence! **GIRLS ONLY**

Renshi Carl Trepanier has been doing martial arts for the past 22 years and loves sharing his passion. He has been running Karate Sunfuki in Chateauguay since 2010 and now has several black belt students.

This basic martial arts and self-defense class will teach you the essential elements of assessing a chaotic and difficult situation. You will also learn how to defend yourself in different situations: If someone punches you with a hook or with a direct hit; if you get grabbed by the wrist; if someone is pinning you against a wall; if you get grabbed by your coat or clothes or by the throat etc. You will also learn how to react in different situations: if you feel someone is following you, if you witness a violent or non-violent crime, etc.

DANCE STUDIO

MATWORK: DRESS COMFORTABLY

Auto Maintenance 101: Basics for Everyone

There are just some things everyone should know how to do when it comes to their car and driving. Join NFSB NOVA AUTO Department Head Derek Stacey as he shows you, among other things:

- How to check your tire pressure and add air to your tires
- The importance of getting your oil and filter changed regularly
- How to change a flat tire on the side of the road
- What you need to have in your trunk for roadside safety

ROOM 107

PERIOD 3 12:30 - 1:50

Making Scrumdilleyumschous 20 Minute Meals on a Budget

Sarah Smith, AKA Emmett's Mom, studied to be a Chef when she was 19 and fell in love with food and everything about it. She's worked in large hotels, catering companies and small kitchens. Now, she teaches cooking from her home and makes wedding cakes.

Let's get cooking!!

We'll have a list of recipes that are easy to make and are restaurant worthy. Using chicken and beef perhaps pork too! From soups and chili, to roasts and sauces. How to menu plan and cook for the week! Everything you need to know to cook and eat like a pro.

COOKING LAB

Safety in the City

Jeremy Reddick is an RCMP Constable and CVR grad (2000). Moving to the city and adjusting to life away from the valley can be tough. Learn how to:

- Maintain your sense of trust in people, but also hold a healthy sense of mistrust of strangers
- Assess dangerous situations and what to do
- Protect yourself, your belongings, your home and car
- Stay safe driving to and from school, in the city, at night, etc.

ROOM 112

PERIOD 4 2:00 - 3:16

Thinking *INSIDE* the Box: Living and Studying in a Small Space

Emmanuelle Nieuwenhof is an Interior Designer who graduated from the Univesity of Montreal, and also studied in Spain. She has worked at the Montreal design firms Provencher Roy Architects and Moureaux Hauspy Design, doing office and retail design for 8 years, specialising in office design and space organisation. She now works mostly in residential design, focusing on home construction, planning, and decorating.

In this session, you will learn:

- The qualities of a functional room or apartment
- How to create a space in which to enjoy freedom and comfort
- To work with images, plans and maquettes / mock-ups
- To improve grades and creativity by living in an organised space

ROOM 112

Auto Mechanics 2.0: A Gearhead's Guide to the Universe

Get your hands dirty with NFSB NOVA AUTO Department Head Derek Stacey as he shows you how to:

- Rotate and change your own tires
- How to use jumper cables
- And more!

This is more advanced than the earlier session, and may interest students thinking about going to NOVA in this program. Save yourself some service charges next year by learning how to do a few basic things yourself. Bring your questions!!

MAXIMUM 10-15 students for this hands on session.

AUTO SHOP

PERIOD 4 2:00 - 3:16

How Coupons and Cell Apps Can Save you Money!

Join Melanie Booth, mother of 4 and extreme couponer, as she shows you how to save money. Being on a tighter budget is not as complicated as it seems if you know how to shop with the proper tools. You do not even have to be on a budget to coupon! It is all about keeping your money in your pocket! Learn about:

- Using coupons
- Saving money
- Using cell phone applications to do this

We will discuss how to comparison shop, apply a coupon to save money, and even get products for FREE.

ROOM 109

Wake Up, Work Out, Kick Butt, Repeat!

Resident CVR fitness guru Chantal Bergevin has run marathons, done the grand Defi Pierre Lavoie, teaches work out classes, and is a living, breathing example of the positive impact of fitness on your well-being. In this workout and lifestyle session, she'll share her secrets with you.

When you leave high school, whether you were an athlete or not, it can be tough without gym class or scheduled workouts at school to stay in shape. Research supports the fact that workouts and a healthy lifestyle in young people have a direct impact on success in school and beyond. Learn basic exercises that you can do in the privacy of your room that will help you stay alert, sharp, and fit and even save you that gym membership!

DANCE STUDIO

DRESS TO WORK OUT