

# Good News Newsletter



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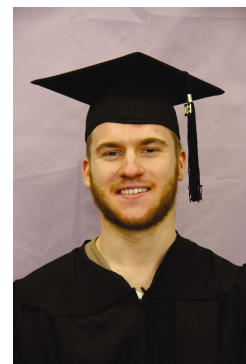
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## The Academy gets CPR certified!

Every year the Academy participates in a one to two day CPR and first aid training. This year our training happened on November 3<sup>rd</sup> at the school. Students and staff partner with a CPR doll and practice and practice until “no one is blue”. This was made a bit difficult by the fact that the practice dolls were blue – but we are confident that in real life, Academy students are now fully prepared for having to do chest thrusts, CPR, and other first response situations. “This is my new best buddy,” said Jen M.. “Let me save him, let me save him!” was heard being enthusiastically uttered by Theo S. What these students may or may not have realized is the degree to which knowing these life-saving skills can actually come in

handy in real life.

One of our alumni, Sam Strathman, who graduated in 2009, recently visited the school to tell us how important our school training has been in his life. As a 2<sup>nd</sup> year student in the Child and Youth Program at Centennial College, Sam actually put his training to work - he had to use his CPR training. He recently saved a client’s life by performing the chest thrust (Heimlich manoeuvre). What could be a better good news story than this - Academy students are saving lives. Go Sam!



At the Academy, we are fortunate to have a “Breakfast Club”, although the food is for more than just breakfast. Every day in the cafeteria in the morning, just before class and at lunch time, there is food provided to help students start their day and to keep their energy up. It is also convenient for students who have forgotten to eat breakfast or who have left their lunch or money at home. It doesn’t matter why, if you need or want food, anyone can eat.

The food is provided through generous donations from My Market Bakery in Kensington Market, Breakfast for Learning, Dale Jeffries, Karen Gordon, and Sinking Ship Entertainment. We also get some great leftovers from the cafeteria downstairs. On behalf of all of

the students, thank you to all of you for helping us to have this great service.

I am volunteering for the Breakfast Club. I will be the student bringing the food out and putting it away. I am doing this to make sure everyone is healthy and ready to learn. I know that it is challenging to learn on an empty stomach (it’s proven by science), and anyone who has ever been hungry knows that it’s tough to concentrate with a grumbling stomach.

Academy student David has said, “The Breakfast Club has been helpful to me on a day to day basis. Sometimes I feel like I need a boost of energy so, I go get an apple. Apples are a great source of energy.”

*By: Ishmael*



Canadian International  
Development Agency

Agence canadienne de  
développement international

# Around the School

## The Experience of a New Student

*By: Henry*

After graduating from my old school, Dunblaine, and leaving Camp Kodiak, I finally got to go to a new school that I loved after visiting last year. This new school is called the YMCA Academy.

During my final year in Dunblaine, I always had discussions with one of my teachers because I needed to know the basics of High School. I knew it was going to be different, but I didn't know it was going to be THIS different!

Unlike my old school, The Y has Mac computers, while my old school had HP computers. It's not that the HP Computers were terrible, they were pretty good, but the Mac's are kind of better by comparison.

## Voting and the Election

You might have heard that Toronto recently had an election. As a school, near the middle of October, we were informed by a school volunteer about the in's and out's of voting and the mayoral run. Todd has been a volunteer at the Academy for a few years, but just before the Toronto municipal election, he gave us a lesson on voting during one of our school TAPS sessions. Todd was very informative on politics in our city (Toronto). He made it really clear about what was going on and who was running. As some people would say, "He shined the light on politics".

It's a little bit later now, so, as we are all aware Rob Ford won the election. What does that mean for Toronto? Is there going to be

more or less gravy on the train?? And are we open for business? What did this mean before, and what will it mean now?

We were lucky enough to have Todd school us in politics. He was great and very clear that voting is important, not only to our country, but at the city level as well. The city does so many things that relate to our everyday lives, things like garbage, snow removal, housing, libraries, and parking, and these are just a few.

Without Todd I don't think I would have understood what was going on. I voted and my guy didn't get it - but I'm happy I voted because now at least I understood what I was voting for.

*By: Ishmael*



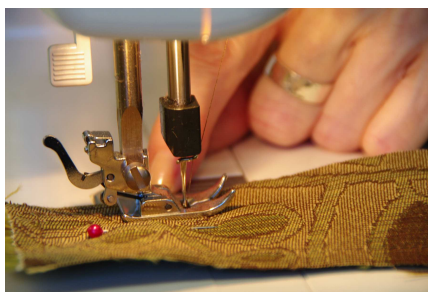
I love my art class more than my old school because my art teacher, Alexi, is awesome! She shows the class every type of media from art. For example, we went on a field trip to make Gargoyles out of clay. What's also cool is that Alexi understands that I'm good at pencil, ink, and sometimes paint. She's also very supportive!

In my Geography class, we learn about how pollution affects the Earth and now I'm more caring about my planet. Also, my classmates there are awesome! The teacher, Melissa, is funny! Everything else in this Academy is amazing! I'm glad I've joined otherwise my life would be dull.

## The Study of Fashionista-ism

*By: Brianna*

If you're the kind of person who loves to design, shop, sew, or just loves fashion, then join the fashion club! It's Thursdays from 3:00- 4:00. In this club we sew, and take trips to Fabricland - and of course talk about clothes! The members of the fashion club say that it's "an awesome way to learn how to sew all sorts of different things!" "A great experience um to be um like in a fashion group were you can be experts yourself" and that it's "fun and adventurous". Fashion club is hosted by Alexi's mom who has an exquisite taste in fashion. It is too bad that there are only four people in the club and the club would love to share their love of fashion with other people! Currently, the club is working on hand bags and are coming along swimmingly. So come to fashion club and unleash your inner designer!



## **Being a New Student at the YMCA Academy**

I'm a new student at the Academy. I used to go to a private middle school called Dunblaine. It was a very small school. I really liked it because there weren't many kids there and I got all the help I needed. I decided to come here because I heard through a couple of kids that it was a really good school, so then I did. I think this school is amazing because the people here are incredibly nice.

*By: Pauline*

## **Building my Co-op Experience Brick by Brick**

I'm doing my co-op placement at the Don Valley Brickworks. Since I'm doing my placement there, I thought I'd look up a bit of the history because it interests me and I wanted to know a bit more about it.

In 1882, William Taylor, one of the three Taylor brothers who had bought land to build a paper mill, found clay in the soil when he was digging potholes for a fence. He found that the soil was ideal for brick creation. Brickworks opened in 1889. It produced brick for 100 years, and according to the book "Secret Toronto", some of the buildings built with these bricks are Massey Hall, U of T Convocation Hall, the Ontario Legislature buildings and Toronto General Hospital. It was the longest running brick works in Ontario and offered more products than its competitors. It won the highest award at the 1893 World's Columbian Exposition in Chicago for the quality of bricks it made. It also won two gold medals at the Toronto Industrial Fair in 1894. In the mid 1980's the clay started to run out. The plant closed in 1984 after producing

over 43 million bricks. Today, it's owned by the public and has been turned into a park and heritage site.

At my co-op placement, I will be working with Evergreen, an organization that restores outdoor spaces and makes cities more liveable. They are at Brickworks, Downsview Park, and other places across Canada. Evergreen Brickworks has a bike workshop there so hopefully I will learn how to take care of bikes. I think this placement will be a great experience for me.

*By: Jessie*



## **Grant's Eco Tips:**

Here are a few tips for things that you can do to help the environment:

- Replace old light bulbs with more energy efficient CFLs.
- Turn off the lights when you are not in a room.
- Turn off the computer when you are not using it.
- Recycle paper cups (water cups at the school!).
- Bring your own reusable water bottles.
- Replace paper napkins with cloth napkins.
- Share with friends.
- While shopping use reusable rather than plastic or paper bags.
- Buy durable products that last and take care of them.
- Be vegetarian.

## Working with Children

*By: John*

This semester I have taken Living and Working with Children. Each Monday and Tuesday we go down to observe and play with the kids in the daycare downstairs. Before the course I had little idea of how to parent, well, because I was the kid. I never really thought about how much there is to parenting and working with kids.

Before we started to go downstairs we learned from our teacher and textbooks about types of parents, theories about child development and how children react to different types of situations. I found it really interesting. When I went downstairs for the first time, I wasn't quite sure how to react. I was almost scared because I didn't know if I would be accepted, but it was totally different than I thought. I went down and said "hello" to one of the kids. Right away, he showed me some kind of toy animal and I told him it looked cool. After that, the kids wanted me in five places at once.

I have only been down less than ten times and by now it's like I know the kids. I'm learning so much and it really goes to show that fitting in with kids is really easy.



## A Big Kid with the Little Kids

*By: Raquel*

As a kid at heart, one of my favourite things to do at school is to visit the childcare centre at 42 Charles St for my Living and Working with Children class. It all started last year, when my dance class was working with the fashion class, and we came up with the idea of making booties for the children in the daycare downstairs. Before we started making the booties, we had to go downstairs and size the children's feet. That's when I first came into contact with these wonderful children. It was actually kind of frightening because there were so many children in one room. The children loved the booties. So, we kept a close relationship with the daycare centre and my dance class did a dance party every Wednesday for about 3 months.

I loved them so much that I decided to learn more about children. First semester, the Academy was offering a Living and Working with Children Course and I just had to take it. The chance to work with these kids again was something I couldn't pass up. For the next three months, I have the opportunity to go down there twice a week with my classmate John to play with the kids, help solve problems (like fights over games and toys), dance and eat healthy food. They make me happy and it's a nice break from the stress of school work. It makes me think back to when I was a kid - oh, naptime!

I try to find myself in each of the kids. I can see the bossy in some of them. I can see how well brought up they are, and I can see how they're learning.

The kids love us, and this experience is beneficial for my post secondary education where I'm thinking of taking children's studies. Got to go - time for my nap!



## **Building Relationships**

*By: Katie Hammond, YMCA Childcare Centre*

Over the past year the ‘Living and Working with Children’ class has been spending time in our childcare centre, taking on a real-life experience in one of the most important aspects of a child’s life.

Upon entering the room, you automatically become part of the YMCA family. You are greeted with such warmth and friendliness from both staff and children; you cannot help but have some type of special connection.

I often hear the same question from the preschool children, “Where are the big kids?” My response is always the same, “They are at school with their teachers learning fun things like we do. They will be visiting us before we have lunch.” This conversation happens almost on a weekly basis.

It has become part of our routine that the Academy students and teacher join us for play experiences and help us prepare for lunch. As an Early Childhood Educator, it is important for me to provide daily learning experiences and create a foundation for establishing relationships. I feel the best real-life learning experiences come from interactions with children. Taking care of someone’s child is a huge responsibility. The parents and families put their trust in you that you will teach their child, keep them safe

and help them grow. With help from the Academy students, they are making it possible to provide the best possible care.

I often think about what will take place in the future. Where will all the Academy students be? What will they be? And the same for my preschool children - will they be doctors? scientists? Will they have families of their own? Much of the future is unknown except for one thing, the significant impact that all adults have on children and how it will shape their future.

I want to thank the Academy students and staff for all their help and hard work - the children truly look up to and admire you. You are making a difference.



“Self concept is the awareness of self as a unique individual. It is the product of interactions with significant others and how the child perceives the response of others. A child who grows to feel loved, secure, and competent will develop the healthy self-esteem needed to think responsibly and achieve self-fulfillment”.

Eden and Huggins, *YMCA Playing to Learn*, 2001, pg .77

## **YSAP and The YMCA Academy** **Sharing Knowledge and Expertise**

*By: Nicole Klement*

The YMCA’s Youth Substance Abuse program (YSAP) has partnered its councilors (Nuri and Melissa) with The Academy’s Grade 11 Health Care Class. Over nine workshop sessions students are being trained to become peer mentors. Academy peer mentors will unveil their new knowledge at the Voices Exchange on December 9<sup>th</sup> at 11:10 in the Academy Cafeteria. The Grade 11 Health Care class in action! ~participating in a knowledge sharing spider web.



## Free hugs

*By: Alex C.*



This year on September 23 we gave free hugs out to the building. At first, I thought this was a strange activity. The point of this is that research has shown that people need a certain number of hugs in order to be physically and emotionally healthy. Most people don't actually get as many hugs as we need to reach our peak happiness – this is about 9 - 11 hugs a day. Some people don't get any hugs every day.

The "Free Hugs Day" has become a YMCA Academy tradition that is done early in the school year. This is the third year that the school has bombarded both the whole school and 42 Charles Street with our bear-hugs. It started in one class, but now has grown to include most of the school. It is a good way to break the ice between students, and to break down the barriers between us and all the other people in the

building. It's nice to go around and see everyone who works in the building and to say that we're back again after our summer break.

We also learned about hug etiquette. For example, you can't force a hug on someone. You can only give a hug, not take one. You should make sure that the other person sees you coming and wants to hug – you can ask them if they want one, or if they open their arms, that means that they want a hug too. We also learned that you should make eye contact, and not try to burp someone while hugging. Also, an A-frame hug is appropriate at school or work.



## YMCA Academy Students go to Mars

*By: Alex S.*

On October 15th, the grade 11 English class experimented with green screen technology for the first time. The idea of a green screen came from me, Alex Shynkarenko, during my 1st year at the Academy. My dream is now a reality!

When our teacher Michelle Johnson first made the green screen, it was great. I was the first person to use the green screen and I was asked to dance in front of it. I did, and now we have a video of me dancing on Mars. We made the screen because we wanted to make something that everyone in the school can use and now we can get even more people to our school. We used the green screen for our PSA's for Peace video shoot. It was a great success.



# Peace & Remembrance



## R.I.P TO THE FALLEN

By: David

Remembrance Day is a day to remember the soldiers who have fallen from all the wars, but for others it is also a day to remember the family members and friends they lost during the war. Remembrance Day to me is a day to remember the people and family I lost in my life. What I think about war is it only promotes violence and makes more violence and it is really just for money. Instead of resorting to violence people should use their words. People remember those who have fallen on Remembrance Day by taking a moment to remember those who have fallen.



## Remembrance Day

By: Jamie

Remembrance Day is November 11. We mark this day in remembrance of the brave men and women who fought and died in wars. We also remember and thank those who help protect many parts of the world on peace-keeping missions. On November 11<sup>th</sup> the YMCA Academy hosted Remembrance Day ceremonies at 42 Charles Street East. We had a minute of silence to remember the country's fallen soldiers from the First World War, the Second World War, the Korean War and the Afghanistan War, among others. We also heard some readings, like the traditional "In Flander's Fields". We also heard some student readings and poetry. We wear poppies in remembrance of those who fought and died in the Wars. Poppies were first worn after World War One, because they grew around the graves of the soldiers. We have Remembrance Day on November 11<sup>th</sup> because it marks the end of the First World War - at the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month of 1918 with the Germans signing the armistice.



## What Peace Means to Me

*Everyday we all go through life wishing everything was good and there were no issues in the world. The fact is, there are, UNLESS we all try to make it a better place. Truth is that peace will never be 100% all over the world, in every home, school community or city. All we can do is give it our best and try to stay positive and give back to the people that brought you peace in your life. I try to be peaceful so peace will find me and what I call peace is loving to wake up and loving to go to bed. PEACE Y'ALL -Ishmael*

*Peace, I think, is a very good thing to have. If there is war, all you are doing is killing other people. It's not like the guy on the other side did anything wrong, he's just taking orders from someone higher up. I think war is unnecessary and we should talk things over like regular humans. -John B.*

*What peace is to me is when people get along. When no one judges you by the color of your skin or what area you live in. -Theo*

*Peace to me means people appreciating people for who they are and not their background. Peace also means wars in the world would be resolved. -Sasha*

*I think peace is a great thing to have in the world. Peace is about not making war but to make peace to others. Peace means love not hate, happiness not sadness and caring not war. That what peace means to me. -Jamie*

*What peace means to me is that people live in peace and do not hate one another. Men and women do not die by guns and countries respect their neighbours. We can all trade and no one will get angry at us. Alex C.*

# From Hockey to Melbourne: My Journey of Growing a Moustache



## Healthy Active Living Facts

1. Free-ride mountain biker Avi gets surprised by unassuming Brianna in wall sit competition with a wall sit of over 2min!
2. Summertime rower Yasin put both Avi and Brianna to shame with a wall sit of over 3 min, Brianna came in a very very close second.
3. Noah our "wall-ball master" single handedly keeps the class sweating.
4. Carson surprises everyone with a badminton return no one can play off of.
5. Henry kills "kick-it-crickit" with a point for almost every kick!
6. Did you know.... Madison can sing and exercise effectively?

It all started several years ago. It was the NHL playoffs and as any self-respecting hockey fanatic, I was growing the traditional playoff beard which would only be shaved off upon my team's departure. The tradition of growing a playoff beard is not one that is solely for the fans of the game. In fact, the tradition is reported to have started amongst the players themselves. In any case, during that particular playoff year, I noticed that my team's rival had its players growing not beards but moustaches, specifically the trucker style moustache made famous by Hulk Hogan. This is where my desire to grow one began.

During the following years since those playoffs I have been trying to grow the trucker style moustache, but have never been able to muster up enough courage to actually go through with it. For someone who has had facial hair of some sort, whether a goatee or more recently a full beard, for the better part of almost a decade, fear of a simple little moustache seems a bit silly. And because I do not have the luxury of knowing the great and powerful Wizard of Oz, finding the courage has been a difficult endeavour.

Unbeknown to me, the courage I was unsuccessfully looking for would come from the unlikeliest of places, Melbourne, Australia. It was there, in 2003, when a group of guys, "Realized the potential a moustache had in generating conversations about men's health, [and], inspired by the women around them and all they had done for breast cancer," decided that they would bring the moustache back as a bit of a joke and at the same time do something for men's health, sparking the beginning of the movement known as Movember.

So where exactly does the name Movember come from and what is it all about? Firstly, the Mo, slang for moustache, and November come together each year and combine to become Movember, "*The moustache becomes the ribbon for men's health, the means by which awareness and funds are raised for prostate cancer. Much like the commitment to run or walk for charity, the men of Movember commit to growing a moustache for 30 days.*"

My awareness and knowledge of Movember was sparked two years ago when a classmate from teacher's college started growing a moustache. Curious to know why he was growing one, I inquired and upon hearing his reason it became clear to me that I had found the inspiration I needed to find my courage. It is inspiring to know that last year, Canada's Movember campaign was the second largest in the world behind Australia.<sup>1</sup> The campaign included, "35,156 Mo Bros and Mo Sistas coming together to raise \$7.8 million for Prostate Cancer Canada."

So this year I am finally equipped with all the courage I need to finally grow the moustache I have been trying to grow for all these years, and my *motivation*, "Is to change the face of men's health."

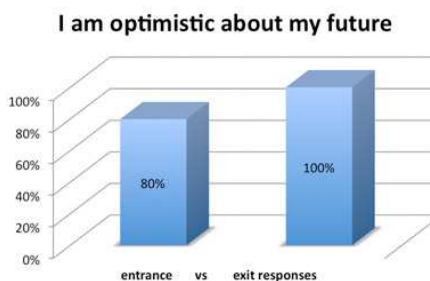
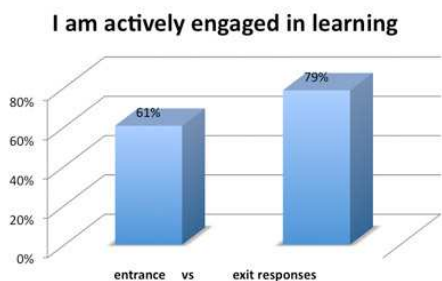
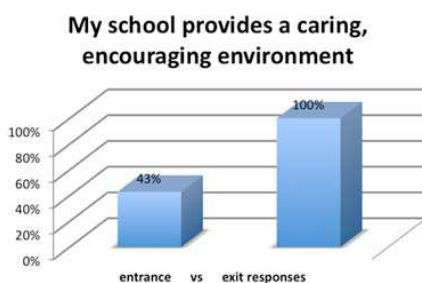
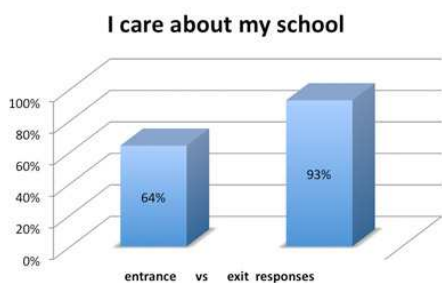
By: Zareh Demirdji



## The YMCA Academy supports growth of Adolescent Developmental Assets

Adolescent research has summarized 40 specific developmental assets that can increase a student’s success. An increase in the number of assets a student possesses can directly affect their success. At the YMCA Academy we strive to increase and support the development in these assets and thus student resilience.

Over the years we have gathered data about these assets upon ENTRANCE & EXIT to The Academy. Here are some of our results:



More data can be found on the “FACTS” page of our website at:  
[http://www.ymcaacademy.org/?page\\_id=200&page=2](http://www.ymcaacademy.org/?page_id=200&page=2)

# Field Trips

## Annual Cedar Glen Trip

Once again this year, the YMCA Academy staff and students spent two days at Camp Cedar Glen. The weather was great, the activities were cool and the food was delicious.

We reached new heights on the high ropes, supported each other on low ropes, hung on for dear life on the rock wall and challenged each other in “Giants, Elves and Wizards”. For some, evening was a time for a game of pool, foosball or air hockey, while others joined around the campfire and ate s’mores.

We returned to the school knowing each other a little better than before we left (and a little tired). *By: Tracey Addison*

**Sudoku**

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", contains all of the digits from 1 to 9.

1	6	7			4			
4	2							
8	7	3			6			
8			7					2
		8	9	3				
	3			6				1
		8			6		4	5
						1	7	
4		9	8				6	



## Cedar Glen

*By: Grant*

In the first few weeks of classes the whole school embarked for an overnight trip at Cedar Glen camp (September 13<sup>th</sup> and 14<sup>th</sup>). While we were there, we participated in team-building exercises, did rock climbing and played ping-pong. We played football and were crushed by the staff. We balanced a wooden log teeter-totter and arranged ourselves according to our birth month without touching the ground. This was good for team-building.

At night we roasted marshmallows and made s'mores. By the firelight we looked at the moon through Alexi's telescope and drifted off to sleep in our cabin shortly after. The second day we did archery and low ropes and left for school around noon.

After the Cedar Glen experience we all felt a little closer and I felt a little worse at ping-pong.



## Stewardship at Downsview

*By: Pauline*

On October 1<sup>st</sup>, the YMCA Academy went to Downsview Park to participate in environmental stewardship. This is the third year that the Academy has gone to Downsview Park to plant trees and do environmental work. We are one of their environmental stewardship schools, so it is something that we all do as students at the Academy. It is also just important that everyone do their part to help the environment, so it's good that our school gives us this chance.

JR from Evergreen, the group who is responsible for the grounds of Downsview, showed us how to plant and how to mulch trees. We were there in the morning until the afternoon. We split into three groups. One group planted trees, and the second group mulched trees and the third group stayed at the mulch pile and put mulch into buckets as people brought them to fill them up. We took a 45 minute lunch break, and we enjoyed each other's company. Many people also enjoyed delicious sandwiches that the teachers made.

Here's some things that people said about it:

- Brianna, a 9<sup>th</sup> grade student at the YMCA Academy said, "It's as fun as mulching can be!"
- Madison also a 9<sup>th</sup> grade student at the Academy said "It was a good experience knowing that we were continuing the process of helping the environment regenerate itself".
- Melissa, a Geography teacher at the Academy said "It's really great for the whole school to get out to participate together. I was really proud of how hard everybody worked"

I am happy that I participated, and will see everyone again in the spring at Downsview Park for our next stewardship day!



## Great Canadian Shoreline Cleanup

*By: Henry*

On September 17<sup>th</sup>, 2010, the YMCA Academy went from 42<sup>nd</sup>, Charles St. East to the Lower Beach of Toronto (also known as Budapest Park). It is part of the Great Canadian Shoreline Cleanup. We went to pick up garbage that was left on the grass, sidewalk, bush, or even gardens.

To clean up most of the area, the teachers decided to split up the Academy to groups of three or four. The groups wore plastic gloves to pick up garbage so that their hands didn't get sticky or so that they didn't get sick. The most common thing that was found that day, actually, the most common litter in any park of Toronto, is cigarette butts. "Who the heck would want to litter in a park?!" said Henry. "It was fun and a great experience!" said Brianna.

While we were there, the students got t-shirts for free! The shirts were about the Green Team of the YMCA. Did you know that a very nice guy named Craig made those T-Shirts along with some helpers for the Shoreline cleanup? Thanks! It was a bit chilly, so they also helped keep us warm.

It was a fun time at the Shoreline - picking up garbage and doing the right thing! That's something that thoughtless people who litter haven't learned at all. Here at the Academy, we know better!



## We Day At the YMCA Academy

*By: Madison*

On September 30<sup>th</sup>, 2010, 13 students and 2 teachers went to the Air Canada Center (ACC) to participate in the annual Free the Children's "We Day". From one of the very top rows, we were screaming for freedom, and cheering on the fact that we can make a difference. Free the Children created We Day to help encourage young people to become involved in social justice programs, and it is part of the "We Schools in Action" program. This event also occurred in Vancouver and Montreal, and featured inspirational speeches and performances. The idea is that students get energized to make positive changes, and that they go home to their own schools and communities to take action for the rest of the school year. Students from the YMCA Academy were definitely inspired, as we went from dancing, to cheering, to laughing, to being very touched. "We day was epic!!! It was the best day of my life, seriously! And wow, K'naan was there, like, oh my God!!!" says YMCA Academy student Pauline Siebert.

To inspire youth, there were also some famous people there including musicians, humanitarians and inspirational speakers. These included K'naan, Jacob Hoggard from the band Hedley, Cherie Blair, Alexandre Bilodeau, Down with Webster, Greyson Chance, cast members from "Degrassi", cast members from "The Buried Life", and many more. This only shows how many people this event has behind it, and how we are able to make a difference as shameless idealists. Thank you to Free the Children for the chance to participate in this great day - we will make a difference!



"I think We Day was a fun trip. The motivational speakers made you want to go help people and I think they did a good job raising awareness. Even though we went to see the motivational speakers, I really wanted to see K'naan live." - **John B.**

"We day was a great experience for me. I enjoyed seeing all artists and speakers. It makes me think about doing more." - **Theo**

"I think going to We Day was the great day of my life. I learned that anybody, even me, could help change the world and help people in the world. I got lot information out of We Day." - **Jamie**

"We day was a celebration of social action for youth. Speakers and artists all came together to spread the same message to us about how to change the world and that we are the generation that can do it." - **Sasha**

## Halloween for Hunger Food Drive

By: Brianna

From October 26-29 the Geography and History students of The Y.M.C.A Academy had a food drive. The school collected a whole pile of cans and dry goods for the food drive. On Friday the 20<sup>th</sup>, the History class brought the cans down to union station to help Scott Hammel disappear! He is a magician that we saw at We Day, and he was living in a big plexiglass box in front of Union.



We were not the only ones who tried to make him disappear. All over the city people were coming to do so to. Scott Hammel lived in a box for five days while people stacked thousands of canned foods around the box, trying to make him disappear! He did this because he himself is an activist, and magician who thought it was time that instead of making people disappear, that the people made him disappear!

This has been the first time that the YMCA Academy has participated in the Halloween for Hunger food drive and the first time that the Halloween for Hunger food drive has had someone living in a box. But Free the Children has been doing the food drive for years. All of the food collected this year is going to the Daily Bread Food Bank. Last year 408 schools donated 217,713 pounds of food to local food banks. That is enough to feed 2,221 families for a week! So, we did “trick or treat, and food to eat!” and collected cans not candy.

## Kenya 2010

By: Sasha

Before my summer started I knew what poverty was but I only saw the side of poverty from the television commercials and the pictures. I didn't want to have that image of poverty; I wanted my own personal image of what poverty was. So when summer came along I signed up for a Free the Children trip led by Spencer West to a village called Sikarar in the Masai Mara of Kenya.

When I arrived in Kenya I didn't see the depressed children you see on television anymore. I saw appreciation for life to the highest degree. I saw kids playing with one another and having the time of their lives. I saw mammas holding water on their backs but I saw them looking proud to be doing so. They had such poise to them and always stood tall. I saw the Masai warriors jumping as high as I stood! And when I saw all of this I got a sense of empowerment. I felt strong and unstoppable.

On a Me to We trip with Free the

Children your obligation is to build a school in a community that needs a school. So everyday we would have “build days” where we would literally build the walls of the school by hand, lifting the bricks one by one until we finished. That wasn't all we did. We got to help plant a medical garden so the community could start having a more healthy diet, including fruits and vegetables.

We also got to help build another school in another community and this school was special because it was going to be an all girls school, so that girls could get the chance to have an education and not have to feel uncomfortable being in a class with all boys. We also got to do the water walk with all the mammas. The walk started off walking to the water source, which is the same water source animal waste goes into, and we took our jerry cans and we filled them all up with water. Then the mammas one by one would take rope and tie the rope to our jerry cans and then they would lift the water onto our backs and tie the rope to our heads to secure the water. Then we would walk all the way back to the

mamma's house and drop off the water. This trip changed my life beyond what I thought it would. Going to Africa was an eye-opening beautiful adventure for me. It's not just about me, it's about we. It's about showing youth my age that changing the world really is cool and it doesn't matter how old you are or what colour your skin is— if we all want the same goal we can really achieve it.

Africa may not have a voice like we do, but it's our job as a developed country to help other countries have as loud a voice as they deserve. One story I will never forget is the time I was walking by myself in the morning to go get water and on my way to get water, I ran into a little girl who looked like a toddler. She stopped to talk to me and as we were having this conversation she stopped and she started to cry and I didn't understand why. And when I asked her why, she said “I never thought a white person would help me”. Stopping and having a conversation with someone can make a change in someone's life. Kenya was my wake up call. What's yours?

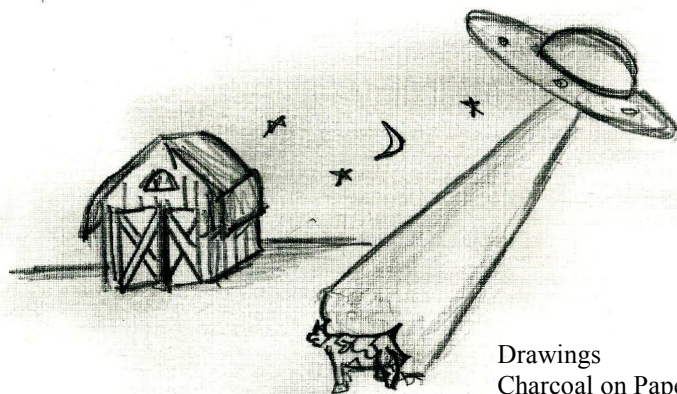
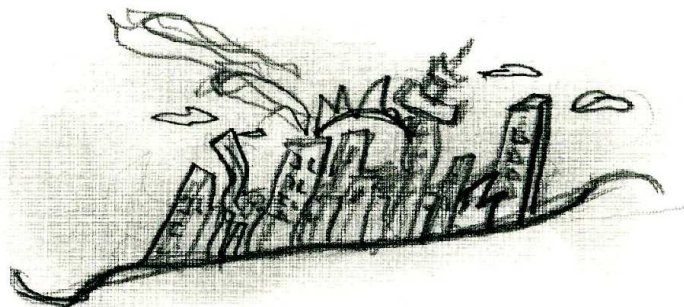
# Good News Art

## Gargoyles Alive!

*By: Alexi Manis*

A midnight bell tolls high in the tower of a dark castle. The year is 960 and gargoyles rule the land. Fast-forward over 1,000 years, students in the grade 10 Art class learned about Medieval art at the Gardiner Museum of Ceramic Art and worked with a professional artist to create their own mythical creatures. Some grew animal-like sharp claws and teeth and others sprouted wings and horns.

If you are walking around downtown Toronto sometime soon, especially around the University of Toronto campus, take a look into the corners and around the door-frames for replicas of Medieval gargoyles. But be sure to watch your back...



Drawings  
Charcoal on Paper  
Noah

## Magic

*By: Theo*

On October 14<sup>th</sup> 2010, a magician came to our school. First she showed the kids in the preschool her magic. Then, at lunch, she came up to the 5<sup>th</sup> floor and showed us her magic tricks and illusions. She did a variety of her different magic tricks. Her name is Amanda O'Leary, and she is Melissa's aunt. She came from Vancouver where she lives – she also owns a magic store there and does shows for both adults and kids. She talked a bit about what it's like to do that for a career.

One of her tricks was that she put a red cotton ball in your hand and then moved her fingers up and down your arm. She asked if you feel anything in your hand- of course, you can't feel anything. Then she eventually asks you to open your hand - and when you open your hand four little cotton red balls fall out of your hand! I don't know how she did it. She also did some card tricks and a trick with a key ring thing. None of us could figure it out until she showed us the trick.

Most of her tricks had messages about what it's like to be in high school and some of the things that kids can face. It was cool that it wasn't just magic but that it can relate to life as well. I think all schools should get to see a magician like this. Can she make my homework disappear? Thanks for coming!

# Fun and Games

## Easy recipes from Ishmael

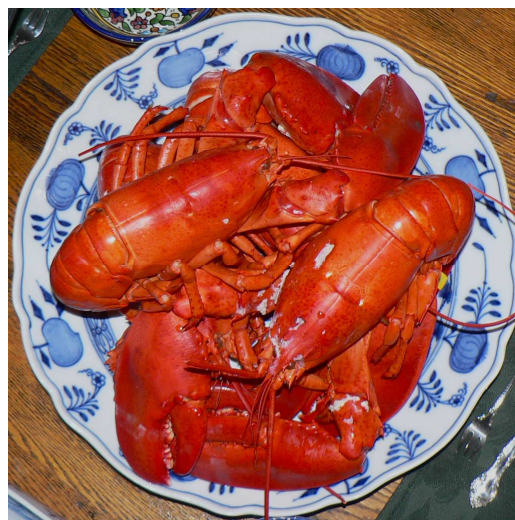
A lot of the time I'm not too keen on sharing my recipes with the general public (as a great chef never gives out his secrets!), but in this case, I love lobster and I know it's an easy shellfish to make.

### Ingredients

2 whole fresh live Lobsters  
1 gallon of water  
2 lemons  
2 onions

### Butter dip

½ pound of butter  
4 cloves of garlic  
Half cup of parsley  
Salt and pepper



### Instructions

Get a pot that can hold the gallon of water. Put the water in the pot and throw it on a burner on the stove (make sure the burner is on high). Following that put your lemons and onion in the pot. Bring it to a boil. When the water reaches boiling point, grab the lobsters that you purchased from your local fish store or grocery store. Cut off the rubber bands wrapped around the claws (be careful). Then throw the lobster in the boiling water and leave in for 12 to 13 minutes. After 12 to 13 minutes take them out and put them on a large plate. Leave them cool to room temperature.

While you wait for it to cool, grab a medium sized pot and put it on a burner on the stove on low to medium heat. Add the ½ pound of butter in the medium size pot. Put the garlic and parsley in a food processor and process to a paste. As the butter is melting, add this mix to the butter and let it cook down until it is a complete liquid.

Serve the lobster on plate with nut crackers so you can get the meat inside. Put the butter dip in a bowl for eating. Make sure you have a separate bowl for all the lobster shells. ENJOY!

## Good News Astrology

*By: Alex C.*

**Aries (March 21-April 20)** -You will receive a piece of candy. Then you receive two piece of candy. Man, you're having a giving a great day.

**Cancer (June 22-July 22)** Today you will meet someone with an epic beard. This will make you happy because epic beards are epic.

**Libra (Sept. 23-Oct. 23)** You will find money on the floor today. Then you will buy something you want, because that was exactly the money you needed.

**Capricorn (Dec. 22-Jan. 20)** You will find something that you have been looking for. When



## Movie Review: Sharkwater

Sharkwater...one of the most amazing movies I've ever seen. It combines determination with pure fascination, a very good combination. This film was made by Rob Stewart a young 27 year old environmentalist. After this movie was released, he started his national campaign of "Save the Sharks". Rob Stewart now travels across America trying to spread the message, that sharks are not bad, to schools.

*By: Madison*

you aren't even trying, it will appear. You will be happy you found it.

**Taurus (April 21-May 21)** Everyone will tell you the truth today. Which is great since someone will pay you a lovely compliment, and mean it.

**Leo (July 23-Aug 23)** Although you may fall today, you will land on your feet. Plus, you will not hurt your ankles

**Scorpio (Oct. 24-Nov. 22)** You will see someone you love in your dreams tonight. Then you will see them again in the morning. Which is good, because you like seeing them.

**Aquarius (Jan. 21-Feb. 18)** You will see a piece of awesome granite today. It will be the most beautiful piece of granite you have ever seen.

**Gemini (May 22-June 21)** You will see a double rainbow...what does it mean? It's all good. You decide!

**Virgo (Aug. 24-Sept. 22)** It will snow outside today, and it will be a snow day – yay snowmen! ...Or it won't, and you'll be glad for that too.

**Sagittarius (Nov. 23-Dec. 22)** Some day you will visit a foreign land. All good fortune in travel is yours, you just have to buy the ticket.

**Pisces (May 19- March 20)** Something will hit you, but after the shock of it hitting you, you will find that nothing hit you. It was all just a fantastical wave of joy.

## Editorial

Welcome to the 3<sup>rd</sup> Edition of the *Good News Newsletter*. This school paper came to fruition last year as a result of a purposeful desire to spread good news. As we looked at the news around us, it didn't necessarily jive with our worldview at the Academy. The students in the Art of Living class decided that they wanted to do something special to celebrate the YMCA's International Peace Week, and the newspaper was born. As a school, we produced two issues last year, and as a result of their success, we have christened the Good News Newsletter our school paper.

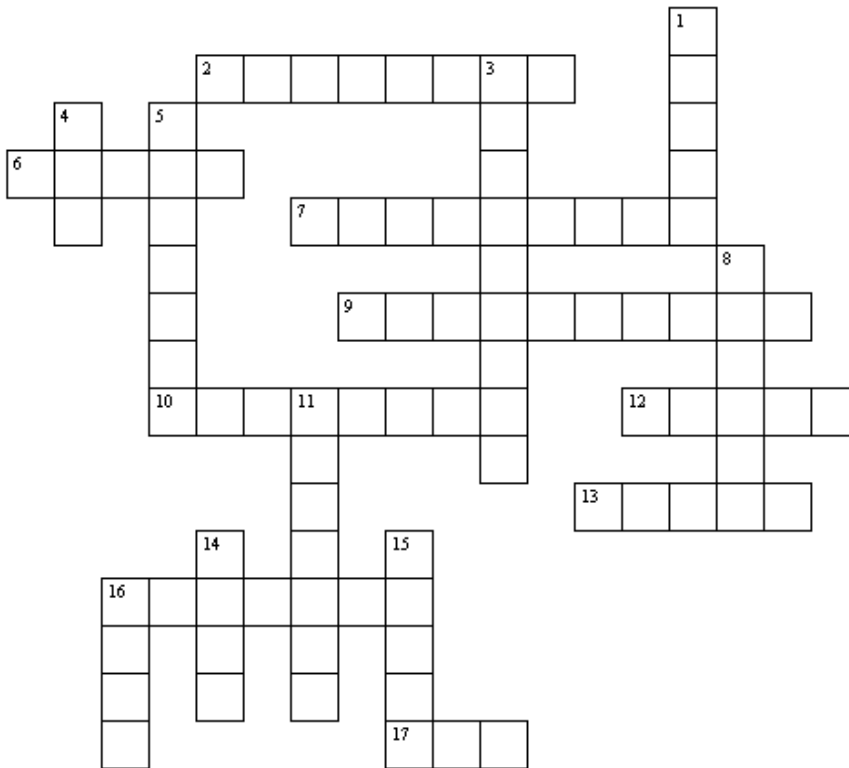
As we once again approach Peace Week, we'd like to say happy birthday to the Good News Newsletter, and to acknowledge everyone who works to ensure its' success. Thanks to the students and teachers for contributing articles, and for making sure that a wide range of issues, events and trips are covered. Thank you to IT Guy for the layout, for those with an eye to deadlines, and for the support of everyone who distributes and reads the newsletter. This publication would not be possible without the time, commitment and caring of many people. This edition is also generously supported by CIDA, through the YMCA's International Programs – this will allow us to print some shiny colour distribution copies.

We would also like to say thank you to some of the people and organizations who are so supportive of the work that we do at the Academy, and whose work allows and ensures that we are able to fully support the learning of our students in an authentic manner. Our success and ability to engage students is very much a result of our partnerships – we couldn't do this alone. In particular, during this edition, we would like to say a big thank you to Evergreen, Free the Children, the Jane Goodall Foundation, Ecospark, the 42 Charles Street Daycare, the Native Canadian Centre, YSAP, the Gardiner Museum, and to the staff of 42 Charles Street East. To all of our regular classroom volunteers and special guest speakers, we appreciate your time and dedication. Finally, a special thank-you goes to those who support the Breakfast club, both in food and monetary donations.

As we launch this edition to coincide with Peace Week, it's a pleasure to look back on our year so far, to remember the fun times we've had – and to look forward to those to come. Happy peace week to all, on behalf of the students and staff of the YMCA Academy!

Melissa O'Leary  
Teacher

# Good News Crossword



## ACROSS

2. Zee and Andras' favourite show
6. History and Geo Students went to this Free the Children event
7. Overnight September trip location
9. Name of the 1920's dance the grade 10 history class learned recently
10. Teacher most likely to correct your grammar
12. Teacher most likely to tell you to go back to "work"
13. Teacher most likely to know the pythagorean theorem
16. Teacher most likely to hug a tree
17. Student who compete in bike competitions

## DOWN

1. Student who learned to row last summer
3. The organization we do environment stewardship with
4. Nicole's Halloween alternate personality
5. Staff least likely to eat McDonalds
8. Go to this person for a late slip
11. One of the YMCA's core values
14. IT student
15. Student who went to Africa last summer
16. Name of the graphic novel studied in grade 11 English



Come celebrate the launch of our new website!

[www.ymcaacademy.org](http://www.ymcaacademy.org)

We invite you to join our online community, where you will have access to:

- Recent news, Photos, and Events at The Academy
- Schedules and Calendars
- Forms and Applications
- Scholarship and Bursary information
- College entrance information
- Showcase of student work
- Newsletter / Parent speaker series / LD related events

You can also follow us on:



Your YMCA's charitable registration number is: 11930 7080 RR0001

