



## Embracing our Differences



The annual *Welcome Back* ceremony for RSB staff took place on August 29th at Heritage, and it was one to remember! After a delicious breakfast, an unforgettable medley of student performances were presented in the auditorium. What an incredibly talented group of students we have at Riverside! They deserve to be mentioned, and we congratulate them for their great performances: **St. Jude Glee Club, Emily Oulousian, Katrein and Nicholas Gils, Mackenzie and Victoria Tawa, Miriam Borbeleau, Sarah Ghossin, Theresa Dalebozic, Emily Sakaitiswith, Jacob Lafontaine, Chambly Academy Jazz Band and Choir, Frederique Desgagné, and Julia Merlini.** Not to be forgotten are **Arriane Roy,**



**Philippe Germain and David Dupont** who M.C.'d and gave us a few chuckles, and of course the teachers: **Peter Vaillancourt, James Stadenyck, and Spencer Day.** Commissioners **Nina Nichols, Anna Capobianco, Pierre Chouinard** and **Moira Bell** were amongst those impressed and moved with the incredibly powerful performance by HRHS students' in a play called *Behind School Walls*, written by Natalie Small.

## Focus on anti-bullying

This year, one of Riverside School Board's main focus will be to develop an anti-bullying policy. It is in this regard that we include a poem written by one of Riverside's students on the topic.

Bullying Poem by Gioia Anelli

Many kids think this is a game, They don't bother taking the blame. The words that are said, Can make others feel dead. Those kids feel all the fame.	What about the others who pray, To at least have a say. What has this world lead That some kids have a hard head? What do these kids think all day?	Some don't want to go to school, 'Cause some kids are way too cool. Who ever in the world feels less? Shouldn't have to deal with this mess. Kids today don't make up the rules.	Some may be scared, But those kids have to be prepared. Now is the time to take a stand, That day will be so grand. This news just has to be shared.
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Gioia has also prepared a video on bullying, which can be seen by clicking here.

## It's All About the Kids!

by Miss K and Miss Trish  
Last year was a **blast** for our cycle 3 students at Terry Fox. Ms. K and Ms. Trish planned several exciting and creative activities which the students thoroughly enjoyed! The **Boys' Club** ran over a period of 17 weeks where the boys interacted by playing games including charades. Our **Nutrition Club** offered delicious lunches teaching the students to eat healthy. On Friday May 27<sup>th</sup>, the grade 6 students held their fundraising dance starting with a supper and ending with a sleep-over for the girls. We all had a fun-filled sleepless night wrapping everything up with a breakfast. The girls were pleasantly surprised when, after the dance, our school photographer, Steve Madden, showed up for a photo shoot. Our grade 6 boys are anxiously awaiting their activity (bowling and supper) later this month. Preparations are now underway for our grade 6 graduation ceremony/supper and dance leaving students with lasting memories of their final year in elementary. We and the cycle 3 students would like to sincerely thank our supportive principal in allowing us to experience such great times at Terry Fox. Thank you Mr. St-Cyr. Editor's Note: regrets to Miss K and Miss Trish; this article should have appeared in the last E-News edition.



**Editor's Note:** Regrets to Miss K and Miss Trish at Terry Fox School. This article should have appeared in the last E-News in June.

## Ascending New Heights!

by Donna Howe-Grice  
For our REACH students and staff, June 2011 was a month scheduled with amazing end-of-the-year activities. Although all of the activities were terrific, the hike up Mont Ste. Hilaire was the most memorable. Wearing pedometers, carrying back packs and exploring nature at its best was an unbelievable life experience for our students. While 15 of our older students hiked 2.6 kilometers up the mountain trail to have lunch and take in the incredible view, a few of our younger classes were either exploring the trails with butterfly nets in hand or reading a book while sitting by Lac Hertel. Experiencing new adventures outside of the classroom while promoting physical fitness are important for REACH. We can't wait to see what new adventures are in store for this year!

## Another Successful Rounds of Readiness Camps at RSB

Riverside's Readiness Camps returned once again this summer in three high schools: Centennial, Chambly Academy and Heritage. With its main objective of alleviating stress and anxiety in students transitioning to high school, the camps collectively welcomed 152 campers and 43 student camp counsellors who helped run them. By teaming up older 'mentor' students with younger ones, the new students experience increased motivation and attachment to their school, and make new friends in the process. The week-long camps feature different activities such as fashion shows and games, but also more serious activities such as getting from your locker to your homeroom and talking about current teen issues. Many thanks to **Elisabeth Kutter, Payal Grover, Pasquela Vara, Leslie Webb, Mike Sitruk and Annie Beauregard, Steven Chan and Thomas Crowe,** without whom these camps would not be possible.



## New iCan Program Officially Launched

A new program is available to students interested in technology called iCan (Innovative Computer Applications and Networking). Housed at Heritage Regional High School, the program will teach students in web 2.0 application, design and programming, 3d design and 'i' device development. The program was officially launched on September 7th with a ribbon cutting ceremony. In attendance were **Moira Bell,** Chairman; **Sylvain Racette,** Director General; **Lyse Gendron-Brodeur,** Director of Secondary Schools; **Commissioners Nina Nichols and Anna Capobianco** several parents.



Sylvain Racette, Brian Seltman, Louis Larouche and Moira Bell

## CRHS Students Travel to China

by Laura Cerminara  
My colleague, Melissa Perri, and I brought 7 students to Beijing and Gufubao for 12 days (June 27th - July 8th). We did sight-seeing in Beijing - the Great Wall of China, The Forbidden City, Tiananmen Square, Imperial Palace, The Summer Palace, The Temple of Heaven, as well as cruised the streets of hutongs on rickshaws, and we stuffed ourselves on amazing Chinese food! Once we hit the rural area of Gufubao, we helped build the school community in a small village. Our groups helped with planting of trees and designing and painting a mural to beautify the school. CRHS students were in charge of teaching grades 1-3 students English every morning.

The trip was part of the Free the Children organization and the Me to We effort, which we learned of through our fundraising campaign to raise money to help build a school in Haiti. All in all, it was a fantastic experience!



CRHS students with their students!

## YTV's The Next Star?

Meet **Milton Mayenga-Benzu,** aka **Milly** who is a top 6 finalist on YTV's show *The Next Star*. A student at Heritage Regional High School, he has spent the summer in Toronto competing, recording a CD and shooting a music video. As one of the top 6 finalists, he will be showcased on the Warner Bros. Next Start music compilation CD to be released this fall! Congratulations Milly, you're a winner to us! To vote for Milly, click here.





## PROFILE: Commissioner Nina Nichols

by Nathalie Brault

A commissioner for the past 30 years, and a long-serving community volunteer involved in, at one time or another, Emergency Foster Parenting; Tel-Aide; Girl Guides; South Shore Reading Council as a Literacy Tutor; St. Stephen's Church, the Douglas Hospital as well as her district schools. Nina Nichols is the consummate volunteer. She has lived in St. Hubert for close to 50 years, has 4 children and 2 granddaughters.

At the age of 40, she decided to go back to school, starting with Champlain College. She then went to Concordia and received her Bachelor's degree in Adult Education with a minor in English. She didn't stop there, further receiving her Master's degree in Educational Policy and Administration from McGill University. She was over 50 years young!

Q: Commissioner Nichols, you've been a community leader for the past 35 years, and are still active today. What inspires you to continue to give back and help others?

**A: I feel it is my responsibility to pass on knowledge. Many people invested time in me when I was younger, and I feel it is my duty to do the same.**

Q: What do you find most challenging about being a Commissioner?

**A: It is difficult when the projects you believe in don't pass at Council. I also find it hard to see the declining enrolment in certain of our schools.**

Q: What do you find most rewarding about being a Commissioner?

**A: It never ceases to amaze me to see the talent of the children at shows and performances.**

Q: There's been negative talk in certain circles about the role Commissioners play within school boards. What is your response to the naysayers about that?

**A: I believe there is a great misconception by the public about our role. I don't believe that our parents and students would be well-served by another elected official like the local MP or an office clerk, as the voice for our schools. They have no vested interest and don't often know what is happening locally. They also don't have the best track record for attending meetings and sessions!**

Q: What is your most memorable or significant contribution, either as a Commissioner or community volunteer?

**A: It was my idea to highlight the great things happening in our Board in the annual Tax Insert (Did you Know...?) I am proud that it was used two years in a row.**

Q: What is your personal philosophy on the state of education in Quebec today vs. say, 25 years ago? (ex. high drop-out rates, teaching boys)

**A: I believe in education for the public. I believe that it should be accessible to all, including those in low socio-economic situations. Today, technology has had a huge impact, especially on boys. I think that many spend too much time playing videos. I also think that teachers put up with a lot more than they did 25 years ago. Issues such as manners and politeness are less frequent today. Parents are also much busier working now than they ever did 25 years ago.**

Q: Who influenced you in your earlier life?

**A: My father had a great influence on me and how I still am today. He was a firm believer in routine and clean living. He said the body is like a machine: have breakfast at 8, lunch at noon and dinner at 6! He always told me to fuel my body with good food and enjoy healthy habits.**

Q: What might someone be surprised to know or learn about you?

**A: I was an avid sports person when I was younger. I lived for sports and even played football with the boys! My father didn't think it was lady-like so I kept it a secret from him! I can also get rid of anything. People know this and over the years have left on my doorstep towels, sheets, clothes, dishes, cutlery, picture frames, knick-knacks, arts & crafts supplies and many other items, and I have distributed them all to various schools, shelters or organizations in need. I still do this and love to find drop-offs in my carport.**

Q: If you weren't volunteering, what would you be doing instead, or what would you like to do?

**A: I can't imagine not volunteering! It is very gratifying helping others and sharing knowledge. For instance, last year I was eating lunch at a restaurant and a young lady kept looking my way. When she was finished and ready to leave, she came over to me and told me that she had been a Girl Guide and said "Thank you for my best years growing up!" Now how rewarding is that?**



REACH students front and center in the Défi Sportif ad, sponsored by Hydro-Québec.  
Congratulations to all the REACH students who participated!

## MEETING YOUR GOAL

By participating in the Défi sportif AlterGo, young disabled athletes from Reach school chose to win in sport as in life. They showed willpower and determination, competing along with more than 3,000 Québec athletes with varying types of disability.

Hydro-Québec sends its congratulations to the athletes and staff from Reach and 75 other participating schools for their commitment to the 28<sup>th</sup> edition of the Défi sportif.

To learn more about the Défi sportif AlterGo, visit [defisportif.com](http://defisportif.com).

