

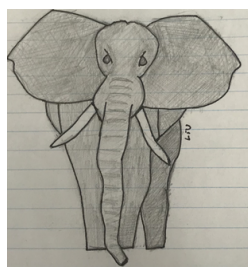


THE EXCHANGE

February 2022

STUDENT NEWSPAPER

Issue 1



TAKE A WALK ON THE WILD SIDE

Olivia Burns, Pencil and Pen



EVERYONE'S WATCHING, AND EVERYONE'S AGGRAVATED BY THEIR DISCRIMINATION

Evana Cornelius, Medibang
Paint Pro, Mouse



FROM ASHES TO ASHES

Dean Nagler, Acrylic

AN EDITORIAL LETTER FROM THE EDITOR-IN-CHIEF

Areebah Khan

Stories are about perspective. When we write, the story becomes what we want to tell. When we read, we see the world through someone else's eyes.

As we travel through life, we can choose how we want to see the world. The impressions society leaves on us can alter our views. Often, it's the *first impression* that is the most memorable. We read to educate, enlighten, and inspire ourselves – to leave an impression in our minds and on others.

Yet, "reason," according to Carl Jung, "is nothing more than...[our] prejudices and

myopic views." So, is it pointless to try to pursue knowledge when prejudices inevitably cloud our worldviews?

Frankly, no. The more we read, the more we learn, and the more we familiarize ourselves with different perspectives. For this reason, literature is essential. It forces us to think. To think is to question the façade of society; to pursue knowledge is to defy simplicity and search for new ideas.

In the inaugural edition of our student-run newspaper, I hope you read through the words and voices of our fellow ACS students, and I hope you enjoy viewing the world from a different perspective (even if it's for a few moments).

After all, isn't that what this is all about? Gaining new perspectives?

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IMPORTANT DATES

February 1- March 1 — Black Heritage Month
February 8 — BASEF Science Fair Registrations Open
February 9 — Spirit Wear Day
February 11 — Valedictorian Applications Due by 3 pm
February 16 — Casual Dress Day
February 22 — Volunteer Hours Due to Student Services
February 23 — Pink Shirt Day, Math Contests: Pascal, Cayley, Fermat

March 1-4 — Prefect Recruitment Application Pick-Up
March 2 — Valedictorian Vote
March 9 — Casual Dress Day
March 14-18 — March Break
March 23 — Spirit Wear Day
April 5 — Euclid
April 15 — Good Friday
April 18 — Easter Monday
April 27 — Spirit Wear Day
April 28-30 — Addams Family Musical

MODEL UN

Blossom Dhillon

Interview of Hemant Bhagria: Recipient of the Best Delegate Award

Hemant Bhagria was the winner of this year's Best Delegate Award. Bhagria is a seventeen year old, grade twelve student here at ACS. Some of his interests include coding, STEM, CWAYC, and CWAYC Parliament which is still in the works.

Bhagria represented the United States at the Model UN this year. Thirty-two countries participated in total this year.

Prior to this, Bhagria represented India in the Model UN in 2018-2019. This year was his second time participating in the Model UN. Bhagria joined the Model UN because he believes it is important to explore international diplomacy and how hard it is for countries to join together and make decisions. He believes this is an opportunity for students to keep up to date and deal with moments of both tension and crisis. When signing up, Bhagria's top choice was the US because he believed that it would be the most interesting to research.



Photo Credit: Tahmia Thomas

Bhagria was inspired by Darryl Orleans-Lindsey, a former ACS student who graduated as valedictorian last year. Orleans-Lindsey also represented the US in last year's Model UN. He was a big inspiration for Bhagria and how he prepared to represent the USA this year. Bhagria admitted that he was very nervous to represent the US, but he never let it show to the other delegates. A piece of advice he has for future delegates is, "clutch the podium, but don't let your voice shake." He says that being nervous is good, but you should never let it show to the other delegates. You need to take deep breaths and be confident in yourself as well as your research.

He also recommended reading the news as a main source of research for other countries, including your own. Bhagria says you should be able to talk about your country as if you live in it.

As the free debate started, Bhagria was bombarded with question after question from the other delegates until the President of the Assembly, Spencer Bradford, had to step in and refuse any questions directed towards the US for the time being. Bhagria was expecting this. He, along with a few other experienced delegates, agreed that the US should always go to an experienced student as it is a difficult country to handle. Bhagria backed up his claims by talking about how the US is a superpower around the world, many countries rely on it and therefore an experienced student should handle the position. Some other countries that he believes should go to experienced students are China, Russia, and Israel.

As a senior student, Bhagria admitted that it was difficult to make time to research and stay above the water with the current quad-mester system. To combat this, he avoided going out of his way to research, but instead valued understanding over written research. He kept up with the news to gain a better understanding of issues and only kept note of things such as statistics. He also kept articles on hand. The delegate of New Zealand, Prabhsharan Dhaliwal, added that the best knowledge is knowledge that is articulated well.

Bhagria would, without hesitation, recommend the Model UN to other students. He believes it improves students' public speaking skills, knowledge about the world, as well as the ability to understand the views of other people. Other benefits that he believes the Model UN can provide to students includes, an understanding of formal debate, leadership skills, an

interesting extracurricular on university applications, and the ability to represent an opinion you do not fully agree with. The delegate of Japan, Arka Banerjee, added that the Model UN improves a student's improvisation skills.

Some advice that Bhagria wants to leave for future students includes, never admitting that you are wrong (you may lose credibility), to know your country's standing (are you a superpower or do you rely on a superpower?), subsequently; know who your enemies and allies are, and the better you can represent your country, the better the whole experience will be. Additionally, Bhagria believes that the Operative Clause Free Debate is the most important part of the Model UN, and as a result should be longer. He believes every country should have a stance on the clauses and should have a say in them.

Overall, Bhagria felt very accomplished after winning the Best Delegate Award. He felt as though all his hard work paid off. The most valuable experiences are the ones that force you to take the first step. The Model UN is such a valuable experience for many students every year.



Photo Credit: Tahmia Thomas

THE VIBRANT PALETTE ART EXHIBIT: GLENHYRST ART GALLERY

Ms. Christie



Haggerty



McColeman



Thomas

Every year I wait. I wait in anticipation for an email from Glenhyrst Art Gallery announcing the drop off dates for the Annual Vibrant Pallet Exhibit. "2021 School Art Exhibition December 3, 2021, to January 1, 2022! Glenhyrst Art Gallery invites all area schools to submit their students' artwork for exhibit." These words are music to my ears. Then I look to see how many pieces I can send, always wishing that it could be more than 30 pieces but knowing well that 30 works of art is the limit for each high school. I begin to snoop around. Visually taking inventory of the amazing creations that surround me every day and wondering how in the world I will choose 30. Then I try to make a plan. Maybe if I get really big frames, I can put 5 pieces of art in the frame and enter it as one! I get as creative as I can.

Traditionally at ACS, we offer this opportunity first to our Gr. 12 graduating students. Having art on exhibit at our beautiful local Glenhyrst Art Gallery is an honour and a testament to the hours of dedication that our students have put towards their development of skill and process. Under the direction of our incredibly talented Mrs. Benoit, this year, we submitted 32 framed works, yes some had 5 or 6 pieces in them and yes I did sneak in 2 extra, from grades 11 and 12. Our 2021 collection is diverse in both subject matter and medium. Gr 12

student work is featured by Tahmia Thomas, Jake Haggerty, Sam Edwards, Owen Verschoore, Isabella Dowling, Bella Sorge, Abby Petranovic, Michelle Grieves, Shannon Shemmans, Bianca Babics, Eden Stanger, Sammi Traviss, and Princess Baquiran. Tahmia was awarded the prize spot in the gallery above the fireplace with her mixed media work "Disillusioned Reality" and Jake Haggerty's strong illustrations created conversation and interest. A patron contacted the gallery with a generous offer to purchase Princess Baquiran's Anatomy painting and Isabella Dowling's work had visitors wondering "What ever happened to that clown"? Grade 11 student work showcases up and coming artists Tori Jeffery, Jorgia Convey, Hannah De Blicke, Aislyn Pearson, Luna Tofflemire, Caylee Roloson, Neave Hodgson, Julia Marleau, Julia Kapusin, Brooke Rigolo, Ava Esselment, Sierra Petryshuk and Cali McColeman.

Due to community interest, the gallery has extended The Vibrant Palette Exhibit until March 13th. Whether you are interested in art, community, or taking a walk around Glenhyrst Gardens, you don't want to miss this free exhibit. ACS will also be exhibiting work in May for Catholic Education Week; details will be available via Twitter and Morning Announcements.

THE ACS PROJECT: A NEW SIGN FOR THE SCHOOL

Areebah Khan

A first impression is significant. We remember places, objects, and people based on the impressions they leave on us.

In Brantford, Assumption College School (ACS) is a commonplace of learning for a diverse multitude of students and staff. Our school is continuing to grow and evolve along with our community. Hence, new and exciting changes are underway at the school.

Mr. Sitko is the Department Head of Technology at ACS. With a background in architectural technology and design, he has a vision to improve the school from the inside out.

"It started back in 2017-2018," he recalls, "with a new design for the now fully accessible office." The goal for the office (which Mr. Sitko designed himself) was to create a more welcoming and open space for staff, students, and visitors.

In 2019, Mr. Sitko wanted to create park benches to place around the school. The first few benches were designed and fabricated by Karen and Kelly Loac as well as welding and manufacturing students. On a personal aspect, Mr Sitko states that, "each bench will be sponsored by community partners." Not only is there a committed effort from students, but the community of Brantford is also actively playing a part in this project. From any newcomer's perspective, Brantford may seem like a small city. However, there is lots going on behind the scenes. The connections within our community are integral to the culture of Brantford. The community provides support for projects, similar to Mr. Sitko's, that will further develop areas in the city. Things are always possible with a collectivized effort.



Photo Credit: Google Maps

Now, in the years of 2020-2021, "it was time to move on to the school sign." The sign, which has stood outside of the school since the beginning, was in disrepair. According to Mr. Sitko "it no longer represented the school in the community." It was time for change because the community was already evolving. The ACS community has grown in number, and the new tide of people has transformed the school community. With new administration, new clubs, new opportunities, ACS is a proactive and flourishing school "built by students for students."



Photo Credit: Mr. Sitko

Mrs. Hayes, former principle of ACS, says the project is meant “to ensure that we had a sign that was sleek and professional.” A new sign further contributes to the modernization of the school which will transform the image of ACS. It is a school for innovative ideas and student potential; so, the school sign will reflect the school spirit.

Mr. Sitko held numerous student consultations to engage ACS students in this project. Former student Tina Ngo designed the new ACS sign in 2020 year. The company 654 Sign Inc., which employs ACS Alumni, Taylor Jacob, is at the forefront of building, fabricating, and installing the sign. Student and teacher involvement was pivotal for this project. Thus, those working alongside Mr. Sitko are students interested in design or technology. Student involvement allows the school to spotlight local talents in our community. Also, utilizing local company resources enriches the element of locality and sincerity of the school sign. It is truly a work that reflects the community both within and outside of ACS.

ACS is more of a home rather than an institution for those in our community. Mr. Sitko believes that “like any home, maintenance and renewal is pivotal.” “Our part as a Catholic School is [to] give and provide for this community.” ACS represents the Catholic faith, so the school serves the community through

the guidelines of religion. Adhering to the school Mission Statement, improving our community is our obligation as “responsible individuals.” The message of the new sign is to reflect the school as it is today – to make an adequate ‘first impression’ for our evolving community.

The new sign has additional features that modernize the design but maintains elements of the original sign. There is an LED screen for advertising school events, which reflects the progressive style of the sign and the developments in the school. More importantly, the Cross on the old sign will be incorporated in the new design. Although the community has undergone a myriad of changes over the past decades, the essential elements of the school (the Catholic faith) are prevalent.

Mr. Sitko decided long ago that he wants to make an impression on this school by using his professional expertise. His goal is to create a unified appearance throughout the school, to improve “design, appearance, and flow.” His philosophy is “see the problem, fix the problem” because “it is important to take ownership of a project.” The power is in our hands to instigate change. We have the ability to control the narrative, to make the impression we want. The new sign in front of ACS is symbolic of that power to change for the better. As Mrs. Hayes concludes, “the sign is a nod to our faith and the talents that we all help to nurture in that building.”

THE ADDAMS FAMILY - AN ASSUMPTION COLLEGE SCHOOL PLAY 2022

Venetia Fernandes

This musical has been in the making since 2020, but unfortunately because of the pandemic, it had to be cancelled until 2021. Our school is lucky to be able to continue with our play despite these tough times. For those who do not



Art Credit: Mrs. Benoit

know, the musical is about an atypical family that believes that everything unusual is well, usual! Even though the Addams are quite an interesting batch, they still face problems every normal family faces. Gomez and Morticia Addams are the parents of Wednesday and Pugsley. But as their children grow older, they get tangled up in a messy situation. Wednesday falls in love with Lucas Beineke who is from a normal American family and to make the situation worse, Wednesday has invited The Beineke's over for dinner! The musical revolves around this one crazy night of tested relationships and secrets.

The play would not be possible without the following teachers:

Producer – Lauren Lytle

Director – Naomi Ratelband

Choreographer – Danielle Boschman

Vocal Director – Naomi Ratelband and Carmen Davis

Acting Coaches – Alicia Belina and Matthew DaCosta

tVocal Coaches – Eric Agnolin, Lisa MacDonald, and Carmen Davis

Aesthetics – Patti Beatty

Set Designer – Katie Benoit

Costumes – Andrea Capostagno

Backstage Supervisor – Andrea Capostagno

Financial Advisor – Eric Agnolin

Front of House – Eric Agnolin and Danielle Beccari

Along with that, we have around 60 cast and crew members and another 20 students helping with hair, make-up, front of house, set construction and painting!

The show is set to be performed on **April 28, 29, 30th at 7p.m.** along with a matinee on **Saturday, April 30th at 2 p.m.** The cast and crew are working hard with two meetings a week to ensure that rehearsals are going smoothly.

The musical has created so many new friendships we never thought would have happened because of the pandemic; being backstage with everyone really feels like we are one big family.

The Addams Family cast and crew want to thank you for all the support, we cannot wait for you all to see the musical this year.

Details on how to attend, purchase tickets and more are coming soon!

AN INTRODUCTION TO MACY ARSENAULT

Macy Arsenault

Hello everyone,

My name is Macy and I am very excited to share my life with you.

If you do not know me yet, I am in Mrs. Medeiros' class and I am graduating this year.

As you can see, I am in a wheelchair; however, that doesn't stop me from **WOW'ing** the world.

In this submission, I would like to introduce you to my best friend, Kaitlynn, and one of our fun, fishing adventures.



Photo Credit: Mrs. Zimmerman-Tangorra

I love fishing! I enjoy being outside by the water and of course, catching fish.

I have a van where I and my wheelchair can travel to the fishing spots in the area.

This particular day was really special because it was the first time Kaitlynn

and I saw each other in a long time... because of COVID.

In the first photo, you can see how excited we are to be with each other again!

In the second photo, you can see our catch...a sunfish! In the past, we have also caught bass fish.

Thank you for taking the time to learn about me. I look forward to your questions and comments.

Stay tuned for another submission soon.

Sincerely,
Macy Arsenault



Photo Credit: Mrs. Zimmerman-Tangorra

POINTERS FROM A PREFECT

Sara Iqbal

High school can seem like a labyrinth. Although many students have mastered the art of navigating through ACS' web of hallways, while others have finally gained the stamina to climb up and down each flight of stairs, some aspects of life at ACS are still difficult to understand. To save you from confusion, by answering some of ACS students' biggest questions, The *Exchange* has interviewed three anonymous Prefects who hope to help you thrive in high school!

1. **Stuck cramming the night before?**

Below are some tips for how to study/prepare for a big test:

- "I don't really learn by memorizing things, so I usually just 'study' for exams right when I start the course. Starting on the first day, I highlight every question I struggled with and around, like, the last week of the course, I go back through every one of those questions and just keep practicing them until I understand them all. I usually ask my friends for help first, if they're in the same class, and then I'll ask a teacher."

- "It's super hard to find the right way to study for exams, but for me, the best way has always been to start compiling all my notes a week before the exam, writing out summaries of key points in each unit, and reading my notes over and over again, until they stick. If I'm ever confused, I'll ask the teacher for help, or watch a few YouTube videos on the topic, and by the time the exam starts, I've memorized and understood all of the material I need to know."

2. **Missing volunteer hours?** Here's how you can get involved in the community:

- "Volunteer hours are actually pretty easy to get. Places like the YMCA, or the Brantford Public Library, sign off on volunteer hours if you help them out with community activities. There's even opportunities based on where you live. Brantford, for example, has the BYC [Brantford Youth Council], or even the area right around ACS is called the Shellard Lane Neighbourhood Association, and both of these groups, or committees, give out volunteer hours."

3. Stressed about the future? Find out how ACS Prefects choose courses and universities / colleges:

- "I think a lot of high schoolers think that they need to find an exact career path before choosing their courses, but that's not always true. I think it's important to know whether you want to go into STEM, LEAP, CWAYC, or the trades, and once you have that sort of general understanding, check out different university [or college] websites and find out which high school courses are required for admission into programs that are related to the subjects that you like. For example, if you really liked your Grade 10 Science class, check out which courses you need to get into an engineering, or biology program."

- "Okay, so a 'dream university' is totally

subjective... there are a ton of factors that make up a good university. For me, things like location, social atmosphere, affordability, and all that, are super important. I'm super extraverted, so I knew I wanted my future university to be U of T [University of Toronto], just because it's super big and diverse... but if you're someone who wants to stay close to Brantford, or live on a smaller campus, universities like Laurier, or McMaster might be the dream schools for you. Honestly, to find out where you want to go after high school, just think about what kind of environment you want to be in, or which universities are best known for your major."

THE STORY BEHIND BLACK HISTORY MONTH

Mrs. Engell

The concept of Black History Month in Canada originated from our neighbours to the south. In 1926, Carter G. Woodson, an African American historian, chose a week in February to recognize and celebrate Black Americans. He chose the month of February because two notable American anti-slavery activists were born in that month: Frederick Douglass and Abraham Lincoln. Eventually the one-week recognition turned into an entire month in 1976.

In 1995, a motion to recognize February as Black History Month in Canada was introduced. The first elected Black Canadian woman, the Honourable Jean Augustine, proposed the motion to the House of Commons. The motion was unanimously passed. In 2008, the Senate also passed a similar motion to recognize the contributions of Black Canadians to Canada. This motion was introduced to the Senate by the first Black Canadian

man appointed to the Senate, Donald Oliver. This motion was also unanimously accepted and adopted.

Each year, a theme is chosen for Black History Month. The theme for 2022 is "February and Forever: Celebrating Black History today and every day." At ACS, we have chosen to call the month of February, Black Heritage Month.



Photo Credit: westpark.org

Sources:

Canadian Heritage. "Government of Canada." Canada.ca, February 4, 2022.
<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

"How Did Black History Month Come to Be? | CBC Kids." CBC News. CBC/Radio Canada, 2022.
<https://www.cbc.ca/kidscbc2/the-feed/all-about-black-history-month>

THE A.C.E. COMMITTEE ON BLACK HISTORY MONTH

Myesha Khan

This year, the A.C.E. Committee along with many Black students and staff are planning an inspirational as well as informative Black Heritage Month. The Committee decided to use "Heritage" instead of "History" to emphasize the idea of focusing on the present as well as the past. The Committee wants to strengthen the idea that Black History as well as Black Power are important all the time and not just during February.

The members have planned for the three weeks of February; each week will focus on a different theme! This week, the theme is allyship, advocacy, as well as learning why Black Heritage Month is important. Members of the committee have many things planned such as "did-you-knows" that talk about different parts of history that you might not know about. They will also be playing music from Black Artists every morning. Members Janelle and Myesha have set up a Black-History Timeline which showcases many events, good and bad, that have taken place across North America. A bulletin board was created to provide more information; the A.C.E. Committee highly suggests everyone take a look at it; the board is located in the music hallway, just outside of Wellness.

A.C.E. members Angelina and Jerzie are going to be setting up a display board near the front entrance of the school. The display will focus on the Black Lives Matter Movement; it will include information that will answer any questions that you might have as well as pictures that will serve as a small memorial to those who were victims of police brutality and/or racism. Similarly, Mrs. Engell and Mrs. Santos have set up a display in the Library that features books that highlight and celebrate Black Heritage Month.



Photo Credit: A. C. E. Committee

A.C.E. members are also working to create a video about "**allyship**." Allyship is the process of supporting and advocating for marginalized groups. Learn more about the importance of allyship as well as how to become an ally in the video that will be coming out soon.

In upcoming weeks, the committee has a Fashion Show planned; the show will include Black Students who will be highlighting their culture through their clothing. Anyone interested in the fashion show, please email Isabell Kikulwe before February 16th. Anyone interested in helping the Committee with their work, please email Gabriella Osarumwense or Janelle Orleans-Lindsay.

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GSA CLUB GENDER PRONOUNS ANNOUNCEMENT

There are many parts to each of us that make us who we are. One of these is our gender identity.

What is gender identity?

Many people identify with the gender they were assigned at birth, while others identify with a gender that is different. This means that regardless of a person's biological sex, our peers may identify as male, female, both, or neither. In our school community, respecting another's gender identity is an important aspect of our culture of belonging. You should feel comfortable asking the name and pronouns a person uses. We cannot assume an individual's pronouns by the way they look, dress, or act. For example, some people go by "they or them" instead of "he or him" or "she or her". Assumption College is a place where everyone belongs.

There is a misconception that the Gay Straight Alliance (GSA) is a club about sexuality, but this could not be further from the truth. Our club is about identity. It is about honouring and affirming every one of us in our own unique identities. It is a safe space where everyone is accepted and valued.

Students who identify as LGBTQ+ are the most at risk group in Canadian high schools. Sexual minority Canadians were twice as likely as heterosexual Canadians to report experiencing inappropriate behaviours in public, online or at work. They are also more likely to be the victims of violent hate crimes than those who are targeted based on religion or race (Stats Can). We encourage students to join us as friends and allies, regardless of your sexual orientation. We are all human and we all belong.

COMMENTS BY Areebah Khan

A first impression can tell you about a person's entire identity – or does it?

Identities, gender, and pronouns are a contemporary part of an individual's identity. Understanding comes from gaining the right perspective, such as inquiring about someone's preferred pronouns instead of assuming.

Collectively, we must learn to rewire our minds. A first impression is not the only impression. People evolve, so we should change our habits too.

Gender is fluid. Gender identities, the use of pronouns, and preferred names is meant to create inclusivity. Refusing to acknowledge gender pronouns is akin to denying rights to certain people and disregarding their identity.

Gender identity is not limited to the gender binary. Today, there are a variety of gender identities, some include: cisgender (gender aligns with sex assigned at birth), transgender (gender differs from sex assigned at birth), non-binary (non-gender binary conforming), etc. Thus, we must accommodate for other gender identities that exist because, ultimately, acknowledgement is acceptance.

Definitions:

"Gender is often defined as a social construct of norms, behaviors and roles that varies between societies and over time. Gender is often categorized as male, female or nonbinary.

Gender identity is one's own internal sense of self and their gender, whether that is man, woman, neither or both. Unlike gender expression, gender identity is not outwardly visible to others. Gender expression is how a person presents gender outwardly, through behavior, clothing, voice or other perceived characteristics. Society identifies these cues as masculine or feminine, although what is considered masculine or feminine changes over time and varies by culture."

FROM Aidyn Gardiner (she/they to those outside the LGBTQ+ community) Everyone has a gender identity. Some people identify as cisgender and others identify with a gender that is different than the sex they were assigned at birth. Regardless of a person's sex assigned at birth, a person may identify as a woman, a man, both, neither or they may be genderfluid. In our school community, respecting other's gender identity and asking about the name and pronouns they use is a more welcoming and accepting gesture.

Two important things to remember: never assume anything and always ask for someone's name and pronouns. We cannot assume to know an individual's pronouns by the way they look, dress, or act; even when we know their gender identity.

Feel free to ask people when you meet them what pronouns they use. Feel free to put your own pronouns in your email signature, or to introduce people by using your pronouns (this can take the focus off non-binary people having to do all the work).

If you make a mistake, apologize, be gracious, and move on, people are not out to get you. Do not get too hung up: my experience is that people know

getting it wrong is part of the process and are forgiving if they feel you are trying your best.

You can check that you said the right thing first, rather than getting caught up in your head ("Hey, when I said that, was it offensive?"). Recognize mistakes happen and apologies are OK, but do not mistake them for real work. Apologizing a handful of times might be fine, but if you are mis-gendering someone repeatedly you might want to think about why and do better.

"When people use them, it feels like people care about you and it just makes you feel safer around those people because they respect you, when they don't, it feels like they don't like you and if it's like a transphobe doing it it makes you feel like less of a person," said one of our Students in the GSA.

Sources:

Government Of Canada, Statistics Canada. "A Statistical Portrait of Canada's Diverse LGBTQ2+ Communities." The Daily - , June 15, 2021. <https://www150.statcan.gc.ca/n1/daily-quotidien/210615/dq210615a-info-eng.htm>.

Wamsley, Laurel. "A Guide to Gender Identity Terms." NPR. NPR, June 2, 2021. <https://www.npr.org/2021/06/02/996319297/gender-identity-pronouns-expression-guide-lgbtq>.

JACK.ORG MENTAL HEALTH 101



Art Credit: Areebah Khan



Art Credit: Areebah Khan

WELCOME: ACS ART CLUB

Mackinley Markell

The ACS Art Club has officially been reintegrated into the school's community. For a couple of years now, the club has been inactive. Recently, the student body has demonstrated their support for the Art Club's comeback as a huge number of students signed up for the club.

The first meeting was hosted after school on December 7th. This meeting had a roll call conducted by Ms. Benoit and Ms. Meneguzzi and an introduction to the club. The head of the Art Department, Ms. Christie, briefed the members of the Art Club on the opportunities that the department provides, such as potential mural paintings, assistance with portfolio creation, participation in the school plays, and many other creative opportunities. The members were also given a summary of how expansive the Art Department is including classes for different mediums of art such as visual, dancing, photography, and many others.



Photo Credit: MacKinley Markell

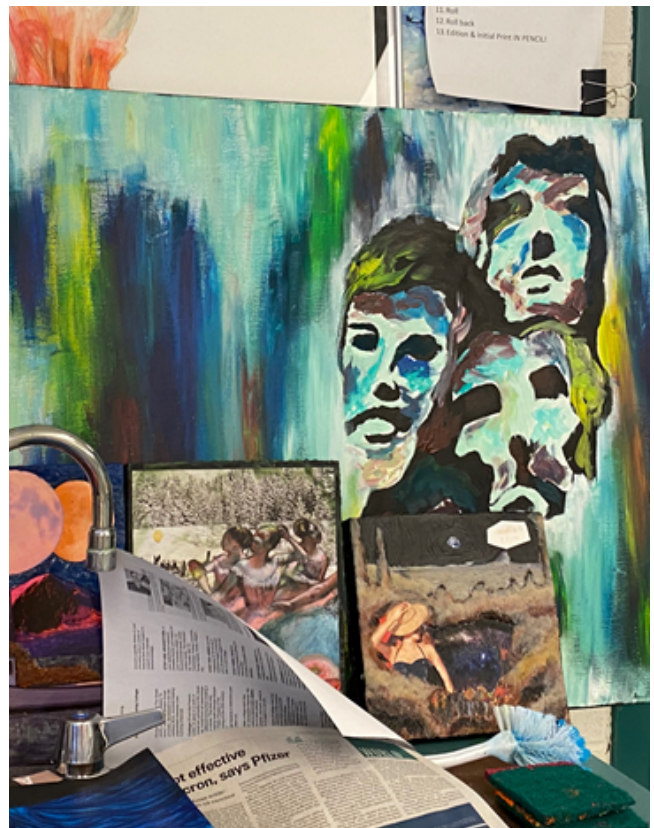


Photo Credit: MacKinley Markell

After the introduction, the members of the Art Club were given drawing exercises to do. There were sketchbooks full of crosshatching, character designs, and other prompts provided by the meeting.

Overall, the first meeting of the club was to provide an introduction for the members. Ms. Christie emphasized that the club provides a space for ACS students to have a break from their lives, as well as to express their creativity. The meeting concluded around 4:00 PM.

I went to the first meeting of the art club with big expectations. I thought about all the possibilities that this meeting could explore. Fortunately, my expectations were exceeded. The club had a comforting atmosphere, people with creative minds, and it allowed for further enlightenment of what art is at Assumption College School. I left the meeting feeling satisfied knowing that I would continue to support the club in its future endeavors. I implore the students at ACS to continue their support of the Art Club and I hope to see more students at the next meeting!

THE CODING CLUB

Prabhsharan Singh Dhaliwal

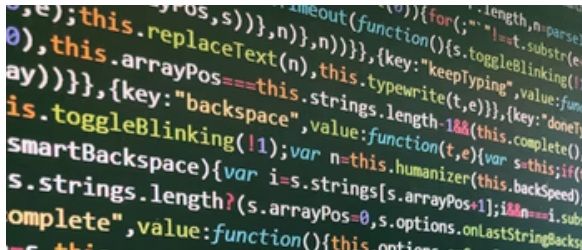


Photo Credit: Roozbeh Eslami of unsplash.com

What is the coding club like?

It's 13 lazy and intelligent guys who are passionate about coding, working in one big group to make life easier. Coding is simply problem solving and creating solutions. It's difficult, to say the least, especially at first because one mistake can change your output. However, once you learn to correct your mistakes, they are no longer mistakes. We meet every Tuesday after school in the iconic computer lab in room 2027.

THANK A VET POEM: "THANK YOU"

Aleah Beck

"Thank you"

To those that stood with pride on the frontlines,
Who fought for our country with bravery,
Kept going as they watched their friends flatline
And now rest in peace at the cemetery,
I thank you for your services.

To those who slept and dreamt in mud knee deep
Only dreaming of a peaceful silence;
Who received one meal a week and wouldn't weep,
After shivering, and freezing in suspense,
I thank you for your perseverance.

To those that gunshots were something normal,
As well as shelling's, casualties, and death;
Who fought and didn't forget their own morals,
And stood and fought strong until their last breath,
I thank you for your sacrifice.

To those who defined all the odds and won,
And made Canada proud of what you achieved;
Who were still kids and had to hold a gun,
And had to go through all the pain they received.
I thank you for letting me live free.

To those who fought in the sky or the sea,
And lived on rocky ships and in the air;
Who had injuries from many degrees,
But still fought after saying a quick prayer,
I thank you for your bravery.

To those still fighting and making us proud,
Who are only selfless, brave, volunteers.
Who also should be spoken of out loud,
As they still continue to persevere,
I thank you for your selflessness.

To those still recovering and healing
From the physical and mental war scars;
Who cannot forget and are still dealing
With the tragic events and time in war
I thank you for all you did and send support.

To those who gave us the Canada we have now,
So we could smile and live without fear;
Who let us live the way Canada allows:
Independently, Prosperously, and Proud.
I thank our Veterans for letting me be a Canadian with Pride.

THE MYTH OF "THE FIRST IMPRESSION"

Prabhsharan Singh Dhaliwal

A first impression is what most consider as the first *perception* of another person or thing, and this perception can alter one's opinion of what they are perceiving.

The first impression is merely insignificant, yet it is still somehow considered important because you can get to enjoy someone's presence regardless of your first impression of them.

So, why is a first impression important in the first place? A study done at the University of York suggests that it only takes around 100-500 milliseconds to create a first impression about another individual. This includes their opinion, pre-made prejudices and attractiveness to that person. In those few moments, we attempt to give others the best possible impression we can. However, this is the issue with the concept of "first impressions." The issue is that in the pursuit of giving a good first impression, it results in us giving the *illusion* of being more intelligent and competent than we are.

As a victim of this mistake, I can state that we (students) tend to use vocabulary that we are not familiar with to be perceived as more intelligent. You can typically notice this because students

would not use such words in everyday conversation.

In order to display a good first impression, you have to risk losing your individual authenticity. To simply perceive looking more intelligent and superior to your peers you can risk losing your inherited identity.

This is inherently immoral to the self because you are voluntarily manipulating the person to give the illusion of being smarter than you are. Therefore, I believe a first impression should not be taken into consideration when judging another individual.

The first impression is also like the concept of "falling in love," according to Jung's psychological theory of the anima and animus. When you see someone for the first time, and you find them "attractive" it is not the person that you fall in love with. Instead, you fall in love with the portrayal of the ideal beauty that you perceive. It is simply a psychological delusion that you find attractive because you are still unfamiliar with the person. This all relates to the myth of the first impression.



Photo Credit: canva.com

SHORT STORY: JUST LET GO PART 1

Vibha Koottala

Milo heard the sound of the door opening, his ears pricked up, his tail started to thump on the floor and he foolishly hoped it would be Lilly's face he'd see come in. Sadly, life doesn't work that way; it was the man (Lilly's father)

who came in. He didn't even come in daintily as she does; he stomped his boots on the mat, wiped his runny nose, and trudged into the house. The man looked at Milo and Milo looked back to the tree he had been staring at for hours. The almost bare tree that had one leaf hanging, as if the tree wouldn't let it go. Milo never looked at the man and he wasn't going to start now. "How you feeling pooch? Did you even miss me?"

the man joked. Milo didn't react. The man went away and soon started his daily routine of showering, making dinner, eating, watching tv, sleeping. It was always the same schedule every single day; and every single day Milo sat in the house, stared at the tree, ate, slept. It was different when Lilly was still here, but she's gone and so is all the happiness that the house used to bask in. Milo heard the man coming downstairs and starting to make his dinner. There is his routine again! Instead of following through with his own routine, Milo showed his defiance to fate by deciding to nap.

Milo awoke to the fading scent of butter and bacon and relished the smell. After a few minutes he realized he was alone in the house. The man must have gone to work. Milo found himself to be ravenous and dashed to his bowl to eat the kibble inside. Then he saw it. It was impossible,

yet there it was: an open window letting a cool breeze inside. The man must have forgotten for some reason; he never left anything open because of all the times Milo dashed away when Lilly stopped coming to the house. Without hesitation Milo leaped and landed outside before he processed what to do. He blinked, making sure this wasn't a dream. This was no delusion, and 2 Just Let Go with that Milo ran; no, not ran, he flew out of the neighbourhood! The wind in his fur, his tongue flapping in the air, the feeling of endless freedom mixed with adrenaline! Milo knew he would never want to stop. But he had to (he was a dog after all) and soon he slowed down at a small park with graffitied slides and creaking swings. It was run down and old, yet it stood as if nothing could bring it down. Panting heavily, Milo flopped down on the grass and rested. As soon as he was about to fly again, he noticed the child.

JUDGE A BOOK BY ITS COVER: FROM THE BOOK CLUB



1

1. This cover captures an entire vibe. It's giving warm summer weather, vacation on the private island, and rich people problems. Essentially, everything I love to see. I have no idea what the title alludes to, but, knowing this is written by Taylor Jenkins Reid, this has to be a well



2



3

written book that's more than just a story. It'll throw you into the lives of the characters. This has been on my TBR for months, and I'm definitely going to read it this year. The cover is fun and the colours convey joy and leisure. 9/10.

- Areebah Khan

2. I'm sorry, but this is so boring. Like it's a plain grey background with a cartoonish orange and black mask. And why did it have to be that shade of orange too? They could have done so much with a cover for a fantasy book. Where's the magic? The mysticism? The story doesn't seem as if it's had a lot of thought put into it if this is the state of its cover. 1/10. (It would be a 0, but I guess a masquerade mask sort of relates to a court).

- Tahiyah Syeda

3. For context, the Anthropocene is a proposed geological period that describes everything from the first [important] instance of human impact on the Earth, to the modern day. Starting dates range from as far back as when we were hunter-gatherers to as recent as the 1960s, but regardless of when you start, a lot has happened. The creative boom of the Renaissance, the introduction of the dial-up modem, the effects of several plagues, civilizations rising and falling, Henry VIII, pop music, and so much more. With the immense variety of events — good, bad, and somewhere in the middle — it quickly becomes a monumental task to represent all of it, other than with several spectrums of interwoven existence. That's what this cover does; it stands for so much, yet is so deceptively simplistic in design. 10/10.

- Jude Yen



4



5



6

4. This is a simple book cover done right. I love how bright the colours are, usually if a book cover has colours too bright it can be a bit nauseating. However, I don't experience that nausea when I look at this cover. Instead, it makes me curious about what this book is about. I also like the positioning of the noodles and the chopsticks; symmetry always makes a cover look ten times better. 8/10.

- MacKinley Markell

5. This cover is a bit generic. I'll admit the colours used are pleasing to the eye but overall, it just leaves something to be desired. Plus, I've seen so many covers

that look like this that it just doesn't stand out anymore. I bet if you went on *Goodreads'* romance section, you could find five other novels with a similar cover. Also, it doesn't even look like something carefully made, the pictures look like they were taken off *Canva* and just slapped on. 4/10.

- MacKinley Markell.

6. The cover of this book is beautiful. It portrays Indigenous culture within its art. Having read this book in Book Club, I'm aware of the significance of Anishinaabe culture in the book's setting, plot, and on the characters. I think the artwork on the cover truly reflects the whirlwind of a story that's within. It may seem intimidating, but once you crack open the cover, there's so much to be explored from heritage to love to mystery to unanticipated plot twists. This is a recommended read 10/10. (Check trigger warnings beforehand).

- Areebah Khan



7



8



9

7. Honestly in love with this cover. From the font of the title, the silver-grey-brownish colour, the sharp contrast between the background and foreground, giving it an almost three-dimensional look, to the insane amount of detailing, I love it all. Seems like the story would be royal, intricate, and a bit twisted. (Totally not biased, though I have read this book, and it's really, really good). 11/10.

- Tahiyah Syeda

8. Ew. Where do I even begin? Let's start with the background colour. I feel like it tried to be a pastel, but it ended up being a murkier version of bright orange. Then there's the palm trees which, of course, are the most obnoxiously bright shade of green. Emily Henry needs to immediately fire her cover designer. 1/10.

- Sara Iqbal

9. The cover of this book is very interesting to say the least. The contrast of color is both appealing and perhaps symbolic of the story. However, I will say it is not the most eye-catching when compared to the other books above. The cover of this book is a 7.5/10.

- Prabhsharan Singh Dhaliwal

ASSUMPTIONS OF ASSUMPTION

Vibha Koottala

There are many different reactions when students go to high school for the first time. You have the people who lose sleep over it, people who are psyched, people who couldn't care less, and people who haven't realized that they graduated Grade 8.

As you walk through the doors of Assumption, you'll unconsciously fall into a pattern as you go to your classes and meet your friends. Until then, you need to get through the confusing parts like forgetting your locker combo, not knowing where your classes are, and (the unofficial rite of initiation) tripping up the stairs.

Yet Grade 9's aren't the only newcomers starting the school year either. This year Assumption welcomed various new teachers into the school from all over Brantford and outside the city too. All the new teachers had no idea what to expect when they opened the school's front door. Every single teacher has something different to say about Assumption, and it really gives perspective into the lives of the educators at our school.

Ms. Ristov:

"I actually was at Assumption a couple of years ago too, but when I started I remember being surprised at how big the school was. I went to a small Catholic high school growing up, and I expected Assumption to be similar to my own experiences. Imagine my surprise when I found out there were almost 2000 students enrolled! Despite the difference

in size however, I have always found Assumption to be a welcoming and close-knit community which is very reminiscent of my high school years"

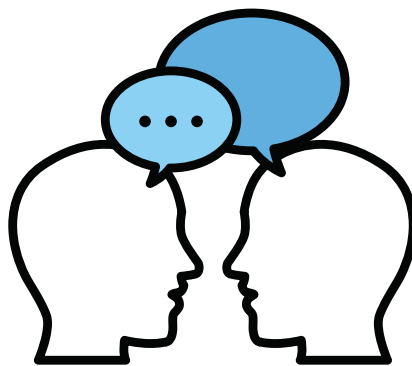


Photo Credit:
canva.com

Ms. Hynes:

"I first started at ACS in October. At this point, the only other teaching jobs I had were online. I really did not know how Assumption celebrated holidays and held events to come together as a community. As silly as this concern sounds, I remember saying to a friend of mine that I hoped Assumption did something for Halloween because I LOVE dressing up. To my delight, staff and students were in costume the Friday before Halloween. The 12 Days of Spirit was also a pleasant surprise. I love seeing the school community come together to have fun for the holidays and I am excited to see what future events ACS will hold.

On a more serious note, I have been extremely impressed with the staff and students at ACS. I am not from Brantford; so, I did not know much about the school before I started. Lucky for me, I am friends with a fellow teacher who raved about this place! Her description was spot on - everyone is amazing! The

students are so hardworking and humorous. The staff is extremely welcoming and helpful. I really do feel like a new cub learning so many useful tips from my lion family."



Photo Credit: canva.com

Mr. Prior:

"Not gonna lie, the days before my placement I was filled out with nerves. Some nerves positive just as it would be before I would play a rugby or squash match. The other set of nerves I was freaked out because I only experienced elementary school placements in teachers' college.

Are the kids going to be swearing at me, am I going to have more experiences of having to catch chairs that students are throwing at each other? Now I am very glad I made the decision to apply for this position. The administration and staff are very welcoming. The students in my class are chatty, but respectful. It's great that most of them choose to say hi to me in the hallways rather than hide and hope I don't see them.

I also see the energy back in the school with extra curriculums. It sucked when my OUA season got cancelled last year for university squash; so I feel for all the students who missed out on sports and clubs last year. Extra curriculums are such a big part of the experience of school. In 2022, I hope to help with either a club or a sports team and become more apart."

Mr. Cacilhas:

My assumptions of Assumption before I started were a little skewed because I taught at ACS back in the 2000-2001 school year. I remember the school having awesome school spirit and a great friendly atmosphere. I remember a hard working and dedicated staff.

Returning back to ACS after 20 years, I see that ACS still has an amazing school spirit, a caring community that steps up to help others, an incredible student body, and an awesome staff. It is a remarkable school and community.

One thing I did not expect is how many people confuse Mr. Faieta and I. So many people think Mr. Faieta is the principal and call him Mr. Cacilhas. I think one day we might switch offices and see how many people notice.

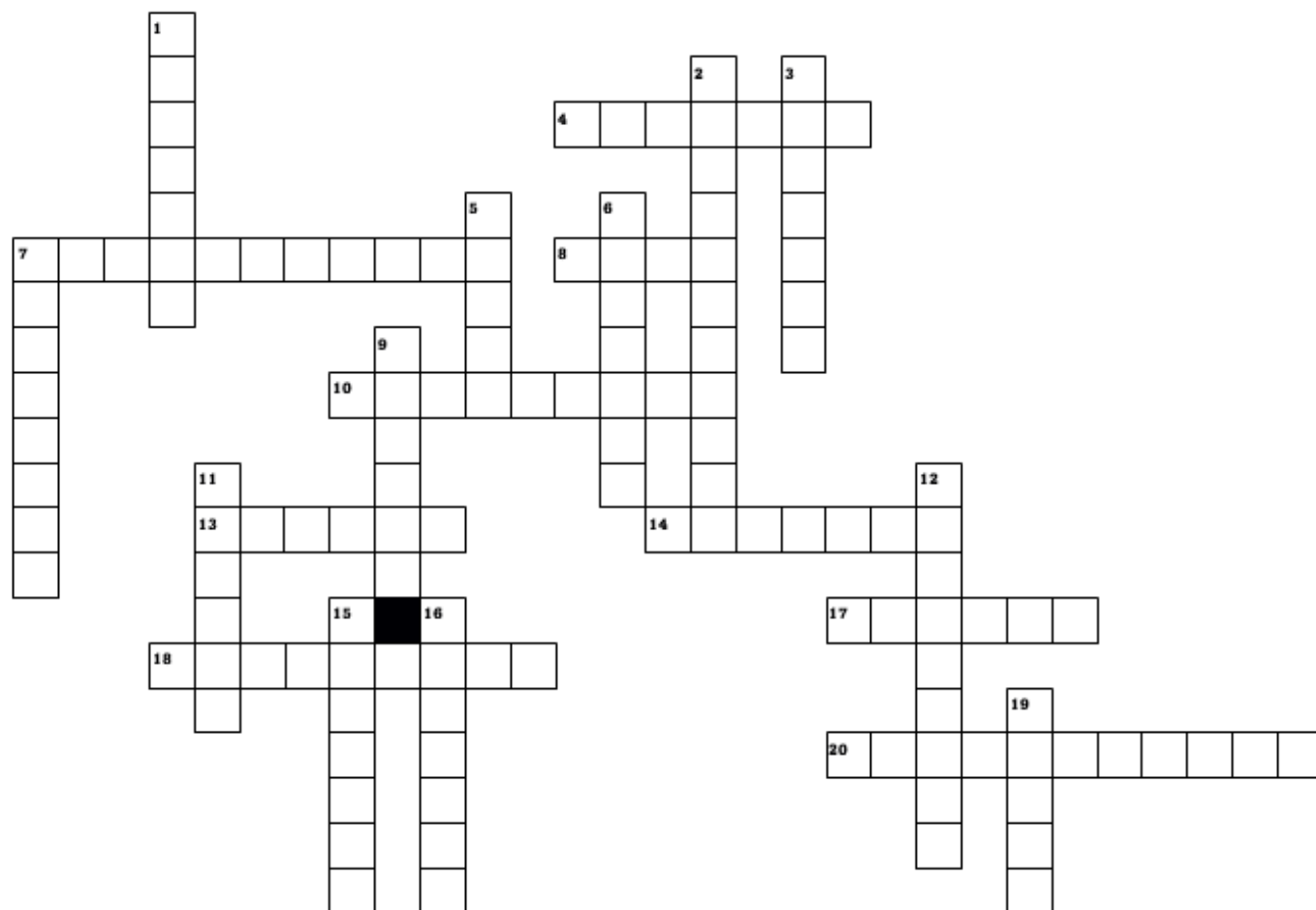
These teachers and our principal each gave their own outlook about our school. Every single one had a different expectation from the school year, and some came true, and others didn't (but I'm sure Mr. Prior is happy about that).

This year is no doubt difficult with the pandemic and new schedules. Yet, the teachers continue to do their best to help every student in the classroom succeed, which is what makes our instructors incredibly valuable. Despite the whirlwind of chaos, there are extracurriculars, athletics, and even a musical being held at our school and this is all made possible by the team of adults in our building including, administrators, secretaries, caretakers, EAs, counsellors, techs, volunteers, and of course our very own teachers.

These new educators in our midst are the school's future (no pressure) just as much as the students are, so it's great to know that they feel welcomed and at home in the lion's den. However, as Assumption grows and changes through the years, one concept will forever remain the same: you never know what to expect on the first day of school.

Just for Fun

GUESS THAT TEACHER



Across

- 4. - That one math teacher
- 7. - Bicep Curls
- 8. - Defies physics
- 10. - Student Council King
- 13. - Roger that
- 14. - Last name rhymes with pasta
- 17. - The biggest LEAPer of LEAP
- 18. - The teacher that keeps the vocal "ensemble"
- 20. - You will say "Holy Mary" in his class

Down

- 1. - Italian wrestler
- 2. - Doctor
- 3. - Sweet sister of Bicep Curls
- 5. - Intimidating and historically well red
- 6. - Rhymes with gecko
- 7. - Model UN coordinator
- 9. - Not perfect but prefect
- 11. - _____crackers
- 12. - Polish "Jack"
- 15. - Plays every single instrument at Assumption
- 16. - I'm a Math Genius!

First Impressions

E	E	X	P	E	C	T	A	T	I	O	N	S	F
C	E	S	U	N	K	N	O	W	N	O	N	N	U
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APPEARANCE
 NERVES
 NEWCOMER
 PREPARATIONS
 IMPROVE
 THOUGHTS
 UNKNOWN
 SUCCESSFUL
 HURDLES
 STORIES
 EXPECTATIONS
 REFLECT
 POOR
 KEY
 DESIRE
 EXPERIENCE
 FUTURE
 NEW YEAR
 REALITY



Answers

First Impressions

APPEARANCE
NERVES
NEWCOMER
PREPARATIONS
IMPROVE
THOUGHTS
UNKNOWN
SUCCESSFUL
HURDLES
STORIES
EXPECTATIONS
REFLECT
POOR
KEY
DESIRE
EXPERIENCE
FUTURE
NEW YEAR
REALITY

E	X	P	E	C	T	A	T	I	O	N	S	F
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Y	U	A	I	M	P	R	O	V	E	R	E	T
E	G	A	K	C	H	P	O	R	V	I	A	E
A	H	O	E	S	H	U	R	D	L	E	S	E
R	T	E	Y	I	T	N	F	S	S	O	L	E
A	S	E	N	S	U	C	C	E	S	S	F	U

Defies Physics – Page

Doctor – Dr. Petrella

Petrella, the Basketball Coder - Young

I'm a Math Genius! – MacNeil

Not Perfect But Prefect – Mr. Nagler

Bicep Curls – Ferraccioli

Rhymes With Gecko – Pacheco

Student Council King - Calabrese

Last Name Rhymes With Pasta – Dacosta

Italian Wrestler – Carcuro

Plays Every Single Instrument At Assumption – Glowala

Model UN Coordinator – Flanagan

You Will Say "Holy Mary" In His Religion Class – Bissonette

That One Math Teacher – O'Brien

Crackers – Graham

The Biggest LEAPer of LEAP – Fergus

Polish and Leads "jack.org" – Dabrowski

Sweet Sister of Bicep Curls – Bednarz

Roger That – Rodger

The Teacher That Keeps the Vocal "Ensemble" - Ratelband

Intimidating and Historically Well Read – Birka

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NOTE:

Thank you to all staff and students for contributing works to this student-led issue of the Exchange. Because of length restrictions, not all submissions can be published. We look forward to the possibility of including your piece in the next issue. If you would like to submit a piece for the future issue, please do so in the Library D2L / Brightspace page.