



# ØRENDI

## You're a Merry Merry Mess, De-stress.

By Cassandra Pegg

It's a hectic time of year, that's no secret. There are exams to be taken, assignments to be written, shopping to be done, studying, planning, working, socializing, gift-wrapping, decorating, cleaning and trying to get enough sleep to make all these things happen (a nearly impossible feat).

It's easy to get lost in the buzz of the holiday season. Christmas is a glorious season of giving and love but when you have mom rushing through armed with a vacuum in one hand and a recipe book in the other, dad swearing about the stupid fake tree he's attempting to put up, Mariah Carey blaring from the radio, dogs and kids and cats all running around demanding food or attention, it can be a little bit difficult to find your zen.

That's why I'm here to remind you that as crazy as things might get, it's so important to remember to take a day or two or three to yourself, whatever you can manage. People need time to relax and breathe once in awhile and two weeks off in the cold of winter is the perfect time for it. Take a bath, go outside, hang out with people who invigorate you. Or don't hang out with anyone at all, whatever melts the stress away the best, you should do it.

So do your homework, go to work, finish your chores but remember to do some things for yourself as well. Enjoy the break, you've earned it.

## Social Action Food Drive

By Social Action Committee

The Social Action Committee would like to thank the Massey-Vanier community for donating so generously to our food drive. We did not quite reach our objective of building a tower of food that reached the ceiling in the plaza but we were close!

We were able to donate 2 boxes of delicious food items and a beautiful wreath to 6 local food banks! Thank-you for helping local families have a merrier Christmas.



# MERRY CHRISTMAS

## Cinderella Project at MVHS

### sponsored by the Yamaska Valley Optimist Club

By Sandra Smith, MVHS Lab Technician and YVO Cinderella Project Chair

Graduating in the Spring? Overwhelmed by the cost or the chore of finding a prom dress? Can't justify or comprehend spending hundreds of dollars for one night's use? Intrigued by the idea of recycling a beautiful prom dress into one that's uniquely yours? The Cinderella Project may be of great interest to you!

**The Cinderella Project** supplies low cost (\$50-80) or no cost (\$0) prom dresses to MVHS students. Most prom dresses are brand new. Some are gently-used but still gorgeous!

The brand new, never-before-worn prom dresses originated from a local bridal shop. Upon hearing of the project, the retiring shop owner donated the dresses. Yes, the price tags are still on them! (sizes 2 - 16) and there are more than 40 to choose from.

The gently-used dresses have been donated by girls who have worn the dresses (probably only once) and made a conscious decision to regift so that others can benefit.

**The Cinderella Project** was conceived by members of the Yamaska Valley Optimist Club, a local service club whose mandate is to improve the lives of youth in the region. All proceeds from the sale of these dresses will be used by the YVO Club to finance youth based projects in your area.

Interested in seeing (and maybe trying on) a dress or 2? Have a dress that you no longer need? Stop by and see Tany Moreland for more information. Dresses are available on a first come-first serve basis.

And for all of the **Prince Charmings** out there: We have a supply of over 100 donated, brand new bow ties and other ties. If you know of anyone who's interested in donating men's formal wear, the YVO Club will gladly set up a program for the young men at MVHS.





## Winter Extravaganza

By : Mia Tetreault

For those of you who like winter, you must be happy. For those of you who don't, you might not be quite so happy. Winter brings many things, including freezing temperatures, snow, ice, and more snow. It also brings fun sports, yummy treats, snow days and holidays. One thing that we can add to the list this year is the MVHS Winter Extravaganza!

The winter Extravaganza here at Massey-Vanier has been going on for 8 years now, with Mr. Jarand organizing it every year. Obviously this is a lot to organize, but I'm sure he has always done and will continue to do a great job with it.

The show should last about 1.5 hours. It will be on December 20th at 7:00 p.m. and on December 21st during 3rd period.

Here are the preparations that are being made for the winter extravaganza:

- Sec 1 to 5 music students are practicing their winter songs.
- Sec 5 drama students are practicing their skits.
- 4 dance classes are practicing their dances.

There is a picture of the poster on the Massey-Vanier Facebook page. Letters have been sent home to the parents.



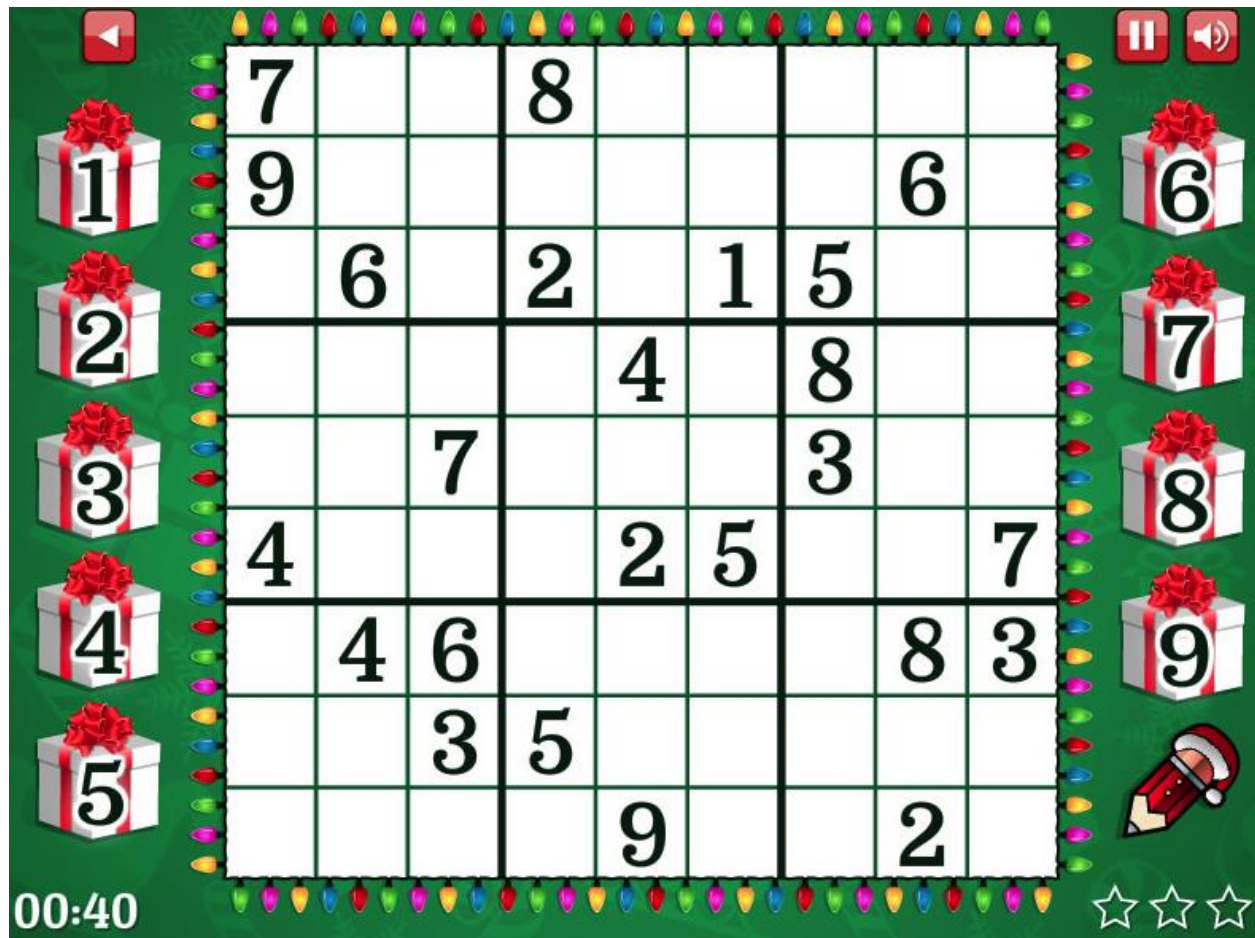
## Christmas Songs that Define the Season

By Cassandra Pegg

One of the best things about the holidays is the music, so below you'll find a selection of songs that help make Christmas, Christmas. And there are so many more, enjoy!

- Mariah Carey - All I Want for Christmas is You
- Trans Siberian Orchestra - Carol of the Bells
- The Jackson 5 - I Saw Mommy Kissing Santa Claus
- John Lennon - So this is Christmas
- Bruce Springsteen - Santa Claus is Coming to Town
- Elvis Presley - Blue Christmas
- Bobby Helms - Jingle Bell Rock
- Chuck Berry - Run Rudolph Run
- Bing Crosby - White Christmas
- Jonny Mathis - It's Beginning to look a lot like Christmas
- Burl Ives - A Holly Jolly Christmas
- Frank Sinatra - Let It Snow
- Wham - Last Christmas
- Jose Feliciano - Feliz Navidad
- Andy Williams - It's the Most Wonderful Time of the Year
- Perry Como - Home for the Holidays





## Beat the Winter Blues

By Jessica Blanchette, MVHS social worker

As the MVHS social worker I see many teens on their “off” days. However, a number of you have an increase of difficult days with the arrival of winter. In fact, while for some the snow brings excitement and adventure, for others it brings despair and seasonal depression. Obviously, I recommend that you seek help from a significant adult, the MVHS student services team or your local CLSC if you’re experiencing symptoms related to depression (ex: fatigue, lack of motivation, low energy, etc.). However, I truly believe that a case of the seasonal blues can be treated with some physical activity (crazy dance off anyone?), a little TLC and...laughter! In my line of work I try to aim for prevention rather than treatment...so, in hopes that some of you may ward off your seasonal slouch, here’s your first dose of the giggles.

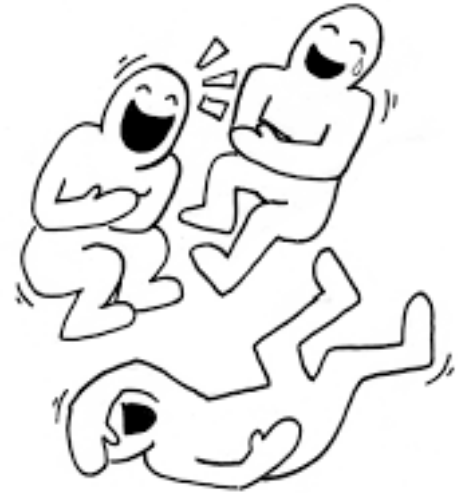
- 1) What do you get when Santa accidentally goes down a chimney when the fire's lit?
  - Krisp Kringle
- 2) What kind of cars do elves drive?
  - Toy-otas

## Beat the Winter Blues (cont'd)

- 3) What do Santa's elves go to school to learn?
  - The Elf-abet
- 4) What did the beaver say to the Christmas tree?
  - Nice gnawing you!
- 5) What do you get if you eat Christmas ornaments?
  - Tinsilitis...

\*Seriously though, don't eat Christmas ornaments...

Credits: Google



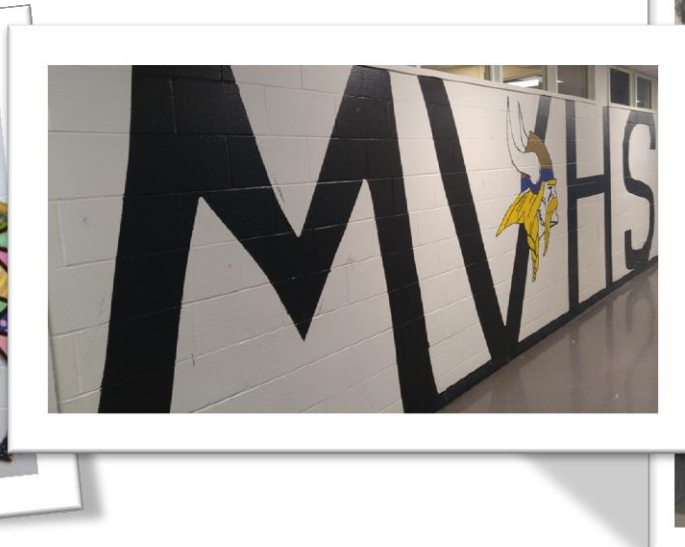
## The Painting Club

By Kathy Harris

A few years ago, Kathy Harris and some students thought that the school could use a makeover because where you learn is just as important as what you learn. Fast forward to present day and we have a team of staff members, including Cathy St-Jean, Tanya Auclair, Wesley Patch and Kathy Harris along with a motivated group of students who meet regularly to work on painting and wood shop projects. You may have noticed some of these popping up around the school, one of the most popular being Lucy the Moose.

When it comes to deciding which projects to do, it is the students who have the most input, it is after all about their school. One of the students was asked why he enjoyed the painting club he simply answered: " Aside from the fact that I enjoy painting, it is also to prove that even if you think you have no talent, it is something that everyone can do, because you are painting your own expression and we all see things differently."

Everyone is welcome to join this special committee and drop-ins are encouraged. Meetings take place on Thursdays at lunch in the wood shop. The Painting Club is always open to new ideas. Stay tuned in the New Year for the next big project!





# Word Search

Find the 26 festive words in the wordsearch below

**Christmas**     **Stocking**  
**Holly**           **Joy**  
**Ornament**      **Merry**  
**Mistletoe**      **Card**  
**Green**          **Present**  
**Red**             **Bow**  
**Silver**          **Snowflake**  
**Balls**          **Tree**  
**Jingle**         **Gingerbread**  
**Hohoho**        **Wreath**  
**Star**            **Snowman**  
**Santa**          **Candle**  
**Holiday**       **Harold's Cross**

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



## Frequently Asked Questions by Graduating Students

By Connie Peacock, Counsellor in Academic Training

**WHEN** do we apply to CEGEP or a DEP?

The deadline to apply to all programs is MARCH 01, 2018.

**WHERE** can I get an application?

There is no paper form of the application. Students apply on-line. Application admissions guides will be available in January from your high school guidance counselor (Ms. Peacock in the Guidance office).

**HOW** many CEGEP's can I apply to?

The English language CEGEP's are grouped together on two separate on-line applications:

Vanier, John Abbott and Champlain Lennoxville are part of SRAM. On this application, you can apply to one of these colleges. To apply to Marianopolis you have to go to [www.bemarianopolis.ca/admissions/](http://www.bemarianopolis.ca/admissions/)

Dawson and Champlain Saint-Lambert are part of the COMMON APPLICATION system and you can apply to both colleges by indicating a first and second choice.

You can apply to a DEP online at [www.inforoutefpt.org](http://www.inforoutefpt.org) any time after December.

You can only use each application once!



Cont'd next page

## Frequently Asked Questions by Graduating Students (cont'd)

ARE my Sec. 4 marks important?

Yes! They are part of the overall/pre-requisite average, diploma requirements and contain essential information about your academic performance in courses such as Language Arts, Math and Science.

WHAT are a CFS and a MGS?

These are the marks used to consider your application. The *Cote finale du secondaire (CFS)* is weighted average based on your marks ...but in relation to your program choice. The *Moyenne générale au secondaire* is your straight overall average of all Sec. 4 and % subjects. Both are considered in the admissions decision but the CFS is usually given greater importance. This is why you must have all the required pre-requisite courses to apply to certain programs (example: Pure and Applied Science will need to base your CFS on your marks in Chemistry, Physics and Science Math).

WHAT about residence?

**Champlain Lennoxville** and **John Abbott College** are the only two CEGEPS' with residences. You must send a separate paper application to apply to residence that can be downloaded from their websites or picked up from the guidance office in December. **Vanier College** students also have access to a privately-owned student residence situated within walking distance from the campus. See Mrs. Peacock for details.

Otherwise, you are responsible for finding your own living arrangements which may include living with relatives, sharing an apartment with your friends or boarding with a host family.

HOW much does it cost to attend a CEGEP or DEP program?

Public CEGEPs and Vocational Education Schools are tuition-free for students who were born in Quebec or who can prove that they are a resident of Quebec.



## Easy Banana Loaf

By Pauline Sornberger

1 Cup of butter

2 Cups of sugar

Mix the 2 together

4 Eggs

6 Mashed bananas

1 tbsp of vanilla

3 cups of flour

1/2 tsp of salt

2 tsp of baking soda

Chocolate chips, or raisins can be added

Beat together all the ingredients,

Pour into 2 loaf pans.

Bake at 350 for 50-60 minutes.



## Frequently Asked Questions by Graduating Students (cont'd)

Generally, the only costs to the student are the registration and activity fees plus books and other course materials. However, living away from home can cost you anywhere from 3-5000.00\$ a year.

### FINANCIAL AID?

There are several sources of financial aid to assist you with your studies. A complete list is available from your guidance counselor.

**WHAT** if I need help to decide what I will do next year?

Please make an appointment to see your school academic advisor (Connie Peacock) as soon as possible. She can help you sort through all the information available and make an informed choice based on your interests, future goals and ideas.

What if my parents have questions?

They can come to an appointment with you or they can call Ms. Peacock at 450-263-3772 local 23427 for help or write to [peacockc@etsb.qc.ca](mailto:peacockc@etsb.qc.ca)

## Christmas Jokes 2017

By Thomas Osborne O'Donnell

### Joke 1:

I signed a contract with Christmas, but I got horrible presents. Luckily, I was able to activate my Santa Clause.

### Joke 2:

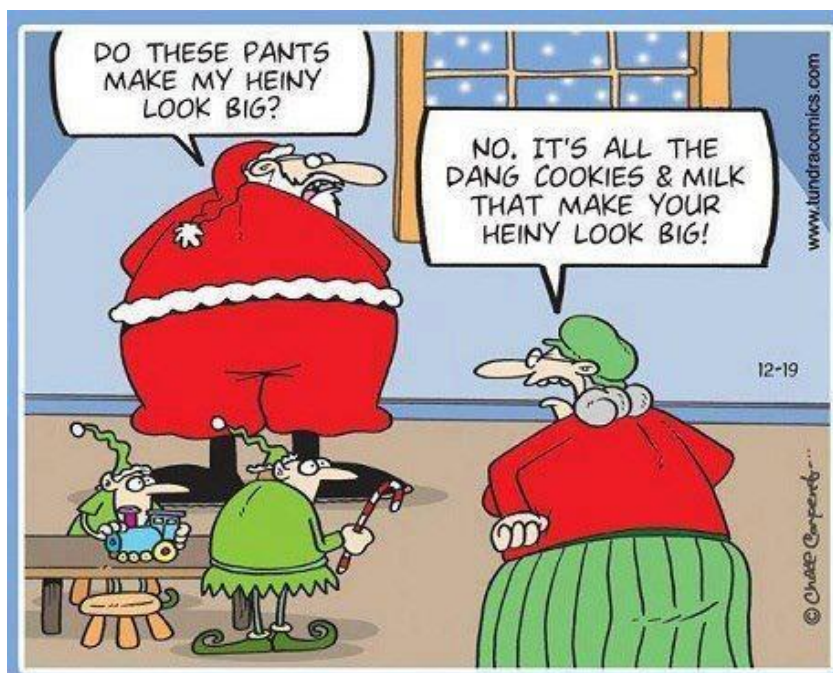
What do you call a reindeer with no eyes? I've got no eye deer!

### Joke 3:

Two snowmen were talking. One said to the other, "Do you smell carrots?" The other said, "Sno, man!"

### Joke 4:

I heard my doorbell ring and when I opened it, I saw all of my friends caroling. When I asked whose idea it was, they said, "It was Carol's."







### PRINCIPAL'S LIST TERM 1: 90%+

Cerbo Tétreault, Mia Charlebois, Mila Ciurlej, Christina Laumaillier, Piper Quilliams, Jacob

### HONOUR ROLL TERM 1: 80%+

Arias-Lamoureux, Anthony  
 Baker Perreault, Océanne  
 Baker Perreault, Roxanne  
 Bailey, Lexus  
 Bienvenue, Elysia  
 Bienvenue, Reagan  
 Bissonnette Greig, Alexander  
 Boivin, Carly  
 Bouchard, Emma  
 Cabana, Trinity  
 Cantelon, Jonah  
 Caron, Isabelle  
 Chapman, Mackenzie  
 Charbonneau, Coralie,  
 Choiniere, Érika  
 Clark, Tori  
 Côté, Dave  
 Daigle, Hailly-Angelika  
 Dandurand, Logan  
 Delisle, Maya  
 Delorme, Jazmyn  
 Desormeaux, Dylan  
 Desrosiers, Joshua  
 Dubé, Morgan  
 Fairholm, Regan  
 Fausse, Dannick  
 Forster, Alexandra  
 Fox, Maryka  
 Frendo, Alison

Gauvreau, Victoria  
 Gendreau, Ember  
 Hachey, Melissa  
 Healey, Cole  
 Heynen, Nicholas  
 Holden, Tyler  
 Jacobs, Mackenzie  
 Jung, Soloman  
 Koraen, Anders  
 Lace-Harvey, Kristine  
 Lacroix, Ryan  
 Le Sage, Amélie  
 Leblanc, William  
 Lenarduzzi, Jordan  
 Lenz-Teolis, Phoenix  
 Livingstone, Shem  
 Mailloux Matton, Cédric  
 Marcoux, Andrea  
 Mayo-Larose, Erika  
 Mc Kelvey, Kimberley  
 Mercure, Frederik  
 Mercure, Louna  
 Michaud, Sara-Maud  
 Morency, Joshua  
 Nickner, Élodie  
 Osborne-O'Donnell, Elizabeth  
 Osborne-O'Donnell, Thomas  
 Paradis, Danyk  
 Patch, Kaylah

Peasley, Jacob  
 Pegg, Cassandra  
 Persons, Peter  
 Picotte, Chad  
 Quilliams, Izach  
 Refour-Tannenbaum, Hannah  
 Rocheleau, Veronica  
 Rocheleau, Victoria  
 Royea, Katrina  
 Savignac, Rachel  
 Schinck, Macy  
 Sherrer, Alyssa  
 Sherrer, Frédérick  
 Smith, Garnet  
 Stone, Jackson  
 Tétreault, Olivia  
 Thomas, William  
 Thompson, Kohen  
 Vermeulen, Sandrine  
 Wang, Rex Zidi  
 Warner, Anne  
 Wiebe, Ellyn  
 Wiebe, Rebecca  
 Willey, Lily-Anne  
 Wilson, Drew  
 Zecius, Devon  
 Zelis, Sofia

