

HUSKIES HIGHLIGHT REEL

April, 2008

Volume 1, Issue 5

SPECIAL POINTS OF INTEREST :

- > **No classes for students on Friday, April 25th due to teacher professional development.**
- > **Parents are reminded that report cards go home on Thursday, April 24th.**
- > **Shed for sale. See page 8 or contact Mr. Bennett.**

INSIDE THIS ISSUE :

| | |
|----------------------------------|----------|
| Forum for Young Canadians | 1 |
| Math League | 2 |
| Pii Day Celebrations | 2 |
| MPSH Recycling Center | 3 |
| Counsellor's Corner | 3 |
| Ball Hockey | 3 |
| Carpentry | 4 |

Megan Drodge attends Forum for Young Canadians

During the week of March 29th-April 5th, I attended the Forum for Young Canadians in our Nations Capital. This week was jam packed of meeting politicians, discussing the current issues facing our country, and gaining fabulous friendships. There were approximately 140 youth from all across our country in Ottawa for this program. The week started with a tour of Parliament Hill, a tour of Ottawa, and a tour of Rideau Hall. During the business week, we had question period with Minister Stockwell Day, several elections officials, the Speaker of the Senate, and many other prominent people who run our country. We also tackled, and solved, the issues of abortion, immigration, privatization of health care, and many others. This program also allowed us to visit the Supreme Court of Canada, and allowed us to sit in the House of Commons and Senate Chamber (I got to sit in the Prime Minister's Chair). Near the end of the week we had supper with the Members of Parliament, and breakfast with the Senate Members. The week ended with the First Ministers Conference; here we elected the Prime Minister, and a Premier from each

province (I became the Premier of Newfoundland and Labrador). We then had to fight for issues pertaining to our province, while the Prime Minister had to balance the Country. This week provided me with amazing opportunities to learn massive amounts of information about the political system, and the issues facing our country, it also allowed me to become very good friends with people from across the country. It even helped

my French skills! I would encourage any student who has an interest in politics or current affairs to apply for the program next year. Forum was one of the most magical experiences, for me thus far, and I hope to see more students from our school participate in it next year. If you would like to know more about it, just ask me, I would be more than happy to talk about it.

Megan Drodge



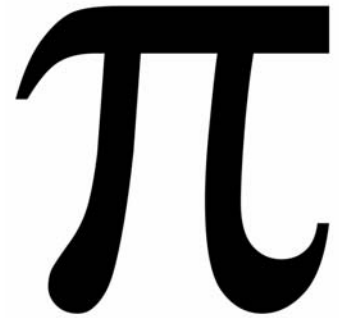
Mathematics League Pi Day Celebrations

The Mathematics Department would like to thank the students who attended the Mathematics League competition held at Gonzaga on Saturday, March 15. The students were: Shannon Cross, Megan Drodge, Stephanie Kelly, Krystina Lewis, Lindsey Norman, Lisa Saunders, and Adam Sheppard. These students were great representatives of MPSH and did a great job displaying their mathematical knowledge.

MPSH celebrated Pi Day (March 14th – 3rd month, 14th day!) by math teachers hosting a Pi Day game during their math classes. Students were divided into groups of 3-4 and competed to obtain pieces of “pie” by answering mathematical questions. The winners in each class were acknowledged and given a small prize.

All students in the school were also invited to participate in a Pi Day Scavenger Hunt. Students could work individually or in a group of no more than three. The list of items to collect was available on Monday, March 10th and students had until Pi Day, March 14th to drop off their collected items to the Math Department. Many students

participated in the Scavenger Hunt. The first place team winners were: Daniel Morgan and Adam Sheppard. Two teams tied for second place: one team comprised of Nathan Bessey, William Whelan, and Chris Filler and another team comprised of Jessany Hodge, Catherine Orr, and Melissa Jordan. Two other teams received honorable mention: Andrew Fudge who competed as an individual and Linsley Norman, Holly Peddle, and Leanne Stein. Many participants received MPSH Pi Day t-shirts. The Math Department would like to thank all students who participated and would like to congratulate the winners!



Student wins Village Contest

On March 20, 2008 the Village Shopping Centre Foundation presented to Mount Pearl Senior High School student Stephen Pond, a complete personal computer package for his winning entry in MPSH’s 2203 writing class Commercial Writing Contest. Stephen produced a video commercial of the Village Shopping Centre along with a jingle.

Stephen is a Level One student whose interests range from hockey, golf, paintball, biking, to video games and

running with his dad. Stephen is also actively involved in ball hockey, softball and baseball at MPSH.

The Village Shopping Centre Foundation continues its commitment of donating \$75,000.00 over a period of five years through its two primary focuses: Providing computer packages to students from O’Donel High School and Mt. Pearl Senior High, and providing monetary assistance to non-profit organizations within the region.



Huskies Highlight Reel

Student Wins Provincial Carpentry Competition

Congratulations go out to Colton Griffiths on winning the first ever secondary carpentry competition at the Skills Canada competition held on April 4th at the Carpenters Millwright Institute in Paradise. The competition involved having to put a gable roof on a 6" x 8" shed. Colton did a fantastic job of representing the school and our Skilled Trades Program.



Public Speaking Accolades

On Tues. Apr. 15, Melissa Jordan placed first runner up to the winner Katie Andrews, from Holy Spirit, in the Lions Club Zone High School Speak Out with her speech, "How Far Would You Go for Success." She faced five opponents in this competition, each of whom (like Melissa) had won their own club championships in Feb. Though the competition was much stiffer and the judges spent a long break trying to come to their decision, it was evident to the audience that all speakers were very skilled. During Melissa's own person adjudication, Robert Dawe, judge and former English Dept. Head at Mount Pearl Senior High,

commended Melissa's "thought-provoking speech, great eye contact, effective ending and superb responses to questions." Clearly, for Melissa it was a night of success and a job well done!

Melissa will use the same speech but this time in French as she continues to succeed in the area of public speaking. Mount Pearl Senior High will be well represented. Congratulations Melissa!

White Hill's Ski Trip

On Monday, March 10th, a group of Physical Education and level III students from Mount Pearl Senior High traveled to White Hills Ski Resort. Thanks to the cooperation of the weather and despite a few bumps and bruises, everyone had a great time. Though many of our students may not

make the Olympic ski team, a visiting elementary school praised our diligence and assistance for helping young skiers enjoy a "day on the hill." Kudos to our students!



Counsellor's Corner

Applications are now available at the Guidance Office for the **MedQuest** Program. This summer program is sponsored by the Faculty of Medicine and Memorial University and is designed to offer students in Levels I - III information about careers in health such as medicine, nursing, physiotherapy, research,

occupational therapy, pharmacy, etc. There are six one-week sessions that run during July and August that students can choose from to find one that suits their schedule. Applications must be received by MedQuest by May 9th.

Boys Ball Hockey

The Senior boys ball hockey won the regional championships on April 10th. The boys team went through the entire tournament undefeated. The MPSH huskies defeated Booth Braves in the championship game 7-6. The boys now are off to the Provincial Ball Hockey championships at O'Donel High School on April 18th. Great job, guys!



MPSH Recycling Centre

Two recycling boxes are now located in the main office. One is for the collection of used ink jet cartridges; the other for old and unwanted cell phones. Funds earned from the recycling of these items will be donated directly to our local food bank.

Instead of tossing these items in the garbage when you're through with them, please take the time to deposit them in our recycling centre. You'll be helping both the environment and those in need.

Girls Ball Hockey

The Senior girls ball hockey team also won the regional championships. The girls defeated long time rivals the O'Donel Patriots in the final game in a double overtime shoot out. Congratulations girls!



Boys Ball Hockey Provincial Silver Medalists

The Sr. Boys Ball hockey team competed in the provincial 4A's in April, hosted by Odonel High School. The boys team, regional champions, went into the tournament seeded #1 after going undefeated in the zone and regional tournaments. The 4A provincials was a 10 team tournament with schools from all across NL and Labrador. The MPSH Huskies won all 4 games in round robin play and were in 1st place after the first round. In the quarter finals the Huskies played Menehik High from Labrador whom they

defeated 5-1. They then played long time rivals Odonel in the semi finals. The MPSH Huskies defeated Odonel 7- 2 and advanced to the championship game against Stephenville. The championship game was an evenly matched contest having to go to overtime to decide this years provincial champions. Stephenville scored with 6 minutes gone in sudden death overtime to give the Huskies their only loss on the year. The Huskies represented the school with heart, determination

and sportsmanship all weekend and came up just short in capturing the banner. Team members include: Goalie-Dan Abbott/ Ryan Harding, Jon Grant, Jared Flemming, Luke Coady, Justin Parsons, Justin Harnum, Alex Wall, Matt Bailey, Jacob Pitcher, Daniel Morgan, and Dennis Squires.

Memorial Scholarship

It is with great pleasure that Mount Pearl Senior High through the generous donations from family and friends have created a scholarship as a memorial to Michelle J. Jackson, a former graduate of this school who sadly passed away in January. The family and friends of Michelle have cemented the foundation of a scholarship which we hope will continue well beyond the next two decades.

The scholarship is entrusted and will be granted yearly to a theatre student who shines, who loves the art, and perhaps hopes to continue with theatre in the future.



ENERGY DRINKS

WHAT YOU NEED TO KNOW

What are Energy Drinks?

Energy drinks are beverages that claim to stimulate and energize the user. They contain high amounts of caffeine, a central nervous system stimulant that makes the user more alert and delays sleep.

Examples of energy drinks include:

- Monster ®
- Red Bull Energy Drink ®
- Red Bull ®
- Rockstar ®
- SoBe Adrenaline Rush ®
- SoBe No Fear ®



Why should I be concerned about Energy Drinks?

Research has indicated that children and teens are the main consumers of energy drinks. Although energy drinks are not sold at school, many students are purchasing them during their recess or lunch breaks at local stores. While most energy drink labels do caution that **children should not consume** these beverages, there are currently no regulations prohibiting sale to children. The primary reasons students gave for drinking energy drinks were to increase energy, improve athletic performance and because of the taste, peer pressure and attractive packaging.

Teachers and school administrators are concerned about the consumption of energy drinks because students who drink them have increased behavioral problems and are unable to concentrate in class. Parents should be concerned about the affects that the large amount of caffeine is having on their children, especially if they are also taking medication.



How much caffeine is safe?

There is no human requirement for caffeine in the diet. Health Canada recommends that caffeine intakes **not exceed** the following:

| | |
|-------------------------|----------------|
| Children, 4 – 6 years | 45 mg per day |
| Children, 7 – 9 years | 62 mg per day |
| Children, 10 – 12 years | 85 mg per day |
| Adults | 400 mg per day |

It takes very little for children to reach these limits, as indicated by the following list of caffeine amounts in common foods and beverages:

| | |
|--------------------------|-----------------|
| Chocolate Bar | 10 mg caffeine |
| Cola (12oz can) | 40 mg caffeine |
| Tea (8oz cup, medium) | 45 mg caffeine |
| Coffee (8oz cup, medium) | 95 mg caffeine |
| Energy Drink (16oz can) | 160 mg caffeine |

What are the health risks of too much caffeine?

Over consumption of caffeine through beverages such as energy drinks can cause the following negative symptoms:

- Anxiety
- Dehydration
- Electrolyte disturbances
- Excessive urination
- Headaches
- Nausea and vomiting
- Rapid heartbeat
- Restlessness
- Sleeplessness



What can I do to minimize the risks associated with Energy Drinks?

Please support your school administration by encouraging your child to not consume energy drinks during the school day. Instead, please encourage your child to consume healthy, non-caffeinated beverages such as water, 100% fruit juice, white milk and chocolate milk.

References:

- Dietitians of Canada, Energy Drinks – Do they have a place in the diet of Canadians. 2005.
- Health Canada, It's Your Health. Safe Use of Energy Drinks. 2005

Huskies Highlight Reel

Skilled Trades Shed Sale

The Skilled Trades classes have the following shed for sale. It is 7'-5" wide by 10' long. The inside height is 80" and the door opening 47" x 72". The floor is 2" x 6" pressure treated lumber covered with 5/8 plywood. The walls are studded with 2" x 4" on 16" centers covered with 7/16" aspenite. The roof is covered with 1" x 7" tongue and groove lumber. Siding is white and shingles will be black.

Asking price is \$1000.00

Contact Mr. Bennett for more information or to view the shed.

