

HUSKIES HIGHLIGHT REEL

February, 2009

Huskies Capture Chicken Cup

SPECIAL POINTS OF INTEREST:

- Parent Teacher Interviews being held on Thursday, Feb. 19th. Students will be dismissed early to accommodate interviews.
- School closed on Friday, Feb. 20th for teacher professional development.

Thursday February 12, 2009... 4 pm at the Mount Pearl Glacier...lights are low...smoke hovers just above ice level...close to 1000 fanatical fans are on their feet cheering wildly... one by one the names of the Mount Pearl Senior High Huskies Female Hockey players are announced as they bolt onto the ice in their new uniforms, sponsored by *Hot Frost HVAC*... and so began one of the most exciting hockey games ever played in Mount Pearl.

The Huskies played the O'Donel team in the 27th Annual Kentucky Fried Chicken Cup, a highlight event in the Mount Pearl Frosty Festival. The game was truly a nail-biter. Play was end to end with both teams' net-minders playing nothing short of spectacular.

The game was scoreless following the first and second periods. Andrea Greene of the Huskies opened the scoring 2 minutes into the third. Huskies captain, Rebecca Deering, netted a second goal some three minutes later. O'Donel scored with 5 minutes left to play which set the stage for an edge-of-your-seat finish. With two minutes left to play in regulation time, MPSH was assessed two minor penalties. O'Donel then pulled their goalie, providing a 6 on 3 O'D advantage. Despite being outnumbered two to one, in true Huskie form, our girls fought off the Patriots to capture the gold medal!

The game was a perfect ending to an amazing display of Huskie spirit that day. A special thanks to the teachers and students for the Pep rally, to Mr. Penney and his crew for the free hot dogs and drinks provided to students prior to the game in the school cafeteria, to our Social Studies intern, Ms. Erin Mercer for her face painting services and to our administration for the free bus shuttle for students from school to the Glacier.

And finally, to each player on the Girls Huskies Hockey Team, who looked like champions in their new uniforms, who played like champions during the game and, most importantly, who behaved like champions both on and off the ice. You make your coaches, and indeed, your entire school proud. Three cheers for the Huskies!!!

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Girls Huskies Hockey Team 2008-2009

Holly Smith
Clara Pollard
Lindsay Feehan
Nicole Morris
Melissa Smith
Laura Wilkins
Nicola Holden
Andrea Green
Rebecca Deering
Chelsey Fitzgerald
Laura Knight
Steph Smith

Sydney Peckham
Amy Holwell
Deirdre Halliday
Melissa O'Reilly
Kelly Butler
Kristen Elliott (goalie)
Staci White (goalie)

Coaches: Jim Locke
Mike Kinsella
Kim Winter
Erin Mercer
Erica Nixon

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Provincial Online Tutoring Program

On Monday, January 12, 2009, CDLI, in partnership with the Department of Human Resources, Labor and Employment and School Districts launched a free Provincial Tutoring Program. This program will provide tutoring in most public exam courses including French 3200, Math 3204, Math 3205, Physics 3204, English 3201, World Geography 3202, World History 3201, Biology 3201, and Chemistry 3202. This program is meant to supplement the existing face to face tutoring currently available in schools. Online tutors will be available during various evenings

each week to assist students with academic difficulties. Students who have access to a computer and an internet connection will be able to receive online tutoring assistance from their homes or alternate venues. This online support is beneficial as many students often encounter problems understanding key concepts during evening hours.

CDLI students can access this free online tutoring program by clicking on the Provincial Tutoring link under i Other Services on the main CDLI webpage.

Positive Behaviours at MPSH!

The PBS model is up and running at Mount Pearl Senior High. Posters are now displayed in all classrooms and around the building outlining expected student behaviour. Teachers are awarding Huskie Tickets to students who are demonstrating positive behaviours during the school day. Congratulations to **Jayne O'Connor** and **Nichelle Decker** who have won Huskie of the Week prizes. Reminder to drop tickets off at the main office to be eligible for weekly and monthly draws!

Eastern School District Announces New Employee Recognition Awards Program

The Eastern School District is pleased to announce the launch of a new program to recognize outstanding employees. The *Recognition of Excellence Awards Program* invites nominations in four distinct categories: Leadership Excellence; Teaching Excellence; Support Staff Excellence; and Exceptional Managerial Service. Parents and members of the school community are invited to submit nominations. For more information on the *Recognition of Excellence Awards Program*, and to obtain a nomination form, please visit the Eastern School District website: www.esdnl.ca. The nomination deadline is April 15, 2009.

Pi Day Celebrations

The Mathematics Department is looking forward to Pi Day on March 14th – 3rd month, 14th day!). On Friday, March 13th several math teachers will be hosting a Pi Day game during their math classes. Students will be divided into groups of 3-4 and will compete to obtain pieces of “pie” by answering mathematical questions. Get your team together for a great slice of fun on March 13th! Winning teams in each class will be awarded small prizes.

In preparation for Pi Day, all students in the school are invited to participate in a Pi Day Scavenger Hunt. You can work individually or in a group of no more than three students. The list of items to collect will be available on Wednesday, March 4th and you will have until Monday, March 9th to drop off your collected items to the Math Department. Prizes, included MPSH Pi Day t-shirts, will be awarded. Ensure you arrange a team to participate in this year’s Pi Day Hunt!

Mathematics League

The Mathematics Department would like to invite students to participate in the Eastern School District’s next Mathematics League competition that is organized by the Department of Mathematics and Statistics at Memorial University. The competition will be held at District Office on Strawberry Marsh Road on Saturday, February 28.

MPSH will be sending eight students, two teams of four. Interested students are asked to see Mrs. Sparkes.

Counselor's Corner

Can Marijuana Use Affect My Child's Mental Health?

Mental health, like physical health, is an ongoing process for each person with varying degrees of well-being that can change depending on environmental and personal circumstances. Marijuana use certainly can be and often is a factor that affects mental health status by either exacerbating pre-existing mental health concerns, or triggering mental health conditions that a person may be predisposed to. One of the mental health concerns that marijuana can both trigger and exacerbate is depression. Teens who use marijuana on a weekly basis double their risk of experiencing clinical depression as opposed to

their non-using peers. Regular marijuana-using teens also double their risk of experiencing clinical anxiety. Perhaps one of the reasons that anxiety and depression are associated with marijuana use is because THC, the active ingredient in marijuana, affects the brain's limbic system. The limbic system is one of the brain centres responsible for, among other things, emotion and fear. When an agent such as THC interferes with the brain's natural processes, mental health concerns may arise.

Other mental illnesses often associated with marijuana use are schizophrenia and psychosis. While schizophrenia is often in part a result of certain biological predispositions, environmental factors

must also be taken into account and this most certainly includes marijuana use. For example, researchers in New Zealand found that persons who used marijuana prior to the age of fifteen were three hundred times more likely to develop illnesses such as schizophrenia. The younger a person uses the drug, the higher the risk becomes and the subsequent schizophrenia symptoms increase in severity. In fact, some psychiatrists indicate that marijuana use is a notable factor in up to eighty percent of cases involving schizophrenia. Other research findings also suggest that frequent users of marijuana are up to seven hundred percent more likely at risk for psychosis than non-users and the risk increases in proportion to the

amount of marijuana used. While not all marijuana users necessarily experience clinical mental illness, these risks can not be ignored when addressing teens and marijuana use.

It is helpful to be informed of the symptoms of mental illnesses such as depression, anxiety and schizophrenia so that one can readily identify related mental health concerns if they arise. Parents who are concerned about their child's marijuana use and potential mental health afflictions are well advised to contact their nearest mental health centre for further information.

Tim Dueck, MSW, RSW
Mental Health & Addictions
Fraser Health Authority

Post-Secondary Information Sessions

On Thursday, February 12th, Level III and IV students had the opportunity to attend a presentation regarding the programs and entrance requirements for CNA or Memorial University.

Forty-five of our students attended the CNA session offered by Chris Patey. Mr. Patey emphasized the importance of applying early for CNA's programs since many of the programs have wait-lists. Students are accepted on a first come-first served basis.

Ninety-five students attended the Memorial session. Megan Green of the Univer-

sity's Office of Student Recruitment delivered an information session regarding programs offered. Students were reminded of the March 1st application deadline for Memorial

How to Drug Proof Your Kids

This is a 6 week community based program that concentrates on the role of the parent/caregiver in reducing the risk of harmful drug use by their child. The program equips parents/caregivers with tools and strategies to assist children in making right choices if and when they encounter an illegal drug-use environment. Facilitators: Linda Maher, Youth Director and Ron Fitzpatrick, Turnings. Begins Wednesday, Feb. 18th, 7:00 - 9:00 p.m.

Make You Think Character Education Program for Teens

This is a 6 session DVD series of real life youth stories. This program provides a foundation to help youth (grades 9 -12) make good choices and decisions when facing tough situations. Facilitator: Linda Maher, Youth Minister. Register now - Time and date TBA.

To register for either of these programs, contact Sr. Loretta Walsh at 579-0168.

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School Profile

Mount Pearl Senior High was recently profiled in *SNAP St. John's*, a local publication capturing life and entertainment in St John's, Mount Pearl and surrounding areas. Student groups including Causes for Concern, Student Council, Canada Games Athletes, Theatre Arts, Animal Rights, Music students, and Show Choir were interviewed and photographed. The students were excellent advocates for their groups and did a great job showcasing their talents and abilities! Great job! Check out [snapstjohns.com](http://www.snapstjohns.com) for full profile.

<http://www.snapstjohns.com/display/77714/1837/>

See below for some of the pictures:



Music Programme, Teacher Rob Lee



Canada Games Athletes



Theatre Arts Group, from *Drop Dead Juliet* performance, Teacher Louise Kearley

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Huskies of the Month for January

Volunteerism

Sara Mackinnon
Greg Flynn
Tyler Janes
Dylan Mason

Academic Achievement

Zach Chaulk (Physics)
Zach Chaulk (Math)
Gillian Elliott
Andrew McGrath
Erica Fitzgerald
Dan Abbott
Greg Brushett (Math)
Greg Brushett (Francais)
Veronica Hounsell (Spanish)
Veronica Hounsell (Historie
Mondiale)
Julie Orr
Chelsey Stamplecoski
April Hynes
Renee Brushett
Daniel Juteau
Shannon Callahan
Craig Ford
Jessica Power
Nicholle Drover
Alex King
Erin Baker (Biology)
Erin Baker (Math)
Stephanie Decker
Alexa Bull
Sean Leonard (English)
Sean Leonard (Francais)
Stephanie Schwartz
Kaitlin Quinlan (Physics)
Kaitlin Quinlan (Historie du Canada)
Shelby Gellately (Nutrition)
Shelby Gellately (Math)

Lauren Winsor
Tyler Knox
Kenton Pitt
Nicole Whalen
Stephanie Decker
Krista Burton
Aaron Thompson
Tyler Thompson
Erica Nixon
Danielle Murphy
Julie Morris
Alicia Baker
Ben Morgan
Rebecca Sheppard
William Whelan
Nathan Bessey
Brittany White
Jennifer Wood
Melaine Lynch
Evan Hodder
Adam Budgell
Lisa Macdonald
Jessica O'Reilly
Heather Lethbridge
Rebecca Deering
Justin Sparkes
Robyn Murphy

Academic Improvement

Samantha Lamkin
Amelia Gallant
Karissa Vokey
Heather Stein
Tyler Kielly
Jeff Janes
Meghan Critch
Kristen Skanes
Brad Fowler
Jessica Pumphrey
Paula Whitten

Jennifer Wood
Brittany Whitty
Kelsey Vivian
Adam Harvey
Lauren Winsor
Michael O'Brien
Kyle March-MacCuish
Chris Parsons
Madison Brett
Bethany Cutler
Stephanie Gibbon

Work Ethic

Nicholas Wheaton
Gillian Elliott
Katie O'Neill
Sarah Lawlor
Chris Fillier
Susan Mallard
Jessica Wall
Adam Foote
Angela Connolly
Holly Gidge
Morgan Hounsell (Math)
Morgan Hounsell (Vie et Carriere)
Shelby Gellately
Heidi Sears
Erin Baker
Hilary Rowe
Emily Field
Julie Orr
Courtney Brushett
Julie Critch
Matthew Power
Alicia Baker
Danielle Murphy
Clara Pollard
Zachary Pittman
Deirdra Halliday
William Duggan
Jordan Power
Erica Fitzgerald