

DEAR EDITOR:

The Record, June 4, 2018

The Memphremagog Community Learning Center held our fundraiser at the Piggery Theater, Friday night June 1st. We featured Ray Seguin "The Country Stranger". Ray put on a wonderful Show. He played to a full house.. We would like to thank CJMQ radio for airing our ads for the month of May. Jessie Aulis, from CFLX radio , The Townships Country Connection, for the wonderful article you wrote and the interview you did with Ray. We would also like to thank Ocean Francoeur from the record for the very informativel article you did on our Community Learning Center. Thank you to the Piggery for giving us the opportunity to host our fundraiser. And last but not least a big thank you to our friend Ray for doing the show and singing his heart out !

Events like this bring our Community and friends together.
See you next year

CHRISTINE & JOHN HODGE
PATSY & WALLY MOFFAT
PERVANA MLADENOF, MCLC CO-ORDINATOR

Dignitaries and Officials visit Knowlton Academy

By Ann Davidson

The committee for the Knowlton Academy Greenhouse and Garden Project excitedly received a special visit last Thursday by Quebec's Minister responsible for the English community, Kathleen Weil as well as Lise Champagne, attachée for MNA Pierre Paradis, officials from Lab-École, La Tablee des Chefs, Croquarium and the Eastern Townships School Board. They all came to check out a number of features that Knowlton Academy implements: The Greenhouse and Garden Project, the legendary Bistro program, and also the sports program that highlights an almost 40-year-old alpine skiing program. It is the committee's hope that Quebec Government will continue to support the project. It would also like Lab-École or La Tablee des Chefs to foster a partnership with Knowlton Academy. And as Susan Muir, Chairperson of the KAGGP committee said, the Croquarium program is one for the KAGGP to get to know more about.

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Dignitaries and Officials visit

Sherbrooke Record · 5 Jun 2018 · 3 · CONT'D FROM PAGE 1

Lab-école is a non-profit organization that offers a team of experts who will guide the environment of tomorrow's schools by leveraging the knowledge of teachers and other professionals from a wide range of fields who can facilitate healthy and active lifestyles, nutrition, and cutting-edge teaching practices by providing innovative teaching spaces.



Chef Ricardo Larrivée, host and cofounder of Ricardo Media is deeply involved with Lab-écoles as well as La Tablee des Chefs along with a number of other successful individuals from disciplines such as teaching and business, health and fitness. He said that working on self-esteem, confidence and selfsufficiency is what he is trying to accomplish with young people. “It’s an extremely positive dynamic that teachers can use to help students find other areas in which they can excel or grow. Teaching children to eat well can help them grow into increasingly aware and demanding adults who are capable of changing the economic view.”

For the past year and a half, the organizing committee with its coordinators Jennifer Harrison and Jennifer Rugginsmuir and teachers Heidi Neil, Lee Mosher and Emily Broadbent have been diligently working to set the stage for a unique farm-to-table program that serves to integrate all aspects of building, growing, harvesting and food preparation into the curriculum. This applied learning will result in the development of life skills, a strong knowledge and understanding about healthy eating and will enhance of the current curriculum.

A lot of planning has gone into the process. From designing and redesigning and building the infrastructure under the guidance of chairperson Susan Muir who is an architecture and permaculture design technician as well as developing inclusive activities for the students has been a learning curve for everyone. As principal of the school, Renalee Gore, said, “We started

with an ambitious plan and we are growing smarter as we learn to be more practical and re-shape our direction.”

According to Gore, the reality of the school is that 30 per cent of the students live in financially challenged homes. “We want all our students to be able to eat healthy meals at lunchtime. By growing its own, the school will be able to provide the cafeteria and school families with healthy food.”

The different components of the project were presented to the guests who were eager and enthusiastic about how the project has progressed and the trajectory it is taking. Minister Weil admitted being “blown away” by the detail and thought that has gone into it and commended the coordinators for finding a way to inspire and engage 100 per cent of the school population. In particular, she suggested that the organizing committee take the program “on the road” across Quebec to pitch to other schools and schoolboards. Not so fast, said the committee They want it to catch on within its own school board first.

From inspiration to pro-action

K.A. Students set to make school a straw-free zone

By Ann Davidson

When underwater diver and videographer, Will Allan, who also happens to be an alumnus of Knowlton Academy, came to visit the K.A. students at the second annual career day, they were so inspired by his presentation of "Revolution" that the outcome was a pro-active movement by the Secondary One students to make their school a plastic straw-free zone. As well, they aim to encourage other schools and eateries to follow suit.

These students that are about to transition from Knowlton Academy to Massey-Vanier High School have done a lot of research on the impact of discarded plastic straws.

"We chose the project because of the ocean. If we use plastic, it is killing our coral, endangering our sea life. We love our planet and want to protect it," explained Ben McAuley. Odessa Roslin chimed in to say that her class had found out just how bad straws are when they watched "Revolution". "We wanted to find out more so we watched a Ted Talk with nine-year-old Molly Speer from Australia. She started a movement at her school that soon became "Straws-No-More". Eventually her drive to rid plastic straws caught on so much that Molly ended up speaking about her mission on Ted Talk. "Straws get stuck in the noses of sea-turtles," bemoaned Roslin.

According to Braydan Maiger, over 500 million straws are discarded every day in North America. "The first straw ever discarded is somewhere still because it cannot decompose."

These Secondary One students say that if Vancouver is completely straw free, they should be able to succeed in making their school straw free. And then they would like to expand their idea to the other elementary schools in



PHOTO BY ANN DAVIDSON

These Secondary One students at Knowlton Academy are working toward making their school as a straw-free zone in TBL in a quest to reduce the millions of straws that are discarded on a daily basis across North America.

the area as well as Massey-Vanier and a couple of restaurants too. "For now, we are not banning them. We want to make the school a straw-free zone but know that it is more likely to succeed by reducing the amount being used. After all, we have succeeded in ridding the use of plastic bags here!" said Emma Lightbody. Katrina Burcombe spoke about straws made from alternative products such as metal, paper, pasta, bamboo, and glass. One of the students even had a sample of a washable/reusable unit that has its own pop-up straw.

"Want to influence the kids coming into Sec One to continue this process and we will try to take the same idea to Massey Vanier," piped up Jack Eldridge.

The students have made brightly coloured signs and posted them all around the school and its grounds. They say they know that they won't be

able to completely abolish them for now but they are hoping to reduce the amount that are being used. They drafted a letter to the governing board for support on eventually making the school a straw-free zone in TBL. They have also communicated with the folks running the breakfast program. And they are hoping that the PPO (Parents committee) will agree to subsidize the purchase of the washable/reusable drink containers for students bringing their lunches.

Proud teacher of these students, Sheila Perry says that being a "We School" has clearly empowered her students. "This is a wonderful legacy for an amazing Secondary One. We've created a bunch of social activists who know that giving people alternatives will pave the way to helping keep the planet cleaner and safer."

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Cookshire Elementary becomes a Living School



MATTHEW MCCULLY

A group of special guests were invited to tour Cookshire Elementary school, which has recently transformed into a 'Living School', incorporating nature into all aspects of the learning process to help reduce stress and benefit from the positive impacts, both mentally and physically, of being connected to the natural world.

Among the guests were members of the Eastern Townships School Board, representatives from Dawson College in Montreal, who are partners in the initiative, and members of the St. Francis Naturalists' Club, instrumental in keeping the environment on the minds of students by sponsoring guest lecturers in local schools. The club is credited for bringing the Living School idea to Cookshire through Dawson guest lecturer Chris Adam.

Visitors from Cape Breton University and University of Toronto were also in attendance to visit the living elementary school, which will likely serve as a model for other schools and campuses to follow in the future. See story inside on page 4

Cookshire Elementary becomes a Living School

Sherbrooke Record · 8 Jun 2018 · 4 · By Matthew Mccully

Cookshire Elementary (CES), the oldest among the ETSB elementary schools, has taken on a new life and a new purpose-to re-connect people, community and nature by becoming a Living School.



Under the guidance of Dawson College in Montreal, the elementary school students and staff have adopted a philosophy of sustainable happiness and well-being for all through a variety of activities and projects bringing nature into the school and classrooms on a daily basis.

The idea came about thanks to a longstanding program by the St. Francis Valley Naturalists' Club.

For around 25 years now, the club has been sponsoring visits to ETSB schools by naturalists and environmental specialists. Among them was Chris Adam, who happens to be the Coordinator for the Sustainability Office and Living Campus at Dawson College.

A Living Campus or school is a concept of integrating the natural world into all aspects of education in an effort to foster sustainability and benefit from the positive impact both mentally and physically, that comes with exposure to nature.

Adam paid a visit to Cookshire Elementary last year and the students were so engaged, that he was invited back for two additional days. Among the topics addressed was how nature is a free facilitator for stress reduction as well as 'a great creator of situations of wonder', as Adam put it.

At that point, interim principal Tina Jacklin started to think, "Why can't this be something we can do every day?"

According to Jacklin, the first step was for the staff to sit down and discuss their values and beliefs as a school, what they have, what they want to be, and what's important.

The school made the unanimous decision to get serious about the Living School concept and developed a partnership with Dawson College through Adam in December of 2017.

Cookshire, while still under several feet of snow, wasn't in a position to start gardening just yet, but Jacklin said one of the school's first initiatives was a garbage audit.

For a full week, the students went through all the garbage generated at the school each day, separating what could be recycled and composted. Jacklin said at the end of the week, the results of the audit were that of all the garbage from the school, only 9 per cent was real garbage, the rest could be recycled or composted.

In April, representatives from CES attended a Living School symposium at Dawson where Adam and CES worked to clearly define what the attributes of CES as a living school should be.

Since then, the teachers and students have been implementing the plan of action, incorporating the natural world into the school and classroom wherever and whenever possible.

CES made the announcement official yesterday, and invited local media and special guests on a tour of the new Living School.

During the tour, the Grade 1 class was busy feeding the worm composter. On the menu today was apples and cucumbers. Jacklin said that the students keep worm journals, logging what the worms like and how they are doing. The students pointed out that the worms are big fans of bananas, but aren't especially fond of peeling.

Grade 5 and 6 students talked a science fair they had held recently, where the students did a variety of different experiments looking at the affects of pollution and the importance of protecting the environment.

On a table in the hallway of the school were dozens of little cups containing caterpillars. According to Jacklin, they are being raised by the students, and when they become butterflies, they will be released into the pollinator garden being developed on the school grounds.

Jacklin then invited St. Francis Valley Naturalists' Club President David Wright, one of the special invited guests, to break the ground to plant a yellow plum tree, the first of what will become a fruiting hedge bordering the schoolyard for the students to enjoy and cook with.

Galt Pipers running with The Wolfpack

Sherbrooke Record · 7 Jun 2018 · 10 · By Matthew Mccully

The Alexander Galt Regional High School bantam rugby team, recent winners of the (U14) ETIAC championship, are heading to Toronto next week to meet up with professional rugby league team, the Toronto Wolfpack.

According to teacher and coach Jeanfrancois Coley, the Galt players will be introduced at the game and have the honour of escorting the pro players out onto the field for their match.

“Last year we had a great experience running bantam rugby for the first time. We had 21 kids sign up,” Coley said.

This year, there were 32 players interested, but the team eventually dropped to 23, he said.

“The boys from last year were ready to go in September, and wanted to start early. They even looked at participating in a tournament in Niagara Falls in November, but it fell through,” Coley said.

Since the end of last season, Coley said the players had been toying with the idea of taking a trip to gain experience playing against stronger clubs.

Through a family connection in Toronto, Coley learned about The Wolfpack last summer and their willingness to support the development of young players.

“So when Niagara Falls fell through, I whispered to the boys about maybe going to see some pro rugby, so they can appreciate what it’s like,” Coley said.

“We have college rugby here, but it’s not the same.” He explained.

“They kept talking about it, and talking about it. Once I knew they were interested, Steph (team manager Stephanie Mccully) and I talked about whether it was feasible.”

While the manager worked on the logistics, Coley got in touch with some local Toronto clubs and The Wolfpack.

“The Wolfpack were incredibly hospitable, and offered us tickets for the group, as well as an invitation to practice, introductions in the game, access to the locker room, walking out with the players,” Coley said.

He also got positive responses from some local rugby clubs, willing to go for a try or two against the Pipers. “We seem to have found a couple of clubs interested in having a friendly scrimmage,” he commented.

“Winning the ETIAC was just icing on the cake,” Coley said, explaining the Pipers are excited for the upcoming Toronto trip.

So far, 16 of the 23 players from this year’s team have signed up to go to Toronto.

Assistant Coach Tim Pribus won't make the trip, but Coley said Mark Gandey, from the Bishop's University coaching staff, will join the Pipers for the Wolfpack run.

"We have a few players I feel (and my assistant coach feels), are easily provincial level, if not national level talent," Coley said.

"They can't wait to see how far the bar is set nationally. I think our top seven can hold on against the national tops," Coley said, pointing out that the Pipers, unlike some more established clubs, only have a two month playing season.

Galt science students try out computer-aided design

Sherbrooke Record · 6 Jun 2018 · 5 · Record Staff

This spring 37 students from Alexander Galt Regional High School's (AGRHS) level 5 science enrichment program were introduced to designing, fabricating and assembling objects as part of a special project at Lennoxville Vocational Training Centre (LVTC).



The project was created by François Mercier, a teacher dedicated to student learning and success who has taught in the Machining Techniques program at LVTC for almost 30 years.

During the five sessions, which took place in the technical drawing classroom and the Machining shop at LVTC during March, April and May 2018, the students were able to put their theoretical knowledge into practice using machinery from the LVTC to create useful, tangible objects.

During the first sessions, students learned how to design different objects like tools, toys or parts using Computer-aided design (CAD). The students then decided on two common objects to fabricate; a bottle opener containing both metal and plastic components and a key chain.

On the final two sessions, the students fabricated the plastic handle of the bottle openers and the keychain on a 3D printer and the metal opener on a CNC machining tool.

The students who participated in the project will be able to use the knowledge they gained from the project in their future fields of study and careers.

Computer-aided design (CAD) is used in the medical, artistic, engineering and many other fields.

AGRHS Science Enrichment teachers Mark Learned and Tannia Cortes, LVTC Machining student Mardo Al Bitar and teacher François Mercier are credited for making the project a success. Visit www.lvtc.ca to learn more about the Machining Techniques and CNC operator programs offered at LVTC. There is an employment waiting for you, minimum of 5 job offers per graduate.

Seventeen shave their heads in Drummondville

Sherbrooke Record · 5 Jun 2018 · 3 · Submitted by the Drummondville Elementary School Community Learning Centre

Drummondville Elementary School (DES) recently took part in its sixth edition of the Leucan Shaved Head Challenge. In all, 14 students and three adults, supported by five volunteer hairdressers, came together to participate and exceeded their target by collecting \$11,316 in donations.

Amongst the students, five young ladies donated their hair for the manufacturing of capillary prostheses. This event is not only an act of solidarity with children who lose their hair while undergoing treatment, but is also an important fund raiser that raises much needed funds to assist Leucan in supporting children and their families.

Since 2010, Marie--- Michèle Fradet, a resource teacher at DES, has organized six Shaved Head Challenges in the school, raising over \$33,000 for Leucan in the process.

DES is the only Anglophone school in the Drummondville area providing comprehensive educational services to students from Preschool to Grade six all in a bilingual environment. It also offers a Passe-partout program to help four-year olds and their parents transition into Kindergarten.



Before



After

Heroes' Restaurant Group

Sherbrooke Record · 5 Jun 2018 · 11 · By Louise Smith

Under the direction of Sarah Badger, and with the help of her mother, Christine Lawrance, five students have been meeting regularly to hone their cooking skills in the staff room. After going through a series of recipes, they designed a menu and had a “restaurant” day on May 29th where they served staff and parents.

The menu consisted of chicken noodle soup, pizza, and sugar cookies. The students were all excited but they were able to control themselves to be able to prepare the meal. It was a hit! No one left hungry and everyone enjoyed their meal. The chefs were Dawson, Darren, Wyette, Katalena, Gabriel, and Malee.