

MVHS student wins essay contest

Sherbrooke Record · 8 May 2018 · 11 · By Ann Davidson

Ginette Couture, president of the Yamaska Valley Optimist Club (YVO) could hardly hold back the good news on Sunday, that the club's candidate of choice, Cassandra Pegg of TBL, had won the essay contest at District level. The contest was held during the third assembly of the Optimist District Sud du Québec event held recently in St. Hélène-de-bagot.

Along with the certificate, Pegg was awarded a \$2500 bursary.

The Massey-vanier student, who is about to graduate, has opted to pursue studies in at Champlain College, South Shore and hopes to take psychology, English and education.

Sponsored by Optimist International, each contestant was required to compose a 700-800-word essay based on the theme "Can Society Function Without Respect?" The purpose of the program is to give young people room to develop their own views around a central idea. Winning at the District level is the highest that the contestants can go.

Students take to the streets for Community Day

Sherbrooke Record · 10 May 2018 · 5 · Submitted by Ross Murray By Clea Corman Frontier Animal Society

Students and teachers of Stanstead College left class and entered the community last Thursday afternoon, rakes and shovels in hand, as part of the school's annual Community Service Day.



Divided into groups, the student body fanned out around Stanstead and even Ayer's Cliff, Magog and Derby, Vt. to help with spring cleaning, raking, gardening, digging, sorting, even walking the dogs and petting the cats.

At Sunnyside Elementary School, for example, students transplanted raspberry bushes, turned over mulch on the

Last week, Phelps was lucky enough to have 20 volunteer students from Stanstead College during their annual playground, painted lines on the soccer field and prepared a tetherball playing area.

Students trimmed branches on Railroad Street and raked leaves and debris in Hackett Park and at the Colby-curtis Museum. Others picked up garbage at the ball park.

Other groups visited shut-ins at Manoir Stanstead and gave some love to the pets awaiting adoption at the Frontier Animal Society.

Despite the drizzle, the students embraced the spirit of the afternoon and were pleased to give back to the community that welcomes them year after year. community service day. Phelps' weekly sessions are volunteer based, so with the extra help, we were able to put together a special activity for our Elementary Educational Program: bionic hands! Students were challenged to think like engineers, building bionic hands with simple materials like paper, straws and string. With this one-on-one help, Sunnyside's students made some pretty impressive hands that were – almost – able to pick up foam cubes. For many Stanstead College stu-

Sunnyside students have fun with Science

Radovan Pecinovic - Grade 6 Science Teacher
Special collaboration

This past Thursday, May 3rd, there was an exciting presentation at Sunnyside Elementary School in Stanstead. After working hard for almost three months the Grade 6 class was able to present the culmination of their efforts and experiments to an audience. At the end of the day, parents, teachers and fellow students were able to explore and ask questions to the eight different groups that were presenting. Topics ranged from how to Power a Lightbulb with the Energy from a Lemon, Global Warming, How White Light breaks up in a Prism and what Chemical Reaction happens when you mix vinegar and baking soda together. Overall it was a great success and though all the students who presented were nervous, they were also pleased how they were able to educate their fellow school mates and teachers about their experiments.

A special thank you to the parents who showed up and to the Grade 3 Teacher Daryl Williams who helped set up the fair.



Pictured here is grade 6 student **Hayley Wolfe** presenting her experiment which examined how much sugar is found in different types of orange drinks.

The Stanstead Journal, May 9, 2018

photos courtesy Sunnyside Elementary School.

dents, this was an opportunity to get to know their extended school community better and to share some of their experience and perspectives with a younger crowd. Phelps students had the opportunity to talk to high school level students who are focused on academics and value the importance of education. It's great to see youth instinctively encouraging school perseverance!

Phelps Aide Phelps Helps is a rural community non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to seven unique programs, providing Stanstead area youth with free tutoring, educational and career support and hands-on learning from Grade 3 to the end of high school and further. We are currently looking for volunteers to help with our weekly sessions. If you have a couple of hours a month to spare and are available Tuesday or Thursday afternoons, please consider joining our dynamic group of volunteers. For more information, please email us at info@phelpshelps.ca or call our offices at 819-704-0799.

Sunnyside bikes get a tune-up from 'Adopte un Vélo'

Sherbrooke Record · 10 May 2018 · 1 · By Matthew McCully

Sunnyside Elementary School (SES) in Stanstead is ready to roll thanks to a bike repair clinic provided by the La Ruche 'Adopte un Vélo' program. SES has around 40 bicycles in a variety of sizes, donated to the school by the Free Wheeling program, based in Cowansville.



A similar program, 'Adopte un Vélo', started up by Jacques Bureau, a teacher from Magog's La Ruche High School, offered the SES students some tips to keep their bikes rolling at peak performance.

On Wednesday, Bureau brought seven of his La Ruche students to work on the SES bikes and offer short clinics, teaching the elementary students a few key things to keep in mind regarding bike maintenance.

Adopte un Vélo started in 2015. According to Bureau, The goal is to offer a technical program for students whose strengths lie outside the traditional academic stream.

After learning the ins and outs of bike maintenance, the bikes worked on in the program end up donated to the community. So far, over 120 bicycles, tweaked and tuned by Adopte un Vélo, have been donated to local families in need.

In addition to helping the La Ruche students learn about bike repair, Adopte un Vélo does outreach, visiting local schools to share the skills they have learned.

They also teach the kids how to ride with skills workshops, setting up jumps and obstacle courses.

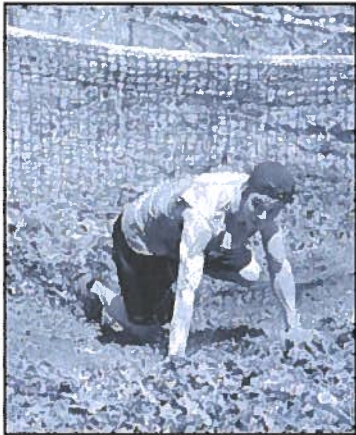
SES teacher Chantal Menard said the timing was perfect for SES bike tune-ups. The students, in groups of five, got the chance on Wednesday to learn the basics of bike maintenance.

According to Menard, Adopte un Vélo will visit the school again on May 30 to help the students work on their bike riding abilities and learn the rules of the road. Later that week, the older students will strap on their helmets, hop on their bikes and take "the big ride to Wood's", an end-of-year tradition for the school.

Richmond students overcome obstacles to fight cancer

Sherbrooke Record · 10 May 2018 · 3 · By Gordon Lambie

A group of students from Richmond Regional High School ran a relay obstacle course at Richmond's Gouin Park on Wednesday afternoon for the benefit of the Quebec Cancer Foundation's "Programme à Félix" for youth 15 to 39 years old living with cancer diagnoses.



"It's not the same, having cancer when you are young," said Marie-claude Borja, Special Events Coordinator with the foundation, who hailed the donation as exceptional. Borja explained that the "Programme à Félix" is named in honour of Félix Deslauriers-hallée, the Sherbrooke football player who died at the age of 20 in the summer of 2011.

The students raised more than \$2,600 in total for their run which is being split between the student activity fund at the school and the cancer foundation.

Lori Cloutier, the teacher in charge of the school's running club, said that the activity is a new idea, but one she hopes will grow in coming years. Although RRHS has previously hosted community "fun run" activities, this event saw students of all levels invited to run a hilly forest trail and face six obstacles that challenged their physical fitness skills.