



# Valles Vox

Grade 7/8 Edition

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**Quote of the Week:**

In seed time learn, in harvest teach, in winter enjoy. ~William Blake

**Photo of the Week:**



Students enjoying the fresh snow at Sedbergh

## Canadian Ski Marathon Assembly



On Wednesday, Mr. Prokopchuk inspired us about upcoming events to look forward to as we embrace winter. He told us stories about his experiences of the Canadian Ski Marathon, his favourite weekend of the year. The Canadian Ski Marathon is 160 km long and is a weekend that we come together as a group. The marathon consists of ten sections ranging from 12 to 28 kilometres in length. Each student must complete at least one section

per day; however, many students push themselves and do a lot more. Coureur des Bois complete all ten sections. The CDB is a challenge, which several staff and students will undertake in February. People wanting to undertake this challenge are encouraged to train throughout the holidays and can see Ms. Barber if they would like a training schedule. Mateo, Roy, and Arturo are congratulated for signing up for running this term, to help prepare

them for the marathon.

There are other events to look forward to throughout the winter here at Sedbergh.

**Johannsen Ski Meet – January 26, 2010**

**Level I Hut Ski Trip – January 22-23**

**Canadian Ski Marathon – February 13-14**

**Level II Hut Ski Trip – March 4-6**

If anyone is interested in competing in additional events in the Ottawa-Gatineau region, they are encouraged to speak with Ms. Barber.

## New Student Profile



**Name:** Freddy Waldron  
**Grade:** 11

**Hometown:** Ottawa, Ontario, Canada

**Languages:** English

**Likes and hobbies:** basketball, rap, eating

**What did you do over the summer?** I went to the cottage, relaxed, and did a lot of swimming.

**If you could have one super-power, what would it be and why?** Invisibility, to scare people

**Quote to live by:** “Wars

will come and go but my soul will remain eternal.”

**If you were a flavour of ice cream, what flavour would you be:** Vanilla, because I’m kinda plain.

**If you could be a character from any TV sitcom, who would you be?** Homer Simpson, because I say stupid things and eat a lot.

## Grade Seven and Eight Happenings

The grade seven and eight students are extremely busy in preparation for evaluation week. Below is a summary of the competencies developed and assessed in each course as well as the content being covered, as determined by the Quebec Education Program.

In English language arts, the four competencies are: uses language to communicate and to learn, produces different texts, reads different texts, and writes different texts. We have recently turned our attention to creative writing, discovering the many types of genres available to today's eager and keen grade seven/eight student, with a particular focus on fables in the lead up to the December evaluation situation. We have also begun our first major novel study: Farley Mowat's Canadian classic, "Never Cry Wolf."

The three history and citizenship education competencies are: examines society, making connections with the past; explains important changes that have taken place in history; and shows awareness of his/her place as a citizen in society. We have begun our study of the Islamic Empires of the ancient world; their beginnings in the Arabian peninsula and eventual expansion across Africa and into Europe. Of particular interest will be an examination of how the religion of Islam united, and then divided, the ancient Arab states.

In mathematics, the following competencies are assessed: solves a situational problem, uses mathematical reasoning, and communicates by using mathematical vocabulary and symbols. The next topic in mathematics is mapping. We are using Cartesian Planes. Translations, reflections, and rotations of shapes on a grid will be focused upon. These skills will lead into map reading, map making, and the concept of scale.

In visual arts, the competencies are as follows: creates personal images, creates media images, and appreciates images. In art class, the students are learning about Manga. Did you know that the distinctive visual characteristics of modern manga can be traced back to Osamu Tezuka, and his legendary series, Astro

Boy. We will be exploring the many characteristics we now associate with manga, such as large eyes and spiky hair and be creating our very own manga inspired artworks.

Les trois compétences de français sont: communiquer oralement en français, lire des textes, et écrire des textes. Jusqu'aux vacances de Noël deux travaux nous tiennent occupés: une recherche sur power point avec la voix du chercheur intégré, et la production de cartes de Noël et de bons voeux avec aussi l'outil power point et la voix du créateur intégré. Je souhaite leur donner la chance de réaliser un document complet, informations, sources, illustrations et la voix dans un même document. Cela sera la même chose pour les voeux et les cartes. Au retour, soit en janvier 2010, nous commencerons un grand projet de marionnettes et de théâtre d'ombres. Nous travaillerons tous les aspects du théâtre de marionnettes soient les contes classiques, l'écriture et lecture, la confection, les décors, l'éclairage. Nous voulons monter un petit théâtre de marionnettes et peut-être organiser pour un public une représentation de nos talents.

The three competencies developed in science and technology class are: solves problems, uses his/her knowledge of science and technology, and communicates by using scientific and technological vocabulary and symbols. We just completed a unit on weather systems and we are currently embarking on a study of trees and forests. The students will be learning about habitat, taxonomy, reproductive mechanisms in plants, characteristics of living things, plant cells, photo-

synthesis and respiration, and inputs and outputs (energy, nutrients and waste).

In geography, the students develop three competencies: understands the organization of a territory, explains a problem related to a territory, and shows awareness of geographic problems in the world. We are studying forestry, which is integrated with the science unit on trees and forests. The students are gaining an appreciation for the complexity of the forestry industry, while examining the social and economic factors that come into play.

In physical education and health, students have completed a lifestyle log, wherein they record their personal habits. In the New Year, we will be looking at where improvements to lifestyle and health can be made. In phys-ed, we are learning how to play volleyball. Here is a copy of the table the students used:

The physical education and health competencies are: participates in individual physical activities, participates in group activities, and takes steps to adopt a healthy, active lifestyle

The ethics are religious culture competencies are: recognizes his/her own values, forms an opinion about ethical issues, and discusses his/her opinions and values with others. We are currently focusing on the third competency.

-Ms. Beth Barber, Core Teacher

Day/ Criteria	Exercise	Food/Drink Intake	Sleep	Hygiene
Day:		Breakfast:		
Date		Lunch:		
		Supper:		
		Snacks:		

Chart used for Physical Education

## Movember at Sedbergh

Along with 35 000 other individuals across Canada, Mr. Mauchan, Mr. Bellamy and grade twelve student, Ted, raised over \$300 to go towards prostate cancer research. Below is an excerpt highlighting important information from the official Movember website: <http://ca.movember.com/about/>.

Movember is an annual, month-long celebration of the moustache, highlighting men's health issues - specifically prostate cancer. The idea for Movember was sparked in 2003 in Melbourne, Australia. The guys behind it joked about 80s fashion and decided it was time to bring the moustache back. In order to justify their Mos (Australian slang for mous-

tache), they used their new looks to raise money for prostate cancer research, never dreaming that facial hair would ultimately lead to a global movement that would get men talking about a taboo subject – their health.

A Mo Bro starts Movember – the month formerly known as November – clean shaven, and grows a moustache all month long, garnering support from friends and family in the form of donations. What's more, a Mo Bro is a walking billboard for the cause as his new look opens the door for him to talk about prostate cancer – making the moustache a symbol, much like the pink ribbon is for breast cancer.

The Movember movement raised over \$7,000,000 across Canada for prostate cancer research. Congratulations to Ted, Mr. Mauchan, Mr. Bellamy, and the entire Sedbergh School community for supporting this endeavour.



## More Movember News

Mo Bros Mr. Bellamy, Mr. Mauchan, Mr. McCarthy & I (Ted Simha-Webster) grew moustaches this past November to try and raise money to help “change the face of prostate cancer.” In total we raised \$325 which will go to fund research to find a cure for the cancer that 1 in 3 men will at one point in their life be diagnosed with. In link with the fundraising committee organized a free dress day to try and help raise some funds, it was a great success for in just this day alone we

raised \$140.

Living with a moustache for the past four weeks brought me to a level along with such people as Albert Einstein, Hulk Hogan, and Charlie Chaplin. Also during this time I learned that "mos" are very practical and I'm now on the market for a lip warmer because gusty winters have proven to be quite cold. I encourage others to invest their time in growing out their facial fuzz next year to help this great cause.

Thank you to all donators, Let Your Mo' Grow. POW!

Ted Simha-Webster  
Gr. 12 Student



## Thesis Topics

The grade twelve's are hard at work on their thesis projects. They just completed proposal presentations outlining their goals for the quantitative component of the project and they also spent time recently at McGill University's library gathering resources in support of their research. It will be a busy winter for the grade twelve class, but I am confident that they are all up to the challenge. The following is a list of chosen topics:

**Gereon:** Architecture and the environment - the move towards sustainable design.

**Aldo:** The environmental and human health impacts of car pollution.

**Magaly:** The medical industry's practices of waste disposal.

**Salman:** The production and marketing of hybrid cars.

**Martin:** Post traumatic stress disorder resulting from war and conflict.

**Stephania:** The environmental and social impacts of global over-population.

**Hayden:** The impacts of professional sports' arenas and travel patterns on the environment.

**Kiara:** The Kyoto Protocol and the role of developing nations in achieving emissions targets.

**Audrey:** The production and use of medical isotopes (implications for human health and policy)

**Mark:** The impacts of global warming on the habitats of large marine life.

**Ted:** The ability of mass media to affect change and action among youth in regards to global warming.

**Taylor:** The impacts of the Olympics on the environment (Vancouver 2010).

-Sarah Kehoe, Grade Twelve Teacher, University Guidance Counsellor

## The GAP Experience at Sedbergh



“When in doubt, go on a gap year” is probably what you would hear from a career advisor at your school if you are indecisive about your future. At least it’s what I heard when I couldn’t make my mind up about my course choices and university choices; I was very confused! Eventually, I ended up applying for a GAP position and came to Sedbergh. To be a GAP at Sedbergh means to have three colleagues and to share the GAP wing with them for half a year.

The cohabitation in the GAP wing is running smoothly, which is impressive given the diversity of personalities that is to be found there. Our late arrival, Ryan Nemeth, fits in very well with the rest of us. He’s the only Canadian that we have there and perhaps the very cultural mix of the other three GAPs (Germany, New Zealand and Slovakia) is what keeps him quiet in his room for a lot of the time. Janina is from Germany and she really falls into the schema of what Germans are usually like: she’s very hard-working and efficient and we like to call her our “mom” (no one else except for her would be as

kind as to do your laundry or ask you if you want a cup of tea, for example). If Janina is the “mom” of the GAP wing, then I am definitely the loud and slightly annoying child. Luckily enough, there’s always Brendan around to calm me down; I suspect it’s his relaxed and nearly hippie-like approach imported from New Zealand that always keeps him happy and excited about everything, whether it’s a trip to the west coast of Canada or shepherd’s pie for lunch.

You see, he never complains, even if he is absolutely groggy after hearing terrible jokes about him being from Australia for the whole day. What makes all of the GAPs constantly groggy though is “duty time.”

The shift starts at roughly 6:00 a.m. with “*block*” and ends at around midnight. Duty can be both fun time (if you get to go on an exciting trip) and rather boring time (if the trip is particularly uninteresting). For example, if you’re on a duty and you get to go on a high-ropes course for free, it’s a real blessing! Conversely, if you are asked to do something you are not as interested in, you might be a tiny bit disappointed. What will always get you through any kind of sorrow though is our common best friend, the key to the kitchen. It’s unbelievable, but at Sedbergh, food and drinks sometimes seem to be the most amazing things on the planet.

However, there are some things you just wish you had known before coming here. I wish I had known, for example, how early 6:00 a.m. is after three months of summer holidays or after going to bed at 1:00 a.m. when duty is finished. On a practical note, we all wish that shoe shops back at home would have a special Canadian section offering specialized shoes for the conditions here. But it’s all good – there’s always the Outdoor Education room to help you out with anything you need.

To have to get up early in the mornings and stand outside for about half an hour doesn’t sound like the most appealing thing, does it? Surprisingly though, it’s very nice to watch the sun rise from the Sedbergh sign down on the road or be the first one to walk in the snow. It’s definitely fun being a GAP at Sedbergh, but perhaps that’s just the hippie influence of my New Zealander colleague coming through.

-Lenka Hudakova, GAP



## Evaluation Week Schedule: *December 2009*

	Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17
<b>AM</b> <b>(9:00 – 12:00)</b>	12 Sociology 12 Chemistry 11 Environmental Resource Management 10 English Language Art 9 Leadership 7/8 French	12 Data Management 12 Biology 11 English Language Arts 10 Wilderness Integrated Course 9 Mathematics 7/8 Science and Technology	12 Physics 12 World Politics 11 Physics 11 Art 10 History 9 Study 7/8 Ethics	12 Calculus 12 Art 11 Chemistry 11 History 10 Science and Technology 9 History 7/8 Geography
<b>PM</b> <b>(1:00 – 4:00)</b>	12 Thesis Work Period 11 French 10 Ethics and Religious Culture 9 Visual Arts 7/8 History and Citizenship Education	12 English 11 Math S 11 Math CST 10 Visual Arts 9 English Language Arts 7/8 English Language Arts	12 Study 11 Ethics and Religious Culture 10 French 9 Science and Technology 7/8 Math	12 Exercise Science 12 Economics 11 Contemporary World 10 Math S 10 Math CST 9 French 7/8 Art

### Human Rights Day

Thanks to two of our senior students, we are all aware that December 10 is Human Rights Day. Stephania and Jahel shared a video from Youtube entitled “The Story of Human Rights” at assembly on Wednesday, to let us know the history of The Universal Declaration of Human Rights. The informative video was put together by the United Nations. A clear message during the conclusion of the video illustrated the fact that human rights begin with each and every one of us

and we all have a responsibility to uphold them. This year’s focus for Human Rights Day is non-discrimination.

After the video, Mr. Church shared some personal stories from his travels, which alerted us of current human rights being violated due to human trafficking. Thank you to Stephania, Jahel, and Mr. Church for raising awareness of this important issue. To read a copy of The Universal Declaration of Human

Rights, visit Mr. Church’s classroom or go to the United Nations Website at <http://www.un.org/en/documents/udhr/>.



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*Felicitas, Libertas, Virtus:  
Happiness is Freedom, and  
Freedom is Courage.*

## Valles Vox Information

Sedbergh School's *Valles Vox* is published bi-weekly to Sedbergh students, parents, staff, and friends. To have your e-mail address added, deleted, or changed, please contact the editor, Sophie Grossman or Beth Barber at [sgrossman@sedbergh.com](mailto:sgrossman@sedbergh.com). We invite articles and photographs for publication in Sedbergh's *Valles Vox*. Please send unformatted text and the highest resolution photos. Thank you to all contributors to this issue.

*-Beth Barber and Sophie Grossman*



*Brandon making some gingerbread cookies*

## Upcoming Events

(Please check the calendar on the website which is frequently updated)

**Evaluation Week** – December 14-18

**Level I Ski Trip** – January 22-23

**Tidings of Good Cheer** – December 17

**Johannsen Ski Meet** – January 26

**Winter Break** – December 18-January 3

**Canadian Ski Marathon**  
(closed weekend) – February 13-14

**Girls' Huts** – January 9

**Level II Hut Ski Trip** – March 4-6

