

THE EAGLE EXPRESS



THE OFFICIAL NEWSLETTER OF LOUISE ARBOUR SECONDARY SCHOOL

Pay school fees online

The Peel District School Board is excited to announce that LASS now offers a new, preferred method of payment for all school fees.

School Cash Online is a safe and secure form of online payment that allows guardians and parents to pay for your child's school items, like registration fees, from your computer or smartphone using eCheck, Visa or MasterCard.

By registering, you'll have the ability to:

- Keep track of your children's school item and activity fees
- Check account history
- Print or view receipts
- Make donations to school fundraisers online and instantly receive a tax receipt
- Pay for school fees with the click of a button

For more information and to register, please visit peelschools.schoolcashonline.com
If you have any questions, please contact the school directly.

Upcoming Events

- June 30:** Semester 2 Final Report Card Distribution
Sept. 5 First Day of Classes
Sept. 18: Early Release Day
Oct. 6: PD Day



LASS Outdoor Classroom and Indigenous Medicine Wheel Garden

The LASS Outdoor Community Classroom, located next to the track, was completed in late May! This beautiful space has been designed, built and installed by LASS Construction Technology students under the mentorship of master Technology teacher Joe Tavares.

The space will provide a beautiful outdoor learning environment for LASS students and for students from our neighbouring feeder schools.

We are also excited to announce that the bed for the Indigenous Medicine Garden, designed by the Grade 11 Genocide Class, has been installed next to the Outdoor Classroom. The four quadrant garden reflects the four directions of the indigenous medicine wheel. Traditional indigenous medicines, such as sage and cedar, along with other plants indigenous to the region will be planted soon.

Student volunteers from the LASS EcoSquad Club and from the Grade 11 Genocide Class will be working hard over the summer months to tend to the new trees and plants as the roots become established.

The LASS EcoSchools Committee would like to thank our collaborators and supporters who have made these exciting projects possible: the LASS School Council, TD-Friends of the Environment Foundation, Toyota Evergreen Learning Grounds Grant Program, Maple Hill Tree Services, Facing History and Ourselves, trustee Harkirat Singh and superintendent Pat Noble.

Please drop by and enjoy this beautiful space the next time you are at LASS!





Asian Heritage Month

Throughout the month of May, the Louise Arbour Secondary School community celebrated Asian Heritage Month with lunchtime events, classroom activities, and special celebrations.

A true highlight of our Asian Heritage Month events was the Cultural Extensions Show where Vice Principal Singh couldn't help but join our Bhangra group on stage!



Grad Barbecue

This year we held our first Grad Barbecue.

Thank you to the Student Council for organizing this event where our graduating students and their teachers had a chance to socialize, enjoy great food, and pose for a group grad photo, which every graduating student will receive during Commencement.



Social Justice Club hosts annual Charity Day

An annual event at LASS is our Charity Day. The Social Justice Club organizes this fundraising event and fun homeform challenge each year to raise money for a charity.

For the past three years, the club has chosen a local charity and worked on a highly successful "Give Where You Live" campaign. This year was no exception.

Charity Day 2017 raised more than \$1,000 in an hour for this year's charity, the William Osler Health Centre Paediatric Unit!

Amazing work by our LASS staff and students.



Cram A Cruiser

Members of the Louise Arbour Boys' Club ran a very successful Cram a Cruiser food drive this spring.

All of the food donated by the LASS community goes to local food banks to support needy families in our community.

Thank you to all of the families who contributed to this!



Kabaddi Returns to Peel

For the second year in a row LASS staff, under the leadership of Mr. Cappuccitti, has worked with our trustee Harkirat Singh and staff from the Peel District School Board to organize and host a Peel Kabaddi Festival.

It is the only tournament of its kind in Ontario.

This year the tournament expanded to include senior boys, junior boys, and girls divisions. It was once again held at the Kabaddi ring at the Powerade Centre in Brampton and caught the attention of media from around the world.

Our AV Crew livestreamed the event on the internet and has been working with the board's Media Services Department to create a promotional video for the sport.

Thanks go out to all of our coaches, Mr. Cappuccitti, Mr. Hanna, Mr. Harrison, and Mr. Tremblay, as well as our fantastic community coach, Jasdeep Tatla, who is a professional Kabaddi player!

SHSM Program at LASS celebrates graduates

Congratulations to all the SHSM students graduating this year in both Arts and Culture and the Hospitality SHSM Program.

In the Hospitality SHSM program we have approximately 10 successful students graduating from the program. These past 2 years the Hospitality SHSM students have been working hard gaining certificates, completing CPR training, participating in baking/cooking classes and making funnel cake at wonderland.

This year Alexandra Hoilett received two awards: "Rising Star" and "Co-op" award. Mitesh Solanki received an award for "Future Master Chef".

The SHSM program is a great way for students to customize their grade 11 and 12 school year. It's an great opportunity to earn certificates, attend trips (free of cost), learn more about hospitality and cooking and experience experiential learning through co-op.

If you are interested please see Mr. McKinstry, Ms. Musial or Mrs. Ladwa for more information regarding the SHSM program.



Peel celebrates Pride Month

Pride month is an opportunity to celebrate and embrace each other. It's also a time to reflect and remember that there is still more that can be done around inclusion and support for our LGBTQ community.

The Pulse Nightclub mass shooting in Orlando, FL is one of those reminders, that there is a lot more that can be done to protect and support our LGBTQ family, friends and community.

The Peel Region has a Peel Pride Committee that started in 2002. Among other events, Peel Pride will be hosting there 14th annual family picnic, Saturday July 18 at Heart Lake Conservation Area from 12-3pm.

For more information check out their website at peelpride.wixsite.com/peelpride.



Eagles Health Association achieves Gold – Again!

For the second year in a row, the Eagles Health Association (EHA) continued their amazing work engaging LASS and the Springdale community to be healthier and happier.

In order to obtain certification as an official Healthy School by OPHEA (Ontario Physical and Health Education Association), our committee of dedicated community members worked diligently through the 6-step process over the majority of the school year.

With students graduating last year and some members unable to return, it was exciting to see some new faces joining the team. After studying the needs and assets through various surveys and group discussions, the EHA decided to move away from Physical Activity and selected a new priority health topic: healthy eating. In some ways, this was challenging because we had to brainstorm a brand new Action Plan with a set of completely new initiatives. However, the EHA members, especially the students, rose to the occasion!

Throughout the month of April, we ran a series of Healthy Eating themed events. Public Service announcements played on the morning announcements raising awareness about Healthy Eating. This culminated in a Seminar and Healthy Eating pledge video for Home Form classes. In addition, the EHA coordinated “Caught in the Act” where LASS students were recognized for eating healthy foods, such as fruits and vegetables, around the school over a week long period. Students “caught in the act” had their names written on to cardstock apples that were taped to a large paper tree on a wall in the main hallway of the school.

Finally, the EHA organized a Healthy Food Fair on Parents’ Night to showcase our priority health topic through partnerships with school and community organizations. There were a number of amazing booths throughout the front foyer including a pop up smoothie bar, samples of healthy oil-free South Asian cuisine, locally grown Microgreens from EcoSquad and Grow A Seed (a local business), and programming from Brampton Parks and Recreation.

In the end, after the OPHEA auditing process, we achieved Healthy Schools Gold Standing for the second year in a row!

This would not have been possible without amazing support from our administration and Hospitality department. Congratulations to all team members including students Ravneet Gill, Jaskirat Singh, Dilpreet Girn, Erum Mansuri, Rahul Sharma, and Sukhman Lalli, teachers Victor Kass, Stacy Burnett, Aeri Kim, and Jillian Gibeau, parents Alpesh Bharkhada and Nazir Bapoo, public health nurse Hardev Sohi, and City of Brampton Parks and Recreation's Adam Nugent and Jordan Aguiar!



Tech Education Wraps up

As another year wraps up it’s always a good opportunity to reflect on all the hard work done by technology education students here at LASS.

The Robotics Teams can rest up after a tough but successful season.

Computer engineering and computer science classes have been busy completing their summative testing and adding their final touches.

Café 123 closed June 16 for another year while the hospitality kids start the kitchen clean up after a busy semester with many catering jobs.

The school’s Transportation Shop has closed for another year. Thank you for the oil and tire changes and the many other things that you do.

Thank you to the communication technology students for everything you do and the yearbook club for this year’s yearbook which looks awesome.

A final shout out to Mr. Tavares and his constructions students who have been collaborating with the LASS EcoSquad to complete the amazing outdoor classroom.



Plenty of Leadership opportunities to be found at LASS

This semester, as part of the course, our Leadership students had many amazing opportunities to be involved in their school and local community. These opportunities helped students build their communication, collaboration and most importantly, leadership skills. So, what were some of the things Leadership students did this semester?

- Went to Mansfield Outdoor Centre for a teambuilding trip, where students got to do trust and communication challenges, along with snowshoeing!
- Ran the Volunteer Fair in March.
- Partnered with the DDR classes throughout the semester to do a school grounds clean-up for Earth Week; baked delicious treats together; did MakerSpace activities together; and went tree planting together.
- Partnered with Springdale P.S. grade 3 classes to become Eco-Buddies! We had three visits together to plant seeds, pot flowers and work on milk bag mats.
- Went tree planting with the TRCA and DDR students to help restore the environment in our local community.
- Gave presentations to grade 9 GLS classes about volunteerism, financial literacy, bullying and harassment and discrimination.
- Helped EAC and SAC with the grade 8 feeder schools visit by running activity stations.
- Volunteered with many other LASS students at the Peel Water Festival, where they ran activity booths for visiting elementary students to teach them about water use and conservation.
- Participated in a classroom placement, where every Wednesday they spent time in a grade 9 or 10 classroom with their host teacher. Classes included Civics, Careers, English, ELL, Science, Math, Info Business, DDR, Drama, Art, Exploring Tech and Physical Education.



Our semester was very busy, but also very rewarding! I'm proud to say we spent more time outside of our four classroom walls than inside of them. The main goal of the course is to get students more involved with their school and local community, and we made some positive steps towards that this semester. A big thank you goes out to all staff at LASS who supported the Leadership program this semester.

If your son or daughter is interested in learning more about the Leadership course at LASS, they are welcome to speak to Ms. Niro or Mrs. Bell about it. The course will run each semester next year. You can also follow us on twitter at @LASSLeadership.

Math League Award Winners

The Louise Arbour Math League recently celebrated the tremendous accomplishments of our math contest writers. This was our most successful season ever, with more students receiving the University of Waterloo's certificate of distinction (top 25% in the world) this year than all other years combined. We certainly have a bright future in mathematics here at LASS!

The following students should be commended for their outstanding achievements:

Grade 9 Pascal

- 1st Chaitya Patel (Certificate of Distinction)
- 2nd Raghav Bhagat (Certificate of Distinction)
- 3rd Yashna Mistry

Grade 10 Cayley

- 1st Fiona Chau (Certificate of Distinction)
- 2nd Daniel Vo (Certificate of Distinction)
- 3rd Inshya Shaikh (Certificate of Distinction)
- 4th Gurnoor Chahal (Certificate of Distinction)

Grade 11 Fermat

- 1st Monica Sabbineni (Certificate of Distinction)
- 2nd Jonathan Lartey (Certificate of Distinction)
- 3rd Yuvraj Sidhu

Grade 12 Euclid

- 1st Brandon Dang
- 2nd Sanjana Bansal
- 2nd Jaskirat Gill
- 3rd Amandeep Cheba

Canadian Mathematics League Champions

- 1st Overall: Sanjana Bansal
- 2nd Overall: Bhaven Shah
- Grade 9 Champion: Amrit Basra
- Grade 10 Champion: Ramleen Dhillon
- Grade 11 Champion: Karamvir Boparai

We are always actively recruiting students who love solving challenging math problems. Each month, members of our club practice using contests that we have created ourselves here at LASS. Each six-question assessment is specifically designed to build confidence, while enhancing problem-solving skills. Students earn points for every question they solve throughout the academic year, leading to prizes for top-scoring students overall and in each grade.

Please see Mr. Dettman in the mathematics office for more information.



Photo caption: Some of the winners proudly displaying their trophies, certificates, and medals. From left to right: Sanjana Bansal, Ramleen Dhillon, Monica Sabbineni, Daniel Vo, and Brandon Dang.



LASS hosts feeder School Track and Field Day

For the first time ever, Louise Arbour teamed up with Hewson Public School to run a Track and Field Day for our feeder school students.

Mr. Kass commented that it was like running 15 other tournaments simultaneously because a Track and Field competition involves such a wide variety of different competitions!

Luckily our staff and students were up to the challenge. With a huge number of LASS student volunteers working together under the effective leadership of Mr. Kass, Ms. Keldo, and Ms. Gray, the event was such a huge success that we expect to see it happening annually at our school!



Lights! Camera! Soar! Eagles Shine at Peel Student Film Festival

The 6th Annual Peel Student Film Festival showcased films from high schools across Peel Region at the Rose Theatre in Brampton. In addition to the 800 students who were in attendance and number of dignitaries were at the event including, Brampton Mayor Linda Jeffrey, Caledon Councillor Annette Groves, Peel District School Board Chair Janet McDougald and Peel District School Board Director of Education Tony Pontes.

Our LASS AV Crew produced two films which were nominated in this year's festival.

"The Peel Student Film Festival highlights the great talent of young filmmakers in Peel," said Linda Jeffrey, Mayor of Brampton.

Michyla Marshall-Tross, along with our entire AV Crew, placed 3rd in the very competitive Documentary-News Category. With high production values this Sports Broadcast of the recent OFSAA Provincial Wrestling Championships was an Eagle highlight in the festival! (To view the link click here: <http://bit.ly/2sj9Ukb>).

The LASS SHSM Arts and Culture program produced the school's 2nd entry that was nominated. Led by Naressa Yasin and Tanveer Saini their remake of "Sunglasses at Night" by Corey Heart was a crowd favourite!

Missed the Peel Student Film Festival this year? You can watch all the winning films on the festival website by clicking here: <http://bit.ly/2taqOBs>.

Would you like to see our Eagles under the stars this summer? See a selection of winning films and interviews at Garden Square this summer at Garden Square on July 10th and August 14th at 7 p.m.

"The Peel Student Film Festival empowers your artist to express their creativity, entertain audiences and share their visions for a more just and sustainable world."

If you would like to join the action next year please talk to Mr. St. Clair for more information.



Encourage your students to jump into OverDrive this summer

Dear Parent/Guardian

Louise Arbour Secondary School is gearing up for summer break.

While summer presents an opportunity to relax and enjoy the sunshine, we want our students to continue to find ways to learn while away from the classroom.

We have an exciting reading service available through OverDrive (<http://louisearbour.lib.overdrive.com>). The OverDrive collection provides free 24/7 access to eBooks and audiobooks. What better way to engage your student's mind than through reading? This summer, the *OverDrive Summer Read* (<http://resources.overdrive.com/summer-read>) program will offer a collection of Juvenile and Young Adult titles that will be prominently displayed in our digital collection (<http://louisearbour.lib.overdrive.com>) for quick and easy unlimited access from **June 30 – September 4, 2017**.

How does it work?

To use OverDrive, students browse the secure website of more than 50 titles, borrow with a student number and enjoy on computers, tablets, smart phones, and eReader devices. Your student can download the app for free or go to the website above and use their student number as their log in. No password required!

Encourage your student to check OverDrive out today!

Boredom is not an option this summer.

Where can I find more information?

<https://tackk.com/x8yhxs>

Sincerely,

Jonelle St. Aubyn
Teacher Librarian



LASS supports annual Bike Week

In May, Louise Arbour participated in Bike to School Week. One highlight of that week was our bike workshop!

Bike Brampton, a member agency of the Brampton-Springdale network that supports our community, hosted this workshop and taught students the basics of proper bike maintenance.

Biking is a great way to get to school while enjoying the benefits of fresh air and exercise!

Student Wellbeing at Louise Arbour

Student wellbeing is a key focus at Louise Arbour Secondary School.

Each day we start off with a fabulous breakfast program and a quote of the day that are organized by Ms. Manson and Mr. Battista from our Contact program!

We want to support all of our students to be the best that they can be, each and every day.

This spring, students organized a variety of de-stress activities, including yoga classes every Friday during lunch.

Another new addition to our school has been the Mindfulness Room in the main office where students can drop in to relax, talk with a caring staff member, or pick up literature on mindfulness, stress reduction, and good habits to support their wellbeing.

