



# The Paw Print



A Student Publication of Holy Trinity High School

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## Fridays for Future - by David Humby

On March 15th, students from across the Avalon took two hours from school to protest the current global warming crisis, at the Confederation Building. The protest saw hundreds of students and supporters who gladly came out in support of the cause. The protestors marched at 10 o'clock in the morning from the MUN clock tower to the Confederation building, where there were speeches, songs, and chants called out from the buildings steps. There were political members present, as well, such as Nick Whelan and Sheilagh O'Leary, who both gave speeches on the actions they wanted to take in the Newfoundland government. Nick Whelan spoke of the Liberals' action plan towards climate change, and O'Leary talked about how they were going to finally put an end to the way things are being run. It was a passionate, inspirational afternoon. There were emotions of anger and rage, of excitement and joy, but amongst it all, the idea of the protest shone through brightly: that we are the next generation, and that the government is holding our future in their hands.

Newfoundland was not the only place to take part in protests that day. Students from across the world participated, making it one of the biggest in all of recorded history, with about 1000 schools involved across 82 countries.

The movement was sparked by a 16 year old Swedish girl named Greta Thunberg, who had skipped school one day with her classmates to protest at the Swedish parliament building. The act gained international attention and now the rest of the world is following in Greta's footsteps, as seen this past Friday in Newfoundland.

Greta's idea behind the school strike came from her views on climate change. Greta felt the seriousness of the issues going on, saying that studying for school would be unnecessary if the world would be destroyed soon in the future.

"Why should I study for a future that will soon be no more."

Greta's message to the world is clear: That global warming must be addressed now. Even if we have no hope, we must act. Then the hope will come.

Greta's message was reflected at the protests in St. John's this past Friday. Banners preached that we are the next generation and we want change.

The school strike was not just once on March 15th, but it is every Friday, however not in Newfoundland. You can see the progress at #FridaysforFuture. And if you wished you had come to the protest, there is another opportunity on May 9th. More information will be posted on it soon, but the date is known, so free up May 9th in your calendars!

Friday for future logo.  
Source: slow food international



Holy Trinity High student Kacey Hammond at the Fridays for Future protest, the 15th of March.



## How to Vote - by Kassidy Hammond

Voters between the ages of 18 and 29 make up half of the eligible population, the voter registration service meaning this age category section.

has more of a say than ever!

Yet, older populations are more likely to head to a polling station. We can change that. Coming up in 2019 are the Provincial and Federal Elections; this will be the first time many grade 12 students will be able to vote. If you turn 18 by Monday, October 21st, you can vote!

You have a few options to register, including on your tax form, by mail, or on the day of with a proof of residency.

For more information go to [www.elections.ca](http://www.elections.ca) and go to the voter registration service section. Voting is a duty and an absolute privilege, make sure to take those few minutes to register, and look out in the next issue for more information on what you need to know to make an informed decision in this years federal and provincial elections!

Editor: Eric Senior



Source: [www.elections.ca](http://www.elections.ca)

## Game Corner - by Issac Howse and Brayden Collett



Credit: Brayden Collett

### Say What?

K	R	P	Y	R	O	C	L	A	S	T	I	C	O
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B	B	E	T	Y	E	R	E	S	X	E	T	V	P
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LEXICON  
UROBOROS  
VAGARIOUS  
PIACULAR  
ANACHRONISM  
UMBRAE  
PYROCLASTIC  
ERUBESCENT  
EMACITY  
PERSPICACITY  
BLATHERSKITE  
KERFUFFLE  
DIDATIC  
FRONDEUR  
DEGUST  
CONNIPTION  
FIPPLE

Credit: thewordsearch.com

Anyone interested in writing comics for the school newspaper can go to Mr. Walsh's room at lunchtime on Thursdays.

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Credit: Isaac Howse

## Being Engaged: Why Being Engaged in the World Around You is Important - by Keira Hammond



Former Attorney General, Jody Wilson-Raybould. Source: Cape Breton Post

On Wednesday, February 27th, Jody Wilson-Raybould, the former Attorney General of Canada, testified about the pressure she was put under to drop a court case against the engineering company SNC-Lavalin. She was allegedly pressured to drop the case by influential Liberal politicians, including the Right Honourable Justin Trudeau. There were calls for his resignation.

The United Kingdom has missed their deadline to leave the European Union with no trade deal in sight. This leaves the possibility of extreme delays with regard to shipments entering the country and

possible uprisings in Northern Ireland. Due to the contested nature of Kashmir, a territory that Pakistan and India both lay claim to, the countries are very close to declaring war. Pakistan and India are both nuclear powers.

You may have been reading this and not have known any of the recent events mentioned above. You may be utterly uninterested in learning more. All of that is okay, to an extent. These are all substantial world events that, believe it or not, affect you in some way: Justin Trudeau is the head of your country, travel to the UK could be forever changed with Brexit, and nuclear warfare would impact the entire world.

I wanted to write this article to underline why it is increasingly important that youth are engaged in the world around them. One day, in the not too distant future, we will be the adults running this province, country, and world: their fate will be our responsibility. Politics are an especially

important part of these responsibilities. Everyday in our school I hear terrifying phrases like the ever so common "I hate politics". Our world is governed by leaders, both elected and instated, and whether you like it or not, that means politics is what rules this Earth. To hate politics isn't an option: it's here to stay.

Arguably, the most important thing is to make your opinions known. Form an opinion, tell people about it, and support people who hold the same values as you do. Even if politics "aren't your thing", get out there and vote! Whether you like it or not, this world will be yours someday, so you might as well have a say in what happens in it.

Editor: Kassidy Hammond

## Debate Club - by Allie Green

Debate club is a new club started at HTH run by President Keira Hammond. Nikolai Thiessen fills the position of vice president and Kacey Hammond as the secretary. The club has attended many events, such as Newfoundland and Labrador Youth Parliament, Model UN and CHOGM on the Rock. The club was very successful at all of these conferences: Ryan Scott, Cassidy Hammond and Eric Senior were honourable mentions at Model UN and Keira Hammond was chosen as the top delegate in the Security Council. At Youth Parliament, Keira Hammond and Aaron Yetman ran for some house positions. Keira was elected as a member of the Board of Directors and a critic for next session, and Aaron was first runner up for a critic position. These successes show how much our members have learned and grown through being in the HTH Debate Club. New members are always

welcome to join the club and are able to attend these events in the future. The current members of debate club have a lot of fun discussing and debating different topics and events happening around us in the world today. The club meets every Tuesday at lunch in Mr. Sheppard's room. Any new members wishing to join are welcome to come. If anyone has any questions, find Keira Hammond or contact her at keira.hammond@gmail.com and she would be glad to answer them.

*Editor: Keira Hammond*



*Members of the debate club with MHA Kevin Parson during NLYP.*

## Allied Youth - by Kacey Hammond

Allied youth is a local youth group that facilitates a fun way to get involved in your community, volunteer and learn about issues facing youth today. Allied Youth is often referred to as AY and has posts in towns all over Newfoundland such as Placentia, Lawn, The Goulds, Grand Falls and more. AY's key morals are to support our communities' future leaders by helping them get involved and educated in many different ways. Recently this year, the local post organized a clothing drive in which they collected and donated over 100 bags for the Choices for Youth thrift store: Neighborhoods. The program offers volunteering opportunities, weekly meetings, education

sessions, wake-a-thons, provincial conferences and more! The local post is Torbay post #1051, run by an elected executive ranging from grades 8-12, for youth by youth. They meet bi-weekly in the HTH cafeteria from 7:00pm-8:30pm. People interested in joining, or learning more about the program, can listen to the announcements to hear about our next meeting or see any members of the executive to learn more.

*Editor: Nikolai Thiessen*



*Torbay 1051 at one of their weekly meetings.*



*Source: yogamagazine.com*

## Yoga Pose of the Month: April - by Kacey Hammond

**Child's Pose:**

**Directions:**

Begin with kneeling on the floor. Bring both feet together so your toes are together and sit on your heels. Extended your arms out in front of you in line with your shoulders while also sitting back to sit on your heels. Bend and place your forehead on the floor and sit in this position while breathing uniformly. (pictured above)

**Why:** Child's pose helps stretch the hips, thighs and ankles. As students, we spend a lot of our day sitting in desks. Its important to take care of your body outside of school in order to keep your joints and muscles in good health. This pose also reduces stress and fatigue, two things students are very familiar with. Doing this pose is great for you and your health and strongly recommended for students and teachers.

*Editor: Nikolai Thiessen*

## Tiger Athletics: Eric Senior - by Allie Green

Eric Senior is a biathlon competitor which he started through the cadet program. Biathlon consists of two parts, skiing and shooting. Eric is a member of the 515 cadet squadron. He attended provincials for biathlon the 25th of January in Corner Brook. Provincially he came in second place individually and third overall. From March 4th to the 10th, Eric Senior attended the 2019 biathlon nationals in PEI. He competed in a total of 5 races during that week. On average, per race Eric skied from

4-10km, depending on the shots he made or missed. Through a lot of hard work and dedication, nationally he placed 9th overall. Congratulations to Eric, the love he has for his sport shows. We are proud to have him representing our province.

*Editor: Kacey Hammond*



*Eric's Newfoundland team at Cadet Biathlon Nationals.*

## Yoga Interview with Ms. O'Reilly - by Keira Hammond and Allie Green

### When did you start yoga?

When did I start... I started yoga in about 1990, when I was in university as an undergraduate student. I was really stressed out so I thought I would try to find something that was calming.

### Why did you start a club here at the school?

Because I know how helpful yoga was for me, both physically and mentally, it has definitely increased my body strength and flexibility, but also, flexibility of my mind and soothing and reducing stress. So I thought it may be quite helpful for many of my students as well.

### What are the benefits of yoga?

So many. You know, what you learn on the mat you can take out in the world. Body awareness, being able to slow your mind down, when your mind is racing and you are feeling stressed you can bring it into your breath. Your breath can change your mind, and you can learn to change your thoughts. You become a person who is easier to get along with maybe. Or who doesn't lose their cool too often. Well yeah you do, sometimes.

### What yoga activities do you do outside the school?

Out of school I do a lot of yoga. I teach yoga at Embody Yoga Studio in the west end, and I have a yoga room in my house, like it's just yoga. You know, I walk a lot, and I hike, canoe, kayak, all kinds of things! I paddle board, that's right!

*Editor: Kassidy Hammond*

**Embod**  
YOGA & WELLNESS

Source: nicoleblackwood.com

## Kindness Week - by Mackenzie Tilley

Kindness Week is an annual event here at Holy Trinity High. It is a week full of celebrating acceptance and how to make a difference in someone else's world with just a small step of your own. Each day of the week was filled with events to represent self care and helping others. With the theme "Be Someone's Hero", Kindness Week 2019 was a great success for those who hosted and planned the event. Day one housed an assembly with guest speaker Hasan Hai, creator and model for the MerB'ys calendar and member of Project Kindness. Hasan relayed his experiences and views on the way one small act of kindness can ripple into a huge movement like Project Kindness. Hasan used his amazing story of realizing what change he can make in the world through the life lessons he taught his child. Hasan started off the week with an eye-opening talk on how one act can turn into

something as amazing as the to be kind and be a hero for one movements he is part of and his another.

personal experiences with those Kindness Week at Holy Trinity is a concepts. tradition that is anticipated by many

Wednesday, or pink day, had our students and faculty each year. With school population in an ocean of an amazing message of doing good pink. With pink shirts sponsored by for one another, Kindness Week Hydro, it created an environment showed the many ways to practice where everyone was wearing pink self care and acceptance. A growing shirts. This supported the movement event across the nation, Kindness started by David Shepherd in an Week is an amazing way to attempt to fight back against showcase the warmth and goodwill of bullying and lack of inclusion. of the staff and student body here at

An ongoing tradition is to end off Holy Trinity High. kindness week with an assembly that recognizes those who have put in efforts that go beyond honour roll. Students received awards for being a great friend, always lending a helping hand, and for always being in an uplifting mood. Hosted by Carissa Codner and Mackenzie Tilley, the assembly truly displayed the compassion within the building. The kindness week assembly showed the power that everyone of us has

of the staff and student body here at Holy Trinity High.

*Editor: Kacey Hammond*



Staff of HTH handing out cupcakes and hot chocolate on pink day.