

STUDENT LIFE

The End of A Journey

Xiren Tian

This article will be my last one for The Pulse and in it I'll be looking back at my first one from two years ago, since I think it is a good time to finally end that story.

My first article was called "New Start." It was in the November edition of The Pulse, after I was able to settle down in Montreal and come to terms with where I was and what language I had to speak. Now, standing on the brink of graduation and thinking back to the experiences I've had, I can say that I enjoyed my time here.

Firstly, I need to say that in that first article, fifty percent of it was lies. I wrote "I know my new school year is just beginning, but I still believe everything will be better." In reality, I never thought that everything would get better. My first year in Canada, I wouldn't say that I was unhappy, but at the same time, I can't say I was completely happy either.

I was one of the first international students here, and I had a lot of trouble with English and French. When I started at the school, there were no English as Second Language or French as Second Language courses available to me like there are now. I remember that I sat in the quiet library with Ms. Rath trying to

learn, and that was the last straw for my frustration with English. History was extremely difficult too, I considered forty percent a high grade. I felt that I would fail the ministry exam completely at the end of the year. The day I learned that I had passed it, my heart was filled with joy, and I know I could never have done so well without my helpful teachers and my host parents, Kyle and Sharon's support.

I'm going to say that in my second and also last year at Sacred Heart, I built stronger relationships with my classmates. When I first came, I was so confused about how to talk to them and sometimes I wanted to help, but I wasn't sure if I should ask or just let it go. They are super sweet and I think that I'm so lucky that I was able to spend time with them in these short two years. I'm glad I joined the yearbook committee, because one of my favourite hobbies can be appreciated. When people ask me if I can do photography for school events, I feel like I am doing my part to help and also doing something I enjoy.

Being involved in the Final Production show of Clue gave me the chance to get to know girls who I hadn't spoken to a lot in the past, and I enjoyed constructing the set with them as well. It was my honour to get involved in SSX with Cabane à Sacred, and I hope I helped a little bit as an employee for the company. Furthermore, I am looking forward to the fashion show and graduation.

I always say that I've met a lot of people and that I now understand the feeling of growing up, and these two things are treasures that I would never have acquired if I had stayed in my country. Even though there were some struggles, I faced them and went through it. I learned some French in class and have gradually begun to enjoy writing in English.

Whether the last three weeks of my high school life go well or not, I will close the curtain on my own show and start another journey: something both the same and different.

Questions To Discuss During Lunch

Stefanie Capozzo

We have all been there - Conversation isn't booming at the lunch table. However, The Pulse is here to help, so sit back with some friends at 12:05 and ponder some of life's burning questions:

What is nothing? Is it a concept, emptiness, or just 'no things'? Is it even possible to think about nothing?

If humans invented time travel and you went to the future to see yourself, would future you already know you were coming? If so, how would you react? Will you eventually grow up and be visited by past you?

Why did fidget spinners become so popular?

How strong is the strongest person on planet earth? Do you think that it is a different person every day?

When a baby is born, why don't we say they are nine months old?

Finally, why don't you read every edition of The Pulse? We publish quarterly. :)

I think that there are enough questions to have some interesting conversations this week. Hopefully, they make you think of even more!

Sec 5: thoughts of a soon-to-be graduate

Taranjot Padma

May 20th, 2018. As of the day I'm writing this article, there is exactly a month until graduation, and our grade is emotional beyond belief. Excitement, fear, sadness, nostalgia, everyone's feeling all the feels, and no one really knows what to do about it.

A lot of us knew going into this year that it would pass in "a blink of an eye," as everyone who'd gone through sec 5 told us, but hearing and experiencing it, as we would come to learn, are two very different things. We realized that important events throughout the year came and went, retreat, sports day, our Boston trip, Christmas Wishes,

DASHABUSTADD, final production, arts fest, and so much more.

Now, standing on the edge of high school, I think that we've all come to cherish this place more than we ever thought we would. Hallways that we complained about having to walk through are now filled with memories of hilarious conversations, tripping and dropping books and being late to class. The locker room, normally the place we all dreaded coming to in the morning is now bringing to mind mornings filled with laughter combined with communal panic about the evaluations occurring that day.

As I cling to the days left with my amazing grade, I wish I had spent more time enjoying each day I had with them for the last 5 years. Because, as much as we complain, our years at this school have been transformative for us, being surrounded by the same people from ages 12 to 17, growing and changing and bonding with each other. And we've only realized now that our time to grow together is up. And that's terrifying.

Change is always scary, but when you're changing from a place that you simultaneously can't wait to leave but also wish you could stay longer at, it's even scarier. But in the end, we all know that no matter what, these years will be an invaluable chapter of our lives that we'll never forget.

I'd like to end with a quote from one of my favourite TV shows: "The weird thing

is now I'm exactly where I want to be. I've got my dream [future ahead of me], and I'm still just thinking about my old pals. Only now they're the ones I made here. I wish there was a way to know you're in "the good old days", before you've actually left them."

Is it Really that Bad for Students to Wear Running Shoes with the Uniform on their Way to and from School?

Nicole Romero

Many students who attend Sacred Heart take long routes of public transportation daily. It is only fair that from now on, they take public transportation in comfort, since they make the daily effort to come to this school. These long trips can take a *serious* toll on the school shoes that Sacred girls are expected to wear. However, the school *still* requires students to walk to and from school in black regulation shoes. These shoes are not nearly as comfortable and practical as running shoes. If anything, our school shoes actually get more worn out and look even less presentable when used daily. Isn't that the opposite of what the school administration claims they want?

If students were allowed running shoes, their school shoes would look *a lot* more presentable in school, and parents wouldn't have to purchase them as

often. Let's face it, if you look around at students' shoes at school, they mostly look dusty and some even have holes or tears on the edges by the end of the year. I'm sure parents would also be grateful that they wouldn't have to spend around \$200 for school shoes every year.

If the school administration is worried about how running shoes will look with the uniform in public, they could consider allowing all black running shoes to be worn so that it blends in better with the uniform. This will allow both the students and administration to be happy. So when will we *finally* give our poor fragile school shoes the break that they definitely deserve?

How to: Prepare for Exams

Julia Kubisztal and Sabrina Roberts

1. Use a Calendar.

Use a calendar app such as Google Calendar or print out a calendar from the internet to lay out your schedule for the entire exam time. You can schedule and color code specific times to study for each exam. Be sure to include your meetings, and chores to ensure of the time you have to study.

When creating your calendar, schedule your most important tasks first, for example, things that cannot be moved or rescheduled, like your exam times.

Schedule your study time as well, and specify which exam you are going to be studying for when and for how long. Be sure to include many breaks to prevent getting overwhelmed.

2. Sleep well/Eat well

Having 7-10 hours of sleep every night has been proven to help with both your studying and exam performance. Try and stay consistent in your sleep schedule; going to bed and waking up at the same time each day will help you, especially the weekend before your exam - even if Netflix until midnight is tempting.

Eating healthy helps you to concentrate, maintain a good energy level and succeed in your examinations! Eating fruits and vegetables and food with protein such as meat and eggs can help a lot. Limiting your caffeine intake is also recommended, as too much of this substance can lead to loss of focus and an upset stomach.

3. Start studying early

Make sure you start studying for your exams a decent time before they happen to ensure you understand all the concepts. Procrastination can lead to stress and you will be more likely to forget everything.

Start studying the main subjects or the ones you have more trouble with first, to make sure you have a good understanding of them and then move on to the the ones you have an easier time with.

4. Focus on understanding the concepts
Yes, memorizing sometimes helps you to study - and we are not downplaying this tactic. But in focusing on understanding the concepts of your study material, you increase your chances to do well. How? Because now your brain has a solid knowledge of the idea, and memorizing becomes instantly easier. This is especially useful if you have an essay to write on your exam.

5. Have a Study- Buddy

Having a study-buddy can make studying easier because you can ask each other questions about the subject. You can schedule a meeting date once or twice a week and study and review topics.

6. Exercise.

Exercising every day, even if only twenty minutes of running or skipping, will benefit you greatly. However, if you have more time on your hands, one hour of exercise after school is recommended. This has been proven to reduce stress and anxiety, as well as increase your confidence.

SACRED SPORTS

NEWS

Sacred Heart Spring Sports Report

Taranjot Padma

This past week, Sacred Heart competed in the QAIS Track and Field Championships! The bantam, midget and juvenile track teams all qualified for the championships, and many won.



Julia Cianci and Erika Deluchilla managed to get 3rd and 5th place in juvenile javelin!



Spring at Sacred Heart also means it's Flag Football season, and so far, all three of our flag football teams are doing well; let's hope they continue to have great seasons!



The Juvenile badminton team also got a chance to go to the championships recently, winning third place overall.



Some of the players in the midget and juvenile teams also had the chance to go to individual finals the following week!



The tennis team also got a chance to shine in April, with an all-day championship tournament, in which

Isabelle Schoch won bronze in juvenile singles, Sarah Elkas and Sarah Shaloub won bronze in doubles and Catherina Schoch won gold in singles. Both the midget and juvenile teams also brought home silver medals!



Congratulations to all of our amazing athletes! Be sure to attend the Sports Banquet at the end of May to wrap up this year's athletics!

ARTS AND CULTURE

Will the 2020s be a repeat of the 80s?

Sarah Allen

We've all heard our parents say how life was so much more simple in the 80s: there was no social media, kids played outside with the other kids on their block, life was good. A lot of things have changed in the last 40 years, but we all know that history repeats itself, and we may be heading into another round of the 1980s. Fashion trends are returning and world events are repeating themselves. Will the 2020s be a repeat of the 80s?

Fashion: jean jackets, overalls, male buns and ponytails, fanny packs, slogan t-shirts, huge earrings, high waisted jeans, scrunchies, tank tops, and so much more... sound familiar? Sure, these fashion trends are coming back now, but they were originally hits in the 1980s. Many trends are coming back and a whole new generation is getting to experience the fashion statements of the 80s. Parents get to pull out their old clothes from when they were teens, and still look cool and hip. World events are coming back as well: many people are saying that we are on the verge of another Cold War. The 80s was a time of innovation and new creations, like the beginning of video games like Pac-man. The first Macintosh computer with a screen was unveiled. We are now entering into a similar time, with electric cars already functioning, and soon to be self-driving cars. Solar power and more renewable energy will be everywhere, and the internet is being used now more than ever.

So, are we entering into a new era, or the repeat of an old one? To all of you who say you were born in the wrong era, you may soon find yourself living in the 80s!

Summer In Montreal 2018

Taranjot Padma

Summer is right around the corner, and plenty of Sacred girls will be travelling all

over the world on vacation. But for those of you who aren't leaving, worry not! There is plenty to do this summer in Montreal!

When people think Montreal, often the first thing that comes to mind is festivals! And there are plenty to check out this summer. For example, the Jazz Fest, from June 28 to July 7. On top of being lots of fun to attend, the Montreal Jazz Festival has a tradition of featuring free shows every day and 2018 is no different, so go check out some great music!

July 2018 also means it's time for the Montreal International Fireworks Competition. You can choose to buy tickets to see them up close with music or catch them for free from farther away.

Montreal is also a great city to bike in, so grab a friend and grab your bike and make your way around the city! My personal favourite route is along the Lachine canal to the Old Port, but there are plenty of options for you to enjoy the fresh air and beautiful summer weather!

In July (dates to be confirmed), Parc Jean-Drapeau sets the stage for Les Weekends du Monde, a two-weekend multicultural event with entertainment and activities (with free admission, if you were wondering.)

Summer also brings around Tam Tams, Montreal's weekly drum circle in the park. You can head out to Parc

Mont-Royal's surrounding park space and hang out, grab a snack, and enjoy the beat while you eat.

During the last two weeks of July, the Quartier des Spectacles is home to the comedy festival Just for Laughs. The festival is a blast and is a highlight of most people's Montreal summer experience.

Whatever you choose to do with your time away from school, we here at the Pulse hope you have a fantastic break with plenty of fun times in the sun!

Why Men are that much more valuable: a sarcastic take on sexism

Sarah Allen

We've all heard it: well, it's because you're a girl. He wouldn't have done that if you were a guy. You're acting like a girl. Don't be such a girl about it. And to that, I ask: what does that mean?

Society answers us: because men are just that much better! Sure, women can give birth to human beings and nurse and care for them, but men should still get credit for it. Sure, women go through pain every month so we are able to have children, but that's minimal compared to men's problems. Sure, women can lead with empathy and compassion, but they are too emotional to be true world leaders.

Let me ask all you men out there who think you are better than us women: what did you ever do to get that privilege? Most superheroes are men, most world leaders are men, there are almost double the number of male physicians than female physicians in the U.S. It's time for the shift to equal out. Someone once told me, because there are men ruling the world, there is war between countries. On the other hand, if women ruled the world, countries would stop speaking to each other when they were mad. If we worked together equally, maybe, just maybe, we would be able to find a balance between the two.

WORLD NEWS

Great Reflexes!

Attempted Shooting At Florida School Stopped By A Former CFL Player

Eliana Pantazopoulos

A former CFL player who is now a physical education teacher has been attributed to stopping a furious woman who brought a gun to a Florida high school.

Lin-J Shell is a 36-year-old Physical Education teacher at Jean Ribault High School in Jacksonville, Florida. Before this, he was a Grey Cup winning player in the CFL. He won the Grey Cup in 2014

with the Calgary Stampeders. Shell has also played for Winnipeg, Toronto and B.C.

Earlier in the week, a very large fight broke out in the school gymnasium. The fight started after a woman accompanied by four men came in fuming about a social media post that included her nephew. Lin-J Shell is the man who is credited with putting an end to this fight.

Shell said that the woman was irate and talking about how she wasn't going to let anyone jump on her family. In an Instagram video, Shell can be seen trying to keep the peace in the gymnasium. Some students had informed him that they saw the woman pulling something out of her car. When Shell had gone to look, he noticed that she was carrying a large black bag. When he looked closer, he could see that it was, in fact, a gun.

Shell was known for his impeccable tackling abilities in football. However, he

chose to try and disarm the woman instead of throwing her on the ground. After disarming her, Shell walked the woman out of the gym while holding her arm down so that the firearm was facing the floor. He continually tried to plead with the woman saying, "Please don't shoot our kids."

Shell called for an officer at the school who then made the woman drop her weapon.

The 43-year-old woman was charged with possession of a firearm on school property.

This school district has had nine gun incidents this year alone. Parkland High School, where 17 teenagers were killed in February is only 500 kilometers away.

Shell continues to say that he is not a hero, but he has begun advocating for more action against gun violence in schools.

GAMES

Teachers' Names Crossword

Antonina Yakobson

Q	W	E	R	T	Y	A	S	B	E	L	F	O	R	T	B	E	A	U	D
L	A	S	B	Q	Z	X	C	V	B	A	L	S	D	A	P	Q	Y	A	E
I	A	G	E	N	D	R	O	N	B	Q	N	C	U	S	M	A	M	L	S
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