

Happy Holidays

The Pulse Issue #2

HO HO HO! THE HOLIDAY SEASON HAS BEGUN!

THIS ISSUE OF THE PULSE WILL COVER THE EARLY
WINTER SEASON OF THE 2021-2022 SCHOOL YEAR.

Contributors: Zoe Bahos, Emily

Berkling Drouin, Mackenzie Boyle,

Olivia Blizzard, Evangelia Botsis,

Maria Madison Di Giovanni, Sarah

Discepolo, Marlena Fok, Teya

Konanec, Gabriella Monticciolo, Ina

Patten, Sarah Price, Yixuan Wang,

Morgan Williams, and Ariana

Zacchigna. Editor: Mackenzie Boyle

Faculty Advisor: Lisa Arella

Christmas Wishes

Christmas is coming up and we can't wait! Sacred Heart is a school that has multiple film productions every year. With Christmas around the corner, Sacred's annual Christmas play; Christmas Wishes, is currently in the making. This play contains loads of new characters and scenery to die for. This annual event is very exciting and all students involved in the making work incredibly hard every year. All actresses are putting in a lot of energy to memorize their numerous lines. Directors are also working tirelessly to write amazing scripts. I am really looking forward to watching this fantastic annual play. I doubt that this year's Christmas Wishes will be anything less than perfection!

Featuring a Freaky Friday inspired Christmas tale, a jolly investigation, a night at the school and a Christmas spirit mission!

Stay tuned...

WINTER

Winter

Winter has officially arrived and there is already snow below our feet. Winter is a season that is usually described as being the coldest season of the entire year. Despite the cold weather, there are loads of fun activities to do in this jolly season. Living in Montreal, there are many opportunities to participate in all sorts of activities. As Montrealers, we need to take advantage of our situation and enjoy all of our numerous festivities. Some popular winter activities include skiing, snowshoeing, snowboarding, tubing, and more. These activities are family-friendly and could brighten up anyone's day. Not only are you spending quality time with your family you are also getting a great amount of exercise!



GET TO KNOW YOUR TEACHER

Mr. Beauvais

Interest:

- He believes the most interesting place is his own mind.
- His favorite dessert is ice cream and cheesecake.
- Fall is his favorite season because he can sleep with the windows opened.
- Mr. Beauvais does not believe Valentine's day to be a true holiday.
- His pet peeves are when people interpret him and who don't use toothpaste or deodorant on public transportation.
- Mr. Beauvais described himself as eclectic, stubborn and passionate.
- One thing Mr. Beauvais is happy he did but would never again do it to visit Paris.
- Mr. Beauvais does not understand all the obsessions about the Kardashians.
- He believes you should be a leader and a follower depending on the situation.

Favorite superhero:

Mr. Beauvais' favorite superhero is Batman because "he is the super of superheroes", said Mr. Beauvais. Compared to all the other superheroes Batman was not gifted with any superpowers- he had to work for his fame.

Written by: Maria Madison Di Giovanni and Zoe Bahos

Mr. Beauvais has been teaching for 15 to 16 years at Sacred but has also taught at a few other schools. He found his job at Sacred as he thought it was easier to get a job at a private school and to be able to teach without any classroom management issues. He also liked that it was a catholic school.



Advice

Mr. Beauvais would like the girls at Sacred Heart to know:

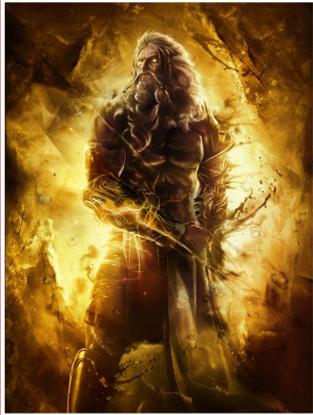
- Education is important but grades aren't.
- The most important things you will learn will not be at school.
- Don't be judgemental, be forgiving.
- Break a rule.

TOP 5 MOST POWERFUL GREEK GODS

Greek Gods

#1 Zeus God of Thunder, Lightning and the Heavens

This mighty father of the people. This god is so powerful that he won the battle against Cronus (his father who is extremely powerful), won the battle against the Titans (also very powerful people), and became the king of the gods.



#2 Hades God of the Dead and the Underworld

You may know this god in the Disney movie Hercules he is the ruler of the underworld. This means that he keeps track of all the souls of dead people. He always has room for a trick when people go visiting him. He is powerful because he controls the dead, puts a spell on Persephone to be his queen and even Zeus can't take the spell away because it's so strong.



#3 Poseidon God of Seas and Storms

Brother of Cronus Poseidon with his trident he would create earthquakes, storms, etc. This god can even talk to fish. He can cause sailors to drown in the ocean with the swing of his trident and he would create a lot of violence.



#4 Ares God of War

You do not want to get on the god of war and violence's bad side. He has a terrible temper so it's very hard to calm him. He inspires war, he is the master of any sort of weapon, and is extremely skilled.



#5 Chronos God of Time

Even if he is a Titan doesn't mean he isn't a god. He is the Father of the three most powerful gods. He controls time itself and brought life to the universe. Unfortunately for him is number 5 because all of his children defeated him.



Mr Gallo and Ariana's Movie Reviews

National Lampoon's Christmas Vacation

Clark Griswold's extended family arrives for Christmas. The mixed family ranges from snobby grandparents to Hillbilly cousins. Anticipating a large Christmas bonus from his boss he signs a contract to have an expensive pool installed for his family. Anything that could go wrong happens. Clark's Christmas spirit remains through electrical failures, fires, explosions, and arguments. Until he realizes there is no Christmas bonus money that is needed for his family pool. He then wants revenge on his boss. The Hillbilly cousin kidnapping Clark's boss causes more havoc for the family, as they approach the threshold of hell. The boss soon realizes that a healthy bottom line may not be the best for his employees and reinstates the money bonus plus an extra 20 percent. Clark and his whole family show that Christmas is about resolving differences and seeing through the problems of family life. The movie is a comedy of events which will keep your family laughing. The squirrel in the house scene is exceptionally funny.

Elf

Buddy is a human who was adopted by elves. When his elf father explains to him who his parents are, he leaves to find his father who lives in New York City. The city gives Buddy many new life experiences. One of the best scenes is Buddy's confrontation with the fake Santa at Gimbel's department store. His job working in the mail room with prisoners on a work release program, comes in at a close second. Buddy's innocence creates a comical situation with every new encounter during the movie. This is especially true when he meets a writer with dwarfism, Miles Finch. Buddy begins to think he doesn't belong in the city either, then leaves the house. When Santa has problems while flying over New York City buddy goes to help in central park. Christmas spirit is needed to help Santa's sled fly. It was Buddy who helped the people of New York City believe. The singing created the spirit needed to save Christmas. Elf is a Christmas movie enjoyed year after year by the whole family.

Let's Play...

This or That!!!

1. Dogs or Cats
2. M&M's or Skittles
3. Fake or Real Christmas tree
4. Yacht or Private Jet
5. Summer or Winter
6. Netflix or Going out with Friends
7. Dancing or Singing
8. Unicorns or Dragons
9. Marvel or DC superheroes
10. Ice Cream or Sorbet
11. Spicy or Mild
12. Sunset or Sunrise
13. Hockey or Ringette
14. Pen or Pencil
15. Sunday or Saturday

TOP CHRISTMAS MOVIES

Top Christmas Movies

As the Christmas season is approaching, I'm sure we all just want to curl up under a blanket and drink hot chocolate while watching a Christmas movie. I know I do, so let me help you out! Here are a few Christmas movie recommendations.

Home Alone: A classic, definitely one of the most popular Christmas movies! When Kevin, an 8-year-old boy, fights with his family the eve of a family trip, his mother makes him sleep in the attic. After the family leaves to catch their flight, forgetting Kevin, he wakes up to an empty house and concludes that his wish to have no family was granted. However, when he finds out that two men plan to rob his house, Kevin realizes that he alone must protect his home.

How the Grinch Stole Christmas: In this recreation of the famous children's story by Dr. Seuss, the Grinch, a grumpy green man, with a deep hatred for Christmas makes a plan to ruin this holiday for the habitants of Whoville. Joined by his cheery dog, Max, the Grinch comes down from his home and sneaks into the town to take away every single holiday-related thing from the Whos. However, the Grinch's plans must change when he encounters the young Cindy Lou Who.

Frosty the Snowman: In this animated movie, an old magic hat brings to life a snowman that a group of young kids made. The children, amazed by the magic snowman, are having fun singing songs and dancing, until a magician, the owner of the hat, wants it back. Quickly, the temperature starts to rise, and Frosty is at risk of melting and no longer being alive. The kids rush to get him away from the magician and warm weather, so he hops a train to the North Pole with Karen, one of the girls who made the snowman.

Christmas Tree Pancakes

By: Yixuan Wang and Marlana Fok

The Christmas Tree Pancakes is the perfect dessert to make on Christmas morning. This quick and easy recipe will bring the Christmas spirits to your home while filling the hungry stomachs of all your family members! Let's spread the joy with our festival dessert!!

Ingredients:

To make the pancakes, you'll need...

Milk - 250g

All-purpose flour - 190g

Sugar - 50g

Green food coloring - approximately 10 drops

Baking powder - 6g

Egg - 2 normal sized ones

Vegetable oil / melted butter - 15g

(these ingredients will make two pancake trees, it's about enough to feed three people. But if you can eat more, make more ;)

To decorate the 'Christmas tree', you'll need...

Heavy cream - 200g

Sugar - 20g

Berries - differ depending of your taste (we used strawberries and blueberries)

Tools needed:

Frying pan

Spatula

Sifter

Electric whisk (ordinary hand whisk will do, but we suggest using an electric one)

Several mixing bowls

Steps:

1. Weigh all the ingredients (sugar, flour, milk, oil, baking powder).
2. Crack 2 eggs into a large bowl, add sugar and oil. Mix well.
3. Add milk to the mixture, then sift the flour and baking powder into the bowl. Mix until smooth. You might have to do some adjusting of the amount of flour or milk to find the perfect thickness.
4. Add green food coloring. Again, you have to adjust until you get the desired color.
5. Optional: sift the batter to make it smoother!
6. Time to fry! Grease the pan and turn to medium-high heat. Make sure the pan is well heated. Then turn to medium-low heat, and pour in a spoonful of batter.
7. Flip the pancake when bubbles start to form. You might burn a few at the beginning, but have faith in yourself, you just need to find the perfect timing.
8. Continue to fry the pancakes adding less batter each time. There should be around 5 layers of pancake for each tree ranging from the smallest to the biggest.
9. Done with the pancakes, now to the decorations! In a large bowl weigh the heavy cream and sugar.
10. Whip heavy cream with an electric whisk until soft peaks occur (soft peaks are when the cream stick to the whisk -around 5 minutes, be watchful) and prepare fruit (make sure to cut the fruit into small slices to fit them in between the layers)
11. Take the biggest pancake and spread whipped cream on it. Then line up fruit around the edge of the pancakes. After, add cream to the centre around the fruit to make the pancake more stable.
12. Repeat the previous step with the other layers until the tree is high enough.
13. You can decorate it even more with chocolate chips, sprinkles and other fruits.
14. Enjoy :)

P a n c a k e s !



Student Stock Exchange

SSX was a success! Thank you to all the groups for all of the hard work they put in. Let's talk about a few of the wonderful companies! First up we have Hole-Y Holidays. They were selling amazing bagel sandwiches. Next we have Mama's Waffleria. They had spectacular waffles and a variety of drinks! Then there's the beaver barn. They had the iconic beaver tails and poutine. Not to mention, their amazing wooden kiosk! Next up we have Central brew. Their menu was based on the show *Friends* and the food was delicious. At the Inside scoop, they had sundaes that were to die for! Then there was Breakfast & Bracelets. They had beautiful bracelets and tasty croissants. Next up there's Cheese 'N' Beads. They had appetizing nachos and Mac and Cheese. And finally there was House of Holidays, with the coolest smash cakes in town!

CULTURE CLUB

Culture Club

Hanukkah

Christmas is the holiday you probably think of when December rolls around. However, there are other holidays as well! One of them being Hanukkah (also known as the Festival of Lights), which began Sunday, November 28th and ended Monday, December 6th. These eight days all have special meaning to this holiday.

This Jewish holiday commemorates the Maccabee's victory over the Syrian Greek army, and celebrates the rededication of the Holy Temple. The Miracle of Hanukkah is when the Jews found a supply of oil that would last one day. However, the oil lasted for eight whole days, which was enough for the victorious Judeans to prepare new oil. To celebrate this miracle, the holiday was founded.

Hanukkah's celebrations and traditions are many, and in terms of food, it's customary to eat fried foods. The culture club prepared Sfenj doughnuts for the school on November 29th.

Here is the recipe if you are interested!

INGREDIENTS

1 tablespoon active dry yeast

1 tablespoon sugar

1 ½ cups lukewarm water, divided

4 cups Bob's Red Mill All-Purpose Flour

1 teaspoon kosher salt

Extra virgin olive oil, for frying

1 cup sugar, for garnish

PREPARATION

Mix yeast, sugar and $\frac{3}{4}$ cup water in a small bowl. Allow yeast to activate by setting aside in a warm spot for fifteen minutes. Yeast is activated when small bubbles appear on the surface of the water-yeast mixture.

In a large mixing bowl or standing mixer, stir together flour, salt, yeast mixture and remaining $\frac{3}{4}$ cup water. Knead for ten minutes using the dough hook attachment or by hand on a floured work surface.

The mixture will be sticky. The more you knead the smoother the mixture will become. Do not add more flour to the mixture.

Cover with plastic wrap and allow to rise for 3 to 4 hours, until mixture triples in size.

In a heavy bottom, deep pot or pan heat 2-inches evoo over medium-high heat to 350°F.

Dip your hand in water and pull pieces of dough roughly the size of a small peach. (Sfenj is not meant to be perfect.) Poke a hole in the center of the ball of dough and roll a bit to resemble a rustic bagel.

Fry for 3 minutes, flip and fry for 2 minutes more, until golden brown and puffed. Remove with a slotted spoon and drain on paper towels.

It was winter time and everyone was excited for the festivities, except for one. Mr Snugglemuffin was the grumpiest cat on the street. His owners were an old couple that had lived in the same house for 30 years. While the old couple gave out cookies and cakes every year, Mr Snugglemuffin brought grouchy meows throughout the neighbourhood. Everyone loved him though. One day while Mr Snugglemuffin's owners were away, he smelt the most amazing thing ever. He followed along the trail that surrounded the house. When he finally found where the smell came from, he was absolutely flabbergasted. It was a tray of sugar cookies that were going to be iced when his owners got back. Mr Snugglemuffin was feeling extra mischievous and ate the entire tray! When his owners got back, they were greeted with a much larger Mr Snugglemuffin sprawled out on the kitchen floor, happier than ever.

Written by Morgan Williams

HAPPY HOLIDAYS
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