



SACRED HEART SCHOOL OF MONTREAL NEWS

THE PULSE



CLOTHING SWAP AT SACRED HEART

By Olivia Blizzard & Ariana Zacchigna

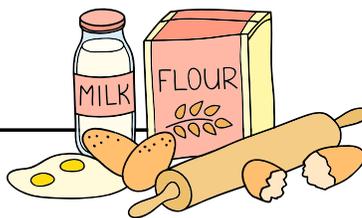


This year, the Green Team, led by Ms. Lantosh worked hard to plan a major event that has never been done before at Sacred Heart. The event is called the Clothing Swap. The goal in running the Clothing Swap was to help people realize how beneficial it is to shop sustainably by thrifting. It was also organized to promote thrifting instead of buying from fast fashion companies such as H&M, Shein, Urban Outfitters, etc.

The Clothing Swap was an absolute success! Due to the extensive planning of the Green Team and Ms. Lantosh,

the event ran from April 14 to April 15 during lunch. To participate in the Clothing Swap, students and teachers had to donate one or more gently worn pieces of clothing the week before. Members of the Green Team then gave these donors tickets based on the number of clothing items they brought in. This allowed participants in the Clothing Swap to bring home the same number of clothes that they brought in. Finally, the remaining clothes that were not taken in this event ended up being donated to a charity.

Cheers of joy and excitement filled the gym locker room, and students had a fun time trying on clothes with their friends. Many people found new pieces of clothing that they loved and added them to their wardrobe! It was an amazing activity that many hope to do again next year!



Cookies filled with a breath of spring coupled with milk bubble tea

By Yixuan Wang & Marlana Fok



SAKURA COOKIES INGREDIENTS AND TOOLS NEEDED:

- Room temperature butter - 100g
- Baking flour - 200g
- Room temperature 1 Egg
- Sugar - 60g
- Salt - a pinch
- Red food coloring - a few drops
- White sesame
- Spatula
- Electric egg beater
- Sifter
- Baking paper

STEPS:

1. Once the egg and butter are warmed up, add sugar. Mix until sugar dissolves.
2. Crack the egg into a ball, beat it.
3. Use an electric mixer, add the egg in small amounts, fully beat the egg into the butter.
4. Add food coloring. Adjust until a desirable color.
5. Sift flour into the mixture. Nead into a dough using a spatula or hand. Add more flour if necessary.
6. Preheat the oven to 320F (160C).
7. Divide the dough into small sections, each weighs around 20g.
8. Make the little doughs round, then press down to make them flat.
9. Cut 5 times around the circle evenly.
10. Squeeze the 5 petals to make them flower-like.
11. Add sesame seeds to the middle of the flowers.
12. Cover the baking tray with baking paper, and transfer the shaped cookies to the tray.
13. Bake in the oven for 15 to 18 minutes.
14. Done! Try them when they're hot.



BUBBLE MILK TEA INGREDIENTS AND TOOLS NEEDED (2-3 SERVINGS):

- Milk - 300g
- Sugar - 20g
- Black tea - 2 tea bags
- Tapioca balls (can buy from an Asian super-market) - 100g
- Water - 200mL
- Cooking cream with 15% fat - 70g
- A small pot
- Spoons
- Cups
- Straws

STEPS:

1. Half fill a small pot with water, put tapioca balls in it, boil until the balls float, which takes about 5 minutes (varies from brand, follow the instructions on the packaging).
2. Drain the water. Put the cooked pearls aside.
3. Pour water into a pot, put tea bags in, boil until the tea is strong.
4. Pour milk and cream in, mix well.
5. Add sugar, mix until it's melted.
6. Distribute pearls into cups, then pour the milk tea in.
7. Done!



** You can also cool the milk tea or add ice cubes if you prefer cold drinks.*



YES DAY

By Mr. Gallo & Ariana Zacchigna



“Yes Day” stars Jennifer Garner and Edgar Ramirez as Allison and Carlos Ramirez, the parents of Katie, Nado, and Ellie. When Allison and Carlos first meet, they are adventurers. Things quickly change, however, when they have their three children. The children need guidance, boundaries, and rules to help them develop into successful, well-behaved young adults, so the word NO is used repeatedly in their household. Allison is horrified when she finds out that the children view her as a dictator - mainly because she always says, “No”. She just wants to protect her children, but they don’t seem to understand. The parents have a good cop-bad cop relationship with the children and this relationship is put to test after the school counselor suggests a “YES DAY” to help the family reconnect.

YES DAY is a planned day. The children suggest what to do, and the parents must say yes to everything. The children’s anticipation for the day is like waiting for Santa Claus. Carlos and Allison dressed up as a superhero and pinky doll characters to start the YES DAY filled with 5 special activities planned by and for the children.

The first activity is to order the Gut-Buster and eat the enormous ice cream sundae entirely within 30 minutes. Carlos makes a trip to the toilet, for a “number 2” directly after winning the event. The second activity is to use the automated car wash but with the windows down! One big moving bubble bath for all. The third activity is a Kablowey tournament. There are no serious injuries, but Carlos is brought to the hospital after falling out of a tree and being attacked by birds. After being released from the hospital, the family can now enjoy the



fourth activity. Unfortunately, their vehicle is still at the Kablowey park.

An enthusiastic ambulance driver volunteers to bring them to the fourth activity: a trip to Magic Mountain theme park. A classic mother-daughter confrontation occurs here when the mom sees a picture of a boy who wants to meet her daughter at the Fleek Fest. Allison wants to show Katie that she cares. The mom tries to win a stuffed gorilla toy for her by playing a game of throwing the most bananas into a gorilla’s mouth. It doesn’t end well. Allison gets brought to the police station because of a conflict with another competitor over who was the winner.

The fifth activity goes off the rails until the children lie to a police officer and get home where the main event of YES DAY is planned: The nerd party. With no parents for guidance, the kids are forced to make decisions in unfavorable situations. As their home



gets destroyed by party goers, Nado tries to control them by finally saying, “NO”. His dad arrives to help him reverse the mess. Happy to see him, Nado realizes his dad is awesome. Katie made it to the Fleek Fest and was put into a situation where she had to say, “No” also. Abandoned by her so-called friend and left with a cellphone with a dead battery, she really wants to go home. Allison arrives at the Fleek Fest and tries to find Katie with the help of the lead singer. On stage, Allison sings to

her daughter. The two meet and Katie realizes her mom is awesome, even if she does try to control her life sometimes. After all, she is just being a mom! This is a funny movie that can be enjoyed by all. The comical situations are expressive of a serious family situation while delivering on-going laughter. Ultimately family comes first. 1 hour and 29 minutes of laughter.

Music poll

ON THE TURNTABLES (or Spotify playlists) OF THE STUDENTS AND STAFF AT SACRED HEART

By: Sarah Price

What an exciting poll! Thank you to the eighty-two students, faculty and staff who responded to my poll. Tied for first place is **Heat Waves by Glass Animals** and **Good 4 U by Olivia Rodrigo**. In second place is **Levitating by Dua Lipa** and in third is **Save Your Tears by The Weeknd**. I had a ton of other songs submitted to me, but these four songs are the most popular 2021 songs from the school. Stay tuned for more polls!



SPRING

BY GERARD MANLEY HOPKINS

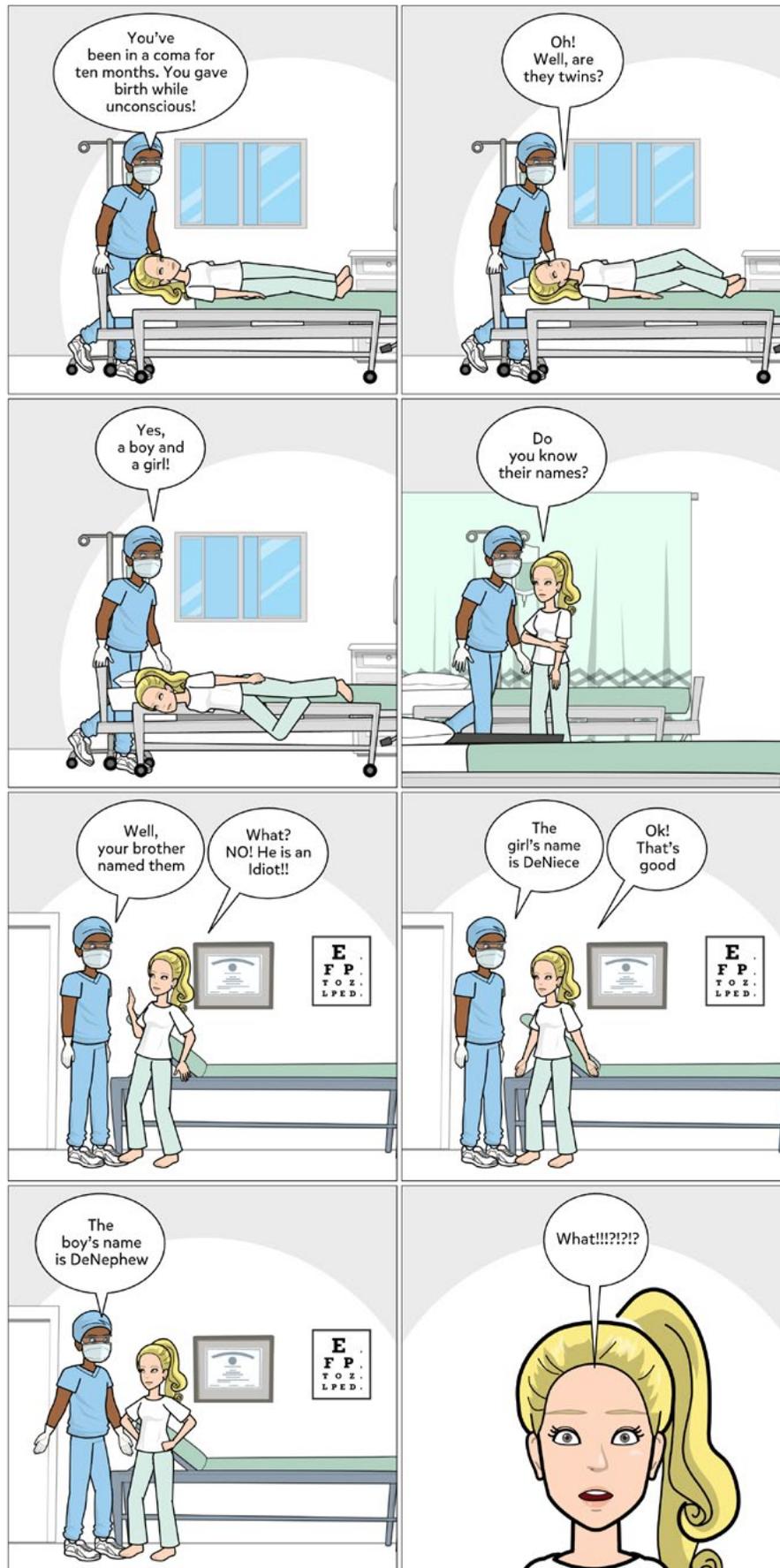
Nothing is so beautiful as Spring –
When weeds, in wheels, shoot long and lovely and lush;
Thrush's eggs look little low heavens, and thrush
Through the echoing timber does so rinse and wring
The ear, it strikes like lightnings to hear him sing;
The glassy peartree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling.

What is all this juice and all this joy?
A strain of the earth's sweet being in the beginning
In Eden garden. – Have, get, before it cloy,
Before it cloud, Christ, lord, and sour with sinning,
Innocent mind and Mayday in girl and boy,
Most, O maid's child, thy choice and worthy the winning.



COMIC

By Sarah Discepola



***The Pulse* team wishes
students the best of luck
on their June Exams!**

**Hope you have
a great summer too!**

EDITOR:

Yixuan Wang

CONTRIBUTORS:

Ariana Zacchigna and Mr. Gallo - Film Review

Sarah Discepola - Comic

Yixuan Wang and Marlena Fok - Recipes

Sarah Price - Music

Olivia Blizzard and Ariana Zacchigna - Current Events

FACULTY SUPERVISOR:

Ms. Tradel

