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THE SAINT ELIZABETH TIMES

2/15



"We say the spirits that have passed see bright colours the best, red in particular. So hanging the red dresses helps lost spirits find their way home to their loved ones"



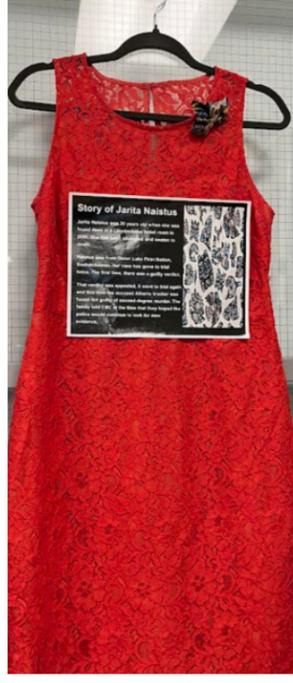
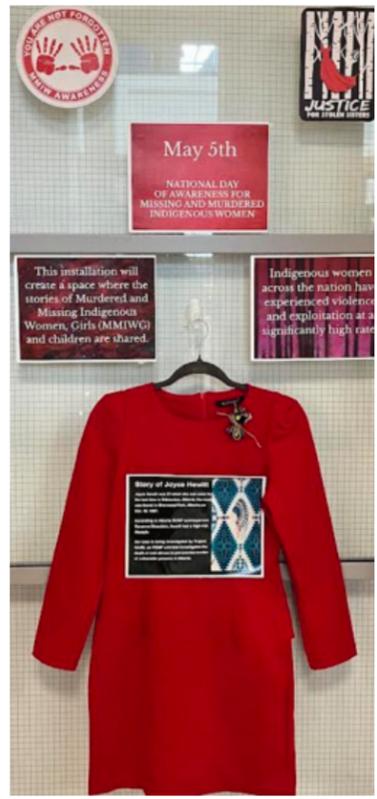
"We say the spirits that have passed see bright colours the best, red in particular. So hanging the red dresses helps lost spirits find their way home to their loved ones,"

From April 29 to May 1st, there was an installation of red dresses borrowed from YCDSB Indigenous Education Department which were displayed in front of the library to commemorate and raise awareness for Missing and Murdered Indigenous Women and Girls. The display coincides with MMIWG Day which takes place on May 5th.

Acknowledging the history and the wrong doings that have occurred and are still occurring is the most important step towards reconciliation. This installation will create a space where the stories of Murdered and Missing Indigenous Women, Girls (MMIWG) and children are shared.

We hope this will begin to increase our understanding of the true history of Canada, the inequalities that exist to this day and to listen, to learn, and to practice self-reflection

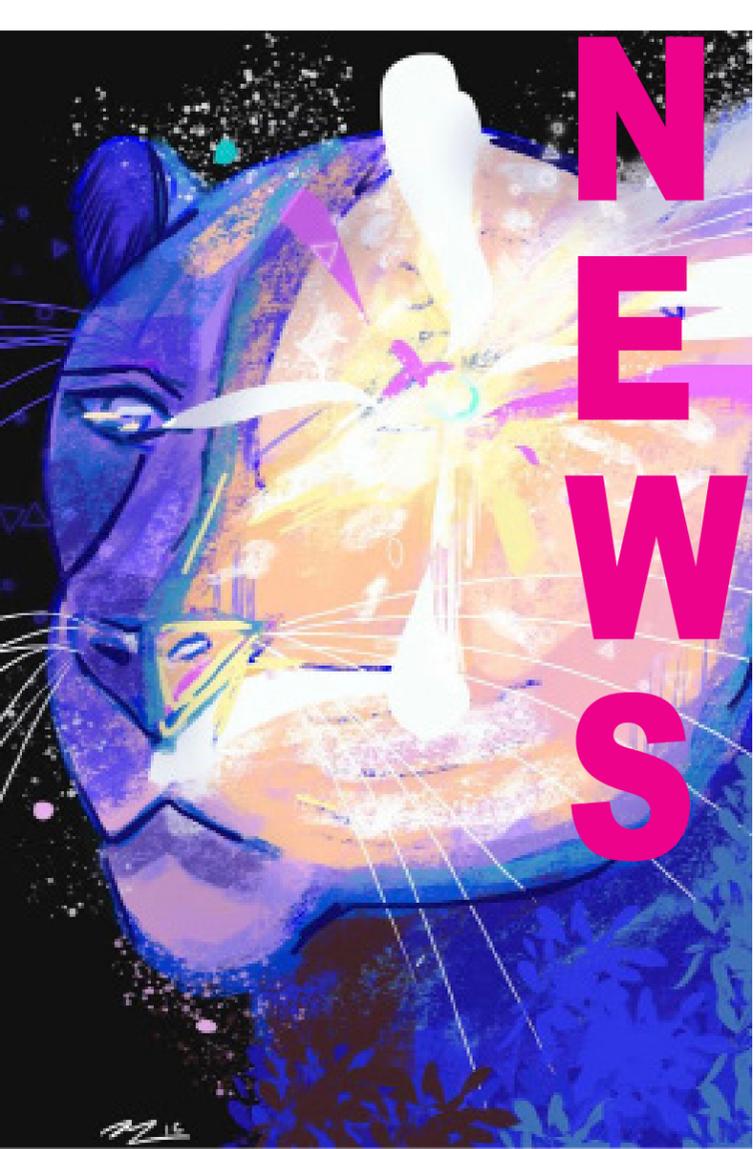
Many thanks to Ms. Shabina Bharat for bringing awareness to our school.



RED DRESS DAY
NO MORE STOLEN SISTERS
MAY 5TH
STOP GENDER-BASED AND RACIALIZED VIOLENCE

Photos: Tamara Ndlovu





MOOSE HIDE CAMPAIGN DAY TAKE ACTION ◆ MAY 16, 2024



Students who helped with the campaign & are members of the Alliance for Racial Equity (ARE) Left to right: Asai Ghahroodi, Farida Narimove
Not pictured: Arayah Ramlal & Aidan Figliomeni



Photos: Alessia Bozzo



The Moose Hide Campaign began as a BC-born Indigenous-led grassroots movement to engage men and boys in ending violence towards women and children.

Moose hide is a symbol of taking a stand against violence and undoing the effects of Residential Schools.

Wearing the pin on May 16 signifies your commitment to honour, respect, and protect the women and children in your life and speak out against gender-based and domestic violence. To date, over four million moose hide pins have been distributed free of charge to communities,

schools, and workplaces across Canada. The Saint Elizabeth community was able to obtain these pins and they were worn as a symbol of the community's awareness from May 1-16.

How it began: Co-founders Paul and his daughter Raven were hunting moose to help feed their family for the winter and provide for cultural purposes. This was a grounding tradition on their land that passed knowledge from one generation to the other, something the residential school system tried to erase.

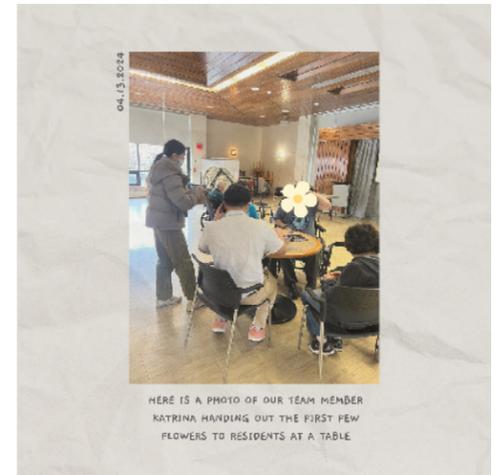
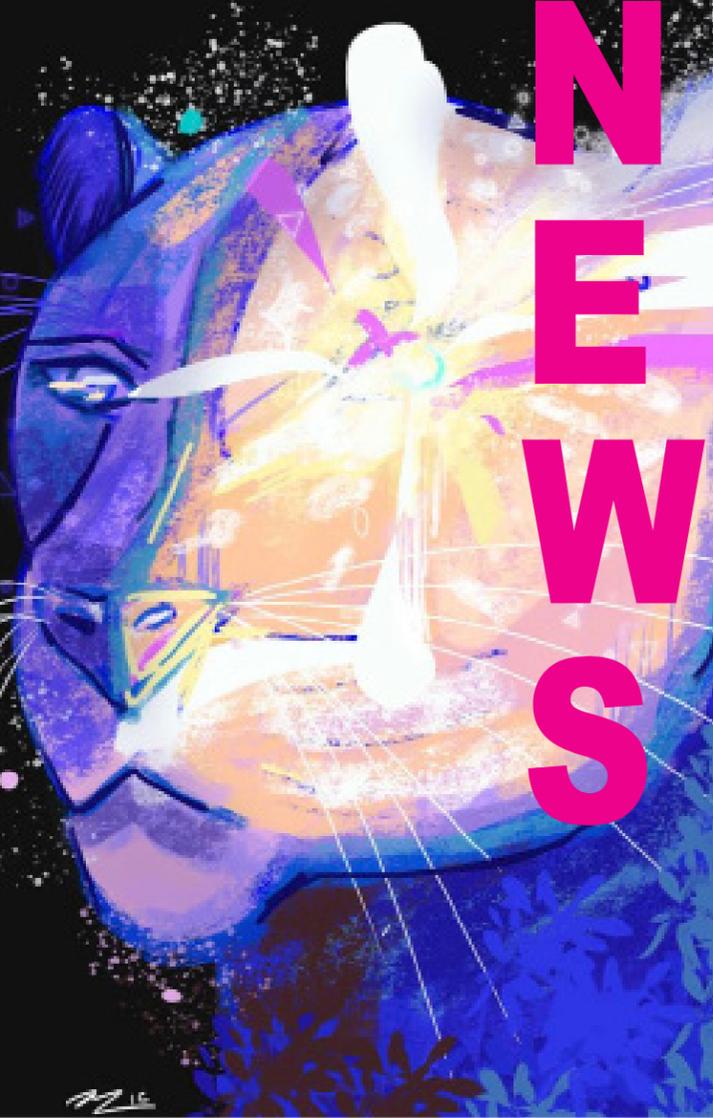
Paul knew his young daughter deserved a life of dignity and respect free from violence, and

so it began... a cultural tradition of generational teachings became a symbol of a responsible, meaningful pledge. It is a commitment to take action in honour of women and children everywhere, and a symbol of honouring Indigenous medicine and belonging that is here to stay.

Many thanks to Ms. Shabina Bharat, Ms. Bernice Wu, Stephanie Donohue, Melanie Mansey, and Nicole Agostino, for bringing The Moose Hide Campaign to the awareness of the Saint Elizabeth Community.



Not just sewing but weaving bonds of empathy



Katrina Enriquez

WHO:

Approx. 16 Students at St. Elizabeth CHS
HOSA Chapter, Crochet and Knitting Club Presidents:
Katrina Enriquez, Aisha Punsato Sarah Link, Johanna Judzentis, and Christina Judzentis

Teachers Involved:
Ms. Pimentel, Ms. Coniglio

Volunteer Coordinator: Irina

WHAT:

The HOSA Community Awareness team, Helpers for Elders, collaborates with the Crochet and Knitting Club for research on the health effects of loneliness in long-term care homes. The initiative is to create at least 50 stitched flowers that will then be handed out to elders at a long-term care home. This school year, the Helpers For Elders campaign covers the five senses through initiatives to reduce loneliness in elders. This event covers the sense of scent because of the idea of flowers fragrance. Community hours are provided to students who show up.

WHEN:

Announced the event one week prior to prepare for a big show up

Created the flower bouquils on April 10, 2024 after school from 3-5

Delivered the flower bouquils at the long-term care home on April 13, 2024 at 11am

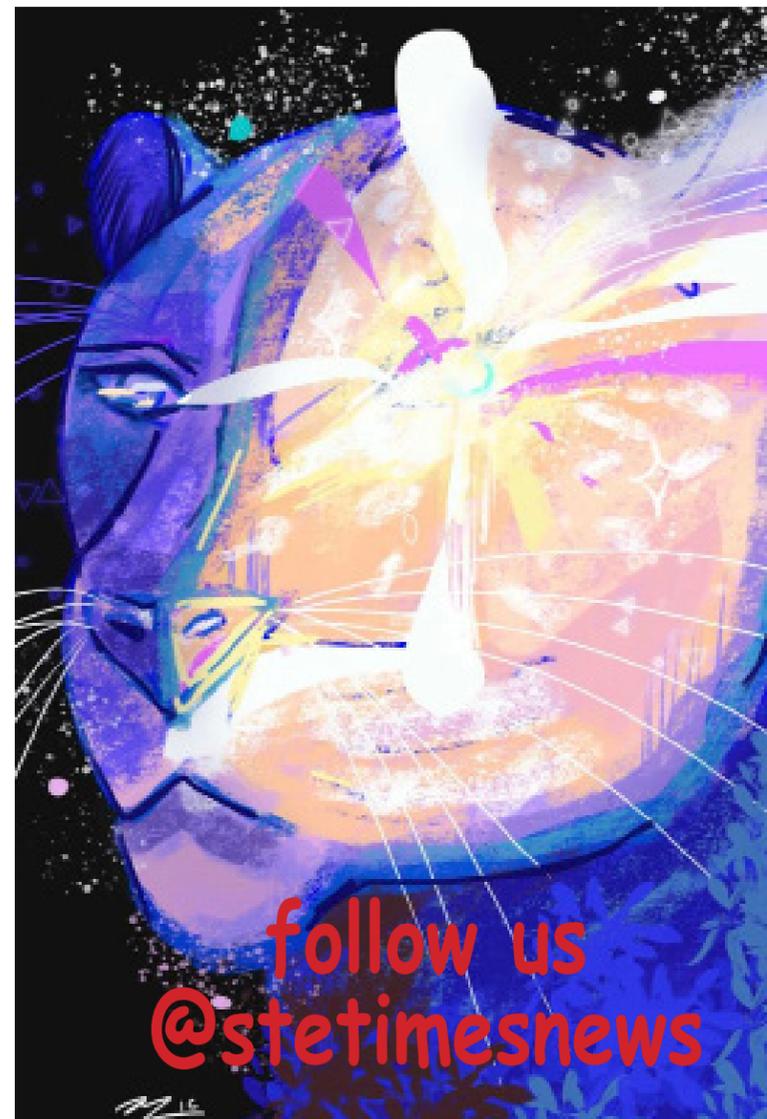
WHERE:

Created the flower bouquils in room 306 at St. Elizabeth Catholic High School

Delivered the flower bouquils at the long-term home at Castleview Wychwood Towers Long-Term Care Home.

WHY:

Our "Flower Bou(quilts)" event is all about bringing generations together. By engaging the youth at St. Elizabeth CHS for the elders, we're not just sewing, but weaving bonds of empathy in the community. This event is to uplift the loneliness that elders experience in long-term care homes.



Foreign Concepts Familiar Languages



weeks or semesters to come. It familiarizes all of those involved, whether tutors, or immigrant/Canadian students to such values that shape a community. It enables them to turn a mere group of individuals into a people, a community, one that can use their different abilities to include one another and work together to achieve something great.

To summarize, the After School Science Help Club is made up of and welcomes individuals of different nations and experiences, all united with the goal of creating a school community that can guide all students towards success, towards reshaping the world into a bona fide community as well.



**Photos:
Lorenzo
Antonio Rivera**

Lorenzo Antonio Rivera

Beep. There goes the first morning bell. The William Tell Overture or the Mission Impossible theme begins to play. Students begin dispersing from the cafeteria and hallways to head to class. Beep. There goes the second bell. The national anthem plays followed by an announcement regarding an after school science help club. As a brand new edition to the St. Elizabeth club/resource list, the After School Science Help club is quite unique not only in that there are student-tutors but in that tutoring is offered in several different languages, creating an ideal school that can reach success together, as a community.

Beginning in the second semester of the 2023-24 school year, the club is just starting up with only a handful of students dropping by per meeting. However, the club is expecting to have more students as the semester continues and more curriculum is taught. This takes place every Wednesday from 2:30 P.M. to 3:30 P.M. in Mr. Bautista's room, room 332. Within this time, tutoring is offered by Mr. Bautista along with several student-tutors of different scientific strengths and backgrounds. Tutoring is not only available in English by these tutors but also in Russian, Farsi, and French. Regarding the topics covered, students in grades 9-11 are able to be assisted. As an amazing resource to have this semester and hopefully in the semesters to come, the After School Science Help Club is perfect for students in need of tutoring, a distraction-free environment to complete homework, or even to just to meet a wide variety of different people of different abilities.

The conception of this club traces back to St. Elizabeth's very own Farida Narimonova. Farida, a grade 11 student relatively new to Canada, decided to create a club that especially caters to newcomers such as herself, who still may be finding their fitting in Canada. Farida understands the transition

between moving to a different nation and the importance of a sense of familiarity, in this case a familiar language, to not only have a better understanding of science but to smoothen one's transition to Canada. She also understands the importance of taking advantage of opportunities and the value of learning. Farida understands that these opportunities, whether large-scale such as migrating to a foreign nation or in this case, smaller-scale opportunities such as using resources in school should not be taken lightly. In taking advantage of such opportunities, it fosters new experiences and allows one to learn ideas that would not otherwise be learned. All of these values come together to create the After School Science Help Club, a club that values belonging, opportunities, and learning, all values that make up an ideal school community.

While relatively new, the perpetual difficulty of science along with the values of this club will usher in more students in the

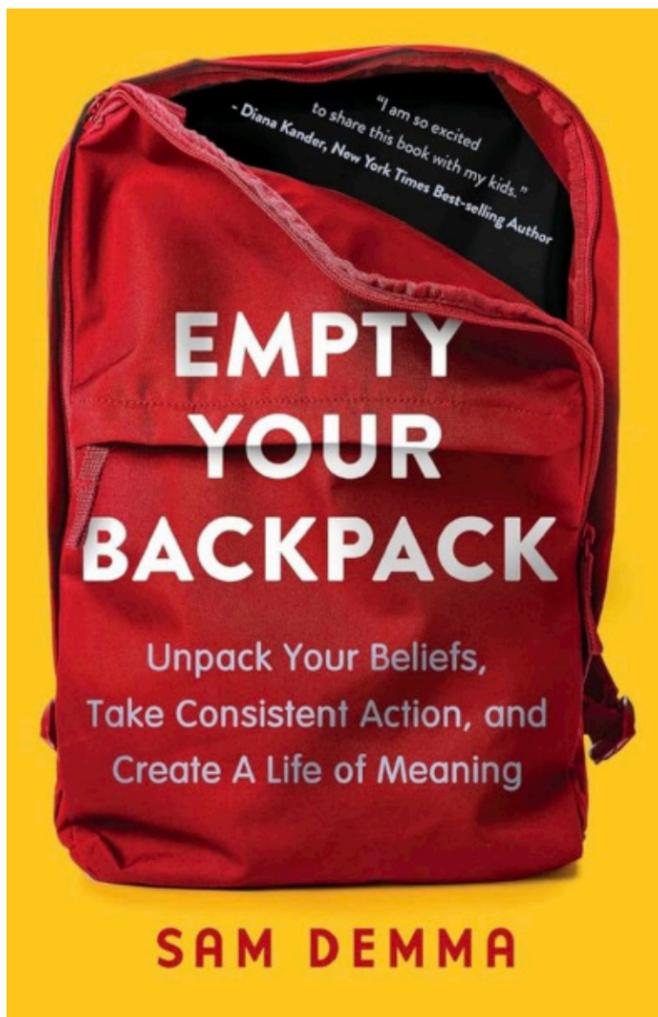
Science
CALLING GRADE 9s, 10s, 11s,
AND ALL INTERNATIONAL STUDENTS

**Are you interested in extra
science help in English, Farsi,
Russian, or French?**

Join us on Wednesdays
after school from
2:30pm - 3:30pm in room
332 for peer tutoring!!

JOIN OUR GOOGLE CLASSROOM FOR UPDATES
AND EXTRA INFORMATION USING THE CODE:
5vc4lkh





On May 7th, the Saint Elizabeth community with our Jack Chapter, and administrative team welcomed Sam Demma, best selling author of Empty Your Backpack and youth speaker, to give a keynote address during our Mental Health Awareness week.

Sam Demma shared an inspirational message of hope, mental well being and kindness. (<https://samdemma.com/keynote-speaking-and-programs/>) The objective of his talk was: to boost student and staff mental health; reduce bullying and inappropriate behaviour; cultivate hope and inspire more kindness; provide students with wellness tools. Demma stated, "Everyone has a giant invisible backpack strapped to their shoulders – and surely your students are no exception. In these backpacks, your students carry the thoughts and opinions that other people place on them. Things that stop them from loving themselves and expressing who they truly are. This program aims to help your students remove the mental burden on their shoulders and provide them with an empowering outlook on the past, present and future."

It is the Jack.org team's hope that the talk will help students to unpack heavy, negative beliefs which allow them to live authentically, find intrinsic value and understand their mental health.

The Jack.org team put on many events to help students continue to foster that which Sam Demma inspired through his address. The week started with everyone receiving the beautiful green ribbons as a reminder of Mental Health.

And the following events:



Many thanks to the Admin: Martina Fasano, the Jack Chapter student presidents Katrina Enriquez and Gabriela McLean: co vice-presidents Tara Avzec and Zarina Lee Pascual, the social worker Vanessa Schirripa. & the teacher moderators: Karri-Lynne Caruso, Maria Frade, Nicole Agostino and Teresa Sinisi



NEWS

POSITIVITY



Photos: Monique Maghakian

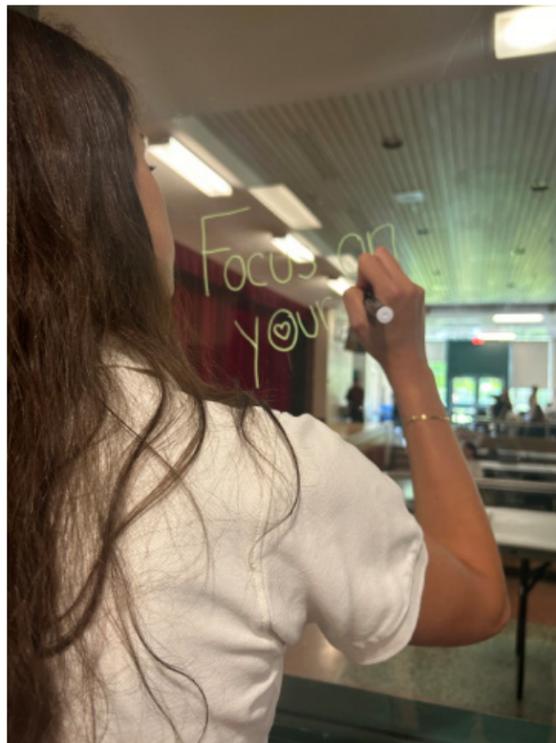


Photo: M. Rotondo

Photos: Monique Maghakian

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Celebrating Excellence: Black Youth Shine at Toronto Gala



Photos: Jane Obiyan

Jane Obiyan

Last Friday, Toronto's vibrant community came together to celebrate Black youth excellence at the annual Youth Gala. Held in Downtown Toronto at Beanfield Center, the event highlighted the remarkable achievements of young Black individuals in several fields, serving as a source of inspiration to the attendees.

The gala featured a series of inspiring speeches, breathtaking performances, and a heartfelt award ceremony. Multiple distinguished keynote speakers emphasized the importance of perseverance and community support in achieving success, as well as the need to encourage and support Black youth to achieve excellence and prosper in their unique pathways and fields.

Among the distinguished guests were performers, poets, and leaders, including DJ K Stylez, performer Kibra Tesfaye, Kayla Grey, and poet Ran-

dell Adjei, all of whom contributed to the event's success.

As an attendee, I was moved by the stories of resilience and triumph shared by the award recipients. It was also inspiring to see exceptional Black youth leaders who have made a difference in their community receive awards for their work. Award categories were Youth Advocacy, Building Community through Entrepreneurship, and Equity and Diversity, amongst others. Their journeys highlighted the theme of the evening: celebrating excellence and overcoming obstacles.

The Youth Gala not only honoured the outstanding achievements of Black youth but also inspired the next generation to strive for greatness. As the evening came to a close, it was clear that the future is bright, thanks to the dedication and talent of these young individuals.

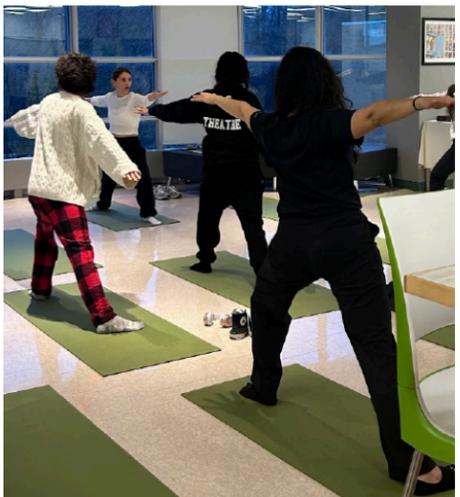
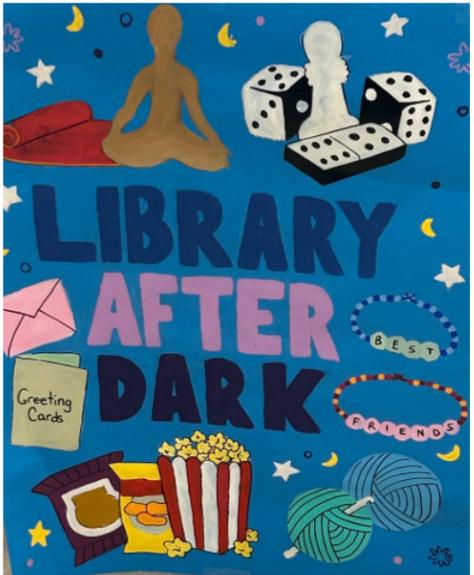


NEWS



The Library After Dark event that took place March 6th and was held in the Library Learning Commons was inspired by several mental health initiatives. It was an opportunity to promote the library services, mental health, chaplaincy resources and most importantly to create a safe space for students to relax and unwind. The venue promoted student wellbeing and inclusivity as they participated in a number of activities: watching a movie, board games, Yoga lesson, colouring, crochet or knitting, and making friendship bracelets.

Library After Dark was organized by: Jack.orgs St. Elizabeth chapter, Knitting and Crochet club, and the Library Learning Commons. The club members and teacher advisors (Caruso, Coniglio, La Neve, Sangermano, Sinisi, Frade, Agostino, Cappuccitti, Amodio and Adorante) helped to transform the Library into a space for games, creative activities and physical activities for the student body to participate in, in an effort to promote what their groups offer the school community.



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St. Elizabeth's Delegates Ratify Presence



Gianpaolo Amato (right) wins Outstanding Delegate in ECOSOC, Erika Cordeiro (fourth from left) wins Best Delegate and Vanessa Ng (second from right) wins Outstanding Delegate in Kowloon Walled City: 1987



Madison Eirin (right) wins Honourable Mention in COP40



Lorenzo Antonio Rivera

What happens when YCDSB's most innovative minds dress in business attire and are put into an office building where adults are trying to work? Answer: UNYCA, the United Nations York Catholic Assembly. That is, of course, an oversimplification of the event as it is also a time of diplomacy, quick thinking, decision-making, alliance-building and above all, fun. UNYCA acts as the primary Model UN opportunity for beginners in the YCDSB, taking students from high schools across the board to participate in UN simulations, becoming delegates of countries/people and discussing a wide range of topics, either real or fictional. This is just as real UN committees do to pro-



Ms. Mansey leads UNYCA XVI's opening ceremony

gress through real-world issues. At the 16th iteration of UNYCA (UNYCA XVI), delegates from St. Robert, Father Michael McGivney, Sacred Heart, Our Lady Queen of the World, Father Bressani, St. Augustine and of course, St. Elizabeth participated. The event was held on May 22nd at the board's Catholic Education Centre (320 Bloomington Rd, Aurora) where St. Elizabeth's delegates ratified their presence through problem-solving skills and creativity. The school's participation was organized by Ms. Mansey, Ms. La Neve, and Ms. Bharat along with St. Elizabeth's very own grade 12 delegates: Erika Cordeiro and Vanessa Ng. Following the welcoming ceremony,

delegates went to their respective committees, with the majority of them participating in general assembly committees, representing countries. These committees included COP40 which forced delegates to solve environmental issues in a dystopian future and ECOSOC which focused on economic issues related to COVID-19. On the other hand, other delegates participated in specialized committees such as Operation Drehtur which explored a war-ridden future stemming from Western-European conflicts and the Cuban Missile Crisis. Also, delegates participated in crisis committees with an ongoing crisis storyline such as Kowloon Walled City: 1987, exploring the

self-governing Kowloon Walled City and its interactions with the British Hong Kong government. Further, the remaining delegates participated in the security council committee (UNSC), facing security-related issues in Cyprus and Haiti. During the closing ceremony, delegates from each committee were given awards including Best Delegate, Outstanding Delegate, Honourable Mention and Best Position Paper. St. Elizabeth's delegates won a whopping four awards, including Erika Cordeiro for Best Delegate in Kowloon Walled City: 1987, Vanessa Ng for Outstanding Delegate in Kowloon Walled City: 1987, Gianpaolo Amato for Outstanding Delegate in ECOSOC and Madison Eirin for Honourable Mention in COP40.

All in all, St. Elizabeth's delegates represented the school extremely well at UNYCA XVI. By giving YCDSB's bright minds a chance to extend their abilities and challenge themselves at events such as these, it forges a new generation of individuals willing to use the same diplomacy, critical-thinking and collaboration to make real change in world issues.

**Photos:
UNYCA
photographers.**

Thinkfast continues great tradition



Thinkfast participates writing letters to the students in Taazania, to send best wishes for upcoming exams

Ms. ChuMorrison

This year's Thinkfast took place on May 23rd. It was a great example of the generosity characteristic of the St. Elizabeth community. The 47 Thinkfast participants will continue our school's tradition of sponsoring the graduates of St. Gaspar School in secondary and post secondary education. Each of these Tanzanian students is determined to rise out of poverty and pay it forward in many different ways.

The event was run by St. E's Global Culture Club under the outstanding leadership of Isabel Lizano and Cailin Sadecka. Our students engaged in a number of fun educational student-led activities, in addition to an 8km walk around the track representing the average daily walk to water for many of the students whom we sponsor. The night ended with dodgeball in the courtyard.

Thank you again to everyone involved with Thinkfast. You are making a difference.



Thinkfast participates play dodgeball

**Photos:
Ms. ChuMorrison**

Panthers certified healthy



Shout out to the St Elizabeth Catholic High School community for receiving a Silver Healthy Schools Certification this year! Congratulations on the wonderful work your Health School's team has accomplished this past year. A banner will be arriving that celebrates this accomplishment. Many thanks to: Martina Fasano, Emilia Adorante, Karri-Lynne Caruso and Mina Sangermano. Well done!!!

C H A P L A I N C Y

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Chaplaincy articles & photos:
Sofia Maietta, Natalie Mallia & Mrs. M. Sangermano

Mental Wellness & Faith Development Check-In.

Peer Ministers and the Chaplaincy team at St. Elizabeth have had a faith, fun and fellowship-filled second semester! We commenced semester two with a check-in on mental wellness and faith development.

This check-in aimed to help students with self-awareness and to remind us of our unique journey while living in community with others. The Catholic Graduate Expectation, A self-directed, responsible, lifelong learner calls us to demonstrate confidence and a positive sense of self and respect for the dignity and welfare of others. This was just the beginning of all the various initiatives and events we have initiated.



On March 19th, Peer Ministers along with our Chaplaincy team went to the Ordinandi Youth event at the Pearson Convention Centre. This was a great way for us to learn about vocations and connect with peers across the GTA. Our participation in this event assisted us to gather with a sense of fellowship and belonging that comes from being part of the larger Catholic Youth Community.

The event allowed Peer Ministers to meet over 800 students and hear witness talks from the Ordinandi class of 2024. Most Rev. Archbishop Francis Leo encouraged prayer, remembering our worthiness and God's plan, and participating in making the world a better place.



PEER MINISTERS

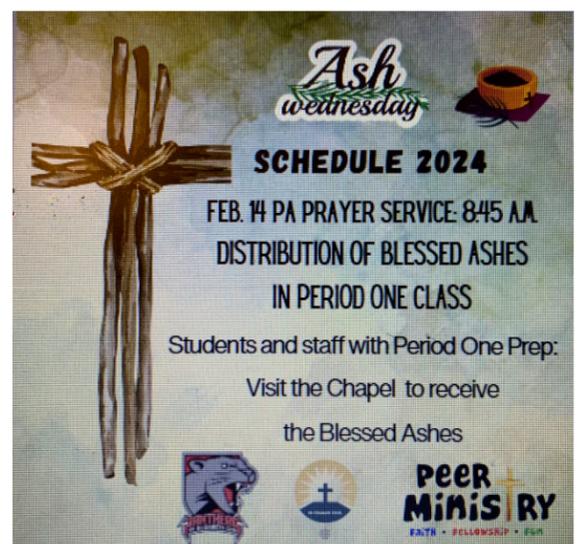
BREAKFAST CLUB

Peer Minister Student Leaders serve a free breakfast daily. At St. Elizabeth CHS we offer a Breakfast program to our students year-round. The breakfast program serves a healthy meal to students prior to the start of the school day. The meal contains at least one serving from a minimum of three out of the four food groups of Canada's Food Guide. Choosing healthier options is often linked to stronger immune systems, lower risk of diabetes and cardiovascular disease, mental wellness and longevity.

Ash Wednesday and the Stations of the Cross

On Wednesday, February 14th, 2024 during period one we set aside time to celebrate the Somber Lenten Season with an Ash Wednesday Prayer Service over the PA System, led by Peer Ministers and Music students. Our Chaplain created interactive worksheets for teachers to use as a tool, to demonstrate what students know, want to learn and learned about the Ash Wednesday experience. Peer Ministers delivered the Blessed Ashes to each homeroom and staff and students were also encouraged to visit the Chapel to receive the Blessed Ashes.

The Stations of the Cross, also known as the Way of the Cross and the Way of Sorrow (Via Crucis in Latin), detail fourteen different moments on the day, Jesus died. This prayer pilgrimage is a powerful way to grow closer to Jesus at any time of the year, though it is most popular during the Lenten season. Our Chaplain created an interactive Stations of the Cross Slide Show where students were encouraged to imagine the scene in Jerusalem as Jesus walked His way of the cross.



EASTER 2024

The Easter Season begins on **Easter Sunday, March 31, 2024**, and lasts for 7 weeks concluding on the **Feast of Pentecost on May 10, 2024**. This time of joyous celebration invites us to reflect on the new life we have been given through the Resurrection of Christ.

LENT AND SYMBOLS

PURPLE	PRETZELS	Wednesday
<p>Purple was originally a sign of royalty since it was one of the most expensive colours to dye. We remember the royalty of Jesus and His atoning work on the cross.</p>	<p>Did you know they were originally a Lenten treat? The unique shape was thought of as two hands interlaced in prayer.</p>	<p>Have you ever wondered why Lent begins on a Wednesday, not Sunday like Advent does? If you count back exactly 40 days from Easter, you will not arrive on Wednesday. This is because the Sundays between Ash Wednesday and Easter are not part of Lent. Sundays are celebrations of the Resurrection of Jesus - and that is an occasion for celebration.</p>

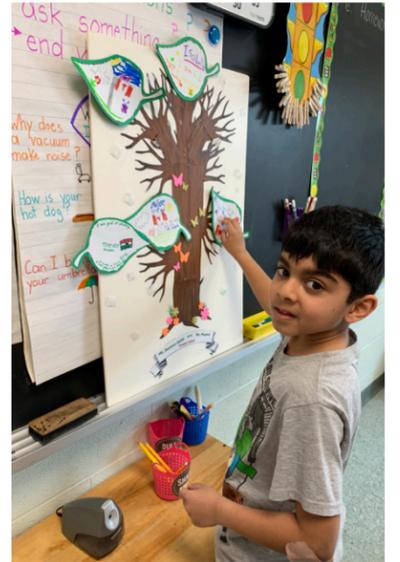
LENT AND MENTAL WELLNESS
40 Days to Strengthening Mental Health and Spiritual Growth

THINK ABOUT THIS...
Rather than thinking of Lent as a time of discipline and self-sacrifice, consider a deeper meaning.

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On March 6th the Peer Ministers hosted the Reading Rainbow Project at St. Joseph the Worker Catholic Elementary School. We read the children's book *You Come From Greatness* by Sara Chinakwe which was live-streamed in Ms. Helena Santos-Salb and Ms. Melisa Picone's Grade 2 class. This was followed up with a class family tree, map exercise, research project and music activities to promote that every child is a child of God and great in their own way.



Jesus rising



On April 10th, we celebrated our Easter Mass with Father Victor Amole. We rejoiced over Jesus rising from the dead and reflected on the sacrifice He made for us. We also discussed how we can be diligent servants of God and how to honour our role.

This year, the Easter season continued for fifty days until Pentecost, which was on Sunday, May 19th, 2024. During the month of April, we continued to reflect on the virtue of reverence and the character trait of respect.



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C H A P L A I N C Y



We Are Called To Love

Catholic Education Week: We Are Called To Love. Each year the Catholic community of Ontario engages in a week-long celebration of the unique identity and distinctive contributions of Catholic education during Catholic Education Week. From May 6 to 10 our Chaplaincy team along with the Peer Ministers embraced the theme “We Are Called to Love”. The scriptural passage that guided our theme was the biblical quote, “If we love one another, God lives in us.” (1 John 4:12) To enhance the theme our Chaplain, Mrs. Sangermano created daily Slide Show presentations containing reflections, music, Scriptural passages and prayer celebrations which homeroom teachers were invited to share with their classes to celebrate.

The five sub-themes for Catholic Education: We are called to love as As people of hope, faith, mercy, justice and joy. We also took part in Share Life week to raise awareness about the Catholic charity and to incorporate interactive activi-



ties to promote fellowship for the students. Activities included, Saints homeroom bingo, a Provincial Mass celebrated by his Excellency, Bishop Gerard Berge was streamed in the Chapel, we attended the Ontario Catholic Youth Day interactive virtual conference, the grade 10 religion students attended a retreat with HOPESTONE with Peer Minister leaders assisting, a Kahoot in the cafeteria, colouring sheets, Civics Day and candy grams. We sold over 100 candy grams thanks to the support of our students.



End of year mass celebration

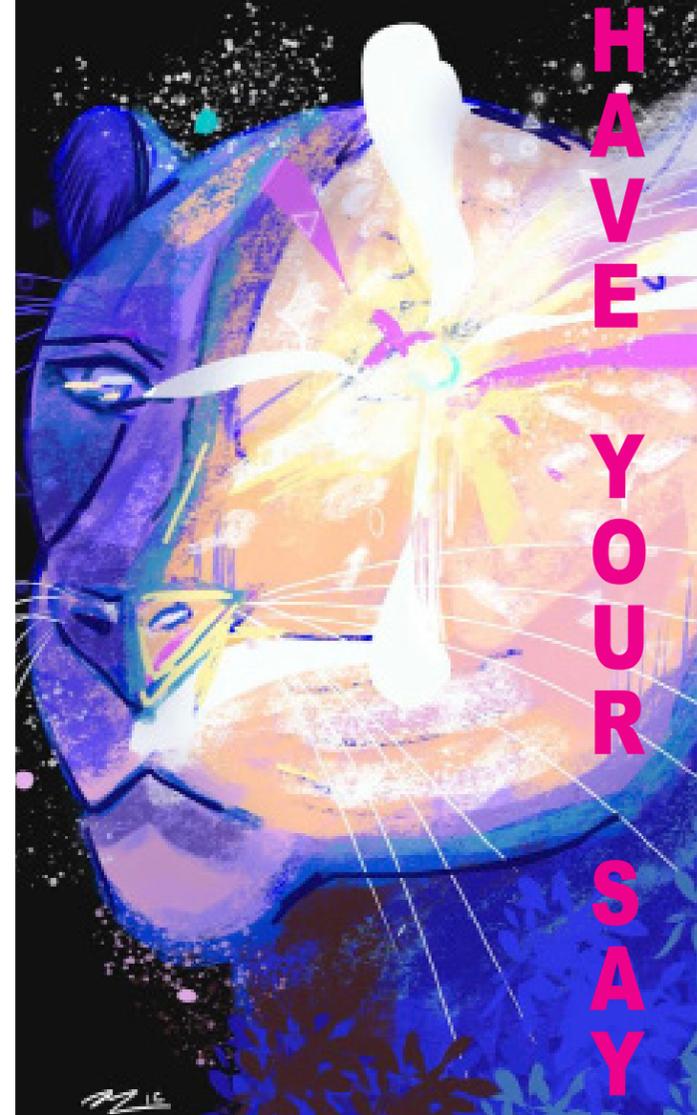


Finally, On May 29, 2024, we are looking forward to celebrating our end-of-year mass on May 29 where we will gather to celebrate our 2023-2024 school year and congratulate our graduates of 2024.

Our Chaplaincy team (Mrs. Sangermano), Peer Minister Teacher Moderators (Ms. Fonseca and Ms. Cappuccitti) and Peer Ministers are grateful for the ongoing support from the St. Elizabeth community and are excited for next year! If you would like to deepen your relationship with God, participate in Charity events, help to foster faith development and serve as a leader, join us in September of 2024.



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HOPE IS THE ANSWER



GOOGLE IMAGES

Magneto, becoming paralyzed from the waist down, and almost being killed by the humans he fights for, that his ideology becomes so significant. Shortly after, he starts a school for mutants, "Xavier's School for Gifted Youngsters", teaching children the same hope he continues to possess. It is through the hope he teaches that saves himself from being controlled by hatred and pain, and saves all mutants from an apocalyptic future.

Professor X teaches that hope, an essential part of every human spirit, is necessary in creating a future free of hate and fear. In X-Men: Days of Future Past, he tells his younger self, "It's the greatest gift we have: to bear their pain without breaking. And it comes from the most human ability: hope." To hope is to be a leader of change, and is required to dream. To dream with hope is required to inspire others and take action for a cause greater than oneself, changing the tides of society. This can be quite difficult, facing backlash,

judgement, failure, hate, fear, and even oppression however hope erases all their power, bringing the best out of people. For the X-Men, it allows them to be heroes in society despite oppression, focusing on a lasting future with humans. However, while hope erases such obstacles, it does not erase or prevent pain. Hope does not aim to neglect pain, feeling pain is valid and necessary; rather, the aim is to control and prevent it from consuming oneself, like Magneto. Further, hope must be nurtured or else it dwindles. By opening a school, Charles allows himself to be present in nurturing his students' hope at its strongest, in childhood; Stan Lee and Jack Kirby cater the X-Men to children to keep hope alive through these stories, to keep children dreaming and

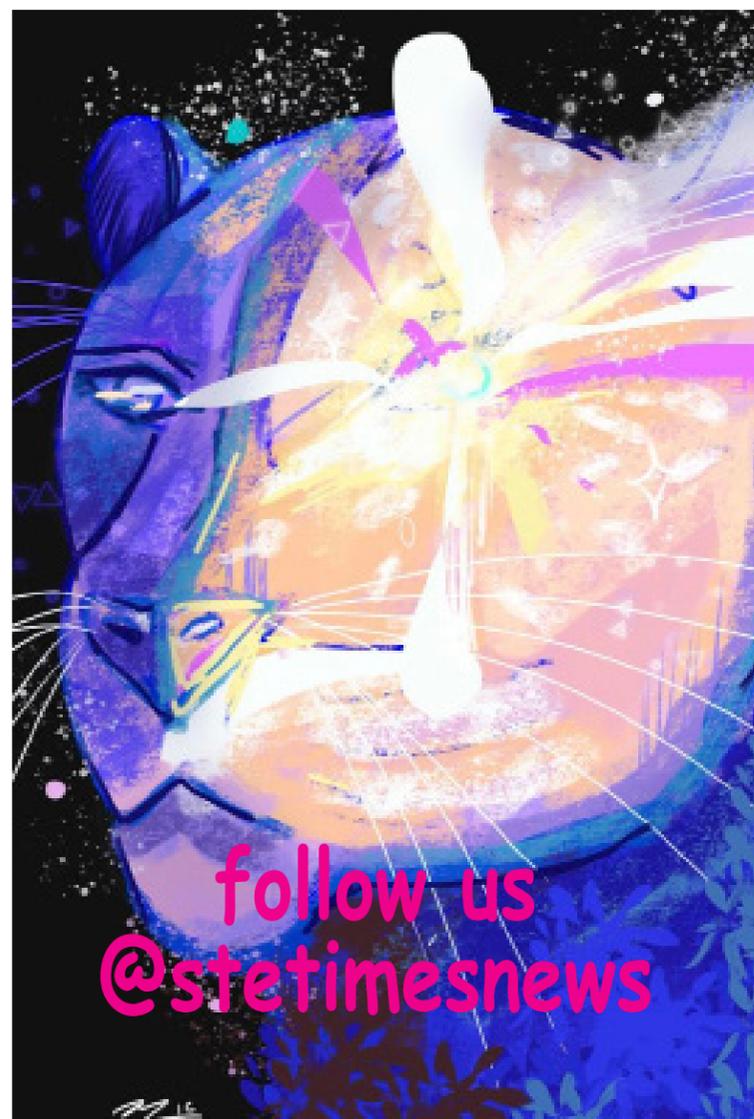
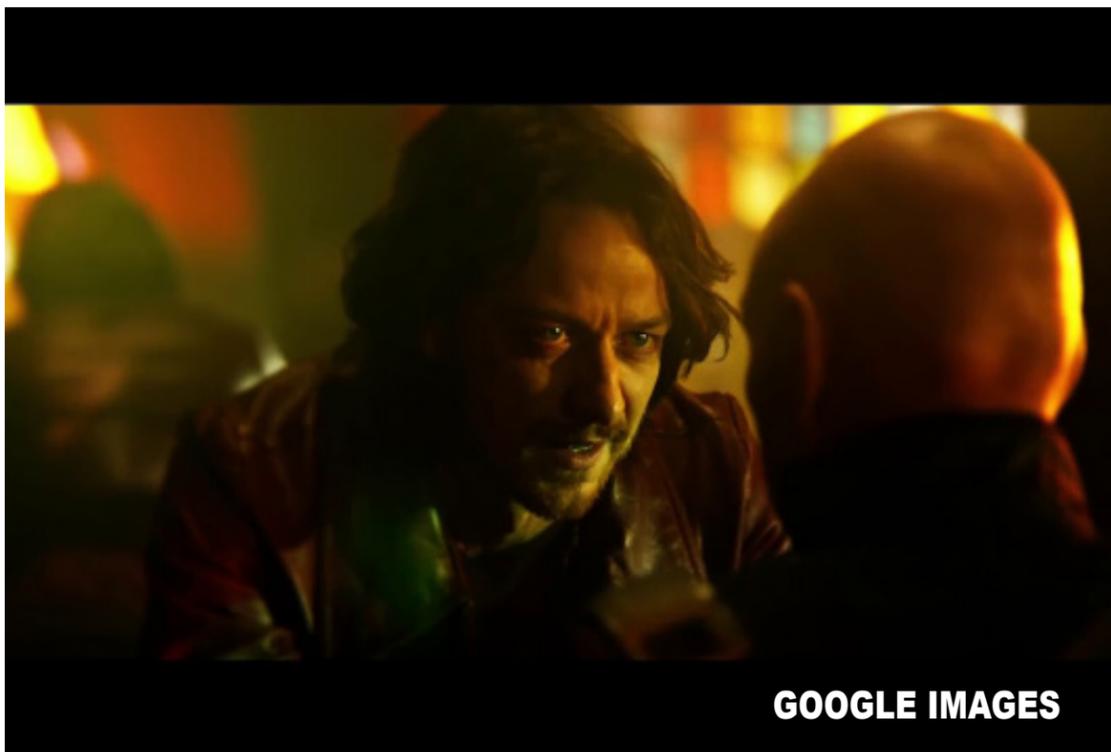
taking the world head on.

To summarize, every human, without exception, possesses hope, an ability that allows one to dream, persevere, and inspire. While appearing so different from humanity, the X-Men go out of their way to hope, never stopping to fight for the dream they believe in. Ironically, by hoping, it makes them more human than any other. These stories call one to nurture and express this ability that makes one human, lest not letting it dwindle and rejecting what makes humanity so powerful. In and of itself, the world does not have superheroes nor superpowers, and yet a future beyond hate and fear is still possible through mere humans,

Magneto, a Jew alive during the Holocaust and a mutant capable of controlling metal, experiences first hand the dangers of oppression and bigotry, leading to fear and the deaths of countless. While his pain, as well as his anger and resentment of humanity are justified, his actions against them are not. Magneto believes in revenge and absolute domination or else oppression is inevitable. However, unlike Magneto, Professor X or Charles Xavier, a mutant telepath, hopes for a future of coexistence. Going by the X-Men movies, Charles grows up in a posh, well-off household, never experiencing trauma or oppression, so by nature he believes in coexistence. It is only after the events of X-Men: First Class; creating the X-Men alongside

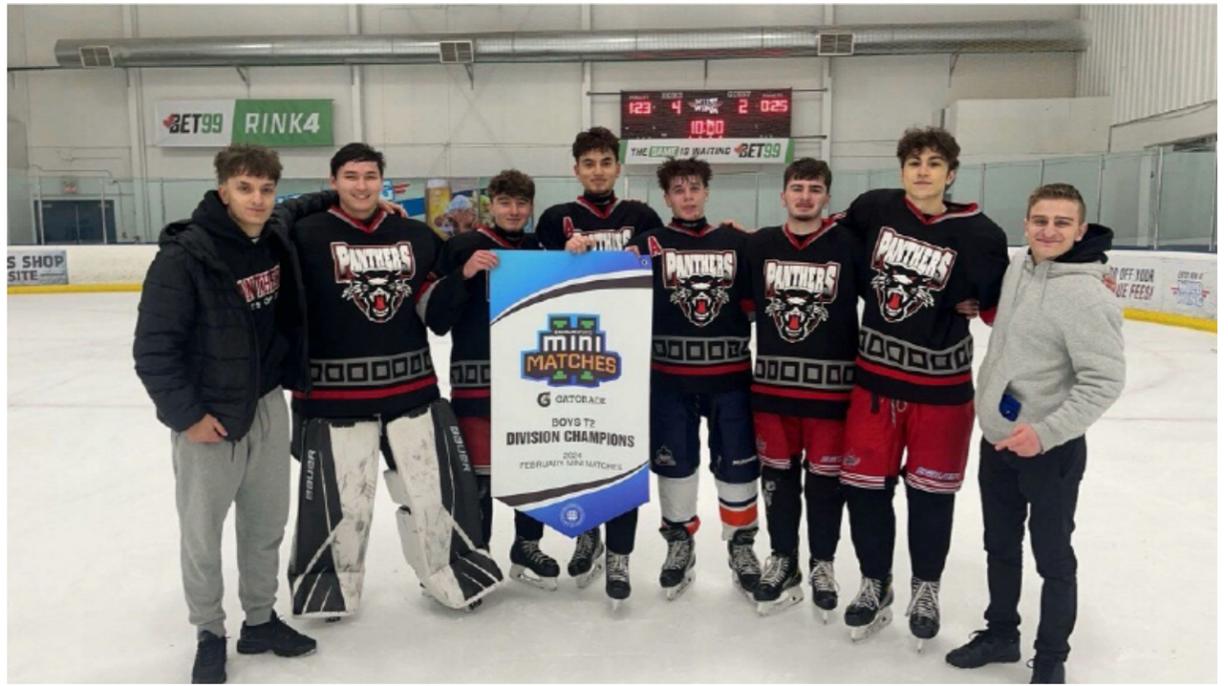
Lorenzo Antonio Rivera

Imagine two people, both hated by the world for something that cannot be controlled, yet one believes equality can be achieved peacefully while the other believes it to be in aggression and revenge. In essence the same yet why are there two different motives? The first person continues to hope while the latter lacks it. This is the story of the civil rights movement metaphor known as the X-Men, more specifically the story of the opposing ideals of Professor X and Magneto. Led by Professor X, the X-Men, a group of mutants, teach humanity the crucial lesson of hope, the belief that positive, necessary change is possible.



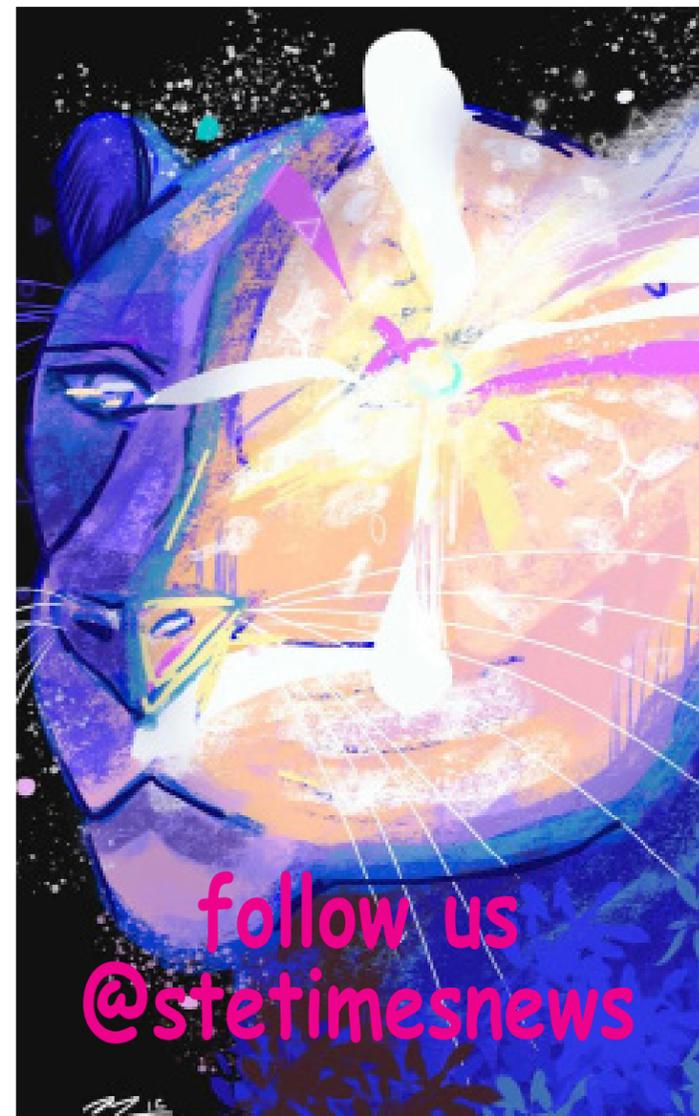
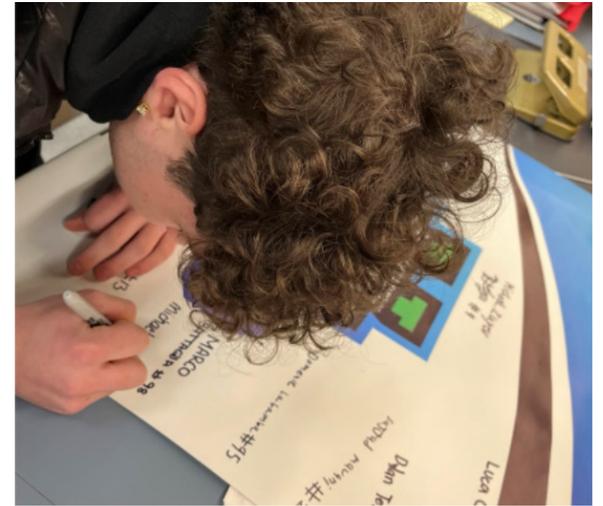


Panthers win Mini Matches T2 Hockey Tournament

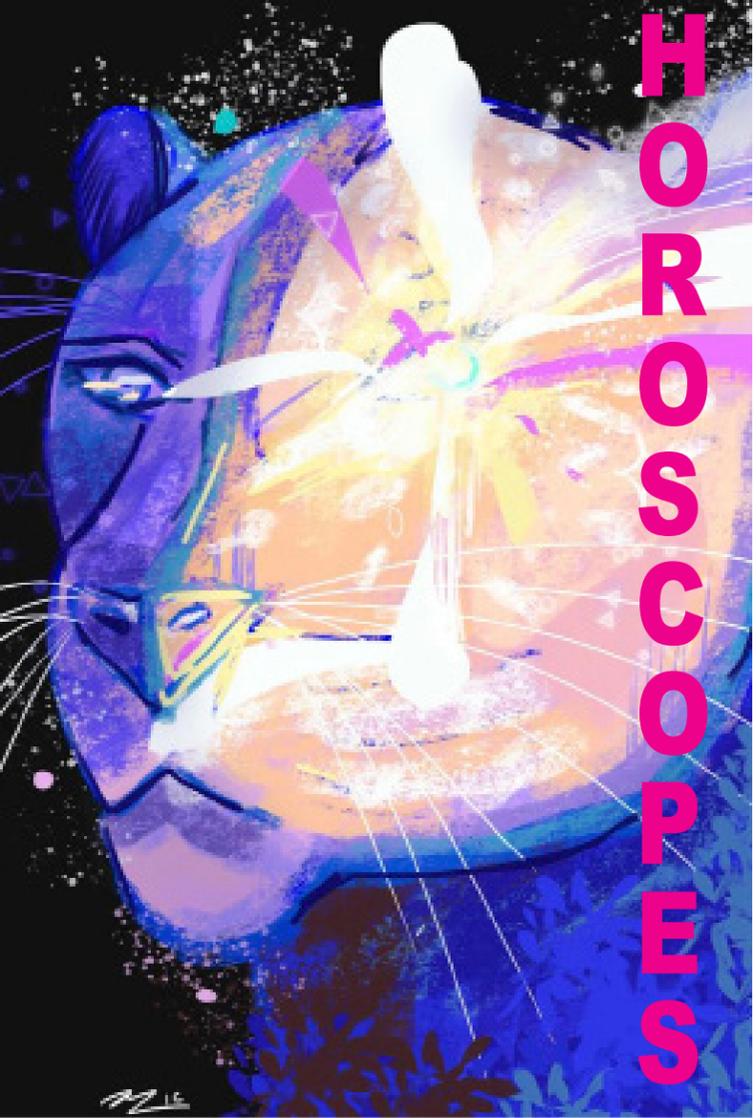


Michael Maietta

On February 22, 2024, The St. Elizabeth Catholic High School boys varsity hockey team won their first tournament in a decade! The panthers played in the Canlan Sports Mini Matches T2 hockey tournament located at York University, Canlan Ice Sports Arena. They battled all day and worked towards their final achievement, winning the tournament. They went undefeated in the round robin. They won in the semi finals and advanced to the finals which was against a tough team. The panthers ended up winning the game in the finals with a 4-2 Victory! It was such an exiting moment because the school hasn't won in over 10 years. Everyone was jumping in excitement and we cant wait to put the banner up in the gym! Way to go Panthers!



**PHOTOS:
Michael Maietta
&
Joseph D'Ascanio**



Arayah Ramlal



Aries: Today, you might feel like a squirrel on espresso. Embrace the chaos and see where your hyper energy takes you. Just don't forget where you buried your nuts!



Taurus: Your stubborn streak might clash with the universe today. Remember, sometimes going with the flow leads to smoother sailing. Plus, it's hard to argue with the stars.



Gemini: You're like a butterfly on skittles today, flitting from one thing to the next. Embrace your scattered energy and see where it leads. Just try not to leave a trail of unfinished projects in your wake.



Cancer: Your nurturing side is in full force today, but don't forget to take care of yourself too. Maybe treat yourself to some extra cuddle time with your favorite blanket.



Leo: Your roar might be more of a meow today. That's okay; even lions need a day off. Embrace your inner house cat and spend some time lounging in the sun.



Libra: Indecision might be your middle name today, but don't stress about it. Embrace your inner ditherer and just go with the flow. Everything will work out in the end.



Pisces: Your imagination is in overdrive today, but don't let it carry you too far away. Embrace your inner dreamer, but remember to keep one foot firmly planted in reality.



Sagittarius: Your wanderlust is calling, but responsibilities might be holding you back. Embrace your inner adventurer and start planning your next escape. Who knows where it might lead?

Photos: Google images



Scorpio: Your mysterious aura might be on full display today, but don't let it intimidate others. Embrace your inner enigma and see where it takes you. Just don't disappear completely into the shadows.



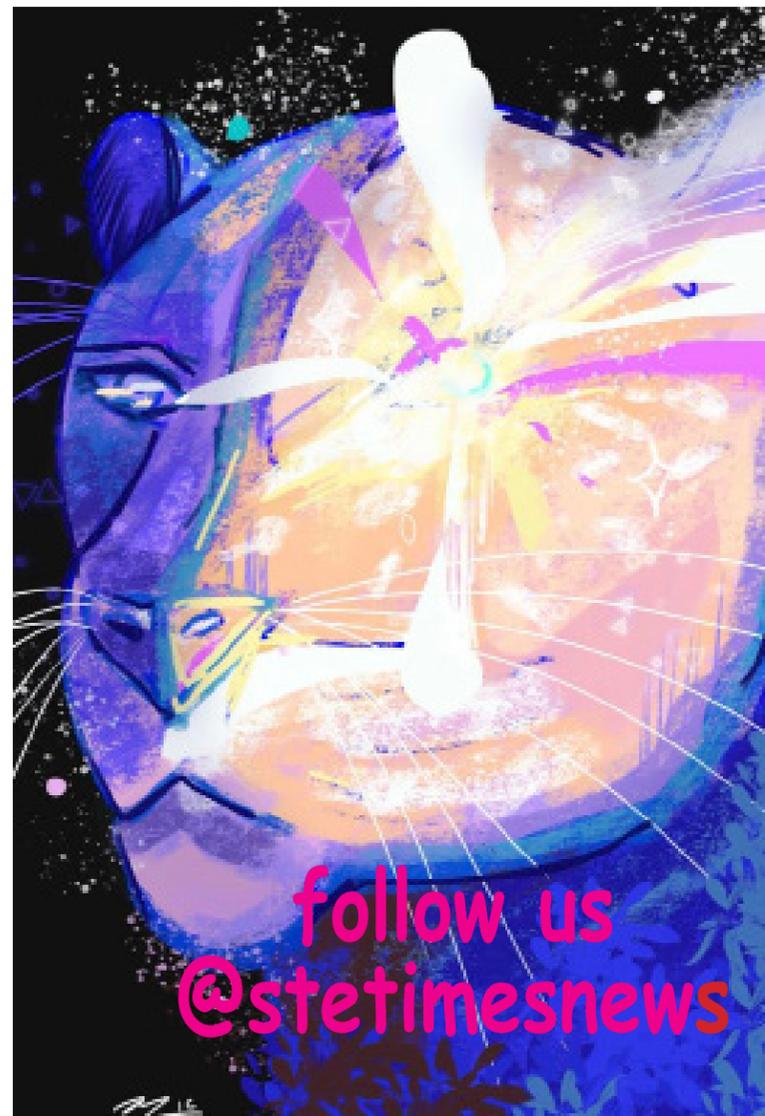
Capricorn: Your ambition knows no bounds today, but don't forget to take a break every now and then. Embrace your inner workaholic, but remember that even the most dedicated goats need to rest.

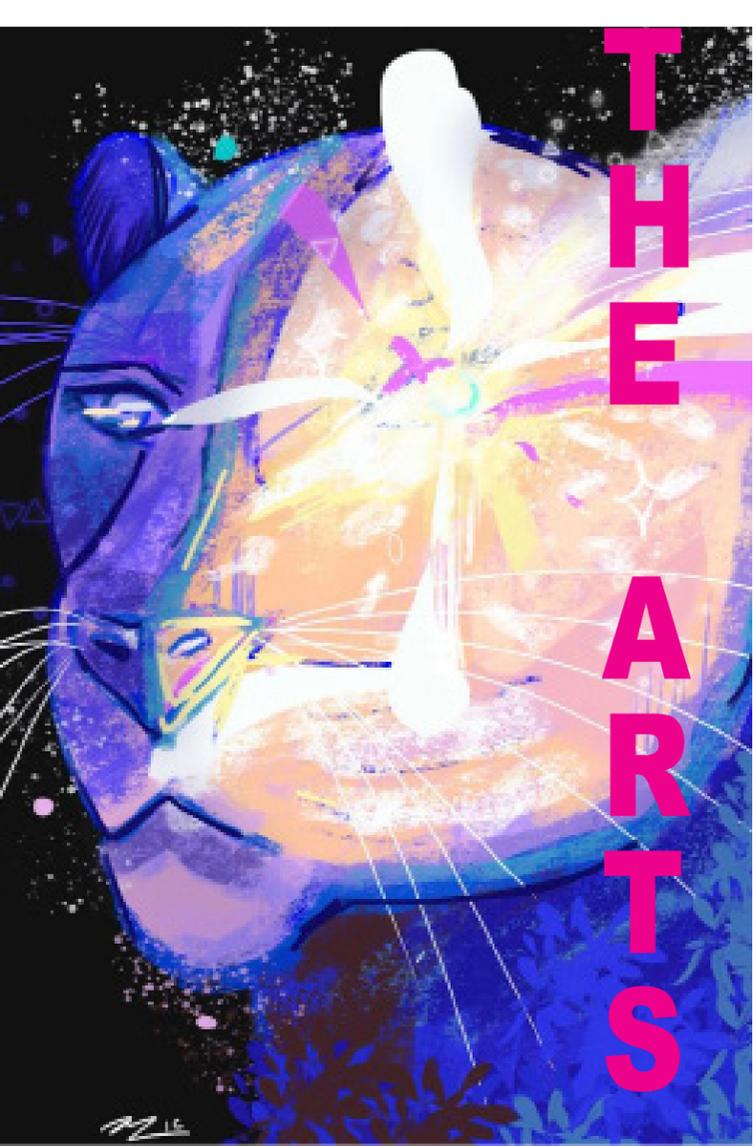


Aquarius: Your eccentricity might be turned up to 11 today, but that's just how you roll. Embrace your inner weirdo and let your freak flag fly. Just be prepared for some strange looks.



Virgo: Your perfectionist tendencies might be in overdrive today. Remember, nobody's perfect, not even you. Embrace the chaos and see where it takes you.





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Alice's Adventures in Wonderland

Sophia Travolo

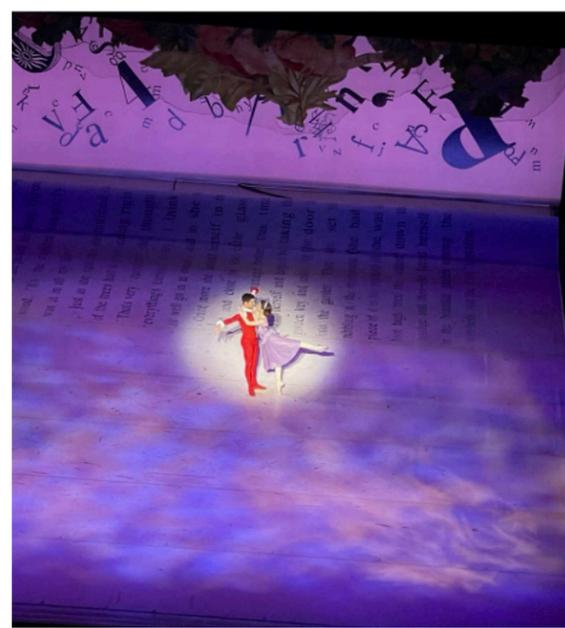
On March 7th 2024, the St. Elizabeth Grade 11 and 12 dancers took a day-trip downtown to the beautiful city of Toronto to watch Alice's Adventures in Wonderland, hosted by The National Ballet of Canada. Full of charm and spectacle, Alice's Adventures in Wonderland is a ballet that is three acts long, running a total time of two hours and forty minutes. The National Ballet of Canada was founded in 1951 by Celia Franca with a goal of presenting the best of classical and contemporary ballet. Today, the well-known company is among the world's finest, with a total of 70 dancers and an in-house orchestra. Highly honoured for its diverse repertoire, while the National Ballet of Canada performs traditional classics, they also encourage the creation of new ballets and unique work. The company's repertoire includes works by George Balanchine, Marie

Chouinard, James Kudelka, Wayne McGregor, John Neumeier, Rudolf Nureyev, Crystal Pite, Christopher Wheeldon and the company's Choreographic Associates Robert Binet and Guillaume Côté, among other creators. In more recent years, the main priority of the company has been to reach audiences beyond the traditional theatre setting, specifically for youth and their families. The company has developed a va-



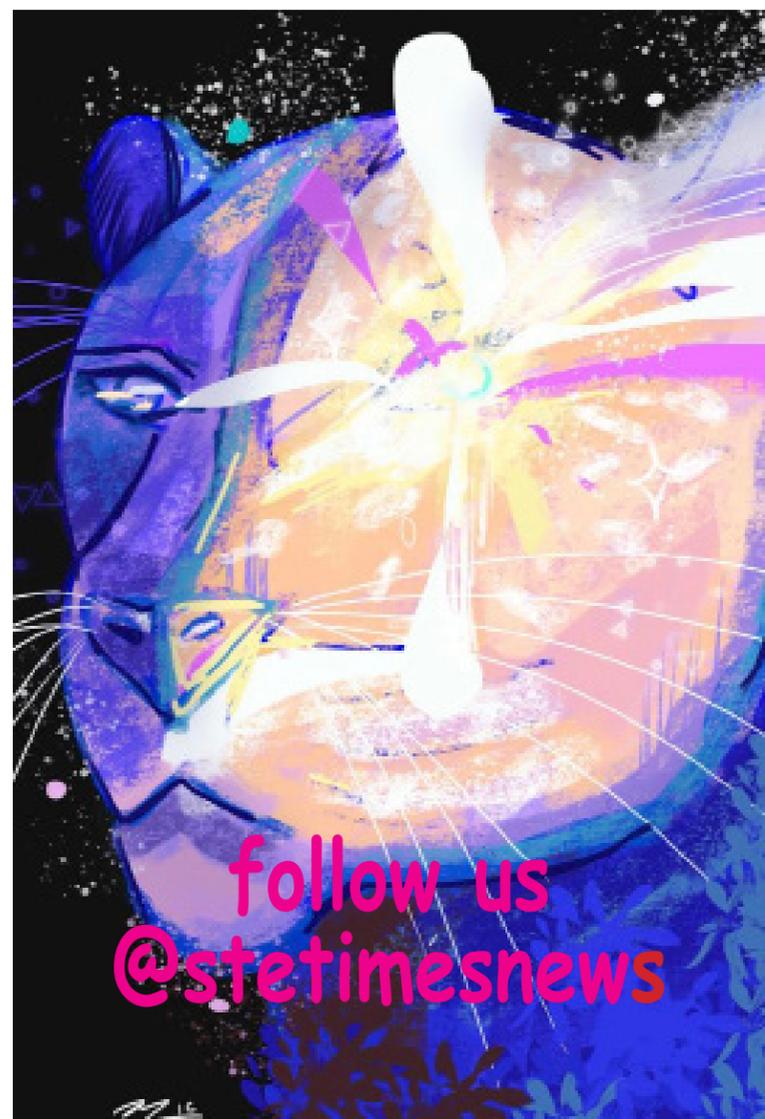
riety of community engagement initiatives to share the power of dance with young people in schools, hospitals, and homes in rewarding and meaningful ways.

The clock strikes four as the guests begin to arrive at the summer garden party in Alice's Adventures in Wonderland. We see Alice emerge from the scene and quickly follow the White Rabbit into a mysterious corridor. The clock strikes five as Alice is brought into the world of Wonderland. Confused and startled, Alice befriends the Cheshire Cat for directions, but finds herself even more lost. The clock strikes six and she is raveled into the strange company of the Mad Hatter, the Queen and King, the Duchess, a March Hare and a Dormouse. Enduring an ordinary tea party is typically a pleasurable task, however Alice soon realizes this is no ordinary party whatsoever. Drawn into Wonderland's unpredictable and lively atmosphere, Alice is lost and in need of help. The clock strikes seven when Alice finds herself in a raging court room filled with the tea party guests and playing cards, waiting to convict the Knave of unruly crimes. Together, Alice and the Knave deliver a testimony to prove the Knave's innocence, but the Queen is not so easily persuaded. The clock strikes eight as a wild chase ensues, during which



the White Rabbit and witnesses attempt to hide the Knave and Alice. In the midst of disruption, Alice knocks a witness over, who falls on another, resulting in a collapse of the entire court: after all, they are only playing cards, right? Creating a domino effect, Alice and the Knave seek to end this all and return back to their normal lives. The clock strikes nine as Alice awakens... The Grade 11 and 12 dancers had an incredible time downtown

supporting the National Ballet of Canada's Alice's Adventures in Wonderland. Filled with technique and personality, the ballet was definitely one for the books!



POETRY CORNER

TINA HOANG

A World of Wars

In this world, peace seems far
Was conflict written in the stars?
They say to love others, yet here we are...

I see the violent wars
Families destroyed, people slaughtered
among them, innocent sons and daughters
bombshells drown out the sound of laughter
a stream of red flows out on the water
as opaque smoke surrounds the horrors

I hear the silent wars
scars build from the pains before
the echo of their cries ignored
broken souls behind their doors
just needing to be loved a little more
not sure what they were made for

I feel environment wars
winter arrives but somehow warmer
and wilderness has smaller borders
regrowth now suddenly harder
an atmosphere full of disorder
losing sight of what was former

We are plagued by our faults outpoured
What are we even dying for?
I'm not sure anymore.



Art by Mackenzie O'Heam

The Way of Water

"The way of water has no beginning and no end."
-Avatar: The Way of Water

Water nurtures
living things of all shapes and sizes,
bringing life to diverse species
who call this planet their home
from tiny seeds scattered across the land
to magnificent and mysterious forests
full of life, both old and new

Water holds
sea creatures of every kind
some of them already discovered
others yet to be uncovered
Timeless treasures lie beneath
the darkest ocean depths
that no one dares to seek

Water rises
like a valiant ocean wave
so powerful, so strong,
with enough force to tear down
each stone cold wall built
to stand and block the paths
where streams used to freely flow

Water falls
as softly as a teardrop
when gliding down a cheek
slow and steady, calm and meek,
as mighty as a majestic waterfall
cascading down ragged rocks
reshaping stone while it stands tall

Water reflects
the beautiful sunrise and sunsets
twinkling stars and bright moonlight
glimmering down on serene seas
the light drizzle and mist
where rays of sunlight directly hit
colour a vibrant rainbow in its midst



Art by Maria Suzdaleva

The Train Ride

Is there a purpose to this life?
A reason we're alive?

Maybe.
It's not so easily explained.

For a moment, I close my eyes,
My feet on the platform
Alone as I wait for my time

At the start of sunrise,
I see a faint glow in the distance
The sunlight is blinding and bright

In just a short while
The shapes begin to form
Sparks fly, the train arrives

The moment I step inside
Figures become visible
Strangers on each side

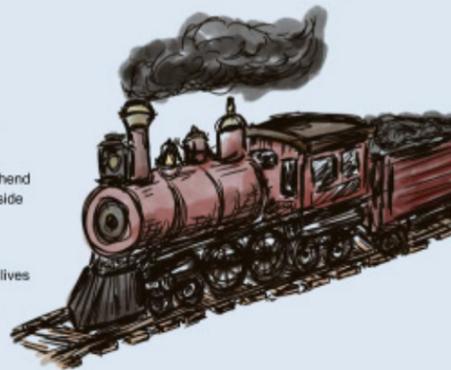
An empty seat comes in sight
Looks as if it's meant for me
I wonder, is this fate's design?

Then in the window beside
things move too fast to comprehend
blurred visions of the world outside

Minutes and hours slip by
people come and go
Each consumed with their own lives

No one seems to question why
The journey is full of bumps
And we live here only to die

Perhaps there is a purpose to life
I might not know where the tracks lead,
But I open my eyes and enjoy the ride.



Art by Tina Hoang

Time Will Tell

In the future,

Will Earth's beauty shine bright
like a lake glistening in the sunset
with smoky white clouds in the sky
and not a single threat in sight?

Will the world finally find peace
amid the fiery red flames
while history is still bound to repeat
and unmarked graves lie beneath?

Will love overshadow the pains of life
gluing back pieces of shattered hearts
in a place filled with rage and strife
as endless as the darkest nights?

Will friendships still endlessly last
building bridges and burning walls
until what remains is only ash
leaving behind conflicts of the past?

Will butterflies still spread their wings
after a miraculous transformation
both swiftly and silently sharing
the hopefulness they bring?

Will blank canvases turn into works of art
bringing life to the emptiness of reality
brushstrokes and splashes of colour in each part
awaking the creativity of a passionate heart?

Will quiet melodies turn into song
where each beat, each note and each rhythm belong
a ballad with lyrics, so touching, so strong
music to our ears, no matter how long?

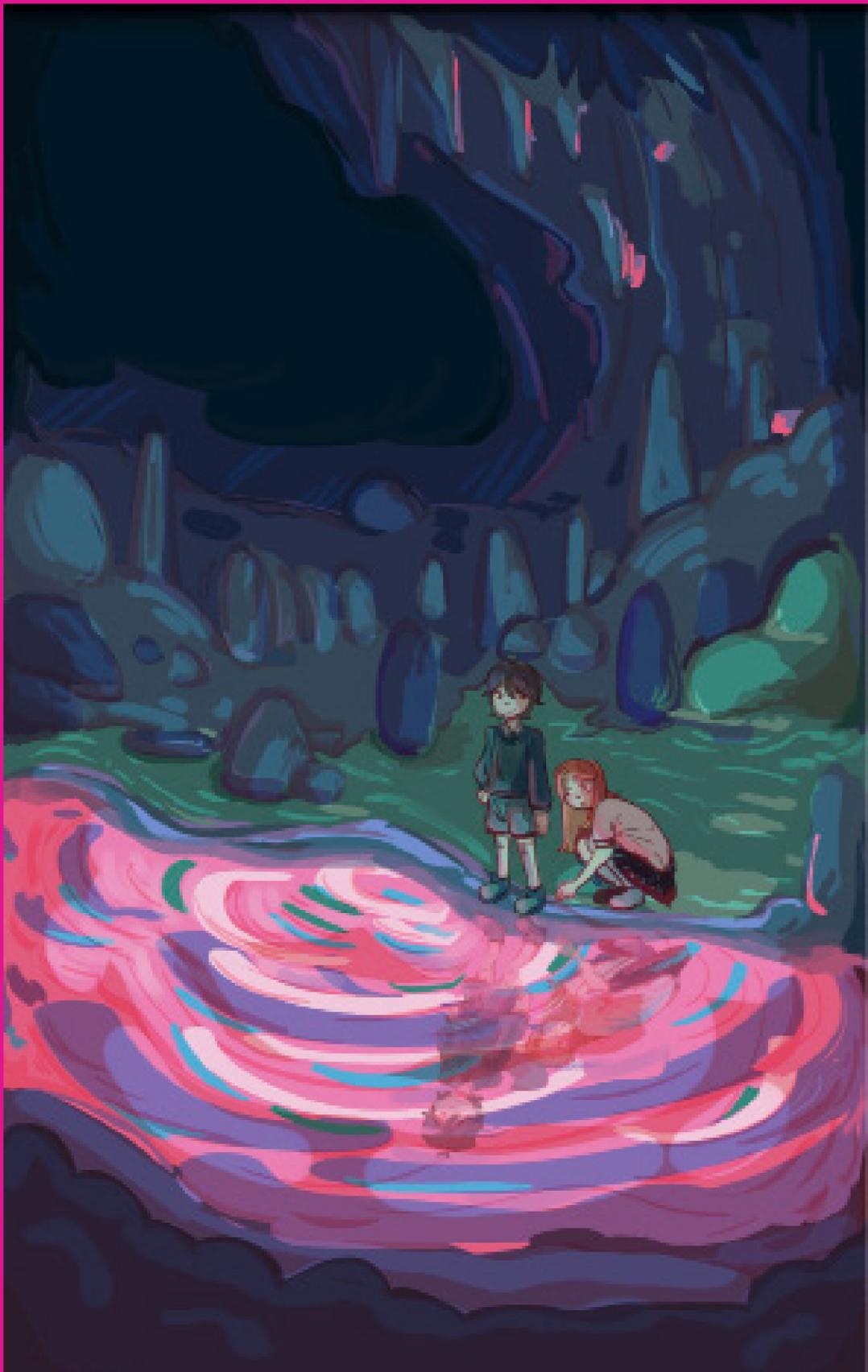
... Only time will tell.

But time can change
if people are willing to.



Art by Tina Hoang

**A
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ART: Elizaveta Zalesnaya

TEACHER FEATURE



DANIELE ROMANO

How did you decide to become a teacher?

I was a licensed automotive service technician prior to teaching. After some time in the trade I was inspired to become an educator. I went back to school and worked on becoming a teacher.

If you weren't a teacher, what would you want to do?

I would probably still be working in the automotive industry.

Who would you say inspired you?

Peter Karl who was my high school automotive teacher. As well, my dear friend Scott Bowers who I worked alongside with in the trade.

What is the best part of the work you do- the part that gives you the most satisfaction?

Working with teenagers always brings excitement in many forms. I enjoy working with students both in the class and while coaching school sports

What is the downside of your work?

The everyday changes in education sometimes makes it difficult to stay motivated

What is the coolest thing about teaching?

When students comes back to visit after graduating and hearing that I was able to help them in their journey.

What would you say to a student who wanted to shape his/her career as a teacher?

Do it for the right reasons. Make a difference in a kids life and be there for them always.

Describe yourself in 5 words.

Humble
Caring
Driven
Inspiring
Interpersonal

How would you finish this sentence? Being a teacher is.....

Being a teacher is rewarding and humbling.

What do you want to do before you die?

Watch my son grow into a young man.



DIANA SANTAPAGA

How did you decide to become a teacher?

I had a part-time job tutoring elementary students when I was in high school. It was during that time when I realized that I wanted to pursue a career in teaching.

If you weren't a teacher, what would you want to do?

I would have wanted to work in law enforcement... may be a forensic detective.

Who would you say inspired you?

I have some fond memories of wonderful teachers who inspired and motivated me.

What is the best part of the work you do- the part that gives you the most satisfaction?

The part that gives me the most satisfaction is hearing all of the great things that my former students accomplish once they have graduated.

What is the downside of your work?

All the marking of course.

What is the coolest thing about teaching?

Being able and open to learning new things from my students.

What would you say to a student who wanted to shape his/her career as a teacher?

Make sure you practice the virtue of patience

Describe yourself in 5 words

Patient
Honest
Compassionate
Humble
Loyal

How would you finish this sentence?

Being a teacher is.....the best!

What do you want to do before you die?

Travel more.



TEACHER FEATURE



PHILIP SAX

How did you decide to become a teacher?

I almost wasn't a teacher. The plan was to become a pharmacist. I had always had teaching as a close second. I volunteered for several years at my old high-school during the summer with former teachers even. Just sometimes life sends you a curve ball and you find yourself on a different path.

If you weren't a teacher, what would you want to do?

A pharmacist lol.

Who would you say inspired you?

My parents were hard working. My Dad worked in a factory everyday to provide for us and my mom always believed in me. Teacher wise was probably my French teacher Mr. Petrolito.

What is the best part of the work you do- the part that gives you the most satisfaction?

Working with the kids. Everyday is exciting.

What is the downside of your work?

I call it the sleepless Sunday night. Sundays are not always a day of rest for teachers. They are always a day or night when your brain starts to race with what is to come for the next week. No matter how prepared or ready you are, Sundays become a work day.

What is the coolest thing about teaching?

Sometimes the people you meet in this crazy place can be some of the most special and genuine individuals. Now and again getting a simple card from one of those students letting you know their appreciation for what you endure makes it all worth it.

What would you say to a student who wanted to shape their career as a teacher?

You don't know any different so don't listen to anything us dinosaurs have to say. We saw different times yes but these could be just as good.

Describe yourself in 5 words.

Creative
Storyteller
Chatty
Caring
Dad

How would you finish this sentence? Being a teacher is.....

Tiring, draining, but at least there is never a dull moment.

What do you want to do before you die?

Travel more. That is the plan for retirement.



ARISTA PIMENTAL

How did you decide to become a teacher?

I have always felt that teaching is my calling. As a young teen, I assisted with teaching dance classes. As an older teen, I taught swimming lessons. I also did things like camp counseling, volunteering in classrooms, and youth ministry at my Parish. Based on all these experiences, I have always known that I wanted to be a teacher.

If you weren't a teacher, what would you want to do?

From my science education background, I would have also liked to be a pharmacist.

Who would you say inspired you?

I had several family and friends who were also teachers. Many of them made an impact on my decision to become a teacher. Also, of course, I was inspired by several of my own amazing high school Science teachers at SJA.

What is the best part of the work you do- the part that gives you the most satisfaction?

I love seeing my students succeed. This includes big things like completing a difficult test, or small things like discovering something new in class.

What is the downside of your work?

Definitely the amount of marking.

What is the coolest thing about teaching?

Each day is different and exciting.

What would you say to a student who wanted to shape their career as a teacher?

Teaching is a very rewarding and fulfilling career. There are also many pathways to teaching, and it is possible to combine many passions.

Describe yourself in 5 words.

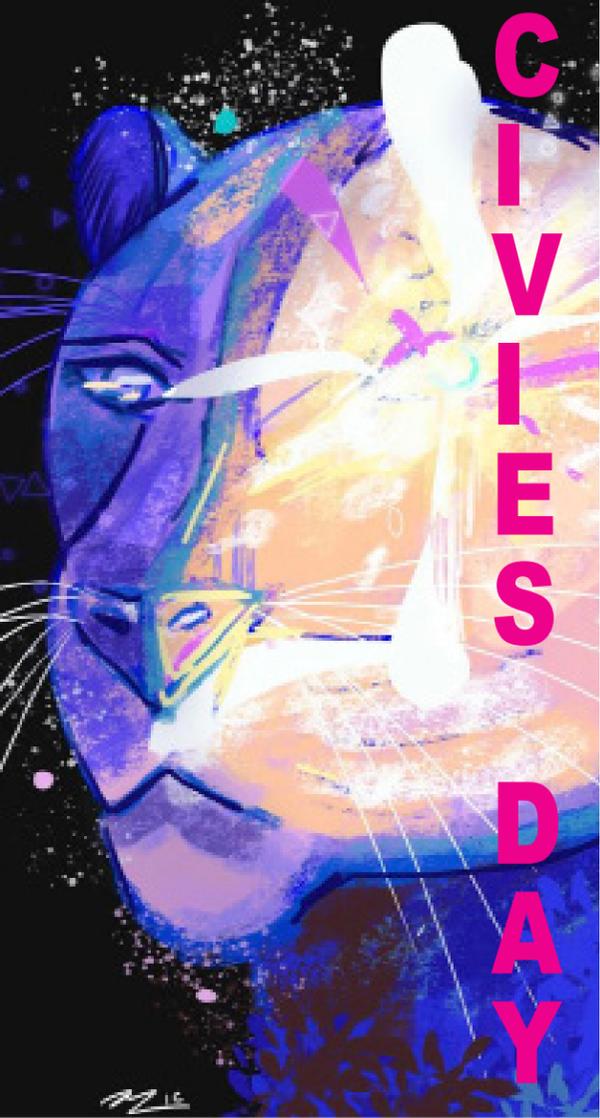
Compassionate
Serious
Kind
Thoughtful
Patient

How would you finish this sentence? Being a teacher is.....

Two things at the same time; amazing and fatiguing.

What do you want to do before you die?

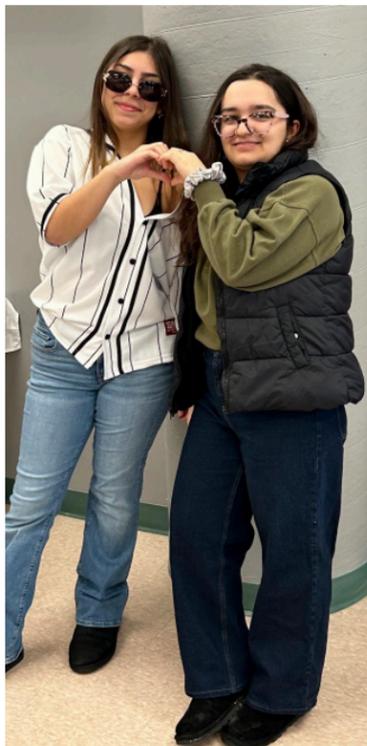
This is a cliché - I would really love to travel more with my family (Sicily is next!).



DECADAES

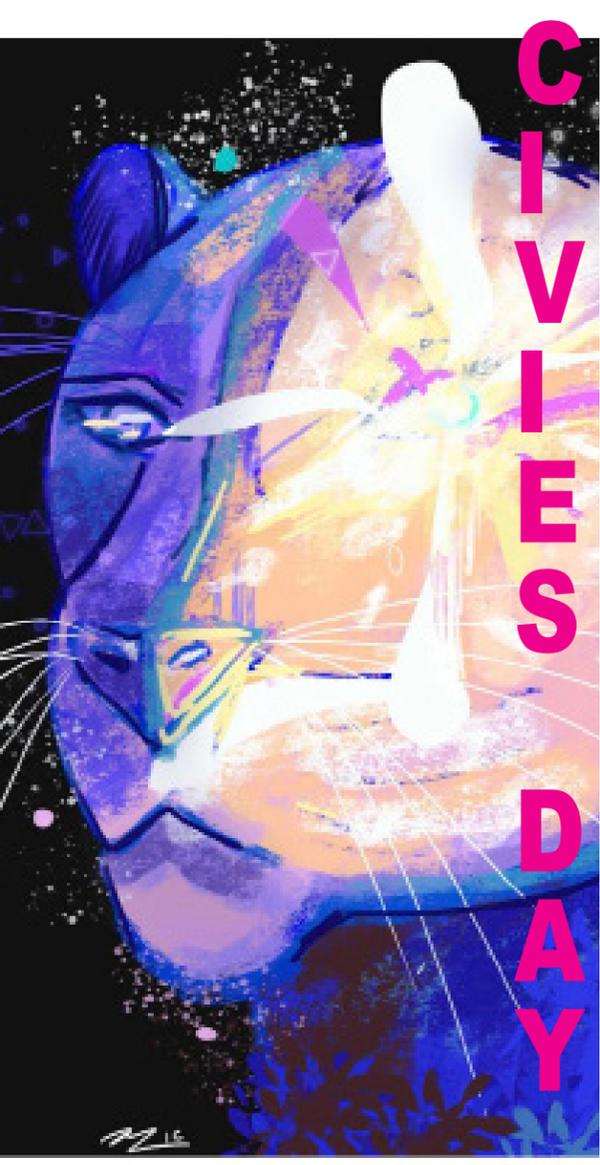


Photos Maria Amodio



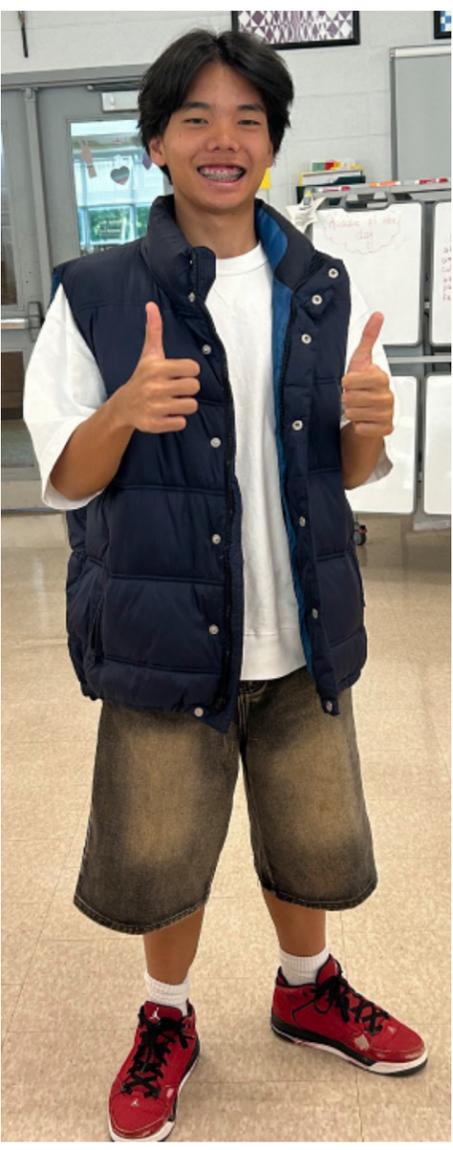
TROPICAL





ADAM SANDLER DAY

Photos Maria Amodio

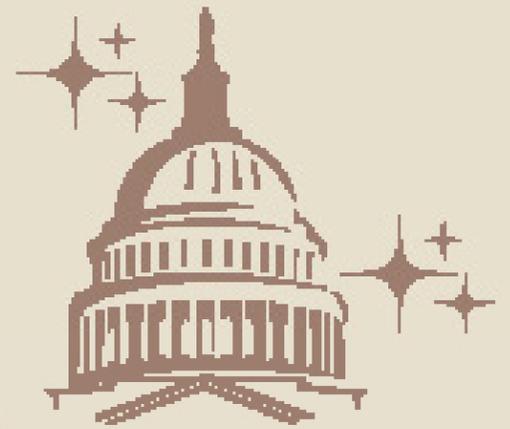


TRAVEL

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WASHINGTON

Day 1



mind-blowing!

ALBERT EINSTEIN MEMORIAL

VIETNAM WAR MEMORIAL

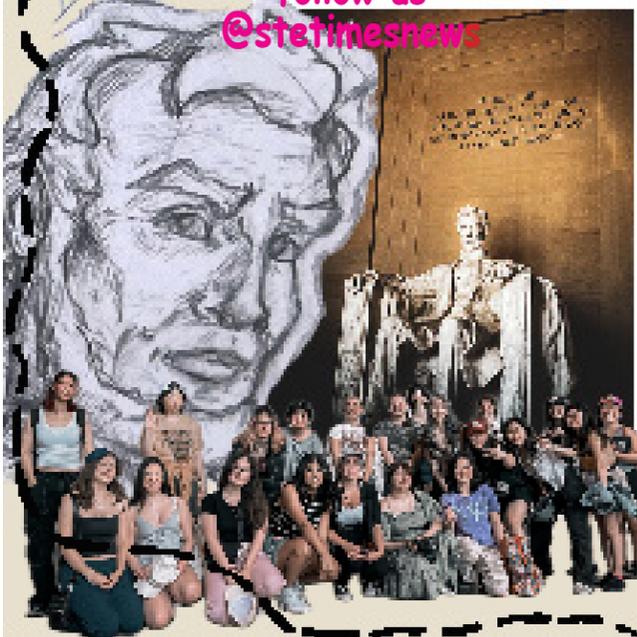


KOREAN WAR MEMORIAL



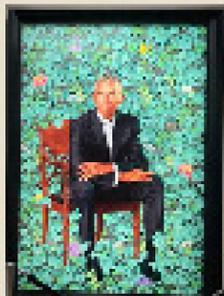
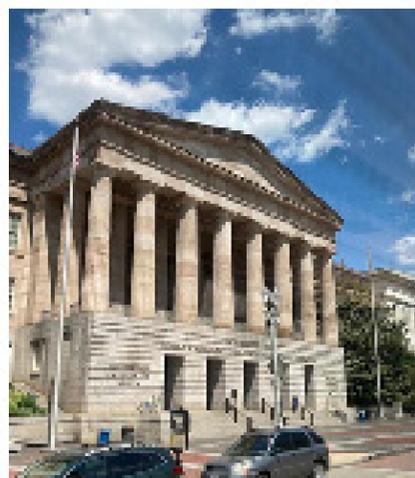
LINCOLN MEMORIAL

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WASHINGTON MONUMENT

DONALD W. REYNOLDS CENTER FOR AMERICAN ART AND PORTRAITURE



SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY



arranged by Tina Hoang

TRAVEL

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Washington Day 2

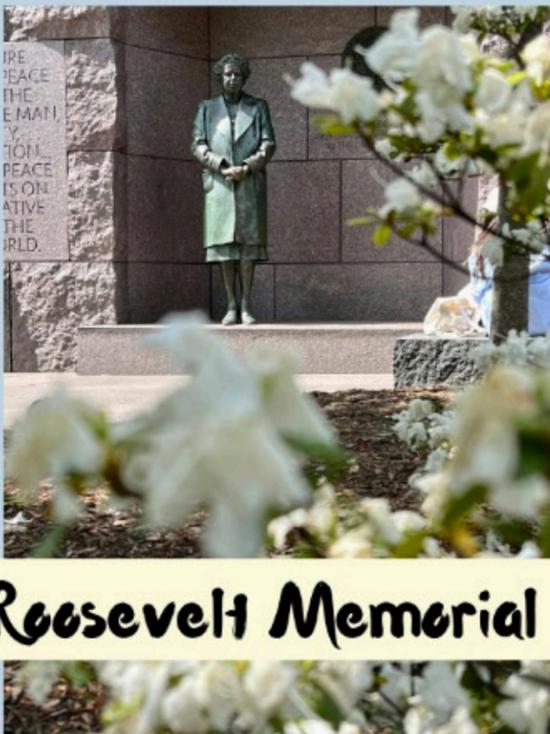
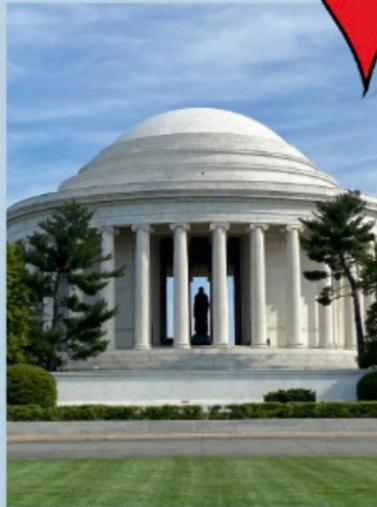
Cindy De Leo



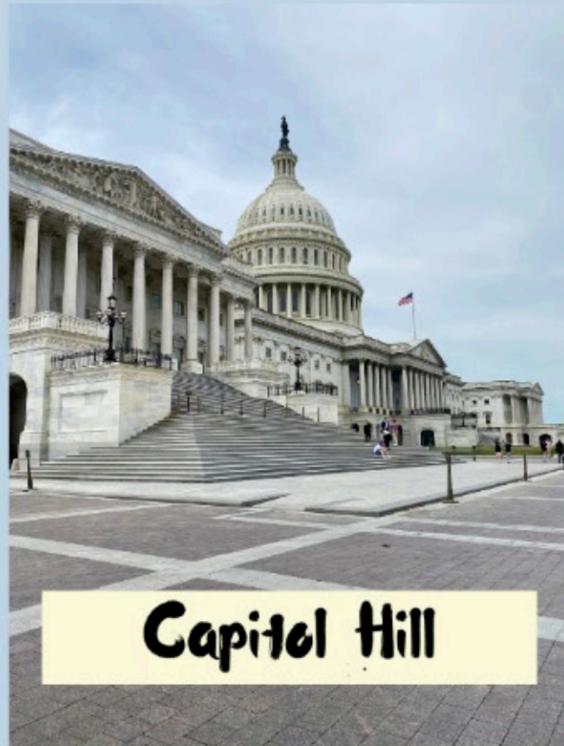
The White House



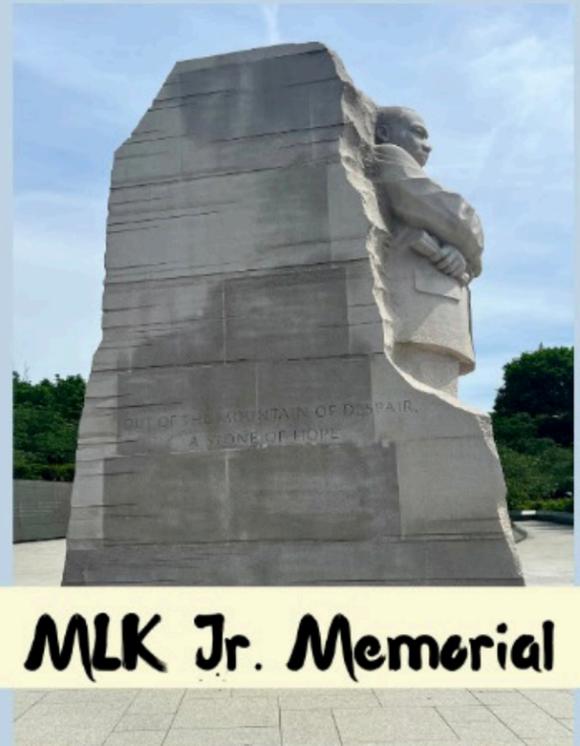
Thomas Jefferson Memorial



Roosevelt Memorial



Capitol Hill



MLK Jr. Memorial

Self-portrait

by Vincent van Gogh



National Gallery of Art



The Water Lily Pond
by Claude Monet



THE ARTS



Stefani Franco

Freaky Friday the musical was a compelling musical that had a series of matinee and evening performances from April 18th to April 20th. The St. Elizabeth students and staff put in countless hours of dedication in order to present a successful musical. Evidently, the musical did not disappoint. . .

Freaky Friday the musical is a story centered around mother and daughter, Katherine and Ellie Blake, who have many differences. Throughout the first act, Katherine and Ellie constantly bicker in a manner imitative of most mothers and daughters. On an eventful Friday, the Friday before Katherine's wedding, they swap bodies being forced to endure life as one another. In the second act, the audience watches as the characters struggle to subsist as one another .

They experience numerous challenges as they strive to return to their original bodies. The mother Katherine, returns to her old highschool and quickly understands the difficulties her daugh-

ter endures daily. This is evident as the audience watches Katherine partake in difficult gym classes and navigate friendships. Ellie mirrors her mother as she battles the misfortunes of adulthood.

The success of the musical is attributed to the cast and backstage crew. All the St. Elizabeth students did a phenomenal job portraying their roles. Victoria Di Meo and Alessia Bozzo do a great job playing the character of Ellie Blake. They do an exceptional job embodying the character as they maintain remarkable stage presence. Alongside these actors, Isabella Rizzuto and Abigail Chico portray Katherine Blake.

All four actors devoted several months to perfecting these roles. This was achieved by staying after school to rehearse lines, songs, and dances. Some other notable performances were by Rory Paladino-Mammone as Adam, Sarah Matthews as Torrey, Noah Eirin as Fletcher Blake, and Anita Olujimi as Wells. The live pit band and ensemble did an excellent job in bringing the performance to life. The instruments and voices added a captivating element to the performance. The backstage crew, specifically Victoria Tavares and Nicoleta Barbasumpu, took charge behind the scenes bringing the performance to life.

Overall, Freaky Friday the musical had great success as students from neighbouring elementary schools and parents from the community gathered to watch the show. The assistant stage manager said, "I am so proud of the show's results. The cast did an amazing job. Their continuous hard work has paid off!" Now, one final question remains. Will Ellie and Katherine Blake return to their original bodies? Watch the musical to find out!



Just one day is all you need



Fabuwl John & Shaya Hemmati

"Just one day is all you need" to learn about the production of Freaky Friday! With the guidance of the director Ms. Sorbera, the choreographer, Ms. Dimillo and our musical director Ms. Mansell, the cast and crew were able to execute a production after four long years. In this section of the newspaper, we will be elaborating on the behind-the-scenes of the musical from the rehearsals to the opening night.

Disney's Freaky Friday discusses the story of a mother and teenage daughter, Katherine and Ellie Blake, who have a complicated relationship. Katherine, getting ready for her second wedding, is being pestered by her daughter, who wants to join an annual scavenger hunt at her high school. A magic hourglass, that was given as a gift by the late father and husband, breaks as they argue about this topic. The breaking of this hourglass initiates the switching of their bodies: Katherine becomes Ellie, and Ellie becomes Katherine.

Trying to get themselves back through the other missing and coinciding hourglass, the theme of love and forgiveness is shown throughout the play as they reconcile their unhealthy relationship.

At St Elizabeth, the Freaky Friday journey began in September, with up to daily rehearsals getting closer to the day of the show. Rehearsals were split up throughout the week into blocking, dancing and music. In the prime time of rehearsing, leads and ensemble members were enjoying every moment.

For instance, as you walked down the halls, you were able to hear a snippet of a song in the show! However, as practices continued throughout the year, many began to feel restless, impatient and could not see the final vision of the show. Fear evoked and panic arose. The upbeat joy heard and seen in the halls started to fade away. After realizing this, the directors brought in Luciano Decicco, an alumni from the Class of 2018, who incorporated fun and interactive warmups before rehearsal to improve the lost energy. We were now starting to get back into the groove of our show! "We got this!" Costumes were now being brought in and every-

thing was starting to become real. The vision was starting to become clear. The week of shows in April finally arrived and it is time to show everyone the hard work we have dedicated to this production.

After every show, nothing but praise was heard from the audience. "It was so good!" "That was amazing!" The last show was bittersweet for many of the cast members. It was finally over, but for some, this was the last big production they would be a part of, leaving an emotional touch to the show. From the opening number to the final curtain call, the school's rendition of Freaky Friday showcased the immense talent and passion that students in St. Elizabeth have dedicated.

As St. Elizabeth looks ahead to future productions, one thing is certain: the legacy of "Freaky Friday" will endure as a shining example of creativity, passion, and the unbreakable spirit of the school's vibrant community.



ARTICULATE

Cindy De Leo

On Wednesday, May 8th, 2024, St. Elizabeth's well-known art show, "Articulate," returned for the spring semester. After returning from the Washington D.C. trip, the art department only had a few days to assemble another great show. And successfully they did! Friends, family, and prior art teachers all came to see this inspiring group of talented students. For our graduating RAP visual artists, this was their last exhibit. The Grade 12 visual art classes have been working hard, and their dedication and passion is displayed. The Grade 12s have produced their final pieces.

Throughout the two semesters, the Grade 12s have worked on personal projects based on their own chosen themes, allowing the students originality to show. In addition, they were given the Mapping Project in semester two, where they created unique and clever maps.

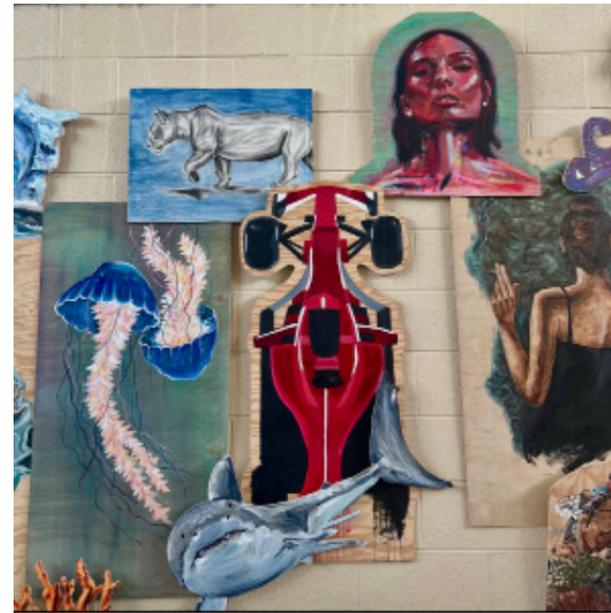
"The visual arts program has been my most rewarding experience. Over the four years, I have seen my art improve, my creativity thrive, and my dedication to the discipline continues." - Sabrina Di Libero Van Damme



Sabrina Di Libero Van Damme



Isabella Fratianni



Vanessa Filice



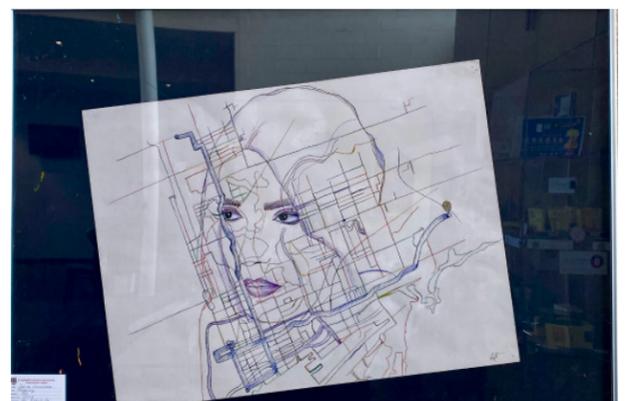
Morgan Luft



Max O'Hearn



Cailin Sadecka



THE ARTS

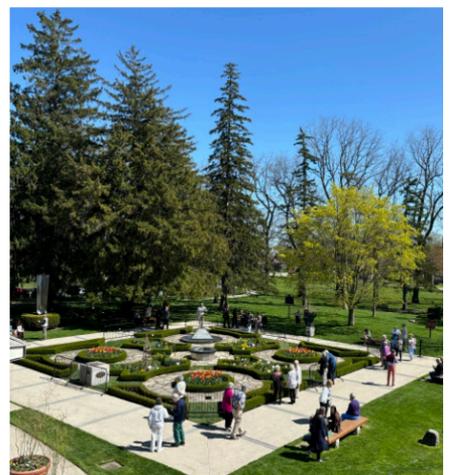
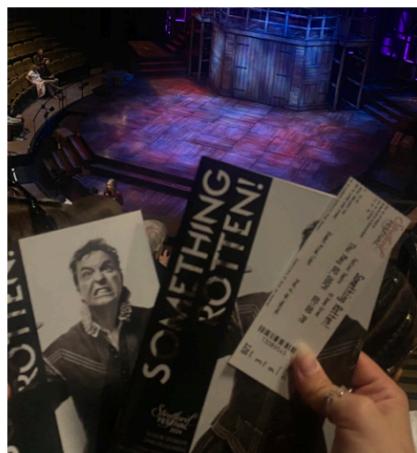
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Stratford FESTIVAL

Gvantsa-Anastasia Kavtiashvili

On May 2, the RAP drama students went on an exciting trip to Stratford to watch the musical "Something Rotten." This experience allowed them to witness professional theatre and gain inspiration for their performances.



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Guilty of a Great Performance

Gvantsa-Anastasia Kavtiashvili

On May 31, the senior RAP drama students delivered a compelling performance of "You, the Jury." A play of unexpected events in which the audience had the opportunity to decide the fate of Barbara Scott. Is she responsible for Chester Arthur Brant's murder? Their portrayal captivated the audience, showcasing their talent and hard work throughout the year. It was a very successful production that had audience members on the edge of their seats. And the verdict is? Not guilty. Only guilty of a great performance!!!



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GREENSLEEVE'S GOLD METAL



Left to Right: Johanna Judzentis, Aisha Punsato, Domenico Amatangelo, Nicole Xie, Brianna Choo-Ying



Congratulations to our RAP Instrumental students: Domenico Amatangelo, Brianna Choo-Ying, Johanna Judzentis, and Aisha Punsato, aka The Bees Knees for performing at Music Fest Nationals. With their Greensleeves and the most elite recorder playing in the nation, they received a GOLD Rating. We are proud of all the hardwork and dedication you show towards the music program! A special thanks to Mr. Brendan Coutinho's leadership.



Left to Right: Mr. Brendan Coutinho, Johanna Judzentis, Domenico Amatangelo Aisha Punsato, Nicole Xie, Brianna Choo-Ying

THE SAINT ELIZABETH TIMES STAFF



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Tamara Ndlovu, Natalie Mallia,
Jane Obiyan, Lorenzo Antonio Rivera,
Julia Flak-Newspaper president,
Sofia Maietta, Gvansta Kavtiashvili,
Joseph D'Ascanio
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Cindy DeLeo, Sophia Travolo,
Stefani Franco, Elizaveta Zalesnaya,
Marie-Eve De Matas-front page art
work & banners, Monique Maghakian
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