

THE TROJAN PRIDE

IT'S IN THE NEWS • Monday, February 1st, 2016 • boyd.sd38.bc.ca

WINTER WONDERLAND GRAD EVENT A BIG SUCCESS

► **By JANA VÍTKOVÁ**

Were you as excited about last Thursday as I was?

Students who attended this event could enjoy one of the “Grade 12-only” events, where they could take as many photographs as they wanted in a Photo Booth, dance to popular Canadian songs, have an interview with Maymoona Gaid and Anushka Kurian, and enjoy a delicious dinner with 9 other friends at one table.

About 110 students showed up at the Banquet Hall and separated into 11 tables where they could have a great time talking with their friends and eating.

The menu included butter chicken with rice, caesar salad, chicken wings, cooked vegetables, grilled potatoes and 4 different types of bread, which was followed by a dessert in the form of a plate of fruit and a plate of cookies.

“I really like the music



Grade 12 students celebrate in style at Thursday night's Winter Formal - Kyle Gomes

that's playing - but the best part for me is the food, which is absolutely delicious!” – said one of the happy smiling students on the dance floor.

Students were required to show their official ticket and provide a valid GoCard at the doors - all school rules still applied.

Participants of the event can thank photographers Kyle Gomes and Adrian Freedman for capturing all of the event's best moments.

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QUESTIONABLE CURRICULUM REPORT CARDS MAY BE GONE FOR GOOD

► **By SAM HUGHES**

What could this past Friday's day off mean for you? According to some sources, it may bring about the end of high-level mathematics and even report cards.

As teachers prepare to introduce a brand new curriculum, students and parents alike are searching for more information, but finding little.

The BC government website has stated that this reformation will focus on student's talents and passions, shaping their learning around what they are interested in.

While still in development, the changes may include alterations to what is taught in class, new graduation requirements

and possibly the end of traditional report cards in a few years' time.

From what has been shown so far on the government website, it appears that all subjects will shift their focus more towards practical skills (building shelters, making food) rather than theoretical work (calculus, physics).

However, as of this writing, many of the specifics are still unclear - even to teachers.

This relative lack of information has led to speculation and concerns over how much training and funding teachers are receiving before the curriculum change.

In a statement, the BC

Teachers' Federation said “funding committed to date falls far short of what we know is required to make implementation successful.”

Many parents are also unsure about the new system, claiming that it lacks focus in subjects like math.

After Friday's meeting, hopefully any questions can now be answered with certainty.

Stay tuned to the upcoming edition of the Trojan Pride for further developments on this story.

SPORTS

MR. HADDOW'S MILESTONE 40 YEARS OF COACHING FOOTBALL



Mr. Haddow gives an interview following a playoff victory in November 2014 - Football BC

► **By RILEY DANICEK-RYBICKI**

This season marks Mr. Haddow's 40th year of coaching football. Sports journalist Riley Danicek-Rybiki sat down with him to talk about this major achievement.

WHAT WAS YOUR INSPIRATION TO COACH FOOTBALL?

I don't know if it was an inspiration to start. My dad was a coach for Richmond Minor Football and one season they were struggling for coaches. They approached me, my brother and my best friend to coach a 9-10 years old flag football team. We were all 17 at the time.

IN ALL YOUR YEARS OF COACHING AT HUGH BOYD, WHAT WAS YOUR BIGGEST ACHIEVEMENT?

In 2005 our team went to the final and lost in a very close game to Seaquam. We have lost in the semis a couple of times but all in all the 2005 year was the most successful team I coached.

AT WHAT POINT IN YOUR CAREER WAS YOUR TEAM AT ITS LOWEST?

Well, there were a few seasons a number of years back where we went through a bit of a lull with the group we had. They weren't as committed and dedicated as some of the other groups in the past. But it's not all about wins and loses, you could win every game and be miserable or lose every game and have a great time because you have hard-working kids who are fun to work with.

HAVE YOU EVER HAD ANY KIDS GO PRO?

No, we haven't yet. It's a bit shocking considering all the talented kids we have had play for us. In the early 2000s we had a kid named Scott Downey that played at UBC and was an all-Canadian football player, but his body gave out on him too early and he couldn't do it any more. There was this one kid named Hosam Shahim

who played Division 1 football at Rice University in Houston and was a starter in his last couple years. The Montreal Alouettes drafted him. He had one year left at Rice University but decided to quit football and we still don't know why he did it.

DO YOU THINK ANY STUDENTS FROM THE CLASS OF 2016 COULD GO PRO?

Well, it depends on a lot of things but a guy like Darby Kwan - a big, athletic guy - could go far, and a guy like Tyler Moxin could as well, but it will all depend on if his knee can hold up or not. Patrick Ruvalcaba has a scholarship at Acadia, so he could have a chance. Remember though, this would be 5-6 years from now.

Congratulations on your many great years of coaching Mr. Haddow!

FEATURES

DAILY PHYSICAL ACTIVITY CRUCIAL TO YOUR HEALTH AND YOUR REPORT CARD

► **By TIFFANY CADLAON
And FRANCESCA BEECH**

Studies show that physical activity can extend your life expectancy. For that reason, the B.C. Ministry of Education created the Daily Physical Activity initiative, or DPA.

Since September 2008, B.C. students have been mandated to participate in a certain amount of time in physical activities. These activities should focus on the three different elements – strength (e.g. weight training, core-strength training, etc.), endurance (e.g. swimming, jogging, soccer, etc.), and flexibility (e.g. stretches, yoga, dancing, etc.).

Children in Kindergarten must have 15-30 minutes of DPA while students in Grades 1-7 are to take part in a minimum of 30 minutes of exercise daily. The elementary schools have the flexibility to offer activities to fulfill students' DPA requirement as a part of their education.

In Grades 8-9, students must participate in 30 to 150 minutes of DPA with the choice of taking a physical education course or independently documenting and reporting their physical activities to meet the requirements.

Similarly, for teenagers in Grades 10-12, students are obliged to engage in a minimum of 150 minutes of DPA per week. 10th Graders are offered physical education courses while students in Grades 11 and 12 are responsible for tracking their own DPA; be it from a course offered in school or physical activities done on their own time.

Daily physical activity is included in school report cards for all students. However, in Grade 12, it is a requirement for seniors to graduate from high school.

Exemptions are allowed in

cases but must be approved by the school's principal. If an individual has physical disabilities, medical conditions or other personal circumstances, he or she may be granted an exemption from the DPA requirement.

At Hugh Boyd Secondary, the courses that can contribute to the DPA requirement are Physical Education (8-12), Physical Education Basketball (9-10) and Strength and Conditioning (9-12).

Many students don't understand what DPA is and why we need it but it could be the only thing that determines if someone passes or fails a grade.

HUGH BOYD'S FENCING PHENOM

► **By TIFFANY CADLAON**

Imagine a sport where you could strike your opponent with a sword and not have to face the consequences of committing murder. Now, imagine mastering this sport and competing against other people from all around the world.

At the age of seven, Elizabeth Douglas, 16, was enrolled at the Dynamo Fencing Club and has been fencing competitively ever since. Now, Douglas is one of the best fencers at her level, in the nation, and hopes to be one of the representatives for our country at the upcoming World Fencing Championships.

Fencing is a sport in which two opponents duel with the use of swords. There are three possible weapons – the foil, the épée, and the sabre – which vary in rules and strategies. Douglas started off as a foil fencer,



Elizabeth Douglas at the 2015 Canada Cup Nationals
- Devin Manky

like most beginners do, and now uses the épée, which is the largest and heaviest out of the three swords.

"My parents are probably the largest part of my motivation...I strive to do them proud," says Douglas. Fencing is one of her greatest passions, but she aspires to attend the University of British Columbia and become a writer, while continuing to be active in the sport.

In the 9 years of her fencing career, Douglas has participated in numerous competitions such as national championships, Canada Cups, North American Cups, circuits in Slovakia and Austria, and some local competitions.

She is currently training six times a week and is preparing for the Pan American and World Fencing Championships later this year.

MEDIA

MEET THE STARS OF BOYD IDOL

► **By KRYSTAL HIMANTOG**

I've gotten the chance to interview three awesome singers; we've got 8th grade opera singer, Sarah, Boyd's belter, Sneha, and musical theatre talent Elias.

How excited were you when you found out that you were one of the finalists?

Sara: I was quite excited and surprised when I found out that I was one of the finalists for Boyd Idol.

Sneha: When the announcements came on my heart leapt and I was super anxious to hear the results. Then, after they had announced the 5 other contestants names and were about to say the 6th (which was mine), I was so sure that I hadn't made it. This year's auditions were huge, 15 extremely talented people auditioned and only 6 of us made it to semi-finals. Because of the number of people auditioning, I was so convinced that I hadn't made it and when I found out I had, I was super happy and excited!

How long have you been singing for? What are your experiences in Boyd in regards to singing? Have you done Boyd Idol before?

Sara: I loved singing for as long as I can remember, but I started taking lessons when I was nine years old, and only started opera last year. I'm only in eighth grade so I've never done Boyd Idol before, but I did perform at the Winter Concert last term where I sang 'Ave Maria' and when I sang with the choir in the Remembrance Day assembly.

Sneha: I've always loved singing, ever since I was a child I would hum melodies and sing along to nursery rhymes but I actually grew interested in it when I was 12. In my grade 7 year, I joined a musical theatre class at Stagecoach. We had weekly three hour classes of singing, acting and dancing. I instantly fell in love with the idea of performing and theatre and that love and interest grew when my musical theatre class performed a production of "Peter Pan".

The next year, when I was in grade 8, I auditioned to get into Gateway Theatre's Musical Theatre C class and from then on, I've taken musical theatre classes at Gateway Theatre.

Elias: I've been singing since I was a little kid; my dad was an opera singer so I guess it's in my blood. I sang at the Boyd Choir before it was dissolved, I enjoy singing in groups probably just a little more than doing solos, but I still love performing solo. This is my first time performing on Boyd Idol.

How far do you think you've come with your singing?

Sara: As a singer, I think I've learned a lot; especially this last year. I've done so many competitions; like the Kiwanis Music Festival, and the Richmond Music Festival. I've also done performances at school, and local events here in Richmond. But I still have a long way to go, and I am excited to keep learning more about music.

Sneha: I think I've come pretty far since last year's competition. For last year's competition, I was pretty afraid of singing a challenging song in front of an audience so I went for a slow, easy song. After gaining more confidence this year, I wanted to choose a challenging and powerful song so I went with an Adele classic, "Rolling in the Deep", and was able to perform it without being as afraid as I was last year!

Elias: As a singer I've definitely come far since I was a baby.

Did you think you were going to get this far?

Sara: I was a little surprised when I got accepted to be in Boyd Idol, because I am only in grade eight. But I'm excited to perform in the competition!

Sneha: I was hopeful and really wanted to be a semi-finalist but I wasn't expecting it at all. My thoughts were that there were fourteen other talented people auditioning and the result was purely out of my control. All I had to do was audition and try my hardest so I did.



Sneha Kurian performs "Rolling in the Deep" during Boyd Idol's semi-finals - Krystal Himantog

What are you expecting from the final of Boyd Idol?

Sara: Victory? I just want to have fun and see what other great singers there are in the school, and perhaps even learn from some of their techniques.

Elias: Well, before the finalists were chosen, I was expecting to be one of them, but Sneha was really excellent and I think she should win.

Any advice for students competing next year?

Sara: Just have fun, and don't be nervous. Performing is just a way to boost your confidence and show everyone your singing skills. Don't view it as a competition, view it as an opportunity to perform.

Elias: Either be a talented grade 8 or wait till grade twelve. Come prepared.

Good luck to the Boyd Idol finalists! See it in the lounge at luncheon on Wednesday February 10th.

NOTE:

This year's Boyd Idol winner was

Sneha Kurian

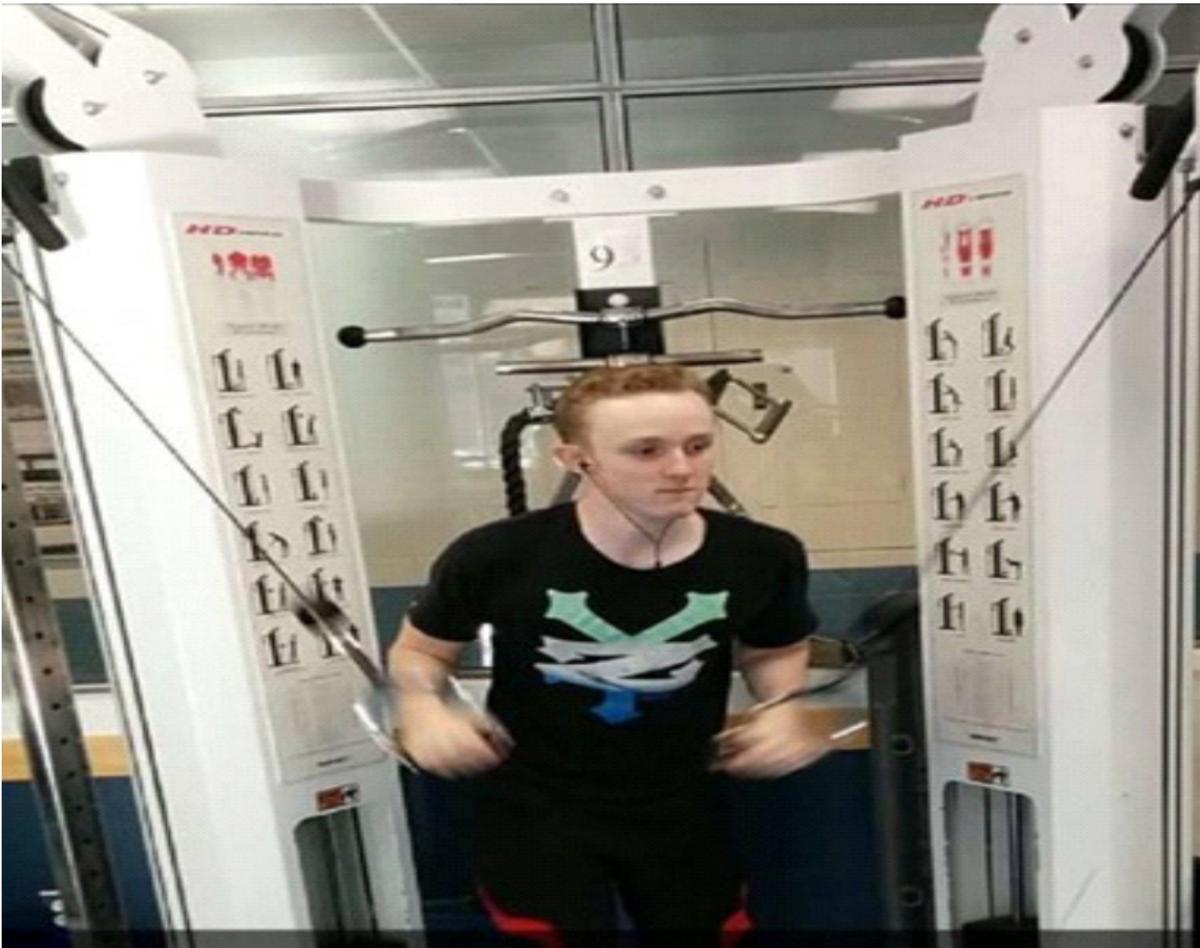
Congratulations to her, and all of this year's contestants.

SPORTS

HEALTH AND FITNESS

WITH JAMES COLLINS

BOYD STUDENT TALKS SUPPLEMENTS, PRE-GAME MEALS AND GLUTEN WITH SPORTS REPORTER KEEGAN DONALD-JONES



James Collins Back at it after an off-season injury - KDJ

► **By KEEGAN DONALD-JONES**

HOW MANY DAYS PER WEEK DO YOU WORK OUT?

I try to go at least 5 days a week

DO YOU USE ANY SUPPLEMENTS?

No I don't, I'm all natural. I just don't trust what goes into those supplements.

WHAT SORT OF STRATEGIES DO YOU USE IN ORDER TO MAINTAIN YOUR HEALTH AND FITNESS?

I enjoy going to the gym and getting a pump. I also play hockey, so most of my time is spent exercising.

WHAT SORT OF FOODS DO YOU EAT BEFORE A BIG WORKOUT?

When working out or playing hockey I like to carbo-load the night before, but since I live the gluten free lifestyle, I stray away from gluten products. I enjoy burgers, sausages, oh and I'm a huge fan of Motts fruitsations. I also love cucumbers and I especially enjoy crackers with nutella before a workout.

IN REGARDS TO YOU BEING GLUTEN-FREE, DO YOU THINK THIS HELPS OR HURTS YOU WHEN IT COMES TO STAYING HEALTHY?

Well, being gluten-free isn't a choice for me. I actually can't eat it. I feel like that puts me at a disadvantage when it comes to fitness, as I may not be getting as much nutrition as others; however I love a chance to overcome adversity. In some ways, it may actually help me because many studies have shown that gluten can actually be harmful.

NOW YOU AREN'T GLUTEN FREE BY CHOICE - HAVE YOU EVER FELT DISCRIMINATED BECAUSE OF THIS?

Um, I'm not sure discrimination is the right word to describe it; I mean I definitely have had instances where I feel as though I was treated differently or unfairly.

COULD YOU GIVE US AN EXAMPLE OF ONE OF THOSE TIMES?

Yeah. Earlier this year Boyd had that grad pancake breakfast thing, and I wasn't sure I wanted to go, but when I found out they were serving gluten free pancakes I felt like I had to. Don't get me wrong, I was grateful for them thinking of me, but I had a spare first block so I probably wouldn't have gone anyways. So I ended up going and I sat down with my friends and they were served within 15 minutes. My buddy asked multiple times when the gluten free pancakes would be ready because I had paid for my pancakes and the boys had already finished. I finally got my pancakes after about an hour of waiting, and as I started eating they started packing up the tables and I had to eat on the stage alone because my friends had to go back to class.

THANK YOU FOR YOUR TIME, JAMES! YOU'VE BEEN GREAT!

No worries, thanks for having me!