

CRESTWOOD

INSIGHTS FROM A NEW GIRL

BY: ASHLEY AUDETTE

Throughout our lives, we never like being alone. As humans, we love the companionship of someone you can rely on or someone to simply keep you company throughout the day. Having a friend with you during a new chapter of your life is the reassurance one needs to continue confidently. However, when I entered Crestwood Preparatory College in grade 11, knowing no one but my younger brother, it was definitely not a moment filled with confidence. The “new kids” at my old school were represented by lonesome shadows of students wondering the halls unknown to the majority. The only image of the “new kid” I had ever known were those kids no one would talk to because no one put in the effort to get to know them. Before school officially started, I was able to meet the principal on several occasions. Always with a smile, he assured me that making friends would be easy and I had nothing to worry about. Of course, that only worried me more, and I kept dreading the first day.

Orientation day came around and accompanied by my jittering nerves, I was on the brink of imploding. I figured my life would follow that of Cady from ‘Mean Girls’, eating alone in a bathroom stall. I was first sent up to my homeroom, a concept I was unfamiliar with, and made my way to the room I was assigned. Being horrible with directions and unable to piece together the numbers on the doors of the classrooms, I finally arrived in Mr. Hawkins class; late. The ‘beginning of the year’ speech had already started, and I silently walked to the



GRADE 12 GIRLS ALEX CHAN (LEFT) AND ASHLEY AUDETTE (RIGHT) AT FRIDAY’S ASSEMBLY SOCIAL WHICH WRAPPED UP INCLUSION WEEK

back of the class and took a seat, trying to focus on getting to a chair and not the curious eyes looking at me. At the end of the speech, Mr. Hawkins asked if there were any new students in the class, thus drawing every eye in the room back to me as I slowly raised my hand. With that, he allowed the class to mingle for the remainder of the period.

“So it begins,” I thought, “everyone is going to talk and I will be alone.” Just as I prepared myself for the worst, a blonde girl beside me and all of her friends turned immediately to say hello! I was completely shocked, but I said hello and smiled back. They continued to ask me my name, where I was from, and if I knew any-

one from Crestwood. When I said no, the response I got was “Well now you know us!” I had some classes with a few of them and they eagerly said they would help me navigate my way throughout the year. They proceeded to take me to my locker and show me around! I could not believe how eager and friendly the students at Crestwood were, and how they had immediately made me feel right at home. When I got to my locker, even more girls approached me to introduce themselves, which I still remember as outstanding. The effort they put in to make me feel as welcome and comfortable as possible is something I feel Crestwood should take pride in. They are able to produce such a wonderful and caring community that should truly be admired. Thank you!

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THE IMPORTANCE OF INCLUSION

BY: MR. PAGANO

Crestwood is a community. We work hard to get students involved in a wide range of opportunities with a wide range of people. The point of the Ambassador’s initiative of Inclusion Week was to bring together our school spirit; we are, after all, a group of likeminded people, here for a likeminded purpose to learn all that we can and develop as human beings. And what better way to learn and grow than in an environment which supports, accepts and appreciates every single member?

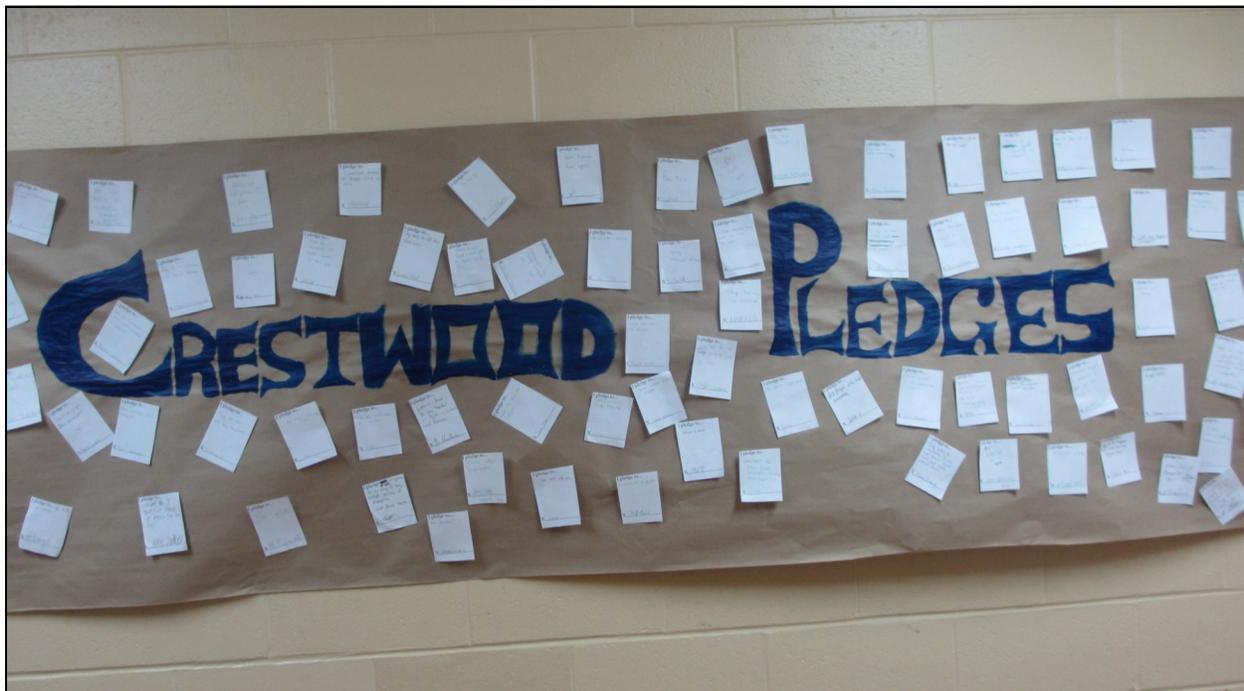
INCLUSION: WHAT DOES IT REALLY MEAN?
*Wholeness, Focus, Unity, Nurturing, Cycles,
Perfection, Centering, Infinity, Completion*

ON MONDAY, WE PLEDGED!

BY: JACLYN HERSHENHORN
Inclusion Week started off with Monday’s Pledge Day. During junior and senior lunches, Ambassadors stood outside the cafeteria taking pledges from all grades stating actions they would promise to do during the week which would embody the theme of inclusion and generally develop the community surrounding the school. Examples included, “I pledge to ask someone new to eat lunch with me” and “I pledge to smile to at least five people each morning.” All pledges were displayed on mural paper outside the cafeteria for the whole school to see and provided accountability to all pledges. Not only students got involved, but teachers as well, which gave further proof to Crestwood as a community of all, not only some.

“I PLEDGE TO... SAY HELLO TO STUDENTS I HAVE YET TO TEACH!” - MS. MCCOURT

Pledge Day was a significant kick off to the week because it set the tone for the week’s program. Inclusion Week was the brainchild of the Crestwood Ambassadors, leaders in the school who felt it was important to allow the school to come together on a whole-school basis with activities involving students across all grade levels. They felt it was time for them to step up, take charge and make all students feel accepted in their school environment.



I HAVE A NAME—SO USE IT!



BY: MICHELLE GOLDSAND

Tuesday was “No Name Calling Day.” This was a day for students to be extra aware of how to address their peers. Name-calling is a serious issue, and by having a specific day to bring awareness to it was very powerful. Calling someone a name can often be overlooked as insignificant, and students may not even be aware they are doing it. As a reminder to them, every student in the school wore a nametag with their full, real name. In addition, posters were put up all over the school with the slogan, “Everybody has a name, so use it!” This was just one part of this amazing initiative, and it was so rewarding to see the school united together over the duration of the week.



#NONAME
CALLING
DAY

YES,
I HAVE A
NAME.
USE IT.

HEY YOU JUST
CALLED ME &
THIS IS CRAZY
BUT I HAVE
A NAME
SO
USE IT MAYBE?

#NONAME
CALLING
DAY

A GROUP SIT DOWN

BY: JESSICA BEATTY

During the town hall on Wednesday, the entire school entered the gym silently and in a single file line. They were seated in a circle around the gym. A group of Ambassadors stood together in a small circle in the middle and faced out toward the student body. While standing, we described what a circle meant and how we are all united in the circle. This was used to represent that the Crestwood community should stick together as a whole and include anyone we see who is alone. After the explanation, we began clapping slowly and gradually picked up the pace of the claps. As this went on, the whole school joined in and everyone was clapping together. This was meant to symbolize that all of us at Crestwood are united as one.



“LOOK AT THE PERSON SITTING ACROSS THE CIRCLE FROM YOU. DO YOU KNOW THEIR NAME? WHAT GRADE THEY ARE IN? DO YOU KNOW ANYTHING ABOUT THEM? IF YOU DO NOT, WHY NOT?”

TRANSFORMING OUR BEHAVIOUR

BY: GABI SANDLER

School is a time of many transformations. Between physical transformations, social transformations and academic transformations, it can be an overwhelming time. It is especially important to feel a part of something, and, of course, included.

Thursday, October 18th, was Crestwood's Transformation Day. On this particular day, we went through figurative and literal transformations as a school. We posed the question, "What in a caterpillar tells you it is going to be a butterfly?" The Crestwood community celebrated the transformations that we all, students and teachers alike, go through. It was also a day to transform ourselves into a more inclusive environment, taking the lessons we had learned from the previous three days of Inclusion Week and put them into ever-lasting action.

In order for everyone to really make their mark, we asked everyone to take a coloured piece of paper and to write their name, grade, and the year they first came to Crestwood. Whether it was 2012 or 1999, we wanted people to think of the transformations they have gone through and the transformations that are yet to come. We all enter Crestwood as one person and leave just a little bit different. What happens in between is an adventure we take together.

So what is the answer? What in a caterpillar tells you it is going to be a butterfly? That was not just a question and those papers were not just coloured squares. The Transformation Day Committee worked hard and turned those coloured squares into a beautiful butterfly mosaic. From a far glance, it looks like a beautiful piece of art, but at a closer look, you can see the different walks of life and the different transformations at Crestwood coming together and working together to make something special.

WHAT IN A
CATERPILLAR
TELLS YOU IT
IS GOING TO
BE A
BUTTERFLY?

BAGEL BASH!



BY: KATHERINE CHARNESS

For the final day of Inclusion Week, the Ambassadors organized an event with the goal of getting students to meet new people from all grade levels and work together. Students were randomly divided into small groups and each given a single piece of our Crestwood puzzle. It was absolutely fabulous to walk through the gym and see the small circles of people talking and laughing with students they probably had never spoken to before. After being able to decorate their piece in any way they chose, each groups' section of the puzzle was put together on the wall of the gym. The puzzle came together as a beautiful mosaic that perfectly represents how we are each unique individual pieces that all fit together and belong in our greater community. When the puzzle was complete, everyone enjoyed a delicious breakfast of bagels together! I was very fortunate to have been able to help with the planning of Inclusion Week. Events like these show us how rewarding it is to make everyone feel like a part of our community and remind us why Crestwood is such an amazing place to go to school.



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