

LEP PRESS

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The EDIT Lab

By Olivia Taylor

On December 20, 2017, Lo-Ellen Park Secondary School unveiled its new interdisciplinary studies course for grades 11 and 12. This class, called "The EDIT Lab" which stands for **E**ngineering, **D**esign, and **I**nnovative **T**echnology, hopes to inspire more students to explore opportunities in the fields of technical science and design in college, university and/or the workplace. The course offers 3D modelling with Fusion 360, 3D printing & design, hands-on building, programming and coding with Motors and Arduino, and much, much more!



Photo by Olivia Taylor

Lo-Ellen Girls' Volleyball

By Jayde Hurley

The Girls' Midget and Junior Volleyball teams both took the city championship banner this past season, both teams going undefeated in the regular and playoff season. The Junior Girls then went on to win silver at the NOSSA championships! With such young talent, Lo-Ellen Park volleyball is looking strong for their future endeavours.



On the Road to Nationals

Photo supplied

By Ella Cocco

Charisma, laughter, creativity and team spirit shined through improvisers at the 2018 regionals tournament from March 1 to 3 at The Sudbury Theatre Centre. Competing against many challenging teams from all across Northern Ontario, Lo-Ellen Park placed first in the qualifying rounds going into finals on March 3 with confidence.

The first round of finals consisted of a Story event, where teams created an original story with the use of their "ask for." Lo-Ellen Park received a Shoehorn as their object to weave their story around, and 5 seconds later the scene began with an elderly cobbler played by Thomas working in his shop on a busy street. The cobbler almost lost his shop to the nasty businessman Sam who wasn't given the perfect pair of shoes. Worried for his shop, Thomas called in his shoe elves to create another pair of shoes from Thomas's ex-wife's wedding gown, and the businessman loved them and the cobbler was able to keep his shop.

The second round consisted of a Character event, an event in which teams created an original character with the use of an "ask for." In this case, Lo-Ellen asked the judges for a sensory adjective. The sensory adjective given

Girls' Hockey

By Jayde Hurley

The Lo-Ellen Park Girls' Hockey team made history this past month. For the first time ever, our Girls' Hockey team qualified for city finals, finishing 2nd to College Notre Dame. Only a week later, again for the first time, the team advanced to NOSSA, where they took home a silver medal, losing to College Notre Dame in overtime. This finish qualified the team for A/AA OFSAA hockey in Timmins, March 27-30. This year's results were impressive, and the team looks optimistic for the future years to come. With more than $\frac{2}{3}$ of this team being juniors, the girls hope to grow as a team and come back in the next years to compete once again. To see game scores, visit pg. 6.

A Talent Show to Remember

By Emily Cooke

On Monday, March 5 many different acts from schools across Sudbury participated in the RDSB-wide talent show to show off their amazing skills at Sudbury Secondary School. The acts included a range of skills from singing to dancing to playing an instrument and acting. Lo-Ellen Park was well represented with 6 students participating in the show. A dance group placed third with Lo-Ellen's Meghan and Emily Cooke; Bella Lanci sang 'I Could Be Jewish For You' placing second; a band named 'Pop Machine' including Lo-Ellen's Candice and Emily Duval placed first overall. Congratulations also to Jack Derrenbacker who played the cello in the show. Buy-out tickets were sold to bring students to the show to watch, so if you weren't able to make it out to watch Sudbury's talented performers this year, be sure to watch for the tickets next year to watch the fantastic show. If you have an amazing talent you would like to share, make sure to join in on the fun next year.

was Bright, and our improvisers created Bright Thomas, an attractive genius, graduating from every Ivy League school possible with a smile that can light up the whole town.

The third round roped in the crowd with the Theme event, where the teams needed to explore a given aspect in as many vignettes as possible in four minutes. Given a mirror to stare into, Lo-Ellen's team showed scenes displaying the different aspects related to a mirror. Their vignettes ranged from a creeping shadow to a parents' child being a mirror image of themselves.

The fourth and final round brought the same energy but in a more serious tone in their Life event, an event in which the team takes its "ask for" and explores it in a serious manner. Lo-Ellen asked for an abstract concept and was given justice as a topic. They used justice showing a school kid Thomas being bullied by an intimidating Ella. After having enough of her constant torment, Thomas decided to confront her using his knowledge of her gained from his co-op in the office. He took justice too far changing the audience's pity for him to hate and their hate for Ella to pity. This event had the audience on edge and gasping for breath, even bringing a couple to tears.

All in all, Lo-Ellen's improv team proved strong carrying their cheer through all four rounds and bringing them to first place, beating the second place team by more than 40 points. LEP is now on their way to the Canadian Improv Games National tournament, starting April 18 and ending the 22 in Ottawa. Our Lo-Ellen Park improvisers will have the chance to perform with students from all across Canada and explore the nation's capital.

Habits for Success

By Jayde Hurley

"We are what we repeatedly do. Therefore excellence is not an act, but a habit." —Will Durant in *The Story of Philosophy: The Lives and Opinions of the World's Greatest Philosophers*.

Good or bad, we all have actions we do repeatedly every day. The ironic part is, we are often blind to our own habits. We are unaware that these are the choices we are making, or often the fact that we are even making a choice at all. Habits actually account for 60% of our everyday behaviours (Such as brushing your teeth, routes you walk, people you talk to, etc). The thing about this is, even though they seem like small choices, these little things have long lasting impact on our health, and not just physically, but also mentally, spiritually, emotionally and in all aspects you can imagine. Habits are part of our brain's effort-saving instinct. Our brain, which is only 2% of our mass, absorbs 20% of our body's energy. If we were to always focus on our energy on simple decisions, our brains would literally shut down from exhaustion.

7 Reasons Easter is the Best

By Jayde Hurley

1. You get chocolate, and chocolate is great.
2. You get to paint eggs, which is fun. The eggs are also colourful and fun to look at.
3. It is in the beginning of spring, which means the cold is almost over.
4. You get to see family and friends.
5. You get an extra long weekend off of school.
6. You get to watch the movie *Hop*, which is a great movie.
7. You can buy mini eggs and large Kinder eggs.



Photo by Emily Cooke

Happy Easter! :)

6 Movies to Watch This Month

By Jayde Hurley

Sports movie:	<i>Rocky</i>
Classic:	<i>Shawshank Redemption</i>
Comedy:	<i>Bruce Almighty</i>
Horror:	<i>The Conjuring</i>
Action:	<i>The Expendables</i>
Family:	<i>Hop</i>

Quote of the Month

Jayde Hurley

“Judging someone else does not define them; it defines you.”

- Earl Nightingale

The way habits work is through something known as the habit loop. It's a Cue → Action → Reward system. Basically, you see something that makes you crave a reward (something which gives you dopamine), then you repeat an action that results with the craved reward.

Habits are a strong thing, but can be changed, replaced, or ignored if you are dedicated, believe in yourself, set a goal and use effective strategies. A very popular strategy for changing a habit is the Golden Rule of Habit, which says that the best way to shift a habit is to diagnose and retain the old cue and reward, and try to change only the routine. For example, if you are a smoker, your habit loop may look like this: Stress → Smoking → Stress relief. What this strategy would suggest is that you'd keep the same cue and reward, but replace the action with a healthier one. For example, the smoker's habit loop may now look like this: Stress → Talk → Stress relief. Although it may be hard, each time you complete an action, the connections in your brain with that habit grow stronger and stronger until it just feels natural.

Perhaps though, instead of just changing habits, we should be focusing more on creating new ones. In the field of study of habits, there is something known as keystone habits. These are the habits that matter most when they start. These habits have the power to cause chain reactions, and are known to influence how we work, eat, play, live, spend, engage in sport, and communicate. In simplest form, these are the habits that change everything over time (some examples of these habits are exercise, getting a good amount of sleep, having a strong will power, having a positive mindset, etc).

When reading about the habit loop, some research suggests there is one missing ingredient: belief. One tactic to changing a habit or creating a new habit is to believe that you can. This is often why addicts may dedicate themselves to a group, because as a group, they believe in change. You have to believe if you want to achieve. If you think about fear, you'll inevitably create an environment to fail. The inverse also occurs— if you believe in change, change will occur. Ironically enough, believing itself is a habit, and is perhaps the exact keystone habit you need to change the entirety of your life.

Habits can be a super power pulling you up or an anchor holding you down. Although habits have an enormous amount of control over our actions, we must remember we are still in control of who we are, and with that, what we want to do. If you begin with simple, life changing habits, you will be on the path for a wonderful life. Our time isn't endless, so no matter what you do, make sure you use your super power to become who you truly want to be.

Our Visiting Authors

By Emily Cooke



Photo by Trinity Burke

Lo-Ellen Park had two Canadian authors visit the library on February 27 to share their works and stories about writing. The first speaker was Gregory Scofield, a Métis poet who is currently Assistant Professor of English at Laurentian University. He writes about the identity, belonging, and feelings of Indigenous peoples and uses his writing as a gift for change. For us, he read aloud his poems *This is Not a Manifesto*, *This is an Honour Song for Billy Jack* (who was his role model growing up), and from memory recited *Not Too Polite Poetics*. Our second speaker was Cherie Dimaline, a Canadian Métis author of the 2017 dystopian novel *The Marrow Thieves*. The book has received numerous awards and is being defended in Canada Reads. Movie rights are also being discussed for the young adult novel. She shared a hooking few pages from the beginning of her novel, and discussed the meaning of her story with the fourth period English students. Both the authors shared that their inspiration comes from the things that happen around them, previous stories, and reading the works of other authors and poets. The worst part of writing shared by them is that writing can be hard to balance with other jobs, but they encouraged students to be committed, write as often as possible and read the works of others in order to improve and follow a path of writing in the future.



Photo by Trinity Burke

Seven Tips for Life: Healthy Living

By Gray Brogden



Photo by Olivia Taylor

There are many keys to a healthy lifestyle, as well as many long- and short-term benefits. Weight control, reduced risk of disease, and better mental health can be achieved through a few simple things that are all part of a healthy lifestyle. So here are seven tips to try to lead the best and healthiest life you can!

1. Eating healthy

Eating healthy is essential. Benefits of eating healthy include lower risk of heart disease and diabetes, strong bones and teeth, and weight control. A good start to eating healthy is to have a nutritious breakfast every day (if you don't have time to grab a bite before you leave the house, Lo-Ellen has a Breakfast Club in room 244 where you can grab a snack before the start of class). You can also replace chips and cookies with fruits, vegetables, or nuts as snacks, and check out the Canada's Food Guide for more information on eating healthy.

2. Hydration

Water makes up roughly two thirds of who we are and could not be more important to how we function. Not only can water improve your mood, prevent headaches, and give you more energy, it is also crucial to every bodily function including those of the kidneys, the digestive tract and the protection of your joints and cartilage. So—bottoms up!

Sports Updates

Updates thanks to Jayde Hurley, Lauren Thomas, Emily Cooke and scorecrazy.com

Wrestling Results- Cities

Ben Campbell - 2nd place
Tia Kontoniemi - 2nd place

Senior Boys' Basketball

Congratulations to the Senior Boys' Basketball team for their 2nd place city finish, and also for their silver medal win at NOSSA!

Swimming Finalists- SDSSA, NOSSA, OFSAA

Malek Abou Rabia - 1st 200 free, 1st 100 back, 1st 200 free relay
Kelly Thompson - 2nd 100 free, 1st 50 free, 2nd 400 free relay, 8th place at OFSAA for 50m freestyle
Mackenzie Fowke - 1st 200 medley relay, 2nd 200 free
Paris Macey - 1st 200 medley relay, 2nd 100 breast, 1st 200 free
Megan Tom - 1st 200 medley relay, 3rd 200 IM, 2nd 100 butterfly
Lauren Thomas - 1st 200 medley relay, 1st 100 IM
Ryan Tom - 2nd 200 IM, 3rd 100 butterfly, 2nd 400 free relay
Ethan Luetchford - 2nd 400 free relay
Ethan Thomas - 2nd 400 free relay
Rebecca Haferer - 1st 50 breast, 2nd 50 butterfly, 1st 200 free relay
Scott Baxter-Derro - 1st 50 free, 1st 100 free, 1st 200 free relay
Maija Neva - 50 free multi-class
Jordan Burke - 50 free multi-class
Tomas Asselin - 1st 50 butterfly, 1st 200 free relay
Georgia Speck - 2nd 50 free, 3rd 400 free relay
Mikayla Oommen - 3rd 100 free, 1st 200 free relay
Briana Endanawas - 1st 200 free relay
Colleen Gauvreau - 1st 200 free relay
Richard Phan - 1st 200 free relay
Sarah Ieropoli - 3rd 400 free relay
Aislinn Munro - 3rd 400 free relay
Anne Marie Sakki - 3rd 400 free relay

3. Sleep

I know I've mentioned it several times before, but sleep is important! Teenagers need on average 9 to 9.5 hours of sleep each night. A good night's sleep can increase energy, creativity, mental health and much, much more. Make sure to get enough sleep!

4. Exercise

Now this one seems obvious, but it really is important. The benefits of daily exercise go on and on, and include but are not limited to: weight control, combat of diseases, improved mood, energy boosts, and better sleep. It is recommended that teenagers get 60 minutes of moderate to vigorous physical activity each day, and should include vigorous-intensity physical activity at least three times a week.

5. Carrot app

Carrot Rewards is a healthy lifestyle app that has partnered with the Public Health Agency of Canada, the Ontario, British Columbia, and Newfoundland and Labrador provincial governments, and several Canadian health associations. With the Carrot Rewards app, Canadians can earn reward points just for walking around each day. Each user can choose one of the partnered corporations, including Scene and Aeroplan, to use their points in. The more steps, the more points. Other fun technologies for getting into a healthier life include things like the Apple Watch and Fitbits. Be sure to check them out!

6. Mental Health

Mental health can often fall to the wayside while considering a healthy lifestyle, but it is as important as anything else in this list. Stress specifically has been linked to heart disease and other serious health issues. Doing what you can to reduce stress and lead a balanced life can dramatically improve your mental health, and therefore your life.

7. Fun

Have you noticed how much happier you are when you simply smile or laugh? Taking the time to schedule in a little fun into your day can boost your mood, happiness level, and self-confidence. Whether it's taking in a movie with your friends, or a going for a cross-country ski, don't forget to do what you love.

Hopefully these seven tips have given you some ideas on how to start living the healthiest life you can. Be sure to check out next month's edition for another Seven Tips for Life!

Sports Updates (cont.)

Curling

Lo-Ellen Boys A

January 9 vs. St. Charles//Lost 2-8
 February 6 vs. Hanmer//Tied 3-3
 February 8 vs. St. Benedict//Lost 6-7
 February 13 vs. Sacre-Coeur//Lost 2-6
 February 14 vs. Lockerby//Won 5-4

Lo-Ellen Boys B

January 16 vs. Confederation//Won 5-4
 February 6 vs. Notre-Dame B//Lost 3-4
 February 7 vs. Hanmer//Won 8-2
 February 13 vs. Notre-Dame A//Lost 9-3
 February 20 vs. St. Charles//Tied 0-0

Boys' Hockey

January 10 vs. L'Horizon//Tied 3-3
 January 15 vs. Confederation//Lost 1-5
 January 18 vs. St. Benedict//Lost 2-3
 February 5 vs. St. Charles//Lost 1-4

Girls' Hockey

January 8 vs. St. Charles//Won 3-1
 January 16 vs. Notre-Dame//Lost 2-3
 January 17 vs. Lasalle//Won 8-0
 February 6 vs. Lockerby//Won 4-2
 February 7 vs. Lockerby//Won 5-0
 February 14 vs. Notre-Dame//Lost 1-2
 February 26 vs. Notre-Dame//Lost 0-3

Lo-Ellen Nordic for the W!

By Jayde Hurley

Lo-Ellen Park pieced together a very impressive Nordic Ski team this past season. As an overall team finishing just 3rd in all of Ontario, members of the team were more than impressed, seeing as a high percentage of the team just picked up skiing within the last two years. With a season cut short from undesired winter conditions, Lo-Ellen Park athletes were challenged to 4 races in just over 3 weeks.

Cities, held at the Walden Nordic Ski Trails February 8, was the first real step into the season. The team, as expected, claimed every team title, which was replicated at NOSSA as well, only four days after the cities performance. Teams included the Junior Girls (Meredith Kusnierczyk, Fiona Symington, Chandyn Bachiu, Kalilia Bachiu, Lauren Fearn), Junior Boys (Kendyn Mashinter, Max Mahaffy, Austin Mashinter, Evan Gervais, Laydon Bursey), Senior Girls (Jayde Hurley, Sydney Tarini, Nathalie Marks de Chabris, Devin Mantle, Delaney Bourget), and Senior Boys (Josh Tilson, Cameron Boland, Kelly Thompson, Jay Norrie, Lucas Mrozewski).

Beyond team finishes, there were a number of strong individual placings from team members. Not only did the team claim every team division win at cities, but also every gold individual placing, with Meredith Kusnierczyk, Kendyn Mashinter, Jayde Hurley and Josh Tilson all claiming gold in their races. To top this off, the Juniors Girls' team swept all of the top 5 spots in their race, the Junior boys claimed the top 3 spots, Senior girls top 4 spots, and Senior boys the top 7 with Augustin Marks de Chabris and Jacob Pilon

joining the A team for a complete sweep. NOSSA ended with similar results, with all but one individual division being won.

Lo-Ellen may have had the biggest team at OFSAA, taking place in Sudbury at the Laurentian Trails February 22-23. With an overall team of 29, Lo-Ellen was able to make the podium 11 times, 6 with team medals and 5 individual medalists. The Junior Girls' team claimed two Bronze medals, one in the individual race and another for the relays, duplicated by the Junior Boys, who also brought home two bronze medals. The Senior Boys managed two silver medals.

Individually, it was the Juniors who took the light. Meredith Kusnierczyk and Fiona Symington, two close friends, took gold and silver in the Junior Girls' individual high school division category at OFSAA, just like teammates Max Mahaffy and Kendyn Mashinter, who also claimed gold and silver in the Junior Boys' individual High School division. It was Jayde Hurley of the Senior Girls' High School division who also claimed a silver medal to her name, making it 5 to the team. All 5 of these athletes had only picked up the sport a year before, much like so many of the competitors on the team. Nordic skiing is a sport on the rise: with competition numbers maxing at OFSAA, and elementary schools begging to teach the sport, the whole skiing community is buzzing. It really is the time to get out and join the sport!



Photo by Emily Cooke

LEP Swimming at Cities

By Lauren Thomas

On December 14, our Lo-Ellen Park swim team participated in the SDSSAA/NOSSA championship meet held at the Howard Armstrong pool in Hanmer.

Coached by Ms. Gomm and volunteer Coach Connor Watson, there were numerous swimmers who qualified for OFSAA either by achieving the required time standards or by placing first in their event. In addition to all of the extraordinary individual achievements, the LEP Girls placed first overall in the city, and the team placed second overall. Thanks to such an enthusiastic and hardworking team, the Knights had their best City finish in years, according to Ms. Gomm. Great job, Lo-Ellen Park! Congratulations to the swimmers who participated at OFSAA in Windsor.

Sudoku

Lexi High

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Our Team

Special thanks to your LEP Press team:

Co-Editors: Emily Cooke, Lexi High

Our writers/photographers this edition:

Gray Brogden, Ella Cocco, Jayde Hurley, Olivia Taylor, Lauren Thomas

8	4	2	2	6	3	1	7	9	5
3	1	7	2	9	5	6	4	8	
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#2

#1

Sudoku Solutions