

# GAZETTE ISSUE

ST. JOHN'S  
COLLEGE  
June 2025 Edition

## Milestones Talent and success

*Ending off the school year with a  
recollection of memories.*

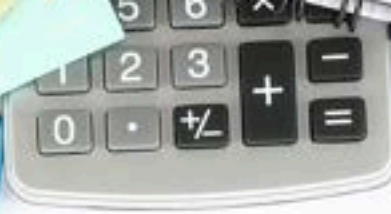
Learn More





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# EXAM STUDY TIPS & TRICKS

BY DAPHNE RUTHERFORD

As exam season starts in a few weeks, here are some study tips that might make the difference between acing your exams or failing them.



## TIP 1

### Summarize, Summarize, Summarize

- Review every note that you took throughout the semester and summarize it into 3-4 short sentences to make it easier to study.
- This helps to reduce anxiety around all of the information that you have to memorize.







### TIP 2

## Use Study Candles or Ice Cubes

- You can purchase candlesticks or use ice cubes and a timer for your studying. Simply light the candle and place it near you while you study.
- When it burns out, or when the ice cubes melt, then you are done studying!
- This helps to create a sense of time while studying and looks satisfying as time goes by.

### TIP 4

## ‘Bother Badger’

- Have someone you trust sit near you as you study. If you get off track, have the person bother you back on track so you stay on task.
- This allows you to stay on track throughout your studying sessions, and to still be around people, which is important for mental health.

### TIP 3

## NO MUSIC

- Do NOT listen to music! This creates an unintentional trigger for remembering pieces of information, such as listening to a certain song while reading/studying a certain article. When you listen to the same song, you will remember that information
- If you aren't allowed to listen to music during your exam, this could cause you to draw a blank, come exam time. Instead, listen to nature sounds or be around people while you study.



Best of luck everyone with your exams, and hopefully these tips will help you study!

# Prom *Celebration*

Lyn Moniz



Prom's national recognition is deserving of anticipation and excitement. Over 200 students showed up to this school event wearing glamorous dresses and suits, complimented by gleaming accessories and smiles. The room was split in half, divided by a dance floor.

## *Guests and Community*



## The prom theme, beach day, was reflected in the setup

The theme for this prom was beach day, encouraging attendees to wear bright and colourful attire. The tables were decorated with long wheat sticks in vases, polished water pitchers, and blue table decor. The photo booth was a popular attraction, holding plenty of props including crowns, top hats, and hand-held items.

Each student was allowed to bring one guest, all of whom were welcomed with open arms by the SJC community. Some students brought friends, and others brought dates. These prom dates were initiated through "promposals".

# Revisiting and Dancing to Music from within the Last Decade

The DJ had an exquisite taste for 2010s club music by artists like Pitbull and David Guetta, most notably the songs “Give Me Everything (feat. Nayer)” and “Memories (feat. Kid Cudi)”. The grade 12s were not shy with their dance moves, taking up the entire dance floor and even making room for a dance circle during “Rasputin”. The track was not limited to classics, as “FE!N (feat. Playboi Carti)” reached the speakers and lead-off the party.

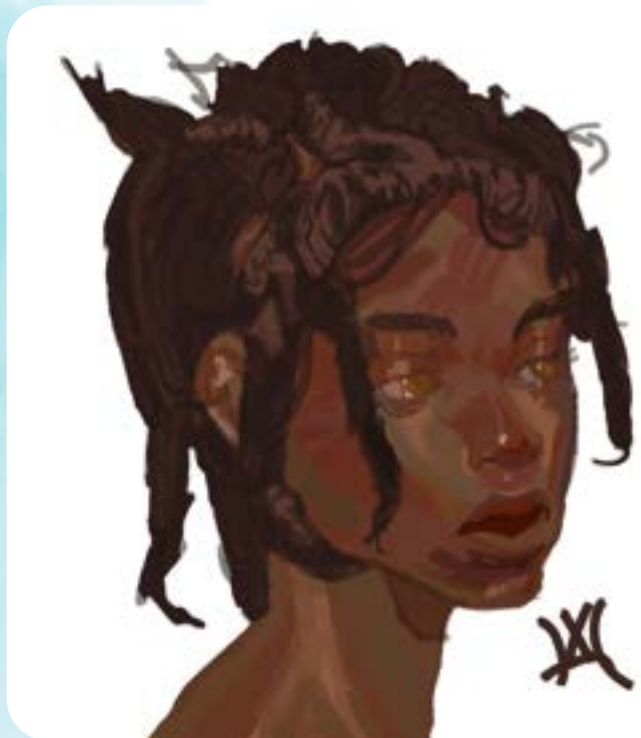


## The Entrée and Dessert

The bread rolls and sliced baguettes were one of the most favoured food options among the crowd, topped with restaurant butter in small ball formations. Given that the portions among the students were similar, their garden salad and baby potatoes took up a mere quarter of their plates. Strategically, these students saved the best for last: mac n’ cheese and sliced chicken breast. The dessert table consisted of brownies, butter tarts, ice cream with sprinkles and other sweet treats.



# ART GALLERY



"Portrait\_1"  
Xavier Long-Adams  
Grade 12



"TV"  
Annabelle Martin-Causyn  
Grade 12



Neela Sargent  
Grade 12

# ART GALLERY



“red”  
Annabelle Martin-Causyn  
Grade 12



Neela Sargent  
Grade 12



@starvinylstudios  
Grade 12



# ART GALLERY



Tal Belina  
Grade 11



"pink alien"  
Lyn Moniz  
Grade 12



Neela Sargent  
Grade 12



# Spring FLING

Kate DiMarco

St. John's College hosted their annual Spring Fling dance on April 30th, 2025, hosted in the gymnasium from 6:00pm to 9:00pm. The "early bird" sale, where tickets for 50% off until April 18<sup>th</sup>, enticed students to purchase their tickets early.



The turnout for this year's dance was much better than in previous years, and the students showed up in style! The dress code was floral, so the dance floor was covered with more flowy dresses and pastel colours.





The DJ played a lot of pop music, including songs by Taylor Swift and Sabrina Carpenter, but they also incorporated many SJC dance classics into the mix, like *Footloose*, *Don't Stop Believin'*, and *Macarena*.



During a Spring Fling interview, a grade 10 student reported their favourite song was *Temperature* by Sean Paul. Another mentioned that the song most students danced to was the *Cha Cha Slide* by DJ Casper.

As one of the photographers for this event, I had a great time taking pictures. The decorations set up by student council set the mood of the dance, and it was fun capturing photos of students' killer dance moves.





# HONOUR J / EAGLE AWARD

## CAPRI SAVOIE

Have you ever thought about winning an award during your time here at St. John's? Then let me introduce to you the Honour J and Eagle Award! These awards are open to all grades (9, 10, 11 & 12) and points can be earned & redeemed anytime during your first four years here at SJC! These points must be signed and confirmed by the teacher/supervisor assigned to the club / category you have been involved in. Categories of achievements and contribution to school life are recognized under the following categories:

Category	Eagle Award Minimum # of points	Honour J Minimum # of points
Academics <i>compulsory</i>	80	150
Clubs & Organizations <i>optional categories</i>	10-15	20-25
Arts – Drama/Music/ Visual Arts	10-15	20-25
Sports	10-15	20-25
School Volunteer Service	10-15	20-25
Faith Development <i>may be counted separately in the clubs/organization category if desired</i>	10-15	20-25
Letter of Reference <i>compulsory</i>	1	1
<b><u>Totals</u></b>	<b><u>150</u></b>	<b><u>250</u></b>



# Letter of Reference?

Are you confused what a letter of reference is? Well let me tell you! A Letter Of Reference is simply a letter which discusses community involvement *outside* of St. John's. It should NOT be a letter from yourself, a friend, relative or teacher at SJC (Unless he/she is the supervisor of that activity).

Some examples of people the letter can be from are:

- Coach
- Volunteer Organization
- Priest
- Music Teacher (Outside of SJC),
- Etc.....

This letter is mandatory as it will be used in the process of winners, and headmasters trophy at graduation. If you do not hand in the Letter Of Reference, your application will be rejected!



## Eagle Award

If you would like to apply for the eagle award, you must have the following:

- Minimum in the Academic Compulsory Category
- 1 point for a Compulsory Letter Of Reference
- Atleast 10pts in 3 optional categories OR 15pts in 2 optional categories

## Honour J

If you would like to apply for the Honour J, you must have the following:

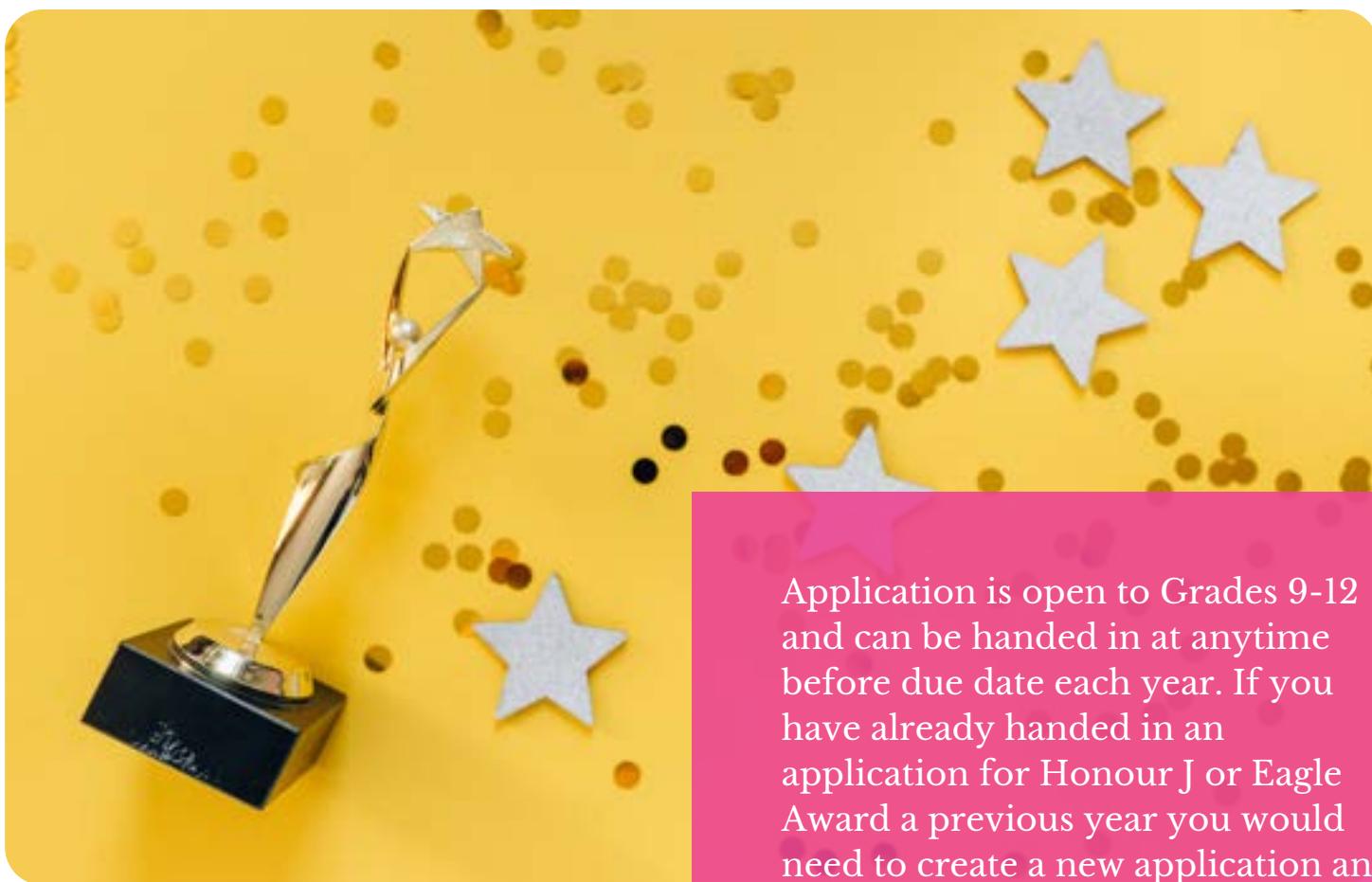
- Minimum number of points in the Academic Compulsory Category
- 1 point for Compulsory Letter Of Reference
- At least 20pts in 3 optional categories OR 25pts in 2 optional categories





## More Info on Awards

- Additional points may be earned from any/all categories
  - Each point awarded represents 10 hours of involvement, but as well as overall commitment to said group
  - On the application form in the column Points Per Year is the maximum number of points per year
  - 40 hours of community involvement / volunteering cannot be included on application form. If you collect or already have more than the 40 hours required for OSSD, they may be applied towards your choice of award, only if they were done at a St. John's College sponsored activity.
- Application forms can be found online at the school's website, or in student services. All applications must be returned to student services by April 30th.



Application is open to Grades 9-12 and can be handed in at anytime before due date each year. If you have already handed in an application for Honour J or Eagle Award a previous year you would need to create a new application and Letter Of Reference.





## Principal's Honour Roll

If you find yourself interested and want to try out, we greatly encourage you! Another Award that you could win is the Principals Honour Award. It requires NO application!! You could be a student who qualifies if you achieve:

Grade	Requirements
9, 10	80% Average in minimum 8 courses and can be recognized as a full time student [Sept-June]
11, 12	80% Average in minimum 6 courses and can be recognized as a full-time student [Sept-June - mandatory 6 courses]

All courses must be taken in BHNCDSD and will be calculated from July 1<sup>st</sup> to June 30<sup>th</sup> for each year's honour roll.

# GREECE

Nevaeh McManus

Have you ever had a once in a lifetime opportunity arise that you couldn't refuse? I experienced this nearing the end of my grade eleven year. When the art department began to advertise a trip to Greece, I knew I had to go. Traveling to Greece has always been on my bucket list, so having the chance to travel and explore one of my favourite places was an offer that I couldn't turn away from. I dreamed about traveling to Greece, I love the culture and art within Greece and this trip did not disappoint.

## A TASTE OF THE FOOD

"Some kind of jello-like cake, weird but so good"



A puff pastry with Pork on rice served with a delicious salad





The trip consisted of students and teachers from three different schools this being St. John's, Assumption and Holy Trinity. This gave everyone on the trip the opportunity to meet new people and create connections. There were six teachers and each teacher had a group of students. My leader was Ms Duffy and the girls in my group were some of the most supportive and funny people I have met. The girls were always very supportive checking up on each other. They joined my friend Avery and I during meals as well as on the bus.







*Beautiful sites within Greece. To the left is a small but super cute church. Below is a picture of the mountains in Greece.*

## LIVING LIKE THE GREEKS

I had interviewed one of my new friends, that I had the chance to meet on the trip, Enrique. While talking with Enrique, I asked him if there was anything he learned in Greece that he has applied to his life upon his return home. He replied saying, “I have taken the idea of Greek mythology and the balance that’s needed in life and applied it to my own, because too much of anything bad, but not enough of any other thing is also equally as bad.” Enrique had the same response as Ms Kowalski when I asked the same question.

Both of them took the idea of balance from the Greek mythology stories our tour guide Chris shared with us. The idea is that in order to have balance in life you cannot have too much of one thing and not enough of the other, one must have an equal amount of all things. It is like a scale, if one side has too much it means you are prioritizing it far too much while the others are not receiving the same amount of time and effort. I second this idea, as it is something everyone should apply to their lives. It is a useful idea to allow people to live a balanced and fulfilling life.

## ANY COMPLAINTS

When asking both Kowalski and Enrique about any issues they faced on the trip, both of them had no complaints except for the toilets. To explain toilets in Greece are very different from the ones we have here in Canada. Due to Greece's old pipes, they do not flush any toilet paper, instead they have a designated trash can beside the toilets for it. This was something unusual for everyone on the trip.



## FUNNY STORY

One challenge my roommates and I faced in Greece was we found bugs in our bed, we are convinced they were bed bugs though our tour guide says they were just bugs found outdoors. Though my roommates and I compared our bugs to pictures of bed bugs, we are fairly certain they were in fact bed bugs that is beside the point. We had that issue in the middle of the night and there wasn't much for us to do. We handled it maturely and found another room to sleep in. This involved lots of trying to wake our chaperones, lots of talking with teachers and our tour guide, and waking up our



roommate's boyfriend and Enrique who were roomed next door to us. After talking to the trip leader, we came to the solution to sleep in the room next to us. Though the five of us which includes my friend Avery, Tatum, her boyfriend Aaron, Enrique and I did not get much sleep that night, as we needed to be awake early the next morning. I may have slept about an hour in the guy's bathtub that night but hey, it's a part of the experience and something I will never forget.





## WHY YOU SHOULD TRAVEL

Having the opportunity to go on this trip allowed me to not only meet new people, but also experience a different culture and explore part of the world. It helped me become a little more independent. For example, while checking in at the Toronto Pearson International Airport, on our way there we were all very dependent on our teachers for help. But, when coming home we were able to do these things for ourselves. If anyone has the opportunity to participate on a trip like this one, I recommend doing it. You won't regret it. Travel the world, meet new people, experience new cultures and enjoy life because you only live once.



# New York Trip

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## ***THE PLAY THAT GOES WRONG***



The Play That Goes Wrong is a very entertaining comedy that delivers exactly what it offers: chaotic fun. I saw the show recently and laughed far more than I expected. I absolutely loved it. The basis is sraight-forward and brilliant—a group of amateur actors attempt to put on a serious 1920s murder mystery, but everything that can go wrong does. Everything from collapsing sets to misfiring props to mistimed entrances were surprising occurrences; the entire performance becomes a disaster (on purpose).

The real brilliance lies in how carefully choreographed all the “mistakes” are. The cast are incredibly skilled at making timed blunders look spontaneous, and their physical comedy is really magnificent. There is a lot of love and technical precision behind the apparent madness and it is as plain as day. From a critical standpoint, the first act is packed with



energy and surprises, and while the second act does lean into repetition at times, the momentum mostly holds up thanks to the performers' unwavering commitment. There's not much in terms of plot or character development, but for this type of show, that's part of the charm.

It may not be for everyone. If you prefer subtle humour or traditional storytelling, this might feel a bit over-the-top. But if you enjoy slapstick, or watching everything delightfully unravel on stage, The Play That Goes Wrong is a must see. It's a great choice for family and friends.



# THE GREAT GATSBY



The Great Gatsby musical is a modern re-imagining of the classic literature novel. The star, Ryan McCartan, gives the audience a magical interpretation of Jay Gatsby, capturing both the polished charm and vulnerability of the character. His vocals are rich and commanding, bringing new depth to Gatsby's obsessive ambition of getting Daisy.



Sarah Hyland is a revelation as Daisy Buchanan. She plays the role of being elegant and an emotional nuance, effortlessly balancing Daisy's charm with her inner conflict. Her songs, like "Beautiful Little Fool", are especially moving as her voice was both entrancing and powerful.



The chemistry between the two actors were electric, giving real weight to Gatsby and Daisy's doomed love. The ensemble cast shines as well, along with the other many numbers pulse with the energy of the Jazz Age giving absolute no room for fault. Visually, the show is a feast. The art, decors, sets and dazzling projections immerse the audience in the glimmers of the 1920s, illustrating heartbreak, jazz, and prohibition. Absolute pure gold.





# EAGLES FOR *President*

AVA HERGOTT

## Promotions and Candidates

Earlier this April, SJC's Sofia Robertson, Kathryn Stanley, Joshua Gutang, Iris Jeong, and Mulan How began promoting themselves to the student body running to be next year's co-president. From Instagram adverts to posters plastered around the school, these 5 candidates have been putting in a great amount of effort to make themselves known.

In essence, a co-president fulfils a vital leadership role within student council: serving as the head of planning and organizing all the fun things and various events we host at SJC. This role gives select students the opportunity to evoke stewardship and have a voice in all the occasions we celebrate. With such

an important role up for grabs and such grand efforts made to attract votes, it was only appropriate for all of our candidates to be given an opportunity to make their voices heard and archived for future Eagles to look back on!

### Mulan How's Interview

**Q: "What drives you to pursue presidency?"**

**A:** "Ever since I was in elementary school, I've always wanted to pursue a leadership role. I definitely think that [running] for student council president and the role in itself is a really good opportunity to become a leader, especially within the school community."

**Q: "How are you going to contribute to the school in a positive way?"**

**A:** "I think that with my four years—or going onto my fourth year being on council next year, I definitely have a lot of experience under my belt, and I definitely know which events are a hit within in the school, which events tend to be not as popular. I especially do listen to opinions and ideas from my fellow classmates and..."





...from people younger than me, people that are older than me. Just seeing any ideas and any opinions they might have on recent events, any ideas they have for upcoming events, and just seeing, ultimately, how to improve the school.”



## Iris Jeong's Interview

**Q:** “What drives you to pursue presidency?”

**A:** “I’ve always been drawn to leadership and loved being involved in school. But the moment I decided to run for co-president was in Grade 9. During Colour Night, my friends had gone off to slow dance, and I was left standing alone. That’s when one of the co-presidents [that year] noticed and came over and helped me meet new people. From that I wanted to be that person for someone else. A leader who makes others feel included.”

**Q:** “Do you have any fun ideas in particular that you want to try next year?”

**A:** “I have many ideas, especially when it comes to school dances! I’ve been thinking themes for semi-formal to get more students to attend. With some ideas building on past events, I want to add more creativity and involvement in the planning process to make these experiences memorable for the students.”

**Q:** “Ultimately, why should we pick you?”

**A:** “I am deeply involved in our school. I’m part of fourteen different clubs and teams, which has allowed me to connect with a wide range of students. On top of that, coming from a different cultural background gives me many perspectives and helps me understand and represent the many voices within our community.”



## Josh Gutang's Interview

**Q:** “What drives you to pursue presidency?”

**A:** “I mean starting off entering high school I never really was the most involved and I [did] nothing. I never went to any dances until Mr. Yak convinced me to join council, and after, it was just an amazing experience. I liked being able to lead and it put me in a place where I could, [even] just as a student and that's why I'm doing rep. Rep for grade ten, did grade eleven rep and so when it came to going for grade twelve, I felt like prez was the obvious choice for me.”

**Q: “How are you going to contribute to the school in a positive way?”**

**A:** “For me personally, I want to get the school more involved, not just by word of mouth [or] by talking, but by actually integrating into spaces where it's more wanted and accessible. Like with Instagram, having more polls and having more questionnaires, since the thing is with the Instagram [is] we promote it with the themes of dances, but [the student body] don't get many choices and stuff like that. But besides that, continuing to advocate for a better school community and being more in touch with any teams, any club and more with the staff.”



### **Sophia Robertson's Interview**

**Q: “What drives you to pursue presidency?”**

**A:** “My strong leadership skills and my desire to make SJC a safe and fun place for all my peers.”

**Q: “Do you have any fun ideas in particular that you want to try next year?”**

**A:** “I want to try new themes for dances that are fun and exciting, as well as new team building activities to bring everyone closer together at school”

**“Ultimately, why should we pick you?”**

**A:** “With my kindness and compassion, as well as my [willingness] to never give up.”



### **Kathryn Stanley's Interview**

**Q: “How are you going to contribute to the school in a positive way?”**

**A:** “So, I have a few ideas. I would love to create some kind of aura, where people can submit feedback, whether its online or even in person. Like a suggestion box or even having surveys after events like what did you like and what did you not like, so we can get more feedback. I want to hype up different sports, I know football gets a lot of attention, but other sports that people don't usually go to, there could be more themed games and make people know what's going on with sports. Collaborate with clubs more and do new events that showcase talents at SJC.”

In closing, a co-president takes on a leadership role and has an important voice in shaping both the events and community within SJC. Everyone at the Gazette applauds the hard work and effort put into each and every campaign, and ultimately, wishes good luck to the winning candidates Joshua Gutang and Iris Jeong. Congratulations! We are all excited to see what you two have in store for us.



# COLOUR NIGHT

*Kosi Onuoha*

Colour Night: one of the fondest nights of every St. John's student's life. What should've been the "Best day of grade 9." But what did current grade 9s actually think of their colour night?

Colour Night is a day where Grade 9 students are introduced to St. John's, dressing up in various colours, competing against each other to win different titles and ending the night with an epic dance.

The hype surrounding Colour Night built up dramatically, starting from Entering the Nest. It seemed as if it was an event that just could not be missed and that everyone would enjoy. And for the most part, everyone did.

On Wednesday September 18th, 2024, the evening began with most Grade 9s shy and awkward, but as the games progressed along, everyone quickly broke from their shells. Teams began to devise strategies to win as many games as possible, even resorting to a few funny tactics like begging the station leaders for extra leeway in the games.

Though some grade 9s found difficulty in uplifting their uncourteous and generally disinterested teammates, that didn't stop sheer determination from the student council to make the event as enjoyable as possible, with some coordinators stirring up banter and rivalry among teams, making jokes, having sarcastic pep-talks, and encouraging everyone to loosen up and just have some fun.

Wrapping up the games, each team began to practice their chant. Many team leaders scrambled to quickly update them, trying to call dibs on the order after talks of other teams having the same chants. And though a number of people grew bored struggling to understand each team's chant, there was a general theme of amazement by the dedication some teams had to orchestrate cool stunts and organize such choreographed routines.

In the end, the Camo team came out with the win, with their creative army-style chant and their teamwork in the games, while the purple team was dubbed the best-dressed.



But among other things, there was an organization mix-up, which meant that most applicants were not considered, and though those rejected applicants were dejected, everyone's moods were quickly lifted with the dance.

A large majority of grade 9s agreed that the dance was a blast, and everyone vibing to "FE!N" (a song by Travis Scott), was the absolute highlight of the night.

"I think the dance was a blast! I think it was really fun. The music was really good, especially FE!N."

- Emmi Hasib

Colour night this year was awesome, and everyone left tired for school the next day, but significantly less nervous about starting high school.







# SPORTS IN THE NEST

Photographer: Sadie Keates







# #EaglesPride: How Social Media Connects Our School Community

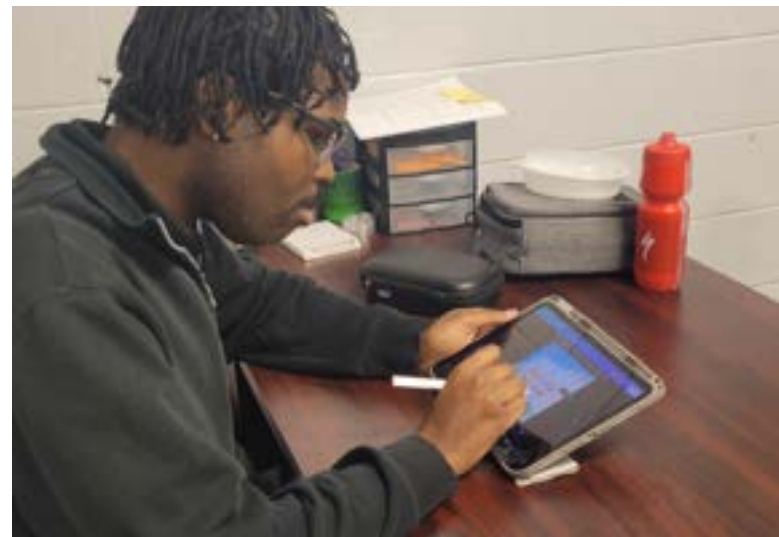
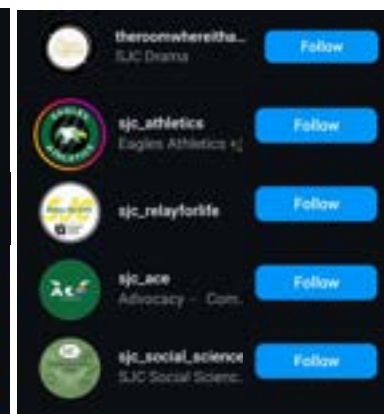
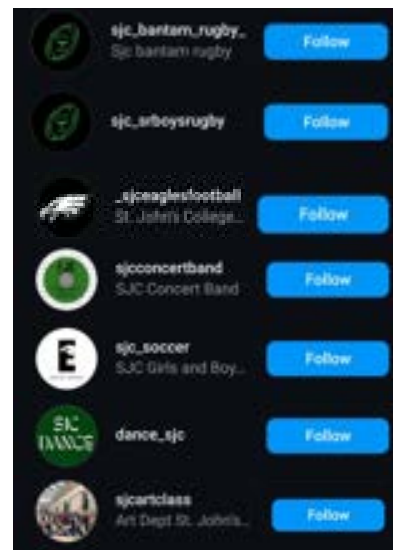
Cassandra Partridge









Ran by our very own student council, St. John College's official Instagram offers a variety of informative posts about upcoming school activities,

and a run-down on what's happening at our school each week. If you ever miss the morning announcements, the SJC Instagram easily offers a convenient summary of what is said on the announcements in posts or in stories. Upcoming dress down days and spirit wear days are posted on the story, with 100% accurate dates and information since it is ran by the student council. Another thing that the Instagram is useful for is that they frequently post about clubs like our own Gazette club and many other clubs that may not get recognition that welcome new members, so if you are interested in joining a club at St. John's, the official Instagram is a good place to start and see what your options are. Additionally, practice and tryout dates for all of the students who might be interested in the sports at our school, so that students who are interested in applying have a chance to see the options and upcoming tryouts. They also post about upcoming school events – dances, trips, etc. that may pique your interest.

## Be sure to follow these other SJC accounts...



You'll receive Weekly posts about...

- Dress Down Days 
- Practice Dates 
- School Events & Activities 
- Spirit Wear Days 
- P.A. Days 
- Photos 

# THANK YOU

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