



St. John's College | News from the Nest

THE GAZETTE

April 2025 Edition





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RELAY FOR LIFE

PASSING THE BATON TO 2025

On March 26, SJC students and staff filled the cafetorium for 2025's **Relay for Life** kick-off assemblies. Led by Mr. MacKinlay, the assemblies featured students and staff speaking passionately about the purpose of Relay for Life and how raising funds to fight cancer directly supports our own immediate friends and family fighting to recover and stay healthy in the face of this pervasive disease. Indeed, cancer is so pervasive among Canadians that two in five people will at some point in their lives be diagnosed with it. Not that we in the SJC community need a statistic to remind us of cancer's devastating proximity. As each student speaker movingly reminded us, the stories of this disease are our own stories, accounts of resilience to be sure but also recollections of lives cut short, of departures happening way too soon.



Image from Relay for Life: Canadian Cancer Society

And then Mr. MacKinlay opened a time capsule. Well, not a real, buried in the earth time capsule, Instead, it was a Canadian Cancer Society promotional video from SJC's 2002 Relay for Life. But like a time capsule, the video allowed 2025's students to look backwards through time and catch a glimpse of an SJC their parents' generation would easily recognize. Though nearly 25 years have passed since then, the camera lens revealed a school with students who looked surprisingly familiar: they wore the same uniforms; they walked (most of) the same halls; they even sounded like teenagers still sound. Curiously, however, the only phone in the school seemed to have been a single, antiquated payphone mounted in the gym hallway. The phone line-ups in 2002 must have been so very long.

Surface observations aside, Relay for Life's twenty-three-year-old SJC video testified to the continuity of SJC's care. Like a bridge between past and present, the video linked the community SJC was with the community SJC is today. The Canadian Cancer Society video bears witness to a 2002 community mobilizing on behalf of the people they loved. In 2025, the SJC community is still rallying and still living out its care.



What is the hope that continues to inspire all these years later? That cancer can and will be beaten. Back in 2002, Relay for Life participants ran, walked, danced, and sang all while raising funds for cancer research. Our chance to do the same in 2025 arrives May 30.

Follow the SJC Instagram. Go to the Canadian Cancer Society's Relay for Life web site and find our school's fundraising page. Make a pledge. Join a team. It's our turn to take the baton and run with it.

Mr. Heida

SEMI-FORMAL DANCE

By Lyn Moniz



All photos captured by Lyn Moniz

THE CITY THAT NEVER SLEEPS

The theme of the 2024 semi-formal was New York City! To follow the theme, students dressed in black, blue, and gold. Unlike other school events, this dance had a snack bar with juices, candies, and salty snacks. While most students sat at tables enjoying their savoury pizza slices, others felt drawn to the dance floor, glimmering in the stage lights while they danced alongside their friends.

This dance was made possible by the Student Council Committee who worked with the school administration and staff to organize, promote, and decorate in order to bring this event to life.



Brandon Lemus

Grade 9 student who is passionate about dancing and loves to freestyle.



Una Virina and Teni Oyefaso

Grade 9 besties who came to stand out, bringing the theme to the dance floor.



Peter Deprosperis and Luca Mercante

Grade 11 matching pair who showed up in spiffy suits, ready to rate the experience.



The Interviews

“[The inspiration for my outfit is] my second-oldest brother. This was actually his outfit before mine, so in honour of him, I decided to wear this—to honour him. [The setup of the dance] looks professional, very professional. This is by far the best dance ever—literally. [My go-to move on the dance floor is] to be groovy as heck. Groovy. Like, hecka groovy. Whatever song comes on, that’s the move I’m [going to] do. Whatever song it is, that’s the dance I’m going to reflect it off of.”

Una “My inspiration was the statue of liberty, but I feel like the green was just too much, so I just went for white. And I did the heels, [because] I feel like New York City is really bold.”

Teni “For me, because New York [has] so many lights, colours, and it’s a loud place, I felt like all the sparkles and colours just brought out the vibe of New York.”

Una “[The food] was so good. [Have] you tried the pizza? Oh my gosh. We love Gino’s pizza.”

Teni “I think the setup is really nice, I like the Times Square when you walk in.”

Peter “[What was our inspiration?] I guess we’re just matching.”

Luca “You know, we just wanted to match each other, look extra spiffy. [The setup] is pretty good, good environment. I went [to the semi-formal dance] last year, I would say [the quality] is about equally the same, it’s pretty good.”

Peter “It’s my first time [being at a semi-formal dance], yup. It’s alright so far. [My go-to dance on the floor is] the Griddy.”

Luca “[My go-to dance is] definitely the Gangnam Style.”



EAGLES SOARING HIGH

THE JUNIOR AND SENIOR BASKETBALL TEAMS' SEASON TRAJECTORIES

Written by: Tatiana Reid

The basketball season was off to a strong start in the nest, with both the junior and senior boys' teams making their mark in the AABHN. While the juniors dominated with a perfect record, the senior team navigated a challenging but promising start.

The junior boys' team, led by Coach Candice Wright, had set the tone early going undefeated with a 6-0 record. A key win included a 72-36 victory over North Park to kick off the season. Coach Wright accredits their success to their defensive strength and team unity.

"Speaking for the junior team, our full-court pressure is good so far, defensively, we are really good in our press break," Coach Wright shared in an interview from back in December. "We have a lot of talented players so during any given game, anyone can step up and score for us." She also shared how, "[t]he players have gelled together quickly, especially since many have played together outside of school," which she stated has helped a lot and can also be attributed to the team's success up to that point. With city championships and CWOSSA on the horizon, Wright highlighted consistency as their biggest focus. "We've had a lot of success at the start of the season, but just staying consistent to ensure we are continuing to get better in preparation for what's to come."

The senior team, with a 4-2 record, experienced both triumphs and opportunities for growth as a team. They started the season with an exciting 61-52 win over North Park, and a 91-64 victory against Pauline Johnson. However, tough losses to Assumption and BCI highlighted areas to work on for the team.

Both teams at SJC demonstrated their potential to

achieve greatness. The juniors were riding high on momentum, while the seniors were eager to bounce back and make a deep playoff run. With strong coaching, talented rosters, and a supportive school community, the Eagles were ready to soar through the season.



Caption: SJC Junior Boys Basketball vs. ACS on December 9th, 2024 - Photographer: Sadie Keates

The St. John's College community rallied behind the Eagles, filling the stands with cheers and school spirit. From the first tip-off, the support from students, staff, and parents was unwavering, creating an atmosphere that fuels the team's drive. With more games ahead, the Eagles geared up for more challenges and opportunities to showcase their skills. Both teams set their sights on the championship, and with the momentum they've built, there was no telling how high they would soar.

Both the junior and senior team would go on to end the basketball season on a high note at their respective championship games, with the juniors winning with a 48-27 victory against ACS Lions, and the senior team earning an excellent 66-48 win against the previously undefeated BCI Mustangs. **Go Eagles!**



PHOTO CREDITS: Sadie Keates

01 If I Stay

Written by Gayle Forman

"If you stay, I'll do whatever you want. I'll quit the band, go with you to New York. But if you need me to go away, I'll do that, too."

-Adam Wilde

The story crafted by Gayle Forman in *If I Stay* is a breathtaking tale of life after loss and the strength it takes to keep carrying on after one of life's greatest tragedies. *If I Stay* follows the story of Mia Hall, a 17-year-old cello prodigy, as she battles with the gut-wrenching truth that her family may be gone after a horrific car accident. As Mia slips in and out of a coma, she must fight to stay alive and fight for her future as a cellist. *If I Stay* challenges the reader to question what it is that makes us fight for the lives that we want. The novel poses the question, can love be enough to pull someone back to their life after a loss or is the pain too great?

02 The Cruel Prince

Written by Holly Black

"If I cannot be better than them, I will become so much worse."

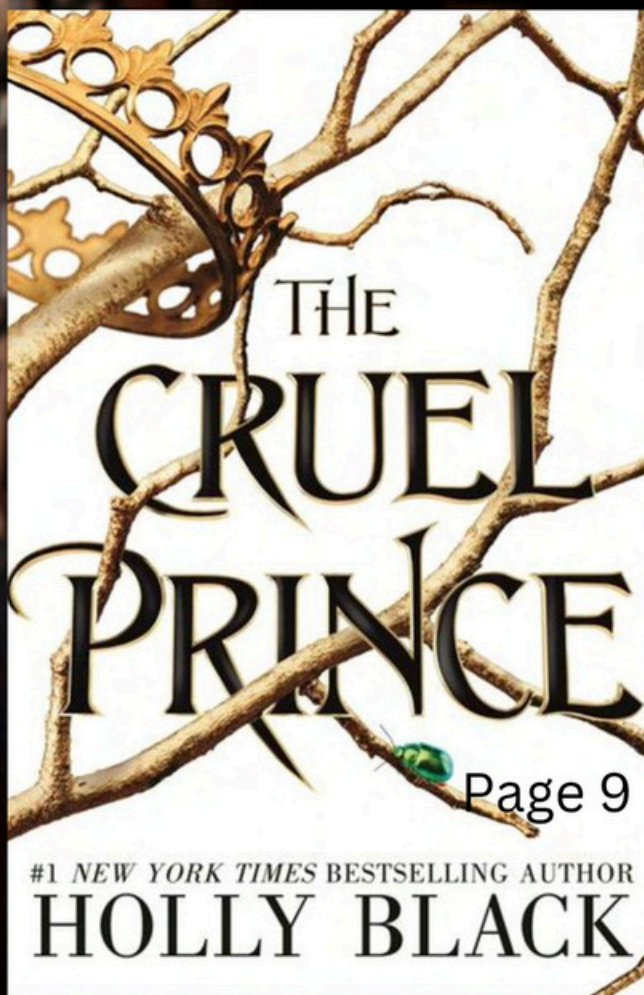
-Jude Duarte

The *Cruel Prince* by Holly Black invites you to step into the fantastical world of Elfhome, where up is down, magic is everywhere, and wild fairies roam the woods. The novel follows Jude Duarte as she struggles to navigate through Elfhome as a human surrounded by deadly creatures and caught in a vicious rivalry with the powerful fae Prince Cardan. The *Cruel Prince* challenges the reader to consider if they would be willing to fight, with everything they have, to obtain the life they want and ensure the security of their family.

"Will appeal to fans of Stephenie Meyer's TWILIGHT." —USA Today

if i stay

what would you do if you had to choose?





CHRISTMAS CONCERT

Concert Band Concert December 2024
All Photo Credit: Sydney Cooper

Written by: Sydney Cooper

On December 11th, 2024, the St. John's Concert Band hosted its annual Christmas Concert. This Concert was the band's first group performance of the school year. After practicing together over the course of several months, the band was ready for their grand performance. The night began gracefully with a prayer, "May my life be like a finely tuned instrument upon which the Master musician creates a melody that brings His peace to all who hear." The Junior Band were the first up to play, easing the audience into a night of enjoyment. Many of the Junior Band members were able to experience their first ever performance at Saint John's. The concert consisted of group and individual band performances, as well as solo performances.

Solo Performance by Josh and Jerry





In total, there were four Christmas-themed solo performances, followed by the choir's performance—their first time performing in front of an audience since Covid. After months of preparation, the choir sang: Do You Hear What I Hear and Where Are You Christmas. Complimenting the concert in its entirety, the St. John's Concert Band performed last. The band consists of singers, guitarists, drummers, pianists, keyboardists, and other instrumentalists. They performed Jolly Old Sleigh Ride, Tango Bells, The Christmas True of 1914, Handclap and We Wish You a Merry Christmas. In all, the musicians were excited to showcase and perform the art they had dedicated so much time to, and the audience applauded them for their wonderful job.



Solo Performance by Josh, Jerry, Kathrine and Danny

Concert Band Concert December 2024



CHRISTMAS THROWBACK

By Priyana Rostron and Lyn Moniz

Recalling the Christmas activities prior to Christmas break that brought together the Eagle community!



Kahoot Quiz Day

Students competed in a Kahoot Quiz for a prize, and shared the holiday spirit with friends by purchasing candy grams during junior and senior lunches.



Pyjama Day

We wore our comfiest Christmas pyjamas



Christmas Sock Day

We threw on our festive socks



Christmas Door Decorating

Classes decorated their homeroom doors to make them a worthy contestant for the pizza prize



Santa Hat Day

We spread Christmas joy by wearing festive Santa, elf, and reindeer hats

5

Football Caroling

Students supported the football teams by paying for their favourite player's caroling services



CHRISTMAS THROWBACK

By Priyana Rostron and Lyn Moniz



Christmas Sweater Day

Students showed up to school snuggled in their jolly festive sweaters



Christmas Movie Night

The ACE Club hosted a Christmas movie night from 6 - 8:30pm



Christmas Scavenger Hunt

We participated in a scavenger hunt, finding elves around the school



Gingerbread House

Students were welcome to attend the Christmas coffee house and listen to SJC's talented musicians



Hot Chocolate Stand

We warmed up with a nice, hot cup of cocoa in the cafeteria



The Spirit of Christmas Day

Students celebrated their faith and enjoyed music at the Advent mass, participated in a series of Christmas activities, an assembly, and a chance to watch and cheer on the SJC basketball team





UNIVERSITY PICKS

A HIGH SCHOOL STUDENTS GUIDE

Written by: Guloona Nehar & Banmeet Brar

Choosing your university is one of the most exciting and nerve-wracking parts of high school. It is a decision that shapes your future, but it does not have to be overwhelming! Here is a snapshot of a survey conducted on students sharing their dream universities, as well as the universities they are keeping in their back pocket as good backups.

The clear favourites among the students enthusiastic about **engineering** include University of Toronto and University of Waterloo. These universities promote innovation in their world-renowned programs and great co-op opportunities.



University of Toronto

McGill, UBC, and Alberta were also noticed for their innovative research and varied engineering streams. Yet, if students are looking for schools that move at a more comfortable pace, places such as Ryerson, Concordia, and Guelph serve as proof that quality

education can be achieved through universities that are more approachable.

Future doctors often have their eyes on University of Toronto and McGill, known to produce some of the best **medical** minds in the world. UBC, Queen's, and Alberta also offer fantastic opportunities for clinical experience and mentorship. Ottawa, Western, and Dalhousie also provide reliable routes into medicine without sacrificing quality.



Dalhousie University

For students interested in the field of **nursing**, the University of Toronto, McMaster, and UBC inspire with programs that go beyond the basics in preparing students to lead and innovate in healthcare. Queen's and Alberta offer smaller, personalized programs

for students who thrive on **close-knit learning**. Schools like Ryerson, Manitoba, and Trent also provide equally practical training for those who wish to make an impact without having to travel too far from home.

For those who dream in blueprints and designs, many are drawn to the **architectural** field at Toronto's Daniels Faculty, UBC, and McGill, where sustainability and creative thinking take centre stage. Waterloo's co-op program and Carleton's emphasis on architectural theory ignite the spark, but Ryerson, Dalhousie, and Laurentian offer a home for aspiring architects to get their hands dirty and learn.

And then there's **business**, where ambition and strategy meet. Students dream big at University of Toronto's Rotman, Western's Ivey, and UBC's Sauder, where global connections and leadership skills are the focus. McGill and York's Schulich School of Business round out the top picks, while Wilfred Laurier, Ottawa's Telfer School, and Brock's Goodman School remind us that success often comes from the experiences we create, not just the name on the diploma.

Wherever you may go, remember this: the best university for you is that of which fits your goals, your dreams, and your heart. Choose boldly and let the journey shape you.



Student in University

ART GALLERY



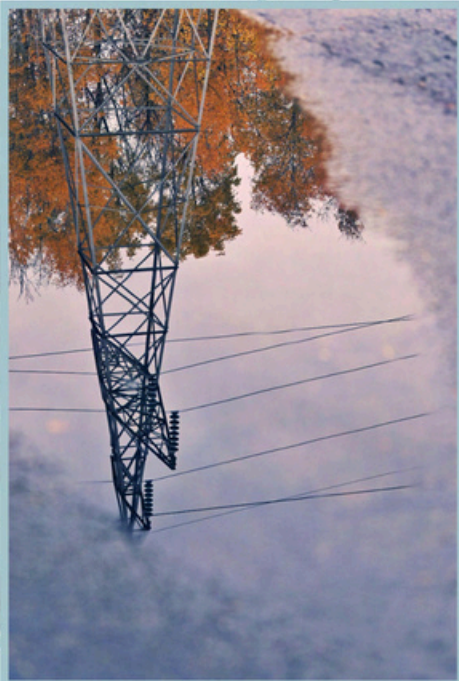
"The Emerald City"
Alex King
Grade 11



"Drive Knight"
Xavier Long-Adams
Grade 12



"Nightwing"
Franco Polillo
Grade 12



Untitled Collection
Emma Warren
Grade 12



"SJC Girls Bathroom Culture"
Tal Belina
Grade 11

PORTFOLIO

A DEEP DIVE INTO GRADE 12 NON-TRADITIONAL VISUAL ART AND PORTFOLIO CLASS

By Candice Nogalo

Every year, St. John's College organizes its annual Art Show, a celebration of our talented student artists and their innovative and boundary-pushing creations. This event showcases the hard work of students who spent the semester exploring different types of mediums and mastering techniques to create truly unique pieces. The Grade 12 Non-Traditional Visual Art or Portfolio Class offers students a space to take creative risks, think outside the box, and redefine the meaning of art. In an interview, Hazel, a Grade 12 student, described the class atmosphere:

"It's a fun place, where [we] could experiment with [our] art, then Mr. D, will come over once in a while [to have a look and] critique what [we] are doing, and tell [us] what we should be working on, and what to improve [in our artwork]. I think it's a really good place where we could experiment with new mediums and figure out what our art style will be and what we want to do moving forward."

Jorja, a Grade 12 student, shared her perspective on the Portfolio Class, explaining, *"[It's a class where] you create art to help you [build a portfolio] for future career or any art-related programs"*

Katie, a returning student, also reflected on the unique atmosphere of the class, saying, *"Everyone in this class has their own world. The atmosphere is hard to explain, it's very group-based in a way that few choose to be their own individual. But this class is great! We can create art without following any criteria, we create art with purpose I guess"*

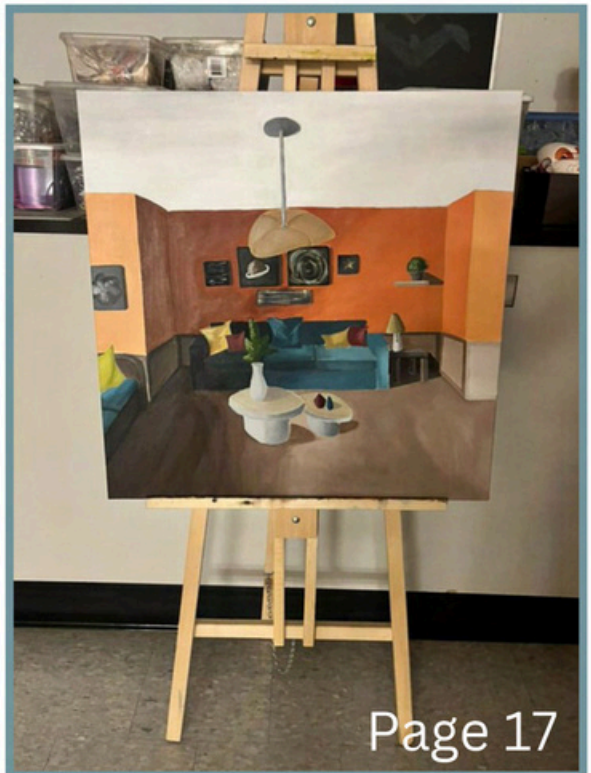
The Portfolio Class provides a space for students to experiment with new ideas, materials, and techniques without being confined by rules. It's an environment that encourages them to explore their identity as artists and draw inspiration from unexpected places. When asked about her sources of inspiration, Katie shared, *"Mr. D doesn't like hearing this but most of us do find art inspiration on Pinterest, there are a lot of unknown artists who also upload their art on that platform so sometimes I get inspiration there. But on a serious note, I get ideas and inspiration from impressionist artists."*

On the other hand, Hazel offered her perspective, saying, *"Personally, I'm a bit all over the place. I kind of like the new stuff, well, not new, but abstract expressionism. I think it's nice to see [artists] kind of let go of their art and make it more about them rather than the subject."* Whether it's impressionist artists, abstract expressionism, or even resources like Pinterest, these sources play a significant role in shaping the meaning and individuality behind each student's work.



"The Observer" by Candice Nogalo

For many student artists, it is about taking inspiration and making it into something unique rather than merely replicating it. The unique mix of inspiration and self-expression reflects themes that connect with their life and the world around them. In the interview, we asked if there was a theme in their portfolio, Hazel shared "I'm [still] trying to discover what I can be."



"Retro Modern" by Jorja Romero

**2024
DECEMBER**

The Glenhyrst Art Gallery hosted the Vibrant Palette Art Exhibition, featuring 350 pieces of artwork from students in Kindergarten to Grade 12 across more than 15 schools in our community. The exhibit ran from November 29 to December 22, 2024.

This event served to support schools, parents, and young artists as they explore their creativity. "We hope this exhibit inspires kids to grow their artistic skills and share their love of art," said a Glenhyrst representative. "We also want them to feel welcome and encouraged here as they follow their artistic dreams."

VIBRANT PALETTE GLENHYRST

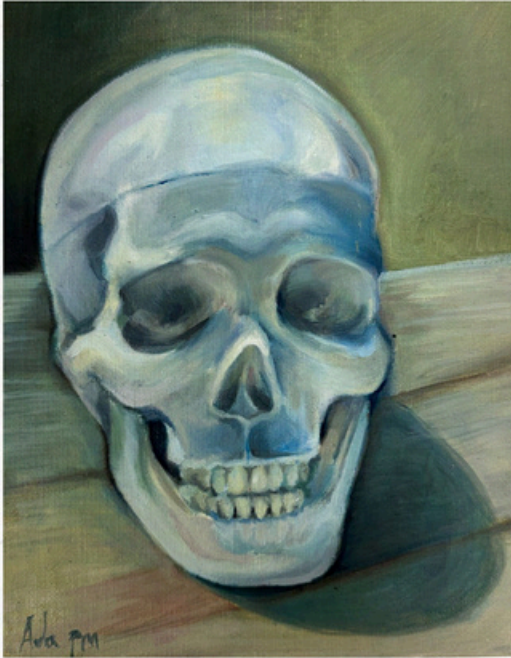
By Iris Jeong



Jessica Harrison
Grade 12
"Lagoon"- ink on yupo paper

Showcases in Glenhyrst

By Yuna (Ellie) Jeong



Ada Paradis-Martin (Grade 11)

“

Oil painting

As a Grade 11 student at St. John's College, I recently visited the Glenhyrst Art Gallery and felt a sense of accomplishment by seeing my artwork displayed there. I had a great time there looking at all the amazing art works done by many students from our school, and also seeing my younger sister filled with so much joy for her portrait I painted in the art gallery. Among the various student artworks, the piece that impressed me most was an oil painting by Ada Paradis-Martin. I admired it not only because oil painting is a challenging medium but also because she skillfully expressed the essence of a skull with her amazing brushstrokes.



Yunji (Iris) Jeong (Grade 11)

“Clarity”

Watercolour

This public art exhibition was a wonderful opportunity for us as students to display our individuality through art, and celebrate each other's accomplishments. It was evident that each art piece had a unique style and technique that captured the artist's sense of self.



Yuna (Ellie) Jeong (Grade 11)

“Cheese”

Watercolour



AABHN SWIMMING

By Iris Jeong

Our school swim team had an outstanding performance at the AABHN meet, showcasing impressive individual and team efforts. In the 50m freestyle, Annika led the way with a time of 31.85, followed closely by Peyton (33.18), Mulan (33.36), and Emilia (33.09), all delivering strong results. Olivia impressed in the junior 50m freestyle with a time of 34.19, while Max swam an excellent 30.60 in the junior category. Over 10 athletes qualified for CWOSSA, proving the hard work and dedication of the team. Congratulations to the swimmers for their achievements!



Photo Credits: Mulan How



Angel Campaign

By: Sophie Dix and Ava Hergott



The Angel Campaign at St. John's College is where we help families in need to have a merry Christmas," says Chaplin Andy. It is a time where we can come together as a school to make a positive difference for our fellow Eagles as all donations travel back to our community. During the Angel Campaign, we have the opportunity to make someone's holiday special, which is what makes this foundation so great.

How does Angel Campaign make a positive impact toward others?



This campaign makes an effective difference because it helps various families in our community that don't have the money to have a nourishing Christmas dinner or buy presents for their kids through the money collected by SJC's donations. This provides them with extra assistance near the holidays to ensure they have the Christmas that they deserve! Upon reflection, Chaplain Andy replied, "There are families out there that wouldn't be able to have a Merry Christmas without our help. Imagine being a parent unable to provide Christmas gifts under their tree for their kids. These families are able to do that because of the help we give them. It also allows us to have an impact on our faith, we can live out our faith by donating and helping those in need, which helps us have a positive impact".

What can we do to promote the Angel Campaign?

To promote this campaign, we can help by telling others and by donating on school cash online. “By reminding our friends, posting on our own social media, telling our family members, our work, because anyone can donate, and put a reminder in our phones to donate in school and cash online” - Chap Andrew.

Why is the Angel Campaign so important?

When asked this question Chap responded, “It’s a perfect opportunity to live out our faith and I believe everyone should experience the joy of Christmas and the birth of Jesus”.



Additionally, the angel campaign serves an important role because without it, there would be many families that don't get to experience the Christmas that others fortunately get to.

**AN ETERNAL THANKS TO THE
FOLLOWING EAGLES FOR MAKING
THIS RELEASE POSSIBLE**

Tal Belina

Artist

Banmeet Brar

Writer

Ashleigh Brooks

Editor

Kaila Cabral

Graphic Designer

Sydney Cooper

Photographer, Writer

Emma Cromien

Editor

Mr. Dejong

Teacher Coordinator

Sophie Dix

Interviewer, Writer

EsterRose Enos

Club President, Editor,
Meeting Coordinator

Sammanpreet

Ghag

Social Media Manager

Jessica Harrison

Artist

Mr. Heida

Teacher Coordinator

Ava Hergott

Interviewer, Writer

Mulan How

Photographer

Yuna (Ellie)

Jeong

Artist, Writer,
Graphic Designer

Yunji (Iris) Jeong

Artist, Writer,
Graphic Designer

Sadie Keates

Photographer

Shiza Khan

Graphic Designer

Alex King

Artist

Xavier Long-Adams

Artist

Ms. Melfi

Teacher Coordinator

Nissi Momson

Editor

Lyn Moniz

Graphic Designer,
Interviewer, Meeting
Organizer

Guloona Nehar

Writer

Candice Nogalo

Artist, Writer,
Photographer

David Ohkimame

Graphic Designer

Francis Polillo

Artist

Tatiana Reid

Graphic Designer, Writer

Jorja Romero

Artist

Priyana Rostron

Writer

Mr. Saliccioli

Teacher Coordinator

Samantha

Waldick

Social Media Manager

Emma Warren

Photographer