

A CELEBRATION OF STUDENT WRITING.....

<p>Remember me</p> <p>I fought for your peace today Remember me when I laid down my life So that you can stand I will continue this god forsaken land</p> <p>I rest in a field Now I no longer age My fellow comrades are in these rows For you to continue to grow</p> <p>Our memory exists on your chest Just look at that poppy And remember how we fought So that you can have the best</p> <p>Visit my cross Remember me as a soldier As a boy, a man, a brother As a son, a father Of my young daughter Remember me for those Who never got the chance To know me</p> <p>Honour me on November eleventh Think of why I fought Why I am where I lie Think of the lesson we were all taught</p> <p>Clark Anderson Gr. 12</p>	<p>Dear Editor,</p> <p>I believe teenagers should need the parent's and surgeon's consent to be able to receive cosmetic surgery. I believe that most of the time teenagers are only getting plastic surgery to be "more popular" or "more beautiful" and this might not necessarily be the best option for the teenager at the time. Parents or guardians and surgeons may be able to make a better decision about cosmetic surgery than the teenager themself.</p> <p>Science has actually shown that adolescents brains work differently than adults when they making decisions. Their actions are guided more by their emotions and less by the logical part of the brain. Based on the stage of their brain development, adolescents are more likely to act on impulse, misread or misinterpret social cues, not think before they act or not pause to consider the consequences. Therefore this may not be the best time to choose to make such a huge permanent physical change to their body or appearance.</p> <p>Currently there is no law about the age for plastic surgery, although many surgeons have their own rules and beliefs when deciding whether or not they will operate on that patient. Most surgeons require that the patient's body is fully developed beforehand. I agree with this because the teenage body is still undergoing lots of changes and is still growing. For example, a girl's nose usually stops growing at age 15 or 16 so if the patient is under the age of 15 a surgeon may not agree to do the surgery on her. A girl's breasts usually continue to grow and develop throughout their teenage years. So a surgeon would usually be reluctant to perform breast implants on a teenager because the "issue" may likely improve shortly on its own without undergoing risky unneeded surgery.</p> <p>There are also other physical and biological reasons why making these decisions at an early age could affect their future in ways that a teenager may not think about. For example, the ability to breastfeed a baby in the future could be impacted by cosmetic breast surgery. Thus making it a better decision to happen after the person is done having children or is old enough to make a proper life decision. (cont. Pg. 2)</p>
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(cont. From pg 1.)

Teenagers tend to base their thoughts and decisions a lot on social acceptance and their self esteem. Which may form reasons in their minds about wanting to change things about their bodies. Although a lot of the time people will somewhat “outgrow” this stage and think differently about it when they are older or an adult. And a lot of time this is a self esteem or physiological issue rather than an actual physical appearance problem. I do believe that there are exceptions to this in cases where a teenager does have an actual prominent abnormality that surgery would greatly improve their quality of life and happiness. Cases where having surgery would give them a chance at having “normal” and healthy teenage years to grow up with. In these cases, parents and surgeons can help the teenager make the best decisions for their wellbeing and happiness.

Sincerely,
Jaden Todd Gr. 10

An excerpt from a play critique....

Annie Mae's Movement

Silence is the ocean of the unsaid, the unspeakable, the repressed, erased, and unheard. The right to speak is a form of wealth that we take for granted. Our voices are powerful weapons, ones that are often stolen from us. This theft of one's voice can be seen in many cases, including the play “Annie Mae’s Movement”. . .

Sophia Antoniuk Gr. 12

Why Shouldn't You Consume Marijuana?

On October 17th, 2018, the recreational use of cannabis was legalized in Canada, so if marijuana is legal is it really that dangerous? I am inclined to believe that, yes it is. Although they say that “weed” is just as addictive as alcohol it does have some major setbacks of its own. In this essay I will explain why marijuana could potentially be harmful to your health, and why you should not consume it.

Increased heart rate, increased blood pressure, promotion of respiratory diseases. These are just a few things that consuming cannabis can do to your health. Over use of this drug can harm your body in multiple ways. Although in moderation it is still dangerous, weed can even alter your heart rhythm. An irregular heart rhythm can result in cardiac arrest, heart failure, and even stroke.

An individual's mental health is also at risk. When under the influence, you can experience paranoid ideas or hallucinations that are detached from reality. This is clearly something that not only could affect your social life, but your work, and even get you into trouble with the

law. We tend to make poor decisions when we are affected by things like alcohol, and it is the same thing with cannabis. Cannabis can cause the user to feel deep sadness, anxiety, fatigue, irritability, and sense of worthlessness. Not to mention that weed can also cause you to experience false visual, auditory, and tactile perceptions.

It is my firm belief that out of all these side effects, the worst of all is addiction. It is estimated that for every eleven people consuming cannabis, one of them in their lifetime will become addicted. This finding may not worry some individuals, although, personally I find this alarming. Considering the drawbacks that addiction can come with, it could be incredibly damaging to everyone affected. Withdrawal symptoms, strong desire to use, uses repeatedly in a way that prevents the individual from fulfilling obligations. Ask yourself, if the high really worth the risks?

So why shouldn't you consume marijuana? After reading this essay I hope to have given awareness of the dangers of using a drug like marijuana, and even though it is now legal it does not make it safe! In conclusion, the high simply does not outweigh the dangers. Before you decide to smoke, ingest, or consume cannabis in any other way, think, how could this affect me and my family, and is it really worth it?

By: Georgia Pawlitz Gr.9

Resources: <https://encadrementcannabis.gouv.q>

My great grandpa served in World War I and II. He made it back home safely after both wars and lived many years after. But unfortunately I was not given the privilege to meet him. My grandpa had all of his buttons and medals. And I used to go there every day to go through the medals and buttons with my grandpa. But last year my grandpa passed away and left me with my best memories of him, going through the history of the war and also about my great grandpa. If I was alive when my great grandpa was still in the war this would be the letter i would send him.

Dear Great Grandpa

There are so many questions I have for you and so many things I would like to share with you. What all did you do in the war. How long were you there. What did it look like? What were some of the things going through your mind at the time of the war. The questions I have for you are endless. I wish I could sit beside you and have a discussion. If I was able to do that, you might have a headache from all the questions I would ask you.

Hunter Stock Gr. 7

Lara *Good use of transition words
Bang Always do your best 

How to make a snowman.

First you roll three small medium large snowballs. Second you get some trees third You stack the snowman. Next you get the carrot. After that you get a scarf. Lastly you get a tongue. (NEXT) You get some arms

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Lara Bang Gr. 2

Damiean Wilcox Gr. 3

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SOLDIERS WHO FOUGHT FOR US.
STUCK IN A PAINFUL WAR.
BOMBS AND BULLETS.
TANKS AND FIRE.
MILLIONS OF LOUD NOISES
AND GUNSHOTS.
BRAVE MEN WHO NEVER
CAME HOME.

DAMIEN Gr. 3