

WDHS CHRONICLES

Step Up to Dress Up

By Claire Procnier and Cloe Mitchell

Run by the HWDSB Foundation, the “Prom Project” provides students in need with formal wear for special events, such as prom. Students get to pick out their formal wear and it is then altered to fit them.

This foundation was a great opportunity for WDHS to get involved in the community and help fellow teens that do not have the same opportunities as we do. WDHS could have shown our support for those who are less fortunate.

Sadly, only two people in all of WDHS donated dresses to the Prom Project. There are over 1,000 people at WDHS, yet only two students got involved to help less fortunate teens feel confident, proud, and stylish for prom. The *WDHS Chronicles* would like to thank those two students for donating.

We encourage students to get involved in activities around the school by speaking with teachers and members of Waterdown’s Student Parliament. This will help to keep students informed about upcoming events and will encourage students to make a difference.

Hopefully next year with more organization from Student Parliament and better awareness, WDHS will be able to successfully donate to the Prom Project. So for all those going to prom this year, keep your prom formal wear until next year and consider donating to the Prom Project!



Prom Project
HAMILTON

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Tips and Hacks

Time to Focus!

By Alexandra Nicu and Morgan Andrews

Hey warriors! As you know, March break just ended and we know that it can be hard to get back into the daily routine. To make things easier, we decided to give you our best tips on how to focus in class. With these hacks, you'll be back into the swing of things in no time!

- Get enough sleep. This seems like a no-brainer, but it makes a huge difference. Your mind will find it difficult to concentrate if it doesn't have enough rest. Try to get 8-9 hours of sleep a night to ensure a day of learning!
- Clear your desk. More clutter on your desk means more distractions! Try to only have the supplies you absolutely need for that class, on your desk.
- Try to focus on your teacher for a full ten minutes. If you're truly focusing, those ten minutes will go by way quicker than if you were just staring at the clock. Repeat this hack every ten minutes until you feel fully focused.
- Make some fun and colourful notes in class! It's a chance to be creative as well as giving you a better chance of remembering what is being taught.
- If you're struggling to focus, try sitting near the front of the class. It will guarantee that you hear and every word the teacher is saying. Also, just knowing that the teacher is watching you and may be able to tell whether or not you are paying attention will give you extra motivation to stay focused.
- You'll have less homework if you finish it in class. It's an obvious fact, yet many students often don't realize this. Keep this in the back of your mind every day in class and it will give you more motivation to stay focused.
- Sit up straight in your chair. This makes it look like you're paying attention and will stop you from falling asleep in class. Also, it will make you feel more focused and confident.

When the Signs Reply to Texts



- Aries:** about half an hour later
- Taurus:** usually right away
- Gemini:** five - ten minutes later
- Cancer:** about half an hour later
- Leo:** usually right away
- Virgo:** right away
- Libra:** different every time
- Scorpio:** either right away or never
- Sagittarius:** sometimes right away
- Capricorn:** usually about an hour later
- Aquarius:** about half an hour later
- Pisces:** usually right away



Spring Formal! April 21st

Get out your dancing shoes, Waterdown! The event is from 6:30 – 9:30! This year's Spring Formal allows WDHS students to bring guests from other high schools!

Earth Day April 22nd

Help support our Earth!

Badminton Tournaments April 14th and 21st

Come out and support our Warriors during these all day tournaments!

Spirit Week! April 25th – 28th

Show your spirit during the week: Twin Day, WDHS Day, Jersey Day, Tourist Day, and Tie-dye Day!

PA Day April 15th

Enjoy your day off, Waterdown!



Athlete of the Month - Morgan McAslan

By Mitch German

WATERDOWN - Morgan McAslan is without a doubt one of Waterdown's strongest athletes and team players. A member of numerous school sports teams, Morgan's natural athletic ability has contributed to many of Waterdown's achievements.

Morgan's successes began from the start of the 2015/2016 school year as a member of the WDHS tennis team. Alongside tennis partner, Freya Morrison, the duo crushed all competition during their tournament at Rosedale Tennis Club, receiving the title of city champions. This victory further advanced our lady warriors to the SOSSA championships where Morrison and McAslan secured a second place finish.

In addition to tennis, Morgan was also a member of Waterdown's junior girls volleyball team. McAslan acquired a role as the team's middle hitter where her aggressive and powerful plays helped dominate the court. The team accomplished an impressive second place finish to end the season. "Morgan brought so much leadership, fun, and energy to our volleyball team. Her love for competition was evident through her intensive play, and yet somehow she always found a way to bring laughter into the mix. Morgan is an incredibly talented athlete, which was regularly exemplified by her 'superman dives' during games. She would do just about anything to prevent the ball from hitting the floor," commented Mrs. Smith, WDHS's volleyball coach.

Though her overall athleticism is beyond impressive, soccer is where her talent excels. As a current member of Burlington Bayhawks soccer club, the love for the sport began at only four-



years old. McAslan is the team's goalkeeper, a position where she can challenge herself by defending the net. Her devotion to the sport does not go unnoticed, especially by our province. She has been a member of Team Ontario for two consecutive years.

Recently, Morgan accomplished a goal that every athlete dreams of accomplishing. McAslan received a sports scholarship. While only in grade 10, McAslan has recently received a full-ride scholarship to the University of Mississippi in the United States. Here, she can pursue her love for soccer on an NCAA team. During a recent visit to Mississippi, she committed to the University. "Receiving the scholarship felt unreal. I still can't wrap my head around it. It felt amazing because a scholarship is what I have always wanted," explained Morgan.

Her charismatic personal attributes along with her drive for competition make her one of Waterdown's most celebrated and notable athletes. McAslan's determination in the world of athletics will guide her down a rewarding path.

Congratulations Morgan!



JackChat

By Jack Lamont

Where is the best place to buy a prom dress?

I have no idea? If you cannot find one in time you can always stretch out a Turtleneck Sweater and pretend it is a prom dress? If that's not "prom" enough for you then throw some glitter and glue on it or something. I really think you would be happiest with a stretched out Turtleneck Sweater.

How do you figure out if a guy is into you?

You should talk to them or just ask them! A lot of times you will have to initiate some kind of question to find out but it is never as awkward as you imagine it. Communication is key to understanding someone and whether it is by text or in person, it really helps to know where things are

going. One of the best ways to tell is by someone's vocal or body language. Are they leaning in and asking questions? Are they engaged in the conversation or just replying vaguely? Are they sitting uncomfortably or look awkward? These forms of expression really can say a lot about two people and how they interact.

I feel really anxious taking tests and I always do really bad even though I studied hard and knew the material. Tips on achieving better test marks?

I would try and relax more during tests, you might fully understand the material but if you are stressed you might not have a clear enough mind to epitomize your knowledge. Try drinking Lemon Water and eating Blueberries which are both great cleansing foods. Blueberries actually naturally contain aspirin and salicylates which help with lessening pain and reducing stress!



SPORTS
with the highest
concussion rates:



1. Football
2. Girl's Ice Hockey
3. Boy's Ice Hockey

4. Boy's and Girl's Rugby
5. Boy's Lacrosse
6. Girl's Soccer
7. Girl's Lacrosse

8. Boy's Soccer
9. Boy's Wrestling

(Castile et al., 2011; Daneshvar et al., 2011; Tommasone et al., 2006; CDC)



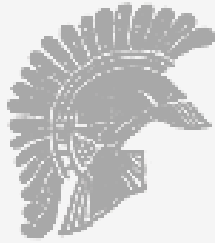
Book your baseline test before your season starts



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Issue:

April 2016

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 #savetheworld

Editorial

Different Places, People, and Meanings

By Samantha McGregor

It's amazing how different people fall in love with different cities for different reasons. Everyone has a place they have been that they talk about like it is the greatest city in the world. That if they could move anywhere, that is where they would go.

One of my best friend's favourite cities is Chicago, Illinois. She has been many times and is never bored of the city. If she could, I know that is where she would spend the rest of her days after high school. She loves the hustle and bustle of the city. The art throughout the city catches her eye unlike any other city she has ever been too. The culture that the city provides is an enriching experience that she adores.

Me on the other hand, I have never wanted to go to Chicago. It is just another city in the States that has never really crossed my mind.

Another friend loves New York City, "Because of the architecture, the history, Central Park, everything is basically in walking distance, have you seen Times Square? It is wonderful, so much good food, home to tons of Broadway shows," she said. Another likes the small town of St. John's Newfoundland because of the brightly coloured houses and how it overlooks the harbour.

Unlike these well known cities that my friends adore, my favourite city is Wallasey, England. Wallasey is a small little seaside town across the water from Liverpool. This past summer I went on holiday to England and one of our stops was Wallasey. I am not really one for the beach because it is hot, sticky, and gross. But Wallasey was different. It was the hottest day of our trip, almost 35 degrees celsius, but it didn't feel like that. There was a breeze that kept it cool, and the air was light. The town itself had houses lining hill streets painted in bright pastel colours. You could walk along the sandy beach for what felt like forever and it felt like you were at the end of the world, just looking out over the ocean towards Ireland. Or, you could walk the promenade and pass all the ice cream, candy, arcade, and clothing shops that had been there since the town was first established. There was this feeling of ease standing next to the ocean that I had never experienced before. But my sister didn't experience it the same way. To her it was just, "The beach one right? Yeah, it was pretty."

Everyone has different tastes. That explains why we have so much variety of the same thing in life. But I think that it is wonderful that everyone has a special place in the world that makes them feel special. A place in the world that you visited that you instantly fell in love with, but you do not know exactly why. Mine is Wallasey, England. What is yours?

Creative Corner



Claire Procnier,
Grade 10



Sarah Patterson,
Grade 10



Jenny Fu,
Grade 10



Name Unknown



Name Unknown



Name Unknown



GAMES



Sudoku

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

Crossword

	1					2					
3											
			4								
5			6		7			8			
										9	
			10								
11											

Clues - School Days

Riddle of the Month

By Saskia Wharton

Be the first person to solve the riddle, find your editor in person, and you will receive a \$5 Tim Hortons Card!

“What is the longest word in the dictionary?”

Crossword

Across:

1. The boss of a teacher
4. Earned diploma
5. Exam
7. Prepare
10. Additional work
11. Reading facility

Down:

2. Learning space
3. Manual
6. Instructor
8. Certificate
9. For storage

Reviews

Grease Live: Hit or Miss?

By Samantha McGregor



With its diverse cast, added songs, and modern actors, *Grease Live*, which aired on January 31st, 2016 was nothing short of a disappointment.

Grease Live followed the tale as old of time from the movie *Grease*, which aired in 1978 starring Olivia Newton John and John Travolta as the leading stars. While the concept of the TV movie, *Grease Live*, was fun to watch, it did not do justice to the original.

Let us start with the cast. Seeing a diverse cast was wonderful, but the actors who played the famous T-Birds in *Grease Live* (Aaron Tveit, Carlos PenaVega, Jordan Fisher and David Del Rio) just didn't have the same swagger that the originals did. Everyone remembers in the original film where Jan, Jamie Donnelly, sang along with the TV commercial "Brush-a-brush-a" at Frenchy's sleepover. I was disappointed in the lack of quirkiness from Kether Donohues who played Jan in *Grease Live*.

Despite the casting choices I did not like, I applaud them for their casting with Julianne Hough as Sandy, Carly Rae Jepsen as Frenchy, and Vanessa Hudgens as Rizzo. Of all the actors and actresses casted in the live movie these three ladies played their roles to perfection.

Adding to the list of casting picks I did like I found that Ana Gasteyer portrayed Principal McGee wonderfully. It was also nice to see Didi Conn, the original Frenchy, back in *Grease Live* as Vi.

Other than the casting, the movie changed some of their iconic scenes, such as Sandy's solo that she sings after the sleepover and her solo after the dance. Summer nights was staged inside a gym instead of outside and there was no fun house in Sandy and Danny's final duet. They even gave Sandy a cheerleading addition scene which was not even in the original.

I understand that everything was done on sets like a play but filmed like a movie, but I do not know why they changed such little details.

Not only were some of the scenes different, the sets were different too. I appreciate what went into building play like sets for a TV movie, but I was a little disappointed in them. The end carnival scene was shot inside their school gym and the pep rally was in front of the school.

Red

By: Elizabeth Goguen

In February the Drama Department received a chance to see the play, *Red*. This play is based on a real painter named Mark Rothko.

In *Red*, a painter named Mark was asked to paint murals for the Four Seasons Restaurant, however Mark struggles a great deal in trying to create these murals. "*Red* was a well put together play that brought you into the life of an intern painter and his mentor with great passion," said Sarah DeWare, a Waterdown student who attended the play.

The perspective of the play is seen through Mark's assistant, Ken's, eyes. Mark and Ken begin to inquire about art and what aspect of it should be in this world. "I found it stupendous because of the fact that there was only two actors for the whole thing. They pulled it off brilliantly," said Jordan Rudzick.





Classifieds

Wishing our Warriors a Wonderful Birthday!



Ava Rahimpour
March 7, 2000



Freya Morrison
March 8, 2000



Kyle Krist
March 25, 2000



Rebecca White
March 8, 2000



Emma Gaspar
March 23, 2000



Katie Pilon
March 5, 2000



Jessie Belbeck
March 27, 1998



Lauren Barnett
March 21, 1999



Joelle McArthur
March 25, 2000



Jennalyn Fu
March 30, 2000















Sarah Paul
March 24, 2000



Kyle Pipe
March 7, 2000

HOROSCOPES

By *Veronica Cruz and Grace McGinness*

<p>Capricorn (Dec 22 – Jan 19) This month you should start putting yourself first for a change! Something may be bothering you but you can't put your finger on it. The answer is there, just buried. Do some free-writing or meditating or work with a therapist to get to the bottom of it. Beyond that blockage lies the key to freedom!</p> 	<p>Aquarius (Jan 20 – Feb 18) You may not know whether to lead from the front or push from the rear, but the good news is, you don't have to make a firm and irrevocable decision. Staying flexible and reacting to circumstances as they arise will probably be your most effective course of action. So unless you enjoy herding cats, let them veer off in their own directions. If you must TRY to keep the peace.</p> 	<p>Pisces (Feb 19 – Mar 20) On your mark, get set, GOAL! No more coasting or going where the wind blows, Pisces. It's time to get serious about what YOU want out of life. What will you accomplish this week, this month—this year? Mentally banish all distractions and train your focus like a laser beam on the first few necessary steps. Make a list, set some deadlines, hit the gas—then go!</p> 
<p>Aries (March 21st - April 19th) This month, your outspoken side is better known for saying the truth than keeping quiet, but this time around try to be more cautious of what you say. Of course you mean well, but others may not pick up on your true intentions. Exercise keeping to yourself more in the first place to avoid future issues. Turn your attention instead to things you can influence, like school, your habits, or any outstanding problems.</p> 	<p>Taurus (Apr 20 – May 20) Taurus, this month is your time to shine due to all of your profound charisma. Make sure to enjoy the extra attention and the jealous looks while your glow lasts. Bask in the attention, Taurus, but be aware to gloat your current feelings around too much, it could catch up to you. But whether you're seeking a better grade in school, a new friendship, or a future job, it's your time to go and get it!</p> 	<p>Gemini (May 21 – Jun 20) This month Gemini, don't be too quick to walk away from a promising opportunity. The debate with yourself about whether to pursue it doesn't necessarily mean it's a deal-breaker, so make sure you fully think about it before you say no. True, you might have to endure some conflict to get to cooperation. But remember to pay close attention to the pros and cons. If you keep an open mind, you might come to see that the opportunity was right for you all along.</p> 
<p>Cancer (Jun 21 – Jul 22) You have your own best efficiency this month, Cancer. Direct your considerable focus to your highest-priority projects this month. If you have a lot on your plate, keep productivity high by setting limits with any time-wasting activities like Netflix or texting. At the end the month, when you've got those important items crossed off your list, you'll have a great reason to celebrate.</p> 	<p>Leo (Jul 23 – Aug 22) There's no beating around the bush this month, Leo. Coming up, you'll be one courageous person! But be careful to not boast around too much. If you want to make some more friends, remember to put yourself out there instead of keeping quiet. If you want to try out for a new sport or club, go for it! Just because a new activity may seem scary or look intimidating, give it a try anyways. Even if you fail, there's always a time to try again and succeed.</p> 	<p>Virgo (Aug 23 – Sep 22) This month Virgo, your home and family life could be charged with some extra energy. Without even intending to, you could be doling out some tough-love advice to a relative—or you might find yourself on the receiving end from someone who cares enough to lay it on the line. Although the tension may be running high, remember to keep cool and see how things work out. In order to get to the light at the end of the tunnel, you have to get through the darkness first.</p> 
<p>Libra (Sep 23 – Oct 22) Cat doesn't usually get your tongue, o' smooth-talking Libra, but this month it would be wise to think before you speak. Words won't be in short supply—but you want to be 100 percent sure you're choosing exactly the right ones for the occasion. One verbal misstep and you might inadvertently offend someone. So be mindful of your audience before launching into your next rant. Better yet: Play it safe by enjoying passive activities, like going to a movie or reading a book.</p> 	<p>Scorpio (Oct 23 – Nov 21) Mind your wallet this month, Scorpio! Money can run like a waterfall through your fingers and self-discipline could be MIA. Avoid tempting fate by steering clear of your favorite boutiques and online shopping centers. Going out after work? Let your pals know you're watching your spending so there's no risk of sticker shock when the bill comes.</p> 	<p>Sagittarius (Nov 22 – Dec 21) It could be time for the Archer to do a little arrow-shooting practice. This month, your boundlessly energetic self has your eye on a specific target and you're determined to hit it. That kind of motivation is exactly what you need—but the missing ingredient might be patience. Remember: The best things are worth waiting for, so do your homework until you're ready to snatch your prize.</p> 

WDHS Trench

By Selah Bishop

WATERDOWN — Opening on May 4th, Waterdown's first walk in trench will truly be a full sensory and educational experience! Mr. R. Flosman and his grade 10 Civics and History classes are already hard at work! The trench is being built in order to celebrate the 100th year anniversary of the Battle of Somme, which began July 1st, 1916. The trench will be open to the public for three weeks and will accurately depict the horrible conditions soldier had to face in World War II. Both Mr. Flosman and his classes are extremely excited to give Grade 8 students in the area a tour of a soldier's home during the war, as well as the rest of the school, and community. Please stay up to date with all updates of the WDHS trench with the twitter hashtag, #wdhsbuildatrench. We cannot wait to see you there!



Letter from the Editor



Hey Warriors! I hope that everyone had a fun and safe March break! This time of year can be quite stressful for students, so I hope that you were able to relax a little while skimming through! This edition of the WDHS Chronicles is the second last one this year which is so crazy. It seems like I just started editing last month! For our last edition, it will be a combination of events from May and June, because there will be exams and quiet week going on. May and June are going to be so great because we are having a dance, May day, spirit week, prom, and more! You can bet that the Chronicles will be reporting on everything, so make sure to pick up a copy. Especially the seniors so that you are able to look back and remember what happened during your senior year. As always I want to thank the wonderful WDHS Chronicles team for all their

hard work. We only have one more edition, team, so let's make it great! Thank you so much for reading, the Chronicles team and I really appreciate it. See you next month!

Your editor,
Selah Bishop



					1 April Fool's Day!	2
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17	18	19	20	21 Spring Formal!	22 Earth Day!	23 First Day of Passover!
24	25 Spirit Week - Twin Day	26 Spirit Week - WDHS Day	27 Spirit Week - Jersey Day	28 Spirit Week - Tourist Day	29 Spirit Week - Tie-dye Day	30 Last Day of Passover!