



# The Sequitur



WESTDALE SECONDARY SCHOOL

APRIL 2017

## The Pie-athlon!

Photo Gallery from The Sequitur’s fundraiser

Photos: Sarah Sellens

What do you get when you take two of life’s greatest pleasures – eating pie and getting revenge on your teachers for all the grief they’ve put you through – and smush them together? You get The Pie-athlon, of course!

(Pie-athlon photo gallery is continued on insert)



Mrs. Forrester covered in pie!



Sam Barringer pie-ing Justice Tomlinson!

## Student Mental Health – Are We OK?

The Three M’s of (Academic) Success

By: Daniel Lane

I’d like you to take a moment to think about the education system that you’re enrolled in. What emotions arise from within when looking back on your past academic years? I don’t want you to be thinking about anything in particular right at this very moment, just recall the emotions that have surrounded your experience. Is it a swell of joy that comes over you when you think back to your middle school days or is it a sinking sensation in the pit of your stomach that’s lead you to dread even the mention of school?

(Three M’s is continued on page 8)

## In this issue . . .



. . . a Spring-themed photography gallery (insert). . .

. . . an open letter from a realist telling us to dream smaller (page 10). . .

*While the idea of chasing your dreams is great, it’s just that. An idea. And a lot of the time, these children don’t end up chasing their dreams, they end up chasing dollar signs. . .*



. . . a brand-new Announcement Board (page 3) . . .

AND SO MUCH MORE!



**OUR TEAM**

### In this issue:

**Editor-in-chief:** Morghen Jael

**Staff Advisor:** Ms. Baboudjian

**Contributors:** Mackenna Friesen, Sarah Sellens, Annie Kang, Daniel Lane, Theodor Aoki, Kyla France, Esther Liu, Justice Tomlinson, Julia K. Watson



### GET IN TOUCH!

Visit Ms. B in room 209 for information, or email us at [thesequitur.westdale@gmail.com](mailto:thesequitur.westdale@gmail.com)

We meet occasionally in room 209, and snacks sometimes make a surprise appearance! Come check us out!

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Inserts (in colour!):

- Pie-athlon photography gallery
- Spring photography gallery
- Vimy Ridge photography gallery

### WE NEED. . .

*The Sequitur*

- Journalists
- Reporters
- Authors
- Fan-fic Writers
- Poets
- Photographers
- Artists
- Amateur cooks
- Travellers
- Readers, music-lovers, TV show addicts. . .
- Outside-the-box thinkers
- YOU!



Be part of Westdale's hottest student-run publication! We always welcome new contributors!



**UPCOMING FUNDRAISERS:** Stay tuned in the coming weeks and months for fundraisers and events run by The Sequitur! We're working on a cake-walk (like musical chairs, with baked goods as prizes) and a used clothing swap! Get involved!



# ANNOUNCEMENTS



## GIRLS VARSITY RUGBY

Calling all Westdale Girls! The rugby team is still open to new members, all grades are welcome. We are now practicing outdoors Mondays and Thursdays after school, and Tuesday mornings: at Churchill Park. See Mrs. Forrester in room 221 for details.

## YEARBOOKS FOR SALE

Go to Fluidmedia.com and get your yearbook today. Don't forget to remember your best memories of school! Hardcover book with digital edition only \$45.00

## THE SPEC TRIVIA CONTEST

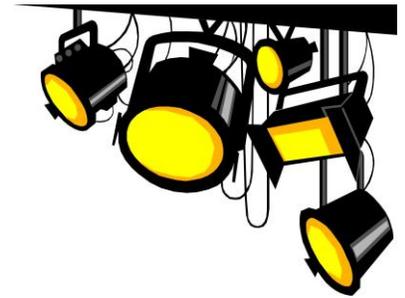
Do you love to read the paper? The Hamilton Spectator is currently running a Trivia Contest. Come see Ms. Simpson for weekly trivia questions. Answer questions accurately and we may win!

## SUMMER COOP

Summer Coop applications have arrived! Please see a coop teacher, your Guidance Counsellor or visit <http://www.hwdsb.on.ca/cce/youth-programs/summer-credit-programs/summer-coop/> for details and deadlines.

## TEAM SPIRIT WEAR

Anyone who ordered team spirit (like Badminton, rowing, water polo...) can pick up your clothing in the lower gym phys. ed. office.



# CLUBS SPOTLIGHT

### Triune: Your voice

At lunch on Wednesdays, a mixture of student voted representatives and general members gather as Triune to discuss the current affairs of Westdale. All together, they are a major factor in determining the way school life will play out. By putting on fundraisers and events, Triune works hard to create an optimal high school experience for everyone in Westdale. Triune was behind some of your favourite events, like the winter Formal, Grade 9 Day, and even helped out with Diversity Week! Coming up next is Westdale's Got Talent. All of Triune is excited to see your talents and for you to share them with the rest of the school!

### Disc: The ULTIMATE Sport

On Wednesdays and Thursdays after school, something magical happens. A group of unassuming teens assembles under one flag, one goal, one purpose: to play the wondrous sport named Ultimate Disc. With Mr. Hrycenko as head coach, the team practices hard to prepare for their numerous games, and strives to bring honour and glory to the Westdale name at tournaments all across Ontario. Playing somewhat like a mixture between European Handball and Football, Ultimate is easy to pick up yet hard to master. Thankfully, due to the emphasis Ultimate puts on bringing the community together, Disc is an open, welcoming sport with seasoned veterans always willing to help out first-time rookies. Come out to Ultimate tryouts next year and see for yourself!



## NOTE FROM THE EDITOR

Hey Westdale! Welcome to the April Issue of The Sequitur – the issue that’s full with as much positivity as realism. Here at Westdale’s school paper, we see the good and the bad. Believe us, there’s plenty of both going around right now.

Something special in The Sequitur this month – besides all the high-quality student contributions, of course, although those are always special – is that the edition you’re holding has the most colour printing to date! Make sure you check out all the gorgeous photography on the inserts (note: inserts, *plural*). We’ve got a spring-themed photo gallery, a series from the lucky students who visited Vimy Ridge this month, and a section dedicated to our acclaimed pie-in-the-face fundraiser, The Pie-athlon!

A new addition to this month’s issue of The Sequitur is the Announcement Board on page 3 – we’ve got your covered for upcoming events and clubs to join. It’s important to stay informed, they all say. It’s true. An informed person is a happy person . . . usually. If you’ve been keeping yourself informed on a global scale, you’ll know that another important event that forever marked April 2017 was the American airstrike in Syria (yes, I’m going there). As world tensions rise, I’m feeling less and less comfortable as a citizen, and more and more concerned for the future of the human race. I know, I know – I end up writing about this every month; but it definitely needs to be said. If we don’t talk about it, violence and oppression will continue. True, it might continue anyway – sometimes not even screams can drown out layers upon layers of hateful undertones – but at least we won’t be using our silence as an endorsement.

This month, I read George Orwell’s classic *Nineteen Eighty-Four* for English class, and I definitely noticed the sinister comparisons to the world today. We don’t live in Oceania, but the anti-foreigner attitude and malleability of truth that have been swirling through the air recently remind me that we’re never too far off. This is no April fool’s joke. Let’s talk about it.

Despite the violence and hostility on the world stage (the throwing of pies is completely innocent. We promise), I want to keep a positive outlook. I want to find the golden nuggets among the bleak news headlines. But most of all, I want to effect positive change in the parts of the world that I *can* control – in my school, in my school board, in my community, in my friend group. You may not have a say in what Trump decides to believe in or what North Korea decides to do. But you do have a say in your own life, in the lives of your peers, and in the decisions that affect them daily.

Speak your mind and spread the love, Westdale. Happy April.

*Morghen Jael*

Morghen Jael



## A Thank-You to Westdale

*Westdale & the World*

### A shout-out letter from an awesome student teacher – Amy Pepper

Many feelings of being the “new kid” resurfaced as I walked up the steps to Westdale Secondary School for the first time. You see, being a teacher at a new school is equally as nerve-wracking as it is being a student at a new school. You feel the expected nerves and anxiety, but also the excitement and curiosity that accompanies a new experience. You wonder if everyone can tell you’re new (the teachers could, the students couldn’t) and that you’re nervous (the teachers couldn’t, the students could) and that you’re genuinely overwhelmed with the newness of everything around you. It did not help that the school itself is enormous and a map is much needed in order to navigate the entirety of it. However, mimicking the new student experience, by Day 2, I felt at ease and welcomed by the friendly staff and students.

Like the student body that occupies them, all schools are unique and it is this uniqueness that encourages a student to want to attend one school over another. But Westdale’s uniqueness cannot be put into words that express how wonderful of a place it really is. Let me start by mentioning the extensive, and I mean pages and pages and pages, of extra-curricular activities. It is near impossible that there is not a single club, association, or sports team that recognizes at least one of your interests. Skimming through those pages of activities, the word belonging comes to mind because each and every student, staff and administrative personnel at Westdale does belong here. I would also like to acknowledge that Westdale has the best-dressed secondary school population I have ever seen (especially those of you keeping Doc Martens in style). In my six short weeks at Westdale, I saw everything from Hawaiian shirts to corduroy overalls, to beautifully coloured saris and a couple of you wearing two different coloured Converse sneakers. Although clothing is something that separates and individualizes us, your unique approaches to style create one big sea of wonderfully dressed students, and not many schools can say they are even united on the front of dressing!

My experience at Westdale was as memorable as it is because of this uniqueness. You all bring something positive to the Westdale community to make it what it is today and I thank each and every one of you for it (So I think that’s about 1,500 of you + staff?). I would like to especially thank the staff of the English Department for their genuine hospitality and making me feel incredibly welcome. Although I did not have the opportunity to work with each of you one-on-one, as a cohesive team of teachers, you have inspired me to become the best teacher I can possibly be. I am especially thankful to Mrs. Court who was an expert mentor to me since Day 1. Westdale is extremely fortunate to have a teacher who is so passionate and selfless in her teaching endeavors. Thank you for all that you have done and continue to do!

I would also like to extend an infinite amount of thanks to both the students I had the pleasure of working with over the last six weeks, and the students I did not directly work with but still made an impact on my experience. To those of you I did not teach, I thank you for helping me navigate this enormous school, saying hello to me in the hallways, and being welcoming faces in a new setting. The politeness and friendliness is unparalleled to any school I have worked at prior.

I would lastly like to thank the three Grade 11 English classes I had the pleasure of working with. I have never had such a well-rounded teaching experience than that of teaching at Westdale and the diverseness of the classes of students I taught is reflective of all that Westdale has to offer. Many days, the students were the ones teaching me and that is an extremely valuable experience for a teacher. Many of the students are impeccable at arts, sports, or music (often all three). Many of the students improve the classroom environment with their funny antics or debate skills. But all of the students contributed to the overall wonderful experience I have had at this school. There is something to be said about each and every one of you and although I do not have the space to say it, please know that you are all AMAZING.

Again, I thank you Westdale for all that I have learned from staff and students alike over the last six weeks. I hope the Westdale community continues to foster the friendly, intellectually stimulating, and positive environment that I have experienced.

All the best,

Ms. Pepper



## Humans of Westdale: Hanif

*Interviewer: Esther Liu*

Humans of Westdale is a photography project based on the Humans of New York project in which we take photos of anyone who is a part of the Westdale community (students AND staff) and collect their stories to share with the people of Westdale.

This edition of HOW is themed around last month's Diversity Week – featured here is an interview with one of the week's coordinators, Hanif!

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The shift in political power in the US, it aggravated me in the sense that in a world where globalization has become key and a real importance, there's so much hate for other people in the world. Like, ignorance about other people. Some people didn't know about all the different people in our world. I felt that in a school like Westdale, because it's so diverse, we had to be able to show that everyone is different, that everyone should be accepted.

My one main focus and goal for Diversity Week was just to see people feel comfortable in the school. We're probably in this school for four or more years, and we have to be happy to be in the school, you have to be happy to be in this place. And I think that basically what my goal was, was to create that space where everyone feels accepted, everyone feels welcomed, and everyone feels happy. And I feel like a lot of people felt that way afterwards because they got to show off who they are and they got to teach other people about who they are and other people got to learn.

I've heard certain stories in the school where students were really positive to be impacted by diversity week. They didn't realize that as a student body that they could make such a big difference, and it's as simple as just coming out to an event or participating in a dance.

# WELLBEING – TIPS FROM TEDDY



## Frozen Vegetables?

*Theodor Aoki*

To only eat fresh vegetables is so capricious; those that are froze are more nutritious.

In your freezer there is space.

In space there are stars.

In stars there is nuclear fusion.



And yes, sometimes we look high and aim low but most of the time it's because the freezer is above the fridge and it wants to be a low temperature.

Every time you eat a frozen vegetable, someone out there smiles just a little bit.

Every time you eat a fresh vegetable, someone out there frowns like a sunshine dolphin, you know?

One of these days a frozen pea will be renamed Oliver Twist.

You must eat that pea.

## Bonus Tips

- Boots are not shoes. Shoes do not go above the ankle
- A well rounded diet does not include spheres
- Parachutes are not armed
- Yoga is a great way to relieve stress and build core strength
- Music has been proven to cause melodies
- Brackets, Exponents, Division, Multiplication, Addition, Subtraction
- Orange Juice is acidic. So is milk.
- To be protein you don't have to approve of adolescents



# DEAR A . . .

Advice from the best

Dear A,

*There is someone in my life that is constantly battering me verbally. There is no way I can escape them. What should I do?*

*Sincerely,  
Battered*



Dear Battered,

Deep fried foods are pretty good.

Sincerely,  
A



Dear A,

*My classmates make fun of me for loving ultimate frisbee. What should I do?*

*Sincerely,  
Disc Is Life*



Dear Disc Is Life,

Hit them with this:

*“Hating On Disc? 😊 The Grind Will Never Stop <sup>100</sup>  
No Breaks 😊 Your Hate 😊 Is My Motivation <sup>100</sup>  
The Only <sup>100</sup> Thing I Break 🏆 Is Records 🏆”*

Sincerely,  
A





## The Three M's of (Academic) Success (continued from page 1)

*Dealing with student anxiety and learning disabilities – Daniel Lane*

. . . If your regards for school are wading about in the shallow end, then there's a good chance that at least one of the following criteria apply to you: You suffer from some form of mental illness; most commonly, Anxiety, and/or depression. You suffer from a learning disability: perhaps ADHD or dyslexia.

Though there are innumerable factors which might play into a student not reaching their full potential or falling flat at the feet of academic fulfillment, I'd like to focus on the aforementioned because of the overwhelming multitude of students that are brushed under the carpets of our country's classrooms due to these deficits. If you relate to any of these aforementioned factors, then I'd like to start off by reassuring you that your negative experience has not been due to your inferiority. It is not due to your stupidity, It is not due even to you being the "bad kid" they may have told you that you are. That is simply not the case, so leave those anxieties and ingrained notions of low self-worth at the door. The education system that has practically raised you should praise you for being the metaphorical monkey that swam a sea, or the fish that climbed a tree.

Please don't think that it is my intention to excuse laziness or underachievement in the name of hoisting the students in question up onto a pedestal, whilst shouting to the rest: "Your system wasn't designed for these people. They should therefore be spared the workload and given a gold star for trying their best"! That would be unrealistic and ultimately unfair. The purpose of this essay is to propose one element of an alternative option which has the potential to make our schools more fair, and favourable for all parties. Unfortunately, because of the restrictions on length, I can only dive into one facet of the solution. Be that as it may, before any propositions are made, it's important that it is aptly expressed and understood why I believe our schools are screaming for change, and what better device do I have to inform you than my own experience?

I began to act out around my first year of elementary school. I didn't do the work, I had to be reminded time and again to pay attention, I slammed doors, spoke out of line, and I was always running away from my teachers. I was constantly landing myself in the principal's office until one defining moment struck. I had asked my teacher if I could go to the washroom and was shot down with a resounding, "No, you may not!". I was infuriated. She had no right to restrict me or the relief of my bladder. So I walked out. Then she was shouting down the hallway at me. Then I was running away. Then she was running after me. Then more teachers were running after me. Then the principal was running after me. I wasn't about to give up without a fight so I gave them all a bit of a workout before Mr. Principal himself caught me around a corner, grabbed me by the shirt collar and shouted, "Gotcha!".

I was kindly escorted out the door before I could say expulsion.

In grade two I was placed in a special needs class after being deemed ADHD riddled, potentially on the autism spectrum, and highly prone to lashing out due to anger management issues. In this environment, my behavior only seemed to further plummet. I suppose this gave me all the more reason to be there! Finally, in grade four I was placed into a "normal" class and my teachers watched in amazement as my behavior and work began to change for the better under the positive influence of my new environment. . .  
(**Three M's** continue on page 9)

(**Three M's** continues from page 8):

Many years later I told the story of my delinquency to my therapist and her response left me in tears because, in that instant, the words of so many teachers and fellow classmates that hung to me like fish hooks buried deep into my skin could finally begin to fall away. She told me that what I had described held a direct correlation to the behaviors exhibited by children with cognitively distorting anxiety.

I'm still striving to improve myself day by day. The difference between then and now is that now I'm aware of what influences my development. What I've discovered on my own, and with the help of my therapist, seems so apparent that it baffles me to think that the following is not mandatory learning.

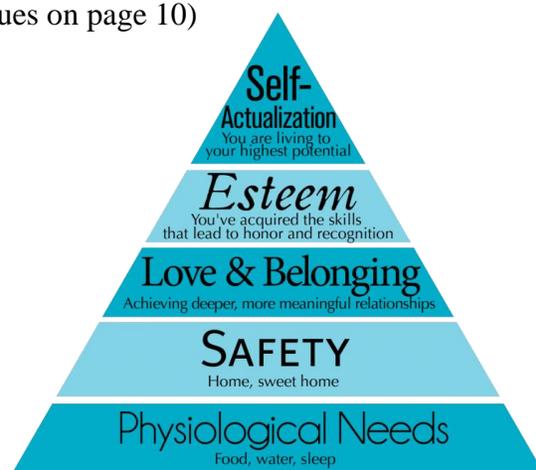
So finally, I shall make my proposition: I believe that one of the key elements to academic success comes down to what I'll call the three M's: Motivators, Mentors, and Mental health. I'll give a brief description of each.

To begin with let's talk about motivators. There are intrinsic motivators and there are extrinsic motivators and both are important. Intrinsic motivators include self-actualization, development of intellect, and personal interest. Extrinsic motivators include the approval of your teachers and peers for your achievement, the prospect of potential scholarships and future job possibilities, etcetera.

Next, there are mentors. The mentor is partially intertwined with extrinsic motivation in the sense that you strive to receive the approval of a mentor. Of course, the influence of the mentor plays a far greater role than simply being a figure of personal gratification. You look up to a mentor because you see traits in them that you wish to have in yourself. For me, mentors have been friends, fictional characters, historical figures, but above all else, teachers. A good teacher who makes you feel worthy can be the most driving force in life.

Mental health is a big one. What I mean by this is that without awareness of my own mental state I'd be lost. Being cognisant of the root of your inner darkness is the only way that you can assess how you carry it and furthermore determine how you can live a happy life regardless. For me this means journaling, reading, exploring different creative ventures, running, biking, listening to lots of music, playing music, having meaningful friendships and relationships, and meditating (See Maslow's Hierarchy Of Needs).

The reason that I acted the way that I had in my earlier years was due to a pretty strong lack of any of these 'M' influences. I had no motivation to succeed. There were no inspirational forces to draw will from. Why should I care if I get a bad grade? I was unaware of the consequences of my actions. I was surrounded by people that only left a negative impression on me and so I had very little mentor influence. I was without any awareness of the importance of mental health and the only solution that was put on the table in regards to this was in the form of a pill. . . (**Three M's** continues on page 10)



(**Three M's** continues from page 9):

Oftentimes such tangible factors which make or break a drive for success are overlooked when dealing with a challenging student. If the student feels worthy and possesses these tools, surprising things can happen. This of course applies to all students and everyone can use this information, but more attention needs to be paid to the students that truly struggle due to learning disabilities and poor mental health. The teaching of natural methods of mental toning such as these should be thrown on the table far before drugs or special classrooms (not to say that medication and/or alternative classrooms aren't ever the right option, because sometimes they are).

These three M's are only a part of the solution and it should be mandatory for each student to be made aware of their importance. This took me so much time to fully learn and begin to apply to my life.

Students must be taught to master their mind. Mind their mind and they won't fall behind... Be kind and they'll shine. It's sublime. See ya next time.

## OPINION

### Unrealistic Expectations

An Open Letter – Kyla France

So I really need to rant. I've been having some pretty strong opinions about this for a while and instead of having discussions with my mom about it on the way to Fortinos, I decided to sit down and finally write about it.

In so many parts of North America, kids are being told that they can be anything, do anything, and accomplish anything they set their mind to. They're told this at a young age, mainly by their parents, who have the biggest hopes and dreams for their children. While the idea of chasing your dreams is great, it's just that. An idea. And a lot of the time, these children don't end up chasing their dreams, they end up chasing dollar signs.

Now, there isn't anything wrong with wishing for a comfortable lifestyle, but that isn't what these kids are aiming for, is it? They're aiming for a Mercedes and exotic vacations and a house the size of a castle. Kids grow up with the idea that they can have their dream lifestyle, with the help of their not so helpful helicopter parents who assure them that they're special.

The main issue is that kids these days are motivated by money. They decide one day that they're going to be an international lawyer, or a neurologist, and they came to that decision by logging on to Career Cruising and finding the highest earnings. And if mommy and daddy said they could be anything, why couldn't they, right?

I'll take it upon myself to disclose why. They don't want to be international lawyers because they have a passion for law. They like the title. They like the sound of making hundreds of thousands of dollars. They don't want to be doctors because they have the profound need to cure and lessen pain. They want to perform surgery, brag about it, and get paid a ridiculous amount of money.

(**Unrealistic** is continued on page 11).

(**Unrealistic** continues from page 10):

I'm not spewing all this dream crushing negativity without at least one example; I wouldn't do that. In Biology we had to perform a pig dissection. Earlier in the semester, our student teacher asked the class who wanted to go into health sciences and a girl, let's call her Claudia, raised her hand. She proudly told the class that she wanted to be a cardiovascular surgeon. Well, take a wild guess at who couldn't locate the left ventricle in the pig's heart on dissection day? Claudia. You might think I'm being unforgiving and dramatic, that she'll learn, but the left ventricle is the most important chamber of the heart! It pumps blood to the entire body. We spent days on the circulatory system. She couldn't find it. Claudia's not going to become a heart surgeon. Not mine at least.

Claudia isn't the problem though. The problem is the notion that with the right mindset, one can achieve anything. Newsflash: one cannot. Serious commitment, motivation, and natural ability are necessary in pursuing a career that will allow you to earn over 300K annually. Is that really what matters, though? At the end of the day is your paycheck all that matters to you?

People aren't choosing careers that they would be good at, or that they have a passion for. They're choosing paths that they think will lead them to a luxurious life, and when reality comes crashing down on them one day, what will they have to show for? When they realize that they can't get into medical school with a 75% average? When they discover that they don't have the work ethic to make it through law school? They will have nothing. That's what worries me. When these kids come to the realization that they can't live up to their outrageous expectations, the result will be so damaging. Damaging to their self-esteem and to their outlook on life. Don't lie to your children. Don't tell them to reach for the stars. Tell them something even cheesier like "do what makes you happy".

Tell them anything except "you can be anything you want to be." They can't. You know it, I know it, and it's totally okay.

-Kyla France



*Thoughts, anyone? If you have an opinion on this issue, or about any controversial topic the internet is yapping about these days, write about it! We'll publish your submission! Email us at [thesequitur.westdale@gmail.com](mailto:thesequitur.westdale@gmail.com)*

## Response to “Personal Pronouns and Bill C-16”

### Reader Commentary – Justice Tomlinson

Hi! I'm no Jordan Peterson, but I feel compelled to respond to your open letter to him. Having watched many of Dr. Peterson's debates and talks myself, I do feel inclined to inform you that Dr. Peterson has never told someone what they can or can't say they identify as, nor has he told them what their voluntary free speech may contain. He has never insulted or belittled members of the LGBTQ+ community (you can check), just their ideas. I think the fact that he's willing to debate and exchange civil discussion on the matter shows that he isn't intolerant as you try to demonstrate. He has actually denounced and condemned LGBTQ+ hate groups and their actions. I think we can all agree that the government should protect the LGBTQ+ community. It's very important to acknowledge that Jordan Peterson (like you) is just a person expressing his ideas in order to engage in constructive dialogue. To imply that he's 'limiting' or imposing his reality upon people is really not true at all. If someone expresses an opinion you don't like (without actually exerting force over you), that is not them limiting you. While I don't necessarily endorse or agree with everything Dr. Peterson has said, I think any reasonable person can see that he's promoting inquiry and discussion, not hate.

You argue that “Some people prefer to be called their middle name, and I have never heard of any resistance to that.” This is a correct observation. But when is the last time someone tried to introduce a law that forced you to call someone by their middle name? When has a law ever dictated that you must refer to someone by their first name either? In my opinion, you approach the notion of the government controlling the content of voluntary speech far too casually. You seem to entirely misinterpret what this law means for Canadian democracy. Bill C-16 isn't just a law that prevents you from promoting hate speech and it's not just a law that prevents discrimination on the basis of gender expression and identity, We see that it demonstrably can be used to oppress people. While I believe that the government should function to protect all people equally, that doesn't mean the solution is putting forward a law that allows for the squashing underfoot of our most central civil liberty. It forces you to potentially speak in a way with which you don't agree or not speak at all; we see even in Dr. Peterson's case where he's threatened with implied termination for even expressing the opinion that perhaps we should preserve our freedom of speech instead of punishing people for questioning the government. Would you be willing to force someone to agree with you? I'd hope not. In fact, I think most agree that this is blatantly wrong totalitarian maneuver. If you found it unfortunate that the government was overstepping, you'd oppose that overstepping.

In essence, I appreciate the presence of your opinion and your willingness to put yourself out there. The Westdale community benefits largely from the diversity of opinion to which you contribute. However, I would suggest that you consider the impact of passing a bill that tells the government it's okay to outlaw certain opinions on the basis of their perceived moral foundation. Additionally, I'd have to disagree with your generalization of the LGBTQ+ community. Most of my LGBTQ+ friends either think Jordan Peterson is an insightful speaker who incites productive dialogue about their issues or is outright correct in saying that no one should be forced to use pronouns they don't want to use. They do not feel that they have been rejected or fought on the existential level just because the law isn't being used as a brute object of force to silence people who disagree with them.

*You can write us a response to this, or any article! Get your opinion heard! Email us at [thesequitur.westdale@gmail.com](mailto:thesequitur.westdale@gmail.com)*



## Pie-athlon continued from page 1:

An unprecedented fundraiser put on by yours truly, The Pie-athlon had Westdale staff members sacrificing their clean faces to raise money for The Sequitur! If you missed the event, don't worry – we've got a photography gallery for you! During a lunchtime of good-natured fun, pies were smashed in the faces of nine brave teachers by the lucky winners of our raffle. It was messy, it was loud – but most of all, it was fun! Check it out below.

Ms. Lively, whose kindness doesn't warrant a pie in the face, got a face full of it anyway!



Our very own principal, Ms. Visca, was a great sport! She even thought to bring a poncho!



As our emcee put it, Ms. Dobie is "the matriarch" of our school – the friendly face from the office was covered with pie!



Mr. Summers came late, but luckily for him, we had saved a pie – we promised, and we delivered.



Mr. Timms serves food every lunch – now the food's been served to him!



Pictured here is Ms. Forrester pie-ing Mr. Dodgson! She didn't escape untouched, though – her pie was up next!

## The Vimy 100 Trip: Recap and Photography! - Julia K. Watson

The Vimy 100 trip was an expedition unlike any other. It was jam-packed with hundreds of unforgettable memories – everything from visiting outrageous monuments, to being serenaded by our lovely tour guide. The spectacle of 100<sup>th</sup> anniversary of the battle of Vimy Ridge itself was truly empowering. It was packed with amazing performances from the Families of Sisters in Spirit and the lovely Coeur De Pirate. The ceremony also included amazing speeches from many important speakers, one being none other than our Prime Minister, Justin Trudeau. However, the best part was standing on top of the monument after the ceremony. Up there, there is a breathtaking view of the ridge itself. While gazing at the view I could not help but take into account that 100 years ago, over 10,000 people were killed, and even more suffered devastating injuries. 10,000 people died so we could all be here today. That feeling in the pit of my stomach – being filled with an overwhelming amount of sadness, gratitude, and pride to be Canadian – is something I will truly never experience again. Although the trip was filled with hundreds of fun moments, the historical aspect was equally as memorable. I would like to thank Mrs. Brodersen and Mr. Pollock once again on behalf of everyone who went. Thank you for putting up with our crazy personalities and for taking us on the trip of a lifetime.

Please enjoy some of our favorite moments from the trip!



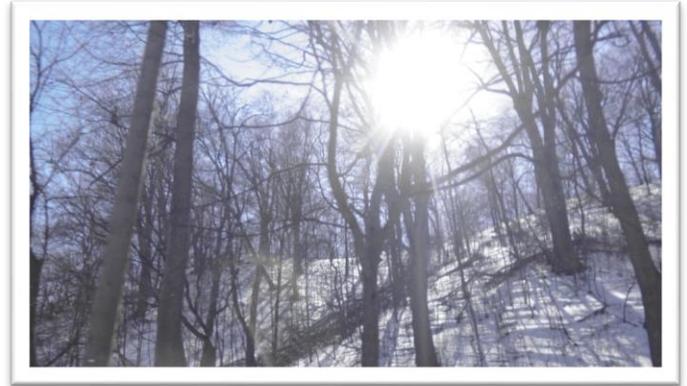


# Student Photography Gallery

Welcome to The Sequitur's gallery of student photography! Photos are IN COLOUR on a limited number of copies! Enjoy!



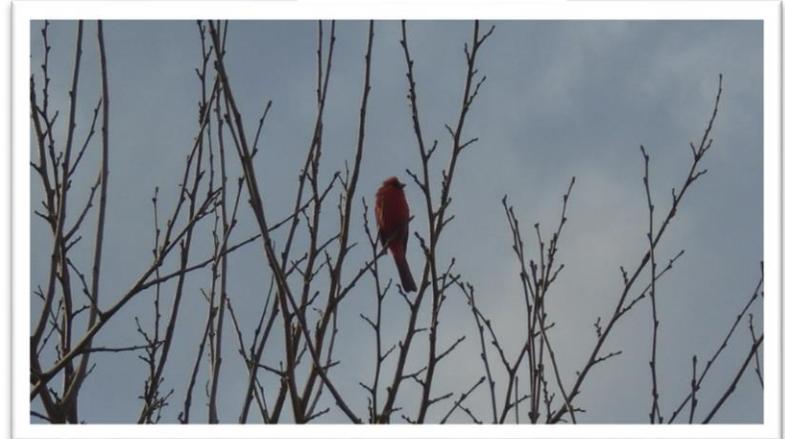
Mackenna Friesen



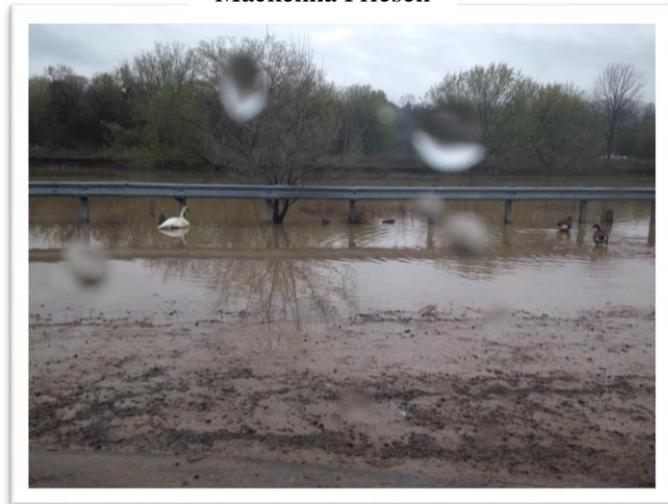
Mackenna Friesen



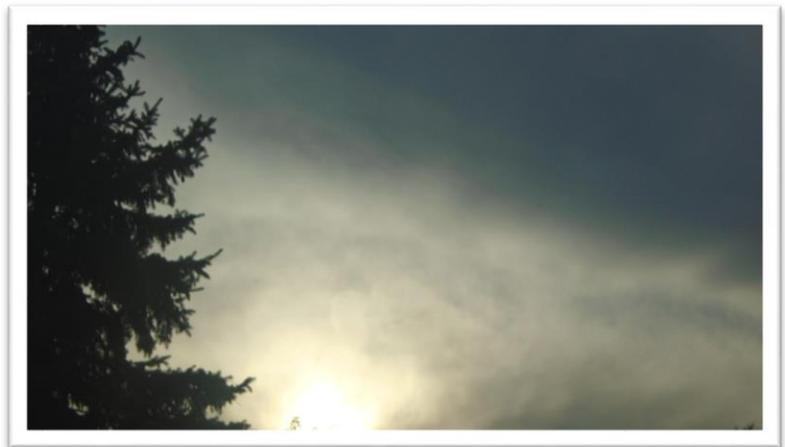
Mackenna Friesen



Mackenna Friesen



Sarah Sellens



Mackenna Friesen

Are you an aspiring photographer? Got some photos to share? Send them to [thesequitor.westdale@gmail.com](mailto:thesequitor.westdale@gmail.com)

It you aren't seeing this in colour, check out our ONLINE EDITION to see this wonderful photography in full colour! Head to [www.hwsdb.on.ca/westdale](http://www.hwsdb.on.ca/westdale) at find our heading: "Sequitor"! It's worth your time, trust us!