



Viking Ship News

Viking Ship News

S O U T H E R N V I C T O R I A H I G H S C H O O L

SPECIAL POINTS OF INTEREST:

- Staff Biography
Mr. Chris Stone
- Senior of Interest
Zack Williams
- Art Spot
Jenna Sipprell
- Girls Group
- New Uniforms
- Comic Corner
- History of Easter Egg Hunts

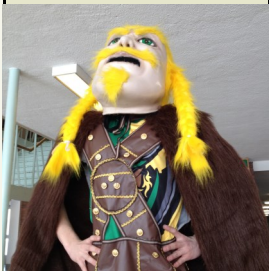
BALL HOCKEY STANDINGS

Maroons 7-1

H.C. Dovos 5-2

Sabres 5-2

H.K. Beostars



PEP RALLY A REAL BOOST

SV had its second pep rally of the year on March 19th. Students and staff gathered to cheer on our spring season sports – volleyball, rugby, and hockey provincials.

Isaac Sprague (Maverick) and Cheyanne McKinley emceed the event while Mr. Golding provided the music. Leadership 12-0 students helped with the lights and set up the event. Members of the Grad class organized the festivities and cheered everybody on.

Our senior boys' hockey team was heading to provincials in Hampton that weekend and needed a big SV send-off.

The boys put forth a valiant effort on the ice, and ended up coming third in the province,

winning one of their round robin games. They beat Dalhousie on Friday night, and then lost to Caraquet and



Students and staff dance to the electric slide. Students pose with Ike .

Woodstock the next day.

“Overall, the season went as planned,” says forward Tyler Aube. “We knew we had a real chance of making it to provin-

cial, and we did!” Many of the boys are seniors and won't be returning next year. We wish everybody all the best in the future.

Thanks to everyone involved for another fun event. Let's keep school spirit alive and well at SV while cheering on all our athletes.



THE HISTORY OF MASCOTS

The word 'mascot' comes from the French term 'mascotte' meaning lucky charm. The word was first recorded in 1867 and popularized by the opera 'La Mascotte', performed in December 1880. It then entered the English language in 1881. It was sports organizations

that started to use animals as mascots to provide some extra entertainment for spectators. At first, sports teams brought along real live animals to the games. Most of these animals were predators expected to roar and strike fear into the hearts of their

opponents. The transformation of live animals and two-dimensional fantasy mascots into the modern three-dimensional variety was triggered by the invention of the Muppets in the late 1960s.

Making Connections, One Girl at a Time

Jenn Bear and Trena Christensen are leading the charge at Girls' Group for another eight-week installment. "We meet once a week to help girls make connections and to learn

to feel empowered," Jenn explains. The girls meet to discuss heavy issues — such as abuse and addiction, and also explore lighter topics such as friendship and music. "This week we are making pink ribbons and passing them out to raise awareness for women's issues," she said Thursday. She goes on to explain that there is a pre-

requisite to being in the group— "you have to be willing to open up," Jenn confesses. "If you're not willing to talk and share, there is really no reason for the group. Luckily, none of these girls are shy," she chuckles.

Students gather on Thursdays for Girls' Group



Mr. Stone is a die-hard Leafs fan. "Wendall Clark is such an inspiration for me," he says. "He was fearless, and I want to be fearless."

Mr. Chris Stone has worked at SV for several years now, and has a faithful following of students who look up to his leadership. "My role is first and foremost to support students," he comments. He also notes that a big part of his job is to facilitate communication and to help students become self-aware. In addition, Mr. Stone organizes

SV's ball hockey league. "I noticed all these kids standing around at noon, and I asked myself 'what can I do,'" he remembers. There are currently seven teams comprised of thirty-five students, with twenty more on a free agent list hoping to get picked up! Needless to say, Mr. Stone's ball hockey is a huge success. Interestingly, Mr.

Stone has a Science degree as well as a license for social work. He first worked with at-risk youth in St. Stephen, and camped with his charges for a month on Spoon Island, with no modern conveniences or electronics. "I helped these kids connect with nature and find themselves. They learned to be self-reliant," he admits. Well done, Mr. Stone, and keep up the good work!

SIW CHRIS STONE – A MAN WITH A HEART FOR YOUTH

CONSTABLE MUIRHEAD VISITS SV

RCMP constable Dennis Muirhead visited SV on Tuesday, March 16th. Grade eleven and twelve students participated in an hour-long information session about how and why to enlist in the RCMP.

Constable Muirhead explained the necessary requirements. They are: applicants must 19 years of age or older, they must possess a valid driver's license, they must be fluent in English and/or French, possess a high school diplo-

ma, be willing to relocate to anywhere in Canada, and must not have any criminal charges pending. To see the full list of requirements, check out <http://www.rcmp-grc.gc.ca/recruitment.ca>



ZENTANGLE – THE ART OF PATTERNS

Student artists, like Jenna Sipprell, are raking in a small fortune – three of Jenna’s *Zentangle* pieces have sold for \$75 a piece. Art students displayed their work at the Andover Elementary art show, and many sold to the highest bidder that night.

Jenna and her work are featured in both the *Victoria Star* and the *Blackfly Gazette* showcasing her contributions to the art show.

“The four pieces are part of my final

project,” she notes. “They are based on Isaac McCarthy’s *Zentangle* Animal series which shows animals made up of small intricate patterns.” Jenna chooses Indian Ink for her medium and is satisfied with the results.

For Jenna, art is a hobby. She enjoys the freedom of expression it allows her and hopes to continue to create meaningful pieces of art well into the future. And if she can continue to sell her pieces, “Well that’s great too!” she laughs.

Jenna’s Bear *Zentangle* can be seen in the upstairs lobby.



NEW RUGBY UNIFORMS FOR SV



Mason Baker, grade 12, shows off his new jersey at the pep rally

Rugby season is here again, only this year, players will be sporting new uniforms.

Coaches Jason Green and Justin Tompkins lead the boys’ Rugby team, which averages twenty-two players a practice. Our girls are led by Rita Kelly and Crystal Rossignol . They haven’t had an official practice yet, but already twenty-four

girls have signed up. Jake Miller (grade 12) says he has a good feeling about this year, and knows what it takes to win a championship. Jake recently moved here from Hampton, NB, and is excited about our rugby program. His leadership on and off the field will be key since our program is still quite new. Best of luck to all our rugby players !

“To win like a champ, you must play like a champ, and to play like a champ you must think like one.”



**SENIOR OF INTEREST:
ZACK WILLIAMS**

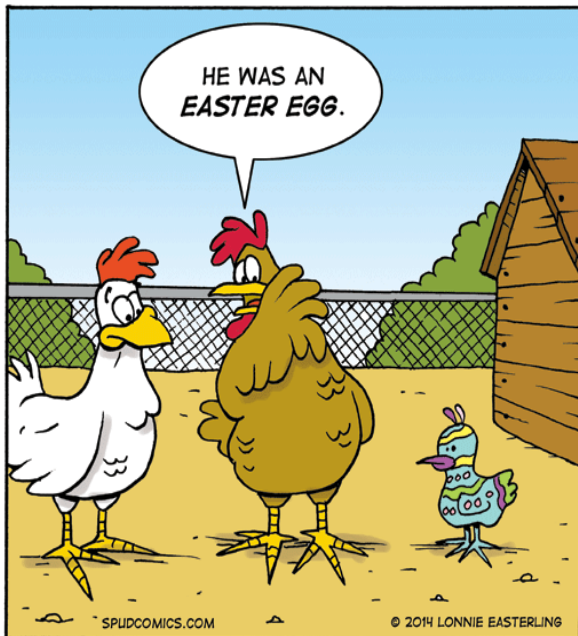
Zack Williams proudly hails from Beaconsfield and enjoys talking about two things — his plans for the military and ball hockey. “Growing up in the country has taught me to be resourceful and independent,” he says. “That will come in handy when I get to the military,”

he concludes. Zack plans on joining the reserves over the summer and then continuing his career and education serving his country. When asked about his time here at SV, he calmly replies, “I can’t complain.” Zack is really enjoying Culinary Tech this term, and benefits from the

hands-on approach to learning. Zack captains his ball hockey team which won first place last year. He is anticipating another big finish this year. In fact, ball hockey is the one thing he’ll really miss once he’s gone. Congratulations Zack, and best of luck in the military and beyond!



COMIC CORNER



THE STORY BEHIND THE EASTER BUNNY

You won't find them in the Bible, but many cherished Easter traditions have been around for centuries. The most prominent secular symbol of the Christian holiday, the Easter bunny reportedly was introduced to America by the German immigrants who brought over their stories of an egg-laying hare.

The decoration of eggs is believed to date back to at least the 13th century, while the rite of the Easter parade has even older roots. Other traditions, such as the consumption of Easter candy, are among the modern additions to the celebration of this early springtime holiday.

Easter is a religious holiday, but some

of its customs, such as Easter eggs, are likely linked to pagan traditions. The egg, an ancient symbol of new life, has been associated with pagan festivals celebrating spring.

Decorating eggs for Easter is a tradition that dates back to at least the 13th century, according to some sources. One explanation for this custom is that eggs were formerly a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting, then eat them on Easter as a celebration.

<http://www.history.com/topics/holidays/easter-symbols>



Good Idea: Finding Easter eggs on Easter Sunday
Bad Idea: Finding Easter eggs on Thanksgiving

