



Viking Ship News

F I T N E S S W A L K A H U G E S U C C E S S A T S V !

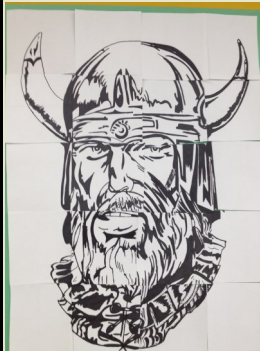
BALL HOCKEY STANDINGS

- H.C Davos 3-1
- Sharks 0-4
- Sabres 3-1
- Maroons 3-1
- H.K. BeoStars 3-1
- Vikings 1-3
- Hamburg
- Freezers 1-3

"You miss 100% of the shots you don't take" - Wayne Gretsky

VIKING ART!

Many students contributed to this piece



STUDENTS AND STAFF WALK DAILY

With the change in semesters came another new change here at SV – a fifteen minute fitness walk!

In between fourth and fifth periods, all staff and students walk around the upstairs or downstairs squares respectively.

On occasion, *Ike* (SV's Viking mascot) makes an appearance to cheer on walkers and to boost school morale. He can be seen in lobby corners or stairwells encouragingly flailing his arms and bobbing his head to tunes over the intercom.

Research shows that people need at least thirty minutes of physical activity per day to maintain optimal heart health,

"so we're well on our way to a healthier lifestyle here at SV with these fifteen minutes a



Brisk walking can elevate heart rates and improve cardiovascular health

day" says Athletic Director and program overseer Kris Gallagher.

Other programs here at SV allow staff and students the opportunity to exercise – students can participate in noon-

hour intramurals, including volleyball and ball hockey (the latter of which has a heated rivalry heading into finals).

The gym also boasts a small but useful collection of weight-lifting equipment on the stage if needed, and several electives including Outdoor Pursuits and Health and Phys. Ed 12-0 are offered to grades 11-12, all of which encourage physical fitness.



© Dani Jones

MADD PRESENTATION AT SV

Students and staff witnessed a powerful MADD presentation in February.

Mothers Against Drunk Driving (MADD Canada) is a charitable, grass-roots organization that is committed to stopping impaired driving and sup-

porting the victims/survivors of this violent crime. Each and every year, thousands of Canadians are killed or injured in impaired driving crashes. Driving under the influence of alcohol or other drugs is a terrible crime that touches all our lives.



Seniors of Interest – Albert and William Brewer

William and Albert Brewer are set to graduate in a few short months, and after that, they may live apart for the first time in their lives.

“Being a twin has its ups and downs,” Willie admits. “But ultimately, I have a built-in friend at all times, and that’s refreshing” he concludes.

Whereas Willie plans on attending Bay Tech in Moncton for welding, Albert is not sure yet what he wants to do, but is leaning towards Kingswood University in Sussex. He does

know, however, that he enjoys Math and Sciences and admits that “courses here at SV have gotten better – on-line Calculus and Computer Science are especially exciting.”

Albert describes his twin brother Willie as “jolly and mischievous” whereas he sees himself as the serious, shy twin.

Willie will be remembered for his contributions to the Theatre Arts program and for his fondness of bacon in the breakfast room, whereas Albert will be remembered for his luscious locks (long

hair) and insightful opinions in English class.

Best of luck boys! Always remember that your brother was your first friend, and think fondly of your years here at SV!

Did you Know :

Two siblings born in the same calendar year are known as “Irish Twins”??

That’s fitting for St. Patrick’s Day!



Josh Michaud and Dawson Gamblin show off Sv’s latest mural – a tribute to the local area and its rich cultural heritage.

SV IS PART OF A RICH CULTURAL HERITAGE SINCE 1953

Southern Victoria has been around for a long time – 1953. The building has undergone several additions and even some demolition over the years as walls have been taken down to open up classrooms for team teaching.

Many staff members are alumni here having graduated at some point, including our principal. And now more

than two generations have potentially come and gone – most students here can look up and find a parent in the composites lining the upstairs lobby.

SV proudly boasts a multicultural atmosphere as reflected in the latest mural project in the café area which features an eagle, potato fields, the rolling hills of the

river valley, a Viking ship, and an inuk-shuk among other symbolic images.

The café area has become a favourite hang-out for many students who eagerly await some new café-style furniture which will make eating lunch in this area even *more* enjoyable.

Bon appetite everyone! And let’s continue to improve SV for future generations!

CULINARY TECH BACK IN SESSION THIS SEMESTER

Thomas Foster (grade 11) hones his knife skills with help from Ms. McDonough, who returns for another full semester of Culinary Tech 12-0.

Two classes are offered this term to allow students the

opportunity to learn techniques and information to help them find their way around the kitchen. Some students plan on making a career out of what they learn in the program, while others simply enjoy the hands-on approach. Still

others enjoy the pleasure of making their own food and being self-sufficient.

We look forward to the upcoming events where Culinary Tech students put on a spread or two!



WINTER CARNIVAL SHOWCASED SV TALENT



Queen's Court , 2015

Another Winter Carnival has come and

gone, and students enjoyed a fun-filled week along with a tear-filled Miss Perth-Andover pageant.

Students dressed up all week to different -themed days – hippie day, character day, plaid day, etc. and then cheered on their favourite contestant on Pageant night.

The audience saw a wide array of talent on display as Faith Bowmaster performed a dramatic monologue, Cheyanne McKinley painted a picture on the spot, and Kimiye Gamblin

played her violin. Heather Baker sang a touching rendition of *Will the Circle be Unbroken* in remembrance of her late father which left everyone wiping away tears.

Heather went on to win Miss Talent as well as Miss Perth-Andover, Kimiye Gamblin won first Princess, Olivia Baker won second Princess, and Faith Bowmaster rounded out the pack winning Miss Congeniality.

Overall, Winter Carnival week was a refreshing mid-winter break!

BREAKFAST FOR LEARNING

SV is proud to provide a nutritious – and free – breakfast to all students in the building with the help of the Breakfast for Learners program.

In 1992, a small group of forward-thinking editors at Canadian Living magazine made a vision a reality when they decided to help out hungry kids. “As a family

magazine, we feel we have a commitment to the future of the Canadian family...we think we can do something to help make sure Canadian children have a better chance at a secure future.”

Over the past 20 years, Breakfast for Learning has helped to nourish more than

3.6 million children from coast to coast, providing over 554 million meals and snacks.

See more at: <http://www.breakfastforlearning.ca/about-us/our-story/#sthash.hTnGYEKY.dpuf>



“All happiness depends on a leisurely breakfast”
-John Gunther

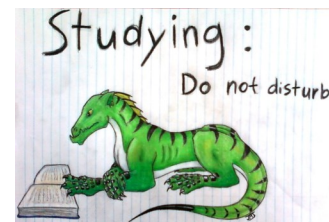


5 MIDTERM STUDYING TIPS

These suggestions and links at left may help you succeed in having your abilities properly evaluated and efforts rewarded! 1. **Analyze how you did on a similar test in the past.** Review your previous tests and sample tests provided by your teacher. Each test you take prepares

you for the next one! 2. **Read directions carefully!** and avoid careless errors. 3. **Answer questions in a strategic order:** Easy questions first to build confidence. Then those with the most point value. On objective tests, eliminate obvious incorrect answers .

4. **Review! If you have time.** Resist the urge to leave when you complete the exam--check if you have answered all the questions, and not made any errors or mis-marked any answers. 5. **Be comfortable but alert.** Choose a comfortable location with space enough that you need.



COMIC CORNER



HISTORY OF SAINT PATRICK

Every year on March 17, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

St Patrick is known as the patron saint of Ireland. True, he was not a born Irish. But he has become an integral part of the Irish heritage, mostly through his service across Ireland in the 5th century.

Patrick was the son of Calpornius, a Roman-British army officer. He was growing up as naturally as other kids in Britain. However,

one day a band of pirates landed in south Wales and kidnapped this boy along with many others. Then they sold him into slavery in Ireland. He was there for 6 years, mostly imprisoned. This was when changes came to him. He dreamed of having seen God. Legend says, he was then dictated by God to escape with a getaway ship.

Patrick's mission in Ireland lasted for over 20 years. He died on March 17, AD 461. That day has been commemorated as St. Patrick's Day ever since. The day's spirit is to celebrate the universal baptism of Ireland. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

Read more at <http://www.theholidayspot.com/patrick/historyofpatrick.htm#e474sdXfPXYZUjTe.99>



You don't have to be Irish to celebrate St. Patrick's Day! Although, one-third of all New Brunswickers have an Irish ancestor somewhere in their blood.