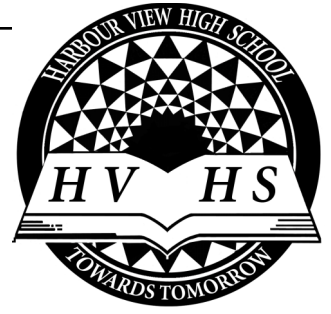


# HARBOUR VIEWS

Issue 2

October 2017

"If you try, you risk failure. If you don't, you ensure it." - Anonymous



## HVHS cafeteria undergoing healthy makeover



L-R: Ms. Lennon, Rachel Sheehan, Mrs. Scott, Mrs. Gallagher, Jenna Dixon

(Photo submitted by Mrs. Scott)

By Evan McCavour

Summer 2017 marked the end of the contract between Harbour View High School and its cafeteria food provider, Chartwells. Of all the changes made to the school to improve and encourage healthier lifestyles for the students, this is by far the biggest.

"The focus on our Wellness program at Harbour View over the past few years had been to promote healthier eating amongst our students with a specific goal of increasing students' fruit and vegetable consumption. We have been doing this through our wellness weeks by providing free healthy snacks, offering cooking classes, and providing school wide meals," said Mrs. Scott.

"The Wellness Committee and Food Service Committee along with Cul Tech students, Nutrition and Environmental Science students and Student Council, felt the next step in the process was to get a new food provider who would be willing to work with our goals of promoting healthy eating, incorporating our garden program and supporting local producers when possible," she added. "We are all looking forward to finding out who our new food provider is and are excited to start working with them to help promote our wellness goals.

The Wellness Committee, the Culinary Technology classes, and even some big food companies (i.e. Pita Pit, Domino's Pizza, etc.) have been providing the healthier food options for affordable prices while the search for a food provider continues.

"It's nice that we're getting a healthier food provider," Rachel LeBlanc stated, a regular at Harbour View's cafeteria, "but I hope we still have the option of getting things such as desserts and other less healthy options."

With the cafeteria food being improved, more students, such as vegans and vegetarians, may find themselves buying lunch from the cafeteria, due to these healthier improvements that have been made.

"I really don't eat at the cafeteria," Harbour View student Tessa Murray began to explain. "Yet, I think it's pretty cool that we're going to be getting healthier food options there."

"Our Nutrition class and Wellness committee are in the process of promoting a healthy eating campaign called "Vikings 'Vegin' Out" to encourage students to increase their fruit and vegetable consumption. Watch for details to come on the Wellness bulletin board on the first floor and on our school FB page," said Mrs. Scott.

October at HVHS

5 - 7 *Mary Poppins*, 7:30

9th - Thanksgiving Day, no school

18th - Picture Retakes, a.m. only



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# It's going to be supercalifragilisticexpialidocious

By Aaron Sousa

The drama department at Harbour View High School has been buzzing with activity these last few weeks in preparation of their fall production of Disney's *Mary Poppins*.

The musical, set in London during 1910, tells the story of Mary Poppins, a magical nanny who comes to teach a pair of spoiled children some important lessons about life.

"Mary's all about tough love. She has been a nanny for so long that she knows what works and what doesn't," said Emily Alston, when describing her character's personality. "She's a little blunt in her words and actions to get her point across, but it's all out of love."

During the course of the show, Mary falls in love with a chimney sweep called Bert, played by grade 12 student, John Harley.

"I love Bert," says Harley, "He has a goofy side; however, he can be serious because of his life experiences. And because of those experiences, he is very knowledgeable and wise."

It may seem like fun and games, but there is plenty of work needed to be done.

"I have greatly improved over the past four years," Emily said. "Especially dance. I've been pushing myself more than I usually would."

"I love the friendly environment, and over my three years of musical, it always gets better," John interjected, "The ensemble get along and we work together to help each other out."

When it comes to theatre, the main goal of every actor is to portray emotion effectively. The pair couldn't agree more.

"I want the audience to feel something special. I want the show to be memorable for the audience," John said.

"My goal is to make people who wouldn't usually like musical theatre, enjoy what we have to offer," said Emily.

The show runs from October 5-7. Tickets are \$15 and going fast. The show starts at 7:30PM and there is also a 2:00PM matinee on Saturday the 7<sup>th</sup>.

## HARBOUR VIEW HIGH SCHOOL

presents

Disney and Cameron Mackintosh's

# MARY POPPINS

A musical based on the stories of P. L. Travers and the Walt Disney Film



**Oct. 5, 6 and 7**

**7:30pm**

**Oct. 7 Matinee**

**2:00pm**

**\$15 Reserve Seating  
Tickets available  
at HVHS Main Office  
658-5359**

Original Music analysis by Richard M. Sherman and Robert B. Sherman  
Book by Julian Fellowes  
New Songs and Additional Music and Lyrics by George Stiles and Anthony Drewe  
Co-created by Cameron Mackintosh

MARY POPPINS is presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTI.  
[www.MTIshows.com](http://www.MTIshows.com)



John Harley and Emily Alston rehearse for their roles in *Mary Poppins*.

(Photo submitted by Aaron Sousa)

## Attendance matters

By Katelynn Ervin

New rules set by the school district have been introduced to the students at HVHS for the upcoming 2017-2018 school year and they're a lot stricter than before.

In previous years, students could miss a fair amount of classes and the consequences seemed less severe. Now your parents will get called after five days, there's a meeting arranged to discuss the absences after ten missed days and after twenty days you can be suspended.

"I don't think that having new rules will change how much someone shows up," said Makenzie Kincade, a grade twelve student at HVHS.

"I think that they're being a little too strict with these new rules, twenty days is only two days a month and sometimes students can't help if they miss more time than that."

Teachers on the other hand, have more of a positive attitude about these changes.

"The goal is to have a positive effect on the students here," said Mrs. Robinson. "I think it will give a lot of students a chance to stop and think 'Oh, maybe I am well enough to go to school today. I don't need to stay home.'"

## Harbour View's Gay Straight Alliance to attend Pride in Education Conference

By Finn LeBlanc

Harbour View's Gender Sexuality Alliance is planning another trip to the Pride in Education Conference in Fredericton this fall. The group will be seeking approval from Student Council to get the funds necessary to bus them to the Wu Conference Centre once again. It was beneficial when they attended last October, and the group would love to see what this year will bring.

The GSA will be looking to Student Council to help fund the trip, as they hope to attract new members this year. Only two members attended last year, but hopefully this October more students will be able to enjoy this experience.

"The conference helped us connect with other GSA groups around the province. It was an eye-opening experience," said Samantha Morrell, a devoted GSA member who attended the conference last year. "I felt closer to the members and learned a lot from other groups."

The Pride in Education conference is dedicated to helping GSAs across New Brunswick come together and share their experiences. The Gender Sexuality Alliance at Harbour View may be small, but they are a group of students who want to create a safe space within their school, where people feel free to be themselves. This conference can give them the tools necessary to create that space, and teaches them lessons that will go beyond the school's walls. It is wonderful chance for students to make lifelong friends and learn new ways to make their GSA shine.

"I am really excited to go to Pride in Education," said new member Griffin Empey. "It will be a really fun and important experience for us all."

Last year's conference was a huge success, and the students are eager to get back to what they love: having fun and making their school a better place. Harbour View's Gender Sexuality Alliance generally meets once a week, and they are always welcoming new members. For those interested, see Ms. Smith in Guidance or listen to the announcements to find out when the group is meeting next.



L-R: Samantha Morrell, Finn LeBlanc and Evan McCavour

(Photo submitted by Mrs. Smith)

**DON'T FORGET TO PURCHASE YOUR 2018 YEARBOOK BEFORE OCTOBER 9th.  
PRICE INCREASES \$10 ON OCTOBER 10th.  
VISIT MRS. THOMPSON IN THE LIBRARY OR ORDER ONLINE AT JOSTENS.COM**

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**Next issue:** November 2017

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# SPORTS



with Alexandre Banks & Ethan Higgins-Watson

Hello fellow Vikings! We hope that you are having a good start to school and that everyone likes their new courses. September was a busy month as all the fall sports were starting their seasons. The Harbour View athletes have been performing well in every sport and should be congratulated for their dedicated efforts.

The girls field hockey team has earned their respected (and feared) reputation and they haven't lost a game yet this season. They have played five outstanding games so far. The scores for these games are as follows: SJHS (2-0) and (6-0), STM (6-0), RNS (13-0), and Sussex (2-0). The girls also had a tournament on the weekend of the 23<sup>rd</sup> where they remained undefeated. The coaches that are helping the team with their success are Ms. O'Connell, Ms. Lyon, Kaley Watters and Kayla Nice. The captains are Maddy Glenn and Bridgette Tomilson and the junior captain is Matina Dick.

"We have a good strong team and a promising season. We are in it to make provincials and bring the banner back again," says Maddy Glenn. The girls seem to be on a route to success so let's cheer them on and wish them luck.

The junior girls soccer team has been practicing a lot and playing hard in games. Although they haven't yet won a game this early in the season, their effort is paying off and they are getting better as a team. The coaches, Ms. Lennon, Ms. Stubbs and Ray Riddell, along with the managers, Lauren McKinley and Hannah McCarthy, are looking forward to a season of good team work and some well-earned wins. The team is hoping to become better as a group and improve their passing skills. The team captain is Emma Palmer. Best of luck to the girls with the rest of their soccer season. We know that you will do great!

The boys' football team has been having an outstanding season. The Vikings on the team and the coaches deserve many high fives! They have had a couple close games, including their opening game which was played at Shamrock field against Hampton High. Although the boys lost, it was a close game of 18-19 for Hampton. They have two more games on the 23<sup>rd</sup> of September and the 30<sup>th</sup>. The coaches DJ, Will Wilson, Brandon Hines, and Derrick "Lurch" Hann are excited for the season as the team is performing really well. Our football players have done extremely well in their season so far and are getting better every practice. Way to go guys! Keep on working hard and making us proud.

Swimming has just begun for the year with a couple meetings to see who is interested in the team. The competitions don't start until later and the team is still looking for more swimmers. Swimming is a great sport that helps build endurance, muscle strength and cardiovascular fitness and we recommend joining the team even if you just want to do it for fun! Best of luck to all swimmers at the competitions this year!

The boys soccer teams are starting their seasons very well. The junior boys soccer team have played well this season with a perfect record of zero losses. The boys were very excited when they defeated the Saints in a great showdown, and for their next game they tied Saint John High School in a very competitive game. They followed that up with a 4-0 win against KV. The Vikings are going to keep working hard and doing their best to keep their winning streak flawless. The senior boys soccer team had four games this month and every game was a job well done. The first matchup was against Sussex High School. This game was very competitive with two well matched teams. The ball rolled back and forth between ends, both teams fighting for the win. With Harbour View's strong defense and quick offence, they took the lead in the second half and kept it until the clock ran down to its final seconds. Way to go guys! The boys' next game was against St. Malachy's and this game was a bit more challenging for the Vikings, but they never gave up. The Saints did win that game, but the team had a good time and played their best. A couple of days later the team had a game versus the Greyhounds, and it was another difficult match. Like Harbour View, Saint John High School has a great team and in the end the Greyhounds won. Both the junior and senior teams continue to play well and we can't wait to see how they do later in their seasons.

The golf season has begun and Harbour View's team looks to be on the track for success. Mark Kelly, Liam Robson, Colin Black, Spencer Randell, Brody Walsh, Sergio Hernandez and Clara Kelly are all on the team and very excited for the start of the season. They are all working hard to enhance their skills so they can crush their competition at the upcoming tournaments. The team has one tournament this year on Friday the 29<sup>th</sup> at the Gage Golf and Curling Club. This is the Regional tournament and the event that decides whether the team will move on to Provincials.

Harbour View's cross country team is looking very strong this year. The runners had two races this month, one in St. Andrews and the other at the Simms Corner Park. Only the girls went to the St. Andrew's run, and their performances were exceptional. At the race Jillian Beck, Matina Dick and Rachel Sheehan all ran as the senior varsity runners, while Claire Oliver and Hannah Breneol ran as the junior varsity runners. All the girls placed very well on this course. For the senior girls' division, Jillian came in first, Matina placed fourth, Rachel finished at sixth and for the junior runners' division, Claire placed first and Hannah came in seventh.



L-R: Alex Banks, Ethan Crowley, David Fox, Jerome Dick (coach)

(Photo submitted by Michele Banks)

The following week there was the Simms Corner race and we had four runners show for it. Alexandre Banks, David Fox, Kieran Watts and Ethan Crowley all ran and had a great time. Alexandre was the only senior for Harbour View that evening and David, Kieran and Ethan were the only junior runners. Ethan, Kieran and David ran the course first, and they all ran an incredible race. David crossed the finish line at fifth place, Ethan ended his run at sixth place and Kieran placed mid-pack. Well done, boys! The last run of the day was the senior varsity boys race, and what a race this was. Alexandre ran as fast as he could and placed first. It was a great day for the cross country team.

This month, there have been open gyms for the boys and girls basketball teams. Open gym is the perfect time to get the ball back in your hands and show some of your talent. If you're interested in playing basketball for your school this year you should absolutely consider going to these practice times. It's a great way to meet the coaches before tryouts and it's a lot of fun.

For the boys, gym time is Fridays at 5:15 to 6:45 after school and Sundays at 1:00 p.m. to 3:00 p.m.. Depending on the availability of coaches these times can change so ask around if you know anyone who played on the team last year. For the girls, gym time is Tuesdays after school at 7-8:30. The girls also get some workouts in after school and if you're interested in getting in better shape before try-outs start, you can ask some of the players who played last year or ask our athletic director Mr. Miller for the days the team has booked.

Another excellent month for the sports of Harbour View High School has passed. September was filled with awesome times and lots of fun for Vikings both on and off the playing fields. For all the athletes at HVHS, keep on hustling and having fun. We can't wait to see how all of you do in the coming months. For another update on how our teams are doing here at HVHS, make sure to read *Harbour View's* sport article next month.

## Field Hockey girls defeat Saint Malachy's High School in first game of season

By Rachel LeBlanc

On the morning of September 9<sup>th</sup>, the HVHS Field Hockey team strode onto the UNBSJ turf field for their first game of the season with determination in their hearts. The team had been preparing for this game against Saint Malachy's High School since tryouts and were adamant on making their first game a successful one.

For many players on the team, this was their first game of field hockey ever played. Emily Dunham, a rookie on the HVHS team, explained, "I thought I'd be lots of fun to learn a new sport that wasn't offered at my middle school."

Elaborating on her overall experience at her first game, she admitted, "I was nervous, but it was cool to play and watch a sport that I've never played before."

The game started off fast paced with the girls working as a team to shut down the Saints.

As the first half came to a close, the HVHS Vikings were able to score repeatedly on the opposing team, leaving the score at 4-0 to strategize.

Matina Dick, a returning player of three years to the HVHS team, gave us a rundown of what was discussed at halftime.

"We agreed that we needed to communicate more, spread out, and be aggressive," Matina explained, and they did just that.

Finishing the game off with an outstanding score of 7-0, the Vikings celebrated their first win of the season with whoops and hollers from the stands filled with supporters.

Matina agrees that the team did well, but there is room for improvement, as it was their first game.



(Photo submitted by Ellie Bidgood)

# Haven't we metaphor?

By Ethan Godsoe

It is with great excitement that I would like to announce that I will be running a column in this year's *Harbor Views*. I will have the privilege of sharing my passion for poetry with you all. My mission with this chunk of the paper is to highlight poetry in all forms, from any school or period, and to show that it is not lame or an exclusive club! I will profile some of my favorite poets, including characteristic examples of their works. I will also print the work of poets from our school. Everyone's work is welcome. Of course, I wouldn't be doing this if I wasn't sharing my own poetry, too. I couldn't dream of a better platform to share the love of my life and hopefully inspire some of you to try your hearts and hands at this valuable art form.

## Hubris

One moment

One connecting thread

One murderous intent

Scalpel in hand

Final resolve

All it would take, all of my strength

To cut through this burlap

Carve out this motherly shape like a honey melon

My one chance

To slip away

Snip away at this womb

Strip it bare and disassemble it

Birthing myself

## Violence

I witnessed violence in the morning

Not how I wanted to start my day...

Looked across the street and saw the girl in the coat

Laid flat on the ground

"Bitch!" was the sound from the other's mouth

I'm too delicate

Somewhat like Bambi

Namby-pamby I scurried away

Thinking of violence

How we get off on the bruising and bloodshed

Skin against skin

Weapons unsheathed

Mouths knocked clean of teeth

Broken, bones exposed meat

Sweat, tears

Tension, heat

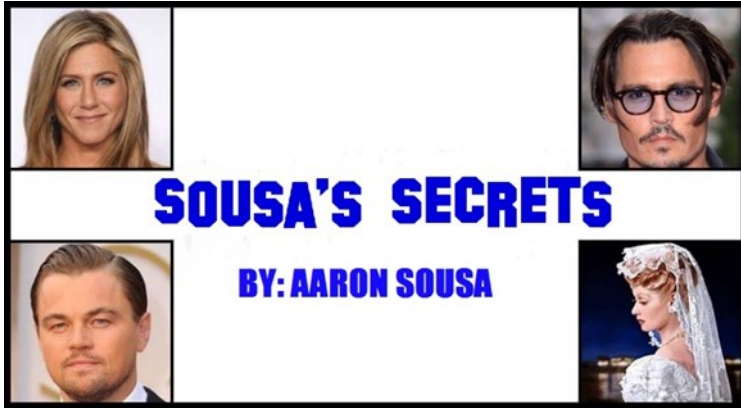
Fears and phobias burn away with the rage

As fists fly and palms splay

New faces made black where things used to be pink

I couldn't face that day to day

I'd rather know peace



By Aaron Sousa

I'm back, Vikings! I hope that everyone has settled into their classes and is enjoying themselves, and I'm sure that senioritis hasn't kicked in yet. Hang in there, grads. It's only October. I'm so glad to be back again for my third year of writing *Sousa's Secrets*. I've been dying to show you all the latest gossip. Let's not waste any more time, shall we?

**Danielle Bregoli:** I was right, everybody! I predicted in a previous issue during the last school year that we were going to hear more things about this girl, and I was right. Danielle Bregoli, who went viral as a meme known as the "Cash Me Outside girl," after appearing on *The Dr Phil Show*, is now a rapper. She has a new single that's been released under the name "Bhad Bhadie".

And it seems to be doing well so far. As of September 3rd, the Global Top 50 Charts on Spotify, list the song, titled *These Heaux* as number one. One step above Taylor Swift's new single; *Look What You Made Me Do*. Ever since the release, many people have been wondering who the song is about. There is speculation that the track is about Kylie Jenner, based on the feud that was established shortly after Bregoli became a household name. When asked the question by TMZ, Danielle stated, "It's about who ever you want it to be about." Later adding, "Use your imagination."

**The Box Office:** Summer is usually reserved for spending time with your friends, going on vacation, and most importantly, catching the latest summer flick. With the multiple movies that arrived in theatres this season such as *Baby Driver*, *The Emoji Movie*, and *Wonder Woman*, the film industry only made about \$4 billion USD. That may seem like a lot, but that's actually the lowest it's ever been in the last ten years. Ticket sales in international countries were the only thing that kept Hollywood afloat. My opinion is going to the movies is too expensive now. The last time I went to the movies was two years ago, and I paid \$50 for 2 tickets, popcorn and soda. That is utterly ridiculous.

**Taylor Swift:** What a great way to end this column for the month. Swifties around the world have been head over heels for Taylor's new single. The song, titled *Look What You Made Me Do*, is the pop star's newest number one single in two years. The word around the water cooler is that the song is a diss track to other celebs that have wronged her, making references to Kanye West ("Don't like your tilted stage," Katy Perry (Swift is seen dressed as Perry in a car crash in the music video,) and Kim Kardashian ("I'm getting receipts, gonna edit this later." This was seen in the tag scene of the music video.) The song has also become the center of the latest meme, using the line of song "I'm sorry. The old \*insert name here\* can't come to the phone right now. Why? Oh! 'Cause he/she's dead."



(Photo credit: independent.co.uk)

Well, Vikings. That's the glimmer in the stars...



We're so proud...

- \* Owen Lohnes was named "Best Outfielder in Canada" at a recent national tournament.
- \* 2013 grad Jamie Comeau and his band the Crooked Teeth were the Rising Star Competition Winner at the Harvest Jass and Blues Festival.
- \* The Polaris Music Prize is awarded for the best full length Canadian Album. Once down to ten albums, a jury of 11 decide who wins and 2004 Grad Brian Cleveland is one of the 11 jurors.
- \* Congrats to the SRC's newest member, Grade Nine Rep Declan Hartery

# Happy birthday, 2018 graduates!

## Grad class hosts birthday party



The Grad Class hosted a birthday bash on Wednesday October 27th. Sixty grads came out to celebrate the decade they were born in—the 2000s! Attendees played games from their youth including Red Rover, Parachute, Duck Duck Goose, Pass the Package, and life-sized Hungry Hungry Hippo.

“My favourite activity was Parachute (pictured below) and I liked the music because it took my back to when I was younger,” said Nick Tipling.



Pictures:

Top Left:

Brigitte Tomilson & Liz Delaney

Top Right: Parachute (Picture submitted by Ms. O’Connell)

Bottom: Students playing Hungry Hungry Hippo

(Photo submitted by Ms. O’Connell)