A close-up, profile view of a school band. The focus is on a young man in the foreground, who is intently playing a trumpet. His dark, curly hair is visible. Behind him, other band members are also playing their instruments, though they are out of focus. The lighting is warm and indoor, typical of a school gymnasium or auditorium. The overall mood is one of concentration and teamwork.

**WINTER 2017**

**CRESTWORD**





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# THE IMPORTANCE OF REMEMBERING

BY **GEORGIA GARDNER, '19**

*A letter from Crestwood's Student Editor, Georgia Gardner:*

The air has turned cold and the ground is frozen below a layer of ice. Christmas and Hanukkah songs flood radio stations, shopping malls are becoming busier and neighborhoods are lighting up with holiday decorations. And though the winter holidays are often associated with the theme of giving, here at Crestwood, we are also concerned with the act of remembering.

Walking through the halls and seeing the red poppy on the sweaters and blazers of students and teachers reminds us of the importance of remembrance. The Remembrance Day assembly, Holocaust Education Week and the Crestwood Gives initiative--all in full swing this season-- prove that for CPC, the holidays are not just a time for exchanging and receiving gifts. Rather, this time is a valuable

opportunity for us to lend a helping hand and use our collective recollection of history to put our best foot forward and help out the community.

I challenge you to not only think about what you are fortunate enough to have, but also about how you can give back to your own community.

Putting remembrance into action is something that the Crestwood community has thrived on this term and it is something that we are excited to continue doing in the year to come.



# CANADIAN HISTORY FORUM 2017

BY ARIELLE MEYER, '18

In September 2017, Canada's History Society sent out a call for paper asking students to write an essay answering the question, "*why is history important to you?*" Not only did Grade 12 student Arielle Meyer answer the call, but her essay won an Individual Student Achievement Award and she was the sole student in Canada invited to travel to Ottawa to present her paper. Below is the full transcript of her beautifully written paper on the relevance of history. Congrats, Arielle!

How does one begin to describe the importance of history? I could tell you that history allows us to gain a deeper understanding of our past, I could tell you that history paves the way for a greater understanding of our future, and while this is all true, history for me is about more than this. I have been so fortunate to take part in the Crestwood Preparatory College Oral History Project, which is a way of bringing history beyond the limits of our textbooks. The Oral History Project is a series of documented videos of Holocaust survivors, war veterans, and other witnesses of war and violence, with the goal of ensuring that these stories will be passed down to future generations and will never be forgotten.

History is a very personal experience for me. The first interview that I conducted as part of this project was of my grandmother, a child of the Holocaust in France. Having had the opportunity to film and document her story has given me the chance to not only gain insight into her history, but it has also allowed me to further develop mine. Previously, she had never told me about this painful part of her life. I only knew that it was much too difficult a subject to talk about. After I listened, suddenly her story had become mine. Her feelings had become my own, and I have had a more personal relationship and connection with her than before. My Grandmother was only a very young child living in France at the beginning of the Second World War and she survived only because she was somehow taken in by strangers and then sheltered in an underground orphanage. My Grandmother said to me, "*c'est une histoire absolument typique. C'est mon histoire, mais c'est l'histoire de nombreuses familles.*" She said this was a typical story. This is her story but it is also the history of many families. I think of all those people and all those stories that have never been told and I have a determination now to not let these lives and these voices be forgotten.

Another important aspect of history is remembrance. I recently conducted an interview with Mr. Charles Scot-Brown, who was a veteran that fought on D-Day. He was the first veteran I had ever spoken to, and probably one of the last that I ever will speak to about his experience on the beaches of Normandy. Listening to his story reminded me of my Grandmother's and I realized the inter-connection of the two. Whenever I think about my Grandmother's story, I remember the lives of the soldiers who helped to liberate Europe, and I am always aware during these interviews that without these soldiers, without them marching onto those beaches in Normandy, my Grandmother would not be here, and I certainly would not be here. We all have a shared history: I only have a history because of the survival of my Grandmother and because of military veterans like Mr. Charles Scot-Brown.



The times my Grandmother has shared her story with me, she speaks emotionally of a brother who was killed during the Holocaust. As she was so young, she can only remember her brother now by a name and a number indicated in "Convoi 68 du 10 Février, 1944", a name and a number amongst hundreds of others. Whenever I hear about her brother, it makes me realize the importance of remembering. History is about remembering not just the people that you know and the people that have lived to share their stories, but it is about remembering those that have not had their voices heard.

While I do talk about history in a very personal way, how it has helped me, how it gives me such a deep connection when I hear the lives and stories of people who have witnessed so much, there is another important aspect. When holocaust survivors, veterans and other witnesses of war or injustice sit down with me and see that high school students actually want to sit down with them for two, three, or even four hours, and listen to their testimonies, it is as if something magical happens and we all become a part of something much larger than ourselves and our own individual lives.

As part of the Oral History Project, I have also been

fortunate enough to be able to listen to Indigenous people speak about their experiences and histories. Last year, my school hosted a Human Rights Symposium, called "Towards Reconciliation" in November. I was privileged to be able to interview and record some of their stories. I was able to listen to the history of Thomas Norton, a member of the Saugeen First Nation and a survivor of the Sixties Scoop. He spoke to us about his experiences with reconciliation and discrimination. I was also able to conduct an interview with a woman named IsKwe, an inspirational music artist from Winnipeg, who connects her music with her Irish and Cree roots. Through her music, she explores social activism and Indigenous issues. All the men and women we met on that day had their own approach to how we could reach the national goal of reconciliation, and many agreed that by doing this, by having students sit down and listen to the stories of history, is a good start.

To me, history is about so many things and it is about all of these stories. It is about remembering the past, it is about making connections with people, it is about respecting others, but most importantly, it is about listening and coming together as a community, sharing our stories.







# REMEMBRANCE DAY

By **KATHRYN TUNS '22**

It is estimated that one billion people have died from war. How many of those names do we know? Of all those who have sacrificed, how many sacrifices are remembered? Every year, on November 11, we are asked to take just a few minutes to remember them. Imagine being as young as 18 and being sent into battle; watching your friends and colleagues die around you; watching innocent people being killed and bombed. Imagine shooting at a stranger, and having them shoot at you. It is unimaginable for those who have not experienced it. We are lucky enough not to have to go off and fight, and we are not surrounded by buildings being blown to smithereens every minute. But there are people who have fought and who have these memories. These people must not be forgotten.

The horrors and heroes of both the World Wars, the Korean War and thousands of other wars are forgotten due to time. As a result, it is so important that we hear their stories and remember their names.

Crestwood has an incredible and unique relationship with veterans. At this year's Remembrance Day Assembly, which took place on Friday, November 10, we heard

from many veterans about their time serving. They talked both about the horrors of war as well as their happier and funny memories. Through hearing their stories, we learn more about war and those who fought in it. We were also serenaded by beautiful musical pieces from Mr. Fong's Senior Band. A World War One American soldier and hero named Alvin York once said, "I only did my duty and what I was told to do as well as I could." Like many soldiers, he fought for his country out of love, not out of hate. Like many soldiers, he fought and watched others die, and he killed. They did their duty and in doing so, enabled us to be here, free and alive.











# CRESTWOOD'S PARTNERSHIP WITH NATIVE CHILD FAMILY SERVICES: REMEMBRANCE AND RECONCILIATION

BY GEORGIA GARDNER, '19

*"Reconciliation is about forging and maintaining respectful relationships. There are no shortcuts"*

- Justice Murray Sinclair

Ensuring that Indigenous culture continues to grow and thrive in Canada is a vital part of reconciliation. Crestwood's partnership with Native Child Family Services allows the bright light of Indigenous culture to shine at Crestwood alongside the many other lights we see at this time of year.

For years, Crestwood has been in partnership with Native Child Family Services, an organization whose mission statement is to, "provide a life of quality, well-being, caring and healing for our children and families in the Toronto Native Community." Crestwood's involvement with Native

Child Family services in the past, has included workshops that they have conducted in various CPC classes on the topic of Indigenous traditions. In addition, last year through the Youth Philanthropy Initiative, children in the care of Native Child Family Services were sent to summer camp with the support of a \$5,000 donation awarded to them. Furthermore, representatives from NCFS have given Crestwood students the opportunity to learn more about Indigenous traditions and customs by visiting this year's World Religions Class. In their presentation, they spoke about smudging ceremonies and the importance of November 1st as the day when, each year, the feast of the spirits of loved ones who have passed takes place.

In addition to in-class visits made by

representatives from Native Child Family Services, students contributed to NCFS' efforts by participating in the "Crestwood Gives" initiative. Crestwood Gives partners a homeroom with a family in need, either through NCFS or the Durham Children's Aid Society. I'll never forget the time in grade eight when my classmates and I went to Ikea to pick up a highchair for our family in need. Whether it is gift cards, diapers, toys or money for a Christmas dinner, donations large and small are all important. This initiative is unique in how personalized it is: it goes far beyond a simple donation to a faceless recipient. Even though you may not know their names, each homeroom knows their recipient's age and the family's needs. There is nothing more rewarding than

knowing that we helped make a family's holiday season just a little bit easier.

As students continuously learning about Canada's history regarding Indigenous peoples, it is essential that we go beyond simply what we read from our history textbooks. Initiatives like Crestwood Gives, as well as having the opportunity to meet and learn from members of the Indigenous community helps to improve our understanding of culture of Canada's First Nations people, and better equips us to write tomorrow's history books from a more nuanced perspective. This will point us in the right direction: the direction of understanding with the hope of reconciliation.



# UN DIA EN CRESTWOOD

Grab your Spanish dictionaries and get ready to enjoy these contributions from Crestwood's Language Department!

## CAROLINE SPITZER, '20

Mi escuela es Crestwood. Crestwood tiene un edificio nuevo con dos plantas. Llevamos uniforme.

Un polo azul oscuro o una camisa blanca con una corbata azul con rayas grises. Una falda gris oscura o pantalones grises oscuros. Zapatos negros con calcetines y una chaqueta.

Yo tengo ocho clases. El día uno en el periodo uno, yo tengo ciencias en el aula doscientos siete.

En el periodo dos, yo tengo negocios. En el periodo tres, yo tengo inglés. En el periodo cuarto, yo tengo español con señor Johnstone.

En el periodo cinco, yo tengo historia canadiense. En el día dos, periodo uno, yo tengo gimnasia.

En el periodo tres, yo tengo ciencia de la computación. Mi clase favorita es ciencia de la computación.



## LIAM GARDNER, '20

Mi día en Crestwood consiste de muchas cosas. Lo primero es ir a clase. En clase, yo trabajo un poco y programo. Yo trabajo en inteligencia artificial evolutiva.

En almuerzo, yo como en A&W y voy a la biblioteca.

Después, yo soy tutor de matemáticas o yo voy al club de resolución de problemas. Finalmente, yo dejo la escuela y voy a mi casa.

En el día uno, en el periodo uno, yo tengo ciencias con Sra. Lee.

Después, en el periodo dos, yo tengo religiones del mundo en el aula ciento dos.

En el periodo tres, yo tengo informática con Sra. Postma en el fishbowl. Después, yo tengo español en el aula ciento nueve.

Finalmente, yo tengo matemáticas con Sra. Lee.







# CRESTWOOD HALLOWEEN

BY TRISTAN AGENSKY, '20

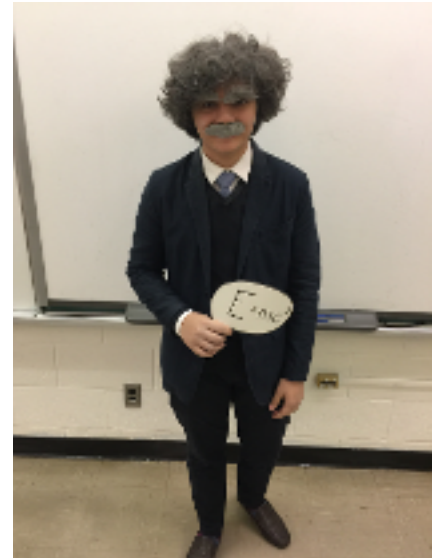
Halloween is everyone's favourite times of the year and here at Crestwood, that is no exception! CPC launched its Halloween festivities in late October with the annual "We Scare Hunger" food drive led by its project manager, Grade 11 student Kaitlyn Balter. When Kaitlyn isn't sifting through numerous letter from students asking for advice, she's busy organizing food drives (see "Keeping up With Kaitlyn" on page 16). Crestwood students were asked to bring in non-perishable food items to give to the North York Harvest Food Bank, and boy-oh-boy did Crestwood kill it this year: the combined efforts of students and teachers resulted in the collection of 5,000 pounds of food... one of the most successful amounts in Crestwood history! Then, the spooky door decorating contest began and each homeroom decorated their door with the Halloween theme in mind. It was a spooky sight walking down the hallways and seeing all of the doors decked out with gremlins, ghosts and ghouls. During Town Hall, rumours of the Crestwood Ghost began to circulate... Luckily, the Prefects worked hard to track down the ghost. Students stopped by the Parent Association's annual Halloween Bake Sale, which included tons of delicious and grim looking delicacies like eyeball cupcakes and spider cookies. The student body was pleased!

The following week, Crestwood enjoyed the Halloween Assembly: Halloween spirit was in full swing on October 31st, when teachers and students alike dressed as monsters, superheroes and more! Many of the teachers came dressed in interesting group costumes, such as The Three Blind Mice (a winner!), Pirates and Emojis!





The Halloween assembly began with a spooky video documenting eyewitness accounts of the Crestwood Ghost. Luckily, the Prefects found the perfect way to defeat the ghost: participating in Halloween-themed challenges. The first challenge was an obstacle course: teachers and students from all grades went head-to-head with each other to complete the obstacle course, all while they were tied up like mummies. After that, there was a candy throwing and catching contest followed by the costume contest. The Crestwood Community voted on the best costume, the scariest costume, the most creative costume and the best group costume! As students went back to class, candy in hand and the Crestwood Ghost defeated, the curtain closed on Halloween at Crestwood. However, it should be reported that the cleaning staff swear they saw a pair of orange eyes looking at them from the storage closet. So maybe the Crestwood Ghost is still lurking the halls of Crestwood?? I guess we will have to find out next year!







# CRESTWOOD BASKETBALL

BY FAITH JOSEPH, '20

The Crestwood Lady Lions came out on top once again! The Senior Girls Prep Team and the school teams have been doing amazing.

First off, the U14 Girls Basketball Team went into the playoffs with only one loss in the regular season. Under the strong leadership of Saleah Joseph and Tinamarie Otchere, the girls were confident and ready to face off against the fierce Havergal College. At first, the Lady Lions gained a good lead and held it up to the half.

Unfortunately, the team couldn't hold up for much longer and Havergal came back strong. The girls came fighting back in the fourth quarter, but time wasn't on their side, and the team lost the game by 2, putting them in the third place game.

Determined to win, the U14 team pushed through a tough win against Bishop Strachan School. The girls finished in 3rd place overall at the end of the playoffs. On the Junior side, the girls did very well and were undefeated all season. The team won almost every game by at least 15 points. The girls stormed through the other teams and maintained their

sportsmanship during each game. The team won big win in their championships against Havergal College with great support from everyone on the team. Last but not least, the Senior Girls Team also did an outstanding job and went without any losses throughout their Division 1 season. The team went all the way to the finals to play the solid Villanova team for gold. In an aggressive and tough game, the Senior girls came out victorious, winning their game by an incredible 42 points! Great job girls! We are thankful for everyone that committed their time to every team. Everyone's presence was appreciated we hope to see some of you again next year.

In the past few months, the Senior Girls Prep team played in many different tournaments and showcases. First up was the Rose City Classic in Brooklyn, New York. The girls team traveled at the end of September and played quite well. They finished the tournament 3-1 and played hard all weekend. Next, the team traveled to the Pan Am Center to play in the cancer awareness showcase, Shoot for a Cure. Here, the

girls faced off against TRC Academy and managed to keep a solid lead throughout the game. In the end, the team came out victorious with special thanks to the MVP of the game, Tianna Bailey.

A week later, the girls went on to play in the Crown the Queen Showcase. Three games were played that weekend against TPLS from Virginia, Vaughan Secondary Prep and J. Addison. The team did a very good job in every game and finished with a good record of 2-1. And most recently, the girls played in the popular Colts Classic tournament. Many well-known schools were invited to play as well as more than fifty recruiting college coaches in attendance. The expectations were high for the team and they executed them very well. Despite the older, stiff competition, the girls came out with a bang every game. They finished the tournament in 3rd place and ended with a 3-1 record.

We are extremely proud of the team and wish them luck in their upcoming tournaments! Go Lions!



# CRESTWOOD POETRY

THIS ISSUE'S FEATURE POET IS GRADE 9 STUDENT ROWINA DEBALKEW. ROWINA WROTE THIS POEM FROM THE PERSPECTIVE OF A SOLDIER FIGHTING IN THE GREAT WAR.

NOT ONLY IS THE SPEAKER OF THE POEM DEEPLY AFFECTED BY THE WAR, BUT OVER THE COURSE OF THE POEM, HE COMES TO EMBODY THE WAR ITSELF. "ROOTS," HERE, SERVES AS A METAPHOR TO SUGGEST THAT VICTIMS OF WAR CANNOT HELP BUT TO BE TRANSFORMED BY VIOLENCE RIGHT DOWN TO THEIR CORE. THESE ROOTS, IN TURN, ARE THE FOUNDATIONS UPON WHICH OUR SOCIETIES ARE BUILT.

## THE ROOTS

BY ROWINA DEBALKKEW, '21

The dirt under my feet somehow became a part of me  
The roots intertwined between my toes, making every step heavy.

Green shining grass became sharp pieces of glass  
Cutting every step, a reminder that this will be my slow demise.

Fading, the sounds of blood curdling screams  
mercy became as peaceful as a sweet lullaby

This was my awakening; my shadow becoming bigger than I am  
Just a number, the bodies beside me are just figures that shall be whisked away and  
forgotten when dark comes

Washed away with nothing to remain, who will remember?  
Who will remember their sacrifices that lay face down in the dirt?

Forever embroidered into my heart these songs of terror  
The dances of disparity and defiance

Prisoner to this land of freedom; the glorious manifesto  
Powerless to nationalism; Canada, the land of dreams?  
This is what defines me; these empty fields filled with souls

These poppies as red as my blood yet blooming as we are  
The prospering grass, the shallow yet compromising water  
I am the wind that blows through the empty fields of promise.

# CRESTWOOD RECOMMENDS

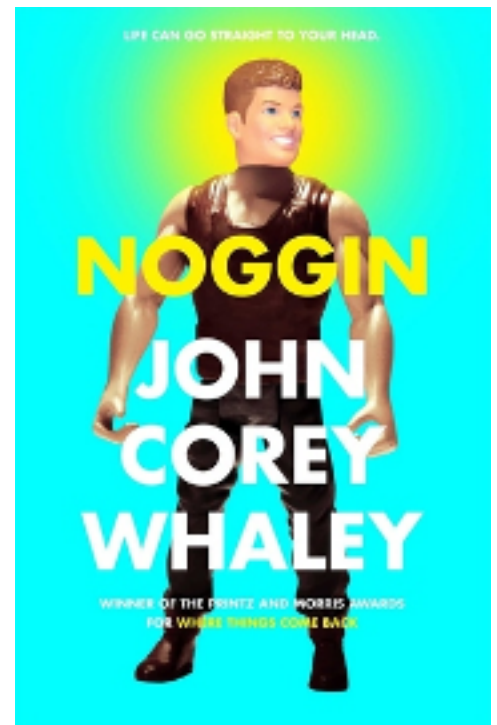
BY **THOMAS ELLINIDIS '22**

*Each issue of the Crestword will feature a book recommendation from a member of the Crestwood community. For this issue, Grade 8 student Thomas Ellinidis shares his favourite read of the fall.*

Sometimes, the weirdest plot-lines make the best stories. This is most definitely the case with the book *Noggin* by John Corey Whaley. The story follows a young teenager named Travis Coates who is diagnosed with cancer at the age of 16. He is approached by a doctor who suggests that Travis could be saved... all he has to do is cut his head off and die! Fast forward five years and Travis "wakes up" with his head attached to a new body.

The book is written from Travis' perspective and focuses on how difficult it is to try and resume a regular life when you are known as "The Boy Who Came Back From The Dead." Everyone is affected by this change. His friends try to cope with his revival from the dead, his girlfriend is now engaged to someone else and something isn't quite right with his family.

While the plot may sound a bit outlandish, it is written very well with lots of humour as well as some serious moments. I like that the author includes flashbacks because it gives the reader some insight into what life was like for Travis before he "died." This is a coming-of-age tale that touches on many issues faced by teenagers today. While it is a very unique book, I think it will appeal to a wide audience of young people. Last year, it was one of the winners of the "Grade 7 Crestwood Reads" competition and this inspired me to give it a chance. I give this book 4 and a half stars.





# CRESTWOOD EATS:

## CHIPOTLE: SHOPS AT DON MILLS

BY **SAMANTHA ROSS, '21**



*Our resident food critics Samantha Ross and Peter Hull head to the Shops at Don Mills to review one of its most popular restaurants, Chipotle.*

Hi Crestwood, it's Sam Ross again, back here to hit you with another food review!

This week, I visited Chipotle, located at the Shops at Don Mills, just a short five minute drive from CPC. I realized the visit would be a bit of a trek, but I decided it was worth the trip, so my friend Peter and I headed there on our PD day.

We both ordered similar meals: veggie burritos with cheese, beans and lettuce. The only difference being that he ordered mild spicy salsa, while I ordered the medium. Overall, they were very delicious! There were, however, a couple of negatives to this experience: first, I noticed that this "vegetarian" dish was a little low on the veggies! I'm not a huge fan of meat, so I was looking healthy helping of peppers.

Unfortunately, the small amount that did accompany my wrap were located directly in the middle of the burrito. In the future, I would like to see them evenly distribute the vegetables throughout the burrito. Additionally, we had some issues with the quality of the wrap itself. The moment I took a bite of the burrito, it fell apart, forcing me to finish it off with a fork and knife.

Otherwise, I think Chipotle is a great place to eat. It may not be a convenient place to eat lunch, location wise, but after school or on the weekends, you should definitely give it a try!

**RATING: 8/10**







# KEEPING UP WITH KAITLYN

By KAITLYN BALTER, '19

☐☐ **DEAR KAITLYN,**

**BETWEEN VOLLEYBALL PRACTICE AND JOINING THE PLAY, I CAN NEVER REMEMBER TO DO MY MATH HOMEWORK! WHAT SHOULD I DO?**

**SINCERELY,**

**FORGETFUL STUDENT**

☐☐

*Every issue, Grade 11 student Kaitlyn Balter will share her wisdom on a number of issues facing Crestwood students.*

**DEAR FS,**

It can be very difficult to balance activities and homework, but you have to remember that school work should always come first. I've got a few tips that you can try to help you remember! First off, I would suggest making a schedule. This schedule will help you keep track of everything you need to complete. It could be a simple schedule reminding you that at 3:30-4:30 you have volleyball practice, and 4:30 until dinner is dedicated to your homework. It could also be as simple as setting a time for each of your subjects, i.e. 3:30-4:30 volleyball practice, 4:30-5:30 English homework, 5:30-6:30 math

homework. Whatever type of schedule that works best for you! Another suggestion that I have for remembering to do your math homework is to set reminders on your phone. I know from my own experience that when I get tired, I will start procrastinating and putting off my homework. Setting reminders on my phone has helped me remember everything I need to complete. When you set a reminder on your phone, you can set it to a specific time or to a certain location. Setting it to a specific location can be very helpful because it will remind you right when you pull up to at location. If you feel like you are starting to fall behind in classes and can't keep up with all of the work due to the amount of activities that you do, you can always tell your coaches or teachers that you can't attend practice that day due to school work. They will completely

understand because they have been there before. They know what it is like to be a student with a lot of work.

It's great to join sports teams and get involved with school clubs but you have to keep track of your school work so that you don't have to drop one of the extracurricular activities! Overall, you should do your best to maintain a healthy balance between the two, so that you can rock those volleyball serves and still ace your math quiz! Break a leg!

Sincerely,

Kaitlyn

