



WEEK OF MAY 3, 2010

Shawnigan Parent News



Photo: The Girls of Renfrew House. For more photos and stories, go to <http://www.shawnigan.ca/now>

Health and Wellness Day – Jo-Anne Kingstone

The final weeks of the year are incredibly busy at Shawnigan, but on Monday, May 17 the School will take a break from classes to enjoy a day with a bit of a difference. Specifically, each grade level will be involved in activities that will expand their learning while also allowing for a bit of a break before the demands of the many end-of-year commitments are upon them. The program will look something like this: Under the leadership of Val Donahue, The grade 8 class will travel to Bamberton Beach for some science and a lot of fun. Through the leadership of the Grade 9 Round Table (6 elected student leaders), Ms Hutchins and Mr. Williams, plans have evolved to include a visit to the Royal BC Museum and the IMAX Theatre, followed by lunch and a swim at the Commonwealth Pool. The Grade 10 Round Table, Mr. Yates and Ms Ferris have put together a similar trip to Victoria that includes the IMAX Theatre, a picnic lunch, team building games, and a “photo scavenger hunt” to explore various sites around the city.

Our senior students, grades 11 and 12, will remain here on campus to attend a Health and Wellness Conference. This conference is designed to expose the seniors to a variety of speakers, who will address topics focused on recognizing and sustaining a healthy lifestyle. The range of topics covered will include nutrition and sports, buying and preparing healthy foods, goal setting for success, using your brain to maximize performance, sexual health, internet safety and self-defense. In addition, we will have experts on Zen meditation, acupuncture, yoga, stress management and strength training. Students will choose the three sessions they wish to attend and will have an opportunity in between to share their learning over some healthy snack food. It is our hope that each participant will be inspired by what they have heard and seen, and be able to apply this new learning to their own lives.

We are fortunate to have the resources and flexibility to provide this kind of alternative educational day; we certainly believe it will benefit all who participate.

On Sacrifice – Ngabo B. '12 (Lonsdale's)

Before I begin I would like to state a powerful quote I found on the topic, Sacrifice. “Sacrificing your happiness for the happiness of the one you love, is by far, the truest type of love.”

Sacrifice is (by definition) the surrender or destruction of something prized or desirable for the sake of something considered as having a higher or more pressing claim. I agree with this definition word for word. Giving up something you like or love for someone that needs it more than you would, is a human trait that I find is truly worth admiring and respecting, whether the actual sacrifice itself was big or small. Now, there are several examples of sacrifices and people who carry out these sacrifices: the smaller sacrifices that will sometimes go unnoticed (such as a civilian sacrificing some change to help someone on the street) to the larger sacrifices that get their own news coverage (like our Canadian troops who risk and sometimes sacrifice their lives in Afghanistan). I'm not going to talk about any of those kinds of sacrifices today, however. As corny as it sounds, I'm going to give a speech about my mother.

In my life, I don't think I've met somebody who has sacrificed more than she has. And I know I haven't met anyone who has sacrificed that much *for me*. I think I have to tell you some of the things she had done for me and others to get you to truly understand where I'm coming from. First, I want to give my mother kudos on raising me, because I'm a difficult job all on my own let alone the

Upcoming Events:

- May 3-12** AP Examinations
- May 8** Scholarship Day (for external applicants)
- May 7-8** Shawnigan Lake School Regatta
- May 20-24** Mid-Term Break
- May 21** Graduation Banquet and Ball at Whistler
- June 5-6** Leave Weekend

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<http://academic.shawnigan.ca/Parents/index.wiki>

fact that I have two more brothers and sisters she also took care of all by herself. Can you imagine trying to raise a house of five adolescent, hormonal teenagers by yourself? This question sounds pretty dumb considering that I'm giving it to a boarding school, in which some teachers raise a house with over 50 adolescent, hormonal teenagers, but you get what I'm talking about. Back in Vienna, my brother, Gabiro, and I would fight, and fight, and fight. Now, most people would have given up on the two of us, or spent countless years and money on therapy, neither of which my mum did, by the way. Instead, she spent hours of her own life teaching us to love one another and cope with our differences, hours which she will never get back. That's something I feel a little guilty about to be honest. Then there's what she does for me in particular. She buys me clothes, pays my fees, feeds me food, gives me a roof I can sleep under... And all this for what? I mean you'd think that someone who's doing *this much* for you would want something in return, right? And it turns out they do: they just want you to be happy. It feels incredible to have somebody who thinks of you as more than what you *yourself* think you are, somebody that thinks you are capable of things far beyond what you *yourself* think you're capable of doing and someone who thinks so much of you that they are willing to give up so much so that you can be happy.

I sometimes think of how much easier my mum would have it if she just did things for herself. She'd probably live in a much larger, more luxurious house eating at five star restaurants every night, working for her own benefit and not for the benefit of others. I'd think of how less stressed she would be if she wasn't constantly checking up on how I was doing or how she would have a social life if she didn't have to take care of my siblings and I. But no, instead she decides that I'm way more important than she is and what she wants, and that's why she sacrifices so much to make me happy. And yet how do you thank someone like that? Someone so selfless? How do you thank someone who gives their happiness up for your happiness? Because really, I don't think “*thank you*” cuts it anymore at this point. I don't know. I would just try to show them their efforts weren't in vain, that I truly am grateful for all they have done.

In the end, I would just like to leave you with this message: let that person know that you would be willing to do the same for them. Now this person is different for everybody, naturally. I just spoke about my mum because she is the most influential person in my life. For some of you, it may be your dad, or your uncle, or your best friend or a teacher. Yeah, believe it or not even teachers can be that way sometimes. Try not to be too cocky or unappreciative. Learn to be grateful that you have someone like that in your life, and just hope that you can be that person to someone else too.