



WEEK OF JUNE 7, 2010

Shawnigan Parent News



Photo: End-of-Year Fine Art Prizes For more photos go to <http://www.shawnigan.ca/now>

Awesome – Headmaster's Blog

There's a whole way of looking at the world that causes us to find joy in the simplest of things and it's engagingly and effectively conveyed in *The Book of Awesome* by Neil Pasricha. The premise is that there's a multitude of satisfying moments to be felt when we allow ourselves to savour them. It takes the "glass is half full . . ." philosophy to new lengths and in doing so it reinforces a way of looking at life that is ultimately much more fun. After reading it, it's hard not to find yourself searching out those moments where you too are quietly declaring, "awesome"! Talking of that, I've just returned from a weekend of awesome moments watching our Senior rugby boys win their second successive provincial championship while our rowers surpassed expectations by making no fewer than 8 finals at the demanding National Championships, bringing home 4 medals in the process! More of that elsewhere but it certainly does qualify as awesome!

Read more Headmaster's Blog(s) at

<http://www.shawnigan.ca/now/headmasters-blog>

Nutrition at Shawnigan – Francesca Whiffin (Kaye's)

Shawnigan is a place of aspiring scholars, artists and athletes, but in order for them to succeed the way they do, they need to be provided with the right nutrition. Food is what helps students win that game, write that calc test, or paint for hours on end. When the right foods are consumed, it allows a person's brain to operate for a longer duration helping them concentrate and direct energy where it is needed.

Shawnigan is working with the expert kitchen staff, to provide the school with brain friendly foods, arranging every meal with protein, carbohydrates, calcium and vitamins. In the morning there is an option for cereal, hot breakfast, fruit, milk and porridge. Lunch comes complete with salad bar, vegetarian options, fruit and a hot meal. Dinner is prepared like lunch with its various options. Every meal is constructed so that students can obtain the nutrition that is needed to grow, think and compete.

Finally, we are lucky to have Marion Hall, our dining hall that can accommodate the entire school, including staff. Having this civilized set eating time, lets students digest, whilst interacting and eating at a steady pace. When meals are set at 7:30 for breakfast, 1:00 for lunch and 6:00 for dinner, it lets the students bodies get into a routine, and also allows the kitchen to think of ways to plan out meals that are healthy and nutritious.

OuterEDGE (Grades 8-9 Camping Experience)

Under the direction of Peter Yates, Shawnigan's EDGE Program is about experiential learning with an emphasis on community, leadership and character. Specifically, EDGE stands for engagement (of mind, spirit and body), development (of one's skills and understanding), gratitude (for what we have and what we can give to others) and experience (the greatest teacher of all). On various levels the program includes many of those experiences Shawnigan wishes for all its students, such as outdoor pursuits, team-building, problem-solving and community involvement. On June 23rd the grade 8s and 9s will embark on our annual three-day OuterEDGE camping trip, led and supervised by 11 staff members. During their time away from campus the students will be involved in many activities, ranging from learning to cook outdoors to goal setting for next year. There will be lots of opportunity for them to get to know each other better and to learn about their teacher-leaders. And, of

Upcoming Events:

- June 12** Magnolia Chorale - a musical presentation in our Chapel 7:30pm
- June 12** House Outings
- June 18** Shawnigan Exams begin
- June 25** Parent Gathering at Steeples - Make your reservation before **June 18** - spa@shawnigan.ca
- June 26** Closing Day - see the April 26 newsletter for details:
<http://www.shawnigan.ca/now/parent-news>

For more information about travel for breaks, please go to:

<http://www.shawnigan.ca/now/travel-information>

course, there will be lots of time for fun! The girls' camp will be at French Beach while the boys' site will be near Port Renfrew (essentially at opposite ends of the popular Juan de Fuca Marine Trail). Both locations feature spectacular shorelines and forests, and are well known by our trip leaders. Our OuterEDGE staff is ramping up for the event, and looking forward to sharing 3 days in the great outdoors with the junior members of the Shawnigan community.

Five-Year Dinner

On Sunday evening, we will honour those graduates who have been with us from grade 8 through to grade 12. Lynn Robertson hosts the five-year dinner and creates a special evening for this group of students. Lynn Rolston, our archivist, has put together a slide show of photos of the grads in their grade eight year at the School that will be sure to excite much laughter and a few tears! After dinner, each graduate will be celebrated by a teacher, House Director, or advisor speaking about why his or her student is unique and with what qualities that student has imbued his or her years at Shawnigan. It takes time to talk about each student, but because they have been together at Shawnigan for so long, we know that the five-year students will enjoy the comments and appreciate the sentiments shared in this small gathering. It is indeed a wonderful event for those students who have spent their entire high school career at Shawnigan.

Chapel Words – Jo-Anne Kingstone

This past Sunday I spent the day down at the West Shawnigan Lake Park, with about 600 or so other people, more than 500 of whom were running some version of the Shawnigan Lake Triathlon. To say the least, it was an exhausting experience. I did not do the triathlon. I was volunteering. But even watching was exhausting. Part of that feeling of course was that I had dropped Mr. Kingstone off to begin his volunteering at 4:30 am, had returned to make a massive pot of coffee, and to pick up our daughter Sarah, also volunteering, and Alasdair R., Alana M. and Ali H. who were in fact competing in the event. I arrived for the second time at the park at around 6:30 am. So it was an early day, a long day, an intense day. To read Jo-Anne's full address, please click on the following link: <http://www.shawnigan.ca/files/documents/pdf/students/chapel/2010-06-03chapel.pdf>