
THE MARYMOUNT FREE PRESS

THE OFFICIAL SCHOOL NEWSPAPER OF MARYMOUNT ACADEMY • FROM THE STUDENTS • FOR THE STUDENTS

STUDENT NEWSPAPER

Welcome to the Official School Newspaper

Welcome fellow Marymount students to the school newspaper where we share our ideas, opinions and the latest, juiciest gossip around the school. In our newspaper, we share the most memorable moments of our community, we reveal what is going on behind the scenes of our student council and music community and we inform students of the importance of CEGEP.

Anyone and everyone is welcome to our club that enjoys writing, spreading positive ideas and getting involved in the school's community.

SCHOOL TO BE ONLINE FOR FIRST TWO WEEKS AFTER THE BREAK

Following a recent announcement by the
Gouvernement du Québec, in-person schooling has
been delayed until 17 January

The decision by the Legault government to allow students to remove their masks in certain situations has since been reversed. Since the initial writing of this article – the situation – as it pertains to the Covid-19 pandemic, has changed tremendously.

WHAT IS THE INTERNATIONAL BACCALAUREATE?

In our school – Marymount Academy – we have an IB programme. Now you may be wondering, what is an IB programme? It's the International Baccalaureate – a non-profit educational programme founded to give all students the opportunity to receive an educa-

tion fit for a globalizing world. This programme helps students gain intellectual, emotional, personal and social skills. For this programme, students are also required to complete a final formal project and participate in community and service initiatives every year.

GET INVOLVED IN THE NEWSPAPER

If you would like to join the newspaper, see Mr. Ouwendyk in room 306 and he will give you the information you need. – If you have mixed feelings about whether you should join but would still like to write for us, send your articles to rouwendyk@emsb.qc.ca

MASK MANDATE IN SCHOOLS

On 15 November, the Legault government lifted the mask mandate in secondary schools.

ALI AND AMIR, BADR-ELDEEN End of November

While masks are still compulsory in ‘common areas’ and the majority of secondary school students have been vaccinated – some have criticised the decision; claiming we are on the heels of another wave of the pandemic.

Likewise, as European countries re-enter lockdown – two years into a pandemic that has taken so many lives and has changed exponentially more – we analysed the perspectives of the Marymount community.

Those interviewed presented a variety of viewpoints but most agreed that they prefer to wear their masks and that others should do the same.

The majority of people said they do not feel unsafe. They did not say it’s because they don’t believe masks are necessary. Instead, they ascribed their sense of security due to the fact that the majority of their classmates have chosen to continue wearing face masks despite the Québec government’s decision.

Many further stated that they felt safe because the majority of adolescents (some 65% at the time of the interviews) had gotten two doses of the Covid-19 vaccination at the time. “A lot of people don’t take off their masks anyway, I also feel a little safer because I am double-vaxxed. So I guess there’s a little more protection there, a lot of people also still wear their masks”.

Interviewees, who will remain anonymous, said they would not “feel safe until almost everyone is vaccinated”. Although everyone we spoke to agreed on some of these rudimentary elements, the responses we received were not uniform. A sizable contingent of interviewees believed that the decision to allow students to remove their masks in class wasn’t too early.

For instance, one interviewee thought the decision was not premature since “I know that most people are vaccinated so the people that aren’t vaccinated they’re just putting their lives at risk”. Others felt it sufficient to be able to choose to wear a mask wherever they wished and choose who they surround themselves with.



Minister of Health and Social Services, Christian Dubé

Update: Covid-19 Situation in Schools



Masks were once again required at all times in classes after an outbreak amongst students had occurred. Due to the Omicron variant’s incredibly fast-spreading nature, the Gouvernement du Québec announced that the winter break would start one day earlier than initially planned and that following the break, classes would resume remotely before returning to in-person learning with masks required at all times.

TWO DOZEN BUNNS

No BUNN intended

1. In Mr Bunn's PE class, one may have an a-BUNN-dance of fun.
2. Mr Bunn's personality is as sweet as his baked namesake.
3. PE classes are a BUNN-dle of fun.
4. I was playing soccer in Mr Bunn's PE class, and got hit right in the BUNN-s.
5. If one were to learn baseball from Mr Bunn, one would surely learn the proper way in which to BUNN-t.
6. What is the name of Mr Bunn's spiced and coconut covered, bleu blanc et rouge-hating Bruin's fan cousin? Boston BUNN.
7. In Mr Bunn's Sec 4 classes, students learn how to BUNN-g a ball in their current unit: goalball.
8. What is Mr Bunn's favourite type of cake? The BUNN-dt cake.
9. Many of Mr Bunn's mornings are spent making his daughter's hair into a messy BUNN.
10. After a long day of hard work, Mr Bunn usually rests under the shade of the magnificent BUNN-ya tree.
11. Be mindful of your doughnuts when you are around Mr Bunn, for he may BUNN-co you.
12. Do not start BUNN-kum with Mr Bunn, he can easily see through it.
13. If one is assigned work that is athletically inclined then it behooves one to not BUNN-gle one's responsibilities, or Mr Bunn will build a shrine to thyne suffering. It is true because it rhymes.
14. Be careful when playing soccer as one may get a BUNN-ion if one is too reckless.
15. If one is fond of PUNN-s and is in the class of the Bunn, then one BUNN-d to get BUNN-s of steel (he'll make you do push-ups).
16. Together, Mr Tortorici, Mr Steele and Mr Bunn form the Marymount Academy Tri-BUNN-virate of PE teachers.
17. In his PE class, Mr Bunn does not tolerate ram-BUNN-ctiousness.
18. Do not try to De-BUNN-k anything, Mr. Bunn says. It will not end well.
19. Mr. Bunn is quite furi-BUNN-d.
20. Mr Bunn has been married for many years, despite his personality.
21. Mr Bunn was an extra on the famous movie 'Cheaper by the Dozen'. Unfortunately, he was only offered a part in the sequel 'Cheaper by the Dozen 2' but got confused and ended up in a baker's dozen.
22. One is very mori-BUNN-d if one jokes around in Mr Bunn's class.
23. Mr Bunn is a car-BUNN-cle.
24. Mr Bunn is a favourite of the all boxing fans in Marymount and has earned many cumber-BUNN-ds.

CANADIAN F1 DRIVER DIDN'T PAY TAXES

It is common knowledge that Jacques Villeneuve, like most F1 drivers, lived in Monaco due to its 'central location' in Europe. Villeneuve – like all F1 drivers – has never looked at a map.

AMIR BADR-ELDEEN AND TALAL ELDANAF SATIRICLE ARTICLE

In the recently leaked 'Pandora Papers,' a new batch of unfortunate rich people had their privacy violated by lowly working-class scum. Ugh! Poores are disgusting! Always attempting to deceive the rich's innocent souls. Can the poor really expect the wealthy to pay their fair share of taxes? How in God's name— are the rich supposed to afford the unfairly high, over-done taxes when they have so many extra expenses that the poor would never comprehend?

Jacques Villeneuve is a man who puts in a lot of effort. He worked very hard to be born to wealthy parents who could afford to pay hundreds of thousands of dollars for him to attend racing schools and compete in races. He had to work very hard for his multi-million dollar salary, driving an F1 car once a week for ten years.

It has long been known that Jacques Villeneuve had to relocate to Monaco to avoid the discrimination of countries such as Canada – which force the long-oppressed rich to pay unreasonable, evil and vindictive taxes simply because of an external fact. However, it was revealed in the leaked 'Pandora Papers' that he attempted to avoid the

anti-rich discrimination without leaving his beloved home – on which he does not pay taxes.



One day, Jacques decided he couldn't take having to pay something outrageous every year like taxes any longer, so he did what any wealthy person would do: he avoided them. Indeed, he was one of the valiant rich people who could no longer bear the torment inflicted on him by the envious and vindictive poor.

Unfortunately, the poor have recently discovered his attempt to flee discrimination before seeking refuge in Monaco. When he lived in Québec in the 1990s and again from 2007 to 2013, he established off-shore companies in countries that served as some of the world's only safe havens for the wealthy.

SCHOOL SPORTS

<p>Basketball This pastime is ideal for individuals who prefer a fast-paced, thrilling game that can temporarily provide an escape from your worries. Students are invited to take part on Fridays at lunch in the upper gym.</p>	<p>Badminton Badminton is an excellent sport for those who have fast reflexes and – if you're like me and still don't know how to perform a smash shot – I wouldn't hesitate to try it out on Tuesdays at lunch in the upper gym.</p>	<p>Hockey Do you need a dental job? Why not get your money's worth during your next check-up and get a few teeth knocked out while embracing your inner-canuknucklehead on Tuesdays after school in the upper gym.</p>	<p>Soccer Soccer (football) is a one-of-a-kind sport that is beloved by practically every country on the planet. On Thursdays at lunch in the upper gym, try it out and tell us what you believe the correct term to refer to it is.</p>	<p>Archery Fancy ending off the week in style and learning a sport that requires a certain devotion and concentration to achieve the pinnacle of excellence? This activity is held every Friday at lunch in the upper gym.</p>
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7MAR CINEMA

Welcome one and all to 7mar cinema!
Courtesy of Ali, Amir and Talal.

7MARS SCHOOL CINEMA FOR CHARITY – January

Here, you may spend your lunch hour enjoying the amenities of Marymount's top cinema while also supporting a worthwhile cause! The movie that is a philanthropic opportunity sprang from the chrysalis that is a school-provided laptop and a projector. We'll be showing movies in the room across from the STEP room every day (except Wednesday). All Marymount Academy students are welcome to attend. If you would like to choose the movie that will be shown,

you can make a generous \$1 donation, which will all go to a charity that has not yet been chosen. After donating, you will rank three movies, one of which will be played. A list of five charities will be put up for vote at the end of the year. The charities will get varying amounts of money based on the proportion of votes cast for them by you, the people. All Marymount students will be able to vote. For \$5 you can skip the waiting list and your film will automatically be selected to go immediately after the movie currently being played.



7mar, pronounced as 'hmar' means donkey.

The reason why they chose the name remains unknown; however – if someone finds out the reason, they will be presented with a prize.

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DO NOT READ THIS ARTICLE

If anyone is reading this article right now, please take notes because I will tell you three things you should never do in high school!

1. Do not ever use a key for your locker.

You might say: "well, it's better than remembering a code and never entering your lock code again". Well my friend still has his lunch in his locker for about 5 weeks and that's all because of a lost key. So – the lesson of the story: don't use keys for your locker unless you're a maniac!

2. Do not put your mouth directly on the water fountains.

Why?– You may ask. Actually, do your own research. I think I'd have problems with the editors if I said anything. But here is a little hint, my friend passed out for a few minutes after drinking from there. Anyway – we're in a pandemic so it might not be the best idea – unless it is an emergency. The best thing to do is to drink the best source of hydration ever: saliva!– In all seriousness, try to fill up your bottle at home or by the fountains at school and avoid drinking at the fountains directly from your mouth. Stay hydrated people!

3. Do not ever let someone borrow your pen/pencil

I have not seen mine in over a year people so watch out. It was my favourite pen.

Mathéo Moran



The EMSB's request for a suspension of the contentious Bill 21 was dismissed by the Québec superior court of appeals earlier in the month of November. Due to a judgement by a Québec higher court that it infringed a constitutional right for English institutions to run themselves. As such, the EMSB was entitled to temporarily continue recruiting staff regardless of whether or not they wore religious symbols in April.

Image: EMSB Communications

EMSB CONTINUING TO OBJECT IMPOSITIONS OF THE CONTROVERCIAL 'BILL 21'.

ARE SCORPIOS REALLY CLAIRVOYANTS?

Scorpios are said to be the most heartless of signs out there because they are emotionally unavailable for you. But is that true?

False. Scorpios are said to be the zodiac sign that craves the most affection, and no, it's not so it can sting you from the back. Are Scorpios very needy? A lot of people would agree with this but that is not true, they just want attention.

Are Scorpios really power-hungry? Power-hungry Scorpios are leading with their egos which is somewhat true. Ruling Pluto would give me a big ego too.

- written by a Scorpio, **Rahmah Al-Ani**

YOGA PROGRAMME

SAMANTHA WOO YOGA

Have you been feeling stressed out lately or just need a break from all the work that has been handed to you?

Well, I have the perfect place and activity you can do right here at Marymount Academy International. Students at Marymount Academy can participate in yoga sessions. At any age, grade, whatever it is, yoga is free for you to do.

This happens on Monday and Thursday after school from 15:30 till 16:30 to relax the brain and have a calming after school feeling. If you don't know what yoga is, I'll explain it to you! Yoga is an exercise that could allow your body to be looser and helps your body to be more flexible and fit. It is a physical and mental activity that could improve breathing techniques if you have trouble or are overwhelmed and also, generally relax the mind. So if you want to experience this relaxation exercise in a quiet and harmonious environment come after school.

Get a feel of mediation in all its glory. It has been said by students at Marymount that practicing yoga is less stressful than doing

homework and truly gives you peace. The whole idea of yoga and practicing it weekly is to enhance the mind and relax the mind all over. I have done meditation in the past, and I can say that it is an effective way to relax the human body and I suggest you give it a try and you might be surprised. Some might consider it and never get around to meditating, but those that do, are granted peace and relaxation.

MONDAY & THURSDAY
15:30 - 16:30

It's not an obligation to participate in the yoga sessions but trying something new is good to have and mediation could be good for you in the long run. If you think about it, your daily lifestyle, consistent routine and health patterns could improve physically, mentally or even spiritually. I hope the idea or the consideration of participating in meditation right here at school, has been brought to your attention and you could one day do the downward dog or the butterfly pose!