

# The Pinehurst Needler

MARCH 2011

ISSUE THREE



## A Trip to Remember by Aser & Liam

“On Monday February 7<sup>th</sup> Pinehurst School embarked on an adventurous outdoor educational trip. The day began at an early point, wake up at 7:30 a.m. and out the door by 10:00 a.m. There was no time to waste. Staff and students had to endure a five-hour car ride with only two stops along the way, one to eat lunch and one to fill up on gas. Upon arrival at Haliburton we unpacked our stuff and then had dinner shortly afterwards. After dinner we watched a movie called “Alpha Dog” and went to sleep. The following day started at 7:30 a.m. and we went to breakfast at 8:00 a.m. We then returned to our cabin to dress warmly for the long day ahead of us. We were introduced to our two very kind tour guides, Emily and Peter. They took us to put on our snowshoes to begin our first activity. We hiked and then after lunch we built shelters out

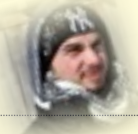
of whatever we had around us. The day was long and exhausting. Lunch and dinner were both times for us to sit down and relax. After dinner most of the students were tired, so the day ended off on a soft note of either a movie or free time. Lights out was early because we needed our rest for our next day early morning. Wednesday morning was an early morning day beginning at 8 in the morning with breakfast and brushing our teeth. We then split into two groups, one going to the wolf sanctuary and the other going to the sawmill. The sanctuary was amazing and is where we got to see a pack of wolves eat a bunch of dead beavers. We then went to lunch, with the people in one place going to the other place. The night ended with a wolf howl that although it did not work out too well, was still fun. Thursday morning many were sad that it was our last day out

in the freedom of the woods. Students split into two groups, one going to a ski hill for a fun filled day of skiing and snowboarding and one staying back with Katrina for a movie and a clean up of the cabin. Night ended with an astronomy lesson by Emily. Friday morning the students woke up at 7:30 and breakfast was at 8. We then went back to the cabin to pack the vans and were off on a five-hour car drive. The week was amazing. Everyone had lots of fun and the staff, Imre, Steve and Katrina did a great job.”



***In the Halls*** -Here's  
what our students are saying  
about the February Outdoor  
Education Trip

as reported by Liam



**Refaat:** "It was good, but I got sick."

**Piper:** "The trip was fun and a new experience for me."

**Anthony:** "It was very exhilarating."

**Max:** "Slightly overexerting, but a fun trip."

**Kevin:** Cold, but had so much fun.

**Victoria:** "Cold but fun. Skiing was the best."



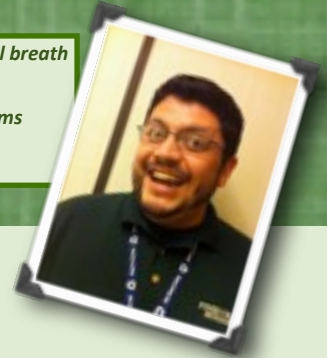
***The Trip***

A Poem by Aser

Outdoor winter activities.  
Cold, fun and silly.  
We went away. We went to stay.  
We laughed and played.  
And skied away as others hide in their  
blankets all day.  
We became closer as we introduced  
everyday.  
Felt like a family that was bound to come  
together someday.  
We all realized the importance of having  
each other.  
Everyone here was one of my sisters and  
brothers.

## An Interview with Staff - Gus Cruz

*"We are all equal. No one human is better than the next. We all breathe the same air and we all bleed the same colour. You have the opportunity to make the changes necessary to make your dreams come true. Don't live in the past, live for the FUTURE!!!"*



**What is your official title?**

"Child and Youth Worker"

**What do you like about your job?**

"I really enjoy the challenge that the job brings. You never know what type new challenge you will be facing each day. I like to think that I am making a difference in the lives of the youth that I work with. Whether it is a big or small difference, it all matters to me. "

**What are your future goals?**

"My future goals are to continue working with youth in our community through a program that helps troubled youth and their families cope and deal with all the struggles they are facing on an individual and a family point of view. I would also like to implement or be part of a program that implements troubled youth becoming more independent, teaching everyday life skills such as cooking, job searching skills, how to budget their money, and so on. "

**What piqued your interest to work at Pinehurst?**

" I currently work with Katrina at another agency and she always talked about Pinehurst in a very positive way. I knew about Pinehurst because I grew up in the Merritton area. So, my interest being in the field of working with youth, I had always wanted learn more about the school and eventually try working here. The more questions I asked, the more interested I became. When the opportunity came about, I decided to apply, and here I am now very happy with Pinehurst and what it has to offer."

**Tell us about your hobbies or pastimes.**

"My hobbies are sports. I love playing and watching all kinds of sport. I love spending time with my family and friends. My family is the most important thing in the world to me. This is the way that I was brought up and it is the way that I will raise my children."

**Why do you believe in the philosophies of Pinehurst?**

"I believe in the philosophies of Pinehurst because every student is different in their own way and I feel that Pinehurst is providing the opportunity for each individual to achieve at the level and potential that they are capable of."

**Do you have children? Ages and names.**

"I do have children. I have a 2 ½ year old boy. His name is Michael. My wife is expecting a baby girl. She is six months pregnant and is due May 06. We don't have a name picked yet."

**If you could give today's youth one piece of advice, what would it be?**

"As hard as things seem to be right now, they do get better as long as you want them to. You have the ability to break a negative cycle and make it a positive one. Don't give up on your dreams and always be true to yourself!!!!"

**If you could plan any activity for the students, what would it be?**

"If I had the opportunity I would take these students to a place that has been struck by some sort of natural disaster such as a hurricane or earthquake, or to a poverty stricken country or neighbourhood so that they can see first hand what other people are going through. Some might not care but some might think twice next time they take what they have for granted. They would take part in a clean up of some sort or help rebuild a home with habitat for humanity and have the opportunity to meet the victims first hand."

## After School Activities

Michelle Cote, Residential Staff

Activity Period (AP) is a time when staff and students come together to have fun and unwind. At the end of the academic day, students transition into the evening programme with a structured activity. Some students are eager to burn off energy with a sports activity, while others prefer exercising their minds or creative side. Students are required to fit at least two physical activities into their weekly selections. We strive to introduce activities that the students will find interesting, to keep their attention for the full hour. It is great to see the students forget who they are for a while and just kick back and have fun. We have found that by offering fresh and sometimes "out of the box" activities, curiosity is piqued and students are motivated to participate. We have also observed that the students within certain AP groups experience a camaraderie. On many occasions, students have

encouraged others when they notice a fellow student struggling. We have held AP's encompassing: Internet Scavenger Hunt - Trivia type questions are answered by surfing the Internet, Bead making - bracelet and necklace making, Dance class - dancing the hour away with the Wii, Arts & Crafts-lost art - each week a different craft was revived, e.g. tie dying, crochet. I, personally, led a more serious AP entitled, "If You Really Knew Me", which focused on bullying issues in schools, based on the reality TV show of the same name. Each week students viewed an episode during the first half of AP. The next 30 min. were spent discussing similar real life experiences within the group. Many tears were spilled, but there was always someone willing to share a hug. This particular AP was very emotional and well received. At the end of the month we had our own "Challenge Day" where the entire student body came together to meet the challenge and share their innermost thoughts. What a



revelation....we are all not that different after all. We will continue to find creative AP's for the students to experience, and welcome students to come forward and submit ideas of their own.

## Important Dates

### MARCH BREAK

Students will be dismissed at 3:00 pm on Friday, March 11th. The school will be closed at that time. Students should return on Sunday, March 27th., at 8:00 pm. Doors open at 7:30 pm.

### EASTER BREAK

Students will be dismissed at 1:00 pm on Thursday, April 21st. The school will be closed at that time. Students should return on Monday, April 25th., at 8:00 pm. Doors open at 7:30 pm.



# Hospitality Events by Jody Carriere, Kitchen Coordinator

## Medieval Feast

Hospitality and Tourism students researched authentic medieval recipes and prepared a meal fit for a King. Their bountiful platters of visual and tasty delights adorned the already festive and elegant table décor. With no cutlery permitted, this gave students a true **hands on** experience!

## Hawaiian Night

Hawaiian night was a huge success! The students wore leis and grass skirts while serving an authentic Hawaiian dinner. There was even a limbo or two involved!

## Christmas Dinner

Our Christmas dinner, this year prepared by the Hospitality and Tourism

Class, was a traditional turkey and stuffing, home-style event. The festive atmosphere and fabulous food with delectable desserts made the night wonderful....and filling.

## Graduation

A party is a must. If you are a Hospitality student, there could not have been a better way to celebrate all of the achievements in this semester except of course to show them off! With invitations out, advertisement in place, a menu compiled of the best of the best dishes the night was scheduled for success. ..It was perfect!



**PINEHURST**



[www.pinehurst.on.ca](http://www.pinehurst.on.ca)  
905 641 0993

10 Seymour Avenue  
St. Catharines ON

## Contact Information

### Our Mission

Pinehurst School's mission is

- to motivate our Pinehurst community members to achieve their potential in intellectual, emotional, social, physical and moral development;
- to exercise a positive and pro-active role in addressing contemporary societal issues and in resolving social conflicts; and
- to provide a stimulating, engaging, and highly structured learning environment, focused upon preparing for college/university success.

email - [explore@pinehurst.on.ca](mailto:explore@pinehurst.on.ca)