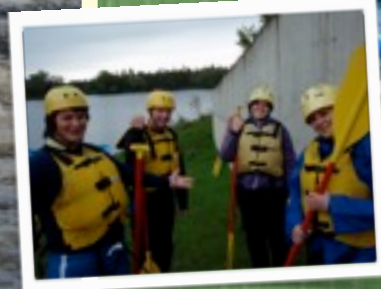


# The Pinehurst Needler

FALL 2010

ISSUE ONE



*White Water Rafting with Wilderness Tours, Foresters Falls, ON*

## White Water Rafting Trip - by Katrina Anderson

"On Monday, September 20th, 2010, we headed off to Wilderness Tours in Foresters Falls, Ontario for our first Outdoor Education Trip of the 2010/2011 academic year. The main focus of this trip was White Water Rafting along the Ottawa River. This trip was led by Residential Staff Imre Matyas, accompanied by Katrina Anderson and Steve Simpson-also Residential Staff.

DAY 1: We departed around 9:30 am for our 6hr drive up. A couple of bathroom breaks and a lunch stop helped the time go by faster. When we arrived, everyone signed their waivers and set up their tents on the campsite. We then enjoyed a great dinner prepared by Wilderness Tours staff. To end the evening, we had a nice fire and the students roamed the grounds to see what Wilderness Tours had to offer.

DAY 2: We embarked on our first rafting day. This day was just a gentle family ride to get used to the paddling and water. The water levels were lower so the rapids weren't too big. No one fell out or flipped their raft, which some would be happy about, but others

wanted this to happen for more of a rush. Everyone in the boats were allowed to splash other boats when we were on flat water. Students and staff were then given the opportunity to body surf one of the rapids. Besides being cold when out of the water, (the air was cold, water was warm) it was a great rush. When allowed out of the boat to swim, I can only remember Fadi screaming at the top of his lungs because he thought the water was too cold. It was a great laugh!

DAY 3: This was our second rafting day. This day was for the higher intensity rafting which worked out well because the water levels were higher so the rapids were bigger and we also went down a different channel of the river. The group was split into 2 large groups in bigger boats. Again, no one fell out or flipped their raft. Big change from last year! Everyone was given the opportunity for cliff jumping on this day and I would say that Blair definitely had the best jumps. He actually did flips off of it!

After both the rafting days and lunch, students used their down time playing

basketball, soccer, football, fishing, giant chess, checkers, enjoying the hot tub, and some even went swimming in the pool. We had bonfires again at night where everyone enjoyed s'mores and a game of nighttime Hide n' Seek!

DAY 4: This day got pretty cold so thank goodness we weren't on the water. This day students did low ropes courses, large group games, and wall/rock climbing. David G-M made it all the way to the top of the hardest rock course! Way to go! This evening it was raining so we all got to enjoy a couple of movies in our sleeping bags in the Amphitheatre. A nice relaxing night to end the trip!

DAY 5: We all packed up and hit the road back to school, breaking the trip up again with stops and lunch. We arrived back around 6:30pm. Most students were off to bed pretty early, all tuckered out.

A special thanks to Max Eastwood for taking the initiative to thank all the staff at Wilderness Tours after each activity. He also thanked staff upon our return. "

# What our students are saying....

## **Blair Rutherford**

“Being in the boats, being splashed by the water, reminded me of my first bath.”

## **David Burtch**

“The funniest part was football tackling Tony off the front of the raft.”

## **Victoria Munn**

“I loved eating at McDonalds on the way there and back because I haven’t eaten it for 5 yrs.”

## **Kevin Maxwell**

“The best part of the trip was taking the wetsuit off at the end.”

## **Khristopher Kentebe-Arnold**

“The trip has allowed me to change my perspective on how to challenge myself.”

## **Fadi Bakhit**

“The bonfires were the best because I’ve never had one.”

## **Natasha Koller**

“The trip brought me closer to everyone else.”

## **David Guillaumant-Mergler**

“This was my first time mountain biking and it was really fun.”



# Spotlight on Staff - Meet Mike Gerrie



*“Life is too serious to be taken seriously, but if you seriously don’t love life then it will get serious.”*

## **What background do you have that has prepared you to work at Pinehurst?**

“I worked in the education system for about six years at my former high school, with youth as a counsellor and then with the John Howard Society as a supervisor running the school based programs.”

## **Why did you apply to work at Pinehurst?**

“I was looking to get back into the education field with youth, after being out of the country for a year. Like winning the lottery I came across the job posting, applied and was successful in being hired. I love it.”

## **If you could plan one super Activity Period for our students, what would it be?**

“Skydiving. I have been six times and each time it’s scarier. It grounds you to know every minute needs to be important.”

## **Any advice for parents????**

“Listen. Even when they aren’t talking, they are.”

## **What are your future goals and plans?**

“Continue to contribute to the school and always keep learning. You can never be too smart.”

## **How do you work at building a rapport with students?**

“Honesty, respect and consistency go a long way.”

## **Your thoughts on nutrition, exercise and today’s youth.**

“Exercise releases endorphins, which make you feel good. Proper nutrition helps with self-esteem. Both make for happy individuals.”

## **Your happiest moment.**

“The day my sister gave birth to twin girls.”

## Activity Periods and Weekend Activities

Activity Periods are scheduled Mon-Thur from 4:00-5:00 pm. Our students choose from 3 planned activities for each day. Selections are made at the beginning of each month. Students are encouraged to suggest activities. We try to have one off campus activity on the schedule. e.g. Bowling, Driving Range, Batting Cages, Mystery Tour, Canal Walk.

On the weekends, students who stay at the school that have on campus privileges, can take part in a variety of planned activities. On Friday nights, some students enjoy going to the local movie theatre, while others opt for a movie rental in the Common Room. On Saturdays, longer outings are planned. So far this year, our students have enjoyed Crystal Beach, Go-Karting and the Skywheel.

## Reminders and Announcements



### STUDENT & STAFF PHOTOGRAPHS

A photographer from Edge Imaging will be at the school on Monday, November 1st. at 9:00 am to shoot student and staff photographs. The photos will be used for our Yearbook. These photos will also be available for purchase. Edge Imaging will be providing proofs. There is no obligation to purchase.

### WEEKEND LEAVES & PARENTAL VISITS

Completed Student Leave Sheets are due on Thursdays by 7:00 pm for regular weekend leaves. Written parental confirmation of travel plans must be received by Carol [cdamiano13@gmail.com](mailto:cdamiano13@gmail.com) by 7:00 pm on the Thursday prior to the leave.

All weekend parental visits, both on and off campus, must be arranged and confirmed in writing (email) by 7:00 pm Friday. Weekday parental visits must be arranged and confirmed in writing (email) 24 hrs. in advance. [cdamiano13@gmail.com](mailto:cdamiano13@gmail.com) Students may only submit one cash request per week. This must include any possible travel funds. Students must be in good standing to submit a cash request and to receive cash. Written parental consent to release tuck funds for travel must be received by Donna [pinedonna@sympatico.ca](mailto:pinedonna@sympatico.ca) 24 hours in advance. Travel funds are only released on departure.

## Important Dates

### THANKSGIVING BREAK

Students will be dismissed at 1:00 pm on Thursday, October 7th. The school will be closed at that time. Students are required to return on Monday, October 11th. at 8:00 pm. Doors open at 7:30 pm.

### NOVEMBER BREAK

Students will be dismissed at 1:00 pm on Thursday, November 25th. The school will be closed at that time. Students are required to return on Monday, November 29th. at 8:00 pm. Doors open at 7:30 pm.

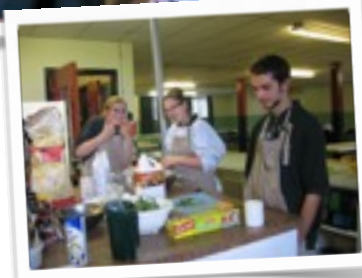


# Feeding Bodies and Minds

At Pinehurst School we feed the minds and the bodies of our students.

Our menu is based on Canada's Food Guide, to make sure all nutritional requirements are met. It is then taken a few steps further. When preparing our menu there are no additives, preservatives, MSG, added fats, sodium, loads of sugar or extra calories involved. When a meal is well prepared, it is created with simple real ingredients. These include healthy choices such as whole grains, fruits and vegetables which are high in antioxidants, potassium phosphorus, magnesium, etc. All of these promote strong hearts, immune systems, bones and teeth; everything a healthy teenager should have.

It is the creative combinations of whole foods that make a meal healthy and delicious. A balanced diet involves feeding your body what it requires to maintain good health.



Our Hospitality and Tourism Class is working on proper nutrition by creating their own Food Guide Poster, learning just how important teenage nutrition is and how it stays with us a lifetime. Their hands on approach with preparing some of the meals and snacks at Pinehurst is a great way for them to learn just how a few wholesome ingredients put together creates a fabulous, tasty dish.

*Try One Of Our Recipes!*

## Homemade Powerhouse

### Granola Bars:

- 2 Cups rolled oats
- 1 Cup whole wheat flour
- ½ Cup pure brown sugar
- ¼ Cup wheat germ
- ¼ Cup ground flax or whole flax
- 1 teaspoon cinnamon
- ½ Cup raisins
- ¼ Cup dried cranberries
- ½ Cup Honey
- 1 Egg beaten
- 2 teaspoons pure vanilla extract
- ¼ Cup canola oil
- ¼ Cup apple sauce

1. Preheat oven to 350 degrees. Spray 9x13 pan.
2. In large bowl, mix together the oats, brown sugar, wheat germ, flax, cinnamon, flour and raisins. Make a well in the centre; pour in honey, egg, oil, applesauce and vanilla. Mix well. Pat the mixture evenly into the pan.
3. Bake for about 30 minutes, no longer. Cool for 5 minutes, cut while still warm in squares or bars.

**PINEHURST**



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

10 Seymour Avenue  
St. Catharines ON  
L2P 1A4

## 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)