

# ROCKRIDGE



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NEW NEWSPAPER EVERY TERM

SIXTH EDITION



**Rockridge's bright future – Grade 8's at Camp Summit**

## The History of Rockridge

*Maya Seethram, continued on pg. 7*

It is easy for a student (such as myself) to walk into Rockridge Secondary School's front entrance and take it for granted. For the past 1 to 5 years, current students at Rockridge have spent 5 days a week, six hours a day at their school, and yet, I feel that most of us know very little about the history of the building in which we spend a good portion of our academic careers. Our school is much more than a building, it is a link between education, our youth, and our community. It has a rich past, and a bright future.

## Student Voices Adjusting Mindsets

*Mia Jakobsen, Lila Edsall, Natasha Walker*

All over the world, we struggle with different issues. One we have in common is homophobia. With so many big voices telling us that "being gay is wrong" it's no wonder it's something we still struggle with. Compared to other world problems, what is so complicated about basic LGBTQ+ rights?

Let's look at the bigger picture. We are dealing with school shootings, war, poverty, spread of diseases, environmental issues, the stigma of mental illness, and so much more. Why are we focusing on something as small as loving whomever you want to love? On having equal rights no matter your race, religion or gender? Why aren't we focusing on real issues?

*Continued on pg. 7*

## Phone Guidelines: A Positive Viewpoint

*Sammy Gach*

Currently Rockridge students are in a state of despair - not because a favourite teacher is retiring, or because students won't be able to visit the Caulfield mall. The whole problem is around phones. Since the beginning of May, Rockridge has incorporated new smart-phone guidelines. The idea is to eliminate students' ability to freely roam on cell phones, and to discourage students from having their phone on them during class time. It's the hot topic around campus, and overall the issue is very controversial.

On one hand, I believe these guidelines are a good thing and will benefit myself along with my peers.

## Rockridge's Phone Guidelines

*Sammy Gach, continued from pg. 1*

I remember prior to enrolling at Rockridge, the idea of watching a YouTube video or playing a game on my phone was out of reach, at least at my elementary school. It may seem rather odd to think about being in a situation like that now, but it was a good thing. All my classes were vibrant; everyone was bouncing off each other's ideas and it's reasonable to say this was attributed to having no cell phones. I found it was easier to gather information and be successful without distractions. Don't take my word for it - studies have even backed this up. A study by the London School of Economics found that when schools banned mobile phones, the test scores of students aged 16 improved by 6.4%. . This ban could be the nudge many struggling students need to increase their academic success. To tie things up, we need to ask ourselves: is it really a good thing to have our phones beeping and buzzing when we were in a preparation stage for future jobs and/or university? I mean if our teachers were to be on Snapchat throughout a whole lecture, they'd probably be fired, so why should we be getting that privilege? These guidelines will keep us focused. These guidelines will prepare us. These guidelines will make us more successful. I think these guidelines are the future.

## Phone Guidelines – A Negative Viewpoint

*Raman Baht*

Recently at Rockridge, new cell phone guidelines have been introduced that many think is a horrible idea, and some, a very good idea. After speaking with many students at Rockridge, I found that most of them think it is a completely unnecessary rule. In spite of the fact that many people are saying that lower usage of phones can be used to improve mental health, it is still a very important aspect of the

lives of all the students at Rockridge, as we can use it as a tool, leisure device, or an internet browser, in case we do not have our laptops/other devices. Furthermore, a very important aspect of using our phones is when our parents are contacting us or if we have an urgent notification that needs to be taken into consideration. So, while the new guidelines might have some upsides, it is still very important to the students at Rockridge and beyond to be able to access their phones at all times.



**Rockridge students divided on their thoughts of the new phone guidelines. Photo Cred: Ophir B.**

## What Does Rockridge Think?

*Collected by Fallon O'Neill and Jasmine Rutigliano*

"I was tired of in my classes how we would get constantly interrupted by people being told to put away their phones"

- *Anonymous grade 8*

"I don't really care about it."

- *Anonymous grade 9*

"The school is relating the phone policy to mental health and while there is a correlation between the two, using a phone isn't the primary causation for mental illness."

- *Anonymous grade 11*

"Not having access to my phone during the majority of the day at school hinders my ability to access other commitments, which are just as, or more, important than school for me right now."

- *Anonymous grade 12*

## Feature Teacher – Mr. Lam

*Jasmine Rutigliano*

Derek Lam is a teacher at Rockridge Secondary School. He started his student-teaching at Rockridge in 2007, and a few years later began a permanent position. He currently teaches social studies, yearbook, and law, and formerly taught English.

### **What's the most immature thing you do?**

Fake professionalism.

### **What would your superpower be?**

My superpower would be to eliminate from human history obnoxious trends, such as the dab.

### **What's your best joke?**

Mr. Lawson's "haircut".

### **What were you like in high school?**

Pacey from Dawson's Creek. Frosted tips and all. The late nineties was a bad time.

### **What is one thing you wished you knew when you were our age?**

How embarrassing pop culture of the late nineties would become. Don't do the frosted tips, don't do the eyebrow ring, don't do khakis at all.

### **What drew you to social studies?**

When I was in high school, I liked learning about why the world was the way it was.

### **What is your greatest weakness?**

Getting off topic.

### **What book has influenced you the most?**

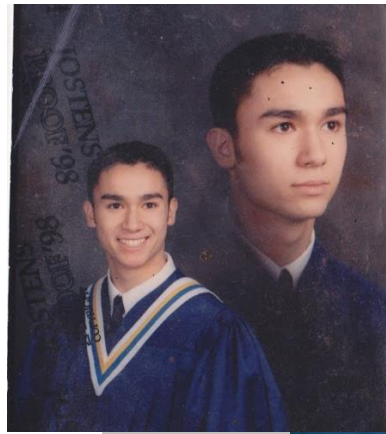
"Into the Wild." After I read it, I actually tried by myself to go and live on Black Tusk for a couple of nights. I was going to hitchhike up the highway, but they were doing construction and cars couldn't pull over. I walked for three hours up the highway and construction didn't end, so I had to ditch my backpack in the woods and walk home. It sucked.

### **What dumb accomplishment are you most proud of?**

I self-taught myself how to use nunchucks.

### **What are some of the events in your life that made you who you are?**

Every time I've travelled, but especially the times I've travelled by myself.



***Mr. Lam's grad photo (left) and current school picture (right)***

### **If you could change one event from history, what would it be?**

When that fish crawled out of the water and started talking, I would give it a book.

### **Why did you go into teaching?**

The interaction with people and every day is different. I know that's a really cheesy answer, but it's true.

### **What's the most rewarding part about being a teacher?**

Watching students evolve as people and grow into themselves.

### **What small gesture from a stranger made a big impact on you?**

I remember once I was on my way to university from Downtown Vancouver and it was raining hard and I was standing outside waiting for the number 44. There was this tiny little old Filipino lady - like three feet tall, with an umbrella - and she looks up from her umbrella and sees me there, stands on her tippy toes, and stands over to raise the umbrella over my head. So, then I offered to hold the umbrella for both of us. Anyway, I thought that was really nice, I've never forgotten that.



## Gr. 8s Go to Camp Summit

*Rose Lepin*

One of the most recent events happening around Rockridge has been the Grade 8 trip to Camp Summit. Summit is a camp just after Squamish that specializes in outdoor activities and team building. It has a small but great group of staff that will teach you activities such as mountain biking, archery, and outdoor skill. There were also free-time activities like “9-Square”, and a volleyball net contributed to many students inventing a game entitled “Yeet Ball”.

The meals were great and were served “family style”. In addition to meals, they also had a fruit basket to get apples and oranges in between. A goal you could reach for was to be in the “Hard Core Club” which is a group that gets a certificate for eating the entire apple - including the stem.

After dinner, there was a grade-wide campfire full of songs and skits. The campfire also gave the opportunity for students to perform. One student even gave an inspiring message about the important issue of homophobia in our school.



**Grade 8's at Camp Summit**

To tell us a bit about the work that goes into planning the trip, here is Ms. Towers:

### **What inspired you and other teachers to create the Summit trip and other trips like it?**

We really feel that it's important for kids to get out of school and get out to nature. We partly want students to connect what we learn in class in a new way, but most importantly we want them to connect with each other.

We felt like that was really lacking and there had been a camp in our school in the past and there was a lull for a couple of years and students seemed to really miss it so we wanted to bring it back!

### **What were the first few steps of planning the Summit trip?**

Initially we had to choose a location, which was done by Mr. Crowley and Ms. Lambie.

They went around to various camps and eventually settled on Summit because of their wonderful staff - they are really great to work with.

After that, we wanted to see how we could connect it to the classes that we teach. We had to take P.E. and Science into consideration and think about a crossover theme to connect with the camp. After that we obviously have to take steps like getting permission from the district to take students off campus, and then meeting with parents so that they know the ins-and-outs of the camp. We then have to make permission forms and explain it all to the students. It's a very long process indeed.

### **What are your personal favourite things to see in your experiences at the Summit trip?**

I really enjoy the campfire. I thought that was a really good opportunity for students to display their talent, and it is one of my greatest wishes that the number of performers will increase as years go on. I love that [Rose] sang and Leo spoke. I love seeing people connecting in different ways.



## Rockridge TC Goes to Vernon

*Jasmine Rutigliano*

From April 15th to April 18th, Rockridge Theatre Company students travelled to Vernon, B.C., to participate in the Good Will Shakespeare Festival. The majority of students spent their time learning a broad range of theatre techniques and other performing arts skills from professionals in the industry. Other students chose to participate in their choice of an intensive course, spending their time focused on a different area of the performing arts. Every night, a few schools from the festival would showcase a 25 minute performance that relates to Shakespeare. Some of these performances included a Shakespearean rendition of “Star Wars”, a musical interpretation of “Macbeth”, and a spoof of Shakespeare’s “Julius Caesar” told as a film noir. On the



**Rockridge TC after their performance of “Next Stop: The Pursuit of Happiness” at the Goodwill Festival. Photo Cred: Annasofie Jakobsen**

17<sup>th</sup>, Rockridge students performed a condensed version of the play they devised as their production this year, “Next Stop: The Pursuit of Happiness.” Through this festival, our theatre students were given the opportunity to appreciate the arts with other theatre kids from around B.C., and all involved will recall it as one of the best experiences of their time at Rockridge. On behalf of Rockridge Theatre Company, thank you to Mrs. Foster, Mrs. Ohlhauser, and Mr. Anthony for chaperoning!

## Where is Rockridge Going Next?

*Fallon O’Neill*

This month marks the time of the Gr. 12 graduation. Many are planning to pursue post-secondary education, while others are undertaking different ventures. Regardless, the Gr. 12s of Rockridge are going on to explore, learn, and work in the real world. Here is Toben Sparling, Golshid Zahiremami, and Taydon Sinopoli with some insight into graduation.

Toben Sparling:

### **What are your plans for next year?**

I’ll be studying Sciences at UBC.

### **What will you miss most about Rockridge?**

I’m going to miss being in such a positive group of people where it feels like one big family.

Golshid Zahiremami:

### **What are your plans for next year?**

I am studying Law at the London School of Economics.

### **What are you most excited for?**

I’m most looking forward to moving to London next year and making my college experience a fun, fiery, and fabulous one!

Taydon Sinopoli:

### **What are your plans for next year?**

I was accepted to the University of Waterloo for Engineering, and am deferring my entry so I can take a gap year. Over the past year I have been renovating an old camper van, and I plan on travelling this summer in it. During my gap year, I will be doing an internship at an engineering firm where I will gain valuable experience in the engineering field and help cover the costs of university.

### **What is some advice you have for younger students?**

Your time before university is limited, and while focusing on studies it goes by quickly. Enjoy your time with things that have importance to you, but you won’t be able to continue experiencing in university.



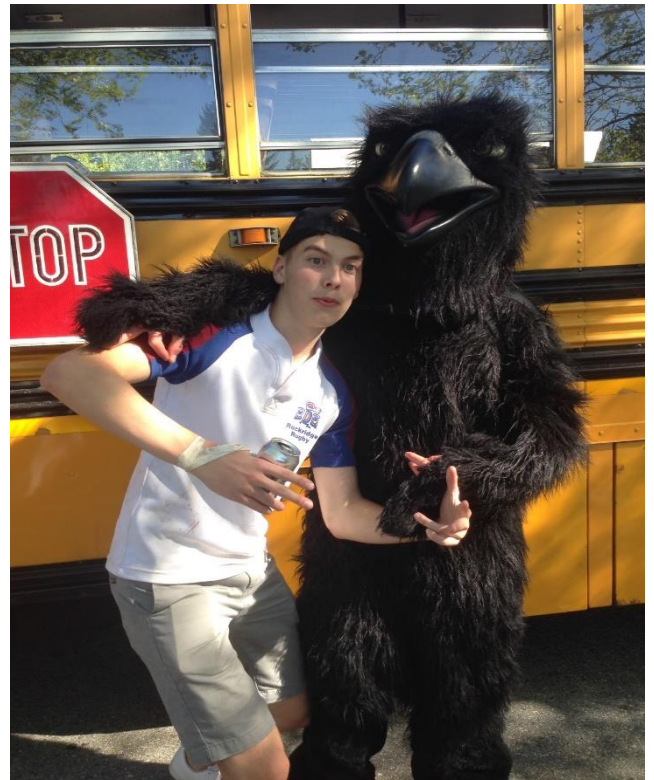
## Hatch Shield Rugby Tournament

*Boris Sonofo*

On May 11th, Rockridge students gathered on the field after school to watch both our senior and junior rugby teams play against both West Vancouver Secondary and our traditional rivals, Collingwood. When asked earlier in the day about how the game was going to go, Mitchell Dann (a player on the junior rugby team) said, “We’re going to win. It’s just a matter of how much we’ll win by.”

Unfortunately for Mitchell, West Van Secondary came out ahead by a mere two points. However, the students who came out to support our teams made the event unforgettable. The student council took it upon themselves to up the school spirit - cheerleading outfits were taken from the school basement, red and blue face paint was offered to Rockridge students, and our mascot Rocky the Raven even made a show.

Hungry? Have no fear! There was a food truck selling macaroni right beside the field. Collingwood brought their marching band which played at halftime. “The atmosphere is incredible,” remarked Daniel, a grade 12 player on the senior rugby team. Help support our sports teams, and make sure to come to next year’s Hatch Shield game!



**Mitchell Dann and Rocky the Raven at this year’s Hatch Shield game**



**Senior Rugby at Hatch Shield**

## GO ROCKRIDGE!

*Raman Baht*

For the past few months, the spring teams of Rockridge have achieved various things, sharing their victories with some talented and skilled individuals throughout the school. For example, the Bantam Rugby team has had a tremendous season, with tumultuous plays and incredibly fulfilling games, along with their positive attitude

in all of the games in the season. Furthermore, the Girl’s Rugby team made some incredible plays, leading to the team having a great season. Overall, the sport atmosphere at Rockridge has consisted of a lot of dedication from the athletes, hard work from the coaches, and a high level of performance from all of these amazing teams. GO ROCKRIDGE!

## Students' Voices Adjusting Mindsets

*Continued from page 1*

Maybe it's fear. Or lack of education or awareness. Sharing information about sexuality and encouraging acceptance in the community can change world views on what is 'normal'.

Just over 100 years ago, women in BC won the right to vote for the first time. Too often, we feel that we are too insignificant to take part in our global development. But we do have a voice.

Everyone has a voice. The world has been revolutionized since the days when certain professions were viewed as 'too masculine' for women. What could we accomplish – what changes could take place - if we all looked, listened, spoke up and kept an open mindset towards other cultures and beliefs?

- Mia Jakobsen, Lila Edsall, Natasha Walker



### Quote of the Term:

“This moment will just be another story someday.”

— Stephen Chbosky, *The Perks of Being a Wallflower*

## The History of Our School

*Continued from page 1*

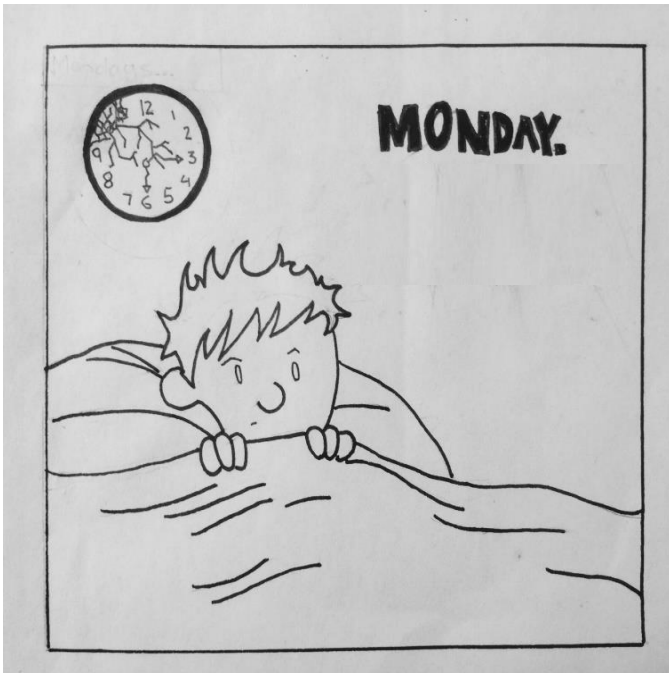
Built in the early 1990's, the property was first designed to be a community centre. The population in West Vancouver was on the rise, so there was a demand for a recreation centre. The proposed facility was to have a gym, a middle school, and a swimming pool (from which the basement swimming pool rumour stems). But residents voiced their concerns about the cost of the project, so it was scaled back into what it is now today: our secondary school.

At the time of its construction, Rockridge was considered to be the most technologically advanced school in all the province. Each of the classrooms had televisions (suspended from the ceiling) that were wired to a broadcasting/tape room located in the library. Not only were the televisions used to show in-class videos and presentations, but morning announcements were in the form of video slideshows! This meant that student news would be broadcasted to every classroom much like a news channel. Remnants of these televisions can still be found in each classroom: small circular outlets (now covered with a panel) lie somewhere in each classroom. Though this broadcasting technology isn't in use today, proof of our school commitment to cutting-edge technology can be seen in our new solar panels, which have only been added in the last 5 years.

Architecturally, the school was built with emphasis on tsunami and earthquake safety. Part of the reason that the school so closely resembles a ski lodge is because of its sloping, wood roof and its multiple support beams that can be seen from the exterior. But what is not known about these architectural details is that they are earthquake safe. Also, the group of beams at the front of the school help with stability in the event of a tsunami. Even the steel cables which suspend light fixtures in most classrooms are there to allow sway during an earthquake.

As I delved into the background of our school's construction, I have realized that a lot of thought and commitment has been put into this school over the years, so that we may have the high school experience that we do today.





Natasha Walker

- Why do scuba divers always fall backwards out of the boat?  
Because if they fell forward they'd still be on the boat.
- Is there a rehab for procrastination?  
There is, but they haven't opened it yet.
- The Lord said unto John, "Come forth, and receive eternal life." But alas, John came fifth, so he won a toaster.
- Knock, knock  
Who's there?  
A broken pencil  
A broken pencil who?  
Never mind, it's pointless!
- Why did the student throw his watch out of the school window?  
He wanted to see time fly.
- Want to hear a terrible joke?  
Paper.  
Pretty tear-able, huh?
- Why could the flu talk to both the French and the Germans?  
Because it was fluent in many languages.



Miranda Berry

If you have any questions or are interested in writing an article, please email us at [therockridgepost@gmail.com](mailto:therockridgepost@gmail.com) or come to our meetings Tuesday at lunch at w216

Make sure to read *The Post* again next term!

You can access previous and future editions on the school website.



Have a great summer!

We'll catch you later, Rockridge.