

FALL-WINTER 2019



Elementary School
Middle School
High School

Newsletter



Convocation 2019 **A RED-LETTER DAY FOR 135 KELLS GRADUATES**

Convocation Day is a defining moment for high school students and an inflection point in life. It is a time for the celebration of achievements but also a time for rumination and reflection - of past trials, successes, failures and future plans. No longer children and not yet adults - Graduation Day brings along with it a roller coaster of emotions as a sheltered past is over and an unknown future in the real world beckons.

It was no different for the 135 students of Kells Academy as they prepared to receive their Elementary, High School and Grade 12 Diplomas at a memorable ceremony held at the Loyola Chapel, NDG in Montreal before a large gathering of families, friends and well-wishers on the afternoon of June 14, 2019.

Neil Banerjee, the High School Principal welcomed the audience and introduced Omar Yayha Abdullah, the class valedictorian and the recipient of the Governor-General Award for the student who scored the highest overall average.

Representing his peers, he spoke eloquently about his years at Kells and described all the hurdles that he had to overcome. Starting with his experience as an 8-year-old Kells elementary student from overseas, he recounted how he – and many students like him - had to acclimatize themselves to the frigid climate and the culture of Canada, overcome communication problems, master language skills, encounter foreign cultures and participate in athletics. However, he was grateful for the sense of camaraderie and friendship that was built up over the years transformed them and made them look at each other with understanding and without prejudice as part of one family – the Kells family.

The highlight of the day were the two keynote alumni speakers - Haya Aziz and Jean Pierre Falet. Peers, competitors and friends when studying at Kells, their educational careers have run parallel and today Haya is in her 3rd year of residency for Internal Medicine at McGill University, and is the Co-Chief Medical Resident in Cardiology at the Royal Victoria Hospital while JP is also in his 3rd year of residency for McGill University in Adult Neurology.

Alternating as they spoke, the two young speakers shared their educational journeys and gave the graduates advice that they said would have helped them 9 years ago when they were graduating from Kells: to foster friendships, stay focused in the classroom, follow their passions and embrace change. They said that being active at school, making lasting friendships and experiencing the international diversity during their high school years, complemented their academic studies and prepared them very well for further educational studies and for life.

The speeches were followed by the awards ceremony given to recognize Kells athletes, top academic achievers and students who contributed to the school community.

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Irene Woods, the Director of Kells Academy, closed the evening by describing the trends in today's fast-changing digital world and offered three pieces of sage advice to the graduates.

She quoted the Tony winner for best featured actor, Andre De Shields. "Surround yourself with people whose eyes light up when they see you coming – the human values of fairness, equality, kindness and generosity are timeless. Do not become one with the machines.

"Slowly is the fastest way to get where you are going – stay focussed. There will be multiple and sometimes confusing choices along the way. Persevere in what you are doing and you will reach your goal!"

And finally: "The top of one mountain is the bottom of the next – so keep climbing. Life is changing very fast and will continue to change at an exponential rate. Be resilient, be aware and stay abreast of the changes that are already here."

The convocation was an emotional event for all hope and happiness at achieving this important milestone and a tinge of sadness at leaving the Kells family. Celebrations continued at prom a week later at the Hotel Bonaventure where students enjoyed a great party with amazing food and dancing.

Kells Academy is proud of the Class of 2019 and wishes its graduates a bright and successful future! 📖

"The top of one mountain is the bottom of the next – so keep climbing."



DEDICATION TO EDUCATION:

Ms. Janice Ewanyshyn

It was a pleasure and a privilege to welcome Janice Ewanyshyn to the role of Middle School Coordinator at Kells Academy this year.

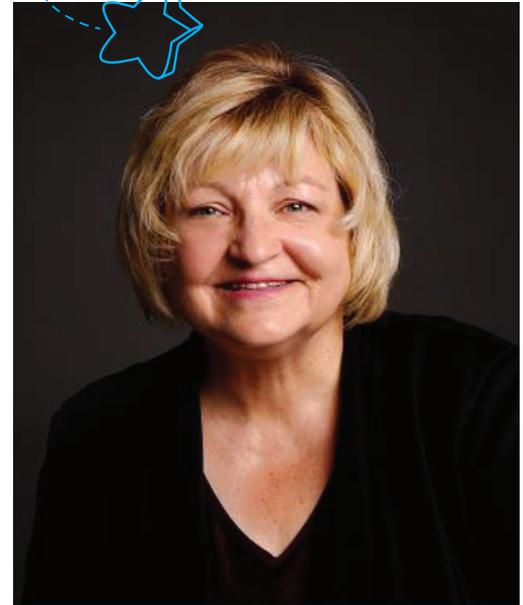
For as long as she can remember, Ms. Ewanyshyn has loved teaching and has had a stellar career in the field of education. She earned her Bachelor of Music and Diploma in Education at McGill University and taught at a local public school for 2 years. She moved on to become Head of Music at Miss Edgar's and Miss Cramp's School and subsequently was appointed Middle School Director at the same school in 2008. In 2016 she took on the opportunity to become the International Baccalaureate Coordinator at JPPS-Bialik in order to learn more about the benefits of a global education. Mrs. Ewanyshyn says she intends to use this to implement a global education curriculum and expand leadership opportunities for our middle school students.

Looking towards the future at Kells, Mrs. Ewanyshyn's dedication to education promises to enrich the experience of our students as well as our staff. We sat down to chat with her about her vision for our Middle School. One of the things she is most excited about is the opportunity to "work as a team to refine a Middle School model that serves our unique and diverse student body," as well as "creating more opportunities for leadership and ... working towards addressing global issues in ways that are relevant and connected to the curriculum." Her goal is to "help Kells' teachers continue to incorporate the best practices in education into their classroom" to help our students achieve both continuing academic success and strong character development".

When asked what it was that drew her to Kells, without hesitation, her response was "the students". The welcoming, supportive community at Kells shines through the attitudes and personalities of our students every time they walk through our halls. Kells students are unique because they work hard, persevere and are resilient; but, above all, they are empathetic and choose to be kind to each other and the community."

Beyond everything, what makes Kells so special are "the staff and the students...[which] creates a remarkable positive environment that you feel the moment you enter the school."

Ms. Ewanyshyn notes that one value in particular caught her attention: our commitment to preparing students for the future. She says what makes Kells special is that "the Middle School teachers embrace professional development, are innovative and have the ability to teach to a wide variety of learners." She adds, "Kells is not only building skills but also building character as we remind each other every day that no matter where life takes you, you will always do the right thing if you always choose to be kind."



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THE LANGUAGE CENTER

A 4th Campus for Kells



Founded in the fall of 2017, the Language Center is one of Kells Academy's most ambitious and successful projects that plays an essential role in ensuring the success of our students from all over the world.

As an International School, Kells is home to students from all over the world, including China, Ukraine, Vietnam, Iran and Turkey. For many of these students, English is often their second or even third language; and, therefore, they find it difficult to immediately integrate into an English language curriculum. The Language Center, a dedicated language-learning campus, is a stepping stone and allows these students to focus on improving their English language skills and developing a degree of fluency with the help of trained ESL teachers before moving onto the main Kells campus. Our robust resources available to support these students, helps them achieve the level of fluency that they need in order to excel in their English education at Kells Academy and beyond. 🌱



How It Works

Students applying to Kells undergo an assessment of their English language skills before they have even enrolled. Najma Ali, our language specialist, provides an estimate of how long the student can expect to study at the Language Centre before reaching the level of fluency they will need to move on to the main campus.

The Language Center offers seven levels of language learning; it typically takes approximately two months to graduate to a higher level. English language skills are tested every two months to ensure that students are studying at the appropriate level and continuously improving their fluency. Although students typically take around two months to complete each level, the program offers a high degree of flexibility that helps students advance at their own pace in order to better meet their particular needs.

A 1:10 teacher-student ratio in the classes allows students to receive plenty of personal attention, feedback, and encouragement. The immersive nature of the program where it is mandatory to observe the English or French only language rules also helps the students get up to speed quickly. The greatest benefit and advantage of the Language Centre is that students can improve their English language skills while concurrently studying the curriculum at their academic level. Students are better able to grasp the material as the language is tailored to their proficiency level and therefore do not fall behind in their school work. This also improves their academic grades and once the required language proficiency is attained, it ensures a smooth transition to the main campus to join their middle and high school peers.

Integration into the Kells Community

The dedicated staff at the Language Center is sensitive to the needs of international students, many of whom might be staying away from home and without their families for the first time. They do their best to ensure that students feel at home and help them integrate new students into the wider Kells community.

The Language Center students are also able to participate in all our school arts and sports programs along with students from the main campus, with options including soccer, rugby, swimming, badminton, rock-climbing, and volleyball, as well as seasonal winter tubing and ski trips. After-school activities like the ESL Conversation Club, Arts, Crafts and Writing Club give students opportunities to further their educational experience while socializing with fellow students.

Our Language Center plays an essential role in ensuring the success of our international students. While giving the students the time and resources to adjust to their new home, our language center offers a perfect gateway into the English curriculum and Canadian culture and seamlessly allows students to gain the language skills that they will require to thrive and reach their full potential.

A SOLID MATH EDUCATION

Stunning Math Results



This year, Kells placed 4th in the province of Quebec in the intermediate competition, and 8th in Quebec for the senior competition.

A strong emphasis on Mathematics forms one of the cornerstones of an education at Kells Academy.

Students not only have the option to follow advanced and individually-tailored curricula; but, at middle and high school, they also have the opportunity to participate in several challenging mathematics competitions throughout the academic year.

Students prepare rigorously for these contests for several months and consistently achieve outstanding results at all levels of competition. For instance, the majority of our senior students regularly place in the top 25% nationally, with Kells Academy ranking among the top performing private schools in the province.

Some contests, administered by the Centre for Education in Mathematics and Computing at the University of Waterloo, are a unique and enriching experience that allows our students to compete both on an individual basis and as part of a team against more than 25,000 other secondary students across Canada and internationally. This year, Kells placed 4th in the province of Quebec in the intermediate competition (grades 9 and 10), and 8th in Quebec for the senior competition. However, our senior students from Grade 11 were competing against CEGEP and grade 12 students. In November, thirty students in grades 9-12 also wrote the Canadian Intermediate and Senior Mathematics Contest administered by the University of Waterloo. This demanding annual competition written by secondary students across Canada takes place over the course of two hours, and tests the students' mathematical ability to reason critically and apply their knowledge in constructing well-organized and elegant solutions to novel problems.

Our students prepare diligently for these competitions, meeting at weekly preparatory sessions to practice and develop strategies. Our senior students also take on a leadership role, mentoring and coaching younger students.

Exceptionally, at the annual Canadian Team Mathematics Contest held in April, one of our grade 11 students, Hyeonji Kim tied for first place overall with the highest possible score. Additionally, one of our grade 10 students, Fuyu Xu obtained the second highest provincial score on the Cayley competition in 2018, earning two exclusive invitations to intensive mathematics summer camps held at the University of Ottawa and the University of Waterloo.

Students in Grades 7 and 8 also participated in a variety of competitions including the Gauss contest. Two of our middle school students, Arman Biberoglu and Yidan Zhang received certificates of outstanding achievement and other three, Hong Minh Le, Phoenix Fei and Kevin Chen received Special Distinction Awards. Our middle school students also took part in the International math competition. Victor Deng and Phenix Fei were deemed to be EXCELLING INTERNATIONALLY IN THE WORLD-CLASS. They were also invited to participate in the final round in the month of April. 🏆



KELLS ON THE WORLD STAGE

The World Scholar's Cup

The World Scholar's Cup (WSC), founded in 2006, is a very prestigious international team competition with students participating from 82 countries. The aim is to bring together students from different countries and cultures – those who are interested in learning beyond the set academic curricula and discuss issues and ideas that are relevant to today. Typically each school sends 2-3 students who participate in 4 standard round events in 6 subjects: Science, Literature, Art & Music, Special Area, History and Social Studies.

In 2019, 3 students from Kells Academy represented the school at the local level followed by the global level. At the local round in Montreal, Hai Minh Le, Phuong (Katie) Ha and Carolyn Mae Denton won second place against schools in Montreal region. In the global round at the Hague, Netherlands, our students took the 11th place while competing against more than 500 students from 51 countries.



Celebration of Achievement

On November 8th, 2019, our 3 students scholars will continue their challenge against world champions from around the globe at Yale University. The Subjects for discussion include the following:

- 1 **Special Area** - *Unsolved Mysteries*
- 2 **Literature** - *Voices from the Margins*
- 3 **Social Studies** - *On the Edge of the Society*
- 4 **History** - *Neglected histories*
- 5 **Science** - *Enabling Technologies*
- 6 **Art and Music** - *Louder than Words*

Debate Topics include the following:

- 1 Everyone should wear a GPS watch.
- 2 We should be politically correct in WSC debates?
- 3 Is it important who actually wrote Shakespeare's plays?
- 4 We need a technology that would allow us to change our ethnicity

Good Luck at Yale, Kells.

I am sure you will do us proud!

Reading Starts Early



J.K Rowling, the famous author of the Harry Potter book series, once said, "I don't believe in the kind of magic in my books. But I do believe something very magical can happen when you read a good book."

Kells believes in the magic of reading; and, therefore, encourages good reading habits from the early years. While reading is one of the foundation blocks of a good education and reading comprehension was seen as the mastery of a student's ability to identify words, ideas and cause/effect relationships in a text, today we have a deeper and more complex understanding of how it benefits our children's brains as they grow.

Our school uses two online instructional reading programs to build foundational reading skills and develop vocabulary. A third online program exposes students to a variety of book genres and allows students to read or listen at their individual, independent reading level. Classroom literacy centers provide the opportunity to work in small-guided reading groups thus individualizing instruction.



"Something very magical can happen when you read a good book."

Apart from introducing students to literary genres including poetry, fiction, non-fiction, short stories and novels, we also host events and activities which challenge and motivate students to learn in and out of the classroom.

Some of these activities, like Book Club, Reading Buddies and Reading Challenge help to encourage students to get involved in good reading practices through which they can meaningfully explore the different themes and ideas that they read about. The goal is for students to build connections with others through the literature that they read. This is why we also include trips to the theatre, library, and participate in the Global Read Aloud, which promotes literary discussions with classes both locally and globally.

Outside of our classes, we offer additional intensive remediation and technological support for students who may face challenges with reading and writing. Often, our advanced students reading skills surpass the language proficiency levels for their grade.

Our unique approach to reading and learning is again based on our conviction that each person learns differently. We recognize that students are individuals with their own specialized skills and strengths and aim to enrich their education with reading comprehension strategies that they can rely on throughout their personal and professional development. 📖





THE INVENTION CONVENTION: Encouraging Disruption!

On December 7th, elementary students and their parents participated in the Invention Convention, tapping into their creativity to generate new ideas to improve the world in which we live. Our K-2 students kicked off the event by listening to Christy Hale's "Dreaming Up: A Celebration of Building," and participated in a brainstorming activity for a "Candy House."

From this starting point, our Elementary students started to generate their own ideas of possible solutions to real world problems, like snow-melting boots, remote control tables, and brushes for multi-coloured painting.

Parents played a significant role in fostering this creativity, too. Mr. Habash, the parent of one of our students, explained his roles and responsibilities on a construction site. This was followed by an activity where students worked to create a blueprint and delegate the different tasks involved in building a structure. We were also visited by Rym Baouendi, director of Medina Works, who supervised the building project and helped students plan and build their Candy House. Additionally, the K-2 parents were invited to participate in a "Pop Up Invention Station," where they could lead by example and get involved with their children in creative innovation. Innovation is the application of creativity to develop something entirely unique and useful.

InventCon gives our students the opportunity for hands-on engagement with innovation. Kells aims to help students build connections between themselves and what they learn in and out of the classroom. One of the best ways to do that is to encourage their pursuit of innovative thinking and problem solving. Our goal is to continually introduce our students to new ideas, concepts and perspectives that encourage their confidence, curiosity and individual interests in what they learn. By introducing interactive events and activities at our students have the opportunity to engage with their lessons at a crucial stage in their development. This gives them early access to valuable resources and tools which help provide a strong framework for disciplined disruption throughout their life. 



THE 2019 SCIENCE FAIR:

Where Creativity Met Curiosity



What's the deal with pinholes?

Which type of insulation is better?

Which liquid evaporates first?

“Is our tap water safe?” “Can cornstarch be used to make plastic and corn cobs be used to clean wastewater?” Students from Grades 7 to 11 who participated in this year's Science Fair sought to answer these questions and more at our Annual Science Fair.

Kells seeks to instill a lifelong love of learning in our students. This begins in the classroom, where the principles of science are learned, but can only be sustained by tapping into a student's interests and passions. The Science Fair allowed our budding scientists to conceptualize, design, plan and exhibit experiments and projects of their own. Their individual curiosity led us all to new and exciting discoveries!

This year's imaginative and innovative displays covered a wide range of topics, from physics to biology and the environmental sciences.

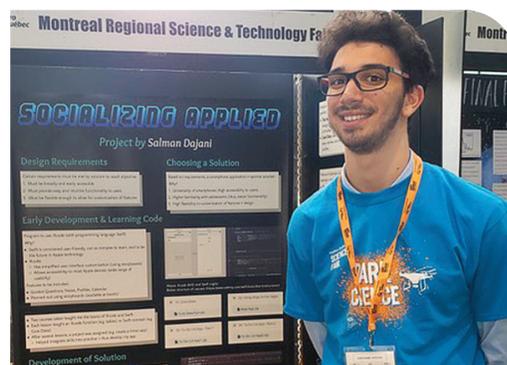
Our 7th graders Sunny and Amy examined soda's sugar content; their colleague Malek reported on the effects of air pollution on water and whether tap water is actually as safe as we think it is; and Nir presented an Archimedes Pump that he creatively designed to transfer milk uphill to his cereal bowl.

8th grade students, Ethan and Fares, demonstrated the effect of sugary colas on our teeth while Logan and William tested a new defense system against tsunamis.

Inquisitive Grade 9 students asked questions like “What's the deal with pinholes?” (Rafael); “Which type of insulation is better?” (Zane); “which liquid evaporates first?” (Alp). Yosef tested how the amount of air affects the distance a soccer ball can travel and Meem taught us how to create bioplastics from cornstarch.

Our seniors kept pushing the limits of their own abilities. Amine and Omar, the 2nd place winners in last year's intermediate category, followed up on their “Plastic Milk” project with an exploration into an EMF-friendly laptop. Salman introduced us to app design with “Socializing Applied”, an app to help address social awkwardness. Austin proposed a “Squishy Hard” football helmet. Kevin and Ariel examined how to clean wastewater with corn cobs.

Congratulations to all the students who participated! Their questioning minds, scientific and engineering skills, hard work and passion led to some great exhibits. We can't wait to see what next year has in store! 



Trip to Canada's Capital

The Grade 10 students spent a memorable 2 days exploring Canada's capital and learning about their history, government and judicial system.

The first activity upon arriving in Ottawa on Thursday morning was a drive along the beautiful Sussex Drive, where our students had the opportunity to see the Rideau Falls, the Prime Minister's official residence, and several foreign embassies. After a quick break to pick up souvenirs and grab lunch at the Rideau Centre, the students split into two groups to take turns touring Parliament Hill and the Supreme Court of Canada.

At the Supreme Court, a local guide gave our students a tour of the building, teaching them about the past, present, and future of Canada's highest tribunal. Although formed in 1875, the Supreme Court only occupied its current address at 301 Wellington Street in 1946 – after the end of the Second World War. The students learned that it plays a central role in the application of Canadian law by lower courts throughout the country. Its nine judges hear between 65 and 80 cases every year and it is Canada's final court of appeals.

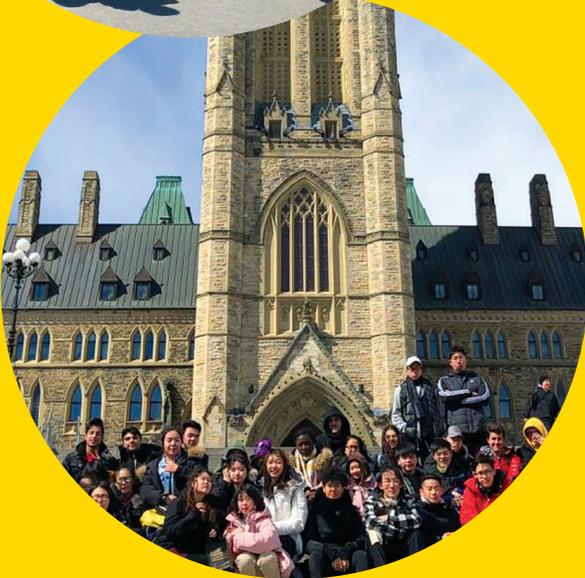
On their tour of Parliament Hill, students had the opportunity to see the Canadian Tomb of the Unknown Soldier, the Famous Five Monument, the Victoria Statue and the Centennial Flame, which opened in 1967 to commemorate Canada's 100th anniversary as a confederation.

After a full day of touring and learning, it was time for some fun! Lt. Col John By who also supervised the construction of the Rideau Canal in 1826, established the ByWard Market not far from Parliament Hill. One of Canada's oldest and largest public markets, the four-block area with its wide range of shops, museums, cafes and galleries is still very popular with locals and tourists alike. A memorable day was topped off at Funhaven, an all-ages entertainment center featuring Ottawa's only roller coaster, as well as laser tag, bowling lanes, and a variety of arcade games.

The following day started with a visit to the Canadian War Museum in Ottawa. The War Museum is Canada's national museum of military history, with educational exhibits covering military technology, the First and Second World Wars, and many other important aspects of Canadian history. After leaving the museum, the group walked across the Royal Alexandra Interprovincial Bridge that connects Ottawa, Ontario with Gatineau, Quebec – where they had the chance to take some striking selfies in front of the spectacular view of Parliament Hill.

The final stop before heading back to Montreal was a visit to the Canadian Museum of History in Gatineau. The highlight was the incredible CINÉ+egree field of vision and a 3,975 sq. ft. screen where the students got to see a short educational film, Backyard Wilderness, about the wonders of nature that lie in our backyard.

A short but memorable trip that will always be remembered by our Grade 10 students! 🇨🇦





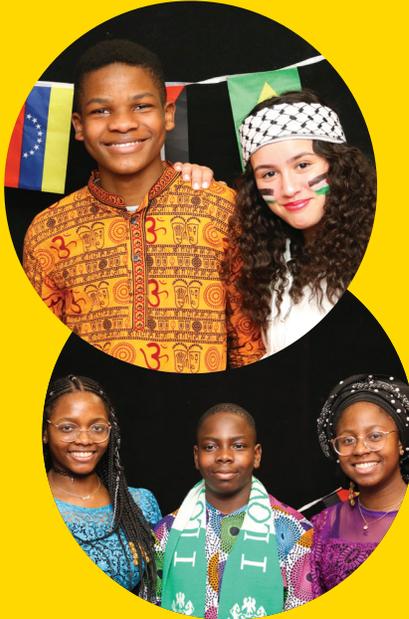
Celebrating Diversity

International Day encourages our students to be proud of their own unique heritage and culture and share this part of their identities with others in their community. Students represented over 30 different countries – from Mali to South Korea, from Russia to Tunisia, and beyond – sharing the valued traditions and current cultural influences with fellow students, friends and family.

They reflect our school's view that we all learn better when we learn together, harnessing our unique experiences, interests and cultural background to propel one tolerant and harmonious community.

Guests were invited to take a world tour to experience food, song, dance, and traditions of many different origins. Our students introduced themselves in their country's native language later on in the festivities. They discussed a variety of important facts and characteristics of their countries of origin, from the democracy index of Tunisia to pop culture celebrities of the Philippines – and even a celebration of the Chinese New Year. Some of our students even brought along a few popular snacks and drinks from their homeland, giving guests a chance to sample some international cuisine as they went from room to room during their trek across the globe. Additional presentations included special artifacts, traditional dress and music. The choir, led by Ms. Nielsen, added still more melodies, singing "Hello to All the Children of the World" and "On Top of the World."

International Day gives our community the chance to celebrate diversity and inclusion. It broadens the world view of all of us in the Kells Community and encourages the students to be proud of their own unique heritage and culture by educating and sharing it with others. This one day out of the year celebration demonstrates the reasons we respect and draw strength from that diversity every day. 🇮🇪



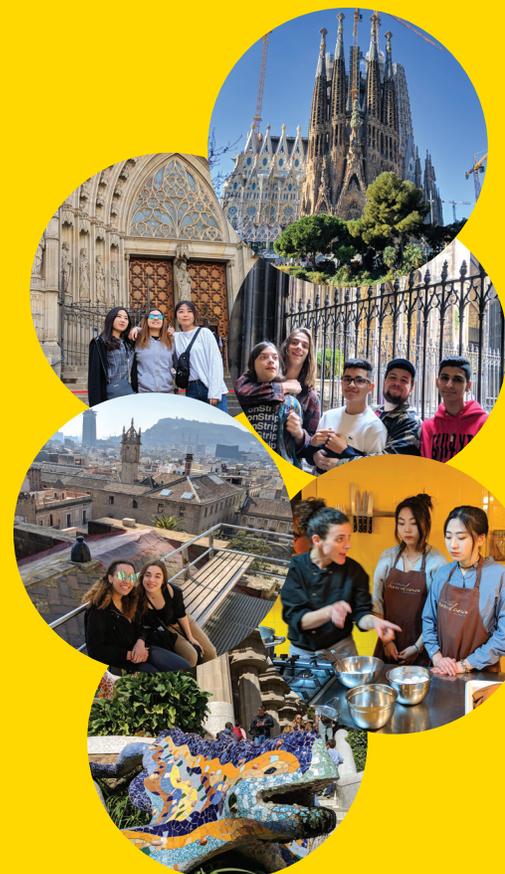
Adventures in Barcelona

Eighteen Kells Academy students from grades 10 and 11 spent a whirlwind week in Barcelona, Spain, immersing themselves in Spanish and Catalan history, art, and culture. Soaking up tourist sites and taking in a range of breathtaking art and architecture, this trip gave students a real taste of this magnificent city and its historical legacy to complement their classroom studies.

The student travellers stayed in a hotel in the heart of Barcelona, just off the famous Las Ramblas. Las Ramblas, a series of linked streets running through the city center, is home to some of Barcelona's most popular destinations, including La Boqueria street market and the Liceu Theater opera house as well as the Barrio Gótico, or Gothic Quarter. Built on an ancient Roman village – students had the opportunity to visit the beautiful Barcelona Cathedral, where they took in a panoramic view of the city from the roof of the fifteenth-century Gothic-style temple.

The group was blown away by the two works of the famous Spanish architect Antoni Gaudi – the Sagrada Familia (a UNESCO World Heritage Site) and the Parc Guell. One of the most iconic buildings in all of Spain, the Sagrada Familia has been under construction since 1882 ... and still isn't finished! Students also visited Camp Nou, the home of the world-famous Barcelona Football Club, enjoyed a day-trip to the fishing villages of the Costa Brava and a visit to the Salvador Dali museum with its enormous collection of the Spanish surrealist's paintings.

Students were able to participate in the cultural life of the city as well as observe it. Highlights included a lesson in Flamenco, the traditional dance of Spain and a pottery lesson to channel their inner Gaudis in which they created a glass mosaic souvenir to take home with them. Challenged against each other in a cooking class, students even learned how to make a range of classic Catalan dishes such as paella, pan con tomate, torta espanol, and crema catalunya. 🇮🇪



ATHLET

Sports Roundup

Kells Academy puts great emphasis on sports and physical activity as the school strongly believes that a healthy body is as important as a healthy mind. The Athletics Program at Kells gets bigger and stronger each year. Our students participate in both competitive and non – competitive sports including golf, volleyball, soccer and cross-country in the fall, swimming, badminton, basketball and futsal in the winter as well as outdoor track and field and ultimate frisbee in the spring. Non-competitive sports that students can enjoy include wrestling and skiing and the gym is open all year round.

This year, our students performed exceptionally well in the competitive sports. Ya Rui Xiao walked away with the gold medal in the golf tournament. The GMAA Golf Tournament is held in Mid September at Caughnawaga Golf Course in Kahnawake. It is an open tournament for all age categories of boys and girls for English schools around the island of Montreal. On average approximately 120 students take part in the day-long tournament. Ya Rui won gold in the bantam girls category and silver in the overall standings. The Juvenile Boys' Soccer Team won the silver medal at the GMAA championships, whereas the Juvenile Boys' Volleyball Team brought home the gold with Nima Matbooei being named MVP.

The Juvenile Boys' Basketball, Juvenile Boys, Bantam Boys and Juvenile Girls futsal teams were all active in the winter term.

Eyad Sharafeldin swam his way to a bronze medal with his freestyle and back strokes. Badminton was also a popular sport and Kells was represented by 3 participants - QingQing Li, Kerri Ninh, Junhu Park – in the badminton provincials.

Kerri Ninh did Kells proud and won the silver medal at the GMAA Girls Badminton championship.

10 students qualified for the GMAA Outdoor Track Championships in the spring and Kells also participated in the first ever frisbee tournament.

We are also proud to announce that Kells won the 2018-2019 award at the GMAA for the Most Sportsmanlike School. 🏆





April Fitness Challenge



Healthy
Body
=
Healthy
Mind

Spring saw the school spring into action as students from Grades 7 through 12, as well as teachers and staff took up the Fitness Challenge.

According to Statistics Canada, only 35% of 5-17 olds get the recommended daily hour of physical activity and only 1 in 5 adults meet the recommended 150 minutes of physical activity every week. Particularly important for children and teenagers, physical activity leads to improved motor development, improved cognitive development, and improved self-esteem. Studies have also proved that students who exercise regularly often perform better at school!

With this strong belief that a healthy body leads to a healthy mind, Kells held a month-long fitness challenge to help students, teachers, and staff meet their daily exercise goals and improve their physical and mental well-being!

The teams were divided by grades with a separate team for the Language Centre and another one for the teachers and staff. The challenge was to complete various health and fitness challenges in order to earn points for their respective teams. At the end of the month, the team with the most points would win a free-dress day as well as health-themed prizes. Raffle winners also would win additional prizes.

One of the ways that teams could earn points was by completing a line in fitness bingo. The fitness bingo chart featured a number of individual challenges that included fun activities like skipping rope for five minutes, downloading and testing out a fitness app, a 20 minute activity at the open gym, eating five different kinds of fruits or vegetables and going for a 3 km walk. For each bingo line completed, the student received a ticket for a raffle draw and one point for their team.

There were also several other ways to earn points, including posting evidence of their bingo activity to Instagram, using the hashtag #kellsfitnesschallenge, or going to the gym to shoot hoops or playing badminton.



Students and teachers could also win points through group challenges in their classes. A different fitness video was sent to the teachers each week. If the class could complete the exercises and record full class participation, the grade earned an extra 10 points for their team!

The Grand Prize Winner of the Fitness Challenge and the Healthiest Grade of 2019 was... GRADE 11! Congratulations to all who participated and hope that this health promoting initiative has become a life-long habit. 🙌

WE MAKE A DIFFERENCE!

Be Bold for Change

Founded by Craig Kielburger in 1995, when he was only twelve years old, the WE Charity (formerly Free the Children) has evolved into one of the top-rated charities in Canada, running development programs in nine countries, as well as programs in the US, UK, and Canada. Aimed at inspiring children and youth to become socially engaged global citizens, the charity focuses on international development and youth empowerment to break the cycles of poverty around the world by focusing on five key pillars: education, water, health, food, and opportunity.

Students at Kells Academy have taken up WE Charity's mission of creating transformative social change by starting their own chapters of the WE Club and learning how to become active citizens in their communities. This past year, Kells Elementary, Middle and High school students opened three new chapters of the WE Club at each one of the school's locations. In founding these new chapters, students met to decide which international and local campaigns they wanted to learn about and organize, raising awareness and funds to support the associated pillar.



Later in the year, students were informed about the high number of Canadians struggling with homelessness, especially in the winter months. Our students decided to take action and create a positive change in their communities. In partnership with the Student Council, students from all three clubs in the school collected items to fill shoeboxes that were then decorated with inspirational and heartfelt messages and donated to the Native Women's Shelter in Montreal – an organization that provides accommodations, support, and frontline services to First Nations, Inuit, and Métis (Aboriginal) women and children.

The newly formed WE Clubs began their year by taking part in the WE Scare Hunger campaign, collecting canned goods for their local food bank. The campaign was a huge success, with Kells donating over 270 kilograms to the NDG Food Depot!

More recently, all three clubs took part in the WE Bake for Change Campaign, where club members came together to decorate and sell baked goods, with funds going to support the Education pillar of the WE Charity. The Kells community raised approximately \$500, with students donating their proceeds towards Education – an important pillar that could help communities break out of cyclical poverty. 🍪

Students in all three WE Clubs were inspired when they had the opportunity to attend the Ottawa and Montreal WE Day events. Both were stadium-sized events bringing together a wide range of inspiring and world-renowned speakers, performers, and activists, to celebrate a year of positive action with students and youth. Some of the speakers at this year's events included names like Kareem Abdul-Jabbar, John Orlando, and Sonreal, as well as leading activists like Simone Aslan, Angel Baribeau, and Craig Kielburger himself.



Continue the good work WE members!
We are SO proud of you!

Kells' Dynamic Clubs



Two councils – one for Grades 9-12 at the High School and the other for Grades 7-8 at the Middle School – led by members of our Student Council (STUCO) are responsible for the vibrant clubs that form an intrinsic part of student life at Kells Academy. Membership is open to all students and there are no elections. The two councils work in tandem and are responsible for organizing assemblies, raising awareness and holding fund-raising campaigns throughout the year. Some of the highlights include the Kells Anti-Bullying Campaign, Pink Shirt Day and Orange Shirt Day.

The Kells Improv Team also had a very entertaining year! We are very proud of our young team that won their semi-final round and finished 5th place overall at the Montreal Regional Competition of the Canadian Improv Games.

There were a number of new clubs starting this year at the request of students including La récréation that gives students an opportunity to practice conversational French skills while playing games. Another club – Dungeons and Dragons was a great hit and soon developed a loyal following! The Knitting and Crochet Club has also brought together students from the Middle School and High School to learn this age-old craft.



The 2019-2020 school year will see the addition of even more clubs like the Girls Empowerment Club, Girls Who Code for Middle School, Debating Team, Model UN, Middle and High School Robotics, Creative Writing and Poetry Club.

Kells continues to inspire its students and ensures that each student has a voice, a place to showcase their special talents and shine. 🌟

CELEBRATING THE VISUAL ARTS At Kells Art Festival



The Kells art festival was a journey into the world of art and imagination. Art students from Grades 7 to 11 showcased their many different artistic talents as parents, students and Kells staff enjoyed a variety of contemporary paintings with a few sculptures and mosaics taking us back to Ancient Rome and Egypt.

The influential American artist Jean-Michel Basquiat inspired some of our student artists who wowed the viewers with their amazing talent with watercolors. Other students celebrated Asian Culture or based their art work on contemporary social themes like anti-bullying messages.

A feast for the senses, the artists and their teachers, Jamie Rubenovitch and Danielle Marleau has a lot to be proud of! 🌟



ACROSS THE UNIVERSE

Celebrates Beatles Music



kells.ca



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The Spring Concert at Kells Academy is always a major production and a highly anticipated event. The 2019 production of "Across the Universe" was another resounding success! The script was adapted from the film version for stage by Tina Mancini and co-directed both by her and Marla Perlman.



As with all past productions, the show required the tactical planning of a military operation. The Core Band under the direction of Mark Kennedy started rehearsing from the beginning of the school year in September. Auditions followed with students of the High, Middle, Elementary and the Language Center of the school and dates for full-cast rehearsals were set up. Beatles songs and characters were carefully chosen to reflect the diverse student body of the school. Tanya Nielsen began staging the elementary songs and provided vocal direction at both elementary and high school. With Elliott Conyers (Jude) and Samantha Alessi (Lucy) cast as the leads, a seemingly relentless rehearsal schedule began. The work ethic of the principal actors was infectious and soon everyone was committed to a total team effort.



On May 8, the show opened to an audience comprised of proud family members and friends. It was an outstanding success and the cast and crew received a long and well-deserved standing ovation as the actors, dancers and musicians delivered a show that was professional and mature beyond their years.

We are already looking forward to the next production in 2020! 🎸

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