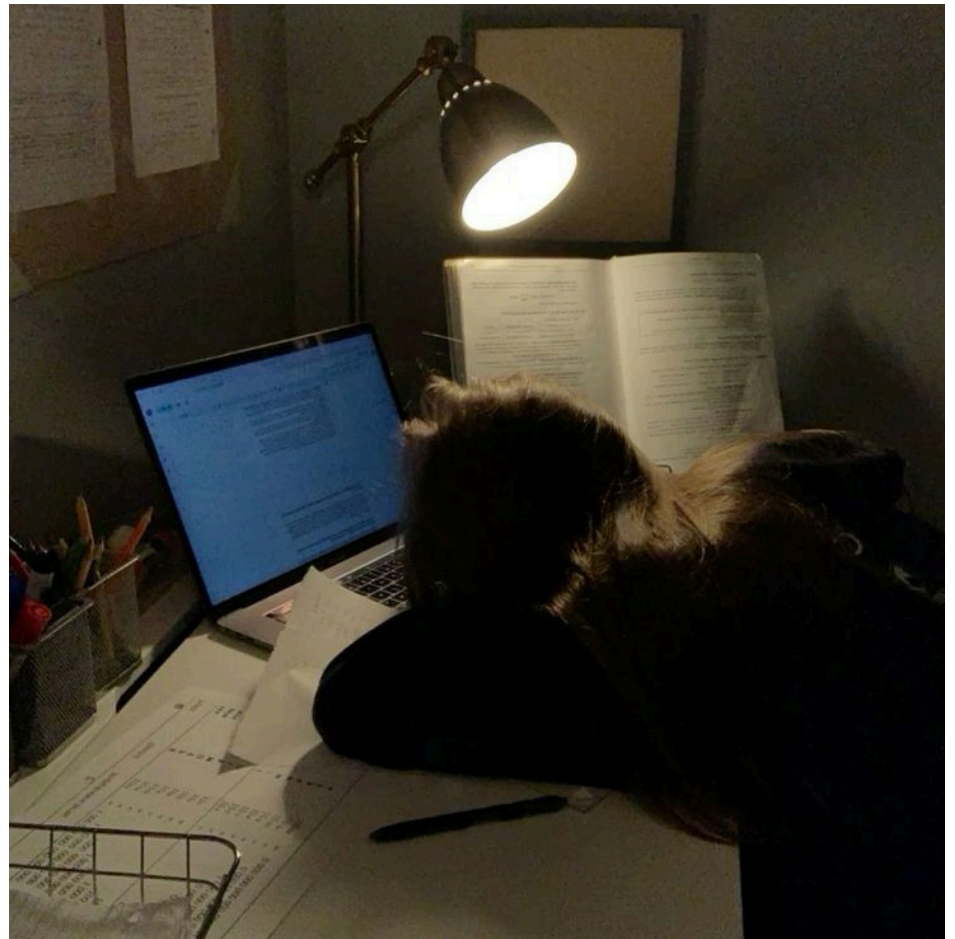


WHY DO WE PROCRASTINATE?

Procrastination is the concept or act of delaying a task until the last minute. In other words, it's the idea that one avoids facing challenges by thinking they'll be capable of completing a task in a short period of time. Most people nowadays procrastinate without realizing it and sincerely believing it is laziness. Procrastination roams in whenever an individual is unorganized or has poor time management. Organization and time management shape our daily structure. Without them, there isn't a purpose or a goal we are striving for.

Laziness and procrastination often get confused with one another without even realizing it. For instance, if you have an assignment due the next day, you instinctively delay doing it. When the next day arrives, you don't think much about it again. Instead of doing your assignment, you decide to watch your favorite show, until the knowledge of your unfinished assignment drains and consumes you. Next, you find out it's the end of the day and you have an hour until your assignment is due. You start doubting yourself. As you are desperately wishing that you hadn't wasted your time. You begin to victimize yourself, telling yourself that you were just too lazy. In fact, you weren't lazy, you were procrastinating.

Laziness is a natural emotion everybody goes through. It's "[...]



being unwilling to work or use excuses. Some individuals doubt energy," according to the Oxford English Dictionary. Most of the time, laziness comes through when you feel like doing nothing. Laziness is a privilege. Since the beginning of time, laziness has been uncommon in the habitat from which the human species originated. It took most of the day to find food and make shelter, so being lazy was well-earned. However, food and shelter are easier to get in the modern world, which allows more room for people to act lazy.

But most importantly, why do we procrastinate? How can we avoid it? One of the main causes of procrastination is the belief that we need to be inspired or motivated to work on a task at a specific time. By relying on that, we are more capable of avoiding it. In other ways, by relying on motivation or waiting for the right time to become motivated, we consume valuable time and

As for procrastination, it's a vicious mix of doubt and

create a higher chance of returning to unhealthy habits. Certainly, this also revolves around self-love, since for a person to be disciplined, they must also learn to prioritize themselves. Procrastination has no way of entering the person's mindset. In this case, many people aren't aware of their priorities or where they haven't built the connection with themselves to say no to things that consume them.

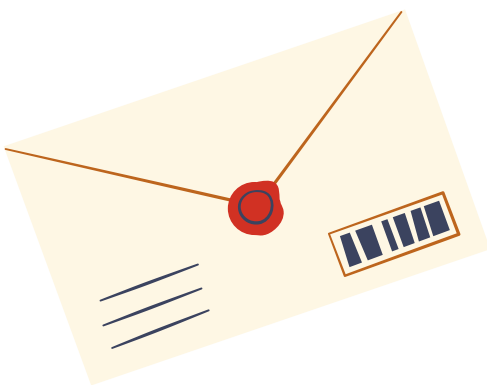
All in all, as negative procrastination can be, it's important to learn to prioritize discipline and be serious about what you want. Once you have a purpose or a goal that you're willing to strive for, then you, my friend, have no means to becoming a victim of procrastination.

Written by Sarije Nabhani

Have something you would like included in our next issue?

We would love to hear your request! Please send Mr. Swann your request on teams, or share your response in the form linked below.

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BETTING ON YOURSELF

As children, we've all been told that we could achieve anything if we tried hard enough. Then why do we spend so much energy doubting ourselves? What's stopping us from becoming the person we know we can be? It's not that we're incapable of fulfilling our goals but rather that we don't have enough trust in ourselves to do so. To develop trust in ourselves, we must learn to keep the promises we make to ourselves, hold ourselves accountable, and treat ourselves with kindness.

The first step to growing our sense of self-trust is to learn to keep the promises we make to ourselves. Imagine you had a friend who'd constantly make promises, yet they never acted upon them. If they were to promise you something, you wouldn't believe them, would you? This goes for how we interact with ourselves as well. Have you ever told yourself you'd work on something later and found yourself saying the exact same line weeks later?

Our New Year's resolutions, hobbies we want to practice, goals we've made for ourselves yet never acted on. All these promises we make and the ones we haven't followed up on will only stack up and lower the trust you have in yourself. No one can fulfill the promises you make to yourself except for you. If you know you won't be able to provide the things you tell yourself, simply don't do them. As soon as you can keep your own word, you'll begin to build trust in yourself and begin taking responsibility for your actions.

Holding yourself accountable for your actions is crucial in establishing trust within yourself. Keeping yourself accountable doesn't necessarily mean punishing yourself, but acknowledging your actions and taking responsibility when you fall back into old habits. Just like any other relationship, the relationship you have with yourself requires boundaries. Boundaries with yourself are essential as they help set up an internal guideline for your actions and behaviors. If you find yourself crossing your own boundaries, don't ignore it. Instead, take a step back. The key to forming a healthy relationship with yourself is to be able to balance being strict and gentle with yourself. You should be strict because you're the only person who can get you where you want to be and gentle because you won't always do your best every day, and that's okay. You should also

be able to listen to your wants without compromising on your boundaries. Knowing your non-negotiables, and what you do or won't do to help to prevent over-indulgences and follow a more realistic path. This will strengthen your self-trust since you're keeping yourself in check and sticking to boundaries and not falling prey to impulsive behaviors.

As Buddha quotes, "We are shaped by our thoughts, we become what we think." The things we say or think about ourselves shape the way we see ourselves and can influence our behavior. This is why being kind to yourself plays a significant role in improving our self-reliance. We are often our own worst critics, constantly putting ourselves down and underestimating our achievements. When we consistently speak negatively about ourselves, we tear down our self-confidence and build unnecessary doubt that can lessen our self-trust. In contrast, positive self-talk and kind affirmations allow us to develop a more confident and positive inner voice and form an environment full of support and encouragement. For example, when you constantly tell yourself "I am not good enough," you strengthen your limiting beliefs and feed into your doubts. On the other hand, when you tell yourself "I can do this," or "I am doing my best," you build up your confidence and recognize your achievements which develops trust and allows you to keep moving forward.

In conclusion, trusting yourself goes beyond merely following

through with a plan. You must learn to keep your promises, be accountable for your actions, and be positive with yourself. When you consistently hold yourself to exacting attainable standards and developing internal boundaries, you will create a sense of trust in yourself, allowing growth and self-improvement.

Written by Jenny Tran

FLYING START FOR FALCON'S ULTIMATE

Philemon's ultimate frisbee teams are off to a good start! Though no games have been played at the time of this article, they're already breaking records! For the first time in school history, there are 4 Falcon teams hitting the fields this season (beating the previous 3 team record).

With all the teams in different divisions, this leaves the possibility for multiple high placing teams this RSEQ season. In anticipation for this year's season, this year's coach Mr. McConnell says he's looking forward to watching the growth in all four teams, especially out of many new players this season. When asked about the teams strengths, he stated that this year's players were very supportive of one another, and he's enjoyed how reoccurring players have really stepped up to help newer players reach their potential.

Overall, in a sport famous for its kind and friendly players, it's certain our teams will fit right in.

Written by Abigail Chénier



NOTABLE FIGURES IN BLACK HISTORY

As Black History Month ends, let's look back on notable figures in black history in North America. For this article, I'd like to focus on lesser-known individuals that have had just as incredible impacts. Here are 3 people who made significant contributions to history.

First, one of my own personal heroes, Katherine Johnson. This woman used her mathematical genius to help NASA send astronauts to the moon and back safely. Not only that, but her skills are what enabled Alan Shepard to become the first American to go to space on his historic flight on Friendship 7. She overcame many hurdles, starting from having to move to another county to go to high school because in her own, black children didn't have the chance to continue their education past 8th grade. Johnson ended up graduating high school at 14 years old and attended university at 18 years old in West Virginia State University. Her

calculations were also necessary for the Apollo missions.

Her story is very significant for many reasons, among those the fact that when she began to work for NASA, she wasn't even allowed to enter important editorial meetings. Now, NASA has two buildings named after her to show their appreciation for her groundbreaking work. Her work is not only important to black history, nor only to American history, but a critical part of world history and aerospace engineering.

Next is Lincoln Alexander, the first black person to serve in the Canadian House of Commons. Alexander was the son of immigrants, neither of his parents having had good jobs, he was determined to be more than a porter. He studied hard and went to law school, later starting his own firm. He made the change from law to politics and consistently advocated for equal rights for people of colour. To honour his work parliament named January 21 as National Lincoln Alexander Day.

The Honourable Jean Augustine is a trailblazer in politics, she was the person who introduced Black History Month to Canada and pushed for it to be officially recognized by parliament. She was the first black female Canadian to become a member of parliament. Born in Grenada, Augustine immigrated to Canada when she was 23 years old and studied at the University of Toronto to become a teacher. In 1993 she entered politics, becoming the Prime Minister's trusted voice. When getting Parliament to declare February as Black History Month she

stated that as an educator she recognized how little black and indigenous Canadians were talked about in the curriculum. With Black History Month, Canadians could recognize the importance of black people in Canada.

Written by Marn Elgebli



PHILEMON'S HUMBLE BEGINNINGS

The year 1968 marks the birth of many wonders. Celine Dion, a renowned Canadian singer. Actor Will Smith, who first rose to fame in the 90s show "The Fresh Prince of Bel-Air." But perhaps the most glamorous creation that came to be in 1968, is Philemon Wright High School. With its stairwells without stairs and electrical wiring hanging unfinished from the ceilings, the truth is, it was far from charming.

Still under construction, Philemon Wright opened its only door to 1,441 students. Of the three blocks the building consists of, each with two floors, only one floor of one block was complete. This meant to accommodate the high enrollment, class sizes were between sixty and seventy-five students per class.

The rest of the school still in its

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final construction phases, the second floor of the third block was the only portion deemed safe, though by today's standards, it was far from it. Ceilings were open, revealing incomplete wiring, hallways were still under construction, and mere sawhorses the only barrier between students and open stairwells.

What is more, Rue Daniel-Johnson which connects the school to Boulevard Mont-Bleu remained closed until October. For the first month of school, students were dropped off at the end of Highway 5. Only open to traffic as northward as St. Joseph Boulevard, buses received approval from the Quebec Ministry of Transport to drop kids on a small unopened section of the highway. From there, students walked through the bush and field to the door. A

then 10th grade student recalls the experience, “My most vivid memory of the first days at Philemon Wright is of the long line of school buses parked down the middle of Highway 5 We trekked over to the school through the bushes—not difficult, but rather informal.”

In its early days, Philemon Wright was polyvalent. This meant in addition to academics, Philemon also offered technical and vocational training. For students not especially interested in academics, the programs provided the opportunity to learn a trade, such as electricity, welding, and mechanics.

However, an ill fated incident in 1969 almost put the welding program in jeopardy. The day’s task was to repair a gas tank. Not thinking of the potential consequences, a student dumped the flammable contents of the tank in a manhole near the shop. Later that day and unaware of what had happened earlier, another student tossed a lit match in the same manhole. The result was an explosion that blew off the covers of several manholes on Rue Daniel-Johnson.

Today, we have access to gymnasiums, a library, a cafeteria, and thankfully, don’t have sixty to seventy-five peers per class. Though Philemon’s debut was unconventional to say the least, it’s certainly a good story to tell.

Written by Cadence Fournier



WHAT HAPPENS NEXT?

Do you ever feel intimidated by the thought of post-secondary education? Or perhaps you don’t know what you want to do after high school? Maybe you wish you could have advice from someone who has gone through all these worries before? Well, then this article is for you! I interviewed several Philemon alumni to provide examples of what an unfiltered college experience could look like for different individuals, and to hopefully ease the stress if you’re worried about the next steps.

First, I interviewed 2022 graduate Sam Hobbs about his college experience. He took a 42-week trades program at Algonquin College. He talked about the fact that he found this course quite a bit easier than high school, as he was more interested in the topics being taught. He greatly emphasized the need to enjoy what you’re learning and what you’re doing in life, saying “No matter what people tell you to do, no matter what field they want you to go into, take what YOU want to take”. But what if you don’t know what you want to do? “Take time off,” he suggested, “Try different

jobs, and whichever you like the most, try and get an education surrounding it in college.” When asked about misconceptions about college, he remembered how while growing up, people would say it would be a lot more difficult, and there would be higher workloads/more homework. However, in his instance, “there was not one day in college that he had homework”. Lastly, he would like to remind everyone to “Do what you want to do in life, no matter what people tell you.”

Next, I interviewed a 2023 graduate who pursued an education at Heritage College in the SET (Special education technician) program. She recounted multiple differences between high school and CEGEP, such as classes being more individual time wise (“every course starts at different time”). She explained how the days can be much longer as well, some days starting at 8 and finishing at 6. She described how, in the beginning, adjustments such as finding her way around transport systems and being independent proved to be difficult but reassures us that it will eventually get easier. However, contrary to Sam’s experience, she recounted having a heavier workload with projects and homework all on similar timelines. She recommends that we make sure to get our work done on time no matter what, as zeros will come quicker in college. Something interesting she shared was the fact that even failing just one class, “no matter if you’re in semester one or your final year”, is enough to get you kicked out of the college. As her overall advice for



students entering college, she wanted to emphasize the importance of completing work on time and learning how to manage the workload in a way that's right for you, whether that be using the resources that your school offers or doing something unique. Overall, she advises everyone to just do their best, whatever that may be for them.

But what about real life, after your education is over? I interviewed Benjamin (2006 graduate) and Christopher (2009 graduate) Cameron about their post-secondary schooling and career. After his time at Philemon, Benjamin attended police formation at Algonquin College before switching to a career in trades, specifically countertop replacement and installation. This is a great example of what was said by Sam, and how it's okay to try different professions before finding "the one". Christopher also added "The hardest part is knowing what you want to do afterwards, [...] just be sure keep yourself busy working or going to school because it's never wasted time learning or acquiring experience." After his time in Philemon, he took an accounting and management course at Heritage before working up to his job in the finance sector in the government. When asked about differences between high school and college, they mentioned a learning curve when it came to technology, but also more freedom, along with the opportunity for meeting new people from different high schools. This point brings me to what they wish they did while still in high school. Benjamin wished he had spent more time in social

settings and making "those lifelong friends instead of [...] (worrying about) finding and keeping a girlfriend." Christopher wished he would have taken more classes that pertained to his current interests, such as automotive classes. When asked for last words of wisdom, Benjamin said "Don't stress. When you look back on things you stressed about did the stressing help you get through it?", while Christopher added "Enjoy it while you're there."

Although I myself haven't had any experience in post-secondary education, I think everything said by these individuals is valuable information. It's important to remember no one is the same, so everyone will have a different experience in post-secondary education. Some might have much homework, others none. Some might find this step easy, and others might have more difficulty adjusting to it. But I think that each of the alumni interviewed agree on the fact that it's crucial to find something that inspires you, something that you enjoy, and work hard to do your best in that field. I guess even though these individuals outgrew Philemon, they still haven't outgrown the motto: Work hard, be yourself and do the right thing.

Written by Abigail Chénier



HADLEY D.I FINALISTS

Maybe you've seen the signs around the school, or heard announcements in the morning and wondered to yourself, what is Destination Imagination?? Well...

Destination Imagination (DI) is an international organization based in the United States which creates a variety of challenges each year. Students from over 40 different countries around the world and from the ages of 6 to 26, attempt to create solutions to one or more of these challenges.

Challenge categories range from Technical, Engineering, Fine Arts, Service Learning, and Improvisational to Scientific. The solution to any chosen challenge must be fully researched and developed by teams of up to 7 participants, who then share their solution with a panel of judges within the context of an 8-minute play. Each team is responsible to create and produce their solution without adult interference.

It's no easy task. Students begin work in September to satisfy all the challenge requirements, with the ultimate goal of winning the Regional Competition and being invited to the US for Global Finals.

This event brings thousands of students from around the world to Kansas City, Missouri for 4 days of competition, exploration, and a ton of fun!

On Friday March 22nd, our two Destination Imagination Teams competed in their Regional Competition at Darcy McGee High School and brought home GOLD and SILVER Medals for their extraordinary efforts.

Tournament winners Alia Alnajjar, Belle Harrison, Clara Bilodeau, Leah Contois, Maeve Murphy, Louisiana Mae Saucier and Carleigh Woodstock were the first Team in Western Quebec history to defend their title and win this prestigious tournament in Grade 7 as the Cosmic Cows, and then again in Grade 8 as the Distinguished Dinos. This remarkable team was additionally presented with the 'Renaissance Award' for outstanding creativity, and abilities both academic and artistic. As winners of this competition, The Dinos have been invited to join thousand of students from around the world to compete at the Global Finals in Kansas City Missouri. Please extend a huge congratulations to these fierce competitors as they continue to prepare for and raise funds towards continuing their DI journey.

A most honourable mention also goes out to our second-place team The Paranormal Pineapples. Ross Porter, Freya Jobin, Nora Seifert, Kseniya Lewis, Autumn Johnston and Ashlee Lindsay exemplified teamwork and sportsmanship and personified our school motto to work hard, do the right thing and to be yourself. Mr. Swann and the

entire DI community couldn't be more proud of all these students. Great work teams!

Written by Mr. Swann



SWEENEY TODD REVIEW

After a thrilling conclusion to our school musical Sweeney Todd: The Demon Barber of Fleet Street, comes this review from a certified cappy critic! As I was also in the show, be warned: this review will contain gushing about my wonderfully talented cast and crew mates as well as congratulations on all our hard work!

“Sweeney Todd” is a musical following the path of our main character Sweeney Todd (played by Liam Maltus) towards

avenging his love and his life (Lucy; wife & Johanna; daughter), who were ripped away from him by our protagonist, Judge Turpin (Kyle Murphy). On this journey he meets many characters who have their own stories. Such as Anthony (Clay Macrae), Beggar Woman (Ellie Misner), Mrs. Lovett (Sophie Poirier), Signor Pirelli (Aisha Nyerere), Tobias Ragg (Charlotte Kerr), Beadle Bamford (River Welburn-Jay), Lucy (Ellie Misner) and Johanna (Jessica Campeau). Of course, a musical isn't just made of its talented main cast but an ensemble who creates the flow in a story.

SPECIAL MENTIONS TO: Eric Kleiman, Rory Piper, Ash Labranche, Autumn Rose-Dupuis, Hannah Gendreau, Fawn Robinson, Asmo Brayford, Elie Hutton, Arc Li, Eddie Elbeck, Ezra Piscitelli, Hazel Sugden, Daphnee Jette and Xoraya Mondesir!

In this musical worked on for 7 months honing complex songs by Stephen Sondheim and beautiful choreography by our very own Rory Piper! So much work went into this musical and all of it was worth it. With rave reviews for all those involved, what really brought together this musical were the unsung heroes in our crew team. From creating the spotlight, we stood in (Alex Plourde), concocting the blood (Joey Isbister) that splattered onto the beautiful costumes made by our wonderful costume team (Florence Richter, Léa Krause, Kacey Woodstock and Rosabella Hemings) and makeup team (Alexandra Stewart, Joey Isbister, Eva Franovic, Tchoualack Daphne Tchana Ketcheman, Florence Richter) and those who helped get the word out about

the musical!! (Owen Young, Julia Segura Aguirre, Sarah Cameron, Jason Ouillette). More important mentions go to our props department (Jamie Morrison, Owen Young, Celeste Labonte, Sofia Fernandez Morales, Julia Segura Aguirre, Rastko Franovic, Sarah Cameron), the team that executed Anabelle Lessard's set designing vision, our sound technician Sarah Cameron and our wonderful stage managers: Jibreel Khan, Julia Segura Aguirre, Florence Richter and Jamie Morrison. I'd like to also mention that many of these people have helped out in countless ways!

Overall this musical took a lot of work, and it was all worth it to be able to perform four times for our lovely audiences. As it was mentioned on closing night, we hope to see you all for next year's performance of the musical Chicago.

Written by Xoraya Mondesir

Writers: Sarije Nabhani, Jenny Tran, Abigail Chénier, Marn Elgebli, Cadence Fournier, Cameron Swann and Xoraya Mondesir

Editors: Abigail Chénier and Cadence Fournier

Thank you to all our contributors!

RELAY FOR LIFE 2024



What? A 12hr overnight event to raise money for the Canadian Cancer Society

Where? The track at PWHS (Outside!)

When? May 10th 7pm - May 11th 7am

\$20 REGISTRATION FEE

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SEE NEXT PAGE FOR PHOTOS OF SWEENEY TODD MUSICAL!



Photos by Carter L.M