

School Page

Knowlton Academy Elementary School

By KA Secondary One

Knowlton Academy Student Parliament and 10 other students travelled to Montreal on Monday,



February 11th to attend the WE DAY celebration. This annual event brings together over 2000 students from all over Quebec who are making a difference in their local communities and in places thousands of miles away. WE DAY spotlights individuals who serve as inspirations to everyone. The highlight for our group this year was the live chat with astronaut David St. Jacques. He answered questions from his home abroad the International Space Station. It was a really special memory. And all of us were pumped up after hearing a rousing talk from WE founder Craig Kielburger- he truly empowers us to be change makers. Tickets for WE DAY cannot be purchased; they must be earned. KA earned ours this year by leading the WE SCARE HUNGER, WE ARE SILENT and WE READ TOGETHER campaigns but we're not done yet.

KA students are currently participating in our "Tasks for Toonies" event where each chore they perform earns them \$2. The proceeds from these chores allows KA to continue our sponsorship of three young girls from Afghanistan. We have been paying for them to go to

school for three years now and the connection we have with them is very strong. The letters we receive from them are always a highlight. We are also considering a few new ideas for this year- the WE Go Green campaign where we will highlight our wonderful KA garden and raise awareness about sustainability, the We Bake for Change campaign in conjunction with our Bistro program and the WE Create Change campaign where we will collect our loose coins to purchase a goat for a family in need. And then in May the whole school will participate in our Second Annual WE WALK FOR WATER event. Last year we raised enough funds to provide fresh drinking water for 143 people for life. It was an extremely powerful event for everyone involved and we are hopeful that we can match that success this year.

Knowlton Academy is very proud to be a WE School. We invite other ETSB schools to join us in helping to make a difference and teaching us to truly be Children of the World.



To your hearts content – healthy management of medication and shingles conference in Potton



THE SCOOP

MABLE HASTINGS

As Potton's Annual Healthy Heart Month comes to an end I am pleased to share in this article, the success of just one of the many events held. On Thursday, February 14 as part of Potton's Annual Healthy Heart Month, the "Club des Retraites de Potton" and the Missisquoi North Volunteer Centre (CABMN) collaborated in hosting a special conference for seniors on the subject of the healthy management of medication and shingles.

Guest speaker, Cathy Riendeau (Pharmacist) co-owner of the FamiliPrix Pharmacy in Mansonville shared her expertise on the two subjects in a professional, well organized and informative session complete with gift bags for all who attended. Riendeau has generously spoken on a variety of topics in the past aimed at keeping seniors and the community informed in vigilant health practices to assure that good decisions are made in regards to the well-being of all.

Held on Valentine's Day, all who attended were encouraged to wear red and the event was followed by a delicious

lunch and many activities to warm the heart. Coordinated by the CABMN's Senior Service (SAPA) team of Angelle Laplume and Monique Gilbert, the event was a highlight during the activities held throughout the month.

"With 25 attending, everyone collaborating in this event was pleased with the interest and involvement," said Monique Gilbert one of the CABMN Senior Service Coordinators. "We have many upcoming activities, information sessions and workshops being organized for seniors through the Volunteer Cen-



25 gathered for lunch at the event coordinated by the CABMN and Potton's "Club des Retraites"

tre," she continued. "It is always wise to check the CAB website (www.cabmn.org) to know what is forthcoming."

Angelle Laplume, the other half of the CABMN senior services coordination team, was quick to note the professionals who attended the lunch in support of the event.

"We had social workers from the local CLSC-CIUSSSE, guests from the Municipality and others who came for the

lunch and who welcomed the opportunity to exchange and break bread with the seniors in attendance and Cathy Riendeau is always a hit," said Laplume.

This collaborative event was one of many held throughout the Healthy Heart month in Potton an annual event that many look forward to each year. For more information about Potton events, visit www.potton.ca



Cathy Riendeau (Pharmacist) and co-owner of Mansonville's FamiliPrix Pharmacy was the guest speaker at the event held on February 14.

PHOTOS: COURTESY