



THE ADVANTAGE

A NEWSLETTER BY THE
RESIDENCE LEADERSHIP TEAM
OF J. ADDISON SCHOOL

Vol. IV, No. II - February 2019

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The CN Tower Climb: Will You Step UP?

Amirhossein Azizafshari, Grade 12

It was a cold Sunday, -12°C, and while Toronto usually sleeps, a radiant wave of energy was emitted from the CN tower. On that day, 8000 people decided to set their differences aside and just climb stairs with the purpose of a better tomorrow. On that day, skin color, religion, and sexuality were set aside; every single participant worked towards a single goal: a brighter future.

The CN Tower Climb is set up by United Way, the multi-million-dollar non-profit organization, and it has managed to raise a total of \$1,706,338 to benefit its tremendous charity affairs that contribute to global problems such as homelessness, fresh water, and starvation. Now, United Way would not be where it stands today if it were not for the thousands of people that decided to make a sacrifice- people who woke up at 4 in the morning despite the status quo and emptied their pockets so that this roller coaster of a world might be a bit easier for us homosapiens.

The event began at the hub, where UW provided the climbers with coffee, fruits, water, concerts, and warm-up sessions. As volunteers, we wore our T-shirts and scattered throughout the climb path. We were told to cheer for the runners as they passed on, and oh we did, from the top of our lungs, because we all knew what they had done. Each time we thought that there could not possibly be more runners, another group would show up. The heart-warming scenery soothed our slowly-freezing hands as we cheered on, realizing that there is still a flicker of light in this often harsh world.

And a word from your Residence Life Department...

- **Residence Life Student of the Month Awards**
- **Dorm Birthdays: February 2019**
- **Have a Suggestion?**



Attending this event, I made new friends, found a new resolution, and learned many lessons. I spent my time thinking about what mattered that day, because nothing about race, sex, or age did at all. Looking back on that day, I finally understand; the only thing that mattered on that cold Sunday was your intention and nothing else. Maybe there would be fewer wars and conflicts in this world if we just stopped building all these walls around each other and looked at each others' intentions instead of skin color and nationality.



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Our Volunteer Trip to 360 Kids

Noora Mirfakhraee, Grade 11



One day, Mr. Brandon came around to all of our classes and told us about an opportunity to earn our volunteer hours. Only 10 students could come to 360 Kids, a shelter where less fortunate kids our own age stay. It was a really cool experience that I'd like to share with the rest of our school.

On a Friday morning, we finally arrived at 360 Kids after 2 hours on the bus. The staff told us that they needed 5 people for serving food, 2 people for washing dishes, and 2 people to organize the clothing. My friend and I chose to wash dishes. There was a man who showed us how they like to do it. After what felt like only a little while, it was time for lunch. We fed the kids at the shelter first and then ate some of the food ourselves before leaving.

I think we all had a pleasant time because we did useful work and we learned to actually enjoy taking out the time to do work for others without complaining. It was an experience I will always remember!

Exam Destressors: Sweet Treats

Melina Bahrami, Grade 11

One evening during exams, Mr. Brendan came upstairs and said that because of all our hard work, he wanted to do something to reward us. He then brought up lots of cookies and milk for us to have a study break.

As he gave them out, the kids left their rooms one-by-one to eat together. Mr. Brendan said "You can have as much as you want!", and so many of us were able to take more than 2. We helped Mr. Brendan serve the milk because there were so many of us.

I'm very thankful for the dorm staff! They care about us so much and they want to see us happy and taken care of. They really are like our family.





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Exam Destressors: Pet Therapy

Dylan Li, Grade 12



From 1:30-2:30 PM on Thursday, January 24th, 2019, I was honoured to take part in the Pet Therapy Exam Destressor Activity at J. Addison School. This was organized in the 3rd floor Study Lounge by the Residence Life Team in cooperation with a charitable organization by the name of St. John's Ambulance.

The main goal of the activity was to create a peaceful atmosphere among students to relieve the stress from exams by playing with a few of the charity's trained therapy dogs. As for me, I felt so happy at this event because it actually gave me an opportunity to have contact with dogs, which was new and I especially loved it.

The most interesting part was when the trainer taught us how to make dogs follow commands- for example, when you say "hand", the dog will raise its paw to shake with you. When I held the treat, the white dog was attracted to me quickly. Then I said "hand", and he held out his left paw for me to shake.

The interaction between the dogs and students brought us a lot of happiness. I must say we all felt quite pleasant connecting with the dogs. Overall, I really enjoyed the activity because they were so cute. Once it was over, I found I had actually reduced a lot of my exam stress. I hope I can have more experiences with animals in the future!





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And a word from your Residence Life Department...Congratulations Melina, Mark and Lucky!!!

Residence Life Student of the Month



Please join us in celebrating our Dorm Student Birthdays
& Chinese New Year!



HAPPY BIRTHDAY

FEBRUARY 2019

CONGRATULATIONS!!!!!!

RESIDENCE WELLNESS DEPARTMENT

1.	Amir T.	Huron Hall
2.	Jefferson Z.	Erie Hall
3.	Leo Z.	Erie Hall
4.	Nicholas M.	Erie Hall
5.	Jingmin Z.	Erie Hall
6.	Danial B.	Erie Hall
7.	Thi My Le. N.	Simcoe Hall
8.	Thi Lai T.	Erie Hall

