

*We acknowledge that words without actions are meaningless.
 We acknowledge that actions without understanding are empty.
 We know that inaction is impossible.*

Since 2009 students at Laval Junior & Liberty High Schools have been working for a stronger school, a more inclusive and healthy community and a better and more sustainable world.

Laval Junior & Liberty High Schools were the first schools in Canada to adopt a regiment of the Canadian Forces when we adopted LLHS graduate and fallen soldier Sgt. Chris-Karigiannis' friends in **3rd Battalion, Princess Patricia's Canadian Light Infantry (3PPCLI)** in his memory. It is this and many other partnerships that enabled the work that has been accomplished by our students as we have learned to *Lead From The Front* as agents of positive change.

110 000 recorded hours of volunteer work in four short years by our young people is changing our community and our country. These hours are made possible through the support of local business and community leaders. Thank you!



AT SCHOOL

3PPCLI Partnership

Our school partnership with 3PPCLI is deep and profound. Our soldiers share their time with our students in an effort to support life long learning and engaged citizenship. Soldiers from 3PPCLI visit us twice a year; at graduation & Leadership Camp and for Hockey Day in Laval.

3PPCLI is the principal partner for our Advanced Student Leadership program. Together we enable students to be people of impact in their world by giving them the leadership tools to enact positive change.

Student Council, Grad Committee, etc.

LJHS & LLHS students sit on many different school committees and action groups. By working together our students work to create positive activities and a harmonious and inclusive school.

United Students Sport Federation U.S.S.F.

Student leaders work to create and organize all intramural activities through our partnership with **Chomedey en Forme**. Throughout the year every student at LLHS will have participated in a U.S.S.F. game, tournament or activity.

The U.S.S.F. is responsible for all refereeing, forming a disciplinary committee to enable fair-play, stat keeping and training of all volunteers and scheduling for hockey, soccer, basketball, flag football and other healthy activities.



PARTNERS — CREATING — PURPOSE



AT SCHOOL

Peer Support

Our students work together to support one another in core subjects through peer tutoring. Individual students volunteer their time to support our special needs students in their programs.

Community Garden

Students have been working over the past four years on a small piece of school property to provide some healthy food for our community & students, to learn about plants and climate and as a space to experiment with renewable energy.

**If you would like to partner with our garden project please email
Heather McPherson: hmcpherson@swlauriersb.qc.ca**

Green Clubs

Our students have worked to ban all plastic water bottles in school and they work with our staff to promote and enforce this policy in the classrooms. Our Green Clubs also focus on recycling, our school compost and other green initiatives.



Sgt. P. Filis with students



Paralympian Benoit St. Amand

Stop A Bully

LLHS was awarded the **2012 Safe Schools Award** from stopabully.ca for our student's work to educate their peers, to provide support to those who are bullied while providing tools to prevent bullying in our school and community.

In September 2012 our students and schools were featured in a Japanese national news story on global news network **NHK**. The story showcased 'best bully prevention practices' in North America in hopes of finding practical solutions to combat bullying at schools in Japan.

Every year our students create and lead assemblies and awareness campaigns at our school and they have presented at other SWLSB schools.

PARTNERS — CREATING — PURPOSE



AT SCHOOL

Benefit Concerts

Every year our students dedicate their time creating a series of benefit concerts where they can showcase their talent and the talent of their friends in support of one of our school charities.



Recording artist and LJHS&LLHS students and grads:
Basement Superheroes



Valerie Drouin at Mission:Laval 2012

Breakfast Club

The Club des petits déjeuners du Québec serves hot breakfasts at LJHS, before classes start, every single day of the school year. At the Club, 75% of the food is supplied free of charge by partners from the food industry. Thanks to them, the Club can set up about ten different healthy, balanced and delicious meals and use them in rotation. Students can volunteer their time to assist.

Air Cadets

LJHS & LLHS is the proud home of **Royal Canadian Air Cadet: 100 Laval Squadron**. Our partnership with Air Cadets provides free, healthy and safe activities for our young people as they develop as active and engaged responsible citizens. **100 Laval Squadron** is the first English squadron in Laval.

PARTNERS **CREATING** **PURPOSE**



JEUNESSE AU SOLEIL
SUN YOUTH ORGANIZATION



IN LAVAL & QUEBEC

4th Batalion, Royal 22nd Regiment

Our students learn from some of the best leaders in Quebec and Canada through our partnerships with our soldiers. **4R22R** is stationed in Laval and they generously give us their time. 4R22R comes camping with us, teach us leadership skills and join us at our Annual Hockey Day as players and they run the BBQ. **4R22R** is an important part of our school community.



Corporal Dupere with the Vipers during the Rick Hansen Man In Motion World Tour Anniversary. Corporal Dupere survived a suicide bombing in Afghanistan. Cpl Dupere was featured on CBC's 2013 'Climb to the Top' documentary about injured soldiers who climbed Mount Everest.

Annual Mission:Laval

Every year students volunteer on one of their Saturdays in our community learning about opportunities to change the world by positively contribute to their neighbourhood in simple and meaningful ways. Through our partnerships with local charitable organizations our students have a deeper understanding of their community. Some students have earned summer jobs and some have continued volunteering their time! Partners:

AGAPE: <http://www.agapeassociationinc.com/>

Foyer Pour Toi: <http://www.foyerpourtoi.org/>

l'Auberge du Coeur: <http://www.envolee.qc.ca/?page=nouvelles>

Maison La Tourelle & Soup de St. Maxime

Student food provided by: FOOD FOR TOTS & CENTRE DE BENEVOLAT

PARTNERS CREATING PURPOSE



CLUB DES PETITS
DÉJEUNERS DU QUÉBEC ^{MD}

www.clubdejeuners.org



TIGed



ROYAL 22^e RÉGIMENT
OUI ME SOUVIENS

IN LAVAL & QUEBEC

SWLSB Elementary School Support

Some of our student leaders wake up at 5AM once a week all school year long to volunteer their time at **JFK** helping with the student **breakfast program**. We also worked to support different projects at Souvenir & Crestview.

Soccer Fest & Football Jamboree



Each year hundreds of Sir Wilfrid Laurier School Board elementary school students come to LJHS & LLHS to participate in 'fair-play' and healthy activities with our students.

Our students lead the day, plan and coordinate the activities and build positive relationships with teachers and students. Special thanks to **MOURELATOS!**



Annual Hockey Day in Laval

In 5 years over 9 000 people from BC, Alberta, Ontario and Quebec have participated in our Hockey Day events.

At Hockey Day you can find students from 5 different SWLSB schools, French schools, players from minor hockey associations, a partnership with **Ville de Laval**, soldiers from **3PPCLI & 4R22R** and countless other community members playing and working together on this student led initiative for a healthier community. Special thanks to **MOURELATOS!**

PARTNERS CREATING PURPOSE



IN LAVAL & QUEBEC

Community Learning Centre

Our Community Learning Centre is a resource for the English community to enhance the development of individuals as life-long learners and supports the delivery of English services. Our CLC has helped to shape our community partnerships and Citizenship program by providing opportunities for young people to engage in their world.



AGAPE

AGAPE is an important English service resource for our community and our schools. AGAPE provides food, clothing, family support, counselling and hope to those in Chomedey and Laval who need it.

Our students work for two months on a food drive and together we work to connect students with seniors in our community in meaningful ways. On Halloween our students go 'trick or treating' for non-perishable food for AGAPE.

<http://www.agapeassociationinc.com/>

Community Breakfast

For over 12 years LJHS & LLHS have hosted an annual December Community Breakfast and food drive in support of **AGAPE**. We have raised over \$50 000 at this event... and counting.



Fire Fighters Play

Every year our students work with the **Ville de Laval Fire Department** to deliver an information play to elementary school students in Laval.

PARTNERS CREATING PURPOSE



Community Learning Centre

IN LAVAL & QUEBEC

Girl Talk Magazine

For three years our girls created a magazine for girls about issues important to them under the direction of our **Community Learning Centre** director **Mme. Lise Montagne**.

Girl Talk was delivered to over **300 000 homes** and available for free in drug stores across Laval.

Our girls continue to write with **Ms. Karamalis** in **Laval Families Magazine**.



Pink in the City

Pink in the City is a non-profit organization founded by the Vourtzoumis Family, Philip, Steven & Lawrence are LJHS & LLHS graduates, to raise funds to purchase diagnostic equipment for breast cancer at the **Royal Victoria Hospital** in Montreal.

Pink in the City story....The quest to raise money for this charity started with 11yr old who had a simple request to fundraise for shave to save. Since 2005, it became a family tradition to raise funds annually and soon after, the fundraising journey evolved into a non-profit foundation led by the Vourtzoumis boys. We all know someone who has been touched in one way or another, and with this in mind, inspired to continue and increase donations and partnerships through a wide range of sponsorships with our community businesses and schools. <https://www.facebook.com/pages/Pink-in-City/285039798282369?ref=hl>

Remembrance Day

Every year over 100 LJHS & LLHS students, staff, parents and community members march with Laval **Legion Branch 251** in the Laval Remembrance Day Parade. Our students prepare and lead our annual Remembrance Day assemblies.

Every November 11 our students, staff, veterans, family members of fallen soldier and members of **4R22R** travel together to attend the national ceremony in Ottawa and to support **Operation Veteran**. In the afternoon we spend time with our 'Patricia' soldiers and **veterans** with the **PPCLI Association of Ottawa**.

Our students coordinate the annual SWLSB **Poppy sale** in Laval and we have raised over \$7000 in two years.

PARTNERS CREATING PURPOSE



Laval
Families
M A G A Z I N E



YOUR
AD
HERE

IN LAVAL & QUEBEC

Laval Families Magazine

Laval Families Magazine is a new and important resource for our community. Our students have worked to promote and to build awareness for this important part of our community. You can also find our young writers within their pages.

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Summer Camps & Communities of Worship

Many students volunteer their time over the summer at camps and throughout the year at a variety of places of worship in our community.

NPI Laval

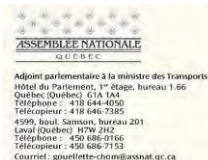
NPI brings together over 30 different local NGOs and stakeholders who coordinate their efforts to build a better, stronger and healthier community. Our student have sat at the table with **NPI** to contribute and to support the development of English services for our community.

Science Fair & Robotics

Students Leadership has led and helped LJHS & LLHS host the **E.A.S.T.** 2012 Montreal Regional Science Fair and **CRC** 2013 Robotics Competition with the Sir Wilfrid Laurier School Board. Over 6 000 people attended these events in the promotion of student discovery and participation in science.

Students have been involved in all aspects of planning, coordinating and delivering these two major events for our schools and our school board.

PARTNERS CREATING PURPOSE



96" x 36"

IN CANADA

Operation Veteran

Founded in 2009 by Dr. Paul Kavanagh in association with the Canadian War Museum, **Operation Veteran** pays tribute to the men and women who have served our nation.

Thanks to contributions from generous private donors, all veterans can receive coupons valued at \$11 each, which can be exchanged for refreshments or a meal in The Mess, the War Museum's cafeteria. Since the creation of **Operation Veteran**, more than 4,000 veterans have benefited of this program.

Our students work to fundraise for Operation Veteran and we attend the annual Remembrance Day gathering with students from across Canada in Ottawa.

www.warmuseum.ca/about-us/get-involved/support/operation-veteran/



2010 Olympic Torch

It is estimated that over 12 000 people came to LJHS & LLHS to welcome the **2010 Vancouver Winter Olympic Torch** to Laval.

Students planned, coordinated and shouldered responsibilities for all aspects for the day with **Ville de Laval**, **VANOC (Vancouver Organizing Committee)** and hosted all Laval **Sir Wilfrid Laurier School Board** schools. Our students were recognized by the 2010 SWLSB Council of Commissioners for their efforts.

Laval's Olympic Torch rally was the largest gathering outside of Vancouver to that point in the cross Canada relay.

PARTNERS CREATING PURPOSE



IN CANADA

Cancer Research

Our students have raised thousands of dollars for our school partner **McGill Centre for Translational Research in Cancer (MCTRC)**.

MCTRC provides the infrastructure to bring the investigators involved in "translational research" together to generate novel approaches to cancer treatment and adds a key element to the coordination of cancer researchers by providing a structured focus for these activities.

www.mcgill.ca/translational-research-cancer/

Our students also participate in many other cancer research fundraisers such as **Shave to Save, Denim Day**, etc.

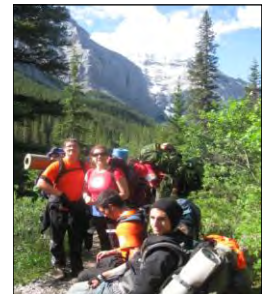
An Award for Canada

In 2009, 3PPCLI established the **Sgt. Chris Karigiannis and 3PPCLI Memorial Award and \$1000 Bursary** for a graduating student of LLHS who demonstrated academic excellence and three years of dedicated citizenship.

Using the 3PPCLI & LLHS model, this meaningful award has now been duplicated by the Federal Government for select high schools of fallen soldiers across Canada.



Sgt. L. Ford teaching survival.



Duke of Edinburgh's Award

20 students will receive their GOLD **DoE** Award from a member of the Royal Family or a representative of the Queen by spring 2014.

Our students are some of the most active **DoE** participants in Quebec.

The DoE encourages students to develop all aspects of their lives as a student and a healthy and active person who is an engaged citizen.

www.dukeofed.org/qc

PARTNERS **CREATING** **PURPOSE**



IN CANADA

Learning For A Sustainable Future

Grade 11 Student Leader Alexandra Papathanasopoulos was selected to work with students from across Canada last fall to create and present to the **Toronto Board of Trade a Responsible Citizen** program for young people in every province and territory. Alexandra's project and role in this project is ongoing. www.lsf-1st.ca/

Bright Futures of Burkina Faso (BFB)

Bright Futures of Burkina Faso (BFB), a non-profit organization that promotes education and entrepreneurship in Burkina Faso, Africa. BFB works with the staff and mothers of students who attend Ecole Les Amis du Monde, a local school in Ouagadougou, Burkina Faso, to build a stronger and more self-sufficient community through education and the creation of small business.

LJHS students work extensively for this charity and have raised more than \$3000 this year alone.

<http://www.brightfuturesofburkina.org/>



Bill C-420

In the fall of 2012 our students worked hard to promote a Private Members Bill before Parliament that would create a national child advocacy office.

Even though Bill C-420 was defeated, our students learned a great deal about how they can participate in our democracy in a meaningful way.

PARTNERS CREATING PURPOSE



IN CANADA

We Day - Free the Children

LJHS & LLHS students have been raising money and attending 'We Day' with Free The Children over the past four years. This year LJHS raised over \$1500.00 in support of the FTC penny project.

At the 2010 Montreal We Day, LLHS graduate Candice Pollack was recognized and interviewed by FTC founder Craig Kielburger for her work to mobilize her peers to raise needed funds for Haiti following the earthquake

<http://www.youtube.com/watch?v=iFJ-dd8ZaLA>



Rick Hansen Man in Motion 25th Anniversary World Tour

Student leaders, football teams, our LLHS Drumline and *Ville de Laval* helped to host the *Rick Hansen Man in Motion 25th Anniversary World Tour* relay in Laval to support an inclusive and a united community.



PARTNERS - CREATING - PURPOSE

Food for Tots



AROUND THE WORLD

Centre For Global Education

The mission of The Centre for Global Education (TCGE) is to educate 21st Century students for a 21st Century world by providing global learning opportunities, enhanced through technology, informed by sound research and innovative teaching. Through a series of strategic relationships, The Centre has uniquely placed itself as a international hub of technology innovation, higher learning and global education.

COPu18 Canadian Youth Paper on Climate Change

Our students have represented Quebec nationally and globally many times through our partnership with TCGE using our **Video Conferencing Network**. In the fall of 2012 we were one of four schools in the world to draft a climate change policy that was presented to the **Canadian Senate** by Senator Mitchell in November and to the **United Nations** Climate Change Summit in Qatar last December.

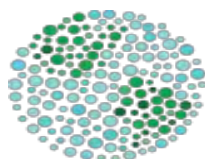


Costa Rica

Every other year a group of dedicated students embark on a trip to Costa-Rica to visit and work with **Escuela Akberie School**. There, they assist in creating lasting relationships and positive changes for the community, such as the physical amelioration of the school and the introduction of pedagogical methods through workshops. Students also learn about sustainable and conscious living as we try to live in harmony with nature on this cultural exchange.

Since June 2013, **LWB** has partnered with the group to help provide funds and other resources where possible to assist this impoverished community.

PARTNERS — CREATING — PURPOSE



The Centre for
Global Education



AROUND THE WORLD

Learners Without Borders

Learners Without Borders (LWB) is a grassroots non-profit organization initiated in 2009 with a genuine concern to create everlasting changes for children, their schools and their communities in Sub-Sahara Africa. Today, Learners Without Borders is comprised of over 50 students in several SWLSB schools assisting approximately 500 students in Africa, Kenya, Burkina Faso, Uganda, and most recently in Costa-Rica.

We at Learners Without Borders believe that learning is crucial for the development of any child and is one of the most powerful tools in breaking the cycle of poverty. Our mission is to support and empower schools, their families and communities to acquire the knowledge and life skills needed to realize a higher potential. Our approach is based on school improvement programs such as assisting in the structural development of schools, providing educational materials, basic food needs, by creating sustainable in-school businesses and sustainable agricultural and farming projects. In addition, LWB educates students here by making them aware of the plight of less fortunate children around the world and empowers them to help make a lasting difference.

Our LJHS & LLHS students are creating real and lasting change around the world in tangible ways through our partnership with LWB.

LWB started at LJHS/LLHS and works with schools across North America.

www.learnerswithoutborder.com



Afghanistan

When 3PPCLI was deployed to Afghanistan in 2009 & 2010 our students prepared and sent care packages to them but we wanted to do more to help our soldiers and the people of Afghanistan. We decided to support access to education for boys and girls. We raised \$2000 to help build a school with NGO **Skills Generation**.

PARTNERS — CREATING — PURPOSE



Chill Expeditions
Costa Rican Adventures

A World of Eco-Immersion Adventures Since 1995

AROUND THE WORLD

Socks for Africa

The **Reliable Hosiery Company** of Montreal is working with the **Bill & Melinda Gates Foundation** to import cotton from Africa as they support and help to build sustainable industry in the African Continent. This cotton becomes LJHS/LLHS socks that our students sell to raise much needed funds for the partnered communities in order to provide clean water, health care, education and access to healthy food.

This project, that started here, will be taken internationally in the coming year. You can get your pair of socks at LJHS & LLHS any time, 2 pairs for \$4.



Advanced Student Leadership

ASL is an opportunity for students to lead change and to learn how to shape the world around them.

ASL students are the centre of our Citizenship program and they enable all of our students to exceed their own limitations for a better, safer, stronger community, country and world. You will find ASL leaders involved in virtually all aspects of community leadership as they learn invaluable practical life skills, setting the foundation for healthy families as the next business and political leaders for our community.

ASL students work with leaders from all walks of life, from all areas of Canada and around the world to inspire positive change.

PARTNERS — CREATING — PURPOSE

