

MAY 5, 2021 // VOLUME 1, ISSUE 5



The Husky Howler

THE HUSKY HOWLER

Students of the Month – February & March

List compiled by HCS staff.

Kinder- garten	Levi Smith Penelope Hallett
Grade One	Mary Trecartin Clara Corrick
Grade Two	Arley Tompkins Riley Bishop
Grade Three	Brynlee Hutten Liam Paul
Grade Four	Sawyer Patterson Daniel Walton
Grade Five	Marlee Girdwood Derek Trecartin
Grade Six	Layla Walton Tuan Nguyen
Grade Seven	Lauren Beers Kylie Markey
Grade Eight	Amanda Samarita Mia Sargefield
Grade Nine	Alex Merrithew Abby Swan
Grade Ten	Brooke Clifford- Bourgoin Kalan Lagacy
Grade Eleven	Jakob Sharp Jullianna Little
Grade Twelve	Tori Ross Paige Brown

Sportsmanship Award – February & March

List compiled by HCS staff.

February	Jonah Demerchant Addyson Pirie
March	Patrick McKeil Holland Wheeler

Name It, Don't Numb It: Mental Health

By Abigail Noble, Grade 12

Mental health has always been something of a hush subject. It is discussed in closed rooms through shameless whispers, a perceived “weakness”. We have gotten a bit better at acknowledging this issue, but our fight is far from over.



In Canada, it is estimated that 1 in 5 people experience a mental health disorder. When compared to our population, this number is 7.6 million. Another statistic claims that 50% of mental illnesses go undiagnosed and untreated. That means our statistics – 7.6 million – could actually be double in size – 15.2 million.

What does this tell us? To me, it indicates that we have a serious issue surrounding the treatment of mental health. For one reason or another, a significant portion of our population does not have access to proper mental health resources.

This year, the Canadian Mental Health Association is promoting an initiative for mental health awareness: “Name It, Don't Numb It”. From May 3 to May 9, CMHA will be encouraging Canadians to understand and recognize their feelings, “**Because heavy feelings lighten when you put them into words.**”

To participate in CMHA's Mental Health Week, visit mentalhealthweek.ca to access information, articles, and toolkits, or post on social media using the hashtag **#GetReal**.

Together, we can encourage healthy minds.

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Sports News – Volleyball

By Laura Nanckievill, Grade 12

This past month has been filled with tons of volleyball action, and there is more to come!



We have six volleyball teams in action this month.

The Senior Boy's volleyball team is currently in second place in their division. They face off against Carleton North this week. The Senior Girls are currently undefeated in league action and are in first place in their division. They face off against Harvey this week in their first playoff game. The Junior Varsity girls have played well recently and are set to take on the Nackawic Nighthawks this week. The High School girl's exhibition team have a game this week when they take on Woodstock. The Middle School boy's and girl's teams have started playing games and both teams have games this week.

Go, Huskies, Go!

There are resources available to you: Use them.

– From the River Valley Sun

Help for DRUG ADDICTION

Hope for Wellness Helpline 1-855-242-3310
The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention.
Woodstock Addictions and Mental Health 506-325-4419
Mon-Fri 8:30 am - 4:30 pm
Perth-Andover Addictions and Mental Health 506-273-4701
Mon-Fri 8:30 am - 4:30 pm
Mental Health Mobile Crisis Unit 1-888-667-0444 - 7 days a week from 2 - 10 pm
Inpatient Detoxification Services: access by self-referral only; all admissions are voluntary. The detoxification unit provides inpatient treatment for the withdrawal from mood altering substances such as alcohol, cocaine, opiates and other drugs.
Fredericton Detoxification Unit 506-452-5525 / Located at 65 Brunswick St., Fredericton, NB
A 10-bed unit that provides medical support, education, and recovery planning for substance abuse and gambling. Phone: 452-5525; accepts messages only, calls are returned to plan admissions Monday through Friday.
Miramichi Detoxification Unit 506-623-6175 / Located at 500 Water St., Miramichi, NB.
Moncton Detoxification Unit 506-856-2333 / Located at 81 Albert St., Moncton, NB.
Ridgewood Addiction Services 506-674-4300 / Located at 416 Bay St., South Bay, Saint John, NB provides a range of services for individuals, youth and family members affected by substance abuse and gambling.
Residential rehabilitation facilities
Ridgewood Centre (Saint John) 506-647-4300 / 416 Bay St., South Bay, Saint John, NB
Campbellton Regional Addiction Services 506-789-7055 / 53 Gallant Dr., Campbellton, NB
Rising Sun Treatment Centre (First Nations) 506-627-4626 / 31 Riverview Rd., Eel Ground, NB
Portage Atlantic 1-888-735-9800 / Cassidy Lake, NB, is a non-profit organization established in 1995, operates a residential drug addiction rehabilitation centre for Atlantic Canada youth (14-21) in New Brunswick.
Early Recovery Group, Woodstock - each Wednesday (unless school is closed due to weather) from 9:30 - 11:00 a.m. at Bicentennial Boardroom (1st Floor), 200 King Street, Bicentennial Place, Woodstock, NB
Early Recovery Group in Perth-Andover - each Tuesday at 1 p.m. at the Mental Health and Addictions at 35F Tribe Rd., Perth-Andover, NB
Harvest House Woodstock hosts **MAMA Meetings (Mothers Against Meth Addiction)** on Mondays at 7 pm. This is a women-only group, providing a safe place for women struggling with family members whose lives are being destroyed by drug abuse. For more information contact Natasha Smith at 323-9315.
"In an emergency, call 911 or visit a local ER"

IN CRISIS?

Here are the numbers to call:

RCMP/Woodstock Police	911
Upper River Valley Hospital	375-5900
Hôtel Dieu - Perth-Andover	273-7100
Woodstock Mental Health	325-4419
Perth-Andover Mental Health	273-4701
After Hours Mobile Crisis	1-888-667-0444
CHIMO	1-800-667-5005
Telecare	811
Nackawic Health Centre	575-6600
Tobique Valley Comm. Health	356-6600
Kids Help Phone	1-800-668-6868
Dept. of Social Development	1-833-733-7835

"It doesn't get easier – You just get stronger."

- Unknown

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RESPECT – Mental Health

By Layney Ross, Grade 10

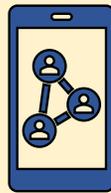
 Today, mental health issues seem to be used as the butt of a joke more often than not. However, mental health is not something to joke about - You do not know what people are going through.

Sometimes we say things that might trigger someone, such as threatening to take our lives to avoid the stack of homework we must complete. Saying these things may seem harmless or humorous, but they do more damage than you may think. Mental health is something everyone deals with daily, similar to our physical health. Just as you can stub your toe, you can “stub” your emotions. You do not have to be diagnosed with a mental health disorder to suffer mentally. In fact, somewhere around 50% of mental health disorders go undiagnosed and untreated.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Social Media and Its Effects on Mental Health

By Sabrina Samuel, Grade 11



Social media is our main form of communication. However, even though it can bring us together, it can also tear us apart. It can have many mental and physical effects on our bodies.

For example, when you are on an app that you like, your brain releases the chemical dopamine, also known as the “feel-good hormone”. It makes you feel happy, which can cause addiction to that app.

Using your phone or other electronics at night can cause sleep issues. The blue light emitted from screens can make it harder to fall asleep at night and can cause sleep deprivation.

While this affects you physically, there are some things online that can affect you mentally as well. FOMO - or “Fear of Missing Out” - is something people can experience online because they are afraid of missing out on posts or things people are saying. This can lead to anxiety, depression, and low self-esteem. What is posted online and what you say can have a big impact on people, especially teenagers.

This is increasingly an issue as social media continues to encourage false, idealistic content. A person’s social media page only captures a snapshot of their life, typically the one that they want you to see. Fabricated, altered, and edited posts run rampant. Sometimes, viewers will find themselves comparing their life to the seemingly perfect one on their screen. This is not healthy behaviour, as it can lead to low self-esteem and feelings of inadequacy.

To combat these feelings, some may be prompted to post similar photos and create their own online persona, whether it is true or not.

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It also helps us determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood through to adulthood. Some people have issues with their mental health through hormone imbalances, which can cause anxiety, depression, and several other disorders. Due to these conditions, some people will cause physical harm to their body or will suffer from anxiety attacks. These issues are scary and difficult to work through.

So, when you threaten your life as a joke, remember that it can cause people with a history of mental health struggle to go into distress. It may even cause them to relapse. The next time you go to say something you believe is humorous, think. You never know where people's minds are. After all, Aretha Franklin said it best: RESPECT.

“My anxiety doesn’t come from thinking about the future, but from wanting to control it.”

- Hugh Prather

However, many overestimate the power of the “delete” button. **Once something has been posted on the Internet, it is there forever. You have no control over what your audience does with this content. Therefore, it is so important to be careful about what you post online.**

Before you engage in online activity, there are key points that you should keep in mind:

- ❖ *Just because it is on the Internet does not mean that it is real.*
- ❖ *Everything online is created to influence you.*
- ❖ *A person’s Internet life is fabricated.*
- ❖ *Keep your personal information private.*
- ❖ *Once it is on the Internet, it’s there forever.*
- ❖ *Your presence on social media does not define you.*
- ❖ *Never prioritize your virtual life over your well-being.*

Though the internet can be an amazing tool in today’s world, it also has its downsides. Be conscious of your online presence and the effects it may be having on your mental and physical health.

Yesterday & Tomorrow – A Short Story

By Bryan Green, Grade 11

The stage lights are hot, yet I’m not sweating. I can hear the crowd go quiet as we get in place and music starts...

Beep Beep Beep Beep Beep Beep Beep Beep *Click*

I wake to my alarm as I enter the living nightmare that is our world. Mom barges in as I finish getting dressed and tells me, “You’ve got dance at three-thirty today, so don’t be late getting home from school!”

I scoff, slightly irritated, and reply with, “I can’t be late because my classes are ONLINE. I don’t even go to the school anymore.”

She rolls her eyes at me as she leaves and goes to work. I eat a breakfast of left-over pizza and set up my laptop in the living room to get ready for class.

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How to Reduce Stress

By Gabrielle Noble, Grade 10

Stress is in everybody's life, whether it be about a test in school, work, or social commitments. Dealing with stress can be difficult, but letting other people know that you are stressed - and leaning on them for help - can be incredibly beneficial. Here are some other, more individual, techniques to help you deal with stress!

❖ Exercise!

Exercise is probably the most effective way to combat stress. Even going on a short walk outside everyday may make a huge difference in your life! Try it out yourself! Go outside, and even just sit down and relax in the peaceful outdoors.

❖ Get a good night's sleep!

Having a restful night is proven to be extremely important and beneficial. When it's getting late, put down your phone, turn off the lights, close your eyes, and sleep! You deserve it!

Although stress does not disappear overnight, if you keep developing healthy habits and a positive mind, all will work out in the end.

It's now nine and I'm in English class, muted and camera off as Mrs. Rouge talks about similes and metaphors for the umpteenth time. My friends and I are messaging each other on Discord because none of us are really listening. Unfortunately, in Math I have to pay attention: muted, but camera on. History is the same. Tech is easy because we don't have to meet and we work at our own pace, so my friends are in a call, chatting and working. Finally, I finish with Music, which is okay. We aren't playing any instruments, but we are making our own songs, so it's not too bad.

Mom rushes in at three-twenty, practically throwing off her mask as she yells, "Let's go! You've got dance at three-thirty!"

I'm literally sitting there next to the door, bag in hand, changed and ready to go. I stroll past her as she goes into the living room looking for me. Eventually, she looks at her car and sees me sitting in the front seat. She rushes out, gets in the car in a huff, and we go. She's definitely speeding, but who am I to say? I'll let the three speeding tickets in the last five years talk for me. We arrive at three thirty-five - late, but better than usual. Mom says, "I'll see you at five. Love ya."

I get out of the car and walk into the studio. I can feel my blood start pumping. I see my troupe sitting there waiting as per usual. Our dance teacher/choreographer Mrs. Kojo-Mary sighs and says, "Please remember to arrive on time, and *please* tell your mother that she can't park in the disability parking because she's 'just dropping you off' and then sit there for twenty minutes before speeding off."

This lecture is music to my ears as I say nothing and sit in my square. Then, Mrs. Kojo-Mary goes into the goals for the day. We start with stretches while listening to the song we're going to dance to. She explains and demonstrates what we're going to do for the chorus. It seems very plain and two dimensional because we can't leave our 5-foot by 5-foot taped box and we can't do any lifts. At the end of practice, she says that we'll do a family recital in three months, as we can't do a regular recital or competition.

I walk out of the studio, see my mother sitting in the car, and get in. She asks, "How did dance go?"

"Mental illness is nothing to be ashamed of, but bias and stigma shame us all."

- **Unknown**

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“I wish that people could understand that the brain is the most important organ in your body. Just because you can’t see it like you could a broken bone doesn’t mean it’s not as detrimental and devastating to a family or an individual.”

- Demi Lovato

“Not until we are lost do we begin to find ourselves.”

- Henry David Thoreau

I reply, “Good. Also, there’s a recital in three months, but it won’t be anything special.”

“All of your recitals are special. I’ll make sure that Dad and I are there,” she said as she pulled out of the parking lot.

I rolled my eyes and told her what Mrs. Kojo-Mary said; she was silent all the way whilst speeding.

Dad’s car is sitting in the driveway when we arrive home, and I can see that he’s in the kitchen cooking supper, music blaring. We walk in and Dad yells over “I’m a Believer” by Smash Mouth, “SUPPER IN A HALF-HOUR.”

I hang up my bag, grab some comfy clothes, and hop in the shower. I know that I’m not totally in shape and my muscles feel sore. The hot water eases their screaming, and I can feel the soap take away the sweat from dance. Then, I get out and do my routine: first, pop any pimples; second, wash face; third, nails (if needed); fourth, moisturize (separate creams for face and body); fifth, brush hair; final step, dress. As I’m on the final step, I hear, “SUPPER!”

My dad’s voice rises over the music that I had playing. I finish up and head to the table.

One long boring, monotonous conversation later and supper is done. Dad sits in the living room. I hear him watching the six-o clock news as it says something about Covid. I don’t think much of it as I get ready to hang out with friends online.

Before I know it, it’s eleven. Bedtime. I say goodnight and power off. Then, I change into some pajamas and hop into bed for a good night’s sleep.

I can feel the music’s rhythm and beats. I can see myself and my troupe all in our places at the exact moment we need to be. I know this is perfect, but we’re in lines and doing lifts. It feels like the third dimension has opened and...

Beep Beep Beep Beep Beep Beep Beep Beep *Click*

Once again, just a dream. Like yesterday morning, Mom barges in and says, “You’ve got dance at three-thirty... again.”

I nod and say, “See you then.” She rushes out to get to work on time... or late because she needs another coffee already. I decide to have an actual breakfast of eggs on toast, and - because I can’t have coffee - I make myself tea and set up in the dining room by a large window.

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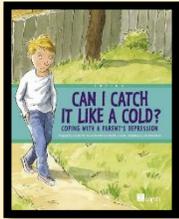
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Mental Health Through Media – Books & Films

By Abigail Noble, Grade 12

As mental health begins to become incorporated into everyday language, a variety of resources have been made available to the public. The following are books and films centered around mental health:



Children's Books

Discussing serious topics – such as mental health – with

children can be a challenge for some parents. Luckily, media content has been created to ease this conversation -

<https://childmind.org/article/best-childrens-books-about-mental-health/>.

The above link details a list of literary content for children from the ages of 3 to 12+.

Children's Movies

Is your child a fan of Pixar movies? Use it as an opportunity to discuss mental health with these fan favorites:

Classes are more or less the same. So boring. Mom runs in again at three-twenty, and I slip past her, all ready to go. Despite her notorious speeding, I'm still late. I walk in and sit down as Mrs. Kojo-Mary gives her usual spiel. I look around, and I notice that someone's missing. Before getting started, I ask, "Mrs. Kojo-Mary, where is Veronica?" She sighs and replies, "Her mother called this morning and said that Veronica couldn't do it anymore. The boxes, the masks we have to wear throughout the entire practice, and, without the lifts, there really is 'no reason to do dance'." We all took that in; it felt like someone close to us had died.

Throughout the practice the room felt cold, like some invisible creature of death was waiting, watching.

I left feeling worse than when I went. We followed the same routine as last night, but now Dad's music choice was "We Like to Party" by Vegaboyz. The shower felt good and lifted my mood slightly, but it still wasn't great. As if on cue, I hear, "SUPPER!" Like clockwork, I think to myself. Supper was good; same conversation, but on a different day. Same six-o'clock news, different day. I wasn't hanging out with friends tonight because I was going to have a long talk with my boyfriend. Just like last night, it suddenly became eleven and to bed I went.

Our feet are stomping in beat with the music as it crescendos, and BAM - I'm falling. I'm falling endlessly in a pitch-dark hole. My troupe isn't with me. The air rushing past me is freezing cold, and my body is frozen. Finally, I feel it penetrate my brain...

Beep Beep Beep Beep Beep Beep Beep Beep *Click*

I don't even bother to get up. My mother barges in, as usual, and sees me laying there. She asks, "Is everything okay?" I start crying and manage to spit out, "How much longer do we have to do this? I don't know how I'm going to survive." She sits down, sighs, and says, "I don't know, but we've made it through eight months of this... and from the looks of it we'll need to get through at least eight to ten months more. Also, there is no dance today."

I manage to get through my classes, and I use the quiet time after school to destress. I started to feel better. Supper is as plain as it always is. However, I do change one thing - I watch the news with my Dad. I learn that we are close to the end of this pandemic: We just need to keep pushing. This gives me hope. I go to bed early and I don't dream. This night I sleep well.

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<https://www.fandom.com/article/s/4-pixar-movies-that-can-start-a-conversation-about-mental-health>

- **Inside Out**
(Depression)
- **Finding Nemo**
(Anxiety & Trauma)
- **Up** (Grief)
- **Coco** (Dementia)

To read more about how these films relate to mental health, visit the link above!



Young Adult & Teen Resources

Most of our young adult students are spending their free time watching Netflix. Next time you sit down for a relaxing movie/TV show binge, consider viewing these:

- **The Perks of Being a Wallflower** (2012)
- **To the Bone** (2017)
- **13 Reasons Why** (2020)
- **All the Bright Places** (2020)

Please be advised that Netflix has different audience ratings for each selection

Mental Health - Conclusion

By Abigail Noble, Grade 12

This issue of *The Husky Howler* was created and distributed with the intent to spark positive discussions and mental health awareness throughout our school. In a time that is unpredictable and seemingly impossible to control, acknowledging and understanding mental health is key.

Like many high school students, I found myself struggling mentally in my early years. My anxiety led to a constant feeling of burnout and depression. I was ashamed to reveal my struggle, so I remained silent for several years.

With the help of students and staff at HCS, I was directed to the resources that I so desperately needed. Now, I am in a much better place. This is not to say that I still do not struggle; I do, but now I have strategies in place to deal with issues as they arise.

Through my story and these articles, I hope that other students at HCS will find their voice. Even when it feels like no one cares, remember that you can always find someone to lean on.

“Healing takes time, and asking for help is a courageous step.”

- Mariska Hargitay

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