

PINETREE POST WAR

The background of the cover features two young men in dark blue military-style uniforms with white belts and caps. They are standing on a stage, holding a flag with vertical stripes of blue, white, and red, and a yellow section at the bottom. The background is a blurred stage setting with a large red heart graphic and some text.

History of
the Teams

Pinetree's Student
Council Elections!

Remembrance Day in
Port Coquitlam

Midterm
Madness!!

2 FIRST GLANCE



The Pinetree Post

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P.4: SCHOOL



Pinetree's Student Council Elections

P.11: FEATURED



Lest We Forget

P.15: LIFESTYLE



Midterm Madness!

P. 17: OTHER

Event	Time	Location
CHRISTMAS CRAFT FAIR	10:00am - 4:00pm	@ Polier Forum
MARKET	Whole Day	@ Port Moody Recreation Complex
REFLECTIONS: A HOLIDAY MOSAIC	2:00pm - 5:00pm	@ Coquitlam Heritage at Mackin House
REFLECTIONS: LANTERN MAKING & A STORYTELLING TEA SALON	2:00pm - 5:00pm	@ Place des Arts
PRETZEL SALE - KEY CLUB		
COFFEE BUN SALE - HOPE FOR TOMORROW	7:00pm - 9:30pm	@ Pinetree Secondary School
BUBBLE TEA SALE - OPERATION SMILE		

Upcoming December Events

GET INVOLVED IN THE PT POST!

Although we at the Pinetree Post try our best to represent the voice of the everyone at Pinetree, we are only a small group of students. To find the most pressing topics and interesting avenues to explore, we rely on input from readers to curate relevant content only. Anyone is welcome to suggest a topic or provide an opinion for Pinetree Post writers and

contributors to look into further. Do you have something to say that needs your voice? The Pinetree Post also welcomes guest content, any time, of any kind. Feel free to submit an article on a topic you are passionate for, a comic you think everyone deserves to see, maybe even a letter to the editor! You can submit your original content to us at thepinetreepost@gmail.com.

Have a question or a request? Contact us at: [facebook.com/thepinetreepost](https://www.facebook.com/thepinetreepost)

EDITOR'S NOTE

Shifting Through Memories



It's about time to get moving again.
In November, it isn't just war
we should remember.

Briana Ho, Katherine Liu
Editors-in-Chief

Hello again, Pinetree!

It's about that hectic time of the year again, where winter festivities are firing up and tired students are eager for the sweet release of winter break. Many of us may be stressed with our workloads much of the time, or simply feel melancholy, for November can be a gloomy month. This is the time to remember the joyful moments in our lives no matter how distant they may seem. The purpose of this act of recollection is not meant to worsen the despair, but to inspire people to notice the points of optimism in their lives even through the cold, dark times.

We welcome you to discover the past with us, whether they be yours or someone else's. Let us look back on the history of wrestling and badminton, both of which

have recently begun again (The History of the Teams, page 9), or the history of Remembrance Day (Lest We Forget, page 11) and how we honour it now (Communal Respect, page 14). We may also use our memories for reflection upon our personal lives, such as how we handle trying times (Midterm Madness!, page 15), or how we can learn from violence of the past (War, page 13). Additionally, we can reflect to prepare for the future, such as our upcoming year with our new student council (Pinetree's Student Elections, page 4), or reach potential goals to become more involved (2018 December Events Calendar, page 16).

We hope you enjoy this issue, and will to leave you with this: What would you like to remember?

Sincerely,
Briana Ho And Katherine Liu
Editors-in-Chief

4 SCHOOL

INTERVIEWS

Pinetree's Student Elections



Last years Leadership crew

Source: Issuu

Who are our new student leaders?

Jennifer Shui, Kevin Liu

Writer, Interviewer

The start of November at Pinetree has brought news of the Student Council. Newly elected president, vice president, as well the two Grade 10 representatives were interviewed on their campaign and future goals. Let's get familiar with the new student leaders of Pinetree and find out what exactly what they plan to do and how they plan to achieve it. 🤔

Johnny Cai (President)

PTP: What do you think is your most valuable trait?

JC: Although I would not say I am a brave person by any means, I do not turn away from challenges. To me, difficulties are just obstacles waiting to be overcome. Furthermore, overcoming said obstacles grant me more knowledge, experience, and satisfaction. My persistence through challenges is my most valuable trait.

PTP: What is your favourite thing to do in your spare time?

JC: Grinding gear in Destiny 2. Just kidding, as I will

probably regret saying that when I eventually dedicate myself to another game. Aside from that, I love exercising and sports, especially badminton. To relax, I like to read articles from The Economist and listen to scary stories. Not very interesting, I know.

PTP: Why did you decide to run for Student Council?

JC: Why not? Even if I did not win, it would have been great to just run and experience the process of campaigning.

PTP: What are you most looking forward to in your leadership?

JC: I am not going to say something cliché like "I look forward to making the school a better place". Rather, I want to use my position to reach out to other schools and have that recognition when we exchange ideas about things that can improve the school.

PTP: Did you expect to win, or was this a surprise?

JC: I always held the hopes of winning deep in my heart, but I did not expect an easy win, and it really was not easy. My competition were leaders of multiple established organizations and also prominent members of Leadership. On the other hand, I was a newbie with little experience. It was a pleasant surprise to hear that I had actually won against such strong opponents.

PTP: What do you think will be the hardest part of being President?

JC: The hardest part will be to convince the teachers and admins to consider my propositions. However, thorough planning can make that easier.

PTP: What is the biggest change you will be bringing to Pinetree?

JC: I hope to amplify Pinetree's school spirit further by organizing more spirit days aside from the spirit week near the END of the year. Also, being inspired by Port Moody's spirit assemblies, I strive to bring assembly schedule to Pinetree, allowing for our own pep rallies.

PTP: What is something you think the students of Pinetree should know about you?

JC: My favourite food is ramen, but I dislike instant ramen.

PTP: What would you say to future students who are interested in student council? Do you recommend it? Any tips?

JC: Give it a try. Student council gives a introductory experience in being a leader and organizer at the benefit of the school you go to everyday. If you want to run for a major position, just be sure to advertise on every medium and make yourself stand out. You can make a funny campaign video, or even rally around the school with a few buddies. Most importantly, make sure at least 80 percent of the school knows you, as people will only vote for candidates they know.



Our President, Johnny Cai

Source: **Tina Cao**

David Alim (Vice President)

PTP: What do you think is your most valuable trait?

DA: I believe that one of my most valuable traits is being courageous. I am not afraid to take risks, which could be not very helpful in certain situations, but I feel that it is a trait that I am proud to have!

PTP: What is your favourite thing to do in your spare time?

DA: In my spare time, I enjoy listening to music or reading books.

PTP: Why did you decide to run for Student Council?

DA: I decided to run for student council because I know that it is an extremely important position that gives me the opportunity to be able to make a positive impact towards Pinetree.

PTP: What are you most looking forward to in your leadership?

DA: I am super excited about the fun events that we are planning to have throughout the year.

PTP: Did you expect to win, or was this a surprise?

DA: I was hoping to win, and of course, when I heard the outcomes, I was really shocked and happy at the same time about the results.

PTP: What do you think will be the hardest part of being Vice President?

DA: I feel like the hardest part of being VP is connecting the whole school population together. Everyone has diverse interests, but I will do my best in order to satisfy everyone's expectations.

PTP: What is the biggest change you will be bringing to Pinetree?

DA: I hope to be able to bring in a lot of school spirit throughout the year. I want everyone to get hyped up for all of the upcoming events this year at Pinetree!

PTP: What is something you think the students of Pinetree should know about you?

DA: Although I may look extremely sleepy or tired in the hallways, I am always open to talking to new people, so don't be afraid to approach me and strike up a conversation!

PTP: What would you say to future students who are interested in student council? Do you recommend it? Any tips?

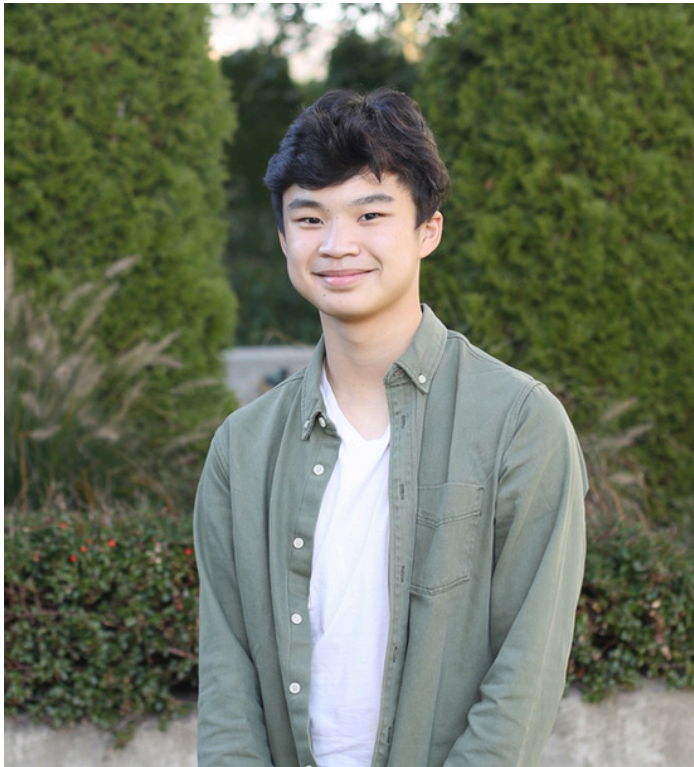
DA: I definitely encourage people who are interested in student council to run. Although there may be quite a bit of work throughout the campaign process, it is

6 SCHOOL

something that you can learn a lot from. Make sure you are confident in yourself!

PTP: Any final comments you'd like to add?

DA: I am really excited about this school year! If there are any concerns regarding the school, make sure to let any one of us in student council know, as we will work hard to make sure that your complaints are heard, and resolved.



Vice President, David Alim

Source: Tina Cao

Kate Lee (Grade 10 Rep)

PTP: What do you think is your most valuable trait?

KL: I think my most valuable trait is the passion I have to serve others. Whether it's planning out events, bringing an exhausted buddy their favourite treat, sending my distant friends "good morning" texts each morning, or simply smiling at someone I haven't yet befriended in the hallway, putting a smile in other people's hearts and on their faces is the most rewarding joy I have felt. This attribute expands to give me the heart of a servant, and I truly believe that this is what should be in every leader's heart- to be overwhelmed by the success of those who are influenced by them.

PTP: What is your favourite thing to do in your spare time?

KL: I enjoy hiking, sailing, cooking, and playing instruments in my spare time. Especially playing my ukulele on boats in the middle of the ocean. Playing soccer, volleyball, and ultimate are also some of my favourite free time activities. Exploring gardens, cute coffee shops (while not drinking coffee), and watching sunrises and sunsets with good friends is always at the top of list when deciding what to do on Pro-Ds. When the weather is nice, we consider driving up to Grouse to challenge the Grind!

PTP: Why did you decide to run for Student Council?

KL: I decided to run for Student Council because I appreciate when people who promise to make things happen don't end up bailing. So rarely have I seen anyone fulfill things they've promised, that I hoped to become a figure of integrity and reality. Recognizing that the election process for a newly put Student Council was still pretty fresh, I realized that I had the authority to impact and help set its course to where it is ultimately headed. Becoming a responsible, task-oriented yet empathic leader is a difficult task to manage for many youth, and as an elected leader I would be able to support and encourage raising up more leaders to take Pinetree's standards of academic, social, and integral levels higher than ever before.

PTP: What are you most looking forward to in your leadership?

KL: Having been so blessed in the past few months to have learned lots about personal and social growth, I'm excited to share and apply this newfound knowledge with my peers to the leadership program. Mentoring new leaders as well as being able to openly share about mental wellness are just a few things I hope to see happening throughout this school year at Pinetree. I am also looking forward to working with new people in our Student Council to think as visionaries by expanding our outreach to the students, keeping them our top priority with any changes and events held. Planning a healthy schedule for my mind and body to follow is also an important leadership goal for me, as my attitude and wellness will impact my peers.

PTP: Did you expect to win, or was this a surprise?

KL: To be honest, I wasn't too invested in the campaign

as I was going through a mental breakdown earlier this semester. Having been elected last year for the Grade 9 Rep position, I knew that I was a familiar name and face to many students already, and the stage was different with none of my previous competitors running again. I didn't plan to campaign very much, however I admit that once I saw my competitors going insane with posters, I resorted to at least dominating on social media with digital posters. The friends and teachers who supported me along the way encouraged me, and I wasn't too surprised to win because I reach out daily to new peers and fellow students- the consistent rate of the relationships I create as well as keep made winning possible.

PTP: What do you think will be the hardest part of being vice president/representative?

KL: With a completely new group of Student Council elects to work with and the next generation of Grade 9s to serve, I can only foresee that recruiting more students to be involved in Leadership will be the greatest challenge I will have to face as a Rep. With the turnout of Grade 10s and 9s applying and getting accepted into the course being notably low, I am genuinely concerned with how the program will grow, and what the future will hold for the rest of the students at Pinetree. As a Grade 10 Rep, my goal will be to appeal to the students in encaptivating ways through events Leadership hosts. I hope to set Leadership on a path to recruiting as many eager students with potential as possible

PTP: What is the biggest change you will be bringing to Pinetree?

KL: The biggest change I will be bringing to Pinetree is the promise of making school feel more like home by improving the smaller details to impact the overall welfare of convenience. Each student spends around a third of their day in the school facility, and by making it more comfortable and desirable, attending school each day won't completely revolve around academics, academics, and academics, but will become a journey to remember for investing time into personal and mental growth. From concerns regarding cafeteria menus to washroom locks, Student Council can only help you once you pour out your concerns to us. Once we have our elected Grade 9 Reps, we will be putting out a survey accessible to every student at Pinetree to share

their wishes and concerns.

PTP: What is something you think the students of Pinetree should know about you?

KL: Students at Pinetree should know that I will struggle to ignore them even if I tried. Any input or feedback they have for the school or myself will bother me until it is fixed, as I have a minor case of OCD. That is why I can guarantee my complete investment into improving whatever does not work well for you, unless it is an integrated and mandatory part of our educational system. Also, beware of making puns around me. My punning spree is triggered when someone makes one, and it is very difficult for me to stop. Ask anyone who has made the mistake of punning in my earshot range and received their rightful punishment of my never-ending ridiculous vocabulary. Did you catch that? (;

PTP: What would you say to future students who are interested in student council? Do you recommend it? Any tips?

KL: Please do not run for Student Council if you're a popular person who solely takes winning the election as another little trophy onto their ego mountain, because you're going to win, and Pinetree is not going to change for the better. If you don't have a very social presence among your peers but still have great plans, go for it and run! Even if you aren't elected to serve that year, you'll be in Leadership, giving you access to the same resources available to those who win. With the resources, you will be the unofficial yet just as important supporter for growth in the school environment. If you really want to win, realize that being courteous to everyone, having a consistently positive attitude, pouring out all your effort for any task at hand, and keeping your integrity is the promising key to success- because winning in the elections isn't everything, but winning in *your conscience* is

PTP: Any final comments you'd like to add?

KL: I'd like to ask everyone who reads this to reflect on themselves and recognize that Pinetree is a whole community and team. Although we face our individual challenges each day, we overcome them for the same goal: to pioneer a better future for the following generations. The strength of a team is each individual member, and the strength of each individual member is the team. I am very excited for this new term in our lives, and the greatest gift I can offer is the encouragement to constantly improve by living with a heart of gratitude,

8 SCHOOL

humility, and integrity. I can't change your life, but you sure can. Let's go T-Wolves!



Grade 10 Rep, Kate Lee

Source: Sunny Liang

William Zhang (Grade 10 Rep)

PTP: What do you think is your most valuable trait?

WZ: My most valuable trait would probably be persistence, unwilling to give up after just one attempt. I find the ability to push on even when one is lost and weary an incredibly useful skill (especially for last minute essays).

PTP: What is your favourite thing to do in your spare time?

WZ: I am going to be honest and say that I watch anime during my spare time. A LOT of anime. I also like reading and making crafts at home. Naps are important to take occasionally thus I take a few every week.

PTP: Why did you decide to run for Student Council?

WZ: This was my second time running for student council and this year I was actually elected so I was pretty elated. I decided to run because I wanted to be of use to the school since I'm not the smartest in my

grade, and not the most physically active, I wanted to help the community thus running for student council.

PTP: What are you most looking forward to in your leadership?

WZ: Planning events is going to be fun. And leading an excellent group of leadership students is a special privilege that I'm glad I signed up for.

PTP: What would you say to future students who are interested in student council? Do you recommend it? Any tips?

WZ: I say that you should always give it a try, obviously leadership and student council is not for everybody. There are hard commitments and difficult decisions but, in the end, it is very worth it. It is great to have a group of people striving towards a common goal to make the school better for all students. Next year, apply for leadership and have a taste for yourself.

PTP: Any final comments you'd like to add?

WZ: I hope we have a great year.



Grade 10 Rep, William Zhang

Source: Sunny Liang

SPORTS

The History of the Team



Pinetree's Cross Country team poses with their trophy!!

Source: Yearbook

Wrestling and Badminton: How Far We Have Come.

Sophie Zhao

Writer

Pinetree's sports teams are places for people to form bonds with others who share a common passion. There have been a great number of successes within these teams. Pinetree has won district championships, provincial awards, and even national medals. When thinking back about the teams, one may wonder how far we have come since the beginning. As the sports teams at Pinetree continue to achieve great heights, their previous developments are fascinating to look back on.

Over the last twenty years, Pinetree's wrestling team has achieved many excellences. Coached by Mr. and Mrs. Adair, the team has demonstrated an uphill climb throughout the years. Out of the many finishes within British Columbia's top ten teams, three of the team's top-five finishes were in the last five years. Additionally, individual wrestlers have earned gold medals: several at

the BC's and five more at the national level in the last four years. To highlight a few most outstanding individuals, Jacqueline Lew had won three national titles and various major international events possibly being Pinetree's "top all-time wrestler". Meanwhile, Daniel Chernetski, Kye Mills, and Harry Valdez were among the most recruited wrestlers in the nation. "The team is in a rebuilding year with several talented young wrestlers with big dreams for the future." Says Mr. Adair "The most interesting thing about our team is the culture we have always worked hard to nurture. Our talented athletes have never embraced ego and always make support of all teammates their priority."

"As a team, I think Pinetree has had a proud tradition of having teams that work very hard. Not only for themselves and for their own gain but for each other and supporting each other."

Next, the badminton team at Pinetree has had a proud and intriguing history since the beginning in

10 SCHOOL

1997. Since Pinetree has the privilege of three available gyms, the school hosted the provincial championships during the second year of being a team. Then, in 2001, the senior badminton team won the first gold in provincial championships in Kamloops. Moreover, winning the individual Fraser Championship trophy was a memorable moment. Pinetree's senior team placed first after gaining a single point more than the team in second place. The players understood then how important every point had been. However, the bonding atmosphere of the badminton team was likely greater in the past than in recent years. Over time, the team has changed in different ways. Due to the formation of a greater number of community clubs, the badminton culture within schools has evolved. Many players have had experience with the sport before joining the team. Therefore, it may change their mindset as to whether they are competing for their school or as a member of the clubs they train in. Yet, despite these changes, Pinetree's badminton team has held a proud tradition over the years. As Ms. Chan says, "As a team, I think Pinetree has had a proud tradition of having teams that work very hard. Not only for themselves and for their own gain but for each other and supporting each other."



Wrestling is super fun!

Source: *Raymond Gao*



Pinetree's 2017-2018 Badminton team!

Source: *Issuu*

EVENT

Lest We Forget



All students silently stood as the Last Post echoed through the gymnasium

Source: Yearbook

The History of Remembrance Day and What It Means Now

Cindy Liu

Writer

Each year, on Nov. 11, at the 11th hour, Canada takes a moment to remember those who fought for the nation's freedom. It is a day of reflection and respect, a holiday more serious than fun, and a time to honor the 2 million Canadians that fell in war. Across the nation at various places including schools and cenotaphs, poppies are worn and famous pieces such as Lieutenant-Colonel John McCrae's *In Flanders Fields* and *The Last Post* are recited and played out of remembrance. Two minutes of silence at this time lets people recall the brutality of wars, and the many brave lives they claimed. But why is this day so special? And how did Remembrance day come to be? 🇨🇦



Diana Shi accompanies Choir

Source: Yearbook

12 FEATURED

Originally known as Armistice Day, the event was first observed in 1919 throughout much of the British Commonwealth following the close of World War One. It was named so to commemorate the armistice agreement signed on Nov. 11, the treaty of which the war was ended with upon its approval. At that time, the holiday was meant to celebrate the victories that ended the bloody conflict.

Back then, the holiday's date wasn't on Nov. 11 at all; rather, it was observed on the second Monday of the month instead. This was changed in 1921, when a bill was passed to observe Armistice Day on a different day instead: the Monday of the same week that Nov. 11 fell in. The change came with a downside, however: Armistice Day now resided on the same day as Thanksgiving. Now Canadians would have to deal with two holidays on the same day.

For much of the 1920s, Armistice Day was celebrated with minimal activity. Most of the people that observed this day were veterans and their families, remembering their fallen friends. Besides that, little other Canadians participated in this holiday. There were no public events, no monumental speeches; nothing but the people few and far inbetween that cared.

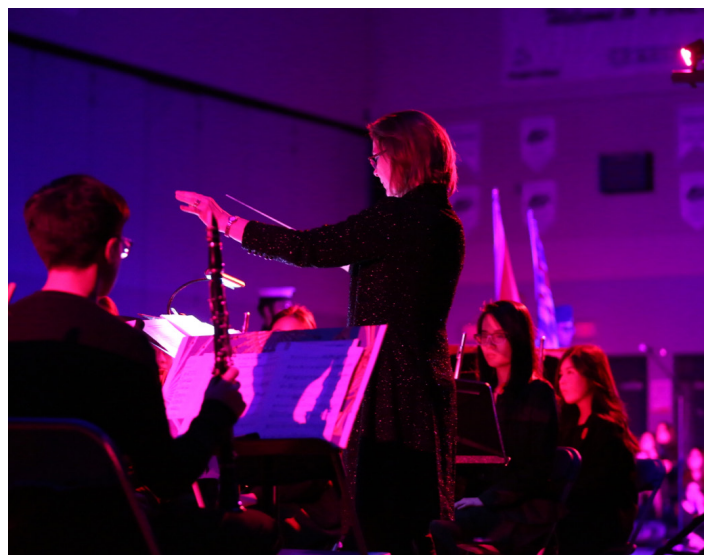
In 1928, many veterans, most of whom were well-known citizens, began campaigning for more recognition of Armistice Day and to observe the holiday separate from Thanksgiving. Their words did eventually reach the Federal Government, who took their complaints into consideration. So, in 1931, a series of three changes was issued: the holiday's date was moved to Nov. 11, Thanksgiving was relocated to another day, and Armistice Day was renamed the name that many now know - Remembrance Day.



Flag Party marches

Source: Yearbook

Today, Remembrance Day is associated with honouring the sacrifices of fallen soldiers rather than the political events that lead to the end of the First World War. While still a day to commemorate the dead, calls to heed the violence of battle and to embrace peace have also become part of the day's idea. As opposed to before, the number of those who participate nationwide now has increased greatly; a significant change since the 1920s showing the effects of growing interest. Remembrance Day has now become what people know so well: a day to remember those who fell, remember the violence that tore nations apart, and to never forget what brave souls fought for - freedom.



All of those involved worked hard to prepare.

Source: Yearbook

Featured

WHAT IS HAPPENING AROUND US

Communal Respect

Remembrance Day in Port Coquitlam.

Maria Diment
Writer

In honouring our veterans and fallen soldiers of the World Wars, schools hold assemblies, communities organize formal festivities, and at the eleventh hour on the eleventh minute Canadians country-wide are silent.

Port Coquitlam held its annual Remembrance Day Parade that morning. After an hour of set-up, starting at 9:30 a.m., the parade began. At a slow pace, a police car lead the parade down Shaughnessy Street and onto McAllister Avenue where the paraders turned around into Veterans Park. It was a communal sight; besides officers, firefighters, and air and army cadets there were girl guides and boy scouts, seniors and children. Crowds of all ages gathered; families, youth and young adults, couples, friends, and elders. Everyone applauded for the paraders and onlookers snapped pictures as they marched by.

A Canadian flag was hung up by a firetruck ladder over the parade and girl guides walked around the area offering poppies to those who came to watch. Officials and generals gave speeches to honour veterans for their sacrifices and thanked the community for their support. After, the names of several of the many fallen soldiers were read, wreaths were laid, and two minutes of silence took place. In the end, the cenotaph base became vermillion from dotted red poppies. 🌸



Many showed up to participate in the parade.

Source: Maria Diment



Poppies for the community

Source: Maria Diment

14 FEATURED

EDITORIAL

War

Remembrance Day and Honoring the Brave Soldiers.

Noemi Galdamez

Writer

(This article is an editorial that is the opinion of the writer and may not reflect the rest of The Pinetree Post)

Every year as students, adults or in a general sense people who are aware of the effects of war lay their heads down for one minute, in memory of those who have suffered. The suffering in war should remain in memory, which is where Canadians show appreciation with what is defined as “lest we forget.” On November 8th, the administrators conducted an assembly for the school that was dedicated to the cause of memory, to remembering those brave people who fought in war and then killed to give the nation freedom; the soldiers who represented Canada and had their freedom taken away, forced to fight against the world. A world that has become a host to violent behaviour that formulates into people being killed, families being destroyed, friends being lost and for those who did survive, damaged mentally or physically(most of the time both.) War must remain a memory, not just in Canada, but in the world. Communication should be the tool that the world uses in order to convey a point of view; the right tool will never be a soldier, gun, bomb, tank, or a missile. Why is it that humans don’t attempt to understand one another until their homes are destroyed by violence? There are over one million words in just English, and there are approximately 6500 languages; there are so many ways to communicate other than destruction. Humans, Homo-sapiens, mankind, people, live on earth; they all should be united, not divided. An independent country is ideal; however, that is unachievable. Consider NATO, North Atlantic Treaty Organization. This organization is a group of allies working together to defend each other

from the possibility of communist Soviet Union taking control of their nation. Strong nations can need the help from another strong nation; it is completely normal and acceptable to need extra support from a different nation. All nations can be different and bring different talents and strengths. Perhaps, is it possible for an alliance between all countries to be made to defend rights and freedoms of all humans, with an ideology that all humans are people, but not all people are the same. If Alliances or Committees like this were to exist, wouldn’t it be easier to communicate and understand the differences each person or nation wants or needs? Therefore, with this committee it would be easier to find common ground rather than countries going to war to prove dominance against one another. We are all human, but different people; there are different cultures, religions, languages, race and more, that all should be cherished, protected and never discriminated against. The differences between people are gifts and opportunities to learn more about what it means to be a human. As people, the pleasure of having communication around the world can not be realistic if war is an option. Communication around the world can enable humanity to successfully live in a world of peace; considering the possibility of having world peace, this is why all Nations should remember war as just a memory from history. 🌐



Lest We Forget

Source: *Time and Date*

LIFESTYLE

Midterm Madness!

How To Deal With Stress & Grades

Harim Chang

Writer

Most people could think that grades would be a huge defining factor of their future, and they're partially right. Achieving "good" grades is a great goal for many, but sometimes that goal can take over their life. Having balance in life is a lot more important than getting the best grades in the school, and compromising a part of that balance can impact you negatively. For example, losing lots of sleep to study more could be a result of bad planning (and it never works, trust me). Instead, try to spread out the study times throughout days or weeks, so that the amount of time spent sleeping isn't shortened. Another example is cutting out time to hang out with friends and family to work harder, and while working hard is an admirable trait to have, cutting people out from your life to focus on work can be detrimental to your future as well. Having connections to people and developing social skills is equally as important as achieving good grades.

Sometimes, when you don't get the result you want or expect despite having worked hard, it can really bring your whole day down. Having close friends to talk to can release stress and tension, and having another perspective on grades can help as well. Try not to shoulder all the burden by yourself! Talking to others can help get your mind off of many things that stress you out.

Another way to relieve stress is to write down your worries. Instead of mulling over events and problems in your head, identify what's wrong first and then work your way towards a solution. This helps take things off your mind, and according to "Harvard Health Publishing", it's been proven to help you sleep at night! While writing down what worries you, try to write down

something you're grateful for as well. Gratitude can help relieve stress and anxiety by focusing your thoughts on what's positive in your life.

For those of you who don't like to write, maybe try listening to calming music to relax, or exercise! There are lots of playlists on YouTube created by many artists and listeners alike, so take a look! If anything, any hobby that you enjoy can be a great way to have some down time and just focus on one task.

Grades are important for your future, but they aren't the definitive factor as to whether or not you'll get into Harvard. They're just a small puzzle piece in your future, and the most important thing to remember is to have balance in your life. Having goals is important, but taking care of yourself is more important. Try not to lose sight of yourself this year and try not to stress *too* much about midterms and finals!



Remember to take care of yourself! Source: Cicley

16 OTHER

CALENDAR

Calendar of DECEMBER!

2018 DECEMBER CALENDAR
TRACK SCHOOL EVENTS AND TRI-CITIES ACTIVITIES

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1 38th ANNUAL COQUITLAM CHRISTMAS CRAFT FAIR
10:00am - 4:00pm
@ Poirier Forum

2 PORT MOODY WINTER FARMERS MARKET
Whole Day
@ Port Moody Recreation Complex

4 BAKE SALE – WISH YOUTH NETWORK

7 PRETZEL SALE – SOCIAL DIVERSITY FOR CHILDREN
PARTY@PDA: FESTIVE
7:00pm - 9:00pm
@ Place des Arts

9 PORT MOODY WINTER FARMERS MARKET
Whole Day
@ Port Moody Recreation Complex

10 REFLECTIONS: A HOLIDAY MOSAIC
2:00pm - 5:00pm
@ Coquitlam Heritage at Mackin House

12 REFLECTIONS: LANTERN MAKING & A STORYTELLING TEA SALON
2:00pm - 5:00pm
@ Place des Arts

14 PRETZEL SALE – KEY CLUB

15 COFFEE BUN SALE – HOPE FOR TOMORROW
CHRISTMAS CONCERT
7:00pm – 9:30pm
@ Pinetree Secondary School

14 BUBBLE TEA SALE – OPERATION SMILE

15 DEBATE TOURNAMENT AGAINST GLENEAGLE SECONDARY SCHOOL
@ Gleneagle Secondary School

17-18 SENIOR BOYS BASKETBALL TOURNAMENT

19 COFFEE BUN SALE – PINETREE BARNET LEO

20 WINTER FORMAL
@ Pinetree Secondary School

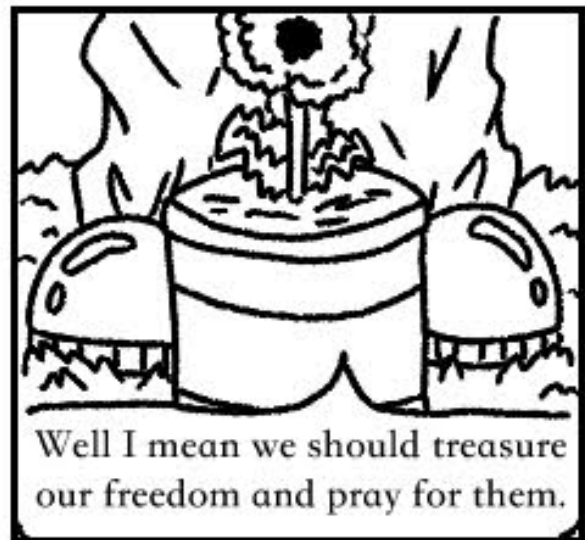
21 TALENT SHOW
11:00am – 12:30pm
@ Pinetree Secondary School

22 START OF WINTER BREAK

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SCHOOL TRI-CITIES BOTH

Julia Ye, Elisa Korner
Social Media Manager, Writer





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