







Helping Grade 1 and 2 to Learn French

Description and Goals

My friend and I join the primary grades 1 and 2 to help them improve their French. They are in the same French class, level A, so they already do speak French. I teach them how to read syllables, words and sentences. I also read books to them, assign them homework & I make them play with academic spelling games. In the future we may be able to actually plan a lesson and actually invent a game for the students.

Learning Outcomes:

1.  Identify own strengths and develop areas for growth
2.  Demonstrate that challenges have been undertaken, developing new skills in the process
3.  Demonstrate how to initiate and plan a CAS experience
4.  Show commitment to and perseverance in CAS experiences
5.  Demonstrate the skills and recognize the benefits of working collaboratively
7.  Recognize and consider the ethics of choices and actions

Like I expected, this wasn't what I thought it to be. It was a lot more complicated to teach these children than I thought it would be. As soon as we arrived, the teacher told us what we would do. I taught two kids, a boy and a girl from grade 1. I taught them how to read and pronounce syllables with the sound 'O' and 'F'. They struggled a bit but I made it a game ! The game included games with mister O and mister F and the sound they made, I made them repeat the sound they made until they understood the assignment.

However I came across a challenge with the young boy that was reading the letters inverted, he would read FO, OF. I had to teach him how to read but he kept making the mistake so I kept correcting him, nicely explaining that Mr F was in front of Mr O. After the lesson ended, I did alert the teacher on that problem he had.

I was extremely patient and helped them overcome their struggles. This was actually much harder than I thought it would be, teaching children isn't easy as they don't have any bases. They have to learn from scratch. I created a pleasant environment for them to work in, I always was gentle as they both were a little bit shy. I promoted teamwork, making them spell words with little magnetic letters, which they seemed to have enjoyed.

I was also able to see how my friend worked with the other children, therefore I adjusted my games slightly and she changed hers according to mine as we were able to see which ones the children preferred taking in that they have different personalities !

I have already learned a lot from that first class, not to underestimate working with children, to always be nice and caring and always reward them for their good work even with little mistakes. I have also discovered how much responsibility is attached to taking care of little kids,





Overall, this was a very successful lesson. I noticed that my personality changed in the presence of children. I talked more slowly and in a calmer manner. I really enjoyed this lesson, it really exposed my caring personality . Nonetheless, this lesson permitted me to get to know the students that I will be helping to learn, they weren't particularly eager to learn and I would say that they could've even been cold at times. However, that changed during the second class on the next Monday !

Flexibility Training and Yoga

Description and Goals

I am working on mastering the crow-pose (bakasana) in yoga, meaning staying in this pose for at least 10 seconds. This pose requires the use of many muscles across the body, including legs, arms and core. It tests my ability to use these muscles together and remain balanced and calm.

Learning Outcomes:

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4.  Show commitment to and perseverance in CAS experiences

Today, I began my journey in mastering a yoga pose called the crow-pose. This pose requires me to keep my knees on the backs of my arms, lift my feet and lean forward while keeping my hands on the floor. This necessitates for me to maintain an immense amount of balance while doing the pose. It also tests core and arm strength in the process.

Following a 30 minute yoga video (focused on full body mobility, core strength and stretching), I decided to try this pose as it did not look as complex compared to others but was still much harder than anything I have ever tried before. I watched a video on Youtube about how to do this pose, I tried it myself a few times while watching the instructor.

At first, I couldn't figure out where to place my hand and it took some work having to rewatch the beginning section of the video multiple times. Additionally, I needed to figure out where to put my knees. The instructor's knees looked like they were at a higher position on her legs than mine were, but I realized that when she did the full pose, her knees had lowered down to where I had put mine. I kept falling over and it took a few minutes for me to even be able to lift one foot above the ground. One tip the instructor gave was to look slightly ahead and not directly at the ground beneath me, which ended up helping me keep my balance a bit longer. Over the course of 10-15 minutes, I had been able to lift both my feet off the ground but I could only hold the pose for around 1 second. I did this a few times just to get used to the position and the way to get there.

I noticed that my core always needed to be engaged while I kept my balance and pushed against the ground with my arms.

I really like this challenge because it is something I have never attempted before and I was happy with the basic progress I made. I have stretched and done workouts but have never tried to really master a difficult pose. I also have the chance to be outside and get some exercise which I always love.






My goal for next time is to try to do the pose for 2-3 seconds and remember to look ahead.

Student Council

Description and Goals

I am the President of the Student Council and one of the two representatives for the 11th grade. I hope that I will be able to enact some well needed changes at the school by the end of this year.

Learning Outcomes:

2.  Demonstrate that challenges have been undertaken, developing new skills in the process
3.  Demonstrate how to initiate and plan a CAS experience
4.  Show commitment to and perseverance in CAS experiences
5.  Demonstrate the skills and recognize the benefits of working collaboratively
7.  Recognize and consider the ethics of choices and actions

After having my first two student council meetings, I will say this. I have a lot of ideas, things that I want to change around the school, things that need to be improved. Just some of the things I want to do are:

- Create a UN day
- Change the dress code (again!)
- Create a school mascot
- Add orientation days at the beginning of the school year





I don't know if I will be able to accomplish them all but I certainly will try. I feel invigorated at the thought that I will actually be able to bring some change in this school, that I might be able to help the school. I really don't want to let everyone down though, and making sure that I am not too hard on myself is going to be something to work on as the year continues.

Lyon Ice Hockey Team

Description and Goals

I have signed up to play ice hockey for Lyon Hockey Club (LHC). I will be practicing and improving my skills, playing games, and learning to communicate with the team solely in French.

Learning Outcomes:

1.  Identify own strengths and develop areas for growth
2.  Demonstrate that challenges have been undertaken, developing new skills in the process
4.  Show commitment to and perseverance in CAS experiences
5.  Demonstrate the skills and recognize the benefits of working collaboratively




On September 29 at 8:30pm, I had my first practice on a French ice hockey team; Lyon Hockey Club (LHC). I was explained what will happen in the practice and for the future in English but, for the rest of the practice I was instructed in French. My new teammates made an effort to speak English to me. All of the drills were explained in French and drawn out on a whiteboard. I learned what to do by watching the players in front of me in line do the drill. Before this experience, I was anxious because I did not think I would be able to understand anything being said. While playing I was relieved to be able to understand most of what was being explained even though it was in French. I enjoyed the practice very much and learned how French players train differently than Americans. Some of the "hockey language" was similar to the phrases used in the US. I learned a lot from this event and can't wait to train more with these players.

Environmental club

Description and Goals

Our goals are to make the school more environmentally friendly by recycling and helping people have more responsible lifestyles. A lot of it is about awareness and the other part is for us to come up with ideas.

Learning Outcomes:

2.  Demonstrate that challenges have been undertaken, developing new skills in the process
4.  Show commitment to and perseverance in CAS experiences
7.  Recognize and consider the ethics of choices and actions



Every Friday we collect the paper that is thrown out in the green bins. We also brainstorm together and discuss ideas we got over the week. So far we are focusing on spreading awareness and making sure people know how to use the bins and making sure they throw their trash away in the correct bin. I have been paying attention more and more to my surroundings in school to see what could be improved.

Helping Homeless Individuals

Description and Goals

Providing some help to homeless people when they are in need of it. Bringing some sympathy towards them and raising kindness in the action of being selfless.

Learning Outcomes:

6.  Demonstrate engagement with issues of global significance
7.  Recognize and consider the ethics of choices and actions



My friends and I went to an Italian restaurant and had untouched leftovers of our foods and we thought that it would be a conscientious idea to instead of wasting it, give it to a person in need of it. So we gave it to a mother in the city who has children and has been in the same place in the streets for as long as we could remember. This made me very content to be able to bring a smile on a person's face by just giving her some of our uneaten food. It made me reflect on how little things can bring such warmth to people's hearts, not only theirs but also yours by doing kind acts. Having no roof over their heads, I can't help but wonder how hard it must be to not be able to support your family, not be able to provide them good living conditions, being stuck in the poverty trap and the harshness that must come with being a person with no fixed habitat. Showing respect and compassion towards them, instead of simply ignoring them, will bring them some joy! This action made me realise simple, kind gestures can brighten their day and your day!

Helping with Spanish Classes

Description and Goals

Helping out with Grade 8's Spanish classes once a week, using my knowledge due to my past studies and work in my native language.

Learning Outcomes:

4.  Show commitment to and perseverance in CAS experiences
5.  Demonstrate the skills and recognize the benefits of working collaboratively

I started helping out in the Grade 8's Spanish classes. Spanish is my native language, so I was happy with the opportunity to help someone else in their pursuit of learning it. I began with one-on-one time with a student with hispanic heritage, working with them to establish and find what level their Spanish was at. We work at detecting new vocabulary for them while taking advantage of opportunities for oral practices. Similarly, I have struggled in the past with keeping up my vocabulary and oral skills in Spanish, since I use it less and less as my life gains more international aspects. The student and I were able to work together on this, and because of my past and ongoing efforts with maintaining connection with the language, I was able to relate and be of guidance for them.

From the first session, I learned how to identify words they struggled with, offering help in a more comfortable way for the student. We will be able to develop on this and use it more in the future, becoming more efficient with our time working together.