

Canada-U.S.S.R. School Twinning Project

What is it?

It is the aim of the project to establish communication and to improve cultural understanding between the students of Rideau District High School and a "matched" school in the U.S.S.R.

Who is involved in the committee organizing the project?

Committee members include: Miss Donna Dean, in charge of funding; Mrs. Elaine Laxton, public relations; Mr. Dwight Purdy, curriculum development; and Mr. Mark Timpany, chairman.

Why was this project undertaken?

The committee feels that improved communication and improved cultural understanding between young people in the two countries will ultimately foster better relations and contribute to world peace.

What has been done to date?

The committee has gathered over two years, support from the Department Heads, the Principal, and the School Committee of Rideau District High School; the Executive Council and the Education Committee of the Leeds and Grenville County Board

of Education, Geoffrey Pearson, the Executive Director of the Canadian Institute of International Peace and Security; Mrs. Jennifer Cossitt, M.P. for Leeds; and the Right Honourable Joe Clark, Secretary of State for External Affairs.

The committee has planned a 'Soviet Week' April 13-16, 1987. Teachers will present information about the U.S.S.R. to classes where it is appropriate to the curriculum. On Thursday the 16th, students will have opportunities to talk with Soviet guests in panel and small group settings. How will the project unfold?

The planned curriculum units will be revised and used again next year. The committee hopes to "match" our school with a Soviet school in the school year 1987-1988 and begin letter exchanges among students. The following year (1988-89) the committee hopes to organize physical exchanges for students.

"SOVIET WEEK"
April 13-16, 1987

Teachers voluntarily will present information about the U.S.S.R. to classes where it is appropriate to the curriculum. The committee has been gathering information, most of which is in our library. The Soviet

Embassy has been helpful in providing 16 mm films, poster pictures, books & magazines for student and teacher use. The committee is especially pleased that our students will have an opportunity to meet with our Soviet guests and in some cases their immediate family members.

Thursday, April 16th

Soviet Guests: Igor Dorofeev, Novosti Press Correspondent; Alexei Melnikov, Soviet T.V. Correspondent; Igor Liakina-Frolova, First Secretary; Elena Liakina-Frolova, Soviet

Embassy, Ottawa. 10:00-10:45 a.m. - Dwight Purdy's Grade 9 History classes (Panel discussions - prepared written questions)

11:00-11:36 a.m. - Elaine Laxton's Grade 9 English classes (panel discussions - prepared written questions)

11:36-12:44 p.m. Lunch with staff and school officials 12:45-2:00 p.m. relax time and/or informal discussions among school officials, members of the press and our Soviet guests.

2:00-3:15 p.m. Thirty-two selected senior students (four groups) talk with each of our guests for about fifteen minutes.

On the 15th Alexei Melnikov will be making a documentary of our program for Soviet T.V.

Good News!

Cancer is not inevitable, nor is it always fatal. There is a lot you can do to prevent it, and if it does occur, to detect it at an early and treatable stage. Even if you have neglected your body for a lifetime, it's not too late to begin practising good health habits; habits that will make a difference in how you feel and in your ability to prevent and detect certain types of cancer. Here is some of the information you will need.

What is Cancer?

The normal cells in your body reproduce themselves throughout life, replacing worn out tissue and healing wounds. Occasionally, however, some cells grow out of control and spread, forming a mass of tissue called a tumour. Tumours can be either benign or malignant. Malignant tumours are referred to as "cancer" and they can spread, destroying normal tissue. This spread is called metastasis and it happens at different rates, depending on the person and the type of cancer. It is both the process of metastasis and the fact that cancer invades normal tissue, that makes it very important to detect the disease at the earliest possible stage.

Myths About Cancer

Once you understand what cancer is, it is much easier to disregard some of the myths and misconceptions that cause us needless fear and worry.

- Injuries such as bruises or sprains don't cause cancer.
- Cancer is not contagious.
- Cancer is usually not hereditary.
- Age does not cause cancer. However, malignant tumours do need time to grow so older people have a somewhat greater chance of developing cancer.

And Remember . . .

There is a great deal that we, as individuals, can do to reduce the incidence of cancer. Maintaining a healthy lifestyle and seeing a doctor regularly are major steps in the right direction.

Seven Steps To Health

1. Have a medical and dental check-up.
2. Watch for any change in your normal state of health.
3. Find out about any lump or sore that does not heal.
4. Protect yourself against too much sunlight.
5. Do not smoke.
6. Have a Pap test.
7. Do a monthly breast self-examination.

Our Biggest Problem

Our biggest problem with cancer is the fear that the word arouses. While it is perfectly normal to be afraid of developing cancer, we also need to recognize that this fear may prevent us from acting appropriately. If any symptoms do appear, seek medical help immediately.

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