



Friendship

Life Long Memories

The transition to high school for Teresa was made easier with the help of new groups of friends. She was able to move out of her comfort zone and find people that she could truly be herself with. After the four years of attending St. Thomas Aquinas, she has gone through a lot of experiences.

The first group of friends Teresa found was named "the lunch table", which consisted of eight girls. They shared many high school events with one and bonded together as a whole. In addition to those friends, Teresa met her best friend Maleesha, a person she reunited with from junior kindergarten. Along side Maleesha was Daniel, Victor and "The friends group", they would skype frequently and share good times with over their group chat.

, Teresa was most grateful for finding friends like Daniel, Maleesha and Victor, who were there for her when she was upset. They gave her the right advice and kept her sane. With the help of all the people Teresa met throughout high school, she created memories that would last a lifetime.



The girls have fun eating ice cream at Dairy Queen



"The table" smile for a quick pic at the Fall fair.



Teresa (left) and Maleesha (right) enjoy some tasty cupcakes at Glenna's debut



Above: The group of lovely ladies pose in front of Parliament Hill

Below: Cardy and senior students support the football team



L to R: Maleesha Paskarathas, Daniel Addai-Smith, Teresa Pham



Colour me Rad

Run Forest Run

"It never gets easier, you just get stronger", the quote Teresa kept in mind every time she would go for a run with Chelsea or by herself in the evenings. For years Teresa used running as an outlet for when she was stressed, whenever she was sad or anxious it helped her calm down. It became her favorite sport and she continued it throughout her high school years.

In grade ten Teresa was influenced by her cousin Dalena to run her first five kilometer race with her running buddy, Chelsea as well as her close friends Courtney, Fiza, Amber. As team captain she named the group, "Eat My Asphalt" and the girls traveled to Downsview park to prepare for the race with zumba. When the race began, the team all started off strong and at every kilometer they were covered in a new burst of color. The girls raced each other to the end and crossed the finish line together. After they all had the opportunity to take a water break, the group joined in for the after race party and the huge color war.

The run brought together people who shared the same love for running as well as helping raise money for the Big Brother and Big sister charity. The run encouraged Teresa to keep running and to participate in more of the themed races.



Top: Courtney and Teresa are pumped after the race.

Middle: The team poses with the RAD sign
Bottom: The girls are unrecognizable when covered in the corn starch.



L to R: Amber, Chelsea, Teresa, Fiza, Courtney pose for a quirky photo.