

NEWS RELEASE

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New Song/Video Showcases Student Voice, with Help from Local Artist Rachel Cousins

A number of young musicians have come together to honour the resilience of Newfoundland and Labrador youth. A new song, co-written by local singer-songwriter Rachel Cousins and students from more than 20 schools across Newfoundland and Labrador, has been launched during the annual Janeway Telethon. The project is a joint effort of Holy Heart Chamber choir and filmmaker Roger Maunder, with the support of the Newfoundland and Labrador English School District (NLESD).

“[Make the Most](#)” is a musical video project that grew out of a desire to help students discover their voice and discuss their experiences throughout the pandemic. Students met with world renowned Child Psychologist/ Educator Dr. Jean Clinton and Rachel Cousins. The virtual meets with students throughout the province created an opportunity to unpack the impacts of COVID-19 and the global pandemic and work to express those feelings and sentiments in song.

“The last few years have undoubtedly been challenging, as communities managed the impacts of COVID-19,” said Tony Stack, CEO/Director of Education with NLESD. “It has been said that nowhere were those challenges more acute than among our young people, who saw many typical rights-of-passage sacrificed in the interest of safety. While disappointing for many, this project highlights the strength that exists among our students, the new opportunities presented and the hope that remains for the future. Bravo to all involved.”

Writers and singers involved in the project include students from the following schools; Amos Comenius Memorial School (Hopedale), Ascension Collegiate (Bay Roberts), Botwood Collegiate, Carbonear Collegiate, Christ The King School (Rushoon), Clarenville High School, Clarenville Middle School, Corner Brook Regional High, Fatima Academy (St. Bride’s), Fogo Island Central Academy, French Shore Academy (Port Saunders), Gonzaga High School (St. John’s), Holy Heart High School (St. John’s), Holy Spirit High School (Conception Bay South), J. C. Erhardt Memorial School (Makkovik), Lakewood Academy (Glenwood), Pasadena Academy, Roncalli Central High School (Avondale), Waterford Valley High School (St. John’s) and White Hills Academy (St. Anthony).

“Throughout generations, music has provided a path for people to work through the range of human emotions,” said Holy Heart Choral Director Robert Colbourne. “It has been an amazing experience to join with experts in their fields to help our students - and truly all students - find their voice, recognize the importance of making the most of the time we have, and build hope for the future. Thank you to all our community partners, those who have been with us for years and those new friendships that have been forged, for your work and dedication to this project.”

The video can be found at the link noted above and on social media from the schools and organizations involved.

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