



Sean Henry

**Host of Daybreak, CBC
Montreal's morning radio show**

I am the host of Daybreak, CBC Montreal's morning radio show. I took over that role in January.

Before that, I anchored newscasts on CBC Television in Montreal. I started on weekends, and eventually moved to the late evening show. I've been with the CBC for 16 years, including 9 here in Montreal.

I graduated from what was then known as LaSalle Catholic Comprehensive High School in 1995. When I think back to the time I spent there, I realize how many people helped me build my confidence over the years. It took a few tries, but I got there! It started with Mr. Norman O'Brien, who tried non-stop in grade 7 to get me to join the touch football team. I was not athletic and too scared to do it, and successfully found reasons to never join. I took some baby steps in grade 8 and joined PRIDE (Parent Resource Institute for Drug

Education). I was two grades younger than the entire group, but they made me feel like I was part of them.

The breakthrough came in grade 9 in Mrs. (Patricia) Burgess' drama class, when I was cast in roles where I had no choice but to come out of my shell! The roles got bigger, and her trust in my ability to perform grew. I continued to take Mrs. Burgess' class right through grade 11. Now I can't stop talking. It's a good thing; it's what I do for a living!

I also edited my class yearbook in 1995 under the guidance of Mrs. Rosa Intrevado. I learned leadership, organization, teamwork and responsibility. Speaking of responsibility, the graduating trip to Europe with Mr. (Paul) Sowney, Mrs. (Wendy) McKinnel and Mr. (David) Chisholm was my challenge to get my money together and pay for the trip. I started a job at Mc Donald's on Champlain and dutifully handed over my earnings for that 21 day adventure. It's an experience I will never forget.

All this to say that the teachers and students I mentioned were looking out for me one way or another. I didn't know it at the time, but I appreciate it now. The school's name has changed slightly, but the support and loyalty to LCCHS has not.