



KENDRA SEGUIN PHOTO

Talons unite to share spirit

SPIRIT ASSEMBLY MAYHAM: In April 2018, Talons came together to show school pride during a spirit assembly. Students took part in a variety of activities and raised money for the Canadian Cancer Society. *Jessica Lee, Risa Fox and Alyssa Turcott, (from left to right) all Gleneagle alumni, show off their school pride by wearing their grade colour at the spirit assembly. Hira Lalani, grade 11, balances her grade’s score, and Abby Lambert, Gleneagle alumni, shaves the head of work experience teacher Joanna Horvath after students raised over \$3,000.*

Key to fulfilled time at high school is finding, following passion

KENDRA SEGUIN
Edge columnist

Welcome back to school! Whether it’s the first day or start of the last year at Gleneagle, everybody is expected to face a set of new adventures and challenges this upcoming school year.

There is no need to feel scared or nervous as most movies and television shows don’t really accurately represent high school. There’s no point getting worked up about every action that takes place, and no reason to worry about not fitting in.

High school is guaranteed to have its ups and downs, but it is an experience like no other.

In September, students are often told to achieve good grades, join clubs and teams, make friends, and overall be a well-rounded person. This advice is encouraged by parents and teachers who often explain that this is ideal for getting into post-secondary institutions as well as the key to happiness.

Being well-rounded is certainly important, but simply possessing this quality is not the be-all-end-all of high school.

While having balance in all aspects of life has its benefits, it may not bring students the enjoyment that they desire. Putting excessive focus on activities that do not aid the specific student is a mistake.

In order to fully thrive in high school, the key to success is following a passion.

Passion can be found everywhere. Have a love for art? Get immersed in the visual arts department.

Feel most energized in a game? Join a sports team. Interested in academic challenges? Take high-level courses and join clubs with an academic focus.

Some students may not know where their

interests lie. High school can be a confusing time where it’s hard to determine specific goals and values.

Luckily, Gleneagle offers a wide variety of activities to interest all students. Experiment by trying different school activities. Eventually, everybody will find an area of which they belong. Once passion is found, run with it.

Don’t be discouraged by having different passions than others. Don’t let anybody drag down a specific interest just because “it’s unrealistic” or “you aren’t good enough.”

Following ones heart sometimes comes with having to overcome doubters, but proving these people wrong is part of the accomplishment.

In fully following their passion, students will feel most at home. They will meet people

with common interests and will have a space to work alongside one another. Learning will become more genuine as individuals make time to immerse themselves in their areas of interest, instead of being forced to do something they do not enjoy. School will become a place where students actually want to be.

Of course, trying new things and having a wide range of knowledge is important. In moderation, these things have never hurt anyone.

However, what sets a person apart from others is their strong sense of identity. Being able to follow a passion and allowing it to be a defining characteristic allows people to be more confident in themselves.

This confidence grows into something that allows the student to understand their own identity fully, which then helps them better interact with the Gleneagle community around them.

It may be a cliché, but the statement does hold truth: do what you love, and love what you do, and the rest will fall into place.

BELL SCHEDULE				ON the CALENDAR			
Period	Regular M/W/F	Early Dismissal	Assembly	Period	C-L T/Th	SEPTEMBER 4	School starts — Wings only
1	8:00 — 9:20	8:00 — 9:12	8:00 — 9:00	1	8:00 — 9:13	SEPTEMBER 14	School Photos Senior Sail
2	9:25 — 10:45	9:17 — 10:29	9:05 — 10:05	2	9:18 — 10:31	SEPTEMBER 21	Pro-D Day
3	10:50 — 12:10	10:34 — 11:46	10:10 — 11:10	CL BLOCK	10:36 — 11:06	SEPTEMBER 28	Terry Fox Run
LUNCH	12:10 — 12:50	11:46 — 12:26	11:10 — 12:30 / Assembly 12:30 — 1:10 / Lunch	3	11:11 — 12:24	OCTOBER 5	Photo Retakes
4	12:55 — 2:15	12:31 — 1:43	1:15 — 2:15	LUNCH	12:24 — 1:04	OCTOBER 8	Thanksgiving / Classes not in session
5	2:20 — 3:40	1:48 — 3:00	2:20 — 3:20	4	1:09 — 2:22	OCTOBER 19	Pro-D Day
Y	3:45 — 5:05	3:53 — 5:05	3:25 — 4:25	5	2:27 — 3:40		
				Y	3:45 — 4:58		

ProgramPack

Art Department

With JumpstArt, Art Careers 12, and Head-start in Art programs, there are numerous opportunities to develop visual art skills.

COAST

This education experience for grade 10 and 11 students develops leadership, environmental ethics, and outdoor skills.

Con-X and Leadership

Contribute to the school culture and causes you believe in, while gaining valuable and life-changing insight into leadership.

Culinary Arts

The chef training program helps students acquire job-ready skills to enter the industry, or pursue further specialization.

Drama & Musical Theatre

Discover the power of acting as a means to achieve profound personal growth. Following last year's *Sister Actst*, this year's *All Shook Up* will be even bigger.

Journalism

Imagine being the student voice of Gleneagle? Join journalism and become part of the award winning tradition of The Edge.

JumpstART

This thematic grade 9 program is where students are given the chance to think outside, inside, and around the box.

Music Program

This award-winning music program offers courses like guitar, performance-based choir, jazz band, and concert band classes.

Stage Craft

& Theatre Production

Get a chance to design and build sets, create props, do sound design and mixing, run a lighting board.

TALONS Program

The only program of its kind in the district for gifted learners in grades 9 to 10, focuses on the Autonomous Learner Model.

Work Experience 12

This program that allows students to experience work in a field of their choice.

Yearbook

Take photos around the school and design pages for the yearbook to put a personal and creative stamp on the year.





Ken Cober
Principal



Christine Potter-Smith
Vice Principal
Last Names A-H



Mike Chen
Vice Principal
Last Names I-P



Kim Cuellar
Vice Principal
Last Names Q-Z



Kevin Henry
Counsellor
Last Names A-H



Victoria Butterfield
Counsellor
Last Names I-P



Gina Duarte
Counsellor
Last Names Q-Z



Terai Short
Work Experience
& Transition



Always in your corner

GUARDIANS OF GLENEAGLE: Here to help you when you need them are **Ken Cober**, principal, and vice principals **Christine Potter-Smith**, **Mike Chan**, and **Kim Cuellar**, Occupying the other half of the main office are the counsellors who help with course selection, aspects of daily school life, and even personal issues. Students can also see youth workers specialized in helping those of indigenous, Chinese, and Korean backgrounds as well as the work experience counsellor. The Career Centre, also located in the counselling area, is available for information about universities, scholarships and bursaries, jobs, and volunteer opportunities. The library, opposite the main office, has a wide variety of reading resources, as well as computers, printers, and even charging stations for student use.



Oliver Collett
Class
Valedictorian



Risa Fox
Governor
General Bronze
Medal



Tim Song
Talon Award



Alyssa Turcott
Eagle Award



Anne Yolland
Eagle Award



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Awaiting the future

READY, SET, GRAD!: Gleneagle's graduating class of 2018 sit ready for speeches and diplomas at the commencement ceremony on June 16 at Vancouver's Queen Elizabeth Theatre. Family, friends, and faculty were present to congratulate and commend the grads for their outstanding achievements including **Tim Song** who received the Talon Award for exemplary leadership and extracurricular involvement. **Risa Fox** received the Governor General's Bronze Medal, awarded to the grade 12 student with the top overall academic grade percentages in all four years of high school. **Alyssa Turcott** and **Anne Yolland** were named top all-round students with the Eagle Award, for excelling in at least four of five categories: academics, athletics, visual and/or performing arts, leadership, and service. The ceremony closed with a valedictory speech delivered by **Oliver Collett**, who was selected by student vote to represent the class of 2018.

TalonSpirit

Each year, there are over **50 SPECIAL EVENTS** designed to build community, school culture, and Talon spirit.



Fall

Grade 12 students have **SENIOR SAIL** and **GRAD PHOTOS**. The **FALL MUSIC CONCERT** is one of the four performances by our award-winning music program.

Student Council hosts **FALL SPIRIT WEEK**, and students compete in the **HALLOWEEN FASHION SHOW**.

REMEMBRANCE DAY and **MOTIVATIONAL SPEAKERS** unite students.

Me to We hosts their **COFFEE HOUSE** to

raise funds to build a sustained water well system and to build schools and other community facilities in Ecuador.

Con-X's **SLEEP OUT FUNDRAISER** raises awareness of youth homelessness.

Winter

Theatre students prepare and compete at the annual **METFEST COMPETITION**.

Student council heats things up with the yearly **WINTER FORMAL DANCE**.

In the spirit of giving, the **SHARE SOCIETY PROJECT ANGEL TOY DRIVE** support families in our community.

Just before winter break, there is the **CHRISTMAS MUSIC CONCERT**.





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21 years, 189 championships

EYES ON THE PRIZE: *Vanessa Fitzgerald*, grade 11, rushes through the Boucherie secondary defense with the support of her teammates, from left to right, *Sarah Fong*, grade 10, *Mateena Irvani* and *Sammie Lam*, both alumni, and *Nikita Evans*, grade 11. The senior girls’ rugby team placed seventh at provincials while the junior girls placed third. Teams have won 140 district titles, and 30 Fraser Valley banners, 19 provincial titles in the school’s 21 year history. With a 2005 BC School Sports award for Most Outstanding Sports School, Gleneagle has the most comprehensive sports program offerings. With comprehensive on-site training facilities and a dedicated coaching staff, athletes can excel and achieve great success in all three seasons of competition.

Fall Sports

Cross Country
Cross country is a sport that trains as a team, but at the end of the day, it is up to every individual to compete solo in races. The grade 11 girls and grade 10 boys won a district trophy last season.

Field Hockey
Girls’ field hockey finished seventh in the province. Field hockey is a fast and exciting team sport.

Soccer — Boys’ Jr. & Sr.
The competition is fierce for Gleneagle boys’ soccer. Tryouts will be held to determine who will be stepping up to defend Talons pride on the pitch.

Swimming
This team trains at the nearby CCAC. Opportunities exist for both individual and IM swimmers, as well as beginners. The swim team took several top ten finishes at BC championships last season.

Volleyball — Boys’ Jr. & Sr.
Boys’ volleyball players attend both practices and games to work as a team towards bettering their play.

Volleyball — Girls’ Gr. 9, Jr. & Sr.
There are three different teams for girls volleyball. This allows for different skill levels to be properly worked with and developed. Each team offers opportunities for growth, learning and loads of exercise. The girls took fourth in the district final last season.

Winter Sports

Basketball — Boys’ Gr. 9, Jr. & Sr.
Competing across the district, boys’ basketball offers three teams who train hard and play hard on the court.

Basketball — Girls’ Jr. & Sr.
The girls will be working to build up their abilities and compete for a spot in the tough Fraser Valley leagues.

Wrestling
Wrestling at Gleneagle involves all grade levels and genders. Training starts in the fall, but competition begins in the winter. **Aileen Zhang** and **Kitty Yang**, both grade 12, placed second in their respected weight classes at Fraser Valleys.



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TUSTLING TALONS: *Aileen Zhang*, grade 12, wrestles against her opponent.

Spring Sports

Badminton
Open to all grade levels, the players train together and compete distict-wide.

Golf
This team yet individual sport is open to new members.

Netball — Girls’ Jr. & Sr.
Netball is an exciting and competitive sport, and one of Gleneagle’s strongest and most successful athletic programs. Last year, the junior girls had an undefeated season and won the provincial title.

Rugby — Boys’ Jr. & Sr.
Both teams offer a challenge unlike any other with a strong and reputable history.

Rugby — Girls’ Jr. & Sr.
A sport that is both mentally and physicaly challenging, girls’ rugby has a long and successful history at Gleneagle with several district and provincial titles in the books.

Soccer— Girls’ Jr. & Sr.
A packed and dynamic season is in store for those who join the girls’ soccer team.

Tennis
Hard and fast, all are welcome to tryout for this exceptional team.

Track and Field
Everyone on the team gets the opportunity to compete at the districts, Fraser Valleys and beyond.

ClubCollection

Art Club
A place where artists of all levels can get together to share and contribute their skills.

Business Club
Make some pocket money and improve your marketing abilities.

Chinese Cultural Club
Share Chinese culture with all students.

DIY Club
Help students relax from their daily life.

Environmental Club
Promote environmental sustainability in our community.

HYPE Club
Bring change to the community by helping homeless youth get back on their feet.

Improv Club
Train and improve improv skills in a fun and inclusive environment.

Japanese Cultural Club
Learn and discuss traditional and modern Japanese cultrual.

Key Club
Build leadership by planning various events for various causes, all for youth.

Math Contest Club
Improve your math skills by participating in national and global math contests.

Me To We
Responsible for building a school in Ecuador and spreading education as a solution.

Model United Nations
Experience the thrill of the UN conferences, and engage in political debates.

Photography Club
Learn how to use the cameras and teach advanced photography.

Rubik’s Cube Club
Learn and improve rubik’s cube skills while interacting with new people.

Student Council
Help build school spirit, partake in events like the Winter Formal and Spirit Week.

Youth Wellness Association
Help with surrounding mental health and wellness by planning various events and workshops to educate the community.



TalonPride

The **TALENT SHOW** is a great event that showcases numerous talented Talons.

Student Council has the ever popular **VALENTINE CHOCOLATE & FLOWER DELIVERY**.

The **MURDER MYSTERY FUND-RAISER** has teachers taking on acting parts for a dinner with sinister results to raise funds for the musical theatre program.



Spring
The **GALA JAZZ DINNER** followed by the **SPRING MUSIC CONCERT** starts this season.

The **TALK TO ME EVENING** focuses on anxiety and mood disorders. Grade 12’s have **EXIT INTERVIEWS**. The **VOW OF SILENCE** raises awareness for

missing and murdered indigenous women and girls.

“**ALL SHOOK UP**” takes the stage in May. The Leadership activity of **MINUTE TO WIN IT** are healthy living activities for all.

June has the **SPRING CARNIVAL**, another **SPIRIT WEEK**, the **GRAD DINNER AND DANCE**, followed by the PAC supported **AFTERGRAD**.



Mental health more concerning as school year begins

DIANE HUANG
Edge columnist

After generous days of freedom, coming back to Gleneagle may feel like a prison sentence. Rest assured, there are many ways to ensure a smooth journey.

A big byproduct of secondary school is stress. This stress comes from the lack of time and a common culprit, procrastination.

In the first year of secondary school, setting good habits in grade 9 is crucial for a path to success.

A good way to start is by downloading the Gleneagle app. This app was introduced last year as a replacement for the paper planner, while communicating important events and news.

If an app is not an option, try a paper planner. There are hundreds of styles and systems to please every student.

Gleneagle’s schedule also offers opportunities for mental health.

Most students should have at least one off block a day in either block one or five. That free block can be used as a rest block, or even better, as a work block.

Customized learning time, on Tuesday and Thursday, is an amazing opportunity to get help or just study.

Time management plays a vital role, but is even more beneficial when combined with mental wellness.

Mindfulness relieves stress in a simple and nearly-planning free way.

No commitment or payment is necessary for destressing. The Youth Wellness club at Gleneagle tries to spread awareness on mental health issues, and is a great place to start learning about mental wellness.

The DIY club is another place to vent off some stress. Their mission statement simply reads “to help students relax from their daily life”.

To de-stress outside of school, try deep breathing, aromatherapy, listening to music or stretching. Most of these stress busters are free and easy to access.


The key message here is to not stress about every little detail and enjoy the ride. If stress becomes an issue, there are many methods to get back into the game.




TALONSTalk

With another school year starting, *The Edge* asked students and staff: “If you could go back to the first day of high school and give yourself a piece of advice, what would it be?”


“ Follow your dreams, or else you’ll regret it!”
—Ali Tootian
math teacher

ARTONA


“ Use my locker because, carrying those big textbooks around in my back pack hurt my back .”
—Indra Erlendson
English teacher

ARTONA


“ Investigate career choices earlier.”
—Arenette Friesen
library assistant

ARTONA


“ Read more english books and get involved.”
—Emma Luo
grade 10

ARTONA


“ Don’t be hesitant to join a bunch of clubs and sports just because your friends aren’t!”
—Colin Imaizumi-Rankin
grade 12

ARTONA


“ High school is better than you think, much better”
—Ki-seon Peck
grade 11

ARTONA


“ Be more open and get to know more people. Gain more experiences to get the most out of high school.”
—Michelle Yung
grade 10

ARTONA


“ Don’t skip 65 math 9 classes.”
— Peter Poka
socials teacher

ARTONA


“ Join rugby. It is the greatest sport in the world and you get to meet amazing people.”
—Riley Roberge-Ritchat
grade 10

ARTONA


“ Don’t stress out too much about your courses, try to enjoy them! It’ll make your life so much easier.”
—Olivia Kwon
grade 12

ARTONA

“ New friends aren’t that hard to make”
— Tiffany Ke
grade 10

ARTONA

“ High school is not nearly as intimidating as it seems, and that you should be prepared for some really great years ahead of you.”
—Hannah Wood
Gleneagle alumni

ARTONA