



KENDRA SEGUIN PHOTOS

EDUCATING THE YOUTH: *Two grade 12 students have a good laugh while informing students about mental health. Fran Banting, expresses to the audience the importance of repeatedly telling the heart positive things (right).*

Mental health awareness needed in youth

KENDRA SEGUIN AND DIANE HUANG
Staff reporters

Last Tuesday, Gleneagle students and community members gathered in the MPR to learn the ways mental health uniquely affect their generation. Talk to Me 6.0, with the theme Generation Z: from our hearts to our heads, not only spread awareness about youth mental health, but also raised money for the Canadian Mental Health Association.

“Talk to Me is an event about mental health and mood disorders and the purpose is to bring more awareness to mental health and the stigma around it,” said **Anaita Dadinatha**, grade 12 and event organizer. “This is our sixth annual Talk to Me and every year the event is a huge success.”

Talk to Me hosted a variety of speakers including professional counselors and therapists, district coordinators, and Coquitlam mayor, **Richard Stewart**. The event also featured Gleneagle students, **Madison**

Suchodolski and **Anika Venkatesh**, both grade 12, who shared their personal experiences.

“This year we have more of a focus on student speakers and people who can offer resources for students,” explained **Renee Boldut**, grade 12 and event organizer. “We [had] people from the school district and people from the Canadian Mental Health Association, but a lot of it [was] personal stories this year.”

The event had a strong turnout, selling over 91 tickets, many of which were to Gleneagle students, part of the targeted audience, generation Z.

“The Talk to Me committee really wanted to make this year’s theme specifically relatable to teens,” said Dadinatha. “Twenty percent of teens are affected by mental health, yet only four percent seek support,” added Dadinatha.

“We want to stress that students need to learn how to take care of [their mental health] and by coming to events like Talk to

Me, they can promote awareness and share strategies,” commented Boldut.

In addition to Boldut and Dadinatha, Talk to Me was also organized by Con-X students **Melissa Bouwmeester** and **Navid Ahmed**, both grade 11, and **Arshia Lak**, **Grace Liu**, and **Joe Zhou**, all grade 12.

“[What is impressive] is their professionalism, their dignity, their belief in themselves, and their realization that they can accomplish something that has this much impact, not just in their school community but well beyond,” said **Adam Hayes**, Con-X teacher, about the Talk to Me committee.

“What they’re doing matters and they know it. I’m proud of the work they do,” added Hayes.

“It’s events like Talk to Me that make a huge impact in this world, and if we continue to talk about mental health, then hopefully one day there will be no stigma around it,” concluded Dadinatha. “Even if it [helps] just one person, it makes a huge difference.”

Con-X invite students to stop by and read

Sick students should get rest

DIANE HUANG

Cutting Edge columnist

It is December, and there are a million things to prepare, to study, and to stress over. In the midst of writing an essay, a drop lands on the keyboard.

Soon there is a runny nose, then a waterfall of snot and more snot. The cough hacks its way through, reducing voices to hoarse whispers. Lastly, the fever burns through and succeeds in keeping the patient at home or at least it thinks it does.

The fever doesn't convince the student and the affected leaves the warm comfort of home, heading to the frolic ground of viruses that is school. The sick spreads the sickness to others. It is a vicious cycle that can be stopped by staying at home, which is a simple solution to an old problem.

There are many factors as to why people go to school when feeling ill. Students are afraid of missing school and falling behind. For senior students especially, this can become a dilemma as catching up is harder and grades are more important.

Staff have similar concerns about absences from school to recover from illness. They do not want to leave their students to someone who may not fully understand classroom expectations and rules. They feel just as responsible for their classrooms as students feel about their work.

Resting at home may feel like work is piling up when doing nothing. But when a person is sick, doing nothing is the best medicine of all. Stress will only aggravate illness.

Concentration becomes harder when the body is occupied with fighting disease. Imagine trying to listen and write notes with a runny nose that needs to be wiped. For teachers, trying to lecture with a headache is no fun either.

Here is where resting at home is a better option than being tired and spreading illness around the school.

However, there is a catch. To fully facilitate disease free learning, students and teachers



must work together to ensure that staying home is the best and only option.

When illness strikes, students should report their absence to the office. This will ensure that teachers know the student is not "skipping." Furthermore, they should also communicate with their teachers through email in accordance with teachers' policies made clear at the beginning of the semester.

When the student returns, they are responsible for catching up to the class. Usually, asking for notes or class information from peers is a good idea. CL is also highly useful.

Teachers also have a role in helping their students catch up. Having a way for students to access notes and other class materials will relieve teacher and student stress.

The digital literacy program has

already simplified communication by using Microsoft Office apps. Alternatively, some teachers use apps like Edmodo. The math department has an assignment package with daily homework. Notes are always accessible through individual math teacher's websites.

It is also not fair when teachers draft up another harder version of the test to give to students that miss test day. If students are sick enough to stay at home, then they are most likely not studying.

The result of teamwork will raise students' motivation to catch up, as it becomes easier when classroom material is made accessible at home.

Students and teachers can all do their part to spread empathy and compassion around illness absences.

TheCuttingEdge

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Know something you think we should address? Email us at gleneaglecuttingedge@gmail.com to share your ideas and thoughts.



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CRACKING UP: A grade 9 and grade 11 share a laugh and dance the night away at the Nutcracker themed winter formal.

Students spend night with Nutcracker

AMANDA DING
Staff reporter

Last Tuesday, the gym was filled with sounds of music and elegant, Nutcracker-themed décor. From 5:30 to 8:30pm, Gleneagle's student council successfully put on one of the biggest events of the year, the winter formal.

"I think the winter formal is an important event because it is experiences like these that stick with us," said **Jobina Sitoh**, grade 12 and student council co-president. "I am a strong believer that school should be a lot more than just academic learning; it should be fun too."

The dance had student DJs, photobooths, fog machines, and snacks prepared for those attending.

Although the night went smoothly, there

Sr. boys basketball start season off strong

JOE ZHOU
Staff reporter

Gleneagle's senior boys basketball team raced ahead of the season with strong wins in their first games.

On November 28, the team beat Langley Secondary, scoring 65-49. **George Dume**, grade 12, contributed 18 points on the court while **Razely Dang**, also grade 12, scored 15 points for his team.

The team did not stop there, and achieved

was a lot work put into planning beforehand. "It was tricky to get the date settled...and we ended up having the winter formal much earlier than we anticipated," said Sitoh.

"Planning had to happen at a much faster pace than we hoped for, but we did manage to get everything done," added Sitoh.

"It was a bit tricky realizing we suddenly had to reschedule all of our plans," said **Angie Yu**, grade 11 and student council design head. "Admittedly, it was hard, but in the grand scheme of things the date change might have given student council the fire that we needed to make this event a memorable one," continued Yu.

"[The winter formal] really cultivates school spirit and brings all of the student body together," concluded **Colin Imaizumi-Rankin**, grade 12 and student council logistics head.

another victory over Sullivan Heights Secondary 65-48, with **Andrei Dume** scoring seven 3-pointers in the game.

"There are flashings of a strong team in the boys," said **Jason Bingley**, coach of senior boy basketball.

Last year, the team did not make it to the Fraser Valleys. Now, with a matured skill level this year they are ready to give their best shot.

"If the boys play as a team, we can be more successful." concluded Bingley.

NewsinBrief

Project Waffle Angel brings joy with donations

Leadership 12 has planned a new project, combining the traditional Project Angel with a waffle sale. The fundraiser will be accepting donations until December 19 and the class with the most donations will win a waffle party. Both the toys collected and funds raised from waffle sales will go to people in need in the Tri-City area.

-Isa You

Jr. girls basketball win Carney tournament

The junior girls won the Carney Classic Basketball Tournament last week. Gleneagle seized victories against Chilliwack scoring 38-28, Maple Ridge winning 25-21, and Archbishop Carney with a strong 41-21. **Angela Martinez** and **Nicole Comrie**, both grade 10, were respectively named all-star members and MVP.

-Joe Zhou

Christmas sale next week

From December 18 to 20, the Entrepreneurship 12 class will put up a Christmas Bazaar to emulate the business world.

"[Students had] to complete all the steps that they would have to if they were to start their own business," said **Maria Grega**, business teacher.

Students will sell Christmas gifts and holiday-related items in the foyer at lunch.

-Diane Huang

Wrestling season begins

Yesterday, Gleneagle's wrestling team went to their first official tournament, War on the Floor. The team currently consists of two members and has been practicing with the Pinetree Secondary team. While they haven't had any official meets yet, the team is aiming to qualify for the BC High School Championships in February. Students interested in joining the team should talk to coach **Brian Hunter** in room 215.

-Michelle Bettauer



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SOOTHING THE SOUL: A grade 12 student plays “Ordner Seg” which translates to “It’ll be alright” by Øystein Baadsvik. Coffee House raised a total of \$930 for education.

Coffee House, a meaningful night

ALEX ZHANG
Staff Reporter

The holiday season is a time of joy and connection with people.

This year’s Coffee House, which happened on November 30, brought over 150 members of the community together for a very special night in preparation for winter break.

Coffee House is an annual fundraiser held by the Me to We club, featuring talented student performers as well as complimentary food and drinks.

This year’s event saw the largest attendance to date and a wide range of sponsors to provide the food.

“Coffee House is about establishing community and bringing people together,” said **Lucas Hung**, grade 11, emcee and project coordinator.

“[The event aims] to bring together members of the school community and from our community, but also to recognize that we’re from a global community as well,” added Hung.

Tickets were \$5 for students and \$10 for adults. Rafiki bracelets were available for purchase by the entrance for \$10.

Doors opened at 6:30, and the event began at 7:00. The successful night wrapped up

at 9:15, with a group sing along of “Riptide” by everyone who had performed on stage.

Coffee House pulled in a total of \$930 that went towards funding education for children in Tanzania.

In addition to Hung, **Jiwon Hwang**, grade 11, **Aileen Zhang** and **Isabel Wang**, both grade 12, **Susan Priestly**, home economics teacher and **Kathryn Welsh**, languages teacher, helped make the event possible.

“People were really excited. [Hung] and [Hwang] really lead the campaign in terms of getting our spirits up, publishing and advertising the event, and running efficient meetings,” said Welsh.

“I think it just spoke to most people; being students and being firm believers in school systems and educational rights, that is where [our decision] came from,” added Welsh.

Priestly has been a long time supporter of Coffee House, and consistently provides baked goods from her senior class.

“We did 100 cupcakes last year, and then I found [out] it was way too many cupcakes, so we just did cookies and snacks [this year],” laughed Priestly.

“It’s about community and giving back, and people donate too so they pay their \$5 or \$10 at the door and then make a donation,” concluded Priestly.

Metfest actors leave baggage on their stage

KENDRA SEGUIN
Staff reporter

From November 29 to December 1, a select group of Gleneagle students participated in the district-wide drama festival, MetFest.

Despite not moving forward to provincials, Gleneagle’s performance of *Emotional Baggage* was well-received by the audience of fellow actors and enthusiasts at the Heritage Woods-hosted event.

“MetFest is a district festival that is put on by the drama teachers and prepared by nine schools,” said **Justin Maller**, drama teacher and MetFest director. “We each prepare a play to be presented in front of a group audience so that we can all share what we’re doing in our schools.”

Gleneagle performed *Emotional Baggage*, the story of strangers who meet in a train station, each dealing with their own struggles in life. The story was made even more complex in that actors used no dialogue.

“Having no lines was like a blessing and curse,” said **Madison McConnachie**, grade 12 and assistant director. “[The cast] didn’t need to worry about projecting [their] voices or messing up words, but needed to be aware of what was happening around.”

“There was more emphasis on using the body, facial expressions, and breathing to convey emotions,” said **Ki-Seon Peck**, grade 11. “We had to work on showing, not telling.”

Although Terry Fox’s *Rabbit Hole* will be moving forward to the provincial festival in spring, Gleneagle MetFest participants were proud of their performance.

“I think the cast felt very satisfied with how well they performed and how other people felt about their work,” said Maller. “I think it was rewarding and emotionally building.”

“Overall, I think that with the nerves and excitement, we did our best performance, and I am so proud of how much my cast and I accomplished in a short five and a half weeks,” concluded McConnachie.