

# theEdge guidetoGleneagle



## Talons unite to share spirit

**PUTTING SOCIAL INTO SOCIAL DISTANCING:** Last year was unlike any other in both the world, and Gleneagle history, as in the final months of the semester, students had to be creative in showing their school spirit while still practicing social distancing. The class of 2020 came together through a live-streamed commencement where members of the Lisztomaniacs, comprised of *Izabela Fabbro* (top left), *Jewel Epp* (top right), *Jian Ross* (bottom left), and *Amanda Cabralda* (bottom right), all grade 11

## High school is four years of growth, starts with initiative

**ALEX ZHANG**  
Edge columnist

There's a heavy emphasis on taking initiative in high school — it is embedded within leadership programs and core competencies. But what does it mean to take initiative, how is it done, and is it even that important?

High school is a four-year period of growth, but time flies by shockingly fast and it's important to have healthy goals to work towards.

Actions by themselves are meaningless without a purpose. A student may spend their entire four years learning everything about every subject, but nothing about themselves. Initiative is key to preventing that.

Initiative is the product of passion and vision that's created by the desire to change, remove, or make something, and realized by the steps to get there. Most initiatives are actually small

and personal. Perhaps a student has been inspired by an online video of someone doing origami and decides to learn it for themselves.

Often, initiative takes the form of a challenge for someone who wants to improve themselves.

When a student takes charge of their own ambition, they are telling themselves that they have the power to change things in their own life.

Initiative requires a student to learn about themselves and their own objectives. Whether it be organizing a Ted Talk or learning how to cook — it's not the destination, but the journey that

builds character and empowers students.

Goal setting is the first step in taking action. It's important to have a happy medium where the task is a challenge but not impossible to do. A very effective metric is the acronym SMART which stands for specific, measurable, achievable, relevant, and time bound.

For example, it can be frustrating to know when a goal such as "I will run" is complete but a SMART goal of "I will run for 30 minutes a day for a

month," has a specific and measurable target. The second step is action, followed by reflection. After the student finishes their

30-minute run, they can ask themselves how it made them feel. Reflection reinforces the lessons learned and the motivation behind the initiative. Initiative is like a snowball, where it gets larger exponentially with every effort.

The same is true for the opposite scenario, where an idle person is more likely to remain idle. It's never too late to start and has a lasting effect on one's mindset.

Initiative is the point of high school. It is why students are provided with more control over their own lives and choices in what they want to learn.

High school is the final steppingstone before adulthood, and the real world doesn't come with many instructions.

It's up to the individual to decide where their efforts and initiative will take them during their high school years, what they want to see in the world, and their reason for being.

“ Initiative is the point of high school. It is why students are provided with more control over their own lives and choices in what they want to learn.

—Alex Zhang  
Edge columnist

## BELLSCHEDULE

Period	Regular M/W/F	Early Dismissal	Assembly
1	7:40 — 9:00	7:40 — 8:50	7:40 — 8:40
2	9:05 — 10:25	8:55 — 10:06	8:45 — 9:45
3	10:30 — 11:50	10:11 — 11:22	9:50 — 10:50
LUNCH	11:50 — 12:30	11:22 — 12:02	10:55 — 12:15 / Assembly 12:20 — 12:55 / Lunch
4	12:35 — 1:55	12:07 — 1:17	1:00 — 2:00
5	2:00 — 3:20	1:22 — 2:32	2:05 — 3:05
Y	3:25 — 4:45	2:37 — 3:47	3:10 — 4:10

## ONtheCALENDAR

SEPTEMBER 8	School starts — Wings only
SEPTEMBER 18	School Photos
SEPTEMBER 25	District Pro-D — School Not in Session
SEPTEMBER 30	Terry Fox National School Run Orange Shirt Day
OCTOBER 12	Thanksgiving Day — School Not in Session
OCTOBER 23	Provincial Pro-D — School Not in Session
OCTOBER 31	Halloween

# ProgramPack

## Art Department

With JumpstArt, Artistic Practice 12, and Headstart in Art programs, there are many opportunities to develop visual art skills.

## COAST

This education experience for grade 10 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 *West Side Story*, this year's *Legally Blonde* will be even bigger.

## New Media 10-12 - Journalism

Imagine being the student voice of Gleneagle? Join New Media 10, 11 or 12 and become part of the award winning tradition of The Edge newspaper & EdgeSD43.org.

## 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.



Wendy Yu  
Principal

Kelly Zimmer  
Vice Principal  
Last Names A-H

Kevin Henry  
Counsellor  
Last Names A-Hoc

Victoria Butterfield  
Counsellor  
Last Names Hod-Paq

Mike Chen  
Vice Principal  
Last Names I-Pa

Kim Cuellar  
Vice Principal  
Last Names Pe-Z

Jacqueline Young  
Counsellor  
Last Names Par-Z

## Always in your corner

**GUARDIANS OF GLENEAGLE:** Gleneagle's administration team and support staff are always available for help. Wendy Yu, principal and vice principals Mike Chan, Kim Cuellar and Kelly Zimmer ensure Gleneagle runs smoothly in the main office. In the nook beside the office are the tireless counsellors who support students with academics and even personal issues. For specialized support tailored to cultural or language needs, students can see the Indigenous, Chinese, Korean, and Persian youth workers also located in the counselling department. Offices for Flora Sales, youth worker and the career advisor are located on the first floor in the socials department wing. The Career Centre, located between Rm 115 and 116, offers information on universities, scholarships and bursaries, jobs and volunteer opportunities. Beyond these resources, the library hosts the Nest, a digital literacy help centre, and provides computer, research and printing services.



Jason Liao  
Class  
Valedictorian

Lucas Hung  
Governor  
General Bronze  
Medal

Jay Hamidova  
Talon Award

Daylen Sawchuk  
Talon Award

Benjamin Lu  
Eagle Award

## Bright future ahead

**VIRTUALLY SAYING GOODBYE:** Due to the global SARS-CoV-2 pandemic, graduates said goodbye 2 metres apart at a physically distanced event. A livestream of commencement speeches (<https://youtu.be/2QVeG-KxqjM>) was released after the event for administration, district and even former Gleneagle principal Ken Cober to send their well-wishes to the class of 2020. This year, four students have won the most prestigious awards awarded by Gleneagle. Jay Hamidova and Daylen Sawchuk both received the Talon Award for exemplary leadership and extracurricular involvement. Lucas Hung was awarded the Governor General's Bronze Medal for top academic achievement over the course of high school. The Eagle Award for excellence in at least 4 of the 5 areas: academics, athletics, visual and/or performing arts, leadership and service was presented to Benjamin Lu. Valedictorian Jason Liao delivered a riveting speech and a video of a original digital painting (pictured above) made by Travis Anderson, alumni, ended the ceremony.



## TalonSpirit

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

### Fall

Grade 12's have **SENIOR SAIL & GRAD PHOTOS**. The **FALL MUSIC CONCERT** is one of four shows by the music program. Student Council hosts **FALL SPIRIT WEEK**, and students compete in the **HALLOWEEN FASHION SHOW**. **REMEMBRANCE DAY** and motivational speakers unite students. Grade 9 students partake in **TAKE OUR KIDS TO WORK DAY**. Me to We hosts a **COFFEE HOUSE** to raise funds to support education in Tanzania.

### Winter

Theatre students prepare and compete at the annual **METFEST COMPETITION**. Student council heats things up with the yearly **WINTER FORMAL DANCE**. The **SHARE SOCIETY PROJECT ANGEL TOY DRIVE** supports local families. And just before winter break, there is the **CHRISTMAS MUSIC CONCERT**. Student Council has the ever popular **VALENTINE CHOCOLATE & FLOWER DELIVERY**. Con-X's **SLEEP OUT FUNDRAISER** raises awareness of youth homelessness.

Students in the TALONS program host **GLENFEST**, where students across the district showcase their talents. The **MURDER MYSTERY FUNDRAISER** has teachers taking on acting parts for a dinner show.





NOAH BREAKSPEAR PHOTO

## 23 years, 235 championships

**GOING FOR THE TRY:** Riley McCartney, alumni, goes for a touchdown, or in rugby terms a try, against Pinetree secondary at a home game on March 3. Gleneagle Talons have shown courage under fire and grace under pressure to achieve 175 Coquitlam district championships, 30 Fraser Valley championships, 32 provincial championships, and was named BC School Sports Outstanding Sports School in 2005.

## ClubCollection

### Business Club

Make pocket money and improve your marketing abilities

### Computer Science Club

Learn programming skills and participate in Canadian computer science competitions.

### D&D Club

Get into the world of Dungeons & Dragons.

### Debate Club

Practice public speaking skills and have the opportunity to compete in tournaments.

### e-Sports Club & Team

Grow your gaming skills in e-Sports.

### Gender Sexuality Alliance (GSA)

A safe and positive space for members of the LGBTQ+ community and their allies.

### Green Team

Promote environmental sustainability in the school and community.

### Improv Club

Develop improv skills in a fun and inclusive space.

### International Community Club (ICC)

Share culture and develop a sense of multiculturalism through cultural events

### Japanese Cultural Club

Learn and discuss traditional and modern Japanese culture.

### Kickboxing Club

To learn, exercise and have fun kickboxing.

### K-pop Dance Club

Sharing a passion for dance through learning, performing at events and practicing.

### Math Contest Club

Improve math skills by participating in national and global math contests.

### Me To We

Support education in Tanzania through fundraising events.

### Model United Nations (MUN)

Using model united nations format to facilitate engaging debate and discussions.

### Outdoor Club

Participate in numerous exploration trips while connecting with nature and peers.

### Photography Club

Use cameras and learn advanced photography.

### Shelter Society

Spreading awareness for youth homelessness and fundraising for Covenant House.

### Student Council (StuCo)

Help build school spirit by planning events like the Winter Formal and Spirit Week.

### Youth Alpha

A safe place for everyone to discuss the big questions in life with a Christian aspect.

## 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.

### Field Hockey

Girls' field hockey finished top in the district. 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.

### Volleyball — Boys' Gr.9, Jr. & Sr.

Boys' volleyball players attend both practices and games to work as a team towards bettering their play. The team consists of many young players and welcome new members at every level.

### 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.

## 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.



ZACK WILENSKY PHOTO

**DRIVING TO THE NET:** Megan Kennedy-Spence, alumni, trying to pass the opponent's defence and make it to the basket.

## Spring Sports

### Badminton

Open to all grade levels, the players train together and compete district-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.

### 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 physically challenging, girls' rugby has a long and successful history at Gleneagle.

### Soccer — Girls' Jr. & Sr.

A packed and dynamic season is in store for those who join the girls' soccer team.

### Table 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.

## TalonPride

The year ends with the **COMMENCEMENT CEREMONY** at the Queen Elizabeth Theatre, and the **YEAR END MUSIC CONCERT**.

## Spring

The **SPRING CONCERT** starts this season.

The **TALK TO ME EVENING** focuses on

anxiety and mood disorders.

Grade 12's have **CAPSTONE PRESENTATIONS**.

The **VOW OF SILENCE** raises awareness for missing and murdered indigenous women and girls.

The most recent



# Real connections key to community in post-COVID-19

**AMANDA DING**  
Edge columnist

2020 is a year that turned everything and everyone upside down — finding and defining normalcy during COVID-19 was draining.

2020 was expected to be a new decade with new hopes, when in reality, many people feel it now needs to be 'rebooted'.

When online learning started, students attended digital meetings, and teachers had to find new ways to engage and connect.

During self-isolation, it was difficult to find focus, and without school, clubs and groups couldn't host activities making social media the only tool available.

Despite more time to share funny videos in group chats, people missed in-person connections.

Now, coming back to school in September feels strange, but all students are in the same situation. Gleneagle's environment will be different than it was before.

People may be unsure what the future has for this year but, despite these differences, the Gleneagle community will be the same.

It's hard to define the Gleneagle

community because it means something different for each person.

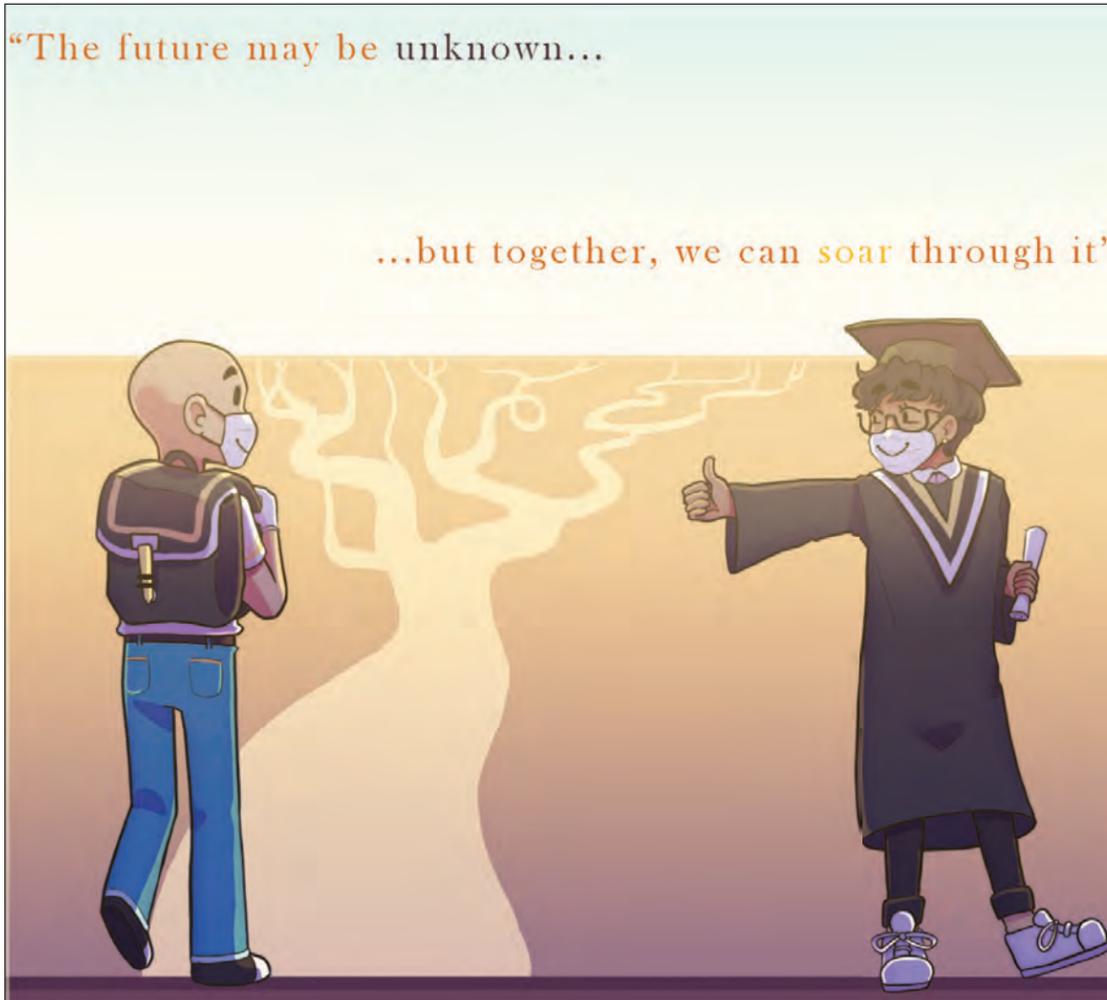
Each student who enters this building finds their own community — whether that's with musical theatre, e-Sports, math contests, athletics, or GSA.

These groups cultivate the school's culture and builds strong friendships. Clubs and extracurricular groups haven't been able to continue their usual activities, but that doesn't mean that those connections are lost.

People are supported and shaped by the connections they make. Just knowing there are other people who want to share and support when someone is feeling burdened, can make one feel lighter and better.

Being in a community doesn't mean problems can be solved immediately — it means problems can be faced together.

No one is actually sure what this new school year will look like. But the key is for people to connect with one another because, while life can be filled with disappointments, being with the right people can be the motivation to overcome those hardships.



## TALONSTalk With another school year starting, *The Edge* asked students and staff: "What was your biggest regret in your first year of high school?"

“ I didn't ask more questions. Asking a dumb question is okay too”  
—Jacqueline Young  
counsellor



“ Not joining more clubs and teams to try new things and meet new people.”  
—Kathryn Welsh  
Spanish, EAL transitions



“ I didn't audition for the musical.”  
—Justin Maller  
drama, musical theatre



“ Being insecure to talk to so many people in the beginning of the year.”  
—Emily Mandev  
grade 10



“ Not watching our school musical.”  
—Alissa Xiang  
grade 11



“ Paying too much attention to figure out what I'm going to do in the future”  
—Melika Ghasemi  
grade 12



“ Being too shy. High school is a great time to meet new friends and you can't do that if you never talk to anyone new.”  
—Maddie Schlienz  
grade 12



“ Not going to any clubs to make more friends. I was really introverted and didn't come out of my shell until late second semester”  
—Aisha Garcia  
grade 11



“ Not learning about all the opportunities early on in grade nine.”  
—Elaine Xiao  
grade 12



“ I shouldn't release pressure by eating too many snacks after midnight”  
—Lee Huang  
alumni



“ I refused to join clubs, but it'll actually backfire on you later.”  
—Gabrielle Robles  
grade 12



“ I wasn't inclusive and active with school activities and clubs, which makes my first year memories pretty empty.”  
—Liz Jung  
grade 11



## theEdge

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Since 1997, *The Edge* has been the independent voice of the students of Gleneagle Secondary: 1195 Lansdowne Drive, Coquitlam, BC, Canada, V3B7Y8 604.464.5793 / 604.937.8054.fax / [theEdge@SD43.bc.ca](mailto:theEdge@SD43.bc.ca)

*The Edge* and the Gleneagle community acknowledge we are on the unceded traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the Tsleil-Waututh, Katzie, Musqueam, Qayqayt, Squamish, and Sto:lo Nations

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