



"Once a Talon...Always a Talon!"

GLENEAGLE TALON TALK
DAY 1 – Wednesday, February 25, 2026

THE EAGLE'S NEST WILL BE OPEN

Wednesday, February 25, 2026

LUNCH MENU

- Soup** Cauliflower & melted Swiss cheese
- Entree** Chicken tikka masala with basmati pulao
- Dessert** Chocolate crème brûlée with fresh berries

Student Bell Schedule
2025-2026

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY DISMISSAL BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE	PRO-D DAY SCHOOL CLOSED
BLOCK	REGULAR (80 minutes)	EARLY DISMISSAL (60 minutes)	Assembly Schedule (60 minutes) <small>These dates will be announced as assemblies occur</small>	
X	7:36 – 8:56	7:55 – 8:55	7:55 – 8:55	
1	9:00 - 10:20	9:00 - 10:00	9:00 – 10:00	
2	10:25 – 11:50	10:05 – 11:10	10:05 – 11:05	
Assembly			11:05 – 12:25	
LUNCH	11:50 - 12:30	11:10 - 11:50	12:25 – 1:05	
3	12:35 – 1:55	11:55 - 12:55	1:10 – 2:10	
4	2:00 - 3:20	1:00 – 2:00	2:15 – 3:15	
5	3:25 – 4:45	2:05 – 3:05	3:20 – 4:20	

ATTENTION: ALL STUDENTS

WELCOME TO:

Ms. O'Neill, Mr. Sullivan, Ms. Duarte, Mr. Simmons, Ms. Sorensen, Ms. Chan, Ms. Sorondo, Ms. Foster, Mr. Chiang

ATTENTION ALL RECYCLERS

RECYCLING is TODAY...meet in room 103 immediately after school today.

WIZARD TERRY TALON QUEST

Dear adventurers, Wizard Terry Talon would like to remind you of his quest: leave a NICE TALE for Gleneagle! For example, write an encouraging message or funny story on a sticky note and put it on a wall. **Sign it with #terrissidequests and send it to Wizard Terry Talon for the cafeteria voucher draw. This week's quest is partnered with FRESHSLICE PIZZA, so you can show them your student ID to get 20% off!** This quest was also created with LOVE and KINDNESS, so take it to heart, check out Wizard Terry Talon's Instagram page, and stay posted, kind, and inspired, adventurers!

MATH CONTEST

Math contests today: Pascal, Cayley, and Fermat Math contest will be written in the library today immediately after period 4. Bring your pencils, erasers, and scientific calculators. Arrive on time to avoid losing any of the short 60-minute time allowed for these contests.

PIZZA PIETRA WEEKEND PIZZA NIGHT

Enjoy delicious pizza and help After Grad! Order pizza on Friday, February 27 to Sunday, March 1, mention Gleneagle Aftergrad and Pizza Pietra will donate 20% back to Gleneagle After Grad! Valid for take out, dine in or delivery.

Phone # 604-474-4992

Menu and Online Order: <https://pizzapietra.ca/>

Address: 2637 Shaughnessy St Port Coquitlam

SLEEP-OUT

Are you interested in participating in our 10th sleep-out where we learn more about youth homelessness? Do you want to help raise funds for Covenant House? If you are, **sign up for the sleep-out with the QR codes posted around the school. Forms will close next Monday.**

YOGA RAVE

GEP presents Yoga Rave! On **Monday, March 2nd from 5pm-7pm**, the MPR is transforming into Yoga Rave 2026, where yoga meets EDM with a live DJ set by our own senior DJ Kaela Lopez, glow sticks for everyone, and a high-energy experience you won't get in class. Stretch, move, jump, and flow in a fully lit, music-driven session. We're also excited to share that refreshments are proudly provided by Thrifty Foods. **Admission is by donation (cash only)**, with all proceeds supporting KidSport Tri-Cities to help local kids access sports and recreation. Early dismissal on March 2nd - bring your friends, bring the energy, and don't miss it. **More info on Instagram @gleneagleeventsproduction.**

SPORTS

TENNIS TRYOUTS

Last tryout for tennis will be this Thursday at 3:30pm. If you cannot make it, please see Ms. Anderson.

BADMINTON INTRAMURALS

A reminder that badminton intramurals are running **Monday, Tuesday, and Thursdays in the gym during lunch**, which includes today! If you are a player, please be ready with your racket and gym strip!

POST-SECONDARY & CAREER RESOURCES

POST SECONDARY AND CAREER ADVISOR

Grade 11 and 12 students are invited to join my TEAMS page. Look for important information regarding University, College, and technical school presentations, admission deadlines and program updates. Important upcoming scholarship information is posted as well as volunteer and work opportunities.

For an appointment, please email Mrs. Milde cmilde@sd43.bc.ca



STAY GOLDEN GLENEAGLE!