



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

GLENEAGLE TALON TALK DAY 1 – Wednesday, January 14, 2026

THE EAGLE'S NEST WILL BE OPEN

Wednesday, January 14, 2026

LUNCH MENU

Soup Chicken, barley mushroom

Entree Teriyaki chicken legs with sushi rice & veggie sauté

Dessert Chocolate crème brûlée

Student Bell Schedule 2025-2026

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY DISMISSAL BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE
BLOCK	REGULAR (80 minutes)	EARLY DISMISSAL (60 minutes)	Assembly Schedule (60 minutes) These dates will be announced as assemblies occur	
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. Tsamkiranis, Mr. Lau, Ms. Toufighi

REQUIRED GRADUATION ASSESSMENTS

Attention all grade 10 and 12 students. Required graduation assessments are happening next week during semester turn-around week. Please come down to the **main foyer and look for your name to find out what day, time and room number you will be writing your assessment**. More information was sent to your school email address. **If you do not see your name or have any questions, please see your counsellor or email vice-principal Mr. O'Brien.** Grade 10's have a literacy and numeracy assessment while grade 12's will have one literacy assessment.

GRADE 9 DIGITAL LITERACY JANUARY 20 - MPR

A guest speaker from Children of the Street will be visiting to talk about online safety and exploitation prevention.

GRADE 9 ECONOMICS FOR SUCCESS JANUARY 21

Grade 9 Economics for Success is taking place on January 21. Block 1 regular class, classrooms will be announced.

ATTENTION ALL RECYCLERS

There will be a brief meeting TODAY, Wednesday, at the beginning of lunch in Ms. Cridge's office. Please be prompt.

SEMESTER ONE DRAMA SHOWCASE

Please come out TOMORROW NIGHT (Thursday) to the NPR to see our junior and senior drama students present three really fun comedy plays. Doors open at 6:30pm and admission is by donation. Come and see our semester one drama showcase.

IMPORTANT INFORMATION REGARDING COURSE CHANGES FOR SEMESTER 2

Students wishing to request course changes must complete the Form posted on their counsellor's Teams page by Friday, January 16/26 at 4:00pm. **Requests may only be made using the Form. No changes will be made by visiting the counselling office or by email.**

GEP MEMBERSHIP APPLICATIONS OPEN NEXT MONDAY, JANUARY 19

GEP membership applications open Monday, January 19! Do you want to help run school events, learn tech skills, or work behind the scenes? Check out our Instagram @gleneagleeventsproduction for the application and details.

SPORTS

INTRAMURAL 3V3 BASKETBALL UPDATE

League Play begins today at lunch! There'll be a short, but important meeting for all teams today at 11:55am before the games start. All teams need be in attendance to go over league rules and expectations. See you there!

POST-SECONDARY & CAREER RESOURCES

WESTERN UNIVERSITY NOMINATED SCHOLARSHIP

Reminder to grade 12's, the Western University Nominated Scholarship deadline is Friday, January 16th 4pm. Application forms are available on the Gleneagle Career & PSI Resource Centre in the 'Scholarship and Awards' channel.

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!