



*“Once a Talon...Always a Talon!”*

**GLENEAGLE TALON TALK**  
**DAY 1 – Friday, January 16, 2026**

**THE EAGLE’S NEST WILL BE OPEN**

*Friday, January 16, 2026*

**LUNCH MENU**

**Soup** Broccoli & cheddar

**Entree** Gleneagle’s taco bowls with “all da fixins”

**Dessert** Chef’s selection

**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. Omrani, Ms. Modirrousta, Ms. Spence, Mr. Simmons

**LOCKER CLEAN UP**

Any students leaving Gleneagle at the end of Semester 1-reminder to clean out your lockers before you leave.

**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.

**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 TODAY, 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.

## ME-N-EDS PIZZA NIGHT FUNDRAISER!



On January 21 & 22, 2026 when you order for take-out, dine-in or delivery please mention "Gleneagle After Grad 2026" and Me-n-Ed's Pizza, both the Coquitlam and Port Coquitlam locations, will donate 20% of the sales back to us!

So, save the date and order pizza next week! Please visit our **After Grad Website** to find the latest updates: <https://sites.google.com/view/gleneagleaftergrad/home> Thank you for supporting the Gleneagle After Grad! All funds raised support a safe, alcohol-free and drug-free celebration for our 2026 grads! Your Gleneagle After Grad Committee.

## CAFETERIA MENU - PRICE INCREASE

Good morning to our Gleneagle Community. We would like to inform everyone that our Cafeteria prices will be having a slight menu increase across the board. Since Covid our food commodities have significantly risen. We need to make a modest price adjustments and hope that everyone understands. We greatly appreciate and thank you for your continued support as we continue to move forward by offering good food selections by our proud Culinary Students and staff.

Sincerely, The Culinary Team

## TALONS TUTORING

Hey Gleneagle, Talons Tutoring is running its second round of tutoring starting early February. It's a great opportunity to earn volunteer hours, gain experience tutoring younger kids, and support youth in our community. **More information can be found in posters and QR codes around the school.** A link to sign up is also on our instagram **@talons\_tutoring\_**. We hope that you sign up soon, **sign up closes on January 25th!!**

## YEARBOOK SALES ENDING FEBRUARY 1<sup>ST</sup>

If you have NOT YET PURCHASED A YEARBOOK you only have 2 weeks – that's 14 days – to grab your copy of this year's full colour yearbook! Do not delay – **YEARBOOKS ARE NOT AVAILABLE FOR PURCHASE IN JUNE!** Do not miss out on June's distribution day! **See School Cash Online to purchase your copy TODAY!**

## GRADE 9 DIGITAL LITERACY JANUARY 20, 9AM – 12PM - 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, 9AM – 12PM

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

## CONX APPLICATIONS NOW OPEN

Attention all grade 10 & 11 students interested in leadership opportunities and personal growth. Applications for the 2026-27 ConX class are now open. If you are a student who is interested in developing your communication, collaboration skills and want to empower others, ConX may be your next step. **Applications can be found in room 120 and any questions can be directed to Mr. Hayes. Applications are due February 13.**

# POST-SECONDARY & CAREER RESOURCES

## WESTERN UNIVERSITY NOMINATED SCHOLARSHIP

Reminder to grade 12's, the Western University Nominated Scholarship **deadline is Friday, January 16<sup>th</sup> 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](mailto:cmilde@sd43.bc.ca)



**STAY GOLDEN GLENEAGLE!**

**Week of January 5-16<sup>th</sup>, 2026**

## **UBC Commerce Advocate Program**

The UBC Commerce Advocate Program (CAP) is excited to invite your students to participate in our upcoming **UBC Sauder CAP Case Competition**, an immersive, full-day business case competition hosted at UBC's Sauder School of Business.

**Date:** Saturday, January 31st, 2026

**Time:** 9:30 AM – 5:30 PM

**Location:** Room 098 (Basement Floor), Henry Angus Building, UBC

**Who:** Open to high school students interested in business, problem-solving, and exploring post-secondary opportunities in commerce.

**How to Register:** Students can sign up using this link: <https://tr.ee/sdEp1B1jBr>

You can also find the registration link on our Instagram: @ubcsaudercap

## **Train in Trades Open House**

**Wednesday, January 14<sup>th</sup>, 2026, 6pm**

**Terry Fox Secondary School, (Main Foyer)**

**Come find out about how you can start your trades career while still in high school.**

**Meet instructors from KPU, BCIT, VCC and SD43.**

## **Deadlines for Nominated Scholarships**

- Western National scholarship – Jan 16<sup>th</sup>
- Schulich Scholarship – Jan 21<sup>st</sup>
- CMolik – Jan 23<sup>rd</sup>
- BC Excellence Scholarship – Jan 23<sup>rd</sup>
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## **Rotary Club: Adventure in Citizenship event**

- **Adventures in Citizenship:** is a unique opportunity to a select group of young Canadians who get together in Ottawa and gain a better understanding of our country.
- **When:** May 24-27th, 2026
- **All costs are paid for by Rotary Club Coquitlam**, for one student to represent Coquitlam.
- **Eligibility:** open to students aged 16 to 18 years who have shown leadership potential and who reflect the many cultural communities of Canadian society. The student is a Canadian citizen, or PR.
- **Deadline to apply:** By February 23rd, 2026, **email 2 paragraphs about yourself (extracurricular activities, volunteering, career ambitions, why you think this event will benefit you)** to [cmilde@sd43.bc.ca](mailto:cmilde@sd43.bc.ca) with **your name and AIC/2026 in the subject line**. One student will be chosen from Gleneagle and forwarded to the Rotary Club for the final decision on the winner.
- Click here [For more details of the program](#)