



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

GLENEAGLE TALON TALK
DAY 2 – Wednesday, March 11, 2026

THE EAGLE'S NEST WILL BE OPEN

Wednesday, March 11, 2026

LUNCH MENU

Soup Roasted vegetable

Entree Thai style sauteed chicken & veggies with jasmine rice

Dessert Red velvet cake with cream cheese icing

Student Bell Schedule
2025-2026

Monday	Tuesday	Wednesday	Thursday	Friday
REGULAR 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. Choi, Ms. Jang, Mr. Lyle, Mr. Lebourdais, Mr. Lai

COURSE REQUESTS FOR NEXT YEAR

If you have changed your mind about any of your course requests for the upcoming 2026-27 school year, please see the MS Form on your counsellor's Team to submit your changes. This Form was posted last Friday afternoon, and it will close at 4:00pm this Thursday. **Once this Form closes, we will not be making any further changes while admin work on the master timetable to create your schedules in June, so be sure to act now!**

QUEST FOR QUESTS

Do you want to build skills and support your communities? Are you interested in local initiatives? Are you looking for volunteer hours? Then mark your calendars for April 2nd, the Thursday after Spring Break! Con X will be hosting the Quest for Quests- a volunteer fair with organizations from Park Spark to Place des Arts! Check it out on April 2nd during lunch to explore how to get involved and inspired.

LOCKER COMBINATION

Reminder to save your locker combination somewhere so you don't forget it over the break.

SPIRIT WEEK - MARCH 9th TO 13th

Hey talons, thank you to those who participated in Dress as a Teacher Day today! Don't forget to show your school spirit and dress up for 2000's day tomorrow!

DAYS OF DONATION

Hey talons! On Saturday March 14, the districts Student Leadership Council is hosting its annual Days of Donation! It will be at Lincoln and Lafarge station from 10am to 4pm. Their mission is to gain donations to raise money for care packages that go towards the 3030 Gordon Project homeless shelters. It is a great opportunity to give back to your community and contribute any donation you can. Every dollar is appreciated! We hope to see you there!

CALLING ALL INTERNATIONAL STUDENTS!!

TICKETS for the Gleneagle Easter Party are now selling in the foyer at lunch for ONLY \$5.00 from this Wednesday to Friday! Make sure to get yours to enjoy awesome performances, tasty food, and tons of interactive activities!!

LOCKER CLEANUP

Before leaving the school for Spring Break, please **ensure you have thoroughly cleaned your locker, especially remove & discard any food items & garbage.**

LOST & FOUND

Please look for any of your lost items on the table in the foyer. **Any unclaimed items will be donated on March 13.**

CLUBS

TO ALL SKI AND BOARD CLUB MEMBERS GOING TO WHISTLER FRIDAY

There will be a **brief but important meeting TOMORROW (Thursday) at lunch in Mr. Poka's room.** Please be there if you haven't gone on a Whistler trip yet this year.

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!

Week of March 9-13th, 2026

1. Theatre Society Legacy Fund (TSLF) Arts Education Bursary

Deadline to apply: March 31, 2026

Sponsored by the [Port Coquitlam Community Foundation](#), the **TSLF Bursary** offers awards of up to **\$2,000** to students who are graduating this year and plan to pursue studies in an **arts-related program**.

This bursary supports students enrolled in a **CRA-recognized post-secondary institution**, either in Canada or internationally. "Arts" is broadly defined to include creative disciplines such as visual arts, digital art, photography, performance art, dance, music, poetry, prose, theatre, and culinary arts.

Online applications and additional details are available on the Foundation's website.
Pocofoundation.com

2. Dream It Be It Career Fair

The **Tri-Cities Soroptimist Club** is hosting a women's career event on:

Saturday, March 14th, 2026 from 2-5:30pm. Mabbett Hall, POCO

Soroptimist International of the Tri Cities is part of a global organization focused on the social and economic empowerment of women, girls and is inclusive of gender nonconforming youth and individuals who identify as female.

This gives students the chance to meet a wide variety of inspiring women — tradespeople, entrepreneurs, business owners, professionals, creatives, and leaders from every imaginable field and can speak with them and ask about any questions they might have.

Sign up here:



3. Fraser Youth Parliament

Our annual session will take place the weekend of March 27th-29th, 2026 at Coquitlam City Hall. Email for more information: fyp@bcyp.org. Please note the application deadline for this year is March 21st, 2026.

Students from all backgrounds, even with more limited experience in civic engagement, politics or community service, are invited to apply. There is something for everyone at FYP – it is a very beginner friendly experience. Members with all sorts of educational interests and backgrounds are able to thrive here and our strength is in a variety of perspectives!