



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

**GLENEAGLE TALON TALK**  
**DAY 1 – Monday, March 2, 2026**

**THE EAGLE'S NEST WILL BE OPEN**

*Monday, March 2, 2026*

**LUNCH MENU**

**Soup** Tomato Vegetable

**Entree** Mac and cheese with crispy pancetta and toasted garlic bread

**Dessert** Chocolate chip cake

**Student Bell Schedule**  
**2025-2026**

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY DISMISSAL BELL SCHEDULE	REGULAR BELL SCHEDULE	EARLY DISMISSAL BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE
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. Tan, Ms. Cecchini

**DEAR ADVENTURERS**

Wizard Terry Talon thanks every adventurer who partook in last week's nice story and kind message quest! Small acts of kindness can really make a difference in someone's day. This week's quest is to take a photo of a body of water! This could be Lafarge Lake, Coquitlam River, Scott Creek, you name it! Put the photo on your story and tag Wizard Terry Talon to complete the quest and enter the cafeteria voucher draw. This week's quest is partnered with MILAAP INDIAN KITCHEN. Show them your student ID to get 20% off! This quest was also created with the goal of exploration and appreciation for nature. So, check out Wizard Terry Talon's Instagram page and stay posted, adventurous, and inspired!

**YOGA RAVE**

Yoga Rave is happening today! Doors open at 4:45pm and glow sticks are given out! Admission is by donation - minimum \$1 - cash only. Bring your own yoga mat or borrow one and sign up for one of the two rounds. Each round includes 15 minutes of yoga and 15 minutes of cardio, and there will be a final round for anyone who wants to go again. Participants who complete a round will receive refreshments, with a variety of juices plus a Welch's fruit snack, generously provided by Thrifty Foods and Safeway. Come watch and vibe to live EDM remixes by our talented senior DJ Kaela Lopez, and follow along with yoga led by our amazing Musical Theatre choreographer, Madison. See you there Gleneagle!

## SPORTS

### 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](mailto:cmilde@sd43.bc.ca)



STAY GOLDEN GLENEAGLE!

**Week of March 2-6<sup>th</sup>, 2026**

1. **REMINDER OF Scholarships coming up! Review the GSS website and check out the Career Centre under QUICK LINKS and find all the upcoming Scholarships available by month under FINANCES & AWARDS.**
2. BCPVPA Student Scholarships: 8 @ \$1,000. Deadline 3/16
3. Skills For Hope Foundation: up to 15 @ \$1,500. Deadline 3/22
4. BC School Superintendents Association: 7 @\$ 1,500. Deadline 3/31
5. BC Hydro Power Pioneers: 20 @ \$500. Deadline 3/31
6. Douglas College Entrance Awards: up to \$20,000 over 4 years. Deadline 3/31
7. Eagle Ridge Hospital Auxiliary Bursary Award: 2 @ \$2,500. Deadline 3/31

**PLUS 20 more listed on the website for March ONLY!!!**

**50 more scholarships are listed from April to June !!!!!**

**2. University of Calgary** is at our school: Info booth after school in the Main Entrance on **Monday, March 9<sup>th</sup> at 3:20**. Come and chat with Claire, the recruiter and ask questions about studying in Alberta.

**3. Now is the time** to ask your teacher for a reference and send them the link to the **TEACHER REFERENCE FORM** to request they complete it and forward it to [cmilde@sd43.bc.ca](mailto:cmilde@sd43.bc.ca) with your name in the subject line.

	<b>2025-26</b> <b>GLENEAGLE TEACHER REFERENCE FORM</b> To be completed by a GSS teacher or staff member Email to: Gleneagle Scholarships
<i>Instructions for APPLICANT:</i> Fill in your name and student number, and ask a Gleneagle Secondary School teacher, counsellor, administrator, or staff member to complete this form. It is your responsibility to ensure that your referee has submitted this form on time.	
Student name: _____ E-mail (personal): _____	
<i>Instructions for REFEREES:</i> Complete this Reference Form and return it to Gleneagle Scholarships. Please remember to confirm to the applicant that you have submitted the form as well.	

**4. The Career Centre will be closed during Spring Break and reopen with school on March 30<sup>th</sup>, 2026. School based scholarships (Group 1) are due April 2<sup>nd</sup>.**