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

GLENEAGLE TALON TALK
DAY 2 – Monday, March 9, 2026

THE EAGLE'S NEST WILL BE OPEN
Monday, March 9, 2026
LUNCH MENU

Soup Mushroom barley

Entree Rigatoni in a white wine cream sauce with smoky bacon & chicken with toasted garlic bread

Dessert Chocolate cake with ganache

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. Tsamkiranis, Ms. Zimmerman, Ms. Osborne

LUNCH MUSIC PROGRAM
GEP's Gleneagle Lunch Music program presents the Cultural Lunch Playlist! Scan the QR code posted around the school or on our instagram @gleneagleeventsproduction and submit one song from your language or culture to hear it this Friday at lunch!

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.**

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, it's been amazing seeing all the outfits of people who have participated in jersey day today. Let's keep up the school spirit and dress up tomorrow for twin day! Grab a friend and match your outfits, we can't wait to see what you come up with!

SPORTS

BADMINTON INTRAMURALS

A reminder that there are badminton intramurals today in the gym during lunch! If you are a player, please be ready with your racket and gym strip!

CLUBS

ATTENTION GLENEAGLE CLUBS AND LEADERSHIP GROUPS

GEP Event Booking will be under maintenance during Spring Break, so booking will not be available during that time. Please also note that the MPR and GEP services cannot be reserved for events taking place between April 20 and May 14, as the space will be used to prepare for the Chicago musical.

TO ALL SKI AND BOARD CLUB MEMBERS GOING TO WHISTLER FRIDAY

There will be a **brief but important meeting Thursday in Mr. Poka's room at lunch.** 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!

POST SECONDARY EVENTS, LEARNING OPPORTUNITIES AND SCHOLARSHIPS

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!