



“Once a Talon...Always a Talon!”  
**GLENEAGLE TALON TALK**  
**Day 1 - Monday, September 21, 2026**

**THE EAGLE’S NEST WILL BE OPEN**  
*Monday, September 21, 2026*  
**LUNCH MENU**

- Soup** Tomato & orzo
- Entree** Penne with chorizo rosé sauce & toasted garlic bread
- Dessert** Red velvet cake with cream cheese icing

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

| Monday                           | Tuesday                  | Wednesday                       | Thursday                                                                                     | Friday                                |
|----------------------------------|--------------------------|---------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------|
| EARLY DISMISSAL<br>BELL SCHEDULE | REGULAR<br>BELL SCHEDULE | REGULAR<br>BELL SCHEDULE        | ASSEMBLY<br>BELL SCHEDULE                                                                    | PRO-D DAY<br>SCHOOL IS NOT IN SESSION |
| BLOCK                            | REGULAR<br>(80 minutes)  | EARLY DISMISSAL<br>(60 minutes) | Assembly<br>Schedule<br>(60 minutes)<br>These dates will be announced as<br>assemblies occur |                                       |
| X                                | 7:36 – 8:56              | 7:55 – 8:55                     | 7:55 – 8:55                                                                                  |                                       |
| 1                                | 9:00 - 10:20             | 9:00 - 10:05                    | 9:00 – 10:00                                                                                 |                                       |
| 2                                | 10:25 – 11:50            | 10:10 – 11:20                   | 10:05 – 11:05                                                                                |                                       |
| ASSEMBLY                         |                          |                                 | 11:05 – 12:25                                                                                |                                       |
| LUNCH                            | 11:50 - 12:30            | 11:20 - 12:00                   | 12:25 – 1:05                                                                                 |                                       |
| 3                                | 12:35 – 1:55             | 12:05 - 1:10                    | 1:10 – 2:10                                                                                  |                                       |
| 4                                | 2:00 - 3:20              | 1:15 – 2:20                     | 2:15 – 3:15                                                                                  |                                       |
| 5                                | 3:25 – 4:45              | 2:25 – 3:30                     | 3:20 – 4:20                                                                                  |                                       |

**ATTENTION: ALL STUDENTS**

**WELCOME TO:**  
Mr. Chambers, Ms. Heily-Van Os, Ms. Cecchini

**ATTENTION ALL GRADE 12’S ATTENDING THE SR. SAIL**  
You need to be at the school and ready to go at 4:30pm at the latest. Buses are leaving at 4:45pm sharp and will NOT be waiting for anyone that is not here. Everyone is assigned to a bus by alphabetical order. Lists will be posted tomorrow outside the counselling windows. There is no switching of buses. Reminder you are not permitted to bring any outside water bottles/pop on the buses and make sure you have photo ID with you.

**ATTENTION ALL GRADE 9'S!**  
Your next On the DL assignment is being released today. Make sure you are checking the DL team regularly and staying on top of your assignments. Need help? Stop by the Nest in the Library for support.

**ORANGE SHIRT SALE**  
Orange Shirts will be for sale for \$25 in the foyer before school and at lunch starting on Wednesday September 23. Cash Only

MATH CONTEST CLUB

A reminder that Fall math contest sign-ups are open to all grades! **Register using the QR codes on posters around the school before Friday, September 25th.** Challenge yourself and give it a try!

INTERNATIONAL STUDENT LUNCH

All fee-paying international students are invited to the welcome pizza party next **Wednesday, September 23 in room 114/115 at LUNCH!**

TERRY FOX FOUNDATION FUNDRAISER

The Terry Fox Foundation fundraising week is happening now! Bring your toonies for Terry to your block 2 teacher and build your class donation. The winning class earns a pizza party provided by Domino’s Pizza Tri-Cities. Our school-wide fundraising goal is \$1500. The Terry Fox Run is on September 24th. Your change can change lives, Talons!

E-SCOOTER, E-BIKE RULES

All scooters, e-scooters, e-bikes & regular bikes are not allowed to be ridden, anywhere, on school property- you must only WALK them, when on school property. Also, e-dirt bikes are illegal on all city roads, sidewalks and school property. Any of these vehicles must also be locked up at the designated bike racks and not on the railings near the school entrances. Parking scooters on railings can create safety hazards for staff and students and may also lead to your scooter being damaged by opening doors. Help keep our school entrances safe and your scooter secure by using the bike racks provided.

CLUBS

GREEN TEAM

Gleneagle’s Green Team meetings start on Tuesday, September 22 at lunch in Ms. Lee’s room 219. If trail pickups, fundraising, or clothing swaps and learning about environmental movements & issues sound interesting to you, bring a friend to room 219 at lunch on Tuesdays.

ATTENTION ALL CLUB LEADERS!

Club applications are now open! Whether you're interested in art, movies, dancing or D&D, you have the opportunity to find people who share that interest with you! **Look for the QR codes posted around the school** or head down to the office to pick up a physical form to register your club! Form closes September 24th so make sure to get your application in before then.

CLUB DAY!

This year’s club day takes place on October 2, so be sure to save the date! Come down to the gym, at lunch, and take a look at all the different clubs Gleneagle has to offer, you don’t want to miss this! **If you are looking to start a club, submit the form using the QR codes found around the school** or grab a paper copy at the office, and be sure to reach out to your teacher sponsor! Forms are due September 24th, see the student council instagram for more details!

SPORTS

GLENEAGLE VOLLEYBALL

Hey TALONS! The Gleneagle Volleyball Intramurals are just around the corner! Grab 4 friends and join us on the courts on Wednesday, September 23! The **sign-up QR code can be found on the Gleneagle Athletics instagram.** The **last day to sign up is TODAY, Monday, September 21!** See you there, TALONS!

# POST-SECONDARY & CAREER RESOURCES

📌📌 The Career Centre website has been updated! From our main school website, it is located under 'Department & Services' → 'Services' → 'Post Secondary & Career Centre'

Click on each section for more information, helpful resources, and opportunities. Please check back regularly as new information will be posted as it becomes available.

Attention Grade 12's: There are a few major scholarships with submission deadlines coming up.

- **University of Toronto National Book Award:** Nomination deadline is September 25<sup>th</sup> at 3pm.
- **University of Toronto Lester International Scholarship:** Nomination deadline is September 25<sup>th</sup> at 3pm.  
*Please check out Career Teams or see Ms. Mytkowicz for Nomination Form and details.*
- **Loran Scholarship (FULL TUITION):** deadline is October 15<sup>th</sup>.

The Career Centre is here to support you with your future planning - including post secondary program details, scholarships and financial aid, trades, employment and volunteer opportunities, learning opportunities, and anything else related to your career path.

My office is beside Room 225. Please join my Teams page [HERE](#) (code is **8drix18**) for important information and updates. All grades are welcome.

**For an appointment, please email [vmytkowicz@sd43.bc.ca](mailto:vmytkowicz@sd43.bc.ca).**

**Please see below a list of post secondary info sessions happening here in the fall:**

## Gleneagle 2026 - 2027 Post Secondary Info Sessions

| School/ Program/ Event                         | Date                                         | Time                         | Location |
|------------------------------------------------|----------------------------------------------|------------------------------|----------|
| Emily Carr                                     | Tuesday, September 15 <sup>th</sup> , 2026   | Lunch<br>(11:50am - 12:30pm) | Library  |
| SFU - Beedie                                   | Thursday, September, 17 <sup>th</sup> , 2026 | Lunch<br>(11:50am - 12:30pm) | Library  |
| Western University                             | Monday, September 28 <sup>th</sup> , 2026    | 8:30am - 9am                 | Entrance |
| BCIT Business + Media                          | Thursday, October 1 <sup>st</sup> , 2026     | Lunch<br>(11:50am - 12:30pm) | Entrance |
| University of Alberta                          | Wednesday, October 7 <sup>th</sup> , 2026    | 8:30am - 9am                 | Entrance |
| Douglas College                                | Wednesday, October 7 <sup>th</sup> , 2026    | Lunch<br>(11:50am - 12:30pm) | Library  |
| University of Calgary                          | Thursday, October 15 <sup>th</sup> , 2026    | 8:30am - 9am                 | Entrance |
| Simon Fraser University                        | Friday, October 16 <sup>th</sup> , 2026      | 3:20pm – 3:50pm              | Entrance |
| University of Victoria – Gustavson of Business | Monday, October 19 <sup>th</sup> , 2026      | Lunch<br>(11:10am – 12pm)    | Library  |
| Kwantlen Polytechnic University                | Thursday, October 29 <sup>th</sup> , 2026    | Lunch<br>(11:50am - 12:30pm) | Library  |
| Post Secondary BC Fair (PSBC)                  | Friday, November 6 <sup>th</sup> , 2026      | 1pm – 3pm                    | Entrance |
| Capilano University                            | Thursday, November 12 <sup>th</sup> , 2026   | Lunch<br>(11:50am - 12:30pm) | Library  |