

THE TRAIL TRIBUNE

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SCAN THE QR CODE TO WATCH THE PRINCIPAL'S MESSAGE
AND CHECK OUT NTHS' NEW YOUTUBE CHANNEL

Principal's Message

With Mr. Bester

Transcribed and Edited by Nia John

"Hello, NightHawks, Principal Bester here on behalf of our teachers and staff with a quick message. We want to express our gratitude for all the hard work you've put in during our first semester as we transition into the second semester. Our teachers have noted significant improvements and academic progress, and we anticipate even greater achievements ahead. Your teachers have prepared various messages, study skills, tutorial times, and support resources to aid you in your academic journey. They are here to assist you and genuinely care about your success. Our school community is built on care and compassion, especially as we celebrate Valentine's month with its themes of love and sharing.

A special acknowledgment goes to our school council, whose support has been invaluable. Their sponsorship of clubs and student activities enriches our school experience greatly.

Looking ahead, we have exciting celebrations planned, including leadership conferences, student art shows, and an indigenous art project. We will also mark the official opening of our school with a ceremony attended by government officials and other dignitaries.

As members of this community and proud NightHawks, let's remember to keep our surroundings clean by disposing of garbage responsibly. Your actions reflect not only on yourself but also on your family and our school. Be a positive influence in our community. You are a representative of yourself, your family and of course this school.

As always,
Remember to respect yourself, respect each other, respect this amazing building and the beautiful people that are in it, and respect our community."

Academic Habits

Written by Eni Alagbe, Edited by Ayesha Zafar

Semester two is now thoroughly underway, and some students may be looking for ways to improve their study habits. We approached some of North Trail's Learning Leaders seeking academic strategies to aid us during the rest of the semester.

Mr. Martin, Math LL: The most helpful thing students can do is to practice a little each day. This will help reduce stress before assessments and do more for long-term retention than last-minute cramming.

Ms. Lomon, Leadership LL: Teaching someone what you are studying helps you to think of it differently, ensuring you have a solid understanding of the content.

Mr. D'Aoust, CTS LL: Due to the nature of most Career and Technology options - ones that are dependent on in-person and hands-on participation - he suggests class time management as the key factor to academic success. "Learning to prioritize tasks, set realistic goals, and sticking to a schedule are all effective means of being successful in these courses." He recommends owning a physical calendar to record due dates and designated study times to stay on top of our workload.

Ms. Pattinson, Social Studies LL: we are encouraged to "regularly check D2L for assignments, due dates and additional resources."



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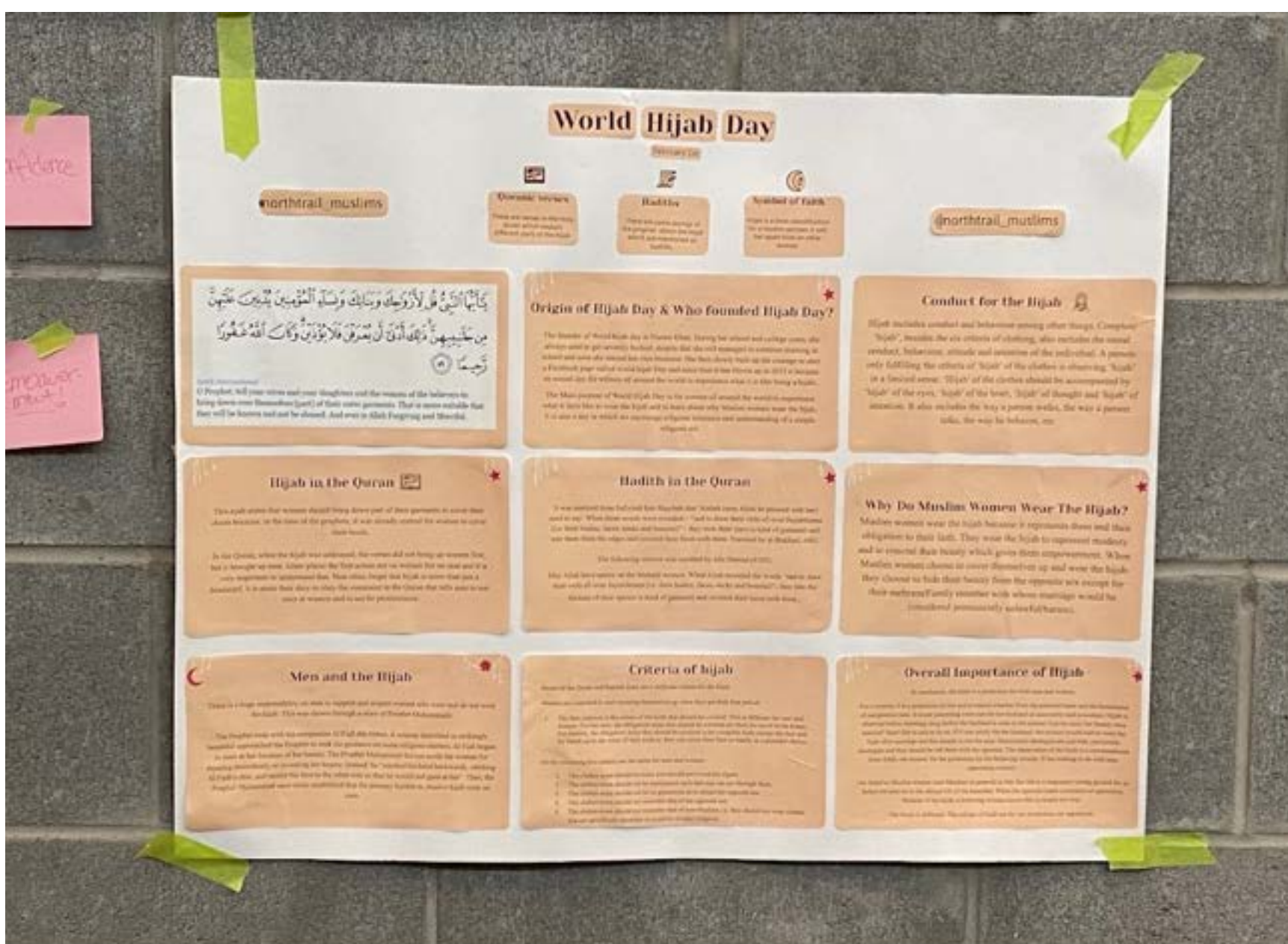
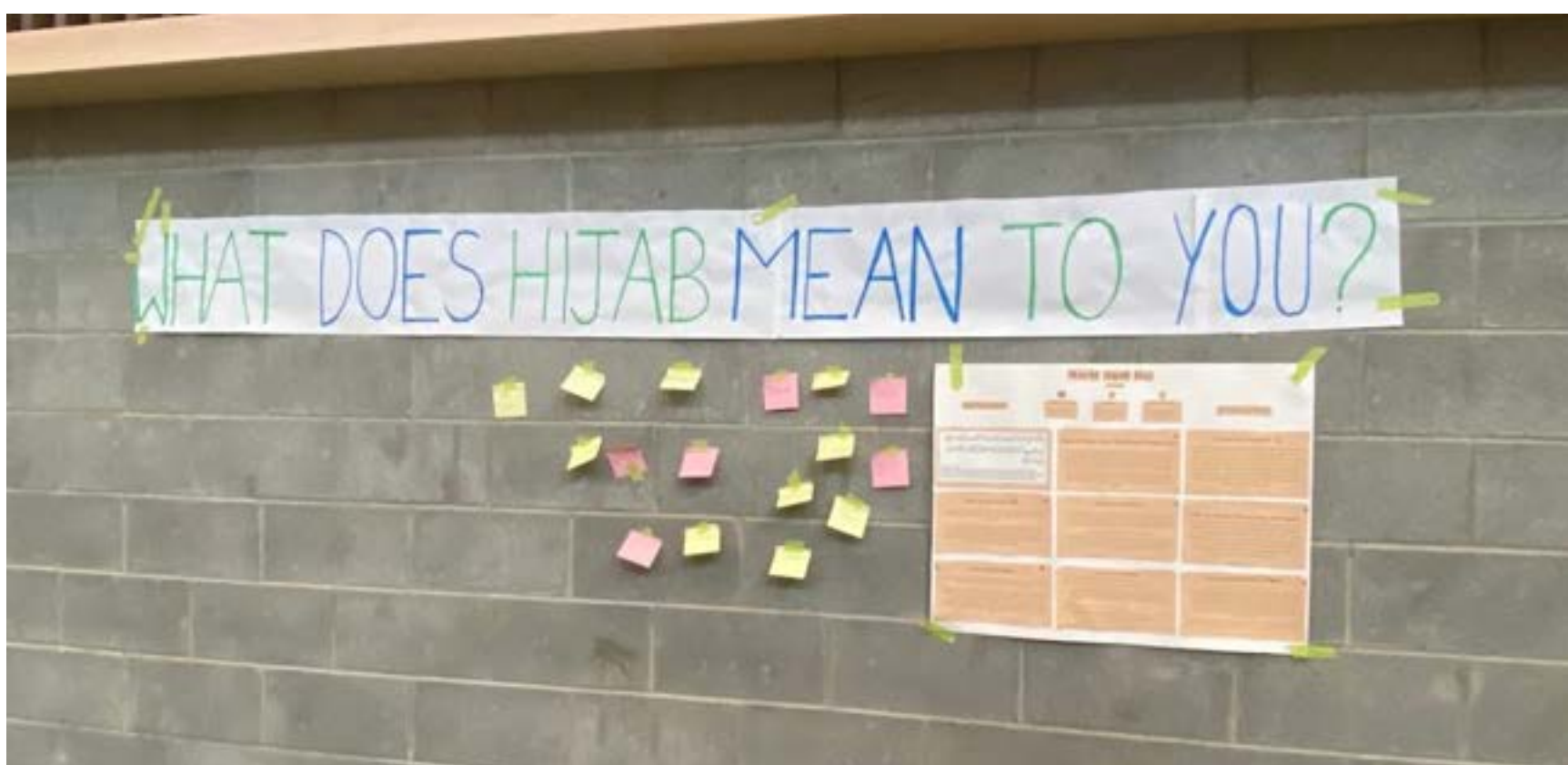


BLACK HISTORY MONTH

By Sanaa Mian

Every year, people across Canada recognize and appreciate the legacy of Black People in our communities! The theme for Black History Month 2024 is: “Black Excellence: A Heritage to Celebrate; a Future to Build”. Black History Month has been celebrated and recognized by the United States, Canada, Ireland, and the United Kingdom during the month of February. However, the majority of Europe celebrates it in October. Black History Month was initiated in 1976 by Carter G. Woodson. He was a scholar who was dedicated to celebrating the historic contributions of Black people. This led to the establishment of Black History Month. This month gives us the opportunity to learn about Black-Canadian culture! As students, it is our job to recognize and appreciate the diversity of our school and strive to educate ourselves on celebrations just like this one!

On behalf of the Trail Tribune, Happy Black History Month!



World Hijab Day – Feb 1st

By Sanaa Mian

World Hijab Day is annually celebrated on February 1st here in Canada, with over 130 countries participating on the same day! The brainchild of this movement is a Bangladeshi-New Yorker, Nazma Khan. She came up with the idea as a means to foster personal freedom of religious expression and cultural understanding all over the world. Nazma states in her TEDX talk that “Growing up in the Bronx, New York City, I experienced a great deal of discrimination due to my hijab. In middle school, I was ‘Batman’ or ‘ninja.’ When I entered University 9/11 happened. Now, I was called Osama bin Laden or terrorist. It was awful. I figured the only way to end discrimination is if we ask our fellow sisters to experience hijab themselves.”

Here at North Trail, we embrace our religious, cultural and physical differences. It is what makes us a diverse school! We should recognize the struggles of different minority groups in Canada, and work towards overcoming them as a community.

On behalf of the Trail Tribune, Happy World Hijab Day!

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Year of the Dragon

LUNAR NEW YEAR

Written By Christine, Edited By Sanaa

Lunar New Year, formally known as Chinese New Year or Spring Festival, marks the beginning of the new year in the ancient lunar calendar. The exact date for the celebration varies from year to year, but it is always celebrated between January 21st and February 19th, on the second new moon after the winter solstice. The Lunar New Year embraces the importance of family bonding and a fresh start to the new year. Making people clean their houses to sweep away bad luck, giving out red envelopes (hongbao in Mandarin and laisee in Cantonese) containing money to spread luck and prosperity to loved ones, and family feasts that include special dishes that hold symbolic meanings. Such as dumplings for prosperity and sticky rice for a sweet life. The new year also embraces cultural performances like dragon and lion dances, lighting firecrackers, lanterns, red decorations, traditional music, martial arts demonstrations, and theatrical performances to reminisce about the cultural integrity of the celebration.

The origin of Lunar New Year has been derived from ancient Chinese mythology, folklore, and agricultural practices. One popular legend that Lunar New Year revolves around is the mythical beast Nian, who would come out at night to raid the village and terrorize the villagers. On the night of Nian's arrival, an old man came knocking on everyone's door, telling them that he would drive away the beast, but they were too scared to believe him and fled to the mountains. Once Nian had broken into the village, the old man sparked the sound of firecrackers, decorated the village with the colour red, and made loud noises, making the beast terrified and run away. The second day, the villagers returned from the mountains and were shocked when they saw their houses and livestock were safe. The old man then told the villagers of Nian's three weaknesses (red colour, loud noises, and firecrackers), upbringing the traditions of people putting up red couplets, hanging up red lanterns, and setting off firecrackers.

Farzana Javed is the librarian for North Trail High School. Her job is to help staff and students access physical and digital resources from our Learning Commons. The school opened with over \$175 000 worth of books, with most of them in place and ready for checkout. The Learning Commons is a great location for students to visit before or after school, at lunch, or during a spare period. Along with books and illuminated seating, the library contains laptops for printing and other uses.

Ms. Javed is originally from Pakistan and has a history in teaching, having worked at several elementary, junior, and high schools all over Calgary. North Trail is the most beautiful school she has worked in, and a key part of that is the growing ability of students to discuss opinions respectfully. She believes in lifelong learning and sought an establishment where she could continue contributing to its pursuit.

Her favourite book in the library's collection is the Quran. Her favourite verse is: "Indeed, it is not the eyes that are blind, but it is the hearts in the chests that grow blind."

The next time you're working on a research project or looking for a book, visit North Trail's Learning Commons!

Learning Commons

Written by Eni Alagbe, Edited by Ayesha Zafar



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Valentines Day

What advice would you give to a friend in a toxic relationship?

“If my best friend was in a toxic relationship, I would advise her to leave, but if she didn't want to leave, then that is her decision. Honestly I'm the worst person to be asking this question” -Mehar Pannu

“If my friend was in a bad relationship, I think I would tell them to reflect on their mental health. If the relationship is negatively affecting them and if it's harming them more than helping them, they need to get out of it.” - Aliza Lakhani

“What I would say to my friend if they were in a toxic relationship is that things will get better. In a relationship, if you're sad, it's not worth staying in. Yes, you may be attached, but once you leave it you will be in a much better state. With the support around you, you will get over what you're going through faster. It's not like once you leave the relationship you will be lonely forever. You're gonna find new people, better people to be around. But if you stay, you will be in a dark place forever. Get out as fast as you can!” - Talien Yassen

“If I was talking to an acquaintance, I would just say hey maybe it's not a good idea to stay in this relationship. If it's my best friend, I'll tell them. I will make sure he gets out of that because that is just not it. It is a red flag. Don't do it!” - Mr. Mo

How will you be spending your Valentines Day?



Elisa & Sanaa
February 14

“Going out with my man!” - Elaine

“I will be helping my children make up their Valentine day cards for their classmates, we got a list of about 20. And for each kid we got some do ups, some nice cards with little candies and I will be spending some time with my family. - Mr. Halsted

“I will be spending time with my significant other and we are going to go out on a little date and yeah! I hope he got me a gift! But I got him gift, but it's a secret” - Tiana

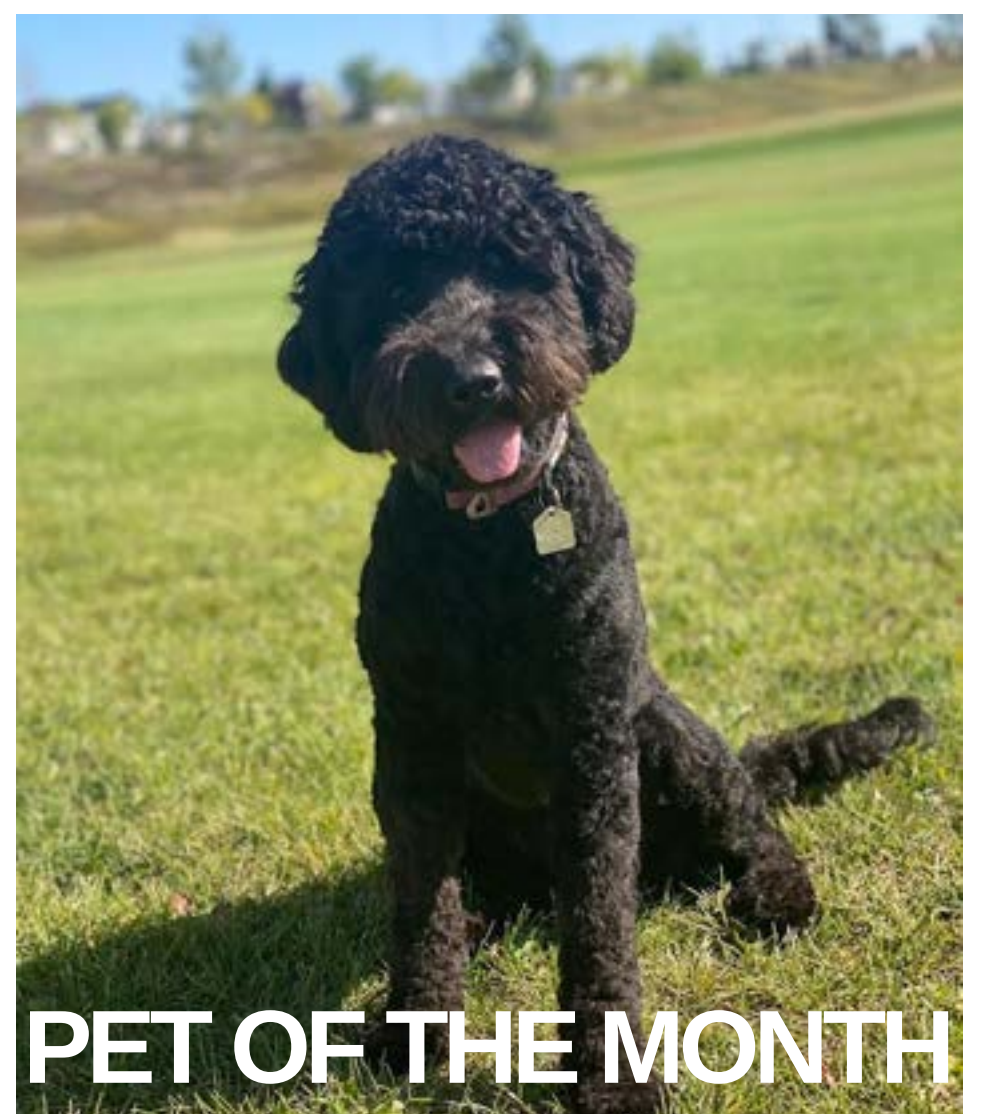
“I am doing nothing, but I'm going to eat in my bed, watch my show and eat cup noodles. If I were to take them out on a date, I would take them to the Cactus club and give them a rose and candy.”- anonymous student

“I am going to get couples to switch their phones and I would take them to Mcdonald's!”- Jayden

“I will be going to the gym, and I will be spending time with myself” - Demarco

Maggie's age is unknown; however, her favourite food is blue buffalo chicken! She loves spending time in the snow during the chilly winter season, but when she's at home, she loves playing with her toy carrot. Additionally, she is known to be notoriously cuddly and sweet.

Written by
Elisa Hsieh



PET OF THE MONTH

THE TRAIL TRIBUNE

TEACHER INTERVIEW —*Mr. Parekh*

Written by Irelan McFarlane,
Edited & Interviewed by
Elisa Hsieh

Born and raised in Alberta, Mr. Parekh shares his story about his time as a high school student. He confessed that it was a stressful time, but at the same time, there was excitement. Stating, “There was constant change happening, and a part of that was learning to adapt to different learning styles and always having the opportunity to work with your peers,”

Additionally, he highlights how education is a very important piece of his family’s values. He witnessed his parents working hard, and because of this, Mr. Parekh was aware of the chance to utilize the opportunities that he was

given to strive towards his goals. A quote that stood out during his interview was, “It requires investment on your behalf, and sometimes there’s certain sacrifices, but there’s going to be a long-term gain.”

Another piece of advice Mr. Parkekh wanted to share with the Nighthawks was “don’t sweat the small stuff.” Explaining how, as we grow into adults, there will be things that we cannot control and focusing on the things that we, as high school students, can make changes for ourselves that can impact on our own life is the most noteworthy factor in making life a bit easier.

When speaking about his hobbies, he shares that he is currently learning to play the guitar with his nephew. Music and dance are both extremely important to him, as they help him stay engaged. He exclaimed how fitness is a huge part of his life and commented that it helps him both mentally and physically. Some include yoga, hiking, and going to the gym. He believes it allows him to keep balance in his life when he isn’t working. Then, when asked how he knew he wanted to become a teacher, he shares that his original intent was to become an engineer or doctor, and as per family influences, he was to strive towards that pathway. At first, he admits that while working towards that goal, he realized his personality did not

“It requires investment on your behalf, and sometimes there’s certain sacrifices, but there’s going to be a long-term gain.”



match up with the particular field. He states, “I was looking for each day to be different; I was looking for adrenaline, things that I wouldn’t expect, and walking into a new situation every day, like interacting with people.” Eventually, he decided to transfer to mathematics and later got his degree in

math. Moreover, he thought about joining the armed forces. However, one of his best friends, who happens to be a teacher, suggested that he take a first-year course in teaching, and the rest became history. Additionally, he reflected on how his grandparents both happened to be teachers back home in India, and now he sees their legacy as something he can carry forward.

Furthermore, when discussing his travels, Mr. Parekh states that he has been to eight different countries. Places such as France, Italy, China, India, and so many more. One of the things he and his wife enjoy most about travelling around is experiencing the diversity of what that country has to offer, like the food, history, and culture.

Likewise, Mr. Parekh has shown his passion for Bollywood dancing when he performs during our school Pep Rallies. He has also expressed that if

he were to start a new club at NTHS, it would be something students would be interested in and passionate about. Of course, it would be outside of academics. He would like students to know that he will always be here for them, as an assistant or a support person. Finally, when asking Mr. Parekh if North Trail were to have a time capsule, what would he desire to add to it? He shares that he would like something that shows what we have created so far. He believes that it would be a memorable experience for future Nighthawks, perhaps five years from now to that time. He would want them to see who the original individuals were who started the school culture. Especially since we are the first students at North Trail High School, we will be influential in what the school may become.

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STAFF INTERVIEW *Mrs. Green*

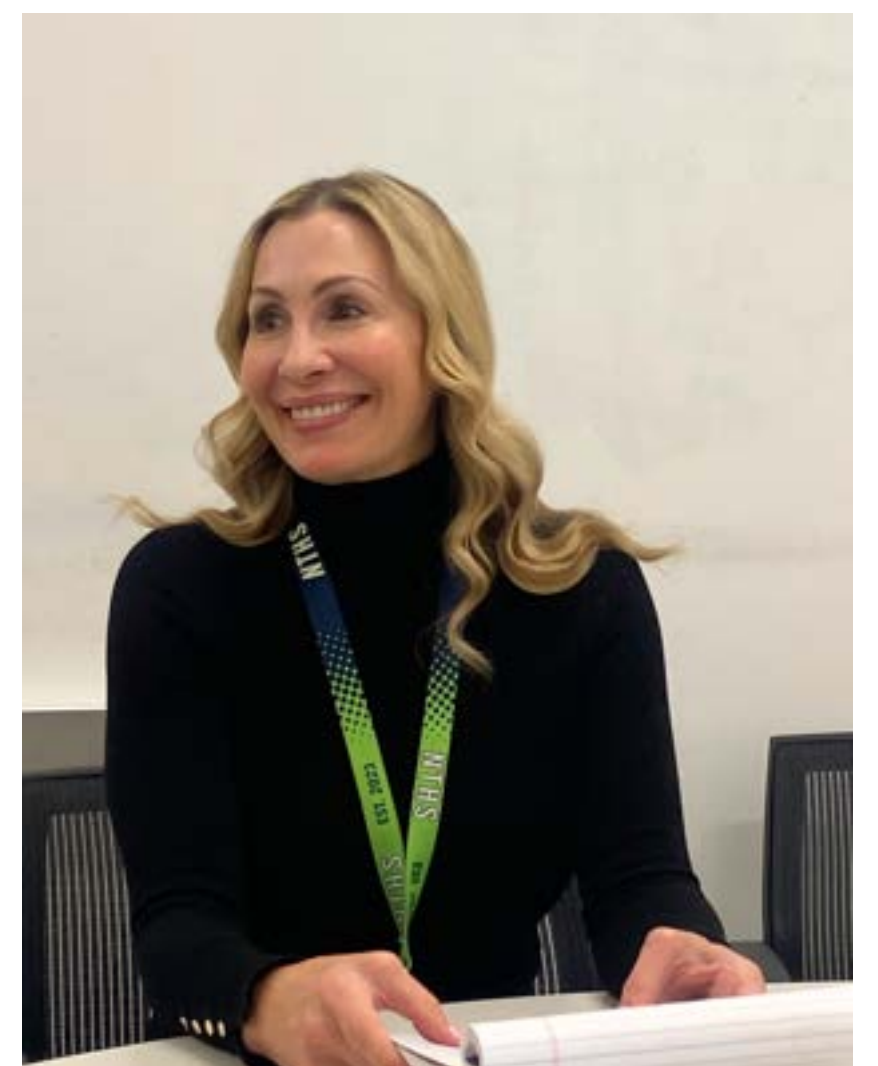
At North Trail High School, our support staff is essential to all students and workers who are a part of NTHS. This month, we were fortunate to have Mrs. Green as our Support Staff of the Month. Throughout her interview, she had a passionate desire to share her story with the Nighthawks. To begin her tale, Mrs. Green was born in Saskatoon, Saskatchewan, and was raised up in the north of British Columbia, in a small town called Terrace. When looking back at her high school era, she recognizes that the two distinct time periods are very similar to how it is now at North Trail High School. Just without phones and internet, of course.

Additionally, Mrs. Green was delighted to share with the members of her family. She mentions that she is married with two children. Stating, "I have a 19-year-old daughter and a 17-year-old son," Afterwards, she adds that she has a 15-year-old Yorkie-poo named Sally. When discussing her

future plans for travel, she reveals that she has been to 10 countries outside of Canada. Expressing how this summer she and her family will be exploring the countries of Croatia and the Netherlands. Moreover, Mrs. Green shares how, when she was younger, she was not able to travel a lot. So now being able to see things she could only ever imagine is no longer a wish but a reality. Especially since she is able to experience it with her family.

Furthermore, when discussing Mrs. Green's favourite thing about North Trail, she shares how she loves how the community of North Trail was able to come together, from staff to students to parent council. Straightaway from the very beginning, she loves how special we have made the school in a positive environment. Contrastingly, when asking Mrs. Green what she would like to implement for our school, the idea of a fashion club was brought up. Staging a gateway to utilize a segway to building an influence of the school and student bond. Along with that, she expresses her values by staying active. From intense workouts to hot yoga practices, these are some of the things she consistently loves to do.

Lastly, when asking Mrs. Green the question, "If North Trail had a time capsule, what would you put in it?". Immediately, she exclaims that she would want to put the first yearbook in it, saying, "It would be a cool way to see how everyone looked, like what they were wearing at the time and how their hairstyle was." Mrs. Green has shown great passion for fashion and today's pop culture trends and wishes to share the present-day high school experience with future students who, in time, will be a part of the Nighthawks.



Written by Irelan McFarlane,
Edited by Elisa Hsieh, Interviewed
by Widda Nasiry and Elisa Hsieh

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TALES from the TRAIL

Building Community at North Trail High School is a major goal we as a community would like to achieve. To accomplish this goal, we created a column called "Tales from the Trail," where we will feature the voices of students attending North Trail through several interviews. This month, Ayesha Zafar went around interviewing students asking them, "what builds community at NTHS?" The following answers were stated;

"What really builds community at North Trail are all the different clubs you can join. There are tons of options and they cover a large variety of interests which really helps build community."

"Creating friends with different experiences helps build community and hanging out with people with cool interests also helps build community."

"Group projects bring a lot of people together. Even though school work is hard and boring sometimes, doing the group projects are really cool. Everyone has different ideas and that just helps things get done faster."

"Something that really brings people together at North Trail is when we have the event days. Cultural day was really cool and the basketball game had so many people who came. The signs leadership made really added to the school community and spirit."

"The pep rallies really help build community and spirit here. The way the teachers and students are able to organize something so big is crazy. Especially when the dance teams perform."

"The large diversity of people builds community and lets you make many friends."

"When the teachers help us with our work and explain it well it makes us more positive. I guess that creates a community and that is also nice for teachers and students."

"The sport teams help bring everyone together. The basketball games are huge and everyone enjoys them."

By Ayesha Zafar

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trailsports

Written By Christine, Edited By Sanaa

With the first semester ending and the second one starting up, sports have had quite a big impact on students of North Trail. As many seasons come to an end with many more starting, students from North Trail have been getting ready for their upcoming seasons. There has not been enough time to see how each of our teams are doing, though there are a few that we can see. Specifically our North Trail basketball team. Our girls and boys team have both done an absolutely amazing job. With five plus days a week of training and clear determination from each team, you can see all the hard work paying off with an 80% success rate at each game. We can also see the endless support that our North Trail students have shown at the games. We are hoping for the best for the season of 2024 and believe that our basketball teams can pull through and continue to keep our North Trail basketball legacy going. Aside from our NTHS basketball teams, who have persisted in dominating the basketball courts, our second semester has paved the way for several additional spring sports to emerge and display what they're all about! These sports include rugby, boys soccer, badminton, and wrestling. We can wait for them to maintain their courage and continue to advance on the tournament leaderboards! We would like to highlight all of these exciting sports, considering that most of them are relatively new. They offer students the opportunity to make a selection of which activities they would like to engage in. Furthermore, having these talented students represent our NTHS sports teams! Moreover, our students at NTHS have been training diligently with the aim of achieving their highest potential in connection to their goals and, above all, coming out on top!



Written By Sadie Meyer, Edited By Elisah Hsieh

With our NTHS Flight Deck, their objectives are now within reach. Since its opening, a number of physical challenges have been held to test participants' resilience as well as their ability to collaborate and communicate with others in order to outperform their fellow competitors! It is also readily accessible for our athletes to train routinely in order for them to enhance their performance! Likewise, all of the aforementioned sports have the objective of demonstrating their ability to persevere when they adopt the proper mentality. Their efforts not only create an atmosphere that supports school spirit and culture, but they also open doors for students who may not have otherwise had the chance to be welcomed by such a well-established community to pursue new types of sports! That is why we shall rejoice in the brand-new start of a semester of athletic sports!

BREAKFAST of CHAMPIONS with Ms. Elliot

Interviewed by Abigail, Written by Mehraal, Edited by Ms. Thiara



At the end of Semester One, North Trail High School hosted its very first Breakfast of Champions to celebrate the champions that roam these very hallways with us. We interviewed Ms. Elliot to hear more about it.

What is the Breakfast of Champions?

Breakfast of the Champions is an event that celebrates student excellence. It doesn't focus on academic excellence but on students who showcase resilience and persistence in their learning. This didn't mean excellent grades or performance in a specific area but rather that the teachers saw that these students were doing great work.

What does resilience look like in a student?

We know students have a lot going on in their lives and we wanted to recognize those who were coming to class and doing well despite facing some challenges in their personal lives, academically or otherwise. To us, it just means that they kept trying and pushing through.

Who was in charge of organizing this event?

Myself and the events committee of 12 teachers organized this event. There wasn't too much to organize other than getting the teachers to submit their names and making sure we had food.

How many people showed up?

We had 130 people total consisting of 65 teachers and one student per teacher.

Is this event going to happen again?

Yes, this is something we will organize per semester and there will be another one this school year.