

THE TRAIL TRIBUNE

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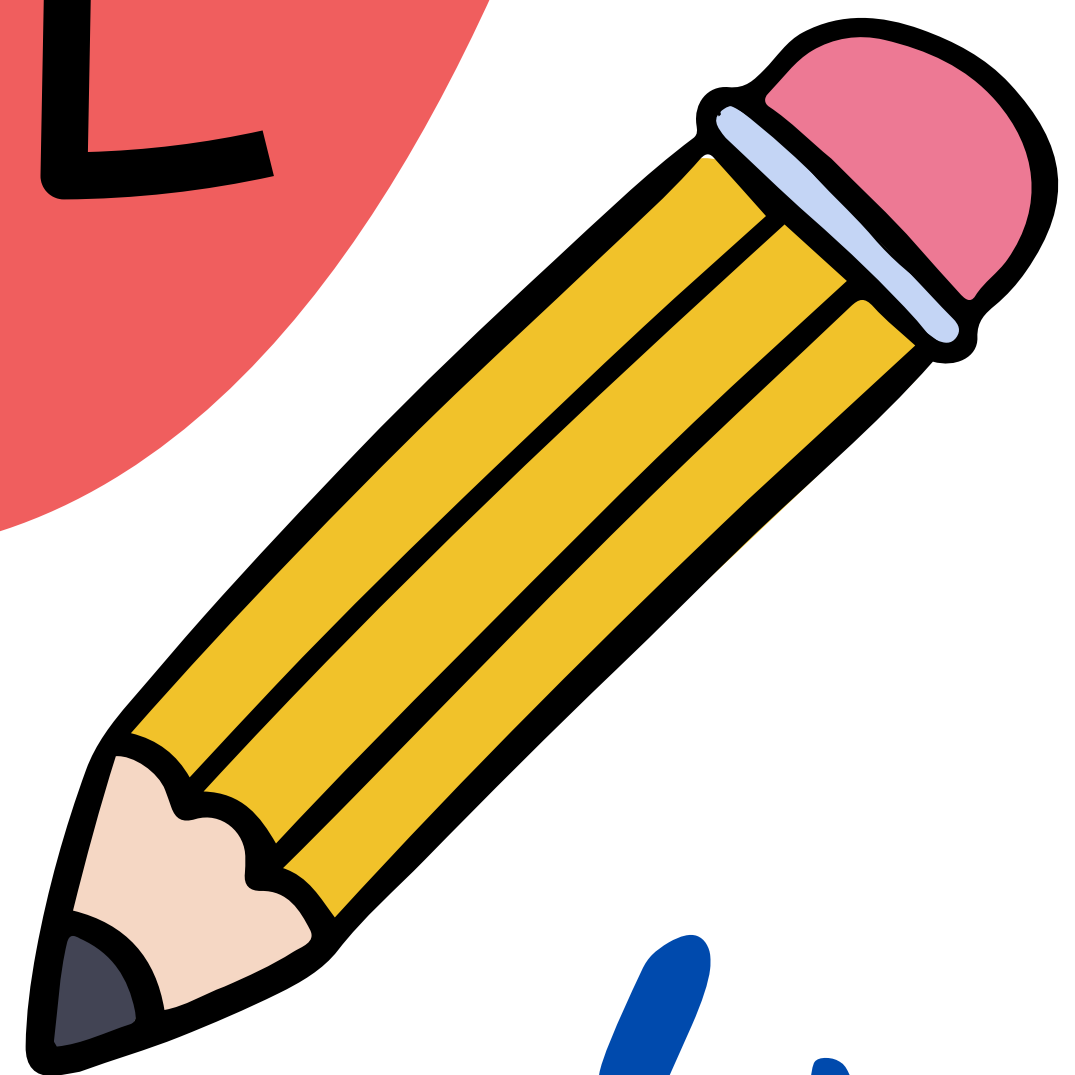
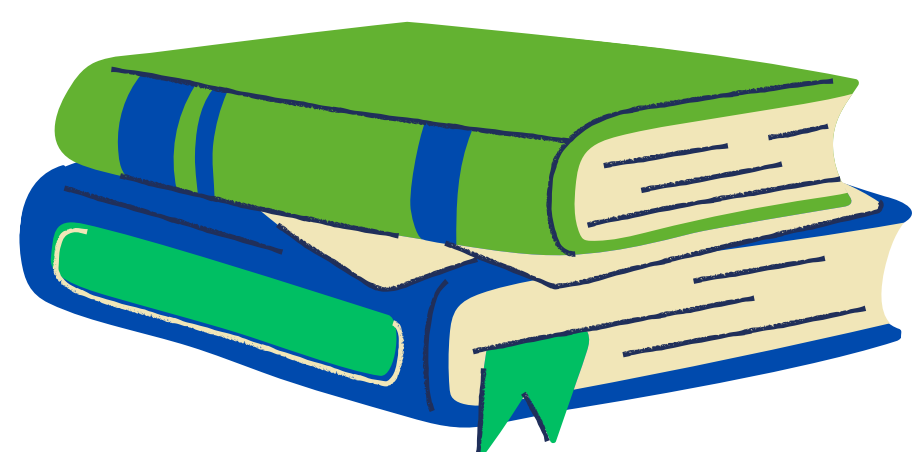


BACK
to
SCHOOL

Welcome Back

Nighthawks

2024-2025



THE TRAIL TRIBUNE

Meet Your *Assistant Principals* and *Student Advisors*

Interviewed by: Areej y
Written By: Jennifer g
Edited by: Sanaa



At North Trail, every teacher is here to guide you through high school. The Assistant Principals and Student Advisors are the main points of contact in getting the support you need. In the past, they have helped students with their mental health, planning for post-secondary schooling, and ensuring their safety at school. No matter the case, their offices are open to everyone.



Ms. Austin is one of the three Assistant Principals at North Trail, and finds reward in guiding students through personal and academic challenges. Since joining the CBE in 2005, she has worked as a literary specialist and assistant principal at both regular and bilingual schools. Outside the classroom, Ms. Austin enjoys exercise and can be found at the climbing hanger. As a lifelong learner, she is learning to speak French and play the cello. The best advice she has received was from her uncle, who said to 'put the best effort in everything you do'.



Before becoming a Student Advisor at North Trail, Ms. Richmond taught Special Education and junior high Humanities at the CBE. She has experience working with a variety of students as a resource teacher and guidance counsellor. As an individual with ADHD and perfectionism anxiety in the past, Ms. Richmond finds it most rewarding to talk with teens about mental health, validating their feelings, and guiding them through struggles. Ms. Richmond is passionate about travelling; she has done house exchanges with her family in Ireland, France, and Australia. The best advice she has received is never to compare yourself to others, but rather to a past version of yourself to track personal development.



Ms. Elliott is in her 25th year as an educator and was a math teacher before becoming an Assistant Principal at North Trail. The greatest benefit of her role is building connections with many students and supporting them during their lows. She relates to the city mouse in preferring the hustle and bustle of Calgary over the small town she grew up in. Ms. Elliott shares a fondness for quilting, sewing, travelling, and hanging out with her dog. In her words, "Not everyone is going to like you... You don't have to make everyone like you or care if someone doesn't like you'. She also believes that with resilience, everything will work out eventually.



As our newest Student Advisor, Ms. Farrell has just started the position and is enjoying it so far. Before joining the team, she taught from grade 4 up to high school at different schools. Even before leaving the classroom, she valued having different connections with students and being a supporter. Sports is a big part of Ms. Farrell's life; her children play volleyball and is a volleyball coach at North Trail. She also finds happiness in camping and travelling with her family. Growing up, her mom always said to 'treat others the way you want to be treated'.



During the breaks from her job as Assistant Principal, Ms. Fehres likes to relax outdoors camping, skiing, snowshoeing and more. She has been downhill skiing since she was 3! According to Ms. Fehres, the best part about being an Assistant Principal is supporting families and students through challenging times, assisting teachers in helping their students, and learning from others. Although it seems simple, she believes that people are the key to dealing with times of hardship.



In her 30 years of teaching, Ms. Murray has taught from Kindergarten up to Grade 12. Now, she works as a Student Advisor at North Trail and takes joy in helping students navigate the tides of post-secondary education, overcome struggles, and keeping the school a safe place. As a lover of all things crafts, Ms. Murray spends her free time knitting, crocheting, woodworking, and trying new activities. Her best advice is that life is not a race and to take the time to try new things, such as registering for a class you are unfamiliar with. You might surprise yourself with a new liking!

THE TRAIL TRIBUNE

Interviewed By: Noor S
Written By: Areej
Edited By: Noor



The Learning Support Room is a quiet, welcoming environment where students have the opportunity to work on assignments, study, and receive individualized support. Mrs. Slade and Ms. Macdonald described this space as designed to meet the unique learning needs of each student, whether you're sent by a teacher or need help developing crucial skills such as time management, self-advocacy, or learning new concepts, this space is for everyone. This room assists students in their academic and personal growth. Students can utilize this space not only to complete work but to build confidence and independence as learners. "It is always such a reward, to see a student find success when they may not have found success before," says Mrs. Slade. "As well as seeing students find that 'aha' moment in their learning."

For the resource staff, each day looks completely different, as the resource teachers' schedules are built off the varying and contrasting needs of each student. A typical day involves checking in individually with students, providing one-on-one support, and developing targeted learning strategies. By accommodating each student's learning style, they are able to combat their learning challenges. Mrs. Slade and Ms. Macdonald also emphasize the importance of collaboration with classroom teachers to ensure students are on the right path to success both academically and personally.

Communication plays a vital role in the resource staff's work. At the beginning of each semester, the team connects with teachers to learn what their students need, and to strategize how to best support and cater to their needs.

If you feel that you could potentially benefit from the Resource Room (rm. 2204), Mrs. Slade and Ms. Macdonald's advice is simple: speak to your teacher. Teachers at NTHS play a key role in identifying students that need extra support. From there, you can be referred to the Resource Room, where an individualized step-by-step plan will be created for your success. Additionally, students can reach out to their school adviser- Ms. Murray (A-H), Ms. Farrell (I-O), or Ms. Richmond (P-Z)- if you need further assistance.

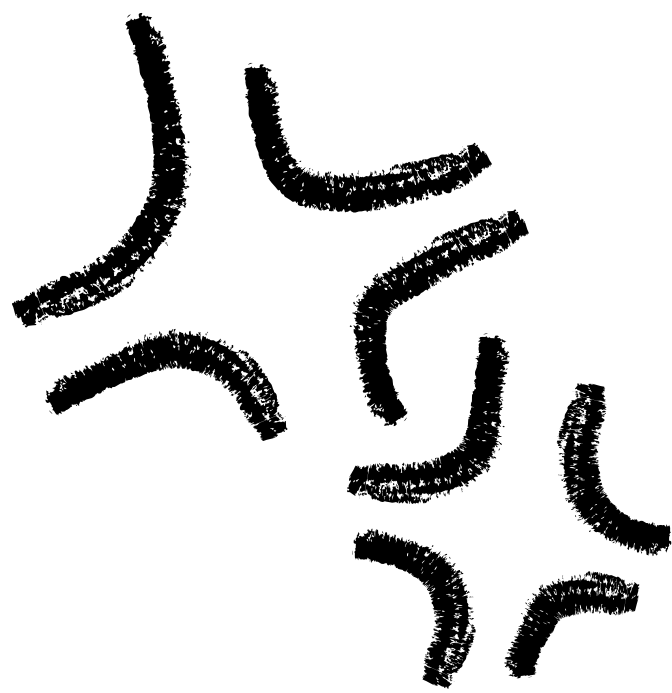
Supporting students with diverse learning needs requires creativity and encouragement. "Motivation looks different for everybody," Mrs. Slade shares. "A key point for us doing this is to develop positive, trusting relationships that allow the students to be comfortable and allow them to be more vulnerable in their learning." The Resource team fosters an inclusive learning environment by advocating for students' individual needs. The team works closely with teachers to understand students' needs and equip students, and teachers with strategies.

Whether you need help catching up on assignments or learning how to manage your workload, the Resource Staff and space is here for you. Mrs. Slade and Ms. Macdonald are committed to helping every student thrive, and they invite you to make use of this welcoming space.

In the words of Mrs. Slade and Ms. Macdonald, "We want you to feel good here, and want it to be a safe space for students at any time of the day!"



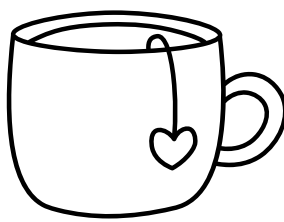
A Bear Walks Into A Bar - A Comic



by Savya K



Café Etiquette



Interviewed by: Adeena S
Written By: Nayana O
Edited by: Wilson W



Leftovers are sold the next day for \$3 dollars which could help students who can't afford the item the first day. The staff will reheat it for you and oftentimes students would come and request leftovers as the food item usually tastes better and has richer flavor after a day.

Initially, during the beginning of the school cafeteria last year it was a “madhouse” as individuals were rushing to tills, no lines, etc. As a result, it became quite hard on cashiers as it had become quite overwhelming. Due to this, the cafeteria now requires barrier devices to enable organized line formations and less chaos. Additionally, teaching students how to be respectful to one another allows staff to get through the line more efficiently and safely.

Use professional behavior: no swearing at cashiers, not obtaining high demands towards staff, and understanding the learning process for the cashiers (it is a high stress job for them).
Keep the line moving: determining your order before reaching the till and understanding that there are individuals behind them waiting to receive their food.
Remain calm and respect boundaries: dont push and shove (cutting in line) as it is not fair to those waiting in line for their order especially if the cafeteria sells out of their choice.

As the students from the previous year had lunch time training sessions to guide them to use a till properly, how to engage in customer service, etc. As for this year, the majority of Chef Sabrina’s team returned to her, it allows her to buddy the experienced to shadow the non experienced. Chef Sabrina uses the saying “See one, Do one, Teach one”. As she believes this saying contributes towards one's growth.

This year it was quite fascinating as to how easy it was to get students to follow the line and understand the guidelines. As the new school year began and many new students arrived, there has yet to be a crisis that has occurred compared to last year.

Appreciation:	As chef Sabrina has been a chef for quite a while, her staff have also invested their time and effort into their work as well. This means the food has been cooked by the students and receiving that feedback from others allows them to feel proud of what they are doing and consider how their actions will help them in the real world. Even critical feedback is desired in the kitchen as it allows chef Sabrina to take into consideration and serve the students the food they desire.	Respect:
• Thanking the students for serving them • Coming back to give compliments on the food served and providing the student chefs some feedback. ex: I really enjoyed the cookies today or the butter chicken was delicious.		• Not raising your voice especially when it come to minor inconveniences • Not talking down to the staff or belittling them • Not pressuring them as staff might get overwhelmed causing disruptance to the flow of the line

Last year, issues arose from students leaving big messes causing the cafeteria to shut down for a period of time. So, cleaning up after ourselves and putting things in the correct bins is quite crucial. Our generation (students) needs to recognize the importance of food waste as it has become increasingly more difficult to purchase food for a good price and throwing it away unnecessarily is essentially throwing away money.



- 1. How would you define cafeteria etiquette, and why is it important for both students and staff to observe?
- 2. What are the key behaviors you expect from students while they are being served or choosing their meals?
- 3. How do you train or guide cafeteria staff to handle large crowds while maintaining respect and efficiency with students?
- 4. What are the biggest challenges you’ve faced regarding students not following etiquette during busy lunch hours?
- 5. In what ways can students show respect and appreciation for the cafeteria staff and the food being served?
- 6. What etiquette tips would you suggest for students once they have received their food—whether it’s regarding table manners, food waste, or cleaning up after themselves?

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The staff and Chef Sabrina are often told that the "prices are too high" or the "portions are not big enough" Yet, students don't realize that they run on cost recovery. This means if Chef Sabrina brings in \$1000 worth of food then she has to. Make sales \$1000+ to cover those bills rather than make a profit. The prices displayed up on the menu are realistic prices for food. Moreover, being understanding and not asking for free food as well as not talking to cashiers in a disrespectful manner as it demoralizes them because Chef Sabrina wants to instill liability skills within them and learn to deal with difficult customers.

The lines go by quite quickly during lunch hours and the access to the cafe pass is quite beneficial. Being able to be open after lunch and using those cafe passes will be quite helpful during the winter as most students would rather stay within the school property rather than going off campus resulting in more busy lines and students not receiving their order during lunch. The cafe pass allows them to revisit once the bell has rang to come and fulfill their hunger. The key aspect that would need to be required is patience as later on throughout the year the cafeteria will become more busy.

Articulating a "thank you" or conducting themselves politely is a huge thanks to them. Previously, the staff has done catering and events to which they have yet to receive a thank you. This results in second guessing one's work and being able to have that appreciative email or message allows Chef Sabrina to put it up and show the kids so they know what they are working towards and feel proud of themselves.

Chef Sabrina hopes that it helps them in any setting in the real world. Whether it is getting a coffee, going to the grocery store, buying shoes, or a restaurant where an individual is assisting them and who took their time to train and be present. The ultimate take away from this would be to treat others the way you want to be treated. #TheGoldenRule

Chef Sabrina likes to catch these situations exactly when she witnesses it and has a one-on-one talk With those involved. Although she is here to teach and train her students, she is just as present to help customers obtain the skills of a "proper customer".

Within the cafeteria the staff follow the Alberta Health Safety Standards. Whilst the credit towards the cleanliness within the rest of the school goes to the caretakers. Although there might be caretakers, students should be able to clean up after themselves to not create additional work for the hardworking caretakers. Chef Sabrina likes to use the motto " See something, Do something" when it comes to situations like such.

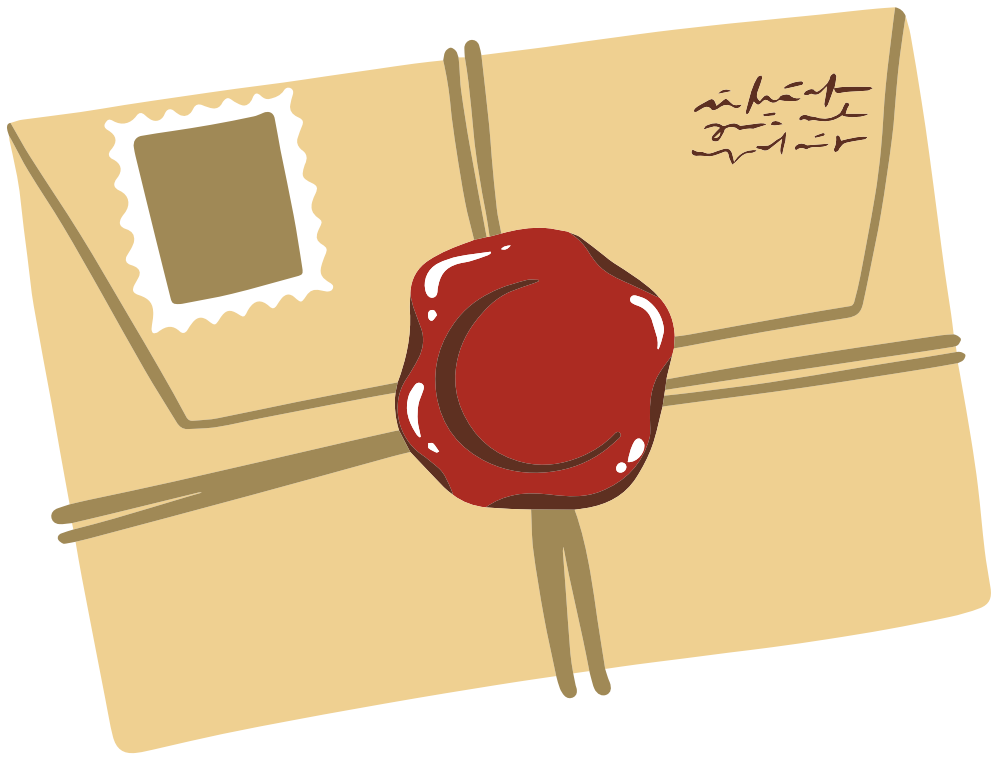
If an individual has the confidence within themselves to say something. Students need to realize that not many hold that confidence especially the cashiers in case they have to tell a customer they are being rude. The advice given from Chef Sabrina is to grab an adult in case one is unable to demonstrate such confidence. Oftentimes the chef is asked to step forward and handle the issues that occur in the cafe. She chooses to handle such situations in a calm and respectful manner rather than raise her voice.

School is a safe way to learn these habits and skills because when students get out in the real world they are faced with more severe consequences for not following specific guidelines and such things. For instance stealing something or damaging property would result in a talk at school while in the real world individuals could possibly get charged and face more obscure consequences to their actions. Having the ability to learn these life skills within a safe place such as school will only allow them to thrive in the future.

The best way to express concerns or complaints is to visit and talk to Chef Sabrina. She is more than happy to have a chat about the students' concerns but if they are nervous she accepts an email or even talks to your homeroom teacher to help communicate with Chef Sabrina or any of the staff. There are many options on how to approach this situation but it mainly depends on your character and whether you are introverted, extroverted, etc. The more a student is able to express their concerns to Chef Sabrina, the better the results concerning the food or service will be.



7. What are some behaviors students might not realize are disrespectful or disruptive when interacting with cafeteria staff?
8. How do you expect students to handle waiting in line?
9. How can students and staff work together to create a more respectful and efficient environment in the cafeteria?
10. Do you believe practicing proper etiquette in the cafeteria can influence students' behavior in other school settings?
11. How do you handle situations where students are disrespectful to cafeteria staff or their peers in the lunch line?
12. What actions do you take when students fail to clean up after themselves, and how do you encourage accountability for maintaining a clean cafeteria?
13. What advice do you have for students on how to manage conflict, such as disputes over seating or line-budging, in a respectful way?
14. How do you think cafeteria etiquette connects to broader life skills, such as responsibility, teamwork, and respect for others in public spaces?
15. What's the best way for students to express any concerns or complaints they may have about the food or service without being disrespectful?



Letter to Our Very First Graduating Class

What a journey it has been, the past two, almost three years have gone by so quickly. It has gone so quickly that we as the first graduating class forget to stop, take a breather, and to reflect and think upon the time which has gone by so fast.

My name is Matthias Lee, part of the graduating class of 2025, and more significantly, part of the first graduating class of this school. At the start of our high school life, we were in different high schools, different communities, and a different environment. But now, a full year in, we have created a community, a culture, a Nighthawk culture which will last for a very long time. We are on the home stretch, the final push to finish off this high school experience successful. But as we finish the first month of grade 12, we must enjoy and take everyday as if it is our last day of high school.

I have recently often thought about graduation and what it truly means, graduation has a deeper meaning. Sure, we are graduating from high school and moving onto bigger things, but it isn't just graduating from high school which gives it weight. All the memories we have made along the way, all the lessons and inspiring messages from teachers, and the achievements we have made culminated into where we are now. Achievements within the first year such as winning banners from the basketball team and the badminton team, and doing very well in track & field, cross country.

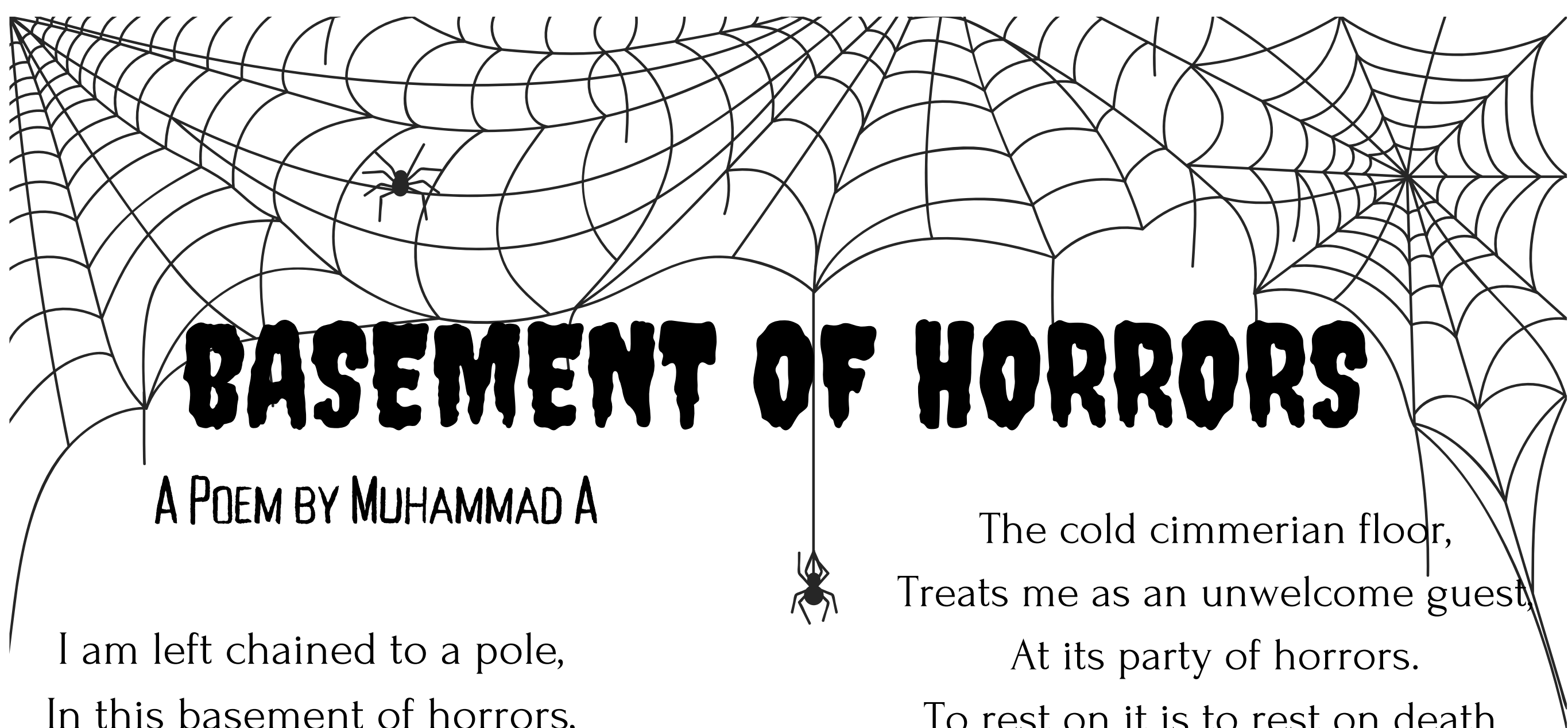
Memories we have made along the way like the girl's soccer team getting their soccer attire twenty minutes before their game against Crescent Heights which we won 8-2, to the mayor visiting our school and the historic official ceremonial opening of the school. These are the memories and achievements that must continue and continue to make. In my English 30 class, there was this quote which stood out to me, watching this film "Into the Wild", "happiness is only real, when it's shared". This quote hit me, not because I only share happiness to myself and away from my friends, this quote is important because when we create community, when we connect with each other, and when we are happy, we make this school a better community.

As of writing this, there are 279 days until us grade 12s depart from our high school career. An end of one of the most memorable years of our lives and commences a new beginning. While we are still in high school, what kind of example do we want to set for the grade 11s and 10s. What example do we want to set for them as they will eventually be where we are. And for the future students at North Trail High School, what kind of community and what kind of culture do we want to build and create. What kind of community and culture do we want to show others. Finally, what kind of reputation do we want to build for our school. It is in the hands of us to construct.

Let's make our final the best and most memorable year yet in the best school yet which is North Trail High School.

Let's make history, Class of 2025

WRITTEN BY: MATTHIAS



BASEMENT OF HORRORS

A POEM BY MUHAMMAD A

I am left chained to a pole,
In this basement of horrors,
In this house of gruels.
The chain so strong,
not even the gladius could prove useful in my
escape.
It is made of eldritch alloys, all consistent,
In containing a horror that will entrance,
Me once I touch it.

The pole, or the splintered prison,
Of dread I rest on, waiting for a saviour.
The pole's splinters, are little demons
that bite a piece of me every minute.
It stands tall, in this basement of horrors.
I think it enjoys being the witness,
To my endless suffering.
I'd describe it as a narcissistic monstrosity

The cold cimmerian floor,
Treats me as an unwelcome guest,
At its party of horrors.
To rest on it is to rest on death.
It's past occupants letting me know,
Of its nefariousness.
Its hospitality to those begone spirits,
Is no better; they still feel the haunts.
Its persistence in making me suffer,
Is rather impressive.
Really a definite part of this horror house.

Am I seen as a guest? Or soon to be dead.
Hope is an outreach, even the thought.
An unreal, unimaginably sinister feeling,
Creeps up on me in intervals,
It seems to enjoy the suspense it bears.
With it, come terrifying scenes,
That play out in my mind.
The scenes are nevertheless gruesome.
Will I ever escape, its up to fate,
Until then I suffer,
in this house of horrors.



"Make a lot of friends and don't be shy. Talk a lot because it's not as bad as it seems even though everyone's nervous. Also respect your teachers and the school environment in order to gain your teachers' trust."

"lock in for math."

"Advice for next grade 10s is to do your homework and not skip like everyone else does."

"You better walk fast in these hallways because it's already too crowded. So don't be walking too slow because you will get shoved, you will get pushes and it'll probably be me doing that so yeah."

"My advice is to actually do your work and focus on your studies because it'll just make your whole high school experience easier."

"My advice to future grade 10s is to get a with a group of people that you really enjoy hanging out with and would like to stay for the next three years."

"My advice is to make friends and strong relationships with students and teachers. Basically anyone you can possibly engage with."

"My advice is to always do your homework because then you won't have to study basically and I learnt that."

"Be friends with everyone and go out of your comfort zone to talk to anyone because you don't know who can be your next best friend."

"DON'T BLOCK THE HALLWAYS."

"My advice is to have fun with your friends."

"My advice is to stay focus and work hard."

"Splurge on the cookies because they're a dollar and we'll never know when they will come back to a dollar."

"Don't hang around the wrong people"

"My advice is to not get into the habit of skipping."

"Study hard."

"Do not take the bus next year. It's crowded, it's not gonna happen. 421 already packed, 123 already packed. You better walk home. 86 already packed. Get a ride, walk home, or get a car."

Tales from the Trail

"What advice would you give students coming to North Trail for the 24-25 school year"

Interviewed and Written by: Ayesha

"People shouldn't be afraid to make new friends because I made a lot and I was scared but just talk to people because everyone's nice and everyone's new."

"My advice is to keep your peace. Don't try to get yourself involved in stuff and do what you want. Don't care about others because they're always caring about themselves."

"Go to class on time, that's the biggest one. Just go to class. I think the big thing is for our grade 12s to think about all the exciting possibilities of their future and to work hard to achieve it. Remember to breathe when taking an exam and take care of your mind, place and take care of the school. Smile when writing an exam and no vaping in the bathrooms."

"Honestly don't overpack your schedule because you're not gonna be able to keep up with finals week and it's just going to be too much for you."

"Be respectful of people and understand you're all in the same boat."

"You should join as many activities as you can. Be involved with the school, do spirit week."

"Don't let society control the person you become in the future."

"Make sure you pick good classes so you don't have to do summer school."

"If you pass the same tree in a forest, it means you're lost."

"Don't take an option if you're not gonna take it to the thirty level."

"The decisions you make in high school, don't let people influence them because three years from now, you probably aren't gonna know half of them."

"My advice would be to not be influenced by others and always do what you think is right no matter how many people are against it."

"Lock in."

"Advice I would give to students is to get a planner. Stay organized and be on top of everything. When you organize all your assignments and everything you want to do, it's a lot easier to manage time."