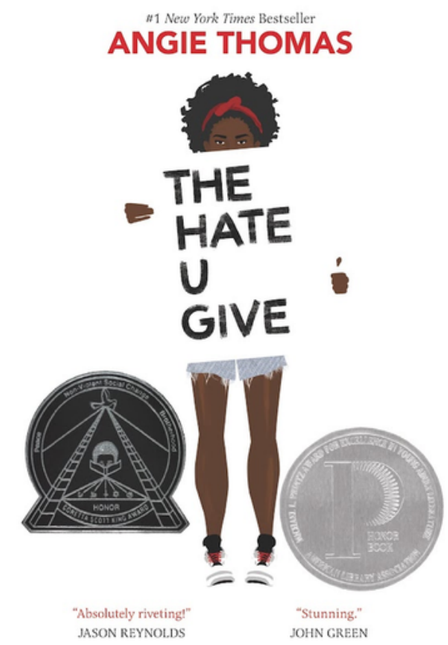
October 2026 North Trail High School 2026-2027

THE TRAIL TRIBUNE

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Book Of The Month





The featured book for October is the young adult novel The Hate U Give by Angie Thomas. The novel follows sixteen-year-old African American girl, Starr Carter, as she navigates the challenges of living in a poor neighbourhood while attending a predominantly white private school. Starr's life becomes even more complicated when she witnesses the unjust shooting of her childhood friend, Khalil, by a police officer during a traffic stop. Khalil's death becomes a national headline, with some calling him a thug or drug dealer, while others protest his innocence. As the only person who can tell the world exactly what happened to Khalil, Starr faces immense pressure from the media, her community and the police. She must decide whether to speak out, even though it could put her and her family in danger. The novel shows us the harsh reality of police brutality and the devastating impact it can have on individuals, families and communities. Overall, it allows us to better understand and support Black communities in their ongoing fight against racism.

Written by Norah A.
Edited by Jennifer Z.

Pet Of The Month



Meet Corey! He is a three-year-old Beagle mix pup who loves to sleep, and occasionally, rip the limbs off his toys. This foodie can pick up tricks very easily as long as treats are involved. Corey is more than just a cutie. This pup was once a rescue who needed special love and care. Now he is living the dream, with a loving family that will cherish and continue to care for him.

Written by Jennifer Z.
Edited by Muhammad A.

Cookie Of The Month

Caramel Apple Cheesecake

Take a look at North Trail's most loved dessert and cookie! Over the years, students have loved our classic chocolate chip cookie, and the chefs bake about 100-150 cookies a day, all of which sell out before lunch. But this month, another famous bakery item has become students' favourite: **Caramel Apple Cheesecake**! Come try out this famous cheesecake at the Cafe or give this recipe a try at home!

Cheesecake Batter
- 750g softened cream cheese
- 1 cup granulated sugar
- 4 eggs
- 1 tbsp vanilla extract
- 1 cup sour cream

Crust
- 300g graham cracker crumbs
- 90g melted butter
- 75g granulated sugar

Apple Filling
- 3 Granny Smith apples
- ½ cup water
- cornstarch
- cinnamon
- sugar

1. Mix softened cream cheese with granulated sugar until smooth. Blend in 4 eggs one at a time. Add in vanilla extract (amount can be adjusted) with 1 cup sour cream; mix until combined.
2. Peel and dice Granny Smith apples. Simmer apples over the stove with water. In a separate bowl, mix sugar, cornstarch, and cinnamon in your desired amount. Add the spices to the cooking apples and cook until thickened.
3. Combine crushed graham crackers, melted butter, and granulated sugar. Press into a parchment paper-lined 8-inch springform pan. Spread half the cheesecake batter on the pan and add half of the apple filling on top. Pour the remaining cheesecake batter on top of the apples and add the rest of the apple filling on top.
4. Bake at 300 degrees Fahrenheit with a water bath on a separate tray. Without opening the oven door, turn off the oven after 45 minutes and let the cheesecake rest in the oven for 10-15 minutes. After cooling, cut into slices and serve with sweet caramel sauce and whipped cream on top.

Chef Jehan loves to add gold dust for a stunning visual look.

Serve, Eat, and Enjoy!

Written by Mehek B.
Edited by Jennifer Z



This issue was designed by Calvin, Lily, Toni, Natalie, Kaitlyn, Zahra
Edited and Reviewed by Ms. Thiara

THE TRAIL TRIBUNE



Chef Pavol Staff Interview

We had the privilege of interviewing North Trail's new chef, Chef Pavol. Throughout the interview, Chef Pavol expressed his path to becoming a chef, his personal roles and responsibilities, and his overarching vision for the culinary program at North Trail. He was born and raised in Slovakia, with a highly distinct educational background compared to Alberta. In Grade 9, he had to choose between pursuing a culinary apprenticeship, attending a soccer academy, or continuing with general high school studies to prepare for university. Chef Pavol had a passion for food, and he reminisced how his grandmother would say to him, "When you eat, you make me eat too." This led him to start his journey in the culinary field.

Over the course of Chef Pavol's illustrious career, he has accumulated 30 years of international culinary experience, many of which were spent in culinary hubs around the world, such as London, Germany, Ireland, and Australia. He earned his bachelor's degree in Culinary Arts and Business in London, home to some of the world's greatest fine dining restaurants. Chef Pavol remarked that "traveling and experiencing the world shaped who I am, and I am always happy to share these experiences with students.", emphasizing his passion for novelty, varied experiences, and stepping outside of one's comfort zone.

Chef Pavol currently shares the teaching role with four other chefs. His specific responsibilities include overseeing the bakery alongside Chef Jehan, running the cold station with Chef Jessica, assisting in the student training process, and altogether fostering a fun and engaging environment. Chef Pavol's primary ambition is to share his experiences with the students in Culinary, and teach them valuable and practical life skills, empowering them to learn to cook independently. He strives to cultivate an openness to new foods and cultures among students, and extend his passion for cooking to them.

His vision for the Culinary program is to expand into new menu items like international snacks and street food, with the goal of exposing students of North Trail to foods from different regions around the world. Considering how many students come to school without a nourishing breakfast, Chef Pavol is also planning to launch a breakfast menu at North Trail as a future aspiration, to ensure that students have access to nutritious, affordable food to start their day. He would like to propose implementing healthy options such as porridge, breakfast sandwiches, pancakes, and protein shakes to the breakfast menu.

Overall, Chef Pavol's benevolent and curious spirit has immensely fueled the growth of the culinary program at North Trail. His diligent work has contributed to building North Trail's robust Culinary program, a clear underlying vision of the future prospects of the program, and a fresh perspective on the value of culinary exploration. We look forward to seeing the exciting new chapter of the North Trail Culinary program unfold under the leadership of Chef Pavol and his coworkers.



Interviewed and Written By Laura.L and Zen.K
Edited By Muhammad A.



THE TRAIL TRIBUNE

Daniel
The Success Coach



SUPPORT STAFF INTERVIEW

Our selected interviewee was Daniel Amar, the new Success Coach at our school. During the interview, Mr. Amar has shared with us his personal experiences and visions as a support staff at North Trail High School. In his role as the Success Coach, Mr. Amar connects with students who may be facing barriers to their academic and personal success, and takes actionable steps to ensure they are receiving the support they need. He is part of Trellis, an organization which provides resources and programs for at-risk youth and their families.

Mr. Amar's work is shaped by his heartfelt passion for, and commitment to, supporting students' academic and personal wellbeing. His overarching ideal is that every student is equipped to have a sustainable future, and receive the support they need to graduate high school. Championing his values of compassion, inclusivity, and belonging, Mr. Amar has earnestly worked to address the non-educational and non-academic dimensions impacting student well-being. He strives to cultivate a supportive, nurturing environment for students to overcome stigma and shame, and encourage them to openly reach out for help to surmount personal struggles compromising their success in life. When asked for his go-to advice for the students of North Trail, he asserts that students should"never be afraid to ask for help," and affirms that "there are people here that are cheering for you and want to help you."

Mr. Amar recounts his personal life journey during his youth, reflecting upon how finding a place to belong in his high school theatre program cultivated a tremendous positive impact on his life amidst hardship and instability. For him, the friends he formed in Theatre became his "found family" away from home, and they made memories together that he still cherishes to this day. Mr. Amar strives to provide similar support for students who are going through struggles in their own lives, and he sincerely hopes that students will be able to find people that they can truly bond.

Throughout his work as Success Coach, Mr. Amar frequently assists students who are undergoing financial insecurity, family issues, and related challenges. Mr. Amar notes that his role as a Success Coach is similar to that of the student advisors at North Trail, yet remains functionally distinct, describing himself as the "official school bestie" to whom students can reach out to in order to access support for their mental health problems and issues both within and outside of school. While student advisors primarily focus on academic responsibilities—guiding students with course planning and post-secondary preparation—Mr. Amar places a particular emphasis on supporting the mental and non-academic dimensions of student wellness. Even though several of the students he serves come from harrowing and distressing situations, Mr. Amar finds profound meaning and fulfillment in helping every student feel seen and supported, regardless of what their story may be. His greatest joy comes from being able to lift up these students, even if it is as simple as bringing a smile to their face. He firmly believes in the value of a solid support system, affirming that a single trustworthy person to turn to can immensely mitigate the impacts of adversity and trauma.

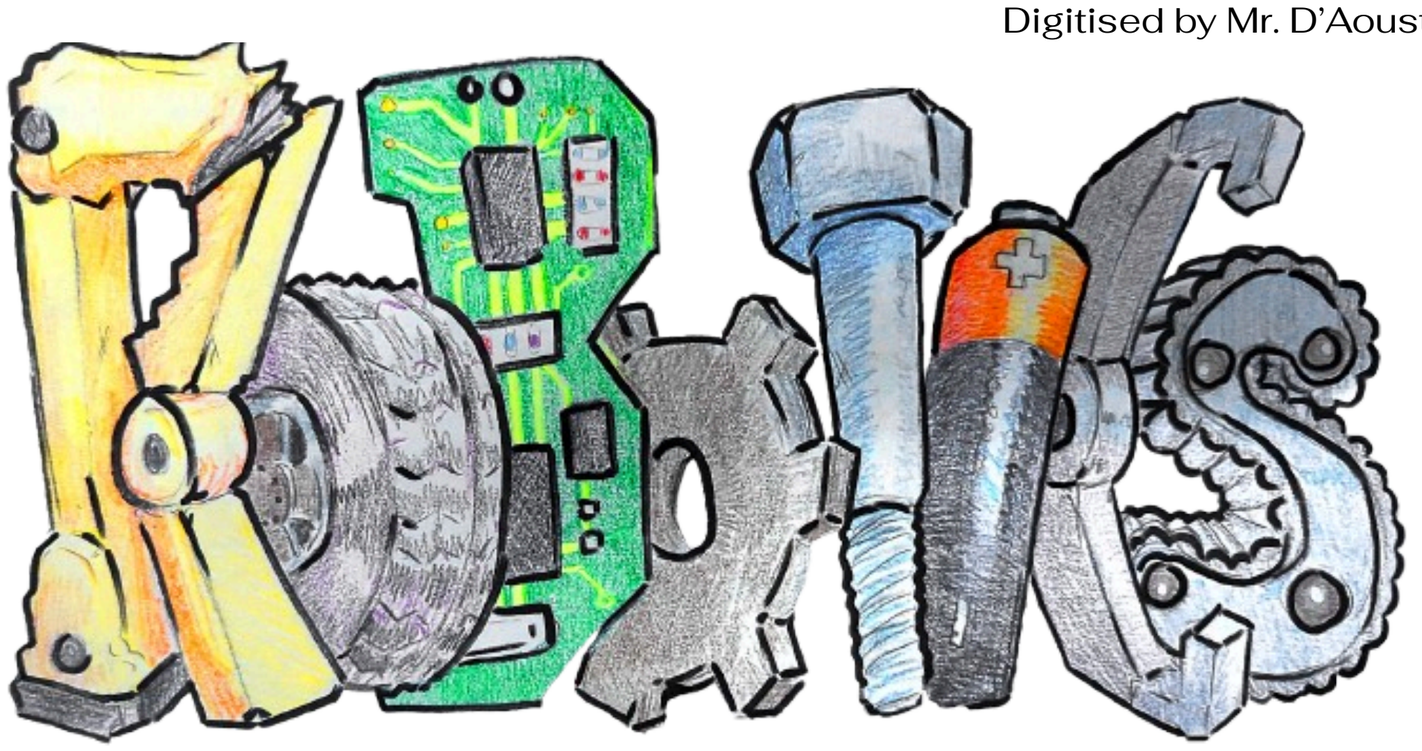


As we sat in his office, we could see the care Mr. Amar has invested into making his office feel like a safe, welcoming environment for students. A string of LED lights provide a soft glow, while a narwhal-shaped lamp and a picture of SpongeBob characters at the beach evoke a touch of humour and delight. Mr. Amar's empathetic persona and his passion for supporting students have led him to pursue his career as a social worker, cultivating positive experiences for struggling students. Mr. Amar's role as Success Coach is truly indispensable to North Trail, and we are ecstatic to see the positive impact Mr. Amar will create in the lives of students at North Trail.

Interviewed and Written By Laura.L and Zen.K
Edited By Muhammad A.

THE TRAIL TRIBUNE

Title Illustrated by Phoenix K.
Digitised by Mr. D'Aoust



As you walk through the corridor of creativity, you notice it all; art, film, and computers, but what stands out the most is that glass-walled room with all sorts of contraptions in it. This is our very own Robotics Lab, where what's nurtured can only be described as raw creativity and the thrill of wanting to build something amazing. Inclusive, incredible, and innovative. As a successful and steadily growing program, Nighthawks Robotics allows students to create innovative projects, gain valuable team-working skills, and compete in tournaments internationally. Ms. Buick and Mr. Johnston are the teacher supervisors who graciously dedicate their time to keeping the program running smoothly. After interviewing these leaders, it appears there is more to these robots than meets the eye…

Ms. Buick likened leading robotics to running a small business: budgeting, graphic design, and advertising are also essential aspects of managing a team. Preparations for the upcoming League Tournament,–hosted at North Trail–, are creating excitement for the Nighthawks as they look forward to another year of competition, creative problem solving, and the opportunity to build something new.
Hear from what three students have to say about robotics at North Trail!

Kaidan is a senior lead builder and unofficial captain for Team 24124 North Star. He is in charge of designing the bulk of the bot and is proud to have developed parts of past bots entirely himself. While Kaiden is fortunate to have a 3D printer at home, robotics students have access to the school's 3D printers and many other resources in the DTFI room. His favourite part of robotics is meeting new people from all over the world at international tournaments. Robotics also has deep connections with alumni; former Nighthawks robotics students have shared their insights on fixing issues with the bot. Team 24124 is especially proud of the Nighthawks Statistics Dashboard, which they programmed to predict teams' EPA (Expected Points Average). With EPA estimation, teams can track their progress and make well-informed decisions. According to Kaidan, a unique part of Nighthawks Robotics is the structure in subteams, such as in design and programming. In his words, "It is very well structured, and we all collaborate extremely well. I'd say it is one of the best out of any schools in Calgary." A piece of advice Kaidan has for younger robotics enthusiasts is to never be afraid to share your ideas.

Husna is the business lead for Team 30645 Aurora, the only all-girls robotics team at North Trail. The business subteam is responsible for building branding and creating a portfolio highlighting the team's achievements, as well as securing partnerships. Husna's role also allows her to dive into the creative side of robotics, such as creating social media posts, graphic design, and fundraising. A feature of robotics that Husna appreciates is that students have the flexibility to explore their interests and contribute to their team in more ways than one. In addition, she believes that the teamwork skills that she has gained will prepare her for joining the workforce. In her words, "it's like putting you into an office without being an office". Her fondest memory in robotics was being a part of last year's junior robotics team and ranking first across Alberta despite having limited experience at the time. A word of advice Husna has to share is not to be discouraged from joining robotics just because you don't have experience. In her words, "If you're experienced, there is a space for you. And if you're a rookie, there is also a space for you… If you want to be a part of it, just go for it."

Emily is an all-rounder from Team 30645 Aurora, known for its advertisements and adorable mascot. As the only all-girls team, Emily stresses the importance of introducing girls to male-dominated fields such as robotics. Her favourite part of robotics is learning new things and being part of a close-knit community that stretches beyond North Trail. In her words, "We have friends in all of the other robotics teams from wherever we go… We're pretty good friends with Mandela." Emily designed the team's mascot, a little nighthawk named Sproot. She is especially proud to have a large crochet version of Sproot brought to their tournaments. Emily is also deeply involved in selling merchandise of Team 30645 at school, such as at last year's CTS showcase. All items were designed by robotics students, and each purchase of a keychain, ID card holder, or sticker of Sproot supports their team. She encourages students to step out of their comfort zone and try new things, as that was how she discovered her passion for robotics. According to Emily, "My parents never thought I'd join robotics, and I don't think I've ever seen myself in robotics. However, I really started enjoying it when I actually joined and gave it a try."





Interested in learning more about robotics? Swing by room 2305 or 2307 and speak to either Ms. Buick or Mr. Johnston for more information.

Interviewed By Jennifer Z. and Isaac L.
Written by Jennifer Z. | Edited by Muhammad A.

THE TRAIL TRIBUNE

the trail's chirpings

+ your burning questions, answered ***badly*** :) AI Mode

Written by Jennifer Z. and Muhammad A. Edited by Zen K.

Q: How do I get to the cafe line before anyone else does?

Buy a chocolate chip cookie a day in advance, and place the cookie on your teacher's desk approximately 10 minutes before lunch. While they are busy indulging in the cookie, take the opportunity to stealthily leave class early, and you'll effortlessly beat the crowd to the cafe. Remember to prepare another cookie to repeat the next day. This trick does not work if your teacher is not particularly fond of cookies, or if your class is in the middle of a test, so proceed with caution.

Q: How do I do better on my physics test?

On a sticky note, draw the free body diagram of an apple falling from a tree, and stick it underneath your table. On test day, a miniature version of Isaac Newton will appear on your desk and remind you to check for sig digs.

Q: How do I deal with a person who doesn't contribute anything to the group project?

Flatter them with your appreciation for their imaginary work and contribution. Eventually, they will feel the pressure to live up to your praise and complete their part. Alternatively, send them back to the Middle Ages to toil as a serf as a weekend lesson in hard work and diligence.

Q: What is the strategy for understanding Shakespeare?

Borrow a copy of Hamlet from the school library, and open up to the very first page of the first act. Place the book underneath your pillow before you sleep. When you wake up, you will have mentally absorbed its contents without an ounce of conscious effort. Repeat for each act as necessary. You will know the process is working when you dream of avenging your father's murder.

Q: How do I get out of the student parking lot before the traffic gets bad?

Sell your car for $126.00, and use that cash to buy a transit pass. Now, the trick to beating the traffic is to think outside the box. If you don't have a car, you won't get stuck in traffic; it's been scientifically proven about a thousand times. You may not have a car, but you do have a transit pass. After the bell rings, you must walk to the crosswalk and watch all the cars stuck in rush hour as you patiently await the arrival of your new vehicle… THE BUS.

Do you have a burning question?

Submit your question to be answered in the next edition using the QR code! 🔥🔥

North Trail hosts *debate tournament*

Written by: Shahaan **Edited by:** Zahra

This month on October 8th, North Trail held a British Parliamentary style debate tournament. The tournament consisted of two rounds which included eleven schools. We want to give a big shout out to our debaters. Starting with the experienced teams, Troy Obasi placed first with a substitute as a partner, Saanvi and Jaiya made top ten in the team category, Kushad and Shahaan placed 2nd in round two, and lastly Hugo and Saeed for being in the experienced category for the first time. Now onto our beginner debaters starting with Kaden and Nadia who won their first round and came fifth overall, Leah/Zunaira and Carter/Linna for both placing 2nd in a round. Lastly, a special thank you to Calvin and Zahra for organizing our rooms and Key Club for volunteering their evening! Now onto a short collage of photos that we took during the tournament.









THE TRAIL TRIBUNE

Trail Sports

Written by Muhammad A.
Edited by Toni R..

The fall season brings about many joys, one of which is the opportunity to witness our nighthawk athletes collect wins across Calgary, through numerous sports such as Football, Soccer, Volleyball, and Cross country. Many of our other sports teams have been working hard behind the scenes, getting ready for their upcoming seasons. Swimming, wrestling, basketball, and many more sports are preparing to represent North Trail in the months of November and December.

The Senior Girls', and Senior Boys' volleyball teams have had incredible success this season, and have made their home games particularly entertaining to watch! The Senior Girls have won against the strongest of teams, and on Oct 22nd, they dominated their last home game, ending it 3-1. The Senior Boys have made sure to make their mark in the division, currently boasting 18 wins across the season. The Senior Boys and Girls took the Senior Screamer tournament by storm, placing 1st against teams from Edmonton, Medicine hat, and Calgary.

A team that has truly set the bar high is our Girls' Soccer team. These nighthawk athletes have worked incredibly hard to build an unprecedented level of skill, with absolutely no losses this season. They must receive recognition, as this is no easy feat. They advanced to the finals, and with all of their determination, they made sure to leave it all out on the field.

Cross Country has been working unbelievably hard and results are showing. Bashir.K placed 4th, and Teaghan.M placed 65th at the Cross Country Provincial Championships. Friday Night Lights have been an amazing way to bring students of North Trail together, and we have the Football team to thank for that, as they have been giving it their all this season, and are now preparing for playoffs. The month of November will be crucial for the swim team, as their practices are now leading up to the swim meet in December.





THE TRAIL TRIBUNE



Jr Girls Volleyball @ John. G Diefenbaker





Girls Soccer @ Notre Dame





THE TRAIL TRIBUNE

HOT TAKES

Bold, subjective, and outright crazy. That's what most people think of when they think of hot takes. The name is self-explanatory. Sometimes, a person's subjective opinion on something can be seen as controversial, and in today's society these notions are dubbed as crazy, kooky, dumb, and irrelevant. Unfortunately, nobody really reads the fine print when they sign up, which means the possibility of the world collectively abandoning hot takes is close to zero. They are here to last, and will continue to influence numerous aspects of the world.

In this edition's student voice column, you will hear from many students about how hot takes have affected society.



Careful.. it's hot!

Despite the term being coined in the late 20th century, hot takes and controversial viewpoints have undeniably shaped the historical, contemporary social and political landscape, sparking continuous societal change and advancement. Radical ideas and controversial perspectives have questioned long-standing dogma and orthodox beliefs, driving societal progress and reform by re-evaluating notions previously dismissed as irrational or nonsensical. To illustrate, early feminists who advocated for women's suffrage and equal rights were perceived as ludicrous, destructive, and "unfeminine" due to patriarchal beliefs such as that women lacked the emotional and intellectual capacity to partake in politics. However, this historical "hot take" ultimately fueled a global reassessment of civil rights, including milestones like the Seneca Falls Convention, literature such as The Feminine Mystique (rejecting the idea that women should find fulfillment in motherhood and domesticity), and the passage of the 19th Amendment in the US and the Representation of the People Act in the UK. Moreover, historical opposition to foundational religious and anthropocentric beliefs was frequently disregarded, including Charles Darwin's theory of evolution, which challenged views on the intrinsic superiority of humanity due to humans merely being a byproduct of natural selection, and Copernicus, who refuted the long-standing idea that the Earth is the center of the universe. The existence of ideas that are considered common sense in contemporary society, yet were perceived as fringe or outright insane in the past, emphasizes the importance of an open-minded attitude towards modern eccentric and unorthodox views, analyzing them critically rather than instinctively reverting back to established belief systems. Even light-hearted and frivolous hot takes portray the uniqueness and diversity of individual viewpoints and perspectives, avoiding the dullness of unequivocal consensus. Overall, although hot takes aimed at promoting prejudice and discriminatory attitudes are deeply harmful and detrimental to society, it is crucial to scrutinize hot takes rationally rather than default to an intuitive rejection of them.

Written by Zen K.

THE TRAIL TRIBUNE

Not so Hot anymore

Written by Jennifer Z.

Don't have a hot take? No problem! A quick search on the internet will yield endless pages of websites listing slightly unpopular "opinions". 100 Funny and Controversial Hot Take Examples. 500 of the Hottest Hot Takes. 19 Brutal Hot Takes That Have Divided the Internet. How could you not have a controversial stance on the most trivial things? The word controversial is used loosely, as most hot takes are toned down so that you don't grievously offend your coworker during a team-bonding activity. Resultingly, the usual hot take is about petty topics, such as whether cereal is a soup, or if hot dogs are considered tacos. A few impassioned people may be inclined to fight tooth and nail defending the belief that cereal is nowhere close to its savoury counterpart. But at the end of the day, no feelings are hurt. Not to say that it wouldn't be amusing to launch a crusade on cereal Beyond their inconsequential nature, hot takes have lost quite a bit of their originality. We've heard it all before; pineapple belongs on pizza, and socks are perfectly fine to wear with slides. The same few hot takes seem to be recycled during every icebreaker. When millions of people have claimed to have the same hot take, it doesn't seem particularly hot anymore. Make a Venn diagram of any two websites listing hot takes, and you will get a perfect circle. So, what is the alternative? Announcing our "cold takes" and stating the obvious about everything? No one would give a crap. One irreplaceable feature of hot takes was the ability to get under everyone's skin. A revival of the hot take is necessary if we want the excuse to keep annoying one another.

Introduced by Muhammad A.
Edited by Jennifer z and Muhammad A

Ooh.. Too HOT!!

I know that you understand the inevitability of backlash and alienation, but I urge you to see beyond that and look at what hot takes represent for people. Those who hold such subjective opinions often find themselves alone and far from the acceptance of communities, certain groups and even society itself. In order to reach out or make themselves visible, they may take a risk. That risk takes the form of a hot take. What if they choose to look beyond the hurtful criticism and find a small community that understands them? That hot take may be the one thing standing between them and the community they wish to be accepted into. With that being said, I would like to reacknowledge that there must be a very fine line between a hot take and its prejudiced, war-mongering, tarnishing and discriminatory variants that often disguise themselves as hot takes. Nobody should ever dismiss the dark side of hot takes, because even though they may help outcast individuals to stand up, they can easily be used by people to spread hateful ideas and beliefs.

Written by Muhammad A.

Room-Temperature Takes

Hot take but your hot takes aren't hot anymore. Hot takes have become so watered down that I'm starting to wonder if we even know what they mean anymore. Somewhere along the way, having an unpopular opinion became less important than simply stating something everyone already agrees with and pretending it's controversial. "Hot take, but your friends shouldn't be evil to you," or "hot take, I hate when I get sick." Since when did basic human decency and universally shared inconveniences become such crazy revelations? I believe hot takes used to challenge the way people thought, provoked crazy discussions, or at least made someone pause and reconsider their perspective. Now, it seems like all you have to do is simply put "hot take" before an objectively normal statement and suddenly you're a great philosopher! I think maybe it's because social media has made everyone so desperate to be heard that even the most ordinary thoughts need to be packaged as something unimaginable and great. We've become so accustomed to opinions being presented as some kind of entertainment that we've started confusing relatability with originality. There is something deeply concerning about a generation that can spend hours debating fictional characters and celebrity drama, yet feels embarrassed to engage in conversations about the realities shaping our future. Caring is not embarrassing, and neither is having an opinion that might make someone uncomfortable. In fact, I think that's exactly what hot takes should do! They should open up conversations that challenge not only your mind but also your soul, forcing us to confront perspectives beyond our own and to question the beliefs we have grown comfortable with. I believe hot takes allow us to get to know one another beyond the carefully curated versions of ourselves we allow the rest of the world to see. Two people can look at the same world and arrive at entirely different conclusions, and there is something beautiful about having the opportunity to understand why. If everyone agrees with you, if nobody is challenged, and if your opinion requires absolutely no reconsideration, then perhaps it isn't a hot take. Perhaps it's just a thought that is wearing a more interesting outfit. If our opinions can no longer trigger meaningful conversations, perhaps the problem is not that we have run out of things to say, but that we have become too afraid to say anything that truly means something. Hot takes, at their best, create connection through disagreement and individuality through expression. They remind us that we are not all living the same life, even when we occupy the very same space.

Written by Freshnelle T.

THE TRAIL TRIBUNE

Model UN



Written by Laura L.
Edited by Jennifer Z.

Powerful speeches fill the air. Volunteers are busy delivering notes sent from delegates to other delegates in the room. Each session is packed with debate, persuasion, and brilliant teamwork. You carefully listen to each delegate as they deliver their speeches. You assess the dominant opinions in the room and come up with your own. Finally, you courageously raise your country's placard. It is now your turn to speak.



North Trail's very own Model United Nations team has just returned from an amazing tournament at Sir Winston Churchill High School. Established in 2025, North Trail Model UN replicates the decision-making process followed by the representatives of UN member countries. Each student participant is given a country to represent, and they engage in productive discussion and work with other delegates to reach collaborative solutions to some of the world's most pressing issues. The process of reaching a collective resolution is filled with intense debate, speeches, and teamwork, but all along the way, delegates are encouraging and supportive of each other, even in the face of disagreement. Delegates must use their communication skills and knowledge to reach comprehensive resolutions to global issues, going beyond simply proving their point of view. Students in Model UN can practice their speaking skills, leadership, and teamwork abilities in a supportive, non-adversarial environment.

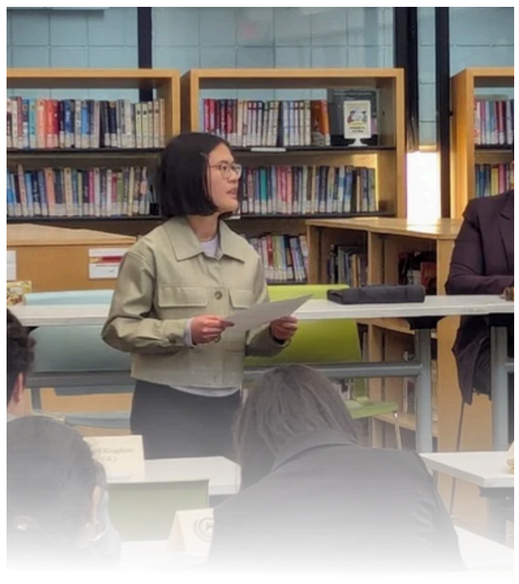
In a Model UN session, you have opportunities to sharpen multiple skills at the same time, such as leadership, debate, confident speaking, audience awareness, and teamwork. Kunwar, a student in Model UN, said that participating in Model UN has helped him to develop his critical thinking and improve his overall confidence. He also said that MUN is a great place to build new relationships with students from other schools while discussing prevalent global issues. In his words, "If you want to build new relationships or simply improve in overall confidence, Model UN is for you." Another student, Moukthika, said, "I enjoyed the process of debating, working with other delegates, and learning to think on my feet." She encourages "anyone interested in constructive debate and diplomacy" to join. No matter your speaking skills, there is a spot for you. In Model UN, there is no loser; all delegates learn to speak and collaborate effectively while following the structure of a United Nations Assembly.

At the Model UN tournament hosted by Churchill, North Trail delegates were immersed in constructive debate and an atmosphere of enthusiasm and persuasion. Once the conference began, each delegate who represented a nation in the United Nations came up to the stage to present their speeches. Many delegates opened their speeches with a fiery statement that referred to a problem they would like to address. Once the problem was described with examples, they proposed solutions that needed to be implemented. Since each delegate was given only a minute for their speech, they had to deliver their speech with focus and clarity. In the follow-up sessions of the unmoderated group caucuses, delegates exchanged their ideas and collaborated to write up the resolution papers. Each delegate knew the protocols of communication as they negotiated with one another with mutual respect, listening and being inclusive of each member's ideas and suggestions.

At the closing ceremony, delegates who stood out in their diplomacy and teamwork received awards. These awards were not given simply because a delegate was a great debater or knew all the answers; they were given to delegates who embraced the collaborative spirit of Model UN and contributed with their creativity and effort. Laura received the Verbal Commendation award for her hard work in representing the Bahamas, marking a unique milestone for the North Trail Model UN club.

From November 20th to the 21st, the North Trail Model UN team will represent our school at the MUN tournament hosted by Centennial High School. If you would like to expose yourself to intriguing perspectives on world affairs and wish to develop confidence in public speaking, check out this club on Tuesdays at lunch in Room 1428. Feel free to chat with any of the coaches: Mrs. Flight, Mr. Pendergast, Ms. Ross, and Ms. Adjedani. You will reap bountiful benefits from joining.







THE TRAIL TRIBUNE

Creative Writing Feature

Anything To Read

Written by: Stella A
Creative Writing and Publishing 15
Edited by: Kaitlyn W

This poem was written in honour of the National Day for Truth and Reconciliation to reflect on the lasting impacts of residential schools and celebrate Indigenous perseverance.

First on the land
She reads with tears falling down her face
I listen and wonder
How could she hate this so?

Nothing to do without her
And I miss her so
Older sister says that I don't want to go
What does she know?

They tell me I'm too young
And that I should savor these moments
But I just want to read the stories like her
Why won't they let me?

I'm next to go to school
Riding our canoe to drop me and older sister off
Our parents cry
Tears of happiness for me to read, I think

They serve us grey mush and tell us to eat
Older sister eats with it dripping down her chin
I stare and taste
Anything to read, I guess

They take us to a bathroom
Dirty they tell us
Dirty, dirty, dirty
Scrub yourselves clean

We scrubbed till we turned red
They took two blades
I watched long dark locks fall
Anything to read, I guess?

We learn of a new god
I have red marks on my wrist for talking out of turn
More for not talking their language
Scars for dancing

Anything to read I said the day we learned their alphabet
I saw the river freeze and wanted to play
I whispered to my friend
"Let's go play sister"

Another red mark
Dripping this time
Anything to read I cried
The sound of wood hitting skin echoing

Then it's summer
I see foreign people they say are my family
I recoil when they raise their hand in greeting
The canoe isn't as smooth as I remember

I puke up nothing on the ride back
They start talking about how thin I am
I didn't lose that much
They use a language I don't know

The foods too salty
I say, pushing my plate away
They stare and smile, still crying
Happy to have me read to the younger ones

Years since the last week of school
For forever
Finally some relief
Found in a bottle

I can't bear to see older sisters kids
They say they miss me
I'm glad the don't have to go
Relief in a bottle piles up in my backyard

I love my parents cooking
They are old now, and still crying
I read a book every night
Right before bed

Anything to read I said
With a bottle of relief in my hand



“If I had a robot, I would just have it fill out all my university applications for me.”

“Well, if it's a robot, I think I would want it to do all of my marking. Oh my gosh I need that right now.”

“Help me make money because I'm poor.”

“I would like my robot to do nothing because I am quite happy doing everything myself.”

“I would have a private chef that could cook for me”

“If I could have a robot do anything, I would have them conveniently show up in particular countries and perhaps make particular people disappear.”

“I would probably get a robot that dabs up Shahaan so I don't have to keep doing it every single day.”

“I would have it do all of my paperwork, like the report card comments, and things that don't require as much thought but take a lot of time.”

“I want my robot to do all the hard things I have to do in life so I can sit down and rot on the couch.”

“I would like the robot to help me with my debates.”

“I'm going to make a robot lawyer to win murder cases for me.”

TALES FROM THE TRAIL

</ If you could have a robot do anything for you, what would it be and why? >/

“I would want it to play Fortnite for me.”

“I would like a robot that would take students' phones away when they're using it inappropriately in class.”

“I would get the robot to change all of the clocks so that I would have extra time to sleep and then change all the clocks back to basically play with time.”

“Be my personal ChatGPT and clean stuff for me.”

“If I had a robot, it would be used to text the people in my life so that I wouldn't have to talk to people.”

“I'll have it do my homework so I can game all day.”

“Kill the rest of the robots and then terminate itself.”

“I’m a germaphobe. So I spent a lot of time cleaning the dishes, mopping the floor. If I could use that time on something more productive, like studying, working on my side projects, that would be amazing.”

TALES FROM THE TRAIL

As society progresses, technology advances into a tool capable of completing activities we perform in our daily lives. This month, Zahra and Shahaan went around North Trail asking students and teachers, ‘If you could have a robot do anything for you, what would it be and why?’ 47% of teachers and students said they would have it help with chores, and 26% would have it help with school related responsibilities. Most responded with these answers because they thought these tedious tasks were time consuming after a long day, and that they would rather spend time with friends and family or pursuing hobbies they enjoy. More compelling answers include: