



THE SNEWSPAPER

BERNICE MACNAUGHTON HIGH SCHOOL - MONCTON NEW BRUNSWICK - MARCH 2025

THE CELLPHONE POLICY AFTER ONE SEMESTER, IS IT STILL A THING?



Students using their cellphones in class

By: Bea Penilla

This school year brought students a cellphone policy, which sparked different opinions from students and staff. With the new semester, however, there has been a visible decline with the strictness of the policy.

At the start of the school year, homeroom teachers informed students about the new cellphone policy to be implemented schoolwide. Since then, teachers have been very strict about cellphones. A grade 9 student, Nikki Papin noticed this and said: "Almost all my subjects last semester were super strict about the phone policy."

As the first semester finished, some students have noticed that the phone policy is not as strict as it was last semester. "I think there is definitely a sense of exhaustion with trying to deal with it (the policy)," said Visual Arts teacher, Mr. Aaron Proud. Papin added more evidence of this, saying that this semester, her teachers would say: "As long as your done with your work, then you can go on your phones."

Even before the policy was introduced this school year, several teachers at BMHS were already opposed to students' use of phones in class. "I was strict with the phones before it was a school policy; I had my own classroom policy in here," suggested Mrs. Barbara Wasson, when asked how strict she is with phones in her class.

On the contrary, some other teachers aren't strict with phones, such as Mr. Proud, who said that he needs phones accessible in his class for class work.

It is important to still follow the policy ourselves, even though teachers may no longer be strict about it as a distracting force. "Yes, I'm definitely distracted by my phone," laughingly shared grade 10 student, Lexi Castrillo.

UNIFIED BASKETBALL

By: Sarah Quigley

"I love my teammates, and we are a great team," said Seth Cassie, a player and teammate in Unified Basketball, a program filled with students "from all walks of life," as described by Eva McClean.

What is Unified Basketball?

Unified basketball is a place where students at BMHS get together and hit the court during practices, which are held every Wednesday and Friday at lunch. The players only get half an hour, sometimes less, to practice together. Savannah Scott, the Unified basketball leader and organizer said about it: "Half an hour seems a bit short, but no matter what, the players and coaches are doing an amazing job." Offering a different opinion, Seth Cassie, a player on the team, said: "We have a good amount of time." Unified Basketball even has some tournaments: one on April 25th at Moncton High School and one on May 3rd, in Fredericton.

Calyx Paul said, "I like basketball and the people a lot, it's fun and it's also challenging." Unified Basketball is friendly, yet competitive. "We're no different than any other team," Savannah Scott stated.



CONTINUED ON PAGE 4

BMHS COVER BAND

WHAT'S THAT ABOUT?



The cover band performs at an assembly (credit: M. LeClair)

By: **Lautaro Contento**

The teacher Mr. Aaron Proud created a cover band six months ago, in September 2024, in order to understand what the cover band is, it's important to understand the purpose of the band and what was the intention of Mr. Aaron Proud by creating the cover band.

First, what were the intentions of Mr. Aaron Proud by creating the cover band? "I wanted to do something that allowed me to bring my enjoyment of singing and doing my own thing with songs to students with similar interests. I also greatly value bringing students together and helping them find their place in the school. Cover band is becoming a space for a lot of students." Mr. Aaron Proud said. "It's a learning curve and a work in progress but I'm happy with what we've done and where we're going. The hope is to organize a final concert for year end and hopefully raise some money to contribute to the theatre!"

The second step of understanding what is the cover band is understanding the purpose of it, what do they do? To understand this, a member of the cover band, Bea Penilla described it. "Basically, the cover band is a group of BMHS students who plays different instruments (such as guitar, bass, drums, keyboards) and also students who likes to sing. We do meetings every once in a while to discuss songs that we could perform on assemblies or other school events. The cover band isn't really one specific type of group, we just come together and try to create a performance together. We have a lot of members but not all of us perform all together because we would look like a whole class on stage. Instead, during the meetings we like to discuss who wants to perform on which songs so that's how we work that out."

Now with the understanding of why the cover band was created and what the purpose of the cover band is, but what

CONTINUED ON PAGE 9

WORKING WITH THE WABANAKI - CINDERELLA

By: **Leyla Allen**

From February 12 to February 16, Bernice MacNaughton High School and its sister school, the Wabanakis, joined forces to stage a captivating production of Cinderella. After months of rehearsal, both high school and middle school students came together to bring the timeless musical to life.

Usually, we do the musical alone, but this year we took a big step and reached out to our neighboring school, deciding to collaborate with them! The students had to adjust to having younger kids around, but it gave everyone an opportunity to open their bubbles, meet new people, and make memories!

"I think bringing in Wabanakis was a unique and connecting experience for them and enhanced the musical experience," said Storm Colbourne, a 10th-grade student who participated in the musical. "I do wish we would have gotten the chance to meet and collaborate with them more before we got closer to the show, but overall, I think it was a good addition. In the future, they should be brought in earlier, and maybe not every show because it takes away the special feeling of it. But I do think it could be done again," says Colbourne.

Not only were there Wabanaki students who were acting, but there was also a Wabanaki student in the orchestra our school had for the musical. "I was very excited to partner with the Wabanaki school students for our production of Cinderella. It was a joy to have an expanded cast and orchestra," says James Snelgrove. "I also feel that we are investing in the future of our music program at BMHS. These



CONTINUED ON PAGE 8

SNOW DAYS: WHO DECIDES?

By: Brianna Lawrence



photo credit: Brianna Lawrence

Bernice MacNaughton High School has faced three snow days this year, including one during exam week, disrupting schedules and causing mixed reactions among students

This year, students at Bernice MacNaughton High School in Moncton, New Brunswick, have already experienced three snow days—one of which fell during the crucial exam week. While snow days often bring relief and excitement for students, they also pose challenges for teachers and school administrators trying to keep schedules on track. With unpredictable Atlantic Canadian winters, snow days are a familiar part of life for Moncton students.

In Moncton, decisions about snow days are made by the Anglophone East School District in consultation with local transportation services and weather agencies. Early each morning, officials assess road conditions, current and forecasted weather, and the safety of school buses. If road conditions are deemed too dangerous, the district will announce a closure by 6:00 a.m. through local radio, social media, and the district website. Safety remains the top priority, particularly in regions where icy roads and heavy snowfall can make transportation hazardous.

For many students, snow days provide a much-needed break from the demands of school. Keshanna Ferguson, a

CONTINUED ON PAGE 4

THE REALITY OF MODERN TEENAGE RELATIONSHIPS



By: Alex Aguiar

Teenage love has declined significantly over the years. With the introduction of social media, many older folk neglect to understand its consequences on the teenage dating scene. Students of Bernice MacNaughton High School share their perspectives on the matter.

In modern-day media, teenage love is commonly romanticized—portrayed as an intense, passionate flame that has bound two individuals together. Conversely, adolescent love in the real world commonly ends with being led on, manipulated, or left for an ex. Older generations could never grasp the concept of a ‘situationship’ or ‘micro-cheating’, terms that are all too common in the modern dating scene. “Dating nowadays is pointless, you’re better off staying single and avoiding the drama.” -BMHS Student Maryama Jordani. Social media capitalizes on our tendency to compare, shaping our expectations of ourselves and others to unrealistic levels. BMHS Student Ibtisam Adelakun says “Social media has ruined this generation of men—their standards for women are unrealistic.” Respectively, men too have unrealistic expectations placed over their heads. This process is unhealthy for all who are involved and should be avoided.

Maintaining the appearance of a healthy relationship online has become crucial in modern adolescent relationships. As a result, many couples feel insecure after measuring their relationship against unrealistic depictions of a relation-

CONTINUED ON PAGE 10

UNIFIED (CON'T)

They hope to have more volunteers to coach and teach these already very talented young people.

“There are times when players get overstimulated, but we always work through it and make sure everyone feels comfortable playing the sport they love. There's so many positives, it's hard to choose the best aspects. I love seeing them have fun and grow; not just physically but, more importantly, mentally, as athletes,” Savannah Scott said.

The safe space of Unified Basketball means much to our BMHS community, creating lasting memories for everyone involved.

SNOW DAYS (CON'T)

Grade 12 student, shared her thoughts on the recent closures: “It's always nice to get an unexpected day off, but it was stressful when it happened during exams. I had studied so much, and suddenly everything was delayed.” The snow day during exam week forced the school to adjust the exam schedule, giving students extra time to prepare but also extending their stress.

Other students see snow days as a welcome escape from their hectic schedules. Chelsea Fernandez, another Grade 12 student, explained how the unexpected breaks can be helpful: “Grade 12 is stressful, so having a snow day feels like a mental reset. It's nice to have a day to breathe, even if it means adjusting our schedules later on.” For many seniors, these breaks offer a brief pause during the demanding final year of high school.

While snow days may bring academic challenges, they also foster a sense of community and shared experience among students. Nisha Henry, a Grade 12 student, reflected on the positive side of snow days: “It's a break from the routine, and it gives us a chance to recharge. Plus, there's something special about waking up to hear school is canceled—it brings everyone a bit of joy during a long winter.” For many students, snow days are a cherished part of their high school memories.

As winter comes to an end, the potential for more snow days remains. While these unexpected breaks bring both excitement and disruption, the school community at Bernice MacNaughton remains adaptable. With safety as the primary concern, the Anglophone East School District will continue to monitor conditions closely, ensuring that when students and staff return to class, they do so safely and prepared for whatever comes next.



Kendrick Lamar during his 2025 Superbowl performance

MODERN DAY HEROES

By: Malik Berry Duguay

Today's heroes in pop culture don't wear capes, they use art and subliminal messaging to influence society. One prominent figure as of late is Kendrick Lamar, who has been using his platform to influence and inspire for over a decade now.

In early 2024 Kendrick Lamar entered what the rap scene calls a “rap beef” with another prominent Canadian rapper “Drake” Aubrey Graham. Exposing the eccentric rapper for his less-than-socially-acceptable behavior towards minors and lack of responsibility in role as a father. Lamar issued potential warnings for many young women regarding Drake's dating habits.

Mid 2024, Lamar hosted his first concert since the launch of his album *Mr. Morale and the Big Steppers*, where he united major gang members from the Bloods and Crips. Many members preferred to stay masked, but Lamar also brought out rappers and public figureheads from these gangs. During the concert, he had the two opposite sides holding hands, dancing, and singing together, he even had them sing along to his famous line “Tryna strike a chord, and it's probably A minor.” Lamar has attempted to unify gangs and has donated significant amounts of his estate to his communities in Compton.

In early 2025, Lamar performed at Superbowl LIX in front of America's controversial, authoritarian president, Donald Trump, where he made direct slights at the current government, symbolized the divide between society in his country

CONTINUED ON PAGE 6

AN OPPORTUNITY FOR SENIOR ARTISTS GRAD GALLERY

By: Violet Boisvert-Veno

The grad gallery is an opportunity for graduates from Greater Moncton High Schools to showcase their artwork. According to Bernice MacNaughton High School art teacher, Ms. Alyse Takacs, art from each school is displayed as a gallery at Moncton City Hall during early March.

Takacs picks grade 12 students to participate, as there are limited spots available for each school at the gallery. "The grad gallery gives grade 12 students the chance to show off their work in a public setting! This is such a rare and wonderful chance for new artists," says Takacs.

It is well known that new artists have a near impossible time breaking into the art industry. The grad gallery provides the rare chance for budding artists to have their art get out in the world. For the majority of these grade twelve students the grad gallery is the first time students see their art out in the world. This can be a huge confidence boost.

The art industry can be daunting. Unlike a science path the arts do not guarantee a steady income, because of this, high schoolers are reluctant to commit to the professional arts path. This gallery gives kids a chance to experience a goal of theirs without years of struggling to break through the industry. It could even show students that for them the struggle is worth it if this is the end result.

The end result is extraordinary, but the process can be gruesome. Typically, Takacs would give students in her Visual Arts 12 class time to work on their piece during her class; however, Visual Arts 12 was not offered first semester this year. This means that students who participated in the

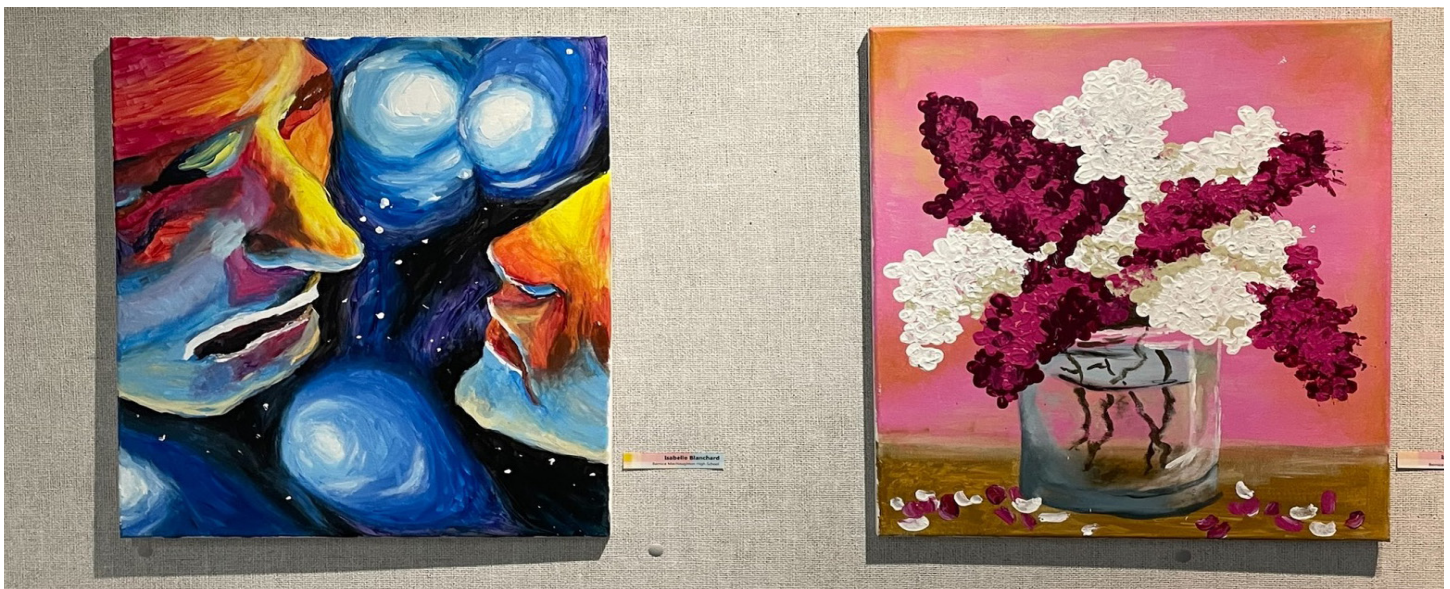


Sezimai Omurkulova - RHS

2025 grad gallery did their work on their own time.

Graduating student Cameron Taylor reflects on the effort she put into her grad gallery piece: "The project took a lot of effort. I came in most mornings for about five weeks, maybe more to get it done. I worked at lunch hours for about the same amount of time. It was all worth it though because every step came with challenges and every challenge with a rewarding lesson learned."

"Being in the grad gallery really opened my eyes to the world of art; I never considered nor called myself an artist, but seeing all the different forms and variations of art allowed me to realize that art does not have a mold. Art is a form of self-expression, passion, uniqueness, and creativity, and being an artist labels the pride you take in it," says Isabelle Blanchard a creative BMHS Senior.



Two of Isabelle Blanchard's pieces in the Grad Gallery

TEENS AND PEER PRESSURE: UNDERSTANDING THE INFLUENCE AND OVERCOMING IT



Photo: Beachside Teen Staff

By: Savannah Urquhart

Peer pressure is a significant part of teens' everyday life. Teens constantly want to receive validation from their friends or people they want to be associated with. When they are trying to "fit in," they are more vulnerable to making choices that they might not have made on their own.

People will say they don't understand why people give into pressure. Some people don't even realize they're doing it. Some people do it to get the feeling of being accepted; they feel like if they do whatever the others are doing, that they will be included more and be accepted more. They fear if they refuse, then they will be excluded or judged. Another reason that some succumb to peer pressure is curiosity. Some teens are interested in trying new things but don't want to be the only ones doing it, so when the opportunity arises, they are more likely to give into pressure simply to try new things.

Peer pressure has advantages and, of course, some disadvantages. One BMHS student said: "when my friends are getting good grades and focusing on their class, I am more motivated to try harder." Peer pressure can give people the motivation to copy the actions of successful others and try to do better themselves.

Pressure can also lead to making poor decisions that maybe someone wouldn't ordinarily make. When hanging out with friends or at a party, there is likely to have people vaping, and when you're around it and you're the only one not participating, people may offer it to you and that can lead to you feeling obligated to use it to help fit in, another student said: "a lot of people in the downstairs bathroom are always

HEROES (CON'T)

with people dressed in red and blue, as well as using it as a double-entendre, illustrating the divide between bloods and crips. His quote in front of President Trump, "the revolution will be televised; you picked the right time but the wrong guy," will go down in history as a great example of artists being activists and using their platform for the betterment of society.

In Lamar's halftime performance, the propaganda Trump used was signified behind Samuel L. Jackson, a loved and admired American actor. Playing as a popular symbol of American propaganda, "Uncle Sam," making claims, such as: "no no no no, too loud, too reckless, too ghetto," signifying the reaction of the President and other government officials watching the show.

Nothing like this has ever been done on this public a stage, and the Super Bowl brings in more viewers than any other broadcast in America. Not only that, but he also performed for free, unpaid, just for the love of the game.

Kendrick Lamar has cemented himself as an activist and peacemaker within the rap community, even just as an American figure.

To many of our generation, he is a hero, speaking our thoughts and sentiments of the majority of Canadians towards Trump through his music, at the biggest event in America.

This is a modern hero; this is what the world needs.

RANDOM FUNNY PHOTO



photo: M LeClair

Students compete at digging out Lucky Charms during a St. Patty's Day lunchtime activity

CONTINUED ON PAGE 9

LIVING WITH TYPE 1 DIABETES AT BMHS: A DAILY CHALLENGE AND TRIUMPH

By: Nathan Quiring



Mr. John Bryden shares his struggles with his type 1 diabetes

At BMHS, students and staff experience a wide range of challenges, but for those living with Type 1 diabetes (T1D), the struggle is ongoing and far-reaching.

Type 1 diabetes is an autoimmune condition where the body's immune system destroys insulin-producing cells in the pancreas. As a result, individuals with T1D must constantly monitor their blood sugar levels and manage insulin intake, requiring careful attention every single day.

Mr. John Bryden, a staff member at BMHS, opened up about what it's like to live and work with Type 1 diabetes. When asked about his experience, he didn't sugarcoat the reality of the condition. "Having Type 1 diabetes is a pain in the butt. You always have to have food on you, you always have to plan, you always have to know where the washrooms are, because diabetics, if their sugars are high, they pee a lot to get rid of ketones and that stuff," he explained. "So it's just the planning, the knowing, and the regulating of the blood sugar. It's neverending, it's 24/7. So it gets tiring, there's nothing you can do."

For those managing T1D, every part of daily life requires an extra level of preparation; whether it's planning meals, carrying snacks for emergency situations, or ensuring that blood sugar levels stay stable throughout the day, there's a lot to keep track of. "You always have to think ahead," says Bryden. "It's not just about taking your insulin—it's about making sure your body is in balance. If you get too high or

CONTINUED ON PAGE 11

POLICY 713: DO OUR HIGHLANDERS AND STAFF STILL REMEMBER IT?

By: Shayna Williams

Policy 713 was implemented on May 4, 2024, requiring students in grades below 11 with preferred or alternative names or gender identities to obtain parental consent to have their preferred names used, according to CBC. The policy was originally challenged in court but later dropped when the new premier, Susan Holt, came into power. Today, almost a year later, Bernice MacNaughton students and staff have strong opinions on this topic.

"I was aggravated because I feel like being able to express yourself shouldn't have to be banned by your name," Emma Watkins, grade 11 student.

"That was outrageous, you know? Like people like for me, I like Zara as my preferred name is Zara only; people have similar preferences, and you can't get people to choose their preferred name. What if someone has a really long name like 'Zarakovalocks' or just saying 'Sara'," wondered Zara Anantharam, grade 11 student.

"Do not let who you are define you, for it is the life you live, which you pick yourselves is which really matters," grade 11 student Luke Young weighs in on the topic.

"Well, in my personal opinion, what I feel like that when it comes to people want to be called an preferred name because that's their individual right," according to educational assistant Ms. Jade Dawn LeBlanc.

"In short, it's my job to validate student identities and how they want to be seen in the world, and if I want to make someone go home happy, policy 713 could kiss my righteous butt," added Ms. Myra Maillet, English teacher.

CONTINUED ON PAGE 8



Xander Sidebottom and Luke Wilson stand by the GSA mural

WABANAKI (CON'T)

students will be joining us before long, and if they have already experienced part of our program, they will be able to jump in fully when they reach grade 9," said Snelgrove.

Putting both high school and middle school students together brought new experiences and allowed the Wabanakis to feel more connected to the school which is important for if they plan on coming here for school in the future, said Rebecca Moore, the director of *Cinderella*. "One of our goals for our School Improvement Plan is to help our students feel connected to our school. All these Wabanaki students will eventually become Highlanders. By participating in *Cinderella*, they may already feel connected to our school before even coming here."

From the perspective of acting, Moore says, "This opportunity also gives students performance experience so that by the time they are at our school, they will be stronger performers, which enhances our program."

Overall, most of the actors agree that it was a new and fun experience. It still had its challenges, but they were manageable and easy to overcome. People are eager to welcome the Wabanaki students and hope that Bernice MacNaughton will partner with Wabanaki again for a musical in the future. "I think overall it was successful. There were some initial challenges, but we were able to find solutions. I am open to the possibility in the future," says Moore.



The full cast and crew of 2025's production of *Cinderella* - photo credit Ms Axford.

POLICY 713 (CON'T)

"That was really kind of insensitive for privacy to student" according to Marlynn Arsenault in grade 10.

"He is very traditional and old, and he is not allowing himself to move on. He is not involving himself with us, you know us. He is not accepting of the newer generation," said Mia Labor, grade 11 student, referring to former NB premier Blaine Higgs.

"I think anyone should have a preferred name, right? They don't mean anything; you can be called whatever you like. It's whatever you prefer," added Peter Du, grade 10 student.

"I was against the changes they wanted to make. I'm glad the new government decided to leave it as it was because, as a teacher, my job is to make connections with my students and not to worry about or police their pronouns or preferred names because I don't know their personal situation at home. Further, I'm not a trained psychologist, and I need my students to feel safe in my classroom to optimize the learning environment," according to Ms. Dara Harris, Social Studies teacher.

"I think that it should have been illegal and that we should have the right to identify how they like," said Willow Legge, grade 10 student.

"I was happy to see that our discretion and others were challenged by the policy in court, and I was happier the government actually changed the policy so we could see students rights protected," celebrated Mr. Jason Agnew, Social Studies teacher.

BMHS is committed to creating a safe, inclusive, and supportive environment for all students, regardless of their names or gender identities, and D.E.I., or diversity equality and inclusion, is important.

CINDERELLA

THE POST-MUSICAL CRASH

By: Ava Doucét

BMHS and Wabanaki students performed Rodgers and Hammerstein's *Cinderella* from February 13th to February 16th. For many, the musical was a considerable success, gathering more money to put towards the eventual BMHS theatre renovations.

Months of work went into the creation of the show, such as after school and lunch time rehearsals, custom costume making, orchestra practice, working tech, and so many more little concepts that truly made the show spectacular. After the musical, many students feel a little empty, having no musical after school activity to anticipate.

"I enjoyed making such fun memories and friends throughout the process," Hallie Rosignol, who played Cinderella, exclaims. "Now, it feels weird not having somewhere to go every lunch for rehearsals, but I like having more time to myself so I can try other extracurricular and do more activities with our school!"

One of the stage managers, Ana Martin, says: "As stage managers, we have to kind of like take care of everything and everyone, and it was very stressful." Martin also mentions that "Now that it's over, it's like a bittersweet feeling, that like maybe I should've enjoyed this better, maybe I should have done this, maybe I should have done that." Because it's her graduating year, Martin sums up the interview saying she'll definitely miss the experience of doing high school musicals but is super excited to see what BMHS has in store for future musicals.

Mrs. Rebecca Moore, music teacher and one of the directors of *Cinderella*, shares: "If I have a lunch rehearsal every day, that's five hours, and then if I have at least three two-hour rehearsals after school a week, that's now 11 hours total. Then, I probably spend most of my preps each day in meetings with Mrs. (Beth) Taylor. We're working on things for the musical, so that's another five hours, and then I'd work on it at home as well. So, I spent on average 20 hours a week on the musical."

Moore also added: "Now, I have a little more time for myself. I can like, exercise, sleep, and spend more time with my family! I love the musical season. I'm enjoying recuperating from it now."

Although many of the people involved miss the show, they can't wait for next year's musical experience! It's tiring and a lot of work, but worth it in the end.



So many students were involved in different aspects of the musical

COVER BAND (CON'T)

are the students' opinions about it? "I think cover bands are great. They don't just sing famous songs, they add their own style to the songs. I think it'll give our audience a new experience." Ian Kwon says.

Isabella Contento, a grade 10 said "I think that is a talented group, they have a really good rhythm, every time they show up in an assembly, I get excited wondering what song they are going to play."

For a final conclusion about the cover band, Penilla says "The cover band is a place where we could express ourselves through music, and have fun."

PRESSURE (CON'T)

vaping and I would never, but sometimes it kind of makes me want to see what the hype is."

Peer pressure is something almost everyone deals with. There is no real solution to this problem, but being able to recognize it and realize it is happening is an important step.

Being able to understand that is happening, whether people admit it or not, it is happening and being aware of it could help people be less likely to participate in the problem. Another student, Szy Valdez, said something inspiring: "the only way to overcome peer pressure is to have courage to be yourself."

PROCRASTINATION? I'LL DEAL WITH THAT LATER!



Typical BMHS Students enjoying NOT getting to work on their assignments

By: Lillian Lee Moore

Procrastination is running rampant at BMHS. People are skipping out on work and kicking it back comfortably.

When one procrastinates, they avoid their tasks like the plague, using any excuse they can squabble at to make sense of their lack of work. It's a plague in of itself, causing students to miss deadlines. And it's not a minority of students who lose the fight to procrastination.

"Really bad. Sometimes, I'll have a project that's due in three months, I'll forget about it, and do it the day it is due," says Hunter Horton, a BMHS grad.

Students make many excuses to avoid their work. "I'm tired," "I've got something else to do," or the age-old classic "just one more scroll."

These are just some of the possible hundreds of excuses that are summoned to justify ignoring responsibilities. Even if the deadline draws near, the curse of procrastination tells them otherwise.

Student Molly Moore says: "Oh I'll do it at this certain time. I'll say, or I'll give myself time limits on myself, like eliminating time to draw, to restrict my ability to procrastinate." This shows how even the oddest of excuses can be made to oneself to avoid doing their work.

Procrastination is defined by the repeated act of putting tasks off until the last minute or after the deadline. And it has its roots in the brain. Very Well Mind says: "It's not just a time management problem. Researchers suggest that it's a failure in self-regulation that leads us to act irrationally." Procrastination is a habit, one that needs time to break.

But what about teachers? They have work to do, perhaps more than many students. But do they procrastinate? And if so, how?

"Oh, yes, 100% Just with everything, it's something I've always struggled with, I have good intentions to do work, I just struggle to focus on tasks... Say I'm on my prep, and I've got three or four things to do, I'll only be able to focus on one," said English teacher Mr. Jeffery Lloyd.

Procrastination is an issue that affects many students and teachers. And it doesn't seem to be improving. Lloyd goes on to say: "Yeah, a lack of focus on a lot of things makes it hard to get things done."

RELATIONSHIPS (CONT)

ship. Some couples even feel compelled to post a monthly anniversary post for their partner—to everyone else's displeasure.

The charm of unique and exciting dates fades when the focus shifts to making the best post rather than enjoying the experience. "The amount of editing that goes into everyone's posts shows how important social media is to this generation," according to student Ella Wood.

Toxicity is at an all-time high, with 'sneak dissing' quickly becoming popular. Many exes take pleasure in sending indirect insults to each other in the form of TikTok videos, reposts, Instagram bios, and more. Social media has made connecting with people significantly easy—creating issues like codependency. Codependent relationships are more prevalent than ever, with social media providing access to contact your partner 24/7/365. After interviewing ten students at BMHS, seven of the subjects claimed to have slept on the phone with a partner overnight before. Combined with an expectation of replying to several texts throughout the day, many modern relationships are co-dependent—each person reliant on their partner for validation.

DIABETES (CONT)

too low, things can go wrong very quickly.”

The challenges for Type 1 diabetics are particularly notable in a school setting. At BMHS, while there’s a supportive environment, students and staff still face the pressure of managing blood sugar levels while attending classes, working, and engaging in extracurricular activities. Managing insulin shots, handling the symptoms of fluctuating blood sugar, and dealing with physical side effects can interfere with the flow of the school day. “You need breaks, you need to check your blood sugar, and sometimes you just don’t feel great,” says Bryden. “It’s hard for others to understand unless they’ve gone through it themselves.”

Despite these difficulties, individuals with Type 1 diabetes, like Mr. Bryden, persevere with determination and resilience. “It’s exhausting,” he admits. “You’re constantly thinking about it, and even when you plan, sometimes things still don’t go as expected. But you just have to keep going.”

This dedication is a testament to the strength of those living with T1D and the relentless effort it takes to manage the condition day in and day out.

At BMHS, the experience of students and staff with Type 1 diabetes serves as a reminder of the hidden struggles many face. It highlights the importance of understanding and supporting those with chronic conditions, especially as they work to balance their health, education, and daily responsibilities. While the challenges may seem overwhelming at times, the determination and resilience of those with Type 1 diabetes continue to inspire those around them.



Mr. Bryden's "Reggie" is known by virtually everyone at BMHS

TEACHER'S PETS – FURRY COMPANIONS AT BMHS

By: Eva McClean

At Bernice MacNaughton, students bond with teachers’ pets, enjoying the comfort they bring to our school’s environment.

Whether it’s a furry friend accompanying a teacher to work or a teacher who introduces their pet to students through stories or photos as a source of joy, these animals rapidly become part of the school’s daily life. For many teachers, pets provide a sense of companionship and calm during the demanding school day. For students, these pets offer more than just a distraction: they’ve become friends as well as a way to foster a more welcoming school atmosphere.

One of the most popular pets among the BMHS students is a golden retriever named Reggie, who belongs to Mr. John Bryden, the Co-op teacher. Reggie often makes his rounds around the school, visiting classrooms and hanging out with students during lunch breaks. The dog’s playful demeanor and affectionate nature have made him a favorite among students and staff alike.

“I think for the majority of the people that it’s a positive, but it’s tough, because there are people who are not familiar with dogs and are scared of dogs, and you have to appreciate them,” said Bryden. “Of course, Reggie loves being here. His tail is wagging, and he has a big smile on his face, and I think he puts a smile on a lot of people’s faces and he just kind of lightens the mood. Despite that, he’s not for everybody, and I totally get it. I agree with that.”

Despite the challenges, many students look forward to seeing Reggie during the school day or at practices, as Mr. Bryden runs the track & field team in addition to the cross-country team.

“When I am at cross-country practice and I see Reggie there, I feel immediately more encouraged to do my best,” said Summer Anderson, a grade 10 student. “It also makes the learning environment more friendly and enjoyable.”

Not all teachers bring their pets to school, but many still share their love for their animals in other ways. Several teachers at BMHS talk about their pets with students, offering stories about their lives with pets. These teachers bring their pets into the classroom through conversations, creating a connection with students even when the pets aren’t present.

CONTINUED ON PAGE 14

DIVISED THEATER: WHAT IS IT?

By: Shay Ferguson

Bernice MacNaughton's arts programs vary heavily, from our Concert Band to our Crochet Club, but one of our most notable groups is the Drama Club. Every year, their director Mr. Jeffery Lloyd and the Drama Club enter Drama Fest in Fredericton New Brunswick and perform their student written plays, created through the use of Devised Theatre.

When asked what 'Devised Theatre' was, Lloyd went on to say: "It's the concept of collectively creating plays together, so instead of starting with a traditional script that's already written, you use prompts and the students, like, develop the work collectively over a period of time and the story kinda like grows, you know, as the students grow and as they work together to like put something brand new out into the world that's never been done before."

Bernice MacNaughton has been doing this style of theatre for years, winning awards for not only the shows, but also for the actors within the shows. The students all work together to make scenes relating to society and their lives and situations they've been in, making most of their shows being based around the idea of self expression through art.

What is the process of making these shows? "Basically, you get prompts and you do a bunch of scenes and you know not all of them are that good, so you take the good ones and edit them and redo them with different drafts then, you take all the scenes and put them together and it ends up

CONTINUED ON PAGE 14

HOW BMHS STUDENTS CHEAT ON PROJECTS WITH AI

By: Jack Woods

At BMHS, students use ChatGPT to generate essays, and research in seconds. With just a few prompts, assignments can be completed effortlessly, making AI the ultimate tool for shortcuts.

Today's students have found a new way to make schoolwork easier: AI. With tools like ChatGPT, assignments that used to take hours can now be done in minutes. Need an essay? AI can write it. Stuck on a research project? AI can summarize sources instantly. Even coding, art, and presentations can be generated with just a few prompts. For students looking to cut corners, AI has become the ultimate shortcut.

Mr. Steve Cormier, Journalism 120 teacher, regarding his feelings on students using AI to complete homework, said: "Since I know students are using ChatGPT to help them do their work, I more or less try to force the students to have to do most of the work with non-computer resources, like this quote, for example. The student had to speak to real humans to gather at least three quotes for this article. They also had to organize the article themselves. ChatGPT is basically a glorified spellcheck at that point."

Many students use AI to write entire papers without ever

CONTINUED ON PAGE 16



Drama Fest 2024 participants perform "Dungeons and Dance Battles"

ONLINE LEARNING

ARE BMHS STUDENTS SATISFIED WITH ONLINE COURSES?

By: Dania Keith

Online courses at BMHS present both opportunities and challenges for students, with opinions varying widely based on individual learning styles and course structures. Some thrive in the flexible environment, while others struggle with the lack of personal interaction and the potential for falling behind.

For students like Claire Barnett, online courses provide a valuable way to accelerate learning. "Online courses can be very helpful if you're someone who's looking for something more fast paced and you're independent. However, you need to be careful about getting your work done on time and not falling behind. It can be very easy to lose track of what's due," she explains. The ability to work at a self-determined pace is appealing, but it comes with the responsibility of staying organized and on top of deadlines.

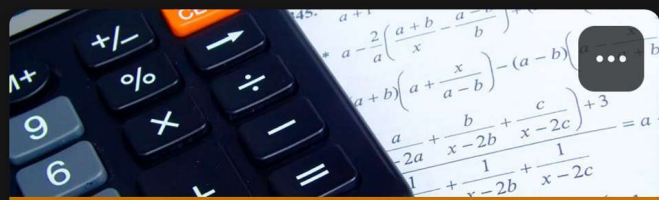
Szy Valdez highlights another common perspective: "They're good because you have more time to work during class time, but they're bad because sometimes you get behind or things get mistranslated." This viewpoint underscores the balance between flexibility and the challenges of digital communication. While students can better allocate their time, misunderstandings in instructions or expectations can create obstacles.

On the other hand, some students prefer traditional classroom settings. "I'm not a huge fan of them (online classes). It's less personal, and that makes it harder to learn," says Chloe Proctor. The absence of face-to-face interaction with teachers and classmates can make comprehension more difficult for those who benefit from direct engagement and discussion.

Ultimately, the effectiveness of online courses at BMHS de-

CONTINUED ON PAGE 16

New Brunswick Department of Education
Homepage



Pre-Calculus A 120 2024-25 S2

Screenshot of a student's
online Pre-Calculus A 120

SUMMER BREAK:

WHAT ARE YOUR PLANS?

By: Brooklyn Beers



Brook.b_2009

Summer break: the time of the year everyone looks forward to, even teachers. Have you ever wondered how other people are planning to spend theirs? Everyone spends their summer break differently: some people go on vacation the whole two months, while some people barely leave their house and just play video games all day. Here are some exciting examples of summer break planned by our fellow Highlanders.

"This summer I'm planning to go on vacation to Dalhousie with my girlfriend and her family for a few days, and maybe Halifax," says grade 12 Riley Zavaglia. Going on vacation is a staple of summer break and one of the most common things people do. You get to get away from your normal life and see places you may have never seen before while spending time with family. This may not be some people's idea of a good break, but it certainly one way to spend it.

"Go to the beach, have a few sleepovers. My grandpa is coming, and probably we'll go to Florida or Cuba," says grade

CONTINUED ON PAGE 17

PETS (CON'T)

Mrs. Sara McConnell, a teacher at BMHS, often tells students about her dog Finley, who provides her with company after long days of teaching. "I think that sharing stories about my pet Finley has helped students see me as a human with my own challenges," McConnell said. "I think sharing stories about pets is a great way to connect with students on a less academic level. Sometimes we forget that teachers are people with their own struggles, like training a crazy puppy."

Of course, not every teacher at BMHS brings their pet to school, but those who do are much appreciated by the students. "I love having pets around, because they add an energy to all the drab, monotonous days," shared sophomore Terra Kwan.

"Pets at our school like Reggie really make me happier when I'm at practice. When I see his cute face, I feel warmth in my heart!" shared Peter Du, a Student Government member at BMHS. "I think these pets can really make people's day."

DIVISED (CON'T)

being a compilation of a bunch of different scenes and scenarios," says grade 12 student Kylar Bullerwell who is onto his fifth production of this style.

Grade 10 student Luna Viljoen explained what it's like performing and writing without a script: "So much fun!" says Viljoen, continuing: "it lets you be more creative, lets you put your personality and your own thoughts into what you're creating."

These shows tend to be a bit random, with a little bit of everything thrown into them. Some sad scenes accompanied by heavy comedic ones and just some overall odd scenes. When performing, there is no use of props, costumes or scripts. Everything is left up to the imagination, letting the students express themselves more even when they're not centre stage with lines but letting them physically express themselves by acting out the surroundings in their scenes.

"I think it's really cool how you guys don't use costumes or props or scripts, but it still looks good and is still very creative, because sometimes the costumes and props just may take away from what's actually being said," said grade 11 student Layla Adams. "I think it's a great new type of theatre that I've personally never seen before until I came to the show."

This year, the Drama Club is getting ready to head to Drama Fest with not one, but two shows, featuring 35 student that performers. Get ready to see some familiar faces under the stage lights; tell them to break a leg!

CONTINUED ON PAGE 16

COFFEE HOUSES, WHAT DO WE THINK OF IT?

By: Jeanne Gloria

Every year, students at Bernice MacNaughton High School look forward to one event that brings everyone together for a night of music, and relaxation: the Coffee House, organized by Clans. This year's edition was no exception, transforming the cafeteria into a cozy hangout spot where Highlanders could enjoy snacks, and showcase their talents.

The Clans Group has made this annual tradition something special—a chance for students to take a break from the daily grind, grab a snack or hot chocolate, and enjoy the talent of their classmates. The atmosphere was laid-back, with the room set up to feel more like a casual café than a school cafeteria. Tables were sprinkled around, soft lighting added a chill vibe, and the performers took centre stage to share what they've been working on.

And let's talk about the performances! From singing to playing their instruments, you could feel the support in the air as each performer took the mic. Students had a variety of opinions about the whole experience.

When asked about what they think about the Coffee House, a student, who preferred to not be identified, said: "I do not really enjoy it. I went once and that was it. The performers were okay." They also added that maybe coffeehouses weren't their cup of tea.

The event wasn't just about the performances, though. For many, it was a much-needed break from the usual school routine, and a chance to reconnect with friends in a different way.

"Coffee House is a very interesting event that helps us discover new talents. Very often people that perform there I know and I would never expect to sing! And it

CONTINUED ON PAGE 16



Students perform at the last coffee house

BMHS FASHION | WHERE DO STUDENTS BUY THEIR CLOTHES?

By: Jackson Mackenzie

From thrift stores to malls, students carefully choose their clothes based on trends, budgets, or personal style. This creates a wide variety of different styles, but where do students buy their clothes and why?

Thrifting

Thrift stores have become a go-to option for students looking to stretch their budgets while staying trendy. "I love thrifting, it's one of my favorite things to do you can get lucky and find some really good pieces like jeans and shirts and pants," said grade 11 student Cris Macias. There are not too many options for gently used clothing in Moncton. "I thrift at Frenchies and Value Village because that's all we have in Moncton," he continued.

The rise of sustainable fashion has also played a role in increasing the popularity of thrift shopping, as students become more conscious of their environmental impact. "I buy 99% of my clothes from second hand stores like Salvation Army, Mission Thrift, Guy's Frenchies or Value Village. I love thrifting because it is so much more eco-friendly and responsible than shopping from corporate and fast fashion stores that use underpaid workers that work in unsafe conditions," said grade 11 exchange student, Lilly Lafferty.

Thrifting also provides more unique items of clothing as people will have items that come from different places causing more diversity within styles.

"I wouldn't say I have one specific aesthetic, though most of my outfits stay in the realm of the 2000s-2010. Though I don't tie myself down to one aesthetic. We shouldn't have to feel like we have to pick one aesthetic and tick to it but rather experience mix and discover what you like," said Lafferty.

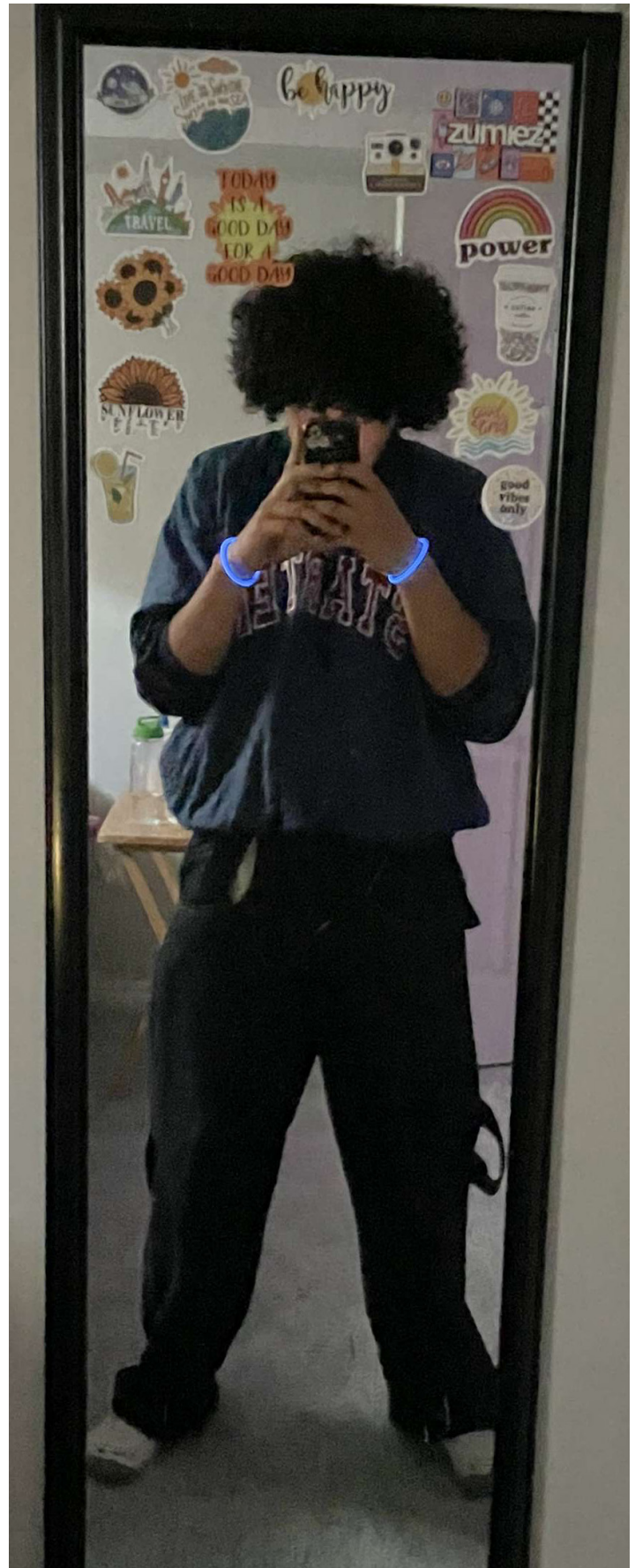
"I like to follow my own style of clothing but I go on Pinterest or TikTok to find inspiration on what to wear," said Macias

Fast Fashion Brands

Chains such as H&M, Forever 21 and Shein are good options for students who prioritize affordability and accessibility. "I like to buy clothes from Garage they have some cute clothes for girls and it's sort of the only go to option in Moncton," says graduating student Szy Valdez. "Moncton needs to have an Aritzia, it's popular amongst girls especially teenage girls and they have really good clothes."

Compared to other cities in Canada, Moncton does not have as many stores compared to larger cities, such as Toronto, Halifax, and Montreal. As Moncton continues to grow, it is possible that more fashion stores will open within the city.

As students become more environmentally aware and digitally connected, their shopping habits continue to evolve, whether they're thrifting, supporting sustainable brands, or keeping up with fast fashion.



Highlanders are always looking for the affordable fit

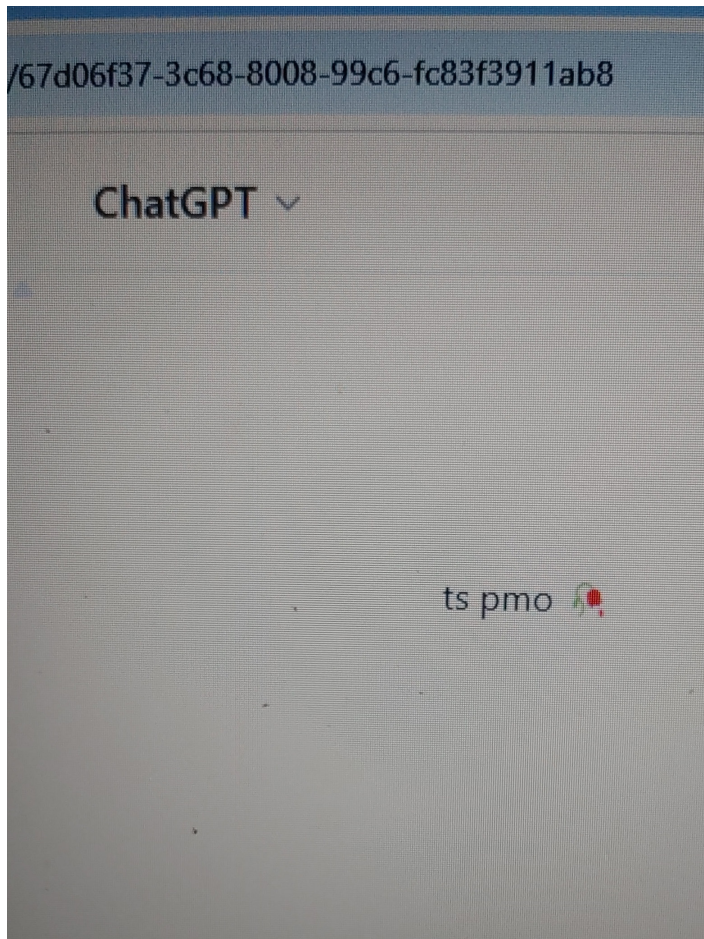
AI CHEATERS (CON'T)

typing a word themselves. Instead of researching and forming their own ideas, they just feed a topic into ChatGPT and get a fully written essay in seconds. Some even tweak the wording a bit to make it sound more like them. Others use AI for coding homework, letting it generate working scripts while they copy and paste the answers. Even creative projects aren't safe, AI can design slideshows, edit images, and put together entire presentations with almost no effort.

But while AI makes things easier, it also changes how students learn. Some use it as a tool to speed up their work, but others rely on it completely, skipping the learning process altogether.

Sure, it saves time, but it also means missing out on skills that actually matter. And if students spent less time trying to cheat, they might find better ways to use their creativity, like making a game instead. Boost Hooster (*play on itch.io now*), for example, is a completely free exploration game that does something truly unique. Instead of skipping the learning process, why not try something like that?

AI isn't going away, and students will keep using it, but the real challenge is figuring out where to draw the line between using AI to help and using it to cheat.



ChatGPT being misused for "educational" purposes

ONLINE COURSES (CON'T)

depends on the student and the specific subject matter. Some excel in a self-paced environment, while others miss the structure and personal connection of in-person classes.

The key to success in online learning is knowing one's own learning style and staying proactive in managing coursework.

COFFEE HOUSE (CON'T)

turns out that they sing very well! Also, I meet a lot of new people there that also enjoy listen to live music," Yekaterina Kucheriuk, a grade 11 student, said.

Some students expressed their liking for the event – the relaxation and enjoyment it gave them was unforgettable. They also talked about how they liked the performance of each and every performer.

"They were very fun, and everyone is so talented," exclaimed grade 10 student Lexi Castrillo, expressing her enthusiasm about the event.

For many students and people who attended the event, it was not just a night of seeing people performing; it was an event to connect with other people, experience talent, have a relaxing end of their day. However, to some people, they do not find enthusiasm nor fun in any of the Coffee Houses, which they avoid joining.

Each coffee house will go down as a night filled with music, laughter, and the warmth of the Highlander spirit.



photo: M LeClair

Grade 12 student Seth MacDonald performs "Come Over" at the coffee house

SUMMER BREAK (CONT)

10 student Samiya Sharma. Spending time with friends and family is a great way to spend your break, because who would want to be alone for two months?

Spending the day at the beach is also one of the most common activities people do during the summer, and there are so many things to do there. You can lay in the sun, play in the water or sand, or maybe get a nice tan. Just make sure you always wear sunscreen.

“Hanging out with my friends and hibernating,” says grade 10 student Finn Richard. Even though many people spend their summer break like the previously mentioned Highlanders, going on vacation, many students like to stay inside most of summer break.

Everyone knows how hot it is during the summer and some people just don’t like it as much as others, so, spending some of your break inside, hanging out with friends is a great way to avoid the hot sun.

As you can see, all our Highlanders have different plans for this year’s summer break, but no matter what your plans are, most students and teachers, if not all, are just happy to not have to wake up at six in the morning every day.

“Yes I’m very excited to be able to sleep in,” says grade 10 student Sierra Woronchanka.

THE POPULARITY PUZZLE 101

WHAT DOES IT TAKE TO STAND OUT, AND WHY IS IT SO IMPORTANT?

By: Erin Magat

Have you ever wished you were popular? In the fast-paced world of high school, popularity often feels like the ultimate goal. But what does it take to stand out, and why does popularity matter in the first place?

While there’s no single formula for becoming popular, it often comes down to a mix of charisma, confidence, social connections, and likeability. Popularity, at its core, is about feeling valued in a social setting. Of course, these skills don’t come naturally to everyone. Many people grow in their social confidence over time.

“In Grade 9, I was still very shy, but when I started playing sports and joined the community, I felt more comfortable with people, so I became confident, I think that by the time I was in Grade 11 and 12, I definitely had more connections,” says teacher Ms. Sara McConnell.

“Being part of a community is very important. Figure out what interests you and find a club in that realm. If there’s not one, start one. I guarantee you if you’re interested in it, there’s someone in this building that’s interested too,” suggests teacher Mr. Matt Melanson.

CONTINUED ON PAGE 18



BMHS CoPresidents Seth Foster and Noah Lafferty perform at the June 2023 assembly

POPULARITY (CON'T)

Psychologists suggest that people are programmed to seek validation and connections.

Popularity often becomes a subconscious goal, driven by the desire for social belonging and acceptance.

Ms. Heather Gunn, English teacher, shares her insight: “In this adolescent stage of development, the goal is to become independent. In doing so, the focus is usually on peers of the same age. On some level, we’re nudged to find same-age peers because we know we’re moving forward with them. We’re leaving the familiarity of past social groups. During this stage, you’re trying to figure out who you are and will look at same-aged peers to help define what this group values, what we are about, and how we are going to forge ahead in the world. That’s why there’s such a heightened concern about what other people think about us.”

While being unpopular doesn’t mean missing out on the high school experience, there’s no denying that social status includes certain advantages.

Izzy Rocca, a familiar face at BMHS, reflects on the perks of being socially involved: “It’s kinda funny in the movies. It portrays it in a weird way, but it has its perks where you get to meet a lot of different types of people.

You get to hang out and talk to a lot of people you probably wouldn’t if you weren’t as popular as you were. It’s fun to say hi to multiple people in the hallways from different groups of people.”

Unlike movies, being popular doesn’t mean constant admiration. Sometimes, it’s just about making connections and living in the moment. “We just care about being social. We like to engage; we like to bring good energy to people. So even though you’re just having conversations, at least you’re having fun.”

The pursuit of popularity also comes with drawbacks. Some sacrifice individuality to fit societal standards. Social media amplifies this, glorifying status and recognition. On platforms like Instagram or TikTok, many who ‘peaked’ in high school share their best years through throwbacks, high-lights, and more.

For some, these platforms serve as a time capsule, preserving carefree joy. For others, they become a way to hold onto an identity that no longer defines them.

Jearim Porte, BMHS student, shares her experience with a friendship breakup over this desire: “I had a close friend, but we’re not friends anymore. She wanted to be more well-known, and as a result, our perspec-

tives and values drifted apart. Her personality definitely changed as she tried to fit into a specific community, even though her actions weren’t very appropriate or ideal.”

So, what’s the verdict? While popularity may seem like a crucial part of the high school experience, it won’t matter how many people remember your name—what matters is whether you recognize the person you’ve become. High school is just one chapter of your life, and if you haven’t found your people yet, don’t be discouraged.

As Ms. Gunn puts it: “Don’t be so hard on yourself. Sometimes it takes a long time to meet your people. So, if you’re not popular right now, be warm and open to understanding that the bigger the places you go to, the more opportunity you’ll have to meet people who have your values and who really like who you are.”



Here are a few photos from our Valentine's themed assembly (photo credit: M LeClair)