



THE SNEWSPAPER

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ARE LOCKDOWNS SAFE?



(photo credit: Isabelle Michaud)

By: Raven Cormier

Panic grips the school. Lockdown! A real threat! Not just a drill; students scramble, seeking shelter.

According to Bernice MacNaughton English teacher Ms. Emilee Layden, "In some ways, yes. Things like getting out of public space can allow time for the offender to be stopped by the authorities. In other ways, there is no way to be 100% safe in these terrible situations."

Riverview High School student Zack Linfield stated: "I think lockdowns can be beneficial in a circumstance where animals or something/someone that doesn't know the lockdown protocol, but in most situations it is a kid who attends the school or something/someone that can easily get into the room and/or hiding spot."

According to grade 10 Bernice MacNaughton student Devin McConaghy, "I think lockdowns are kind of useless. For the past however many years, we've been doing the same procedure for lockdowns. So, anyone who has been in school or even knows someone who was in school with these procedures are going to know. Also, if someone were to break into a school on a random day, Tuesday, and see that all the classroom doors are shut, and the lights are off, but all of our stuff is sitting at our desks, they aren't going to think that there's no one there. They're going to know that everyone is just hiding. If there were like, an animal or something like that, the lockdowns would work fine, but we need a different and safer procedure for a human breaking into the school."

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CELL PHONES IN CLASS

By: Linden Bernard



Mobile phones are a fact of life, at home and at school

In today's classrooms, one of the biggest debates between students and teachers isn't about homework or tests; it's about cell phones. Cell phones used to be just used for calling or texting, but now it has also become a powerful tool for learning and organization. But many teachers and students argue they're doing more harm than good, when it comes to focusing on schoolwork.

Some students and staff believe cell phones can be useful for learning, but only when used responsibly. "I think that cell phones can be a tool but, unfortunately, they are often a distraction," said Ms. Sara McConnell, a teacher at BMHS. "They limit our ability to focus on the lessons we should be learning in class. Students are often so focused on the vibration in their pocket that they cannot process what their teachers or classmates are saying."

Ms. McConnell believes the solution is simple: keeping people's phones stored away unless they're needed for classwork. "Putting our cell phones in our bags or in phone holders while they are not needed is crucial to ensure students are learning," she added.

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HALLOWEEN COSTUMES AT BMHS



Teachers at BMHS showing their Halloween Spirit in an archival photo (credit: S Cormier)

By: Hunter Gutierrez

Bernice MacNaughton High School students weigh their costume options as Halloween approaches, deciding whether to wear a costume or stick to their usual school-day routine.

According to Encyclopedia Britannica, Halloween, celebrated each year on October 31, is rooted in the ancient Celtic festival of *Samhain*. Nowadays, it's mostly a nonreligious holiday, marked by costumes, candy, jack-o'-lanterns, and spooky traditions across North America and Europe.

With the spooky day just around the corner, most students and staff welcome the idea of dressing up. Many see costumes as a fun way to show creativity and school spirit, while also recognizing the importance of keeping celebrations respectful and distraction-free.

Mr. David MacDonald, principal of BMHS, said, "Costumes can be a fun way to express creativity and celebrate with each other in a lighthearted way."

BMHS grad Victoria Butland, who helps organize Clan events, shared her thoughts: "I think it's really fun and a good way for people to enjoy and celebrate, to relax and dress up."

"Our goal is to always find a healthy balance between fun and focus," Mr. MacDonald added. "When planned properly, it can absolutely boost school spirit and build a sense of community; however, if it becomes a distraction or leads to

WHAT WE LOVE ABOUT BMHS: STUDENTS VS. TEACHERS

By: Xander Cawdle

Each student at Bernice MacNaughton High School (BMHS) has his or her favorite spot in school. For some, it is the classes, the sports, or the friends that make the day worth it. For others, it is seeing students grow, learn, and laugh. We asked some of our staff and students to tell us what they enjoy most about BMHS and what they say proves just how amazingly great our school is.

School to students is not just about homework and tests: it's about people. Parker Allen, a grade 11 student, said: "My favorite thing about school would be hanging out with friends because they are a lot more relaxed at school than they are after school. I also like going to particular classes because teachers make them fun."

Elijah Hernandez, a 10th grader, explains that the best part of school is all about connection, but for him, it is through athletics. "My favorite part of school is being on the rugby team," he stated.

It could be lunch in the cafeteria, field practice, or a fun class with friends, students at BMHS discover many ways to love school days.

Teachers, on the other hand, find their joy in watching students learn, develop, and create. According to drama teach-

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SHOULD WE HAVE **PETS** AT SCHOOL?

By: **Isabelle Michaud**

Should cats be allowed at school, is a question that many students at Bernice MacNaughton High School might have.

When asked if cats should be allowed inside, grade 11 student Parker Allen said: "I don't think they should, as many students and teachers may have allergy and it would no longer be considered a safe environment."

Music and Math teacher Mr. James Snelgrove explained it best: "Animals are difficult enough to control, and there are many children in this building. Some people have allergies, so to make this a wonderful environment and make it inclusive and supportive, we do not allow cats."

His point highlights one of the biggest issues: allergies. Many people react strongly to cat fur or dander, and even a small amount can trigger sneezing, watery eyes, or asthma. Schools need to be safe and welcoming for everyone, and allowing cats would make that difficult.

Even those who like animals understand the challenges. Grade 10 student Veruka Ripley Ruhnke said: "I don't think so, unless it is a service animal because it would be hard to take care of them while trying to focus on work, also feeding and litter would get expensive quickly." Veruka raises an important point: caring for cats requires time, money, and effort. Teachers already have busy schedules, and students have assignments and tests to worry about. Cleaning litter boxes and feeding animals would only add to the workload and make the classroom less hygienic.

Not everyone agrees. Grade 12 Mason LeBlanc argued, "We should be allowed to have cats and dogs at school cuz they are cute as f***."

Similarly, grade 10 student Isabelle Moffatt said: "YESS because they would help the students be happy." While it's true that animals can boost mood and reduce stress, these emotional benefits don't outweigh the safety, allergy, and responsibility concerns that come with having live animals in a busy school environment.

When asked if the school has an "official" rule regarding animals, principal Mr. David MacDonald responded: "Animals are not allowed in school during the academic day unless they are trained service animals that assist individuals with disabilities, in accordance with federal and provincial policies/laws."

While we understand the appeal of featuring animals in



This mystery cat appeared by the school garden recently

LOCKDOWN (CON'T)

In conclusion, most people think that lockdowns are safe. To a certain extent, most people asked did respond that practicing the lockdowns lets you know the protocol for the day a lockdown is called on the intercom. Also, they stated that having an animal who can't open doors it works great but an extremely dangerous threat if he knows the protocol and is going to know where everyone is hiding. So, in the end lockdowns are safe, to a certain extent.

LOVE BMHS (CON'T)

er Mr. Jeffery Lloyd, "Every day I watch students divide into groups, and they have no idea what they're doing. After a few minutes of discussion, playing, using their imaginations they all come together and produce a living, breathing work of art. Then they show it to the class."

English teacher Mr. Matthew Lusk summed it up: "I love teaching students and seeing them grow."

So while students might love the social part of school friends, sports, and hip classes teachers love to see the development and creativity that happen every day. In the end, both agree that BMHS is something more than a school.

It's a place where there's something for everyone to love.

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2025: A CHALLENGING SEASON

By: Ethan Doucet

Struggling to find their footing, the BMHS football team faced a challenging season this year, as they as they grappled with inconsistency and battles on the field.

Head Coach Matthew Lusk says this: "One of the areas that we as a team need to improve on is everything and not just one thing, the coaches, players, and the team not just a single goal or team development."

Many athletes are new to varsity competition and are adapting to the challenges of high school football. Coach Lusk also says: "One of our positives of this season is that as a team we have improved our skills a bunch and we keep on getting better."

Despite their progress, players like offensive lineman Cameron Bird recognize the need for improvement. He says: "One thing we definitely need to improve on is translating our practices into our games."

Senior Offensive Lineman Alex Stirat adds, "At the beginning of games, we perform well; it's just that as the game goes

on, that performance starts slipping."

The players are committed to staying focused and rallying in tough moments. Us as Highlanders need to show support by being present during games and giving it all our Highlander cheer while hoping for the best!

Coach Lusk emphasizes that setbacks serve as growth opportunities: "Even though on the field it doesn't look like we are improving but during practice they give it their all and improving day by day." As the season ends, the emphasis is on improvement rather than perfection, understanding that success comes from effort and heart.

As Wide Receiver Liam Murphy said, "Football is a game of perseverance. We're building towards something greater."

With each failure faced, our high school football team is building to give the next season a brighter hope, showing teamwork and commitment every step of the way.

Together, we need to support our team as much as we can and keep our Highlander spirit up, knowing that one day success will be theirs to savour.



BMHS Football Players Huddle for a post-game conference after another tough loss

PROCRASTINATION – EVERYBODY DOES IT

WHAT RATIONALIZATIONS DO STUDENTS/TEACHERS USE TO PUT THINGS OFF?

By: Veronika Pankova

Procrastination continues to be a common issue among teens, creating a cycle of delay, as schools observe that students often miss deadlines by consistently putting off their assignments.

Procrastination presents a significant challenge by disrupting focus on what truly matters, causing individuals to lose sight of essential tasks they need to complete. This problem exists all over the world and our school isn't an exception. At Bernice MacNaughton High School, many struggle with maintaining concentration and managing their time effectively. Procrastination not only hinders academic performance but also increases stress, making it difficult for students to stay on top of their responsibilities. Without effective strategies to combat it, procrastination can lead to a cycle of missed deadlines and growing pressure, ultimately affecting both students' success and well-being.

One of the students, Yekateryna Kucheriuk, openly acknowledges her struggle with procrastination. "I don't really find with my procrastination. I just really don't do any of my assignments whenever. Then my parents get a call from the teachers, so I must come to DL. What it basically looks like, I start my work during class, and I'm really lazy to finish," she explained.

Although she recognizes procrastination as a recurring issue in her life, she doesn't feel particularly connected or motivated to change it—rather, she accepts it as an inherent part of her personality. "I will do that tomorrow, until it's a month late. That's it..." she added.

While students often find themselves battling procrastination and losing focus, many teachers are quietly excelling at managing their time. Through the use of structured to-do lists and self-discipline, teachers not only stay productive but also actively monitor their own behavior, holding themselves accountable. In doing so, they model the very habits they hope to instill in their students—showing that staying on track is both possible and powerful.

This commitment to structure is evident in the daily routines of teachers like Ms. Myra Mallet, Fashion Design and Media Studies teacher. Balancing multiple responsibilities requires her to follow a clear plan each day. As she explains, "If I don't get the first thing done, I can't do the next thing, and that throws off my entire day. If I want to be productive at all, I have to make sure that I'm following steps that I've set for myself." Her approach underscores how cultivating



Students sometimes struggle with keeping up with their classwork.

CELLPHONES (CON'T)

Students tend to agree that phones can make it harder to pay attention. "I believe that cell phones in school can cause a distraction to students because it's not always easy to fully pay attention in class," said Tacianna Essiembre Angle, a student at HTHS. "If you have a phone beside you that is so easy to use, some kids have urges to use them. So, I feel like students shouldn't have their phones, because it's less of a distraction and they can fully pay attention to the teacher."

While some people argue phones can be used for research, organization, or listening to music while working, others don't like the idea of it. Marko Trofymchuk, a BMHS student, offered a good take: "Students should not have their cell phones out during class unless it is an emergency or they are done with their work."

As technology continues to play a big role in education, schools everywhere are trying to find the right way for them to be used during a school day. Whether it's through phone lockers, clear rules, or student responsibility, the debate of cell phones in class is far from over.

CATS (CON'T)

school settings as a pet or mascot — we have to prioritize safety and liability concerns."

Grade 11 student Clifford Bartlett Glidden says, "I think cats should be allowed at school because they bring joy and some people need emotional support, I also think they should be at schools because you can build a healthy mentality around them."

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THIRD SPACES FOR TEENS: WHAT ARE THEY AND WHY ARE THEY IMPORTANT?

By: Annaliese Nemis

In a busy world where the boundary between school and home life can blur, it's important to find a 3rd space to unwind and make new connections - but what exactly is a 3rd space?

The term "3rd space" was coined by Ray Oldenburg and Karen Christensen, co-authors of the book *The Great Good Place*, released in 1989. They defined a third place as an environment outside of home and school/work you feel comfortable and connected in, such as clubs, parks, cafes, theatres, gyms, community centres, etc..

To begin exploring Highlanders 3rd spaces, I first asked Adeline Gallant, 10th grade student if she has a 3rd space. "Yes I do! I spend a lot of time at the Moncton library and have for years. The selection is vast, the employees are helpful, and it's a nice space to do homework at." Giving an example of how students benefit from having an area they can relax in and make their own.

Time spent and impact felt in 3rd spaces can also vary, depending on the person: "I spend many of my days outside of school and my home. I like finding time to go out with

friends, and take my time to volunteer my help. I also have some sports that get me outside," said London Cochran, 11th grade student, adding that she usually spends 6/7 days of the week primarily in 3rd spaces. This can feel stressful at times, but overall, it aids in socialization, connections, and comfort. As a comparison Ella Steeves, also an 11th grade student spends approximately 2/7 days a week in 3rd spaces, along with a number of other students.

There are, however, those who have not yet found any of "their" spaces but wish too. When asked why she'd like to find a 3rd space that fits into her life, student Matilda Aina responded: "There's life outside of home and school, and it'd be nice to have a place where I can feel comfortable, somewhere I can exist without pressure and expectations." This is a sentiment many students share.

Overall, if you are also searching for your own place, some charming options are: the Moncton Library, the Dandelion Café, Centennial Park, LOLI Café and Lounge, the Comic Hunter, DIY Studio, GoodLife Gym, Moncton Cares, Mapleton Park, or the YMCA.

So, if you may not have "your place" yet, I suggest you go out and find it.



Dandelion Cafe is an example of a 3rd space frequented by students

NEW TEACHER PROFILES

INTERVIEW WITH A SOMEWHAT NEWER TEACHER

By: Alisa Baydemir

Being a teacher is one of the most impactful careers, as it shapes students' growth and future. Mr. Nicholas Smart, a Civics, Entrepreneurship, and Personal Wellness teacher at Bernice MacNaughton High School, shared his perspective and role as a teacher who has dedicated his career to helping students succeed both academically and personally in an interview.

Mr. Smart started teaching three years ago here at Bernice MacNaughton High School after earning his BA and degree from Crandall University. His passion for education comes from his wanting to teach the new generation to excel in life and make them become their best version. He teaches with the belief that every student can learn with patience, encouragement, and the right tools. "His classroom is known for being imaginative, creative, and engaging," says Adeline Gallant, a grade 10 student at BMHS.

His teaching philosophy centers on being closely tied to the curriculum, having or encouraging big ideas, and wanting students to do their best. He often uses backwards design, PowerPoint slides, in-class discussions, lectures with videos, and visual representation to make lessons interactive and meaningful. When asked what he enjoys most about teach-



Mr. Smart entertaining students at our first assembly

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PEER PRESSURE: THE INS AND OUTS

By: Amelia Paul

Peer Pressure-is it all bad?

Where is it in our daily lives,
and how do people deal with it?

We often deal with peer pressure in our everyday lives whether at school, at work, or with friends, it is always present in some form. But is peer pressure something we should be worried about? Is all peer pressure bad?

To explore this topic, students and teachers at Bernice MacNaughton were interviewed about their experiences with peer pressure and how they handle it.

There are many different types of peer pressure we face daily. Sometimes it is negative, like being pushed to do something you know is wrong or that makes you uncomfortable. Other times, peer pressure can have a positive effect, like when your friends encourage you to try out for a



Photo Credit: <https://surl.li/agbsri>

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HALLOWEEN (CON'T)

behaviour that disrupts the learning environment, then it defeats the purpose.”

“I believe that Halloween is one of those great opportunities to unite us at BMHS as not just students, but people,” Layla Adams, Student Government president, said. “Those events and moments where everyone gets together and relates to each other in a fun way really build community in the long run. Halloween is a holiday that is widely known so it is a great way to relate yourself to others around the school in ways you may have never before. Having everyone dress up allows them to express their interests on one day a year, where they’re less likely to be judged, which I also think builds community.”

When the idea of a school-wide costume contest was brought up, students seemed more open to participating, especially with prizes like candy on the line. “A costume contest during lunch would be a great way to celebrate Halloween while keeping the learning time in class intact,” MacDonald said, agreeing enthusiastically with the students.

“I do hope that if we did have a costume contest, students would participate!” Adams said. “I personally love to see everyone’s Halloween costumes and would really enjoy giving praise to my favourites through a contest. Some people spend a lot of time on their costumes, so they deserve that recognition.”

Whether dressing up stays a casual choice or turns into a full-blown costume contest, Halloween excitement is already brewing at BMHS. That said, Mr. MacDonald reminded students, “Costumes must be school-appropriate: no masks that cover the face, no weapons (real or fake), and nothing that could be considered offensive or disruptive.”

For now, all that’s left is to see how many Highlanders will bring their spooky spirit to school this year.

MR. SMART (CON'T)

ing, Mr. Smart said, “Seeing the impact I bring.”

Mr. Smart consistently finds creative ways to engage his students in spite of obstacles like a lack of accountability, standards for students, and less strictness in today’s world. He updates his lessons regularly and takes part in professional development to remain effective with various teaching methods.

Moreover, Mr. Smart shows dedication, compassion, determination, and fairness in his teaching. His positive influence is felt across the classroom, being a perfect example of how one teacher can profoundly change the lives of many students.

GAMES TEACHERS PLAY TO GET STUDENTS’ ATTENTION

By: Daniel Simpson

Have you ever noticed how teachers seem to have their own little “games” to get everyone’s attention? Whether it’s the start of class or a moment when things get too noisy, these tricks help bring focus back to learning. Every teacher has their own style — some use sound, others use silence, but all aim for the same goal: getting students focused and ready to learn.

Culinary Tech teacher Mrs. Colleen Dunnett has a simple but effective way to get everyone’s attention — she calls all the students to the middle of the room. It’s her signal that something important is about to be announced or discussed. This quick gathering helps the class reset and makes sure everyone is ready to listen before diving into the next recipe or project. The short break from cooking or cleaning gives students time to refocus, making transitions smoother and keeping the class organized.

Over in the gym, Phys Ed teacher Ms. Stacey B uses a few attention-grabbing tricks of her own. After games, she’ll often press the game buzzer to signal that it’s time to stop and listen. Sometimes she uses her handheld whistle instead, and students know exactly what that means — they line up along the edge of the basketball court at the start of class, ready for instructions. These quick signals help manage the noise and energy of the gym while keeping everyone on task and safe.

Sometimes, teachers don’t say anything at all. When the class gets too loud or distracted, a teacher might stop talking completely. That dramatic pause usually makes everyone realize what’s happening — the whole class is waiting for them to quiet down. It’s a silent but powerful reminder to stay focused.

These attention-getters aren’t just random habits. They help teachers manage the classroom, keep lessons running smoothly, and make sure everyone gets the most out of their time. Whether it’s a call to the middle, a buzzer in the gym, or a quiet pause, these little “games” remind us that learning works best when everyone’s paying attention.



Mr. Foster using some innovative tricks to get students engaged

CELL PHONES AND STUDENT USE

By: Emily Richard

PRESSURE (CONT)



Students using their cellphones in class

Phones in school. It's like everyone's got one, right? Before Class, during breaks, sometimes even when the teachers talking, we're all glued to our screens.

"I think it can be annoying in the morning when everyone is just walking aimlessly on their phones, because it's very easy to run into someone," according to Veruka Ripley Ruhnke. Whenever you walk in halls and people do not pay attention to where they are going, it's very easy to walk into people and happens very often. It can be very difficult when you're in a rush and others are not paying attention, walking while on their phones, and *you* end up late.

"Phones are a part of all of our lives. They're amazing tools that help us connect with people and information, but they can also get in the way of real connection and make it difficult for us to self-regulate. I think we're all (students and adults) still learning about how to manage our phones in ways that are healthy for us, and these kinds of conversations help keep us self-aware." According to Doctor Pauline Axford. Phones have their ups and downs, but it's very easy to lose focus in class when you should be paying attention to doing your class work, but many get distracted on social media.

"I think it's fine if people use their phones in the halls and during lunch but in the class, there isn't any reason to go on our phones. We shouldn't be on our phones while the teacher is teaching though," according to Devin McConaghy. As for me personally, I think she is right and has a very good point. If a teacher is teaching, I think we should pay attention to them and not our phones.

Look, phones aren't going anywhere. Schools need to stop acting like banning them will solve everything. Instead, let's get real about teaching us how to use them responsibly. It's about finding a balance, not just saying 'no phones ever.'

If we learn to manage our distractions now, we'll be way better prepared for college and the real world.

sports team or study for a test.

Modern History teacher Jason Agnew agrees that peer pressure is not always a bad thing. He explains, "I think peer pressure could be just as much of a positive thing as a negative thing. Trying to get people to take part in something that will be good for their community, their school, whatever the case may be. But we usually tend to think of peer pressure as sort of a negative thing, like drugs, alcohol, tobacco, that sort of thing."

These are all examples of direct peer pressure, where someone is actively trying to influence your behavior. But what about indirect peer pressure? This happens when we feel influenced without anyone directly telling us what to do. For example, you might see your friends at a party doing things they should not do. Even if you know it is wrong, you might still go along with it because you do not want to feel left out.

Bernice MacNaughton grade 11 student Bea Penilla offers a more realistic view of how peer pressure often plays out. She said, "I do not think peer pressure is how the media shows it, where people are forcing you to do something. Most of the time, it is just a split-second decision that you decide to do just because everyone is doing it." Her perspective highlights how indirect peer pressure can happen quickly and subtly, without any direct confrontation.

We are also constantly influenced by social media, often without realizing it. From fashion trends and fast-changing beauty standards to the fear of missing out (FOMO), platforms like Instagram, TikTok, and Snapchat can pressure us to behave or look a certain way, even if no one is directly telling us to.

For students facing peer pressure, BMHS teacher Ms. Kari O'Neill shared, "I find the best way to respond to peer pressure personally is to be yourself, and you will eventually find the peers that you will get along with best, as you will not be trying to be anything else other than you."



AFTER SCHOOL HOURS, WHAT IS IT LIKE AFTER STUDENTS GO HOME?

By: Sauno Veysey

In Bernice MacNaughton, people socialize at lunch, sit next to a friend in class, and some even talk to several people every day. We all know our friends and acquaintances at school, but what happens once they go home and drop off their bookbag?

Four people were asked for a glimpse into their personal life after school; here are some quotes from multiple graduates with one being an anonymous person in grade 10.

Grade 12 student Anya Burova: "Work on assignments if I have any, and then do whatever I want, LMAO." Burova reported English Language Arts 122 and Sociology 120 being demanding, in the fact that you must work on assignments or homework at home. Notice how she says she first likes to finish homework; it's to pursue her freedom of doing what she wants, by doing hobbies or such activities.

Grade 12 student Seth LeBlanc enthusiastically responded to the question about students' afterschool lives. "Why, play my video games, of course!" LeBlanc is reportedly a fan of the Metroid series as well as having multiple gaming consoles such as the Sony PlayStation 5 or Nintendo Gameboy Color. Escaping into Metroid or a game on PlayStation 5 and enjoying yourself is an expression of a person's desire to seek freedom and to unwind from school.

Grade 12 Student and football O-line Mike Robles says he did practice football 6-7PM before the school's final playoff against Sackville's Tantramar High School's football team. He also sometimes is called to work at his job from 9PM to 11PM. He often must also care for his tuxedo kitten Morgana, such as playing with him, feeding him or cleaning his litter box. It is often that he can still have free time with such responsibilities. One of his hobbies when doing nothing is watching movies, a recent example being supernatural.

Robles too is shown to be responsible, but once he sits down alone, he enjoys perusing the hobbies and activities that make him happy. See a pattern here?

A grade 10 anonymous student said: "I take multiple naps after school" Like LeBlanc, this can lack responsibility if there is outstanding work but that's not the point. The point is freedom, the freedom to nap and to go into bed whenever you feel like it.

Something these four have in common is the wish for freedom. School can be seen as more of a responsibility to have good grades, so people want to travel to their own place without responsibilities, just for a while. The point to take away from this? You shouldn't burn out yourself with responsibility: learn to live and, every once in a while, do something you truly enjoy, instead of working with the responsibilities of English homework, or any such class.



BMHS students make their way to the busses at the end of another school day

MONCTON BANK ROBBERY

By: Saif Ibrahim

A violent bank robbery in Moncton erupted into chaos Friday afternoon when an armed suspect fled the scene, broke into a nearby home, and set it — along with a parked vehicle — on fire before being fatally shot by police.

RCMP say the incident began shortly after 2PM when the man entered the Royal Bank of Canada branch on Mountain Road with a firearm and demanded cash. He escaped with an undisclosed amount of money, prompting a swift police pursuit through the city's north end.

Minutes later, the suspect forced his way into a home on Moncton's west side, where he allegedly poured gasoline and ignited a blaze that quickly consumed the interior. Flames soon spread to a nearby vehicle, filling the area with thick black smoke.

Homeowner Robbie Justason, who was inside during the break-in, told Global News that the event happened without warning. "It all happened so fast. I barely had time to react before everything was on fire," he said.

Police surrounded the burning home as firefighters battled the flames. According to the RCMP, the suspect refused to surrender and was armed during the confrontation. After a tense standoff, officers discharged their weapons, striking the man, who was later pronounced dead at the scene.

No civilians or officers were injured, though the home and vehicle sustained significant damage. Fire crews worked for over an hour to bring the blaze under control.

The incident shocked the local community — especially students nearby at Bernice MacNaughton High School.

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Moncton Bank Robbery Ends in Deadly Standoff After Suspect Sets Home and Car Ablaze Photo Credit: Wade Perry

PROCRASTINATION (CON'T)

intentional habits enables teachers to stay focused and effectively manage their responsibilities.

Similarly, English Language Arts teacher, Mr. Matthew Lusk, offers a candid look at how he manages to stay productive and avoid procrastination. "I find that when I'm really busy, I can't procrastinate," he explains. "Because my schedule is so... There's so little time that I force myself to follow that schedule, and that works."

Mr. Lusk admits that procrastination tends to appear when he has too much free time, so he uses a strategy of setting personal rules and rewards to stay on task. "I just tell myself I'm not allowed to do that until I do this," he says.

To keep himself moving forward, he often breaks larger tasks into smaller chunks—setting a 30-minute timer to focus, then allowing himself a short break before continuing. For Mr. Lusk, staying productive is less about working non-stop and more about maintaining steady progress. His approach reminds us that discipline isn't restrictive—it's what makes focus and freedom possible.

Procrastination shows up differently for everyone. For students like Yekateryna Kucheriuk, it often comes from low motivation and even sometimes the belief that deadlines can always wait. Teachers, on the other hand, face it as a test of balance—juggling packed schedules while trying to stay organized and productive. Yet both sides share the same goal: finding ways to stay consistent and focused when it's easier to put things off. Teachers like Mrs. Mallet and Mr. Lusk prove that structure and steady effort can make all the difference, turning procrastination into progress and offering practical lessons their students can follow.

Mrs. Mallet offers practical advice for overcoming procrastination: "If you wake up and start everything with the intention of snowballing it into the next series of responsibilities or expectations, then you're going to be in a better position to actually follow through on what needs to happen." She encourages students to build momentum early in the day to stay motivated and on track. Her warning is clear: "If you don't set yourself up, you fail hard," reminding that success begins with how you prepare yourself mentally and physically each morning.



THE COST OF GRADUATING

By: Markian Babiak

Graduation season hits Bernice MacNaughton High School with excitement, stress, and a *whole lot* of spending. From prom tickets to after-grad parties, this year's grads are feeling the financial pressure more than ever.

Prom is usually where the money starts disappearing. Dresses, tuxes, shoes, and hair appointments all come before the big night even begins. Some students rent party buses or pull up in nice cars, while others try to keep things simple by borrowing clothes or splitting rides. Still, it's tough to keep costs low when everyone wants the night to be perfect.

When asked about how much grads usually spend, Mr. Jason Agnew, head of the Grad Council, said, "To be honest, I don't really know. I can tell you that we have a grad fee that helps pay for the prom, graduation, and all grad events, etc. But as for what grads spend, I really don't know. It depends on if they rent their prom dress, vs. buying, where they buy, etc. I know it is not cheap, but really it would be different for each person."

For current grads like Alex Leblanc, the spending adds up fast. "I'm keeping it pretty simple this year, but even then it's going to be a lot," he said. "Between tickets, clothes, and everything else, I'm expecting to spend at least \$700."

Even past grads remember how pricey it got. Sophia Carpenter, who graduated in 2022, said: "I chose to buy two prom dresses, which was completely my choice, but it barely made a dent in the cost already incurred for prom and graduation. Between the dress, hair, makeup, jewellery, transportation, dinner, and so much more the costs added up quickly. In total I spent well over a thousand dollars just for a few nights."

Graduation is meant to celebrate years of hard work — but for many BMHS students, it's also a lesson in just how expensive growing up can be.

STUDENTS WITH JOBS: THE CHALLENGE OF WORKING WHILE GOING TO SCHOOL.

By: Ava Ovidia

Many high schoolers today are trying to balance work and school at the same time. Trying to juggle homework, shifts, and personal time can become overwhelming quickly for teenagers. Attempting to keep up good grades consistently while also working can be a big challenge as well.

One of the hardest parts is managing time. After spending all day in school, students will go straight to work and come home late. "I get off work at 9:30 and still have to study for my biology test," said Caileigh Gray, a Bernice Macnaughton High School student. The constant pressure to perform well at both work and school can lead to stress and burnout for students.

Despite the stress, having a job can teach valuable life skills. Students who work learn about responsibility, teamwork, and how to manage money. "Working has helped me socialize a bit more since I'm pretty introverted," said Gray. Earning money can also give students some independence and can help them save money for things like college or a car.

Still, it's important not to overwork. Taking on too many hours can create stress and cause grades to fall. Finding the right balance between work and school is important to stay healthy and successful with your grades.

Overall, students who work while going to school can face both difficulties and rewards. Jobs can teach life skills, give benefits and independence but they can also cause stress and fatigue. With support, organization and good time management, it's always possible to succeed at both.



HOMEWORK: USEFUL TOOL OR USELESS TASK?

By: Naomi Carpenter

Homework looks different in every classroom at Bernice MacNaughton High School, where teachers decide for themselves whether to assign it. Today, students and teachers share their thoughts.

“Homework used to take up a lot of my time when I was in high school,” said Madeleine Carpenter, a 2024 BMHS graduate. “Although it is necessary to assign practice for things like math and chemistry.”

For some students, homework is just another part of school life. For others, it’s a daily battle. The question isn’t just whether homework helps learning, it’s how it affects students’ time, motivation, and overall well-being.

In many classrooms, teachers use homework to give students extra practice. Others believe that time after school should be for rest, sports, or family. “I think homework helps students solidify what they’ve learned in class and encourages independent learning, which is really important,” said Mr. Scott Cunningham, a teacher at BMHS. “That said, it’s not about how much homework students get, but how meaningful it is. Quality should always come before quantity.”

Some teachers have started giving less homework or none at all. Instead of assigning extra tasks to complete at home, they allow students to use after-school time to finish what they didn’t complete in class.

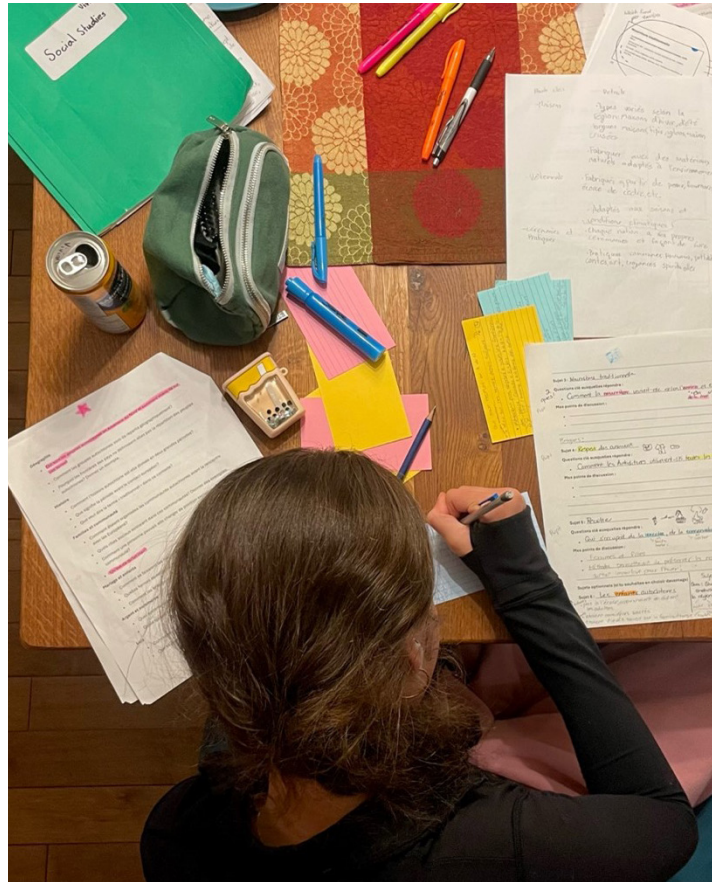
Others have introduced online tools that let students work at their own pace. These methods can help reduce pressure while still reinforcing learning.

Students say the usefulness of homework often depends on how much is given. “I believe that homework is a good tool to help retain information taught in class,” said Grade 11 student Chloe Blanchard. “Yet it should be given in moderation since many people lack time outside of school due to extracurricular activities.”

Teachers also notice that students handle homework differently. Some are organized and finish early, while others struggle to balance it with personal issues, jobs, or extracurriculars.

Even though opinions at BMHS differ, most students and teachers agree that balance is key. A little homework can help, but too much can take away time from other important parts of life.

“A better way to assess students could be by letting them decide what they’re best at, like tests or projects, and evaluating them based on that,” said Carpenter.



ROBBERY (CONT)

“It’s terrifying to think something that serious happened so close to where we go to school,” said Ernesto Mendoza, a Grade 12 student. “You never expect violence like that to hit Moncton.”

Grade 11 student Fiona Thy said she felt uneasy walking home after hearing about the robbery. “Everyone was talking about it — people were scared and confused. It made me realize how quickly things can change.”

Another student, Anya Burova, said she was heartbroken for the homeowner. “Losing your house like that is horrible,” she said. “I hope the community comes together to support the family.”

The Serious Incident Response Team (SiRT) has launched an independent investigation into the police shooting, as is standard in cases involving officer use of force. RCMP confirmed that there is no ongoing threat to public safety but urged anyone with information to contact investigators.

KITTY CHAOS!

By: Ryles Miller

On the morning of Wednesday, October 1st, Teachers and Students of Bernice MacNaughton High School spotted a feline friend in the front vegetable garden of the bus drop-off.

Our mischievous cat started the day off by lingering around the student drop-off area. "I saw the cat at the student drop off at like 9:20, It was orange I don't freakin' know," 9th grade student Tai Untura says.

Journalism students rushed outside during first period to see Pumpkin Spice, who was just lingering around the vegetable garden eating grass, as one does on a Wednesday morning. One student, Isabelle Michaud, picked up the cat and brought him inside to the rest of the journalism students that were hard at work.

Journalism teacher Mr. Cormier ushered Isabelle and the newly named "Pumpkin Spice" back outside, and Isabelle posed the question: "Why can't we have pets in school?"

"There's a district policy that forbids pets in schools," Mr. David MacDonald commented. He and Mr. Eric Matheson also mentioned that therapy and service dogs are allowed with documentation and paperwork, but most pets aren't allowed, because many students can also harbor allergies to animals.

During lunch, Pumpkin Spice wandered around campus and hung out with students. During period four, Pumpkin Spice was spotted in the middle of the intersection near the staff parking lot and bus loop entrance. Advanced Outdoor Pursuits students made sure our friend got out of the road safely. Pumpkin Spice then followed the Advanced OP class off campus.

"I saw the cat twice; it followed me around during lunch and in outdoor pursuits," 11th grade Advanced OP student Clifford Bartlett Glidden says.

After quite the adventure following the Advanced OP class, Pumpkin Spice wandered down the road, splitting off from the class and going back home safe and sound, just where a cute kitty should be!



Photo credit: Saige Hinter

Pumpkin Spice spent a brief time visiting BMHS

PICTURE DAY HORRORS

By: Sofia Hernandez



On September 24th and 25th, Bernice MacNaughton held its annual student photo day. Highlanders were called down by homeroom and lined up outside the theater doors. Students were fixing their hair, adjusting collars, and practicing their best smiles before stepping in front of the camera. Afterwards, many Highlanders were left with mixed feelings, found themselves asking the same question: "is that really me in the picture?"

The Highlanders had many things to say about their pictures, convinced that the photographers were changing their pictures: "They purposely picked the photo that was taken when i was caught off guard, and told me to turn my face to a weird angle. It didn't turn out good at all," stated Student Government at Large Rep, Clair Ngo.

Yet there's always a small handful of Highlanders that are satisfied with their outcome, praising the photographer's skill. "Really like my school pic, because the guy who took my photo took it twice, and usually other photographers don't do it twice. He was telling me to move my head, move my hair, and I really liked that. I looked stunning," said grade 12 student Carmela Arancon, thrilled about how good she's going to look in the yearbook.

Even picture redo's go wrong with grade 10 student, Kenzie Bannister shared her distaste, stating, "They don't let me see the pictures, so I look bad every time. Then I go do redo's, and it just ends up looking the same." It seems that even redos can't save everyone, proving that picture day truly tests people's confidence.

Picture day is always pressuring and stressful, from having to try to look the best you have ever, and pick out the perfect outfit, and hoping your hair stays in place just long enough for the flash. It can be surprisingly exhausting, considering that the entire event lasts only a few seconds.

STUDENTS USING AI TO HELP IN CLASSES

HOW ARE TEACHERS WITH IT?

By: Liam St. Croix

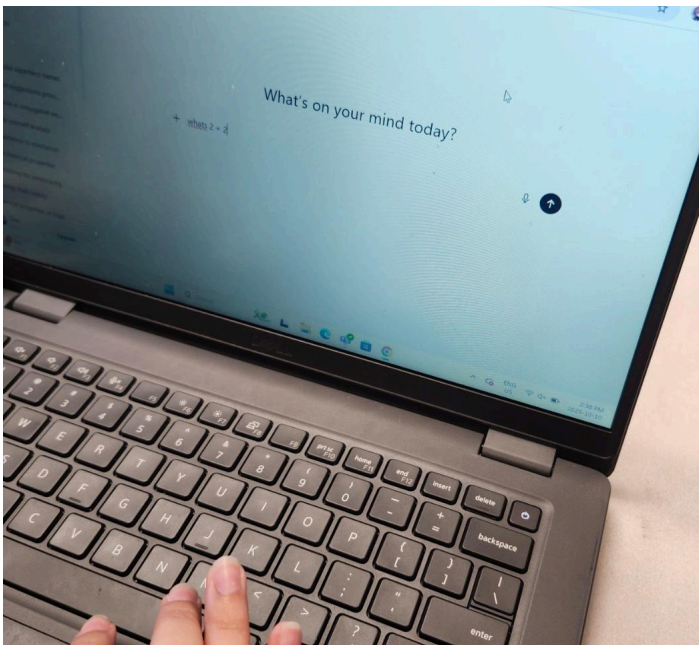
A is a controversial topic among schools, with some claiming it is holding students back and making them lazier than ever before.

ChatGPT is one of the most commonly used artificial intelligence services first released to the public in 2022, and as of 2025, is among the top 5 most visited websites globally with over 700 million weekly users with many of them being students.

When asked her opinion on the use of artificial intelligence, BMHS teacher Ms. Emma Parlee states, "It can be a good tool when used properly but a majority of people who try to use AI to get information, is because they don't know enough about the subject to recognize when the information is wrong, and I think that's where the comes in". She added: "What I will use AI for when teaching is if I have a text that is too difficult for students, I will give it to ChatGPT and ask it to simplify the text," when asked if she uses AI to help with her teaching.

Student opinions on the matter are varying, with some students agreeing that AI is useful and some students agreeing that AI is harmful. Highlander Lillian Jones gave her views on the topic: "AI can be a helpful tool to memorize and help break down information, but can become harmful when people use AI as a crutch when they are lazy."

There is no doubt that AI can be a useful tool but with a non-accuracy rate as high as 30% on some topics, may lead to students being misled and ill informed. Zoe Boco summarized the feelings: "AI can be useful to summarize things but many people overuse it and it is often wrong."



The ease of use of tools such as ChatGPT are tempting for many

STINKY BATHROOMS

By: Saige HINTER



Another daily reminder that people mistreat public washrooms

School bathrooms are gross, whether it be unflushed toilets, pee on the walls, broken locks, or doors taken off the hinges, school bathrooms are disgusting.

Every public bathroom is gross and filthy, but these school bathrooms seem to be filled with unsanitary conditions and straight up vandalism like no other. The problems with the bathrooms are not just limited to the aforementioned: there is never any soap or paper towel left, there just aren't enough bathrooms for a school of this size, so there is like twenty guys in the bathroom at once, and there are vapers everywhere. (I got vaped on in the bathroom one time, I know I'm not supposed to talk about myself, but that was traumatising.)

No blaming of any of the custodians or staff. 100% blaming the students who go out of their way to vandalise and vape in a public area that should be safe for everyone.

With all that being said, are the school bathrooms a safe place for everyone? When asked the question, 9th grader Jace O'Neill said: "I believe that the school bathrooms are an unsafe environment when there are other people around, I prefer to use the private bathrooms."

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HOW LONG DOES IT TAKE YOU TO GET READY IN THE MORNING?

By: Alexis Castrillo

Some students roll out of bed and can be out the door in 10 minutes, while others need over an hour to perfect their look. How much time do Highlanders really spend to get ready in the morning?

For high-schoolers, mornings are usually different for each person. Some just snooze through all their alarms and get ready at the last minute, while others have a long and set daily routine, where they take their time styling their hair, choosing an outfit, and pampering their faces.

"I take about two hours to get ready in the morning," BMHS Grade 10 student, Beatrice Pagua, says. "I get up, then go back to sleep, get up again, pick an outfit for 15 minutes, wash my face and do skincare, then do my makeup."

Many people, even of the opposite gender, seem to take around the same time to get ready. Grade 12 BMHS student, Von Bravo, says he takes about two hours to get ready as well. "I wake up at 5:00AM and it takes me thirty minutes to shower, thirty minutes to go on my phone, thirty minutes to do my assignments, and another thirty minutes to eat breakfast," he says. His perspective is one that is shared by many students, who like to take their time in the morning.

Research shows that this approach of having a routine and taking time for oneself can boost self-esteem, confidence, and set the mood for the rest of the day. But, not all routines have to be long to be effective for the day.

Grade 11 BMHS student, Josh Ruga, shares his quick but effective morning routine. "I sort of defrost for five minutes after I wake up then go downstairs to eat breakfast. Then I shower for five minutes and get ready in ten minutes," he says. "Overall, it takes me less than thirty minutes to get ready in the morning."

This contrast shows how differently students choose to start their mornings. The things they do may be similar, but the time they take to do them usually vary. Some take their time to feel confident, while others like being simple.

In the end, there is no set time that students should take to get ready. Whether it's a quick half-hour or less, or a slow two-hour process, what really matters is starting the day off with a great morning.



BMHS Student getting ready for school in the morning

BATHROOMS (CON'T)

On the topic of private bathrooms, when asked, 9th BMHS student, Irene Bastarache what their opinions were on the private bathrooms and the overall cleanliness of the public ones, they said: "I think all bathrooms should be the Gender-neutral rooms, not Because I'm trans, but because the stalls simply lack privacy.

And, as someone who cleans bathrooms at work, the difference between the female and male bathrooms are crazy. The female bathrooms are quite dirty but, in the men's, I have quite literally had to clean up a pool of water from the sink and piss on the floor."

Janitors do their best to stop the filth, but what *do* they do exactly?

BMHS Janitor, Mr. Bruce Harper, as for how he controls the school bathroom filth and vandalism: "We check the washrooms constantly, if there is something broken, I will put a work order into the district, and they will send a plumber or a carpenter. The crew that I have at night, they clean the washrooms, if they see something that needs to be fixed, they tell me. Sometimes we can't catch it though, I'm glad you guys take a look at the washrooms. When you guys told Mr. MacDonald about the washrooms, he told me, I placed an order, and we got it fixed."

RINGING IN THE NEW YEAR WITH A NEW BELL SCHEDULE: HOW ARE TEACHERS AND STUDENTS FEELING?

By: Madison Stewart

Bernice MacNaughton High School (BMHS) is ringing in the new year with a new bell schedule for the third year in a row! This latest change has left both students and staff with mixed feelings.

Since 2023, Bernice MacNaughton has adjusted its bell schedule three times, each change receiving varied reactions from students and staff. BMHS student Isabelle Boudreau said, "I literally just don't know the time that anything is, then I finally do, and they change it again."

During the 2023–2024 school year, school started at 9:18 a.m. and ended at 3:30 p.m. "Throughout the school year, teachers and students were complaining about the uneven start times. No one knew why, not even the teachers," former BMHS student Logan Roy stated.

In the first semester of the 2024–2025 school year, BMHS took a whole new approach. School started at 9:33 a.m. and ended at 4:00 p.m. Mornings consisted of two classes, and there were three classes after lunch. Student Elizabeth Butland commented, "The afternoon felt really long, and we ate lunch too early. Why does something end with a 3?"

In November 2024, administration took students' suggestions into account and revised the schedule once more. The school day started and ended at the same times, but the schedule was adjusted to have three morning classes and two afternoon classes. Student Sophia Harris said, "I was still tired, but it was better." Harris added, "I liked that it was more consistent, yet the bells are consistently odd!"

There have been multiple rumors about why the bell schedules changed so frequently. Some students speculated that the opening of the new Wabanaki Middle School influenced these revisions. According to Vice-Principal Ms. Amy Burke, the new middle school was indeed a factor. Burke explained, "DL and CMT are considered learning time and can be helpful... teachers and extra help would have to be on their own time." She also emphasized, "The main reasons for these changes were feedback." Burke expressed being impressed with how quickly the administration acted and how they



BMHS Student government members showing their spirit at a recent football game. Photo Credit: Zach D'Souza

SPIRIT GAMES

By: Layla Adams

Bernice MacNaughton High school is home to many great sports teams; including but not limited to, boys and girls, jv and varsity, soccer, basketball, rugby, hockey and volleyball. Each of these teams have designated one of their games as what we call "spirit games."

Grade 12 student and longtime sports player Cameron Losier Taylor sees a huge impact on her team's morale when students show up for her games. "I find that when our team is louder, it makes the other team more stressed. And I've been on the other side of that as well." Losier-Taylor then remarks that at a previous field hockey spirit game, the opposing team was really loud and spirited, which can sometimes affect our team's playing. "The other team was cheering so loud and we were at our own field and it was our spirit game. All I could hear while we were playing was the other team cheering." She adds.

"I feel there's an epidemic with our school's teams where nobody will come and watch and then we're wondering why are teams losing so badly? Because nobody's coming to watch, nobody's coming to support." Losier-Taylor continues as she voices her frustration with lack of spirit at these games, which are designated for just that.

Not every Highlander is expected to show up to all of these teams multiple games per month, but they do expect their schools' support at their spirit games. This can mean a multitude of things from wearing our school colours: Green and

BMHS BELL SCHEDULE

Monday		Tuesday		Wednesday		Thursday	Friday
CMT	8:40 to 9:15	DL	8:40 to 9:15	Short	Long	DL	CMT
1	9:20 to 10:25	1	9:20 to 10:25	1	8:50 to 9:55	1	9:20 to 10:25
2	10:30 to 11:30	2	10:30 to 11:30	2	10:27 to 11:27	2	10:30 to 11:30
3	11:35 to 12:35	3	11:35 to 12:35	3	11:33 to 12:33	3	11:35 to 12:35
LUN	12:35 to 1:35	LUN	12:35 to 1:35	LUN	12:33 to 1:33	LUN	12:35 to 1:35
4	1:35 to 2:35	4	1:35 to 2:35	4	1:33 to 2:33	4	1:35 to 2:35
5	2:40 to 3:40	5	2:40 to 3:40	5	2:40 to 3:40	5	2:40 to 3:40

Many welcome this year's version of the bell schedule

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WHY DON'T WE SHOW UP TO GIRLS SPORTS?

By: Holly Northrup-Banks

There are many boys and girls teams at BMHS with many fans, but there is a visible difference in the quantity. There are many teams that are female that have a better record, compared to our BMHS male teams, but why is there no turnout? Would you rather watch a team that wins or one that falls behind

On Instagram the boys varsity soccer team is named @bmhsvarsitysoccer well the girls varsity soccer team is called @bmhsgirlsvarsitysoccer25-26 so how come the boys get to be the varsity team because there is nothing about girls on that page, do we just need to presume that its a male team?

From a parents point of view Wendy Northrup has quoted "that a average boys game is the same amount of fans as a girls spirit game"

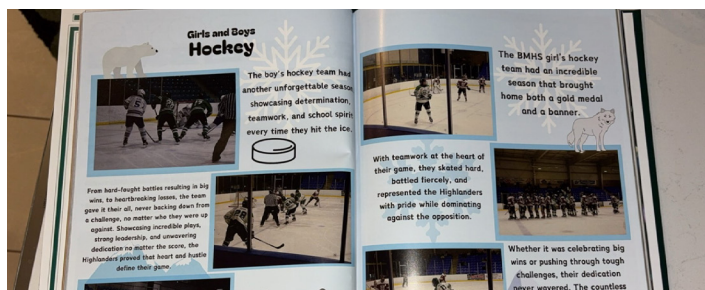
Hockey is one of the most popular sports in new brunswick female so why does the BMHS female team struggle to find players they have been requesting from other schools to play with our team since most players don't want to join since there is more opportunity's to be requited to a prep school and to overall get a glimpse of the potential in a A, AA or AAA team of BMHS students because no one shows up to cheer our female highlanders except the hockey moms and coaches.

In a interview with Haley Patterson a BMHS student and AA hockey player stated that "I would play hockey for our school but it's hard to have confidence playing when nobody is in the stands"

In the BMHS 2024-2025 year book the page dedicated to the ice hockey teams there is no photos for the girls team and one uncorrect statement saying "the bmhs girls hockey team had an incredible Season that brought home both a gold medal and a banner" they won three banners and one cup.

Liam Furlong a new BMHS boys hockey player was asked with he would rather watch a girls hockey game or a boys hockey game " I'd go to boys because there is hitting and fighting " he explained

So truly there is no answer to why people don't show up to female sports events but we hope to see more fans in the year coming.



Boys' and Girls hockey teams sharing the spotlight in an old yearbook

SPIRIT (CON'T)

white, or participating in cheers that Student Government leads. Even just being another body in the stands showing up for the team, could make a world of difference for the players

Student Government Treasurer Laura Melendy has a passion for school spirit and has an insight on why school spirit games have low attendance. "I personally think spirit games have low attendance because they are just not talked about enough and people don't have an idea of what they are like." Melendy, going to almost all of the spirit games our school has to offer, sees the difference between football hype compared to other sports. "Football games are always super hype because people know them to be, so if other sports got the same recognition they could be just as hype and then students would want to go."

Mr. Nick Smart, teacher and coach of multiple sports here at BMHS, has seen through a teachers and coaches lens why spirit games can be impactful on the student community.

"It's awesome when they see classmates there and it's awesome when talk of the match spills into the hallways the next day at school," Smart remarks, as he has experienced these things happening before.

"When there are students in the stands, it shows the players that their athletic pursuits mean something and that they have support outside of just their family," says Smart.

BELLS (CON'T)

tried to accommodate both teachers' and students' needs. "Buses and the timing of lunch were important factors. We can only start the day when the last bus arrives," she said.

When asked if there might be future adjustments, Burke responded, "It all depends on feedback. Right now, feedback is good. But I wouldn't be surprised if the placement of homeroom is looked at."

We also asked Burke about her favorite part of the current schedule. She said, "The soft start to the day," referring to DL or CMT time. With excitement, she added, "I've only been here two years, but I didn't like the schedule I started with. Like everyone, the afternoons felt really long.

That 20-minute difference in our schedule now makes a huge difference. Especially since I'm a parent, it brings me home 20 minutes earlier for supper."