



THE SNEWSPAPER

BERNICE MACNAUGHTON HIGH SCHOOL - MONCTON NEW BRUNSWICK - JANUARY 2026

SOCIAL BACKLASH AGAINST AI: WILL IT KILL THE INTERNET?



By: Isabelle Michaud

At Bernice MacNaughton high school, there seems to be an ever-growing backlash against using AI for creating content, even in a school setting. This backlash claims AI is bad for the environment, steals jobs, both creative and technical, and is rotting everyone's brains. There are, however, some important upsides to using AI.

This journalist went around and asked teachers and students about their views on the growing backlash about using AI for creative content, if they have noticed anything on it and if they agree.

Math teacher Ms. Elizabeth Taylor when asked what her feelings about AI are and if she has noticed any backlash on people using AI for making content. Her response: "I think that all of that is true, but I feel like we are going to find ways to overcome it, and the environmental issues. We will find better ways to facilitate this so it won't use as much water."

Another thing she brought up was that there may be a development of three different types of creativity for artists. One that is all human art, another that's a hybrid that uses human and AI, and, lastly, one that's purely AI. Jobs will be taken, but we need to find another way for people who

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ADVICE FOR EXAMS

By: Amelia Paul

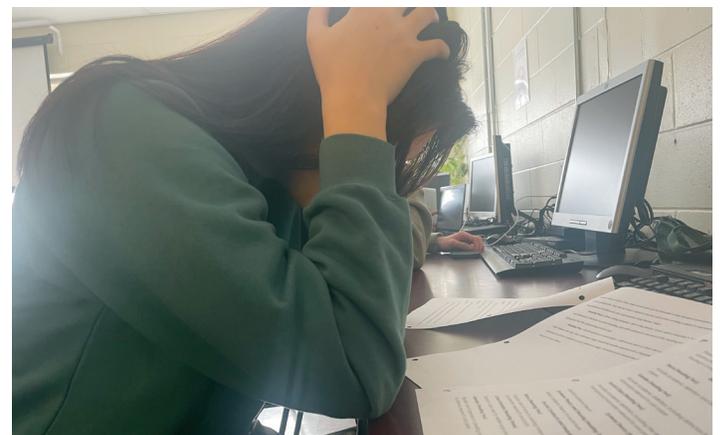
With exam season upon us, stress levels rise across the school. From late night study sessions, to last minute reviews, hallways become filled with students preparing for one of the most demanding and stressful times of the year. Teachers as well are feeling the pressure as they help students review and offer extra support for their final assessment.

To help navigate the pressure, Bernice MacNaughton High School students and faculty shared their best advice on how to prepare for exams, stay organized, and maintain a healthy balance during this stressful season.

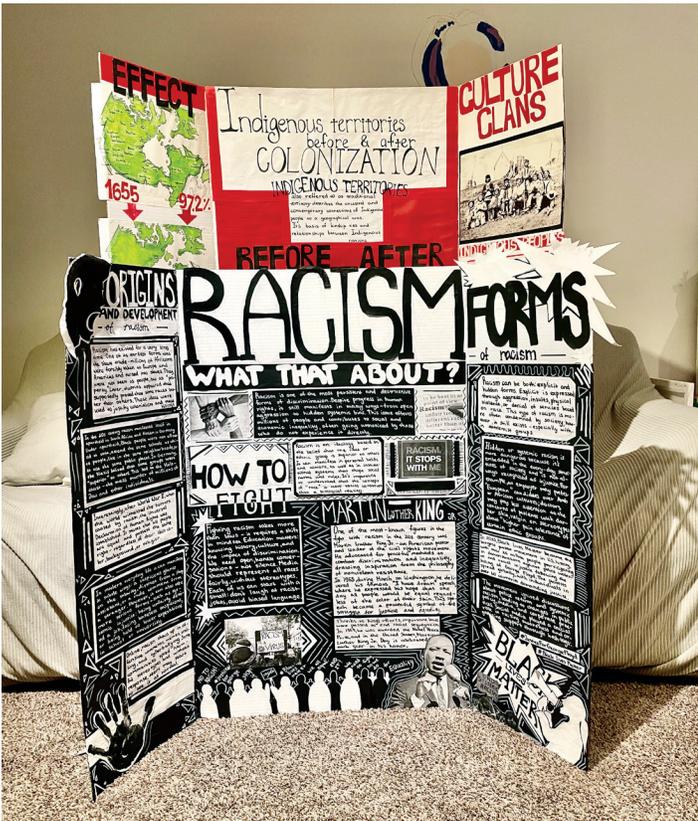
To help students feel more prepared while they head into the exam room, several teachers shared strategies they believe lead to long-term success. Many emphasized the importance of starting early and building consistent habits rather than relying on last minute cramming.

BMHS teacher Mr. Kevin Foster shared: "Chunk your study: 20-30 minutes per day for a week leading up your exam. Also, if you can, take the exam in the same room as you learned the material. This is called context-dependent memory, where you take cues from your surroundings that help you retrieve information. Your brain makes connections between your environment and the stuff you've learned. And get lots of sleep."

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WHEN MISTAKES BECOME OVERWHELMING TOO CLOSE TO BREAKDOWNS



The photo shows two trifold Social Studies Fair boards, highlighting the pressure from major student projects

By Veronika Pankova

Grades, deadlines, and presentations are meant to measure learning, yet for many students, they create intense pressure. At Bernice MacNaughton High School, that pressure follows students into every assignment.

Almost every Highlander has gone through a nerve-racking presentation at least once. One of the most common examples is the Social Studies Fair, where students must create a trifold packed with research, detailed writing, and creative design. After weeks of preparation, students are expected to present their work confidently, often without reading directly from the board, essentially teaching their audience.

For many, this project feels even more stressful than a traditional exam. Because it replaces a major test and involves public speaking, students fear not only failing, but also not meeting expectations or standing out for the wrong reasons. These fears often grow into overwhelming pressure — sometimes over mistakes that have not even happened yet.

For some students, that pressure shows itself most strongly during speaking-based tasks. Grade 11 student Daria Blokh-

ina says presentations often cause intense anxiety. “I feel overwhelmed often when I need to speak in front of the whole class. I get paranoid that I will say or do something wrong in front of everyone,” she said. Even smaller moments, such as speaking up from her chair or writing a test, can make her anxious. Although she puts significant effort into her studies, Blokhina still worries that her work may not be enough to achieve the mark she hopes for.

Presentations are not the only source of stress, as for some students, even regular assignments can feel overwhelming. Time management plays a significant role, though it affects students differently. Grade 11 student Ekam Seehra experienced this pressure after returning from India close to the end of the semester. “Yes, I have felt overwhelmed when I came back from India and I had so much work to do in all my classes, and I didn’t have time to do it because the semester was ending soon,” he said.

To cope with the workload, Seehra created a strict routine to regain control. “I try to work every day on something so I can finish them quickly. I spent two hours daily after school-working on my past assignments so I could finish them, and after that I spent one hour on my present assignments, so I don’t fall behind on those,” he explained. Although the pressure was intense, focusing on consistency helped him avoid falling further behind.

While students experience stress as immediate and overwhelming, teachers often view the issue from a broader perspective. Mr. Mathew Melanson, English Language Arts teacher, believes much of student anxiety comes from the idea that one mistake defines them. “A lot of student stress comes from the belief that one mistake defines them,” he said. “I try to prevent that by reminding students that learning takes time, but also by encouraging basic habits like proper nutrition, sleep, and regular exercise. When students take care of their bodies, they are far more resilient mentally, and mistakes do not feel like breakdowns.”

Ms. Elizabeth Taylor, Foundations Math teacher, agrees that pressure around performance can interfere with learning, especially when grades become the main focus: “I wish there was a way that we could encourage students to do their best without having a final mark or a number that represents their accomplishments,” she said. While she acknowledges that marks can motivate students, she says they become harmful when students are afraid to make mistakes. “When students don’t want to try things outside

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THE SPONGEBOB MUSICAL

By: Layla Adams

Bernice MacNaughton High School's music department is putting on yet another musical this year, based off of the beloved Nickelodeon cartoon, *SpongeBob Squarepants*. This will be happening February 12th to 15th and tickets are already on sale for \$15 for students and \$20 for adults.

There are many different aspects that go into putting on a production of this size: this includes stage crew, makeup and hair department, props, band, and of course, the actors.

Buzz and commotion have been starting to float around the school about SpongeBob, many students have been wondering what the actual plot of the musical is. BMHS has put on two musicals in the past two years, *High School Musical* and *Cinderella*. In what way is this musical going to be different?

"I would say that a lot of the time in most musicals, it's like there's the stage crew and then there's the cast and ensemble, but with this show there aren't really a lot of stage crew. Most of the time it's just ensemble members carrying things on and off the set. Much like the really popular musical, *Hamilton*," says grade 9 student Annabel Moore, who plays SpongeBob SquarePants.

"The difference between *Hamilton* is that this show is really bright and funky. There's not a lot of shows like that where you can just wear neon colours and people are like, woah, that's not a musical," Moore continues.

Our own BMHS students actually gets their own matinee, featured during a school day, at a discounted rate. Shay Ferguson, grade 12, who plays the Mayor of Bikini Bottom in the production, has another insider scoop on what the BMHS high school audience might think of the show: "I mean when we did it at the assembly, everyone freaked out about the houses. Seeing it come to life with the costumes and different colours is really cool. I think SpongeBob is a show that a lot of people watched growing up, especially this generation, Gen Z," says Ferguson.

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DISCONNECTED: THE ONGOING BATTLE WITH BMHS WI-FI

By: Sofia Hernandez

Since the new year, Bernice Macnaughton's Wi-Fi kept its reputation of being unreliable. Students and staff are still constantly complaining about losing their connection at critical times, such as instructional hours, and assignment work sessions.

Highlanders complain about the connection frequently, especially when working in the cafeteria. Grade 10 student Madison Morrison shared her personal dilemmas with the schools' Wi-Fi. "I'll be trying to do schoolwork during lunch on my laptop, and I have to go so far away just to get work done. It's gotten to the point where I'm missing out on opportunities to do work because of how bad the connection is," Morrison explained.

Based on what Morrison said, it can be assumed there are places in the school that have much worse Wi-Fi than others. Students overall voted on the cafeteria itself being one of the worst spots to try to get any work done.

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Annabel Moore as SpongeBob Squarepants
(photo credit: Maggie LeClair)

ANGLO EAST SCHOOL DISTRICT CHANGES ENGLISH 12 ASSESSMENT FORMAT

BMHS Demonstration of Learning Schedule – January 2026

Monday – January 19	Tuesday – January 20	Wednesday – January 21	Thursday – January 22	Friday
Period 1 EXAM 9:15 - 11:15am Interviews/Conferencing	Period 2 EXAM 9:15 - 11:15am Interviews/Conferencing	Period 3 EXAM 9:15 - 11:15am Interviews/Conferencing	Period 5 EXAM 9:15 - 11:15am Interviews/Conferencing	Interviews
Period 4 EXAM 1:00 – 3:00pm		ELPR Grade 10/11/12 Various classrooms		

By: Markian Babiak

Students learned this week that the school district changed the English assessment, meaning interviews were replaced with an exam that students in both semesters will complete during before/during exam week.

BMHS students were recently informed that English classes will now include a final exam instead of an interview. The change was made after a district meeting, affecting students taking English.

Students taking English next semester will complete the exam over three class periods. Each class will focus on a different part of the course. One day will focus on reading and assessing, another will focus on writing, and the final day will focus on speaking, listening, and sharing.

Students who completed English in the first semester will also complete an exam, but it will be shorter. The district decided it would not be fair for second-semester students to have an exam while first-semester students had none. Because of this, first-semester students will complete a two-day exam instead. One day will focus on reading and writing, while the second day will focus on a creative assignment.

Some students taking English next semester said they are concerned about how the exam could affect their schedules. Matteo Lessard, a grade 12 student, said: “That doesn’t sound good because it will interfere with my other exams.”

Other students felt the exam was reasonable. Alex LeBlanc, a grade 12 student taking English next semester, said: “I guess it makes sense... if different criteria are assessed, like reading and speaking one day, and writing and responses on another day.”

Not all students were surprised by the change. Brooke Welner, a grade 12 student currently in English, said: “I wasn’t surprised we were going to have a final exam, especially

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UNDERSTANDING ADHD: HOW IT SHAPES SCHOOL EXPERIENCES

By: Naomi Carpenter

Attention-Deficit/Hyperactivity Disorder (ADHD) affects multiple students and educators at Bernice MacNaughton High School. While ADHD is often associated with difficulties in focus and organization, it can also influence creativity, passion, and the way individuals experience school life. Understanding these impacts is an important step toward building a more supportive learning environment.

For students, ADHD can make daily academic tasks more challenging. Staying focused in class, managing time, and maintaining motivation often requires extra effort.

Grade 12 student Audrey Parker shared that ADHD affects her academic confidence and motivation. “I find myself being a lot more unmotivated than my peers, even if I’m not doing my schoolwork doesn’t mean it’s not the only thing on my mind,” she said. Parker explained that moments like being called on in class without knowing what is being discussed can be discouraging, adding that she is “more embarrassed of the noticeable effects it has on me” rather than the diagnosis itself. She noted that ADHD negatively

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SAVIOR OR DICTATOR: TRUMP IN VENEZUELA



By: Ethan Doucet

Launching a controversial military campaign, President Donald Trump ordered US troops to the capture of Venezuelan president Nicolas Maduro, during a large scale military operation that officials said was ‘months in the making.’

Maduro and his wife, Cilia Flores, were swiftly captured by Tier One Operatives known as Delta Force and escorted out of the country, with Maduro and his wife being detained, facing criminal charges of narco-terrorism, weapon and drug trafficking, and possession of destructive equipment intended to be used against the United States.

The operation, dubbed *Absolute Resolve*, followed a build-up of American army and navy assets surrounding the south American country, in addition to setting up blockades, preventing any ships or planes from entering or exiting the country.

Controversy spiked, due to the fact that Trump’s operation broke international law, and he did not seek congress’ approval beforehand. The United Nations charter makes clear that all UN members are to refrain from the “use of force” against the territorial integrity or political independence of any state. The US violation of Venezuelan airspace, ensuing airstrikes in Caracas, the seizure of Maduro, and his illegal removal from Venezuela are all direct violations of this. Any suggestion it was justified as an act of US self-defense is not supported by the facts. The US had not suffered a Venezuelan armed attack, nor was there any evidence to suggest such an attack was imminent.

Trump, by law, cannot commence any operation without congress’ approval first: “The president cannot run a military operation of this size, cannot invade a foreign country, without coming to Congress first,” Senator Chris Murphy, D-Conn., said on CNN on January 6th.

When asked if the Trump administration committed crimes, teacher Ms. Dara Harris had this to say: “ Trump was, for sure, not supposed to do that, and, legally, he was supposed to go to congress before, even though Maduro was a dicta-

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BMHS SENIORS STRUGGLE UNDER HEAVY WORKLOAD IN FINAL WEEKS

By: Saif Ibrahim

Students at BMHS face a flood of homework, projects, and exams in the last two weeks of school, leaving many seniors stressed and overwhelmed. Instead of winding down, the end of the year often becomes a sprint to meet multiple deadlines.

Lost instructional time earlier in the year drives the crunch. Snow days, testing, assemblies, and other disruptions push lessons back, forcing teachers to assign more work to cover all required topics before grades are finalized.

“It feels like teachers remember everything they didn’t assign earlier and give it all at the end,” said Anya Boruva, a grade 12 student. “We’re trying to finish strong, but it gets really stressful.”

End-of-year grades add another layer of pressure. Many final projects and exams count heavily toward students’ overall performance. Teachers assign extra work to give students opportunities to improve grades, but multiple deadlines often pile up at once.

“We already have graduation, finals, and thinking about what comes next,” said Ethan Ng, a grade 12 student. “Adding so much work in the last two weeks just makes everything more stressful.”

Students also struggle with low motivation at the end of the year. After months of school, many feel burned out, and heavy workloads turn the final weeks into a race against time rather than a chance to reflect and learn.

“By the last two weeks, most of us are exhausted,” said Ernesto Mendoza, a grade 12 student. “We still want to do well, but it’s hard when every class has something big due.”

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AI BACKLASH (CONT)

work. Taylor also finds it extremely useful for her work life, personal life, and she gets excited to use AI, as it sorts, organizes, and saves her a load of time. "Those who don't want to embrace it will be left behind."

Ms. Taylor also suggested: "So the whole world would have to be part of an authentic AI. It can't just come from Silicon Valley, where they were their points, where their information is input, to have a really accurate information source."

English teacher Mrs. Emilee Layden, when asked if she has noticed any backlash on people using AI for making content, said: "While I agree that AI uses a lot of water, which is something we do really need, next is how it completely removes writers voice, as there is none when they use AI. When a person uses AI, it's a robot doing the work, and it's just one of my issues as it feels like it's lacking a soul." Layden believes writing should reflect human emotion and individuality, which AI cannot truly replicate.

Grade 11 student Clifford Bartlett Glidden said: "I agree with this statement because I hear AI music a lot and I feel like it getting popular is dumb, due to it requiring no skill and they just reap the rewards." His opinion reflects the concern that AI created content takes attention and success away from people who work hard to develop real skills.

Art teacher Mr. Aaron Proud, when asked about his feelings on AI, and if she has noticed any backlash or people using AI for making content, responded: "I think that it's a complicated issue. There's a lot that AI can help us with; however, there's also a lot of misuse. I tell my students all the time that they can use it to help them do their research; however, don't use it to do all your work for you."

The fact that AI also contributes to environmental collapse is also a huge concern, but I also think we have gone too far, so we need to find other ways to make it fit into our change to society." Mr. Proud is also worried about AI's impact on the environment but believes that society has already gone too far to completely stop using it. Instead, he thinks people need to find better ways to fit AI into a changing society.

English teacher Mr. Matthew Melanson said: "I feel like, AI is a slippery slope. I feel like it can be a real advantage if it's used to enhance original ideas that come from human minds: where it does become an issue is where it comes to creating for us. I feel like that can be a problem in the education world and the work force, as when it starts creating for us, we become less important. It will start to take over our thoughts and for what it needs us." He explained, adding that it could negatively affect education and the workforce by making people overly dependent on technology.

The opinions on AI at BMHS are very mixed.

Some teachers and students believe AI is useful and unavoidable, while others worry about its effects on creativity, jobs, and the environment. As AI continues to grow, the debate over whether it is helpful or harmful grows, and there's wonderings about whether it could change or even "kill" the internet.

Grade 10 student Felipe Guerrero, when asked about the subject, said: "Yes, I do agree that AI is stealing jobs and it is making brain rot for kids, and I have not seen or heard anything about AI hurting the environment. So far, I have heard about how it uses a lot of water, and I do not care about the backlash, but I have heard about it and seen it online. But I don't care about it. I still don't like AI."

His opinion shows that many students dislike AI even if they are unsure about all of its effects.

SPONGEBOB (CONT)

Ferguson has more than one thing to add about the excitement of the show: "I think a lot of people are going to be really excited for Nolan LeBlanc's performance as Patchy the pirate. A lot of people love Nolan and he's known around our school for being an absolute sweetheart and just having great energy. So, I think a lot of people are going to be excited to see a different side of him which is performing," she adds.

When asked what she thinks the BMHS audience will find most intriguing about the show, Annabel replied: "I feel like the plot and the songs are really goofy and really exciting and it's just a blast to watch. It's very eye-pleasing and toe-tapping," says Moore on the captivation of the show.

As she once was an audience member for our elementary school matinees, 6th grader ensemble member from Wabanaki School, Libby Adams now has an insight on what kids her age will find the most interesting about the show: "I think they'll be most excited to see the costumes. This musical is different from the ones we have done before because it's based on a kids show that we all love so it's easier to understand," says Adams. Now being a part of the Wabanaki chorus being featured in five of SpongeBob's songs, Libby has her own things she is particularly excited about. "I really like the opening scene and song. I'm most excited for the dances," Adams remarks.

The cast and crew have been working tremendously hard to commit their time towards bringing this musical to life. This includes countless hours staying after school, sometimes until 8:00pm and weekends from 9-5, almost like a full time job, so they would forever appreciate your support to buy a ticket and come see this show, they assure you, it will be worth the watch.

IS A 10-5 SCHOOL DAY BETTER FOR STUDENTS?

By: Liam Murphy

A proposed shift towards a 10AM to 5PM school day is gaining attention, as schools look for ways to improve student focus and well-being. The idea has sparked debate among students, parents, and teachers.

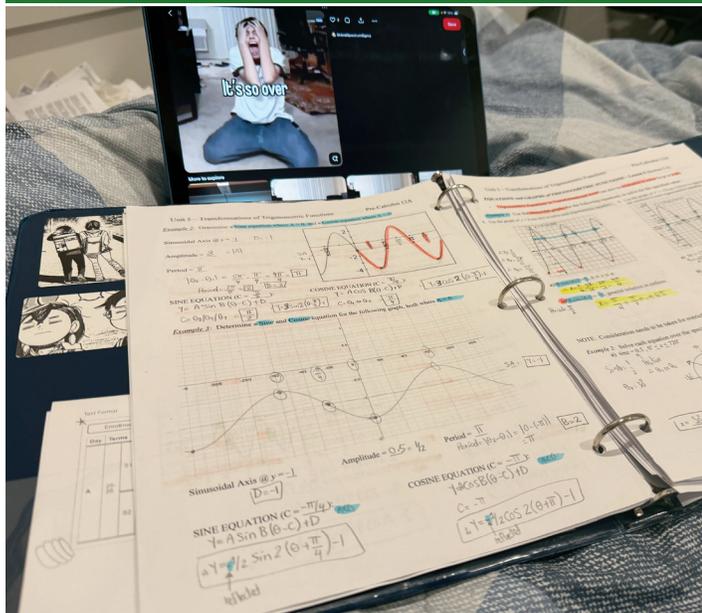
The proposal aims to help students get more rest by starting school later in the morning. Supporters believe this change could lead to better attention in class and improved academic performance; however, some families are concerned about how the later dismissal time could affect after-school activities, jobs, and evening routines.

Dustyn Murphy said the idea has clear benefits but also challenges. "A 10-5 school day can be a good idea, especially for older students, because it supports better sleep and focus, but it may complicate after-school activities and family schedules," Murphy said.

Many teenagers struggle with early mornings, which can lead to tiredness and trouble concentrating in class.

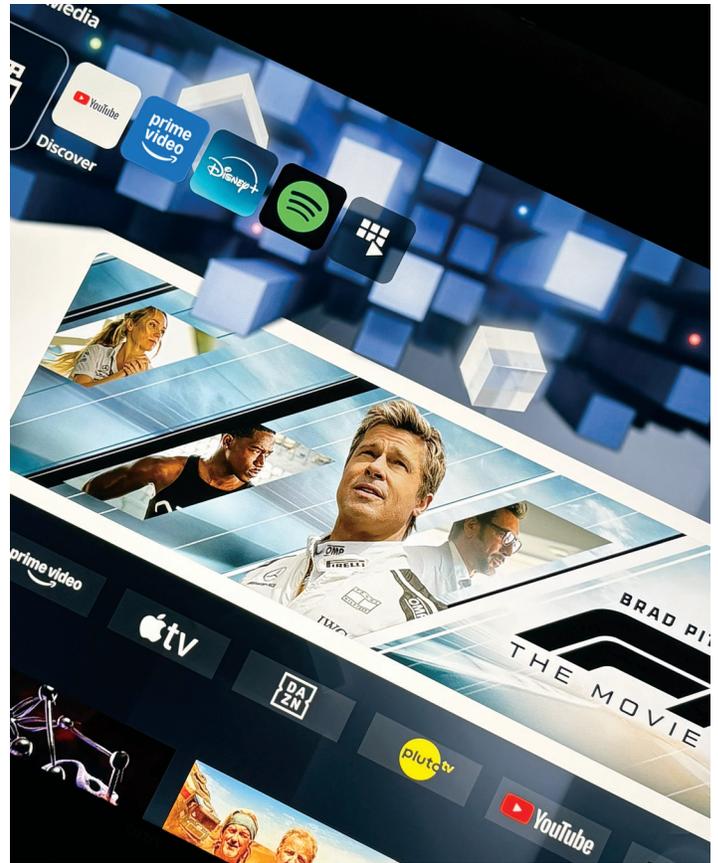
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SENIORS STRUGGLE (CONT)



Some students suggest better planning could reduce stress. Coordinating deadlines across classes, spacing out projects, or limiting major assignments at the very end could make the final weeks more manageable while keeping students engaged.

As BMHS seniors prepare for graduation, many hope future students will enjoy a calmer conclusion to the school year. Until schools make adjustments, the last two weeks will continue to feel less like a finish line and more like a final hurdle.



WHAT'S GOOD ON STREAMING SERVICES RIGHT NOW?

By: Xander Cawdle

From classic cartoons to full-of-action films, and even long-running sitcoms, students are finding comfort and entertainment in all sorts of different shows and movies. With the number of streaming platforms now available today, choices can seem endless. To find out what is popular right now, a number of grade 11 students shared their top streaming picks and explained why those picks stand out.

The reason some viewers tune in to certain shows is due to the nostalgia effect. Kayden Simpson, a grade 11 student, replied: "SpongeBob because it reminds me of my childhood." These older animated programs, such as *SpongeBob SquarePants*, still manage to attract viewers years after their release date through their humor, simplicity, and nostalgic effect.

Others like intense storytelling and action. Zack Godin, also in grade 11, picked a classic movie, stating: "Gladiator because it has a good story and good fights." Films such as *Gladiator* continue to remain popular on streaming services as they mash up great characters, emotional moments, and thrilling battle scenes that stand strong even today.

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ELA CHANGE (CONT)

since it's a mandatory Grade 12 class."

When asked why the district decided to have an exam, Ms. Heather Gunn, an English 12 teacher at BMHS, said: "You'd have to reach out to (Mr.) Randy McLean, the superintendent, to know for sure, but my feeling is that the purpose is to do an internal check to ensure that there is commonality in what's being assessed (and how curriculum is being delivered) across the district's schools. Perhaps it's also an attempt to share what the district feels is a measure of competency for ELA 12."

Overall, students have had mixed reactions to the change, with some concerned about workload and others feeling the exam makes sense for the course.

EXAM ADVICE (CONT)

This advice was reinforced by other teachers, who stress that spreading study time and prioritizing rest can greatly improve performance on exam day.

Teacher Mr. Nicholas Smart: "My advice would be to do some study/review for twenty minutes every night in the weeks leading up to the exam, rather than just studying and cramming all night the night before the exam. Proper sleep is too important to be performing at your best on exam day to be compromised by pulling an all-nighter. You're much better off keeping it to manageable chunks every night 1-2 weeks before."

While teachers offered and explained their study tips based on experience in the classroom, BMHS student Anqi Huang also offered insight from their own exam experiences. "Start reviewing as early as possible, but don't do any new practice a day or two before the exam. Let your mind relax so you can better prepare for the exam. During the exam, if you encounter a question you don't know how to answer, don't spend all your time on it. Do the other questions you do know first and then come back to this question later; you might be able to answer it, then."

Looking again to teachers for guidance, some advice emphasized self-awareness and consistency, reminding students that studying effectively looks different for everyone. As Ms. Emilee Layden put it: "My advice would be to create a plan based on your identity and habits. Consider when the best time is for you to study and commit to studying habitually at that time of day. Monitor how long you can maintain attention effectively and what strategies work for you. Writing is proven to help most people process and remember information better. If that is not right for you, use speech to text to create notes for yourself to review. Creating effective accurate notes is essential because if you cannot do that, you do not truly understand the information. Good luck, lovelies!"

OVERWHELMING (CONT)

of their comfort zone, it kind of stunts their learning," she explained. Ms. Taylor emphasized that helping students understand the reasons behind their perfectionism can reduce long-term stress.

Although teachers recognize that one mistake does not matter in the bigger picture, they also understand that student anxiety is real. For many students at Bernice MacNaughton High School, fear of failure, judgment, and expectations can feel overwhelming.

Addressing that pressure may help students see mistakes not as breakdowns, but as part of learning.

ADHD (CONT)

affects her time management, procrastination, motivation, and confidence.

ADHD also impacts educators, shaping how they work and interact in school settings. Ms. Heather Gunn, a teacher at BMHS, explained that her experience as a teacher with ADHD differs from those who are neurotypical. "When I am passionate about something, I can get obsessed and work really hard to turn big-sky ideas into tangible products and projects," she said. Gunn noted that she often becomes involved in large projects, particularly those related to social justice and equality, an area she feels strongly connected to.

While ADHD can bring strengths, it can also create challenges. Gunn shared that she struggles with tasks she finds less engaging, such as organization, and that she can be sensitive to criticism. "I think one thing I LOVE about having ADHD is that I am passionate and I've been told that I come across as genuine," she said, adding that her openness and impulsiveness help her connect with others, even though they can sometimes work against her.

Being diagnosed later in life helped Gunn better understand herself. "Having a diagnosis has helped me see myself differently," she said. "I find that understanding has made me feel a little more generous with myself." She explained that behaviors she once felt embarrassed about, such as oversharing or struggling to stay organized, now feel easier to accept. "Now I see my ADHD as a cool thing, even my superpower, not a disability."

ADHD affects everyone differently, but increased awareness and understanding can help create a more inclusive school environment. By recognizing both the challenges and strengths associated with ADHD, schools can better support students and staff alike. As Gunn reflected on her experience, understanding her ADHD allowed her to view it not as a limitation, but as something powerful, her perspective highlights the importance of acceptance and support in school communities.

INSIDE UNIVERSITY LIFE: STUDENT PERSPECTIVES

By: Hunter Gutierrez

Bernice MacNaughton students face tough decisions when choosing a post-secondary path, weighing academics, campus life, and available resources as they consider where to enroll.

Students attending Mount Allison University, the University of New Brunswick, and St. Thomas University shared what they appreciate most about their schools and what they would like to see improved. Their perspectives highlight how current students experience campus life firsthand, revealing the priorities, challenges, and unique aspects that shape each university.

Cameron Taylor, former Highlander and current first-year student at Mt. A., emphasized positive academic and social experiences shaped by the campus environment. "I love the flexibility that Mount Allison offers when figuring out your degree," she said. "I enjoy how the whole place runs on community connection."

Taylor also noted some aspects of the campus that could use attention: "I think some of the residences could be improved a bit as the buildings are getting older, but they still have charm," she said. Balancing the historic feel of the campus with modern functionality is key for a positive student experience.

At the University of New Brunswick, second-year student, Jessica Martinez, said: "My favorite thing about UNB is the campus, there are various studying spaces and a great view of the city," she said. "I also like how the university is very supportive and encouraging when organizing clubs and activities. Also, there are a lot of resources available for the students, like the health centre."

Despite these advantages, Martinez pointed to areas where the university could enhance, suggesting: "Something that could be improved is for professors to get evaluated more frequently for them to apply the feedback given. Another thing is they should promote more effectively the events and resources that are available for all the students to be aware of them and get the most out of it."

Camila Lazala Ogando, first-year student at St. Thomas University, said, "One thing I love about STU is how inclu-



**Former Highlander Cameron Taylor
(photo credit: Cameron Taylor)**

sive and personal all their classes feel. With only about 60 students allowed per course, classes are very small, which helps you make connections with people faster and feel more comfortable with the teachers, making the class easier and more bearable."

"One thing I dislike about STU is how limited the food options are," Lazala Ogando added, "For a person who doesn't stay on campus, buying a meal plan wouldn't be a good investment since I only have to go to class three days a week. On the days I have been, they usually have the same food options, which makes me think the meal plan is even less worth it."

While each university offers unique experiences, students' perspectives reveal that campus culture, available resources, and community shape everyday life as much as academics, influencing how each student experiences higher education.

TRUMP (CONT)

tor.”

Social Studies teacher Mr. Todd Jamieson also added: “That the next year’s midterm, when he loses both the house and senate, they’re going to impeach him for one of those crimes.”

In the end, Trump’s Venezuela operation leaves the world divided over whether it was a decisive strike against an entrenched dictator or a reckless abuse of presidential power.

While supporters may point to Maduro’s alleged crimes as justification, the operation’s apparent violations of international law and the US Constitution raise serious questions about accountability, legality, and the limits of executive authority. As criticism mounts from lawmakers, legal experts, and the international community, the long-term consequences of *Operation Absolute Resolve* remain uncertain—both for Venezuela’s future and for the precedent it sets for American military intervention. Whether Trump will ultimately be remembered as a savior or condemned as a lawbreaker now depends on investigations, political fallout, and history’s judgment.



10-5 (CONT)

Students have shared strong opinions in favor of the change. Grade 11 student Cameron Bird suggested later start times would make mornings less stressful: “It would give us more time to sleep and do homework in the morning and get a good breakfast,” Bird said. Students say rushing out the door early often causes them to skip meals or arrive at school already exhausted.

Teachers also support the idea, pointing out how lack of sleep affects learning. Grade 11 student Daniel MacKinnon explained that later starts help students succeed, rather than fall behind. “Later starts don’t make students lazy; they make learning possible,” MacKinnon said. Teachers often notice that tired students are less engaged and struggle to stay focused during lessons.

Still, concerns remain. Some parents worry about child-care and work schedules, while coaches and club leaders are unsure how later school days would affect practices and events. As school officials continue to discuss the proposal, many agree that student health and learning should remain the top priority.

DISCONNECTED (CONT)



Students doing their best to get connected at BMHS

Now that assignments given by teachers are now mostly digital, students find themselves barely being able to work on them during school hours, especially with how many people are connected to one WiFi network.

Not only are students affected, but teachers were also frustrated by the spotty connection. The problem even affects the counseling offices. Ms. Lindsay Dominie, one of the schools’ counselors, noted frequently being caught in moments where she was unable to do her job, due to the unreliable connection. “I still can’t access my cell phone sometimes, and my phone will ring, but when I pick up, I can’t hear anyone, or they don’t hear me. Also, selling tickets in the foyer becomes an issue, especially with the tap machine.” Dominie’s overall thought is that she would like to see improvements in the schools’ WiFi.

Luckily for Highlanders, the principal of Bernice MacNaughton, Mr. David MacDonald, believes the WiFi is truly an issue, especially when the school hits the max population. “We identified it with the district several times to rectify the situation. They keep coming back to me just saying that, ‘yep, the problem is solved,’ but I am insistent that there is an issue, and I continue to work at trying to get that resolved.”

Mr. MacDonald also has heard about the students’ opinions on how WiFi is not distributed equally through the school. “My impression from the students and staff is that it is in our common areas where the WiFi is an issue.” MacDonald also explained that he noticed it was mostly in the hallways, cafeteria, and once again said the main cause was when the school has the full population.”

Even if the district says the problem is solved, the daily reality for students who want to get their work done and teachers trying to do their job tells a different story. If BMHS is to truly function as a modern digital learning environment, the connection must be as reliable as the students and staff deserve it to be. Until then, the battle for a stable connection continues.

THE BEST MOMENTS OF THE SEMESTER

By: Daniel Simpson

At Bernice MacNaughton High School, as the semester ends, it's a great time to look back on all the highlights that made these past months unforgettable. From big events to small, everyday moments, our school has been full of energy, creativity, and fun. Whether it was the excitement of sports games, the buzz of theatre performances, or the laughter in the hallways.

One of the biggest highlights this semester was the range of events that brought students together. From the End of 2025 Assembly and sports spirit games to Mr. Steve's Cormier's Teacher Talent performance, and, of course, the Winter Formal.

These events helped build school spirit and reminded everyone that participating can be just as rewarding as watching from the sidelines. BMHS student Hezekiah Igbinoba said: "Winter Formal was so much fun! The music, the decorations the food, and just hanging out and dancing was fun."

"Culinary Tech is fun, I loved trying new recipes and seeing what I can create. Being on the soccer team was fun because we get to compete, laugh, and push each other every day," said student Kevon Hall.

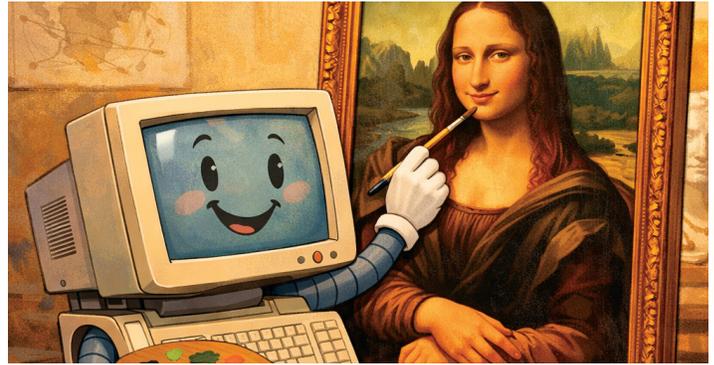
Academics weren't left out either. Many students took on challenging projects, collaborative assignments, and presentations that not only boosted learning but also sparked new friendships.

Of course, some of the best moments came from everyday life around BMHS. These small moments reminded students that school is more than grades, it's about connections, laughter, and shared experiences.

As we head into the next semester, it's worth taking a moment to appreciate all the fun, teamwork, and memories we've shared. From big victories to little daily joys, this semester has shown what makes our school special. And for our seniors, congratulations on reaching this milestone, one more final push before our big milestone of graduation. Your energy, leadership, and spirit have made a lasting impact on our BMHS, and we hope you carry these memories forward into your next adventure.



Clan members compete in assembly box stacking (photo credit: Maggie LeClair)



AI AND CONTENT CREATION: IS IT THE NEW SMOKING?

By: Emily Richard

AI. We use it in our everyday lives without realizing, but AI and content creation is the new smoking. AI has become a part of our day-to-day life without even noticing. Some schools in Canada even banned AI and ChatGPT because of the number of students using it for cheating or getting it to do their work for them. Is AI and content creation the new smoking, that fad that became a social *faux pas* a few years ago?

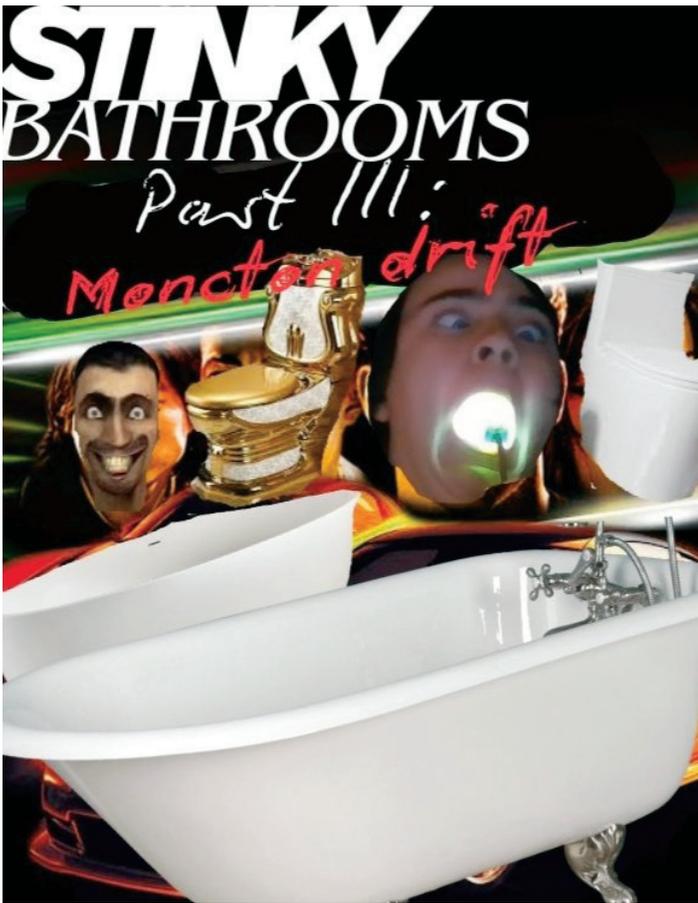
Many teachers at schools are very against the idea of people using ChatGPT or AI; therefore, many teachers now make students do all their work in the classroom and some even recommend not doing their work outside of class, to make sure they are not using AI.

Many people are starting to ask themselves if AI is the new smoking for teens. It seems that nowadays, many students use AI every day. "I think it's crazy how it can do all my work but it's kind of scary how much information it knows... hopefully it doesn't take over the world," according to Lucy Kawamura. We use AI for everything, now we have so many technologies to help us every where we go.

When you go to stores now you see a lot more people using self checkout and few people using the cashier. There is some ups and downs of using self checkout more often than before. One day AI may take over the world, but many people hope it does not happen. Many teachers are very against people using AI and many stores do not like AI or machines involved in AI. "I think AI is good for some things but if you don't use it right it can be bad," according to Ryanne Hopper.

When you're online, on social media like Facebook, Instagram, TikTok, or even Snapchat, when you see videos now, it is a lot harder to tell whether a video is made with AI. Many videos you see online is made with AI and you will not be able to tell it is made with AI.

Sometimes you need to be more careful using social media because you do not know what is real or fake now. AI and content creation is all over the world now and sometimes you need to be incredibly careful with what you see online, or use on social media. AI and content creation: has it become the new smoking?



By: Saige Hinter

Stinky Bathrooms is not dead; in fact the stench has just begun. Why stop at BMHS when the entirety of Moncton has bathrooms to be smelt?

Stinky Bathrooms was a passion project with the goal of informing readers of the cleanliness of the toilets they sit on, but it's not just the one school with less than savoury smells in the restroom. This calls for a city-wide stink-over!

The first place to get the BMHS treatment was Cineplex, on Bass Pro Drive, in Moncton. Avid bathroom goer RJ Hinter had this to say about the Cineplex's Sin-e-room: "The bathroom was packed, so I didn't get a chance to look much but there was popcorn everywhere and the caulking on the sink was moldy. The urinal cakes were recently changed though, so as far bathrooms go it was decently clean."

Another commonly visited place of amusement is Skyzone on St. George Blvd, Moncton, NB. Professional little sister Brailey Martin has very strong opinions about where she pees. "The bathroom was stinky and there were teenagers blocking the bathroom so I couldn't even use it! 3/10. *Animal Noises*"

Why stop this toilet crusade at Moncton? Stinky bathrooms is going international by reviewing one of the most popular places on Earth currently: Universal Studios. Grade 9 student at BMHS, Tai Untura recently visited Universal, and had

STREAMING (CONT)

Comedy series lead the list of priorities for streamers as well. As Grade 11 student Clifford Bartlett Glidden mentioned: "*Brooklyn Nine-Nine* is what I find to be the best thing streaming right now, even after almost being cancelled once and continuing till its 8th and final season, the reason I find it to be the best though is because with all the episodes they made till the end every single one was unique and fun to watch." TV series like *Brooklyn Nine-Nine* continue to be much appreciated by their fans with the comic relief and quality acting the shows exhibit, despite the number of seasons they have had.

Most importantly, the best content that streams has a lot to do with a person's own interests. Perhaps one is in the mood for something from the past, perhaps something action packed, perhaps something that brings a smile, but the fact is that there is something for everyone in the world of streaming.



this to say on the bathroom quality; "There are very few bathrooms at Universal, but there were at least 20 stalls in the bathroom. The toilet was very loud and unpleasant. I really liked that it had a motion sensor, so that I didn't have to touch the yucky tap, but it didn't have one on the soap."

"The funniest part of this whole Stinky Bathrooms situation is that it's consumed my life. I haven't been able to talk to my family, and nothing is stronger than family. And I never planned for it to be this way, Stinky Bathrooms is a happy accident, just like me. People call me a genius or super creative for coming up with it, but I'm not. Anyone can evaluate bathroom cleanliness; there's no wax on, wax off.

It's simple, you make jokes and don't look back. It doesn't matter if you're sick as a dog or in bed with Beyonce, you could've written Stinky Bathrooms. I'm the Justin Timberlake of Moncton: I have no talent, but I have a nice voice. I don't deserve all the praise; Stinky Bathrooms is officially over. That's probably what Saige would say," said some other guy.

Stinky Bathrooms will not return. Goodbye.

WHERE ARE BMHS STUDENTS WORKING?

By: Linden Bernard

When the final bell rings at Bernice MacNaughton High School, not everyone is heading home to relax. Many students are changing into work clothes and starting their shifts. Whether it's after school, on weekends, or during holidays, a lot of Bernice MacNaughton students are balancing school with part-time jobs.

Fast food and restaurants are some of the most common places students work. You'll find students taking orders at places like Tim Horton's, McDonald's, or helping out at local restaurants. These jobs can be busy and sometimes stressful, but students say they help build confidence and teach valuable people skills. As student Nadirah Adelakun explained, "Having a job while in school is not for the weak or lazy. You learn healthy work habits and responsibility early, but you're also giving up your free time to do so. Sacrifices must be made."

Retail is another popular option. Grocery stores, clothing stores, and other shops often hire high school students because of their flexible hours. Weekend shifts are especially common, and many students say working retail helps them learn responsibility, such as handling money and staying organized.

Some students work more active or seasonal jobs, such as lifeguarding, working at summer camps, or helping out at community centers. These jobs usually require training or certifications, but they can be very rewarding. Students in these roles often say they enjoy being active and working with their community.

Others work for family businesses or take on side jobs like babysitting, pet sitting, tutoring, or online work. These options can be easier to balance with school and give students more independence. Student tutor Ethan Nguyen shared his perspective, saying: "Tutoring is not about giving answers, but about guiding a student to discover their own."

Of course, having a job while in school isn't always easy. Between homework, tests, extracurriculars, and work shifts, it can feel overwhelming at times. Many students say time management is the hardest part. Still, most agree the experience is worth it, whether they're saving money, gaining experience, or just enjoying their own paycheck.

Overall, Bernice MacNaughton students are working in many different places and learning skills that go beyond the classroom. From teamwork to responsibility, these part-time jobs are helping prepare students for life after high school — one shift at a time.



OUR FAVOURITE TEACHERS

By: Alexis Castrillo and Ava Ovida

At Bernice MacNaughton High School, students were asked to share who their favorite teacher is and why, and if strong student to teacher connections are important for everyday learning. Teacher connections often shape confidence and a sense of belonging in the classroom.

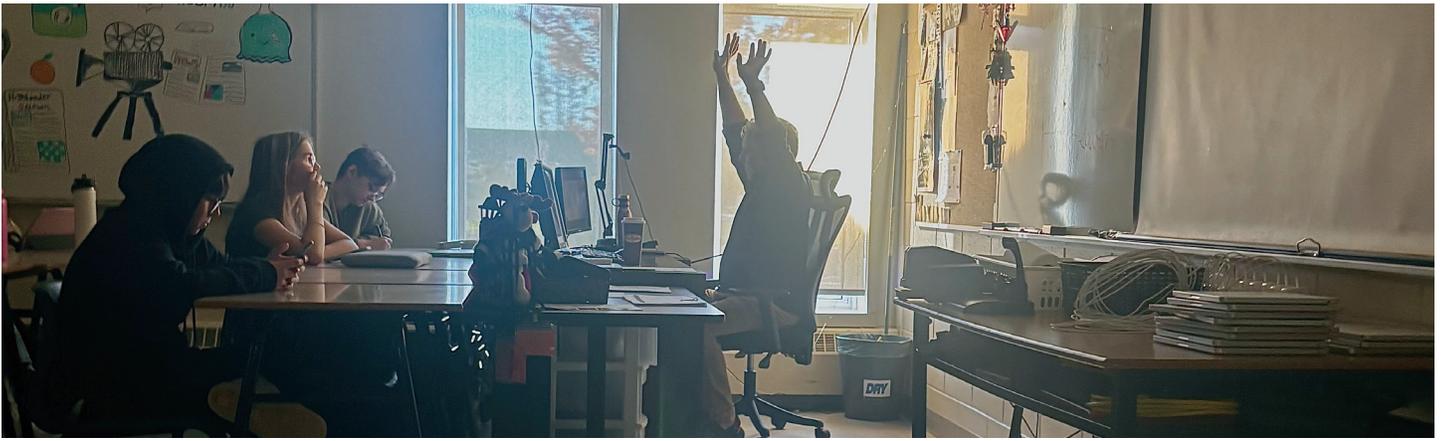
For many students, favorite teachers are often remembered more for their personality and how they treat their students, not really for the specific subject they teach. Feeling understood, supported, and being able to laugh with the teacher sometimes, can change the mood of the classroom and make students more comfortable to participate in class. Connections help students grow both personally and academically.

"My favorite teacher is Ms. (Kimberly) Place because she is very sweet and understanding, and she's a good teacher," said Lily Sabourin, a grade 10 student. She explained that having a good relationship with a teacher changes her learning experience. "Having a connection with the teacher makes me feel more comfortable to engage in class and just more comfortable in general," she said.

Other students talked about the approachability of teachers and how it's an important trait. Bea Pagua, another grade 10 student said: "My favorite teacher has to be Mr. (Sam) Moore because he's very easy to communicate with, he's always considerate, and he is open to all topics," Pagua said. "Teacher connections are important because it doesn't make me nervous to ask questions and helps me be more comfortable in class," she added.

Other students like teachers for being impactful instead of being very nice. Jannah Mostoles, a former graduate at BMHS, said "Ms. (Megan) Robertson, because she puts pressure on students to push them to succeed and she makes the class hard to train us and our brains." Her perspective shows that the impactful and meaningful connections are also important to students. "Teacher connections are important because they make it memorable as we move forward," she added.

Overall, many students agree that good and strong teacher connections play a role in creating a positive learning environment, where students feel supported and encouraged.



THE WORLD DOESN'T SUCK: HOW TO SEE THE POSITIVE

By: Annaliese Nemis

Existing in a world where almost everywhere you look, you see something depressing, maddening, or terrifying. It gets difficult to see the positive. While those difficult or uncomfortable topics are important to discuss, absorbing way too much negativity can lead to internalizing it, which can then cause heightened levels of depression or anxiety. As a refresher — I want to discuss things that are going *right* in the world to help balance our media consumption; and hopefully allow ourselves to feel at least a little more hopeful than before.

To commence, I feel it's best to get a grasp on just how often we see bad news. According to grade 11 Highlander Abby Dykeman: "I usually see more negative news than positive, especially with the amount of tragic events happening - and there's no positives to those."

To support this, a study made by the National Library of Medicine suggests: "negative words in news headlines increase consumption rates and positive words decrease consumption rates." While this truth may be somber, it's nothing new; in fact, we have a descriptor for this: negativity bias. In conversation about this, Highlander Anabell Osagie Egbenoma added this: "I mostly see negative news, I guess because social media encourages hate and the spread of misinformation. Plus negative things engage more and bring more views and attention."

While I feel that it's a common hope that we'll begin seeing more good news, grade 12 student Abby Leblanc states: "I would like to see more heart warming news because if I hear or see bad news it can ruin my day, maybe even my week." This thought is common across a number of different people, studies showing that a large consumption and/or viewing of negative news stories can increase symptoms of anxiety and depression — often leaving individuals feeling hopeless or scared.

Some solutions to this hopelessness or frustration could be limiting your time with news, increasing optimism where you can, stepping up for your community, or joining an affinity group. Whilst these things are helpful — it doesn't answer to the lack of positive news we hear or see — so let's explore a list of 10 heartwarming headlines you likely haven't heard yet.

To begin, we'll go over a few stories focusing on **climate change**; first and foremost, the ECL (European Climate Law) wrote out into law the goal for the European green deal, which is to make Europe's economy and society completely climate neutral by 2050; they also set a target of reducing greenhouse gas emissions by at-least 55% by 2030 — and of a 90% reduction in GHG emissions by 2040. Meaning that we're taking a good, large step in reversing climate change.

Another headline in regards to climate change is that the ozone hole, (a large hole in the ozone layer (the gas surrounding the planet which acts as a protective layer) which was found over Antarctica in 1985) is now healing, and by 2035, it may completely close. Which means that there will be a reduction in harmful UV radiation- in turn preventing millions of skin cancer cases and deaths.

Next up in climate change — the world has recently reached a renewables milestone, we've hit a new record of over 40% of the world's electricity coming from clean energy sources, such as wind and solar power. If the world continues on to raise its renewable energy source numbers, it could very much aid the fight against climate change.

Turning to the **medical field** next, scientists have recently discovered a safer alternative to use opioids as a pain reliever; their research shows that they can amplify the pain relief of opioids without intensifying the dangerous side effects, which can at times turn doctors away from using

CONTINUED ON PAGE 16



Chats can go awry in a hurry

MODERN DAY SENSITIVITY AND ONLINE INFLUENCE

By: Alyster Baydemir

Critics argue modern sensitivity has expanded through online influence. Across society, everyday comments, disagreements, and minor inconveniences are increasingly interpreted as serious emotional harm rather than routine parts of daily life. Situations such as blunt feedback, awkward jokes, or simple misunderstandings are often labeled as “toxic” or “traumatizing,” even when no lasting damage is intended. Ethan Ng student from BMHS remarked, “It feels like people assume the worst right away. Not everything is meant to hurt someone.”

In earlier generations, frustration and embarrassment were commonly seen as temporary challenges that people worked through. Today, expectations have shifted toward constant emotional validation, placing responsibility on others to avoid causing any discomfort at all. BMHS student Ernesto Mendoza noted, “Feeling upset used to be normal. Now it feels like every bad moment has to be treated as something serious.” While emotions are real and deserve acknowledgment, the threshold for what qualifies as severe distress has noticeably lowered.

The internet plays a major role in reinforcing this mindset. Social media rewards emotional reactions with attention, making dramatic responses more visible and socially accepted. “If you post about being offended, people immediately support you, even without context,” said BMHS student Anya Burova. Online platforms also remove tone and intent, as screenshots and short clips spread quickly and are judged in isolation, encouraging people to assume harmful motives where none may exist.

This growing sensitivity affects communication and resilience. Disagreement becomes risky, open discussion feels unsafe, and everyday stress is treated as exceptional harm. Empathy remains important, especially in cases of genuine trauma, but constantly excusing exaggerated reactions can weaken people’s ability to cope with normal challenges. By amplifying emotion and validating overreaction, the internet blurs the line between real harm and ordinary discomfort, reshaping how people respond to the world around them.

HUMANITY PROJECT

By: Raven Cormier



The humanity project challenges communities to confront inequality, amplify marginalized voices, and rebuild trust by documenting lived experiences that reveal how compassion-driven action can reshape policy, culture and everyday life.

According to Justin Cormier, wastewater operator at TransAqua: “I think the Humanity Project is doing a fantastic job at giving people

a second chance at life. People that have been lost or overlooked by society and may not have been able to get the help they needed if it weren’t for Charlie and the humanity project. “

According to staff scheduler at the Moncton hospital Belinda Roy “My opinion on the Humanity Project, I believe it is a great opportunity for people who want to succeed in life and take that important step is that they get a second chance in life. They are doing a good thing by helping people get off the streets and get that second chance. I honestly believe what they have going is a good thing. As they grow and get the resources they need to help these people on the farm will give the people the positive outcome they are looking for and to help them be successful in their future.”

According to Katja Cormier, Assistant Manager at Dulux Paints: “It’s truly amazing what the Humanity Project does for people who are struggling with just getting by everyday or who are hoping for a second chance in life. Charles Burrell is an inspiration to all.”

According to BMHS student Lyla Stokes: “My opinion on this subject would be that in theory it would be a perfect solution to such problems though the downside of it all is that not everyone experiencing homeless would be up to getting help and some may take advantage of this solution just to revert back to the way things were before.”

Charles Burrell did an amazing thing for homelessness, and he is an amazing person, doing incredible things and who is giving people the chance to be able to try again. The humanity project is one of the things that’s needed most and more people like Burrell are needed everywhere to help.

DOESN'T SUCK (CONT)

them — this discovery opens doors for safer treatment for those with severe illnesses.

Next up, medical professionals have made a groundbreaking discovery about breast cancer screenings; finding a more accurate and effective alternative which involves screening things based on genetic testing, health history, and lifestyle factors. This has largely reduced advanced cancers, and has helped patients sooner — which is crucial in treating cancer.

Another big win in cancer research comes in the form of a new study which shows that saliva tests can be accurately used to identify if someone has a future risk of prostate cancer — and therefore help them earlier on, which can overall reduce the amount of deaths caused by prostate cancer.

Aiming more towards a bit broader scientific field, throughout 2025, the American museum of natural history discovered over 70 new species; advancing our understanding of ecosystems and scientific knowledge overall.

Continuing, Swiss Federal laboratories for materials and science (EMPA) invented a **new battery using fungi** — which makes it biodegradable and much better for the environment. The battery currently can supply power for sensors in agriculture or for research in remote regions; after its work is done, it digests itself, leaving no issues for anyone else involved.

Now — getting into our final few headlines, starting with the **little free library book exchange**, a community add-on that offers free book exchanges, made for the people and ran for the people, and they've recently just passed over 200 000 little free libraries worldwide, creating community connections and boosting literacy globally.

Our final story comes from our own province of New Brunswick: Twelve neighbours located in Fredricton who are dedicated to **providing housing**, recovery, and employment for the homeless. Started by president Marcel Lebrun in 2021, who funded and founded the project with the hope to combat homelessness and poverty in his community; currently there are about 96 tiny homes — with hopes to build more in the future.

To wrap all of this together— the human race can unfortunately at times be despicable, and it's okay to feel confused and frustrated with the state of world, but the most important aspect of life (in my humble opinion) is remembering that there is hope, that there's light at the end of the tunnel and that there are things worth fighting, living, and loving for. So fight the good fight, find a positive side to things, read news headlines that make you feel good, hangout with friends and family, find your passions, speak up, be the most optimistic person in the room and never lose hope.



Photo Credit: Maggie LeClair

SHOULD I GO TO NEXT YEAR'S FORMAL?

By: Sauno Veysey

At Bernice MacNaughton High School, some people this year skipped out on the formal while others decided their money was worth an event. For those who decided to not stay but also wondered what exactly they may or may not have missed out on, this article briefly discusses the formal.

First, you had to pay a 20\$ fee either in person before the formal at school or online, where'd you would then collect your ticket at school before the formal. This was to pay for the various things going on, but especially the food.

There was a dance floor, speakers blasting a music playlist, a mosh pit; which is a chaotic energy of everyone dancing to music together, a photo booth and food, which Anya Burova, a grade 12 student proudly announced, "I only went for the food, lol".

The people I interviewed both said the food was satisfying to go eat when they feasted on the table with food, some examples such as sandwiches, pieces of ham, chocolate cake and wings, but there was a variety of food.

Mike Robles shared his opinion, "I personally thought the formal was fun, I wasn't a huge fan of the theme, but I had a great time, food was amazing. Especially the wings which I wasn't expecting at all. Had fun gathering with friends."

Friends can seriously improve the night, as shown in the photo, which a lot of people opted to do. The formal very well is a social event where people may unwind from the stress of high school.

If you want to go to the formal next year, there's always other events in this school year you can still attend, such as prom if you are a graduate, or simply joining the vast number of clubs.

I DON'T WANNA GROW UP TOYS AND GAMES HIGH SCHOOLERS STILL ENJOY.

By: Holly Northrup-Banks

Lots of kids at Bernice MacNaughton High School have lingering secrets they want no one to know about... but are they childish? And games you play, do you share them with other people?

Many kids have BMHS have lots of free time to be lazy... but what do they even do? Haley Patterson, grade 11 student, explained: "I play *Fortnight* but only during the summer, when my brother is home, because he took the pc to uni"

It's not wrong or different to have the same interest you did as a child. Many people do and many think everyone grows at the same pace, but that's not true at all.

Chloe Blanchard offered a great quote: "I don't play with toys or games anymore because I feel like society expects teenagers to mature and focus on marks once we get to high school."

Even some of our grads still play. Abigail LeBlanc expressed: "Oh definitely *Minecraft*! Before high school, I wrote an essay on how much I love it and I still play it!"

As you probably know by now, lots of students play the same games they used to.

This should encourage you to not grow up as quickly!

Personally I still play checkers and Play-Doh with my grandpa every time I visit.



Even journalists play with toys, sometimes.

Cool Assembly Photos Maggie Took



Rules Times Bathroom Adventures

By: Ryles Miller
& Saige Hinter

