



The Navigator



@THENAVIGATOR.MVHS
ON INSTAGRAM AND TIKTOK



EDITION #001

MIRAMICHI VALLEY HIGH SCHOOL, MONDAY, DECEMBER 15TH, 2025

DECEMBER 2025

INTRODUCING 'THE NAVIGATOR'

MVHS LAUNCHES ITS FIRST SCHOOL NEWSPAPER

MVHS has launched its first-ever student-run newspaper, The Navigator, offering a new way of sharing news and stories from across the school. The publication aims to keep students informed while creating opportunities for student voices to be heard.

Created and produced by students, The Navigator focuses on school events, clubs, athletics, and community involvement. The newspaper was developed to provide clear, accessible information and to highlight the activities that shape life at MVHS.

This first issue features coverage of upcoming events, a sports schedule and team updates, club meeting schedules, a student research piece, and a collection of fun facts. Each section reflects the wide range of interests and involvement within the school.

Future editions will feature interviews, spotlights, and expanded coverage of school activities. Students are encouraged to submit ideas, photos, and feedback to help shape upcoming editions.

WHAT'S INSIDE THIS ISSUE!

- Sports Schedule and Updates
- Upcoming School Events and Announcements
- Spirit Week Themes
- Club Meeting Information
- Why are Holiday Traditions Important To Us? (Research)
- Did-You-Know?

LAND ACKNOWLEDGEMENT

Miramichi Valley Highschool is situated on the unceded and unsurrendered territory of the Mi'kmaq People who have lived on and with this land for thousands of years. When European settlers first arrived here only a few hundred years ago, the Mi'kmaq welcomed them and taught them how to survive in their territory. Now, as students who attend MVHS, we must never forget that the Mi'kmaq people's generosity and welcoming spirits are the reasons we are all so successful her today.

WANT TO BE FEATURED IN THE YEARBOOK?



NOTE: THIS DOESN'T
GUARANTEE A FEATURE

FROM THE EDITOR

This issue marks the launch of *The Navigator*, MVHS's first-ever student newspaper! Created by students, for students. Our goal is simple: to inform, connect, and represent our school community. From sports and events to student voices and features, *The Navigator* highlights what matters most at Miramichi Valley High School.

The idea started from casual conversations with my friends:

"When is this meeting?"

"How do I join this?"

"I don't know where to go to get involved..."

Our mission is to share information, celebrate achievements, and create a platform where students can feel involved. Each issue will continue to grow and evolve — just like our school community.

We encourage all students to read, participate, and contribute. Whether you have a story idea, an opinion, or a moment worth highlighting, *The Navigator* is here. Here to reflect the life of our awesome-sauce school. And this? This is only the beginning.

Merry Christmas and Happy Holidays!

— Aarnavi Desai
Editor-in-Chief

QUICK POLL

What staff member would you like to see interviewed? Send your pick on social media!



SPORTS SECTION

DECEMBER 2025

SPORTS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 ESN @ MV (W)	02	03 MV (W) @ JMH MV @ JMH (W) ESN @ MV (W)	04 Practice 6:30-8:00pm Practice 3:30-5:00pm MV (W) @ JMH	05 Rothesay Tournament 1:30pm BMHS (W) @ MV	06 EME @ MV (W) Tournament @ Woodstock 1st Blue & Gold Tournament Rothesay Tournament 1:30pm
07 Tournament @ Woodstock 1st Blue & Gold Tournament MV @ ESN (W)	08 MV (W) @ SSHS Practice 3:30-5:00pm	09 MV (W) @ SSHS BHS @ MV (W) MV @ BHS 5:30pm Practice 4:10-5:10pm	10 Practice 3:30-5:00pm Practice 6:30-8:00pm Practice 5:00-6:30pm MV @ WAL 8:00pm	11 Practice 3:30-5:00pm Practice 3:30-5:00pm Optional Shooting Practice 7:15-8:00am	12 Tournament @ Woodstock PLM @ MV 5:50pm	13
14	15 Practice 3:30-5:00pm Practice 5:00-6:30pm Practice 6:50-7:50am	16 MV @ WAL 7:45pm Optional Shooting Practice 7:15-8:00pm Practice 3:30- 5:00pm Practice 4:10-5:10pm	17 Practice 3:30-5:00pm MV @ SRS 7:00pm MV @ ESN 8:00pm	18 Practice 6:30-8:00pm ESN @ MV 6:15pm Montreal Trip	19 MV @ BHS 1:00pm Tournament @ SRS Practice 3:30-5:00pm Montreal Trip	20 Tournament @ SRS FCA @ MV 11:00am Montreal Trip MV @ WAL 7:30pm
21 Montreal Trip MV @ EME 6:00pm	22 Practice 6:50-7:50am	23 Practice 4:10-5:10pm	24	25	26 Alumni Game 2pm Alumni Game 12pm	27 Practice 1:00-3:00pm Practice 11:00-1:00pm
28 Woodstock Thunder Valley Classic Woodstock Thunder Valley Classic 6:00pm	29 Woodstock Thunder Valley Classic Woodstock Thunder Valley Classic 10am Practice 6:50-7:50am	30 Woodstock Thunder Valley Classic Woodstock Thunder Valley Classic TBD Practice 4:10-5:10pm	31	01	02	03

Legend:

Varsity Boys Basketball - Blue, Varsity Girls Basketball - Purple, J.V. Boys Basketball - Green, Varsity Boys Hockey - Red, Varsity Girls Hockey - Black

PULAMOO BASKETBALL ON FIRE THIS SEASON!

By: Tyler Richard

Sports are the heart and soul of most students at MVHS. This is clear this season, as we have a total of five sports teams currently practicing to take it all. Specifically, we have varsity boys' and girls' hockey, varsity boys' and girls' basketball, and J.V. boys' basketball. We as students at MVHS should be trying to come out to the boys and girls in gold and blue. The schedule above makes it easy to keep track of games.

In recent basketball news, YOUR MVHS varsity boys defeated ESN of Bathurst in a not-so close game on December 1st, kicking off a strong start to the holiday season. Going into the final quarter, the boys were up 90-51. Tremendous efforts from Aiden Forbes and Grayson Wellwood allowed our newcomers to shine in the final 10 minutes, closing out the game with a score of 102-70.

In other news, senior



Aiden Forbes #4 (Varsity Boys Basketball)

He is expected to return in upcoming games, hopefully feeling 100%. Over the weekend of December 7-8, the boys played several games in Woodstock. They beat ESA of Fredericton 86-64 but fell short against WHS. After a hard-

fought battle they ended with a score of 55-98. They bounced back with a strong win over SSHS of Sugarloaf, 110-68.

Meanwhile, the J.V. boys played their first league game against cross-river rivals James M. Hill High. Unfortunately, they did not win their first head-to-head match-up, but AJ Pirie delivered a stellar performance and got the whole team involved. The boys rebounded with a win against SSHS, ending the game 71-44.

For stats, Dryden Wellwood took after his older brother, putting up an impressive 15 points in his league-play high school debut. Sahaj Patel contributed 8 points but fouled out with five fouls, while Dryden finished with four. The team had a total of 17 fouls and went into bonus twice. Though saddened by the 9-point loss, the varsity team were heavily avenged by the varsity team on this double-header night.

The Varsity Basketball Pulamoo dominated the Tommies early, with Grayson Wellwood and Blake Hambrook combining for 22 points in the first quarter (13 from Grayson, 9 from Blake). The boys were up 58-19 going into the second half and finished 83-42. Highlights included Luke Taylor with 14 points, Aiden Forbes with 20, Blake with 11, and Grayson with 13. Against SSHS, Aiden Forbes scored an impressive 41 points, though his season-high remains 45 points against Carleton North on November 29th. While Forbes scores high, Blake Hambrook leads in shooting efficiency, making the most of fewer attempts. So far, Forbes averages 21.6 points per game (PPG), Blake 13.5 PPG, Grayson 12.9 PPG, and Luke Taylor 12.7 PPG—giving the team four double-digit scorers.



Dryden Wellwood #8 (J.V. Boys Basketball)

In J.V. boys' basketball, Dryden continued his hot streak, earning Player of the Game with putting up 18 points all in 3-pointers. This marks the first league play win. They followed up with another win against BHS, 71-30, with Sahaj as POG (11 points, 8 steals). Jaire Obsuna also had a standout game with 10 steals. Other

highlights include Ben Perry with 18 points, 4 steals, and 11 rebounds, and AJ Pirie with 13 points and 6 assists. Dryden leads the team in scoring with 12.3 PPG, followed by Ben Perry at 10 PPG, with Sahaj tied with AJ Pirie at 7.8 PPG. Fun fact: Jaire has scored exactly 5 points per game in all recorded games. (Some stats may vary slightly due to incomplete record-keeping in the JMH game.)

The varsity girls' basketball team has been on fire, defeating Tantramar of Sackville and ESN of Bathurst in blowouts, 79-37 and 72-14, respectively. They continued this momentum at Rothesay, placing 5th and 6th in the tournament. They beat St. Mac of Saint John 61-38 but narrowly lost to Rothesay High 58-56 and Carleton North 59-40. The Rothesay game was particularly intense: with 6.2 seconds left and the ball in MV's hands, Coach Jim Watters called a timeout and drew up a game-

winning plan. Stella Perrett passed to Malia Hallihan, who handed it back to Perrett; Stella found an open lane, but the whistle blew for a travel, a call that was close and understandable given the high-pressure moment. The girls were stung by the loss but showed incredible effort. They later defeated BHS of Bathurst on their home court with a score of (score).

COME OUT AND SUPPORT YOUR PULAMOO!



Stella Perrett #13 & Malia Hallihan #4 (Varsity Girls Basketball)

MIRAMICHI VALLEY PULAMOO HOCKEY ON A ROLL!

By. Zackary Rupke

Your boys Miramichi Valley Hockey Pulamoo have had a strong start to the season, picking up five wins in six games trailing only slightly in the standings behind Bathurst's ESN who they bested on Dec 3rd despite the current standings. Not only have the boys been a force in the regular season games but they have also picked up two tournament wins thus far at the annual Fall Classic along with the Green and Gold Cup.



Seth Trepanier #17 (Varsity Boys Hockey)



Jace Jardine #10 (Varsity Boys Hockey)

The point leaders up to this point are the first line forward dynamic duo, Seth Trepanier and Jace Jardine with 18 and 13 points respectively in regular season play. Seth being nothing if not a team player has his points mainly as the setup man with an impressive 14 assists and four goals while Jace is leading the team in goals with nine.

Team captain Frank Washburn has showcased his abilities at both ends of the ice, putting up six points along with six penalty minutes while leading the first line defense. The final piece of the puzzle leading to the boy's success is the impressive goaltending with Cooper Burns and Gavin Cole splitting the time in net boasting impressive 0.922 and 0.914 save percentages respectively.



Pulamoo Varsity Boys Hockey Team after winning the Green and Gold Cup.

The boys are headed for a stint on the road over the Christmas break but don't miss their return to home ice on January 7th where they will face off against Centre Scolaire la Fontaine. With our Average 5.1 goals per game and only 2.8 goals against per game, it's projected to be another big win for the boys and definitely not one to miss.

The girls Miramichi Valley Hockey Pulamoo are currently fourth in their division with two wins and two

- losses. Their most notable game was on Dec 12th when they won 11 to zero against Polyvalente Louis-Mailloux. Melissa Leblanc had an impressive showing putting up four goals and 3 assists. Rebecca Henderson and Katie Wood also both picked up hat tricks on Nov 21st against Ecole Aux Quatres Vent in a 13-to-two victory. The girls have upcoming home games on January 2nd, and January 16th, so make sure to go out and support them!

UPCOMING EVENTS

By. Tobi Waye

CHRISTMAS SPIRIT WEEK!

Monday - Christmas Hat and Sock Day

Tuesday - Christmas Sweater Day

Wednesday - Flannels VS Puffers

Thursday - Battle of The Grades

- Grade 9 : White Snow

- Grade 10 : Grinch Green

- Grade 11 : Icicle Blue

- Grade 12 : Santa Red

- Teachers : Every Color!

Friday - Christmas Pajama Day

MUSIC SHOW!

Students in our Sociology 120 class will be hosting a Music Show on Thursday, December 18th, 2025, at 7:00p.m. in the main theatre. Tickets are \$10 each. Funds raised will be used to support those less fortunate during the Christmas season.

LUNCH TIME ACTIVITIES!

Gingerbread House Making Contest!

- Tuesday, December 16th, 2025

Christmas Karaoke!

- Thursday, December 18th, 2025

LAST WEEK OF SCHOOL!

WANT TO BE FEATURED IN THE NEXT ISSUE? DM US

CLUB SCHEDULE

MVHS CLUB SCHEDULE					DECEMBER 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
01	02 <ul style="list-style-type: none">• Band club, Mr. Whalen's room (12:15 to 12:55)• Rotary club, Mr. Cameron's room (12:15 to 12:55)• GSA, Room 5205 (12:15 to 12:55) 	03 <ul style="list-style-type: none">• The Navigator (newspaper), Mr. Matheson's room (12:10)	04 <ul style="list-style-type: none">• Band club, Mr. Whalen's room (12:15 to 12:55)• Debate club, Mr. Sullivan's room (12:15 to 12:55)• Choir, Mr. Whalen's room (12:15 to 12:55)	05 <ul style="list-style-type: none">• Chess club, English step-Lab (12:10 to 12:55) 	
08	09 <ul style="list-style-type: none">• Band club, Mr. Whalen's room (12:15 to 12:55)• Rotary club, Mr. Cameron's room (12:15 to 12:55)• GSA, Room 5205 (12:15 to 12:55)	10 <ul style="list-style-type: none">• The Navigator (newspaper), Mr. Matheson's room (12:10)	11 <ul style="list-style-type: none">• Band club, Mr. Whalen's room (12:15 to 12:55)• Debate club, Mr. Sullivan's room (12:15 to 12:55)• Choir, Mr. Whalen's room (12:15 to 12:55) 	12 <ul style="list-style-type: none">• Chess club, English step-lab (12:10 to 12:55)	
15	16 <ul style="list-style-type: none">• Band club, Mr. Whalen's room (12:15 to 12:55)• Rotary club, Mr. Cameron's room (12:15 to 12:55)• GSA, Room 5205 (12:15 to 12:55)	17 <ul style="list-style-type: none">• The Navigator (newspaper), Mr. Matheson's room (12:10)	18 <ul style="list-style-type: none">• Band club, Mr. Whalen's room (12:15 to 12:55)• Debate club, Mr. Sullivan's room (12:15 to 12:55)• Choir, Mr. Whalen's room (12:15 to 12:55)	19 (Last day before christmas break) <ul style="list-style-type: none">• Chess club, English step-lab (12:10 to 12:55) 	

Heads up: Since the schedule data might not be perfect, please confirm the times and locations for all meetings and club activities. The best way to do this is by listening to the morning announcements or speaking directly with the host teacher of clubs and activities. Thank you!

CHRISTMAS CHEER SPREADING ACTIVITY!

Instructions:

1. Grab a small piece of paper or sticky note.
2. Write a cheerful note or compliment, like:
 - “You’re awesome!”
 - “Hope your day is merry and bright!”
3. Leave your note somewhere for someone to find—locker, desk, backpack, or anywhere!
4. Encourage friends to do the same and see how much cheer your school can spread before the holidays!

WHY ARE HOLIDAY TRADITIONS SO IMPORTANT TO US?

By. Madison Lavigne

For generations, holiday traditions have brought communities together all around the globe. Regardless of the holiday, families find ways to make traditions meaningful and carry them out in the years to come, creating new ones as they go. Through years of celebrating, traditions have held a special place in our hearts. We've learned to look forward to these small moments with the comfort that it'll happen again, so, what makes them so important to us?

Over time, traditions have provided us stability and connection to our families, creating all new kinds of bonds. They typically represent everything that is important to us and give us a sense of belonging.

When we get into the routine of a tradition, we are provided comfort knowing that those memories will stick with us and we'll make new ones along the way. Moments like these often give us an opportunity to reflect and consider our gratitude; to remember the real reason we build traditions is not for fun, but for family.

To sum it up, traditions are crucial to family bonding. They don't need to be anything special in order to hold meaning, as long as it provides a memory for you to cherish. Given these traditions, we have new, deep connections with our loved ones. Children and adults alike have something to look forward to each year, as these traditions benefit everyone.

- The iconic red and white colors you see on Santa, was made by Coca Cola ads for Christmas. Before then, Santa was usually dressed in green, blue, or purple!
- We all know that one song "Jingle Bells?" Well, it was originally written for the thanksgiving holiday, and then later made for Christmas.
- The Christmas stocking tradition is believed to originate back in the 19th century in Europe. According to a legend about St.Nicholas, he would put gold coins in stockings.
- The term "Xmas" isn't a recent thing. It actually dates back to the mid-1500s, and gets its roots from the Greek Letter X. Which is the Greek word for Christ.
- The popular tradition of the mistletoe comes from Norse Mythology. Reports say that Frigg, the goddess of love, promised to kiss anybody that passed under the berry laden plant, as it saved her son's life.

CHRISTMAS THEMED!

By. Xander Kenny

DID YOU KNOW?

THIS OR THAT?

White Christmas OR Green Christmas

1 Big Gift OR Many Small Gifts

Beige Christmas OR Colorful Christmas

Be one of Santa's Elves OR Santa's Reindeers

How the Grinch Stole Christmas OR Home Alone

Open Gifts Christmas Eve OR Christmas Morning

Gingerbread Cookies OR Candy Canes

Christmas Movie OR Christmas Music

Snowball Fight OR Building a Snowman

Classic Christmas Songs OR Modern Christmas Songs

Cozy Pajamas OR Comfy Sweaters

Hot Chocolate OR Eggnog

YOUR CONTRIBUTING TEAM FOR THE DECEMBER 2025 EDITION

Editor-in-Chief: Aarnavi Desai (Grade 10)

Sports Column: Tyler Richard (Grade 12) & Zackary Rupke (Grade 12)

Upcoming Events Column: Tobi Waye (Grade 10)

Club Updates Column: Chris Alexo (Grade 9)

Research Column: Madison Lavigne (Grade 10)

'Did-You-Know?' Column: Xander Kenny (Grade 10)

INTERESTED IN JOINING THE SCHOOL NEWSPAPER? CONTACT US TODAY!

WISH YOU ALL A MERRY CHRISTMAS & HAPPY HOLIDAYS!