



The Navigator



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ON INSTAGRAM AND TIKTOK



EDITION #002

MIRAMICHI VALLEY HIGH SCHOOL, MONDAY, FEBRUARY 9TH, 2026

FEBRUARY 2026

THE SEASONS ARE SHIFTING WHAT'S NEXT?

This edition of The Navigator comes at a turning point in the school year. With exam season now behind us and winter sports beginning to wrap up, students at MVHS are shifting their focus toward what comes next.

In this issue, you'll find coverage of boys' and girls' hockey, all three basketball teams, and the final stretch of winter competition. Alongside sports, this edition also highlights student learning through a research piece, a staff spotlight, and a trivia feature, offering a look at both the academic and social sides of school life.

As the year moves forward and spring sports approach, The Navigator continues to be shaped by students, for students. Whether it's through athletics, academics, or involvement around the school, this paper aims to capture what's happening at MVHS right now.

WHAT'S INSIDE THIS ISSUE!

- Staff Spotlight
- Sport Updates
- Club Meeting Information
- Did-You-Know?
- Upcoming School Events and Announcements
- Trivia
- How To Level Up Your Learning (Research)

LAND ACKNOWLEDGEMENT

Miramichi Valley Highschool is situated on the unceded and unsundered 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

STAFF SPOTLIGHT

By. Chloé Lantin

MR. SULLIVAN EDITION

Having been a teacher for 17 years, Mr. Sullivan has made himself a well-known, beloved teacher among the students around MVHS. Though originally, he studied psychology, a certain Dr. Lance Callahan from St. Thomas University inspired him to forge a path in literature. From his years of being an educator, Mr. Sullivan has found himself coaching rugby and hockey,

along with being a volunteer for the school's debate club. Being a family man through and through, Mr. Sullivan has since passed the reins onto other sports coaches, but there is still hope, as he does wish to pursue coaching in the future. Going back towards his passion for English, Mr. Sullivan says that "[e]very year I'm exposed to new stuff that I love, and that's the nice thing about art and

literature, there's an endless amount of it out there. So, you just keep absorbing it and talking about it and enjoying it," and it is a special kind of knowledge knowing that your educator has true love for the things that they teach. Having had Mr. Matheson and Mr. Valanne to guide him as mentors in his internship, it is no surprise that he has made such a good reputation in the

way he teaches a class.

QUICK POLL

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

SPORTS SECTION

THE SPORTS ARE SHIFTING *By Tyler Richard*

As winter sports begin to wrap up, basketball and hockey seasons are reaching their final stretch.

Here's a full breakdown of MVHS basketball so far, plus a look ahead to spring sports.



Ben Perry #4 (Junior Varsity Boys Basketball)

Before jumping into what's next, it's important to recognize what our teams have already accomplished.

December and January were packed with tournaments and league play, and MVHS teams delivered across the board.

The Varsity Boys Basketball team has been nothing short of dominant in league play.

Despite a few non-league losses, the boys remain perfect at 12-0 in league games, placing them first in the Senior Boys AA/AAA North Division.

December featured strong wins over WAL (94-49) and BHS (91-78). That momentum carried straight into January, highlighted by multiple blowout victories, including wins of 100-15 against WAL, 101-75 against ESN, 97-36 over JMH, and 112-52 against PLM.

Individual performances have been just as impressive. Aiden "Forbdog" Forbes has been the offensive leader, averaging 21.9 points per game, including a massive 53-point performance against ESN. Blake Hambrook (14.1 PPG) and Grayson Wellwood (13.9 PPG) round out the top scorers, while strong contributions from players like Elliot Coughlan, Cale O'Toole, Alex Doucette, and the "A Duo" Adam Hossin and Adrien Rosengren have added to MVHS's depth.

Overall, the boys have recorded six 30+ point individual performances, with four games

in the 40s and one in the 50s — a testament to their offensive firepower.

The Varsity Girls have also had an outstanding season, currently sitting first in the AA North East Division

with an 8-1 league record. Their only loss came by just three points against Salisbury in December, and they have been undefeated since.

Notable wins include two victories over BHS, a dominant 79-41 win over JMH, and a revenge win against Salisbury (65-56). On January 31, the girls secured a huge 48-45 win over Tantramar, with Lily Casey sealing the game by going 4-for-4 from the line late.

Unfortunately, Stella Perrett suffered a serious injury that will sideline her for the remainder of the season and potentially next year. Despite this setback, the team remains committed to pushing forward. A special moment came on "Erica Night", where the girls honored their lone senior, Erica Swaine, with a dominant 60-18 win over ESN.

The Boys JV team has also had a strong campaign and currently sits second in the AA/AAA North Division with a 7-3 league record, trailing only JMH.

After a close early loss to WAL, the boys bounced back with a convincing 72-24 rematch win. Key victories include wins over ESN and Sugarloaf, along with a statement 66-57 victory over JMH. Scoring has been evenly spread across the roster, led by

Ben Perry (8.9 PPG) and Avien Ward (8.3 PPG), with several others close behind.

With basketball season coming to a close, sectionals and provincial tournaments are up next. By the time this issue is released, those tournaments will already have taken place — so make sure to congratulate all three teams on their success.

As winter sports end, spring sports are right around the corner. Volleyball tryouts are coming soon, and rugby practices have already begun.



Blake Hambrook #7 (Varsity Boys Basketball)

No experience is needed for rugby, and players can still sign up.

All basketball photos featured in this issue and the last are taken by Tyler Richard.



Avien Ward #9 (Junior Varsity Boys Basketball)



Erica Swaine #14 (Varsity Girls Basketball)

UPCOMING SPORTS SCHEDULE

GIRLS RUGBY PRACTICE - Monday and Wednesday after school.

BOYS RUGBY PRACTICE - Tuesday and Thursday after school.



Lily Casey #6 (Varsity Girls Basketball)



Varsity Boys Basketball

CHASING THE BANNER *By. Zackary Rupke*

The MVHS boys' hockey team is continuing to impress this season, leading their division with 12 wins and only one loss in regular-season play. When asked what the driving factor behind their success was, team captain Frank Washburn said, "What's really going right for us this season is our buy-in as a team. Everyone has accepted their role and is doing it." Clearly, whatever it is, the

guys are a force to be reckoned with this season and have a real shot at bringing home a banner.



Frank Washburn #27 (Boys Hockey)

Although the boys are doing exceptionally well in regular season play, they advanced only

to the semifinals in the Bobby Vail Classic this past weekend, losing to Cité de jeune with a



Melissa LeBlanc #6 (Girls Hockey)

final score of 5 to 7. This was a tough end to an overall mediocre weekend for the boys,

who went 2 on 2 on the weekend, notably losing only to teams that are in the Elite division.

The girls' hockey team is continuing to fight for rank in the AA division, currently sitting in 3rd place with 6 wins and 2 losses. The girls also had a strong showing at the Gary Wood Memorial tournament, winning 3 of 4 games before losing 4 to 2 against FHS in the semi-finals. Melissa LeBlanc continues to lead the girls in points with 18 in regular season play and 47 in all game types.

Hockey photos featured in this issue are taken by Thomas Hallihan and Barbara Mutch.

CLUB SCHEDULE

By. Chris Alexo

MVHS CLUB SCHEDULE

FEBRUARY 2026

MON	TUE	WED	THU	FRI
 <p>2</p>	<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) <p>3</p>	<ul style="list-style-type: none"> The Navigator (newspaper), Mr. Matheson's room (12:10) <p>4</p>	<ul style="list-style-type: none"> Band club, Mr. Whalen's room (12:15 to 12:55) GSA, Room 5205 (12:15 to 12:55) MVHS Real talk, Ms. Curtis's room (12:10 to 12:45) Debate Club, Mr. Sullivan's room  <p>5</p>	<ul style="list-style-type: none"> Chess club, English step-Lab (12:10 to 12:55) <p>6</p>
<p>9</p>	<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)  <p>10</p>	<ul style="list-style-type: none"> The Navigator (newspaper), Mr. Matheson's room (12:10)  <p>11</p>	<ul style="list-style-type: none"> Band club, Mr. Whalen's room (12:15 to 12:55) GSA, Room 5205 (12:15 to 12:55) MVHS Real talk, Ms. Curtis's room (12:10 to 12:45) Debate Club, Mr. Sullivan's room <p>12</p>	<ul style="list-style-type: none"> Chess club, English step-Lab (12:10 to 12:55) ICU Valentines Party, Mrs. Thornton's room (Lunch) <p>13</p>
<p>16</p>	 <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) <p>17</p>	<ul style="list-style-type: none"> The Navigator (newspaper), Mr. Matheson's room (12:10) <p>18</p>	<ul style="list-style-type: none"> Band club, Mr. Whalen's room (12:15 to 12:55) GSA, Room 5205 (12:15 to 12:55) MVHS Real talk, Ms. Curtis's room (12:10 to 12:45) Debate Club, Mr. Sullivan's room <p>19</p>	<ul style="list-style-type: none"> Chess club, English step-Lab (12:10 to 12:55)  <p>20</p>
 <p>23</p>	<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) <p>24</p>	<ul style="list-style-type: none"> The Navigator (newspaper), Mr. Matheson's room (12:10)  <p>25</p>	<ul style="list-style-type: none"> Band club, Mr. Whalen's room (12:15 to 12:55) GSA, Room 5205 (12:15 to 12:55) MVHS Real talk, Ms. Curtis's room (12:10 to 12:45) Debate Club, Mr. Sullivan's room <p>26</p>	<ul style="list-style-type: none"> Chess club, English step-Lab (12:10 to 12:55) <p>27</p>

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!

DID YOU KNOW?

- The name "Valentine's Day" comes from two men named Valentine, executed on February 14 in the 3rd century and later honored as saints.
- By the 14th–15th centuries, the day became linked to romantic love, inspired by "lovebirds" of early spring.
- Red roses became a symbol of passion during the 19th century with the popularity of "floriography" — the language of flowers.

VALENTINES THEMED!

- Giving chocolates started in the 1800s in Victorian Europe, where lovers exchanged elaborately decorated valentines.
- The Romans and Greeks used birds to predict love: a swan meant a loyal partner, a dove a kind one, and a blackbird a future clergy spouse.
- During the festival Lupercalia, women pinned names of their crushes to their sleeves, a tradition that evolved into medieval tokens of love.
- Cupid, son of Venus, was believed to make anyone fall in love if struck by his arrow.

By. Xander Kenny

UPCOMING EVENTS

By. Tobi Waye

CUPID'S COLLECTION

You can buy Match-O-Matics during lunch from February 9th - 13th
You can buy Chocolate roses during lunch on February 9th & 10th

VALENTINES DAY PARTY!

Come to Mrs. Thornton's classroom at lunch on Friday, February 13th to join in the fun!

All exchange students are welcome to bring their friends and attend!

Will have snacks, games, a photo booth, and crafts!

RED & PINK DAY!

Love is in the air at MVHS! To celebrate Valentine's Day, Cupid's Colours is taking over the halls on Friday the 13th. Wear red, pink, or anything Valentine's-themed and show off your festive style.

WANT TO BE FEATURED IN THE NEXT ISSUE? DM US

TRIVIA

MR. SULLIVAN EDITION

By. Emma Richard

WANT TO BE FEATURED IN THE YEARBOOK?



NOTE: THIS DOESN'T GUARANTEE A FEATURE

1. How many years has Mr. Sullivan been teaching for?
2. Other than English, what is Mr. Sullivan's favourite subject?
3. What sports did he play in high school?
4. What did Mr. Sullivan study before deciding to be a teacher?
5. Mr. Sullivan had two mentors who still work at MVHS! Who are they?
6. Which university did he attend?
7. What is his favourite part about English?
8. Who influenced Mr. Sullivan to decide on a career in literature?
9. What two Shakespeare plays does he teach?
10. What are Mr. Sullivan's top 3 Shakespeare plays?

ANSWERS: 1. 17, 2. History, 3. Hockey and Rugby, 4. Psychology, 5. Mr. Matheson and Mr. Valenne, 6. St. Thomas University, 7. There is an endless amount of literature out there, so you are always learning something new!, 8. Dr. Lance Callahan, 9. Romeo and Juliet & Macbeth, 10. Romeo and Juliet, Hamlet, & Titus Andronicus

HOW TO LEVEL UP YOUR LEARNING

By. Madison Lavigne

Now that we're into the second semester, lots of students at MVHS are looking to be the best, most organized version of themselves, so they can be prepared for exams. Everyone has expectations of themselves this semester, and especially if you weren't satisfied with your exam marks, now's your chance to find out what works best for you when studying! There are widely promoted, scientifically proven methods of studying that tend to help many people get better marks come exam time, so what exactly are those methods, and how do they help?

You might think that "scientifically proven" implies an intricate, complicated but effective way of studying; however, it's much simpler than that. The most effective ways to study are the ones that are easy to remember. For example, making your own flashcards, summarizing notes, highlighting key details, and revising are all scientifically proven ways that help people get better exam marks. These are the most popular results when you're researching study methods, and for

good reason, as they are effective for memorizing material. While they may not work for everyone, there are only a few strategies, out of many, that could accommodate your learning style.

You are encouraged to put some thought into what might work best for you and research more methods suitable to your abilities. Finding your preferred learning strategies can help you in more ways than you think, to feel confident in your classes and not only get better test

and exam marks but also better marks on your assignments. Practicing this behavior results in a better understanding of class material, as well as confidence in your classes, so it's important to consider these options if you find yourself in a rough spot academically.

YOUR CONTRIBUTING TEAM FOR THE FEBRUARY 2026 EDITION

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

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

Staff Spotlight: Chloé Lantin (Grade 11)

Upcoming Events Column: Tobi Waye (Grade 10)

Club Updates Column: Chris Alexo (Grade 9)

Trivia: Emma Richard (Grade 11)

Research Column: Madison Lavigne (Grade 10)

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

INTERESTED IN JOINING THE SCHOOL NEWSPAPER? CONTACT US TODAY!

HAPPY VALENTINE'S DAY!



Photos By: Tyler Richard and the Yearbook Committee