



The Navigator



@THENAVIGATOR.MVHS
ON INSTAGRAM AND TIKTOK



EDITION #003

MIRAMICHI VALLEY HIGH SCHOOL, MONDAY, MARCH 16TH, 2026

MARCH 2026

THE MADNESS OF MARCH

STUDENTS, EVENTS, AND SCHOOL SPIRIT IN FULL SWING

As winter begins to transition into spring, activity around MVHS continues to grow. March has brought a variety of opportunities for students to get involved, from school events and competitions to trips, athletics, and community engagement.

One of the highlights this month is the return of March Madness, an annual tradition that brings friendly competition and school spirit to the halls. Students are

also preparing for Spirit Week, giving everyone a chance to show their creativity and support for their grade.

Outside of these events, MVHS students continue to represent the school in a variety of ways. The girls' hockey team is heading to provincials, members of the French Club are planning a trip to Frikot, and students participated in the Provincial Songwriting Camp in Halifax. Community involvement also remained strong through events like

the Mayor's Youth in Action Day.

This edition of The Navigator highlights these moments while continuing to showcase the many ways students contribute to life at MVHS both inside and outside the classroom.



WHAT'S INSIDE THIS ISSUE!

- Upcoming Events
- March Madness Information
- Community Events
- Trivia
- Staff Spotlight
- Club Meeting Information
- Did-You-Know?
- The Science Behind Déjà Vu (Research)

UPCOMING SPORTS SCHEDULE

GIRLS RUGBY PRACTICE - Monday and Wednesday after school.

BOYS RUGBY PRACTICE - Tuesday and Thursday after school.

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.

UPCOMING EVENTS

By. Aarnavi Desai
& Tobi Waye

March Madness is returning to MVHS this year! This year, the competition will run for two weeks instead of the usual one, giving students more opportunities to earn points for their teams. Student Council will also be hosting lunch-time activities where groups can compete and add to their grade's total score. A pep rally on Friday, March 27 will bring everyone together to celebrate the competition, where the top 3-4 teams will compete in the lip-sync battle as the grand finale of March Madness.

Ways to Earn Points

- Spirit Week: If an entire group dresses up for the theme, they earn 10 points. If one person does not dress up, no points are awarded.
- Photo Submission: Groups must take a photo and send it to the Student Council Instagram page for their participation to count.
- Lunch Activities:
 - 1st place: 30 points
 - 2nd place: 20 points
 - 3rd place: 10 points
 - Participation: 5 points

WANT TO BE FEATURED IN THE YEARBOOK?



NOTE: THIS DOESN'T
GUARANTEE A FEATURE




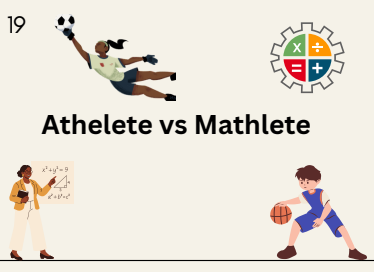



SPIRIT WEEK THEMES!

Check to see the spirit week themes on page 2 of this issue! You can also find them on the MVHS Instagram & FaceBook page!

SPIRIT WEEK THEMES!

By. Chris Alexo & Tobi Wayne

MVHS MARCH MADNESS SCHEDULE (MARCH 12 TO 27)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10	11	12 Snow Day!	 Hide from paparazzi
16 2016 Throwback	17 St. Patricks Day (Wear Green)	 18 White Lies	19  Athlete vs Mathlete	20 Dress Like A Teacher (teachers dress like students)
23  Country vs Country club	24  Hawaiian	25 Anything But A Backpack	26 Rhyme Without Reason	27  Extreme Blue And Gold & Pep Rally

FRENCH CLUB TRIP TO FRIKOT!

On March 18, the MVHS French Club will be visiting Frikot Café-Bistro, giving students the opportunity to practice their French in a real-world setting. During the trip, students will have the chance to order food in French and experience a French-language environment while spending time together outside the classroom.

PROVINCIALS BOUND!

The MVHS girls' hockey team is headed to the provincial championships! After an incredible season, the team will compete in the series to represent our school and show their skills on the ice. Good luck to all the players as they skate toward the top!

MAYOR-YOUTH-IN-ACTION DAY!

On the 11th of March, select students from James M. Hill, Carrefour Beausoleil, and Miramichi Valley participated in the Mayors Youth in Action day. Where they learned about cyber bullying presented by Mayor Lordon, and then a presentation about Artificial Intelligence. The three schools were then broken up into groups for 3 activities. These activities consisted of a nature walk, led by John Fletcher, and a mock council meeting with Mayor Lordon. They then had ice breakers, then answered questions about what they would like to see within the city.

CELEBRATING ST. PATRICK'S DAY AT MVHS!

The ICU Club will be hosting a St. Patrick's Day activity during lunch in the Mezz, open to all students who would like to participate. The event will feature food, music, and a chance to learn Irish dancing, creating a fun and festive way for students to celebrate the holiday together.

PULAMOOS IN THE SPOTLIGHT!

From March 8–11 in Halifax, four Pulamoo students represented MVHS at the Provincial Songwriting Camp, joining aspiring songwriters from across the province. They were also accompanied by Mr. Whalen, sharing his expertise and supporting the students throughout the workshop. The camp gave participants the chance to collaborate, create, and perform original songs — showcasing MVHS talent on a provincial stage!

BRIDGE SHUTDOWN

As you readers may have heard, the Centennial Bridge is being shutdown. It is being shutdown for massive repair projects. These closures will commence on April 1st to December 1st for both the 2026 and 2027 years. The City of Miramichi will most likely implement detour signs to reroute traffic throughout different parts of the city due to the closure.

By. Aarnavi Desai & Xander Kenny

TRIVIA

MR. SVARC EDITION

By. Chloé Lantin

**WANT TO BE
FEATURED IN
THE YEARBOOK?**



NOTE: THIS DOESN'T
GUARANTEE A FEATURE

Many students at MVHS recognize Mr. Svarc not only as a science teacher, but as someone who brings passion to the school. Before stepping into the classroom as a teacher, he began this journey in university, tutoring students and discovering the enjoyment of helping others learn. Given that biology was always of interest, Mr. Svarc first pursued working in the field. Later, he

decided to return to school to earn an education degree, with the goal of sharing his knowledge and the wonders of science.

Although he doesn't have one specific person who inspired him, Mr. Svarc recalls a couple of outstanding teachers from his own education who were

widely respected by students. Instead of modeling himself after them directly, he aims to bring the same respect and equality he observed in their classrooms to his own students. His favourite part of his career is getting to know his students beyond school life. Throughout his 30 plus years of teaching, Mr. Svarc has enjoyed learning

about students' passions, their plans for the future, and watching them grow over time. For him, teaching is not only about sharing knowledge, but also building connections. In fact, he has stayed in touch with several of his former students and enjoys seeing where life has taken them after graduation.

1. How did Mr. Svarc first get into teaching?
2. Who inspired Mr. Svarc to be how he is today?
3. How many years has Mr. Svarc been teaching for?
4. What is his favorite subject to teach?
5. What classes other than Science has Mr. Svarc taught?
6. Where was Mr. Svarc born?
7. What is his favourite part of teaching?
8. What is Mr. Svarc's heritage?
9. What does Mr. Svarc usually eat in the morning at school?
10. What is Mr. Svarc's favorite word to use in class?

ANSWERS: 1. He tutored students!, 2. Trick Question: no one!, 3. 30+ years, 4. Biology, 5. English and History, 6. Trick Question: Canada, 7. Getting to know his students, 8. Czechoslovakia, 9. Toast and Eggs, 10. Deduction!

STAFF SPOTLIGHT

By. Emma Richard

MVHS CLUB SCHEDULE

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10 <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) 	11 <ul style="list-style-type: none"> • The Navigator (school newspaper), Mr. Matheson's room (12:10) • Samoo Spirit Society, Student Council room, (start of lunch) 	12 <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 (time varies) 	13 <ul style="list-style-type: none"> • Chess club, English Step-Lab (12:10 to 12:55)
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By. Chris Alexo

DID YOU KNOW?

- The first day of spring is called the Vernal Equinox — when day and night are almost exactly the same length all over the world.
- Spring cleaning became popular hundreds of years ago because people would open windows after winter to clean out dust and soot from fireplaces.
- Spring is different depending on where you live. In the Southern Hemisphere (like Australia), spring happens around September to November.
- In Chicago, they dye the river bright green every year to celebrate.
- The word “spring” comes from an old English word meaning “to jump or burst forth,” like plants bursting out of the ground.
- Allergy season spikes in spring because plants release large amounts of pollen
- Saint Patrick wasn’t actually Irish. He was born in Roman Britain and later brought to Ireland as a slave before becoming a missionary.
- The original color of the holiday was blue, not green! Green became popular later because of Ireland’s nickname, “The Emerald Isle.”
- The shamrock 🍀 became a symbol of the holiday because Saint Patrick supposedly used it to explain the Christian idea of the Holy Trinity.
- The first Saint Patrick’s Day parade wasn’t in Ireland, it happened in New York City in 1762



ST PATRICKS THEMED!
By. Xander Kenny

By. Madison Lavigne

TOPIC RESEARCH!

There’s no doubt that most of us have experienced a sense of déjà vu, a feeling that you’re experiencing something that has already happened. It almost makes you feel like you’re predicting the future, and as cool as that would be, we all know it isn’t a logical explanation. The idea of it is quite the conversation starter, with theories scattered across the internet. While those theories can be interesting, the real explanation is definitely one to reflect on.

In 1876, the term “déjà vu” was coined by Émile Boirac, in his

book about the future of psychic sciences. In this book, déjà vu was presented as a reminiscence of memories. Scientists suspect that déjà vu is a sort of memory phenomenon, where we experience things similar to a memory we can’t fully recall. Boirac himself stated, "Our brain recognizes

the similarities between our current experience and one in the past ... left with a feeling of familiarity that we can't quite place." The explanation to this phenomenon almost raises as many questions as it answers; why does our brain recognize similarities between memories

as the same experience, and why can’t we fully recall those memories, leading to déjà vu? This topic continues to evoke curiosity, and thanks to the recent advances in science and technology, we might be getting closer to our answer.

THE SCIENCE BEHIND DÉJÀ VU

YOUR CONTRIBUTING TEAM FOR THE MARCH 2026 EDITION

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

Staff Spotlight: Emma Richard (Grade 11)

Upcoming Events Column: Tobi Wayne (Grade 10)

Club Updates Column: Chris Alexo (Grade 9)

Trivia: Chloé Lantin (Grade 11)

Research Column: Madison Lavigne (Grade 10)

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

WANT TO BE FEATURED IN THE PAPER? SEND US A MESSAGE THROUGH OUR SOCIALS!

INTERESTED IN JOINING THE SCHOOL NEWSPAPER? CONTACT US TODAY!

HAPPY ST. PATRICK'S DAY