



The Navigator



@THENAVIGATOR.MVHS
ON INSTAGRAM AND TIKTOK



EDITION #004

MIRAMICHI VALLEY HIGH SCHOOL, TUESDAY, APRIL 7TH, 2026

APRIL 2026

APRIL AT MVHS

WHAT'S NEXT FOR MVHS?

As MVHS moves into April, students are shifting their focus toward new opportunities, upcoming events, and planning for the months ahead. With March Madness now wrapped up, the energy around the school continues in different ways as students stay involved both inside and outside the classroom.

Student leadership continues to stay active, with members of the student government preparing to attend the Horizons Student Leadership Conference. This experience allows students to connect with others, share ideas, and bring new perspectives back to MVHS.



Spring sports are beginning to take shape, with volleyball already underway and rugby season getting started. Teams have come out strong early, building momentum and setting the stage for a competitive and exciting season.

April may not be the busiest month of the year, but it still reflects the steady involvement and commitment of MVHS students. This edition of The Navigator highlights those moments while looking ahead to what the rest of the school year will bring!

By. Aarnavi Desai

This month also marks an important time for students as course selection begins for the upcoming school year!

WHAT'S INSIDE THIS ISSUE!

- MVHS and Community Events
- Sports Section
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- Did-You-Know?
- "The End Of Year Slump" (Research)
- March Madness Final Standings

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.

MVHS AND COMMUNITY EVENTS

By. Xander Kenny

PULAMOO AT HORIZONS CONFERENCE!

On April 14th, the MVHS Student Government will be attending the Horizons Student Leadership Conference at Dalhousie Regional High School. They will listen to two keynote speakers in the morning. In the afternoon, they will gather with other kids from other attending schools, where they will brainstorm and share new ideas.

UPCOMING DRAMA PRODUCTION!

The MVHS Drama Club is presenting John Van Druten's "I remember mama". A gratifying sentimental play which shows mama with the help of her husband and Uncle Chris, raises a family in their modest San Francisco home during the early years of the 20th century. Show dates are April 9th-12th at 7:00pm. Tickets are \$20 and be purchased by contacting the MVHS office at 627-4083 and will be available at the door.

CENTENNIAL BRIDGE CLOSURE

With the Centennial Bridge closing on Monday April 6th, Anglophone North School District will be observing how the closure impacts student transportation and arrival times during the first week of the closure. No immediate changes will be made to bus routes and schedules during this time. Please check the ASD-N website at asdn.nbed.ca, or on their Facebook page for further information when posted.

MARCH MADNESS

The last two weeks of March, MVHS had their March Madness spirit weeks. It lasted two weeks where 14 teams participated in multiple events and activities, as well as dressed up for each days theme day. All teams had a time, earning points, interacting with each other, and overall being involved. In the end, four teams were selected to compete in the Lip Sync at or rally with marked the conclusion of the March Madness events. The teams selected had to find songs, and create a mashup which they lip synced and performed during the end of the pep rally, where they were judged based on performance by 5 teachers.

MARCH MADNESS STANDINGS!

Thank you to all who participated and helped out!

1st PLACE:
MIGHTY MATHESONS

2nd PLACE:
DANNY'S DIVAS

3rd PLACE:
RAAFO

HONOURABLE MENTION:
LTL FAN CLUB

SPORTS SECTION

WINTER WRAPS UP AND SPRING STARTS By: Zackary Rupke

The Hockey season came to a close with the MVHS boys making it to provincials where they lost two games, 1-4 against SMHS and 1-4 against Harrison Tremble, bringing their season to a disappointing end. Valiant effort from the boys after an impressive season of league play.



Junior Varsity Boys Volleyball

The MVHS girls made it all the way to the provincial finals after beating WHS 3-2 but unfortunately came up short in the finals, taking a heartbreaking 2-0 loss. A tough

end to an impressive season for the girls.

The end of the Hockey season marks the beginning of volleyball. The start of the season for the MVHS boys has been a bit of a mixed bag with the boys taking a loss against ESN 4 sets to 1 followed by two wins against EME and PLM in straight sets. The boys also found some success at the annual UNB tournament,

making the finals where they were beaten out in the seeded match against ESA who went on to win the tournament.

The MVHS varsity girls have started their season hot beating the Tracadie in straight sets on March 30th. That win puts them onto a two-game win streak after beating SSHS in straight sets in the previous game on March 25th.

For JV volleyball, the JV boys kicked off their season with a three-game hot streak beating SSHS, BHS, and JMH which came to an end when they took a loss

to AAA ESN in a game that went to five sets. Finally, the JV girls started their season with two wins against WAL and SSHS and one loss against EME. Hot start for all our volleyball teams hopefully being the start to a great season of MVHS volleyball!

Photos featured in this issue are taken by Tyler Richard.



Sydney Stewart #5 & Ella Harris #8 (Junior Varsity Girls Volleyball)

RUGBY PRACTICE SCHEDULE

GIRLS RUGBY PRACTICE -

Monday and Wednesday after school from 3:30 - 5:30.

BOYS RUGBY PRACTICE -

Tuesday and Thursday after school from 4 - 6.

- The largest Easter egg ever made was over 25 feet tall and weighed thousands of pounds!
- The Easter Bunny comes from German traditions where a rabbit would lay colorful eggs for children
- The date of Easter changes every year. It's based on the first full moon after the spring equinox.
- Chocolate Easter eggs became popular in the 1800s, especially in Europe.
- In the White House, there's an annual Easter Egg Roll. A tradition since 1878
- In Australia, they sometimes use the Easter Bilby instead of a bunny to promote a native animal
- Americans (and Canadians too!) buy millions of marshmallow Peeps every year for Easter
- Some countries decorate real eggs using detailed art. This is called pysanky in Ukraine
- Baby animals like lambs, chicks, and bunnies are most common during spring.
- Many animals are born in spring—so it's often called the season of new life.



By: Xander Kenny
EASTER AND SPRING THEMED!

DID YOU KNOW?

CLUB SCHEDULE

By: Chris Alexo

MVHS CLUB SCHEDULE

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31 <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) 	01 <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) 	02 <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) 	03 <ul style="list-style-type: none"> Chess club, English Step-Lab (12:10 to 12:55)
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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!

“THE END OF YEAR SLUMP”

By: Aarnavi Desai

As the school year begins to wind down, many students start to feel a noticeable drop in motivation. Often referred to as the “end of year slump,” this

time of year can make it harder to stay focused, keep up with assignments, and maintain the same level of effort as earlier in the year.

One of the main reasons for this is burnout. After months of schoolwork, extracurriculars, and responsibilities, students can feel mentally exhausted, leading to lower energy and productivity. As the year goes on, this build-up can make even simple tasks feel more overwhelming.

Motivation also tends to decrease naturally over time. As routines become repetitive and the school year feels longer, it becomes harder for students to stay engaged and focused compared to the start of the year.

Another factor is the anticipation of summer. With the end of the school year getting closer, it can be difficult to stay focused when breaks, plans, and time off are on everyone’s mind. This often leads to procrastination and a drop in effort.

Although the end of year slump is common, it is important for students to stay consistent and finish the year strong. Setting small goals, staying organized, and maintaining a routine can help students push through this period and make the most of the final months of the school year.

YOUR CONTRIBUTING TEAM FOR THE APRIL 2026 EDITION

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

Club Updates Column: Chris Alexo (Grade 9)

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

Research Column: Aarnavi Desai (Grade 10)

Sports Column: Zackary Rupke (Grade 12)