



INSIDE THE LION'S DEN

PM LIONS REPORT

Welcome to our newest Lion, Ms. Duff!



Written by: Nawda Hamedi

Ms. Duff, our school's newest VP

As someone who is now a wonderful VP at Princess Margaret, her dreams and aspirations have not always been the same. Growing up, Ms. Duff spent her childhood up north in Prince George with her very loving and supportive family. For a long time, she aspired to be a nurse just like her aunt who had been her role model. However, after discovering the gory nature of being a nurse, she changed her mind.

Angel Billen: From the Gym to the World Stage

By: Jeevan Bajwa and Arshpari Sangha

In the heart of Surrey, British Columbia, Angel Billen—a grade 12 student at Princess Margaret Secondary—has captured (and is continuing to capture) the attention of the weightlifting world with her remarkable strength, resilience, and determination. From early mornings at the gym to her dreams of standing atop the Olympic podium, Angel's story is one of unwavering dedication and breaking barriers as a female athlete in a male-dominated sport.





INSIDE THE LION'S DEN

Contents

Staff

Ms. Ranu	1, 3-4	Feature
Sarah Hussain	5-6	Library News
Jeevan Bajwa	7	Book Review
Arshpari Sangha	8-9	Opinion/Buzzfeed Quiz
Nawda Hamedi	10-11	Sports Highlights
Ekam Bhatti	12	PM Art
Busra Ozlu	13-14	Ask Leo the Lion
Arzo Hazrat	15	PM Clubs
Guneer Sandhu	16	Model UN Article
Harneet Dhesi	17-19	PM Career Centre News
Lovleen Rayat	20	Shoutouts
Ananya Singla		
Bellina Dhaliwal		
Shakira Khan		



Feature: Welcoming our newest Vice Principal, Ms. Duff continued:

Going into post-secondary, our lion was unsure about her future just as much as many of us are right now. Her parents, being very supportive, had encouraged her and her sister to continue working hard and pursuing their education no matter what they studied. Ms. Duff had a particular passion for political science and was thinking about joining politics. That was until she worked a co-op job, where she had to do workshops with a group of very charismatic high school teenagers. It was then that she came to the realization, "Oh, I really like this age group." She particularly enjoyed, and in fact still does, the fun and spontaneous energy when working with teenagers and teaching them how to do things the right way rather than doing the crazy things that they are so prone to do. In her early years, she had thought teaching seemed like a lot of work, which is why she could not have been more surprised when she came home one day and told her parents about her very delightful and enjoyable experience. She said, "I want a job where I teach or do workshops every day."

Her mother who was an elementary school principal looked at her like, 'Are you crazy?' "That is what being a teacher is. That's a teacher!" she said. From that day on, she decided she would be a high school teacher.

Ms. Duff attended the University of Victoria for her undergrad in History and English. While visiting her mom who was doing her Masters at UVic, she loved the smaller setting of the UVic campus. After completing her Education degree in 2001, Ms. Duff taught at Clayton Heights Secondary, Tamanawis Secondary, and Elgin Park Secondary in Surrey. She became a Vice-Principal in 2019 at Fleetwood Park Secondary, before coming here to PM.

Ms. Duff believes that "there is good in everybody," and that "everybody makes mistakes, but it's what you do afterwards that matters."

Welcome to PM, Ms. Duff!
We are lucky to have you!

Feature: Angel Billen: From the Gym to the World Stage:

Angel's weightlifting journey began at the tender age of six, influenced by her father and two older sisters. Her father, a wrestler for 28 years, set the foundation for the family's athletic prowess. Watching her sisters excel in weightlifting inspired Angel to pick up the barbell herself. "Ever since being six, I was serious about my passion," she recalls.

Balancing school and elite-level training is no easy feat, but Angel makes it work with a disciplined schedule. She trains six days a week, with sessions running from 5 to 7 AM in the mornings and 6:30 to 9 PM in the evenings. This rigorous routine reflects her commitment to excellence at weightlifting while maintaining her grades as a senior student. One of the most significant challenges Angel has faced is breaking through stereotypical expectations. "As a female pursuing her passion, I feel a certain pressure to prove that females can be just as strong as men," she says.



This mindset has fueled her determination to inspire others, becoming a role model for young athletes—regardless of gender.

To boost the benefits from her intense training, Angel follows a high-protein diet rich in carbohydrates and vegetables. Nutrition plays a vital role in maintaining her strength and energy levels, always reassuring that she is prepared for the physical demands of her sport. Her motivation comes from a clear and ambitious goal: to win a gold medal at the Olympics. “I know for this dream to become possible, I need to train vigorously all the time,” Angel comments. Before a big lift, Angel stays calm and collected, taking deep breaths and focusing on her training. “I try to stay stress-free and believe I’ve put in enough work to complete the lift,” she explains. Her mental toughness extends beyond the platform. After a hyperextended elbow injury in April, she turns to her physiotherapist and her family for support, overcoming the setback with patience and grace.

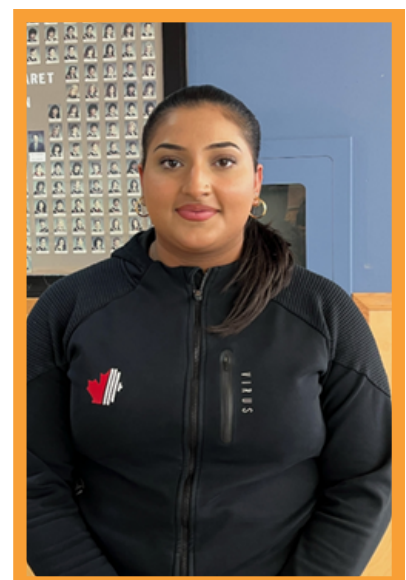
Her personal bests—a 97kg snatch and a 127kg clean and jerk—showcase her incredible strength and technical skill to her craft.

Angel’s dedication has paid off with a head-turning list of accomplishments:

- *Gold medalist at the Commonwealth Championships*
- *Youth Pan-American Champion*
- *2x Youth Champion, 2x Junior Champion*
- *2x Junior National Champion*
- *Senior Nationals Silver Medalist*
- *Second best youth female weightlifter in the world, with two silver medals at the Youth World Championships in Lima, Peru*

Angel’s aspirations go beyond the lifts. While her ultimate goal is Olympic gold, she also dreams of becoming a police officer. This dual ambition reflects on her hardworking personality and for those new to weightlifting, Angel offers simple yet powerful advice: “Continue trying hard no matter what. Weightlifting is a calculated sport that comes with its own hardships. I wasn’t the best at first, but I stuck to it and now have won many international-level competitions.”

For Angel, her two older sisters are her greatest role models. As international-level athletes themselves, they’ve been a source of motivation and support. Their bond strengthens her to face challenges head-on and succeed in her pursuits. Angel Billen showcases that she is more than just a rising star in weightlifting—she is a trailblazer breaking gender norms and inspiring others to follow their dreams. With her resolute determination and a bright future ahead, Angel is lifting more than the weights at competitions; she’s lifting the spirits of an entire generation. As she puts it: “Weightlifting has made me more confident. I know I am pursuing what I love, and I hope to inspire younger females and boys to follow their dreams like me one day.”





Surrey Teens Reads 2024-2025

LIBRARY NEWS

Written by: Ekam Bhatti

This year's Surrey Teens Reads list has quite the variety and selection of novels for young adults, varying from different genres – from romance to Indigenous and even true crime stories – many of which have been praised and awarded!

Read below and see if any of these stories catch your eye – you can find them right in our own library at PM!



In the Ring – Sierra Isley

“I said you want to get better, but you’re convinced you can’t. You keep stepping backwards so I won’t hit you. That’s not how you improve.”

Genres: Romance – Queer – LGBTQ – Contemporary – Fiction

The Atlas of Us – Kristin Dwyer

“The rhythm of the trail begins to embed itself into my expectations, and as the days pass each of us come to learn our place in the group.”

Genres: Romance – Contemporary – Realistic Fiction – Fantasy



Rez Ball – Byron Graves

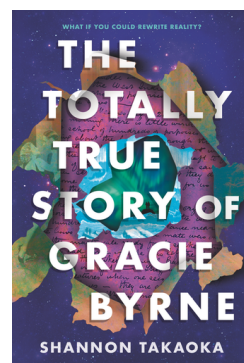
“As I dribble, I worry if I’ve made varsity. I worry if I’m on the cusp. I worry whether this final play will make or break it.”

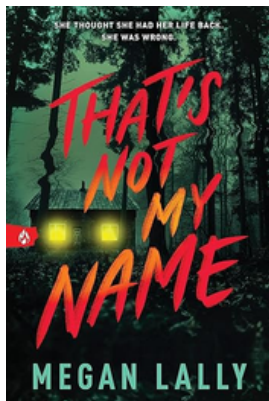
Genres: Sports – Realistic Fiction – Coming of Age – Indigenous

The Totally True Story of Gracie Byrne – Shannon Takaoka

“I’ve come to understand that there’s a reason we can’t control every aspect of our lives, or fix everything that’s broken, or undo our mistakes.”

Genres: Romance – Fantasy – Historical Fiction – Coming of Age



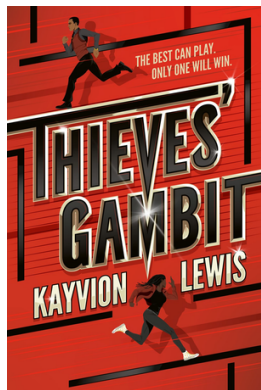


That's Not My Name – Megan Lally

“I’m not okay yet, but I’ll survive today. I’ll survive the days to come”
 Genres: Thriller – Mystery – Horror - Fiction

Threads That Bind – Kika Hatzopoulou

“You know, one day you’ll need to grow the hell up and let other people decide for themselves if they like you or not.”
 Genres: Fantasy – Mythology – Romance – Mystery

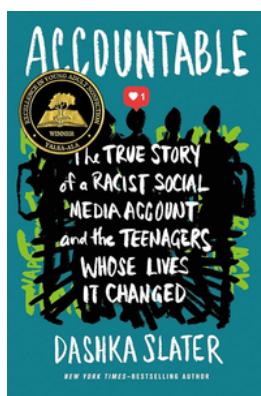
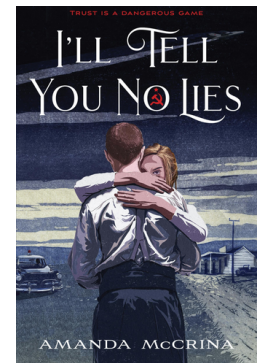


Thieves Gambit – Kayvion Lewis

“Appropriate for the occasion but not too flashy. Perfect for blending into the jungle of treasures and wealth we were about to enter.”
 Genres: Mystery – Thriller – Romance - Fiction

I’ll Tell You No Lies – Amanda McCrina

“Of course they didn’t believe him. They hadn’t trusted him to begin with. He hadn’t switched sides; he was a traitor. Nobody trusts a traitor.”
 Genres: Historical Fiction – Romance – Mystery – Fiction - Thriller



Accountable: The True Story of a Racist Social Media Account and the Teenagers Whose Lives It Changed – Dashka Slater

“Looking back, it’s hard not to wonder how the whole thing could have been prevented. All the sorrow, all the fear, all the rage. All the lives derailed, all the plans upended.”
 Genres: Nonfiction – Teen – Social Justice – Education – True Crime

Check & Mate – Ali Hazelwood

“Chess is a bad idea. Why? Look where it got me. It got you here. To me.”
 Genres: Romance – Fiction – Contemporary – Young Adult



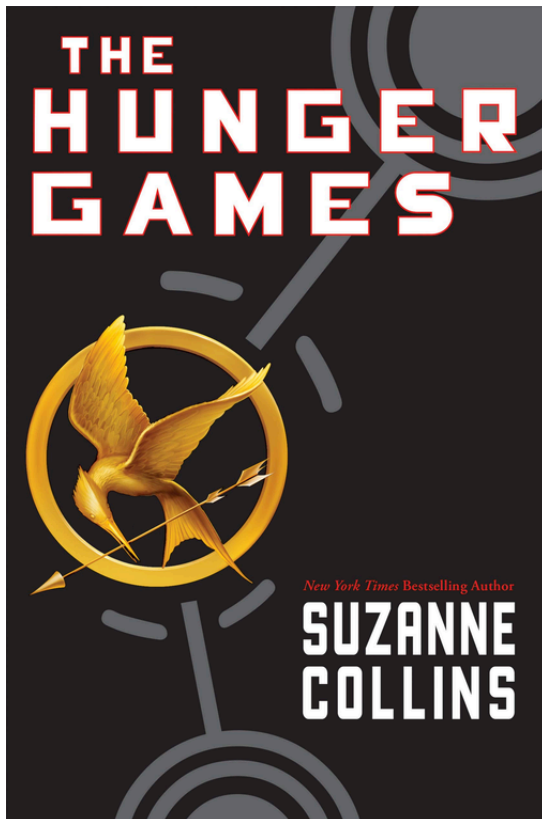


BOOK REVIEW

Written by: Busra Ozlu

The Hunger Games

Author: Suzanne Collins



The Hunger Games is an action-packed novel set in a dystopian world. The nation of Panem is divided into 12 districts, each forced to serve the Capitol. As punishment for a past rebellion, each district must send one male and one female tribute, chosen through a process called "The Reaping," a fight to the death in a brutal competition until only one victor remains. This is the Hunger Games.

The story follows Katniss Everdeen, a resourceful and resilient teenager from District 12, where poverty is rampant and survival is a daily struggle. When her younger sister,

Prim, is selected as a tribute, Katniss volunteers to take her place, setting off a chain of events that will change her life forever. Throughout the Games, Katniss must navigate a deadly arena filled with traps, fierce competitors, and the ever-watchful eyes of the Capitol.

The reason I enjoyed this book so much is because of how closely it mirrors our world. While the Capitol enjoys all the glory, wealth, and food, the districts are left working 18 hours a day in unsafe conditions for minimal pay. In District 12, it is considered a miracle if families manage to eat a single meal a day. People are chosen by the Capitol to be pawns in a greater plan, and their fates are decided by the whims of the elites. Katniss Everdeen, who becomes a symbol of courage and defiance, is not just fighting for her own survival; she also becomes a signal of hope for the oppressed districts. As she navigates alliances and rivalries, she forms a complex relationship with Peeta Mellark, her fellow tribute from District 12. Their partnership is distributed between tension, strategy, and genuine emotion, as they grapple with the blurred lines between survival and morality. Yet, the story goes beyond her struggle for survival. It is also about a society ruled by a dictatorship, where citizens have no equality, no rights, and little will to live.

The Hunger Games serve as a punishment and reminder to districts of their uprising and instilling fear in the people's hearts. Will Katniss be the one to survive and go back home to her family or will the signal of hope she brought will die with her?



OPINION

Should AP classes be offered at PM? A closer look



Written by: Sarah Hussain

What are AP classes?

Advanced placement classes are college and university level courses being offered in secondary schools. AP classes are separate classrooms with separate curriculums compared to regular classes. They allow students to gain post-secondary level education while still being in high school and sometimes can help contribute as credit for when university does start.

In favour:

Currently there are no AP classes offered at PM, but why not? Advanced placement classes are a great opportunity for high schoolers to get accustomed to post secondary education level expectations and further explore subjects that interest them. Going from a high school workload to a university one is quite the jump, having AP classes would avoid the switch from being so heavy. AP classes would prepare you for the biggest jump of your education career. In addition, AP classes have the potential to change the dynamic of learning for many of our academically talented students at Princess Margaret. Those who easily excel at regular level courses and want more challenging classes would be able to have a space to push themselves to thrive even more.

Students in these advanced classes would also be able to meet more like-minded peers, forming a community they may not have had before. Every student in these classes would want to be there, making it easier for teachers and students to work together and stay punctual with the course requirements. It's an excellent opportunity for those who have a deep interest in certain subjects and want to learn even more about them. While there may be concerns for the mental health of these students who would be pushing themselves so hard, it's important to realize these courses will be completely optional and thus the students who choose to participate will be aware of what they are signing up for. Students who believe they are meant to succeed in AP classes usually hone the traits to do well in them - the time management skills and self motivation needed. This program would also do good for more than just those taking part in it; it would also lessen the stress of those in regular level classes by taking away some of the overachievers they would be competing with, allowing students to learn at their own pace rather than rushing themselves to compete. Being a student in AP classes is a great look for university applications and scholarship applications, which would give PM students an advantage over other applicants since not all schools offer AP classes.



Our applicants currently are at a disadvantage because we are one of the schools that do not offer these courses, but we have the power to change this. Advanced placement classes could be the perfect addition to make PM, an already excellent school be even better at catering to the needs of all its diverse students to allow our students to excel to the best of their abilities.

Against:

As with all opportunities, there are possible disadvantages, as well, associated with AP classes. Advanced level courses come with advanced levels of stress; this can be very exhausting for students and lead to mental health concerns and academic burnout. Students may think they're prepared enough to handle the workload, but a high school teenager's brain is much less capable of handling the pressure of AP classes than a university-going adult's. Depression, anxiety, loss of motivation, burnout, and other issues are all on the table. Dividing students into different types of classrooms could also have a negative effect, making those who don't qualify for advanced courses feel excluded and even feel less than in some cases. The level of effort from standard classes may also decline because students could start doubting whether or not their efforts are even worth it.

AP classes could possibly serve as a rude awakening for some students who believe they can perform well in these classes, but they may find themselves struggling to keep up with such high demands and seriously damage their self-esteem and confidence.

Furthermore, advanced courses cultivate a mindset where nothing comes above academics, which may not leave students with enough time and energy to put into other areas of interest such as sports, volunteering, or other extracurricular activities. A good university application contains more than just good grades; volunteer hours and other factors also contribute, which is why it is crucial for students to have enough time to shape themselves into ideal candidates who have more to offer than just their straight A's. High school is meant to be a very memorable time of a person's life, and it is important to realize that grades are very important, but they're not the only part of a good high school experience. Focusing only on studies can lead to some regret later in life about not enjoying the five years of high school as best as possible. Ultimately, AP classes could prove to be an unnecessary cause of stress and pressure, risking the mental health and high school experience of our students.

BUZZFEED QUIZ!

Made by: Shakira Khan and Bellina Dhaliwal

Buzz Feed Quiz!! What Subject Are You??

https://www.buzzfeed.com/lovelyunicorn118/what-subject-are-you-cfgurgcdud?utm_source=dynamic&utm_campaign=bfsharecopy





SPORTS HIGHLIGHTS

Written by: Arzo Hazrat



Junior Girls Volleyball:

The team started out the season with 3 straight wins! Lost a few very close matches when it came closer to the playoffs though, unfortunately ending up tied with Frank Hurt for the final playoff spot and not making it in because of the loss of a single set. Celeste Guzman was our captain and was a fierce, passionate leader throughout the season, leading by example by never giving up on plays and sacrificing her body to keep the ball in the air. Rahna Hafizi was one of our most consistent players, as well as a calming and supportive presence on and off the court - a true leader going into next year. Avineet Mooker, Shreya Bali, and Abigail Acal had incredibly powerful serves and provided our team with tons of aces throughout the season. "Everyone was constantly cheering and supporting one another - this was one of the most fun, tightly knit teams I've ever had the joy of coaching" says Mr. Hogan, their coach.



The Grade 8 Boys Volleyball :

Our team improved their skills throughout the season, especially those boys who showed up to every practice and games. Even though they lost more of their games, our Lions played diligently with the right attitudes and volleyball mechanisms. "It was a real pleasure to work with these athletes, and I'm proud of what they accomplished" says their coach, Mr. Payne. A special shoutout to Coach Toma, who provided invaluable support and a fresh perspective that always made our practices, games, and team better.



Senior Boys Volleyball :



Grade 8 Girls Volleyball:

The girls started a bit late and went into the first tournament with no practices, but still managed to score a win. Students had practice every week and worked hard on their skills; greatly improving through the season. Our Lions had great attitudes, were all amazing at encouraging each other. We had a couple injuries, but these girls worked hard to get back in the game as soon as possible. Throughout the season, we had both wins and losses, and overall placed sixth out of eighth teams. Good work Lions.



Grade 8/9 Boys Soccer:

The season started off really well, the team was mainly made up of grade 8 students. Our Lions started off with little to no bonds between them but as the season progressed new bonds and connections began to form. They secured a couple of wins this season but unfortunately did not make it to the play offs.



Junior Boys Soccer



Senior Girls Volleyball



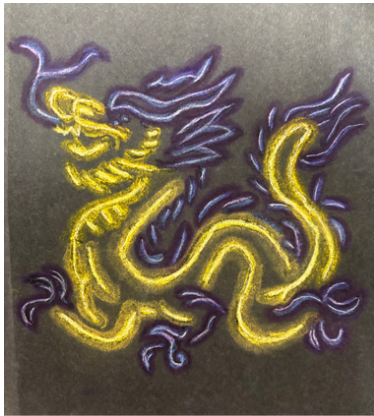
Senior Boys Soccer



PM ART

Art Displays

Featuring: PM Art students' work



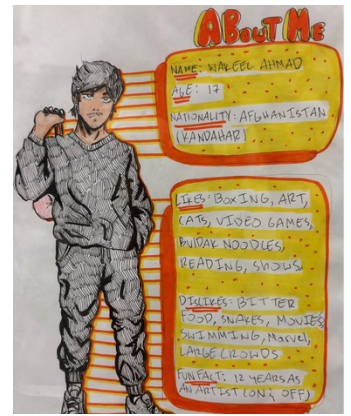
Jaya Kumar Art 9
Neon dragon- chalk on paper by



Jasmeen Jasmeen Art 12
Destination poster-



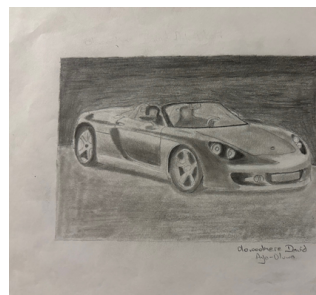
Angel Billen
Destination poster
Acrylic on paper



Wakeel Ahmad - Art club (grade 12)



Navreen Padda Art 12
Destination poster
Acrylic on paper



Art 9
Car value drawing
Graphite on paper



Angel Billen
Surreal creature
Pen on paper



Madison Skelling- Art 9
Junk drawer-
observation practice
Pen on paper



Shabun-Preet Kaur Art 10



Soobia Syeda Art 9



Ruthusha Thayaal Art 9



ASK LEO THE LION!

I don't know how to stay focused and motivated on my schoolwork? What can I do?

Alright, future legends, staying motivated and focused isn't just a skill—it's a lifestyle. Sure, it's hard! It's like juggling homework, extracurriculars, and the constant soundtrack of your little siblings screaming about Wi-Fi. But don't worry—I've got you covered.

First off, motivation is kind of like a bag of chips. You're super into it at the start, but it doesn't last forever. That's where discipline comes in. If motivation is the spark, **discipline** is the firewood. So, set up a schedule and follow it like it's the last bus home.

Seriously. No excuses, no "I'll do it later." Stick to your plan, and watch yourself *transform* into the ultimate focused machine.

Now, let's talk about keeping your head in the game:

1. Goals + Rewards = Magic Combo

Got a test? Crush it and treat yourself to something nice—like hanging your test on the fridge (yes, be proud) or rewarding yourself with a little screen time guilt-free. Oh, and if you're feeling fancy, make a vision board! It's like your personal hype squad made of paper and glue. Stick on your goals, some pictures of your dream career, and maybe a motivational quote or two. My personal favourite: "Small steps are big steps too." Facts.

2. Know Thyself, Learn Thyself

Are you a visual learner? Auditory? The type who can only learn by turning everything into a song? Whatever works—lean into it. If you're not sure, try them all. Diagrams? Great. Watching Khan Academy videos? Solid. Screaming definitions at your best friend until they stick? Genius.

3. Be Organized, Be Punctual, Be That Person

Look, staying organized and showing up on time is like leveling up in life. Not only does it keep you on track, but it also makes people trust you to get stuff done. Plus, there's nothing like the satisfaction of checking stuff off a to-do list. Pro tip: colour-code everything. Your planner? Rainbow it. Your folders? Organized like a Pinterest board.



ASK LEO THE LION

continued

How can I manage my time effectively for studies?

I know it's so hard to put in time for studying when we have extracurriculars, sports, and occasionally, not even enough time! So then how do we "Carpe Diem" – or at least try to? Firstly, you should plan your schedule ahead – see what things you have committed to after school, how much work you get from all your classes, and how much time you have each day. Knowing what you need to prioritize can be super helpful – I recommend a planner! Next, try to manage your studying time effectively. If you know you can't get all your assignments done in one day – don't do that! It's not worth draining yourself! Instead, contribute as much as you can, or at least try to get a dent into your work – even if that means not doing a lot – so you can show your teacher that you tried something! I've also learnt to set goals and rewards for myself – like, telling yourself to write a paragraph for your English essay and then taking a five- or ten-minute break.

Watch some TikTok's, grab a snack or just take a nap – but as long as you don't slack off and nap for an hour! This also includes discipling yourself which can be the hardest part, but you only get more better with practice! Finally, review whenever you can – trust me, it'll help in the long term – and limit your distractions so that you're being as productive as possible. Remember to try fixing your study habits day by day. Even doing a tiny bit each day is huge progress – rinse and repeat!

Help! How do I deal with my toxic friends?

Dealing with toxic friends can be tough, challenging, and emotional draining. This could potentially be made more difficult if you don't have a safe space to retreat to. Before I answer, it's important to remember that your well-being comes before the toxic individuals and their opinions. This comes with being able to recognize their toxic ways and behavior. Be aware! Pay attention to how their interactions make you feel and how they affect you –

like if you often feel uncomfortable, disrespected and undervalued. Staying calm and collected in these situations is also very important; however, this can be rough since our emotions tend to have their own way (believe me, I roar a bit more often than I should!). Reacting emotionally and engaging in their rhetoric can often further fuel their behavior. It's important to set your boundaries and communicate how you feel about the way they are treating you. This might seem hard to do, which it is. However, protecting your peace and well-being comes first! Remember, standing up and speaking your truth is never selfish. It allows you to be able to be able to cut out people in your life that make it worse. And trust me when I say, you'll meet better lions in the future!



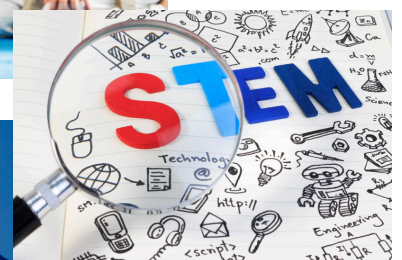
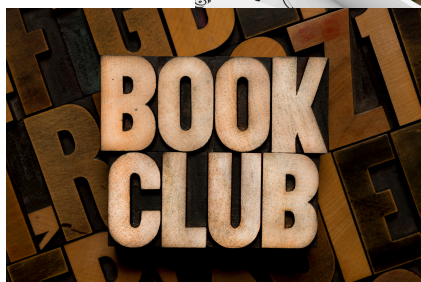


PM CLUBS

Written by: Harneet Dhesi

School clubs offer a great way to explore and learn ABOUT your passions, develop valuable skills, and make new friends. Whether you're interested in academics, arts, sports, or community service, there is a club out there that's just for you. By joining a club, you'll have the opportunity to step outside your comfort zone, challenge yourself, and make a positive impact on your life and the community.

- A-Team (PM Volunteer Club) - Ms. Lee / Ms. Singh Career Centre
- Architectural Design Club - Ms. Lapointe 112
- Book Club - Ms. Ranu 212
- Chess Club - Ms. M. Panesar 117
- Dance Teams (Bhangra & Hip Hop) - Mr. K. Panesar 113
- DELF Preparation Club - Mr. Lam 210
- Eid Festival Planning - Mr. Lam 210
- Empower Her - Ms. Gounder 2121
- Ethics Club - Ms. May 109
- Grad Council - Mr. Lam / Ms. Panda / Ms. Johal / Ms. Toma 210
- GSA Gender-Sexuality Alliance Club - Mr. Lam / Ms. Brule 210/110
- Multicultural Club - Ms. Myers 100B
- PM Model United Nations - Mr. Kowalenko/Ms. Johal 108
- PM Newspaper - Ms. Ranu 212
- Punjabi Cultural Planning Committee - Ms. Chhina 209
- STEM Club - Mr. Mann Library
- Tech Support Club (gr. 10-12) - Ms. Johal
- YoBro & YoGirl Martial Arts (Afterschool Fridays) - YoBro Staff Gym





MODEL UN

Written by: Nawda Hamedi

Welcome to the Model United Nations Club

The Model United Nations (MUN) Club is a platform for students to explore and engage with global issues through the lens of diplomacy and international relations.

Our club provides a structured environment where members can:

- Engage in rigorous debates on pressing international topics.
- Develop essential skills such as public speaking, negotiation, and research.
- Represent various countries to gain a deeper understanding of diverse perspectives.
- Participate in prestigious conferences and network with students from other institutions.

Our club is dedicated to fostering a community of informed and well-spoken individuals who are passionate about making a difference on the global stage.

In November PM's Model UN team attended the CAHSMUN Horizons 2024 conference (Canadian High School Model United Nations) in Richmond.

Our fellow delegates spent 2 days and 1 night at the Richmond Conference Centre representing countries, making deals, connecting with other youth, debating and finding solutions to pressing issues in the world. One of our brightest delegates, Sinan Ozlu, actually received an award for Best Position Paper representing Turkey at the Economic and Financial Affairs Council. He says, "I got to experience original and unexpected worldviews, expanding my horizons."

Lions, if tackling and debating pressing issues with youth all across the province interests you, join PM's Model UN team. Meetings will be held in Mr. Kowalenko's room (221) every Thursday after school. We hope to see you there!





Career Center News

Zoha Faisal's \$100,000 Scholarship Advice

Written by: Gunveer Sandhu



Zoha Faisal, a former PM student, knows what it's like to face uncertainty, but she turned that into an opportunity, winning over \$100,000 in scholarships. Her journey wasn't easy, but her determination made all the difference. Zoha encourages students to take the initiative, get involved in their communities, and apply for every scholarship, even the ones you think you might not win. She emphasizes the importance of building connections, talking to people, and having a strong support system to lean on. Along the way, she developed practical skills like web design and reached out to small businesses to make websites for them. These skills helped her stand out from other candidates. For her, staying organized was key, using a daily planner helped her stay on track with schools, various extracurriculars, applying for scholarships and much more. Zoha admits there will be setbacks, but resilience is everything. Her mantra is "It might not be your fault, but it is your problem." This reminds us that while we may not be responsible for certain situations, it's still our responsibility to address and resolve them. It encourages you to tackle the issue head-on and find a way to move forward. Her advice is simple yet powerful: keep applying, stay healthy, and hold your community close. If you need guidance, Zoha is happy to share her experience reach out to her at zoha18f@gmail.com.



SCHOLARSHIPS

Written by: Gunveer Sandhu

PMSS Punjabi Language Community Scholarship (1 x \$500):

This Scholarship is worth \$500 for those students who have taken Punjabi classes at Princess Margaret Secondary. *Deadline: May 2025*

Qualifications:

- Must be a PM student of the Punjabi 12 class
- Must be a graduating student of 2024 at time of application
- Demonstrates that they have a good work ethic; including good attendance, punctuality, work habits, cooperation and passion to learn Punjabi.
- Outstanding achievement in any or all Punjabi classes taken from grade 8-12, minimum 86%

Task:

Write an essay or make a Power Point in Punjabi (min 250 words) answering one of the following questions:

1. What steps would you take to promote Punjabi in the community?
2. How do you think learning Punjabi in high school is going to be beneficial for your future?
3. Has taking Punjabi in school helped you with understanding Punjabi culture? Explain how so.

BC Retired Principals and Vice-Principals Association - Deadline: All

completed applications must be postmarked on or before March 31, 2025

For more details: [Scholarships - BCRPVPA](#)

Eligibility:

- Applicants pursuing education in trades, technical, and career fields, as well as those entering universities and colleges, are encouraged to apply.
- Applicants will be judged on their academic achievements and demonstrated leadership and service activities both within the school and community.
- The financial need of applicants will also be considered.

Ignite Business Scholarship - Application

Deadline: May 7, 2025

Apply at: [Ignite Scholarship Fund](#)

Eligibility:

- Must be a high school student from Surrey or Langley.
- Must demonstrate commitment, leadership, adaptability, and passion.
- Award Details:
- Four-year paid tuition.
- Summer internships.
- Ongoing mentorship throughout their studies.



VOLUNTEERING

Written by: Lovleen Rayat

Calling all students who would like an increase in their volunteering hours, or an opportunity to contribute to the society. The following opportunities below gives wide range of learning and future opportunities in a field related. Gain volunteering hours and especially for those grade 11's who are hoping to apply for future scholarship, including grade 10.

Volunteer for City Programs

Make a difference by connecting with like-minded youth through sports, art and themed camps, or assist at city-wide events like Fusion Festival and Canada Day. Flexible dates and locations!

Learn More - Volunteering at City of Surrey

Applications open: January 13

Learning Buddies Network

Work one-on-one with elementary student to tutor them in various knowledge in reading and math, show leadership and gain volunteer hours. See if being a teacher is exactly what your future may be.



WCK. West Coast Kids cancer foundation

Want to work with kids and want to continue a career as a pediatrician. Then come and make City Camp the best time ever for kids affected by childhood cancer and blood disorders.

Takes place in Surrey, during spring break (March 20-21, 24-29, 2025)

Application deadline is January 13



Emergency Responder Program

A new programs at Queen Elizabeth is providing secondary and adult students an opportunity to pursue career in paramedics and emergency responders. Gain knowledge and skills to conduct emergency as ambulance paramedics, firefighters, law enforcement, ski patrol, and rescue.

An 8-credit course every Tuesday and Thursday night, with 105 hours in a semester. Visit their website for more information.

If you have any questions, come see Ms. Singh in the career center.



SHOUTOUTS!!

By: Ananya Singla, Harneet Dhesi , and
Busra Ozlu

Outstanding Lions:

In each edition, we will be presenting a Lion from each grade who has been having an outstanding year so far.

Grade 8:

Shout out by: Ms.Panda

Simran Sahota! Simran is known to be kind and respectful, and of course we cannot forget her intelligence. She strives to do her best in class and helps everyone out.

Way to roar, Simran!

Grade 11:

Shout out by, Ms. Saprai

Mehak Lally! Mehak is said to be focused during class, fastidious, trying her best, and is also known to have multiple talents!

We hear you roar, Mehak!



Grade 9:

Shoutout by: Mr. Dhoot

Busra Ozlu! Busra is known to be hardworking and very intelligent and helpful towards others in her class. She has an enthusiastic sense of humor and is great at communicating with others and making friends. She is described as engaging and as an “academic weapon.”

Way to roar, Busra!

Grade 10:

Shout out by, Ms. Bogdan

Samer Al Doukhi! Samer strives to help others and makes sure that everyone takes part. He takes on leadership roles around the class and works above and beyond.

Way to roar, Samer!

Grade 12:

Shout out by, Mr. Lam

Ali Naqib! Ali is described as a hard-working student who is conscientious about his surroundings and his peers. He works hard in class and is helpful towards all his classmates.

Way to roar, Ali!

Wonderful job Lions! Keep up the excellent work!