

BRAIN ROT: THE SINISTER TRUTH

By Lily Abrams



So we all know and are well aware of the dreaded term "brain rot". Dating back to 1854, only recently has it taken on a more sinister and honestly more annoying meaning. Originally a word used as a metaphor for the decline of intellectual effort, it now means a quick trending meme usually meaning nothing and existing just for a laugh. This short lived lifestyle is killing our attention spans and honestly our senses of humor too. Brain rot can include feeling lethargic even after having enough sleep and a proper diet. It can numb and kill your will to work. Brain rot as a video format has spread harmful language and hate.

One of the more popular instances where this happens is in Italian brain rot where instead of seemingly harmless phrases the characters are spreading hate about religion as well as talking about bombing children in Palestine.* By repeating these phrases you are unknowingly spreading hate that could very well cause problems by turning real world violence into a joke. As well as brain rot being harmful in a real world setting it can also affect your attention span and memory. After being exposed to this quick lived social media content, people often have trouble focusing afterwards and recalling information. This can even lead to feelings of stress and anxiety after consuming troubling real world news as briefly stated in this article.**

Brain rot is much more than the memes it hides behind. It is a persistent brain fog that has the potential to harm you. You can avoid brain rot by doing something productive after time on your phone or just in place of time on your phone at all. Or set a screen time limit in order to prevent overconsumption of media that will cause brain rot. Though it's easy to contract brain rot, it's just as easy to avoid by simply spending time outside or hanging out with friends or loved ones that can keep you off your phone and create memories you'll actually be able to recall in the future. I hope you will take the time to read the articles I have provided because some of their contents are alarming but it's better than being left in the dark when it comes to this issue. This is a scary but very preventable thing. I hope you'll take the time to read this article on brain rot, how to prevent it, symptoms, and how to get rid of it.***

In conclusion brain rot is not an official diagnosis but it is a real thing that happens when you spend too much time online. I'd advise you to go out and make memories instead of scrolling, is that really what you want to remember? A life on your phone? Go outside, talk to friends, do your school work, set limits for your screen time. It's okay to want to scroll, we're only human after all, but try to break the cycle. We need to **wake. up.**

Sources:

*Trent Ray. (2025, May). Why the Italian Brainrot Trend Isn't as Harmless as It Seems. Cyber Safety Project. <https://cybersafetyproject.com/italian-brainrot/>

**Inspira Health. (2025, March 10). Brain Rot Explained: How Digital Overload Affects Your Mind. <https://www.inspirahealthnetwork.org/news/healthy-living/brain-rot-explained-how-digital-overload-affects-your-mind>

***Hallie Levine. (2025, June 26). What Is Brain Rot? WebMD. <https://www.webmd.com/brain/brain-rot>

CHRISTMAS DANCE

BY JARETH KLASSEN

Attention GVS students! You've heard of the spring dance, but how about the winter dance? For GVS high school students only, there will be a Christmas themed dance at the **Sarto Hall**, organised by PAC! A DJ with great music, the classic photo booth, and snacks are all included in the ticket price of \$10. The dance will be happening on December 12th, doors will open at 6:30 and pick up at 9:30. So if you want to be a part of this experience, tell your friends, siblings, and just hype it up in general! Dress code is casual formal.

Teachers Corner

By C.B

Hi, GVS students and staff! For my first ever interview I decided to do something fun. (If you know me I LOVE fun!) The question I decided to ask was: What character, it could be a movie character, book character, anything, does ONE of your colleagues remind you of? I interviewed 4 teachers, Mr. Heibert, Mrs. Harder, Mrs. Epp, and Mr. Robereki. Here is what they said:

Most of the teachers I interviewed noted that it was hard to come up with an idea on the spot and even after a few days it was still difficult to come up with something. I understand it was a hard question and apologize.

Mr. Hiebert said the only thing they could come up with (him and Mrs. Harder) was that Mr. Penner reminds them of Emmet from the Lego Movie. Mrs. Harder then added to that when asked why and she said: "Mr. Penner reminds me of Emmet from the Lego movie because he is smiley and likes to put things together."

Mr. Robereki said that Mr. Hiebert reminds him of Steve Smith from American Dad. He showed me a picture and I agreed there definitely was some resemblance there.

Mrs. Epp said that Mrs. Mikkelsen is actually very much like Twilight Sparkle from My Little Pony. She said "she is chatty, and she's compassionate, and a perfectionist. Twilight is also purple and Mrs. Mikkelsen likes purple."

Thank you to all the teachers who took the time to answer the question!



Band: Stick with it and finish strong

By Janaya Friesen

It's no lie that people want to try band at least once at our school. Playing an instrument? That sounds amazing to most people. But it seems that starting to learn an instrument is easier than sticking with it long term. By the time grade 12 rolls around many students that started band have dropped out. So why do the older grades seem to quit band around grade 11? That's mine and a lot of people's questions. And I think I have some theories.

Of course, if you get bored of band in grade 7, you don't have to come back in grade 8, that's not really a problem. But when you've been dedicated for years and then drop out, that confuses me.

This year, grade 9s make up around half of the senior year's band, and only around two grade 12s. I think the reason is because of spares. A lot of kids want spares because they love it when they don't have a lot of classes. I understand that classes are hard, but band isn't meant to be one of the classes you dread. It's meant to be an enjoyable experience. Of course, it does require some work. You don't just show up and get the credit. But it's not the hardest class you can take.

And another reason is because kids might get bored of their instrument. If that's the case, you can always try and learn a new one. I personally have learned two instruments now for band. It might not be the easiest thing, but it's better than full on quitting.

Of course, I do understand I am a bit biased because I love band. I have always loved band. But this is a recurring thing that goes on. I'm not trying to bash the people who do leave band, but it is somewhat sad seeing the older grades kinda get bored of a class they used to enjoy. We also need the older kids to help provide leadership and help mentor the younger grades.

If you're thinking of joining band, do it. You can try for grade seven and if you don't like it, then don't go back in grade eight. But never just shrug it off just because there's some little homework. Every class is going to have homework whether you like it or not.

In the end I'm just trying to say: You've put in the time, you're part of the team, **Stick with it and finish strong!**

Lest We Forget

By Jayce Penner

On Friday November 7th, GVS held a Remembrance Day Ceremony, to honor the soldiers who sacrificed their lives for our freedom. Each year GVS takes the time to reflect. In the week leading up to Remembrance Day, students were given various assignments from writing poems to researching fallen soldiers. Cadets from the 307 Air Cadets squadron as well as an Army Cadet from the 3234 Army Cadet corps were also in attendance, looking sharp in their uniforms. Cadet Theron, Cadet Suderman, Flight Corporal Huska and Corporal Fetter all read Remembrance Day poems. Then the wreath was laid by Flight Corporal Huska and Sergeant Penner. There were two poems read by Mr. Thiessen and Mrs. Wiens as well. It was truly a ceremony filled with respect and honor for all those who paid the ultimate sacrifice as well as those who continue to risk their lives for our freedoms and country.

THE TALE OF MR. MONKEY

By Liam MP

PREVIOUSLY: THE CAPTAIN AND HIS CREW DUG UP A TREASURE CHEST EXPECTING TREASURE BUT INSTEAD FINDING A MAGIC TALKING MONKEY TOY. THEY DECIDED THAT THEY COULD STILL SALVAGE THEIR VOYAGE BY SELLING THE MAGIC TOY. INSTEAD OF REVEALING THEIR REAL MISSION THEY TELL MR. MONKEY THAT HE IS A MEMBER OF THE CREW INSTEAD OF CARGO.





TO BE CONTINUED...

DO YOU WANT TO READ THE GVS TRIBUNE ONLINE? CHECK THE GVS WEBSITE, UNDER THE STUDENT SECTION AND YOU'LL BE ABLE TO READ THE NEWEST EDITION AND ALL OF THE OLD ONES!