

Wednesday, April 10th, 2024

NEW



- All grade 8 band students to the band room after lunch.
- A reminder to Grads that minuet practice is Thursday at lunch..... last chance to join!
- There is no concession tomorrow (Thursday)
- The junior boys rugby team had an impressive showing yesterday going 1-1, beating Isfeld and losing to Vanier in a one score game. While all the boys played great, special congratulations go to Malik Philips for winning the Heavy Hitter Award, Miccah Issler for the Offensive Weapon and Ben Bennett-Boutilier as the Workhorse of the Day.
- Senior boys played with heart against experienced teams with all new players, but still managed to put points up on the board.

 Declan Vinnish won Workhorse, Torge Hitlz was the Offensive Weapon and David Martinez won Heavy Hitter.
- Girls rugby meet at the office at 12:10 for our away game in Cowichan.
- All grade 11 students interested in taking the EMR (Emergency Medical Responder) course next year, there is a very important meeting Wednesday April 17th at noon in room 214.
- Knitting, Crocheting and other crafty stuff is happening in room 115 on Wed and Thurs at lunch. Everyone welcome! See Sue for more info
- Island Health Youth Clinic: Nurse Deanna will be here today, from 11:30 pm to 1:30 pm. No appointment required, just drop in; it is free and confidential. Room 226 (yellow stairs)
- Highland's environmental action team (HEAT) meets today at lunch in room 215. New members are always welcome!
- Do you want to learn more about how to make a positive difference in this climate crisis? Do you have an interest in environmental studies? Do you want to meet like-minded students from around Vancouver Island? Then, you should come to The Youth Climate Symposium on Wednesday April 24th in Qualicum a district bus will cover transportation see Ms. Colborne in room 215 for details ASAP. There are only a few spots left.
- Earth Day is coming up on April 21st. Did you know that our use of fossil fuels—coal, oil and gas—are the biggest contributor to global greenhouse gas emissions, accounting for over 75 per cent of global emissions and nearly 90 per cent of all carbon dioxide emissions? (United Nations data)
- Please take a moment to help grade 12 student Mao Kuramoto with her Capstone project. Follow this QR code to fill out a very quick survey. Many thanks!

OLD NEWS

- Outdoor Adventure Club Spring Trip: If you are in grade 11 or 12 and are interested in participating in the outdoor adventure club hiking and backpacking trip to Cape Scott, please attend our first trip meeting at lunch this Thursday in Room 225.
- A reminder to grade 11 students, your Careers 11 course is due April 19th
- Could all Girls Group members please come down to Girls Group on Thursday at Lunch in order to take a yearbook photo.
- Prizes For Yearbook Survey: Come fill out your survey in front of the office or in the library learning commons! Free, one-time entry!
- Be like grandma, buy a yearbook! Pre order yours at the office today!
- This Friday FLEX day: Day 4 H G F Lunch E Flex
- FOUND: Silver bracelet of value, if you have lost one, please come to the office to identify!

SPORTS

- Badminton Club practice is Tuesday and Thursday 330-5 in the gym!
- Track and Field Team please return your permission forms to Ms. Meredith today in the PE office! Today we have our first practice at the Vanier track from 3:30-5:00 and Thursday from 3:30-5:00.



WORK EXPERIENCE

- Filberg Lodge is looking to hire two students for the upcoming season. This is a dishwasher position with a 6-to-7-hour shift 2 to 4 times a week. To learn more on this position and how to apply please see Tracey or Mr. McRae in the work experience office.
- **Comox Valley Farmers' Market** is looking for volunteers for their outdoor markets. Students can volunteer for as little as 1-2 hours per market and the hours are flexible. For more information, please see board in the Careers office.
- Comox Valley TRI-K is coming up again and there are many ways you can get involved, The Al Pullin trophy will be awarded to the school that supports the Tri-K by encouraging participation (staff, students, families and friends). You can enter the design this year's shirt for ages 5 13, you can volunteer at the event and or you can participate. For more information see poster in the career's office
- Any grade 12 students or any dual credit students for next year, planning on attending NIC that would like to book an appointment with an advisor please come to the Careers office for sign up. We have our NIC advisor coming on April 25th from 9am to 1pm.
- Glacier Grannies and the Comox United Church is looking for volunteers to help with their Garage and Plant sale they are holding on Saturday May 11th. They would need help with set up,/take down (items and tents), customer service and carry outs. If you would like to get some extra hours in and have a great volunteer opportunity to put on your resume and or bursary applications, come get more information in the careers office.



X CVRD has an advisory committee that comes together usually on a Thursday afternoon, or mid-day, no more than once per month. This committee is made up members of the public who have expressed an interested in providing input into our Solid Waste Management Plan (SWMP) also on the committee are staff or engineers from the different municipalities around the region who are involved in delivering the service to residents. Staff or consultants will be presenting information and then we discuss or brainstorm with the group and hear the different perspectives from small and large communities, industry, and environmentalists, as well as the costs of everything. It is a great learning experience for the right student about public policy and local government. The format of the meetings is generally Zoom or in person at our office in Courtenay, food/drinks and an honorarium is provided for attending. For more information, please visit the careers office.



Any students interested in doing a tour of UVIC this spring please come and sign up at the Careers office, the tour will be May 9th Any students interested in doing a tour of both Camosun Campuses please sign up at the Careers office, the tour will be May 15th.



Food Safe May 7th please sign up in the career's office cost is \$25.00.

Hidden Green Careers Municipal Tour April 30th, did you know that there are so many different engineering and services careers in the areas of water treatment, waste waters, landfill and Environmental. On this tour 36 different jobs will be discussed you will hear from experts in the field. Lunch is provided, spots are limited, if you are interested, please sign up in the career's office.

GRADS



New Bursary Alert! Planning on or enrolled into a healthcare field? Have you volunteered in healthcare? This \$2000 bursary may be for you. Check it out on the Highland website or in the counselling area.



Attention All GRADS: tickets for the Grad Prom start selling now in the Indigenous Ed room (117). \$30/per ticket, cash or e-transfer.

Concession

Monday – Pizza	Tuesday – Pizza	Wednesday - Pizza
Thursday - No Concession	Indigenous Leadership –	