

Monday, April 29th, 2024

NEW



- GRAD REMINDER: Minuet practice is happening in the MPR at 12:10 on Tuesday and Thursday.
- Boys and Girls rugby practices today after school 3:30 -5:00 on back fields.
- In the coming week, there will be a Red Dress Day Display set up in the main foyer leading up to and following the commemorative day, May 5th. This is to raise awareness and honour murdered and missing Indigenous Two-Spirited, women, and girls across Canada. This may be a trigger for some people, so please take care. Our counsellors, Mr. Swanson and Ms. Dixon, our Youth and Family Program worker, Jason, and Indigenous Support workers, Kath and Luke are available for you to speak with if you are affected by this display/topic.
- Highland's environmental action team (HEAT) meets Wednesday at lunch in room 215. New members are always
 welcome!
- **FOUND ITEMS:** Silver bracelet of value, if you have lost one, please come to the office to identify! The office has also had airpods, buds, headphones and jewelry turned in. Come see if it is yours.
- Vending Machines: Just a reminder that the office is not responsible for the vending machines.
- This Friday FLEX day: Day 3 B A D Lunch C Flex
- Be like grandma, buy a yearbook! Pre order yours at the office today!

OLD NEWS

- If there are any art students applying to NIC's art programs for this September, please come on down to the art room for some important information
- Knit Happens Group Knitting, Crocheting and other crafty stuff is happening in room 115 Wednesday's and Thursday's at lunch. Everyone welcome!

SPORTS

- The senior rugby girls went 3-1 yesterday up in Cowichan. Good work!
- The Rugby boys are headed to North Islands on Tuesday. Player recognition from yesterday's games: Blake Robbins Offensive Weapon of the Day, Micah Issler Heavy Hitter, Conrad Parker Workhorse
- Badminton Club practice is Tuesdays and Thursdays 330-5 in the gym.

WORK EXPERIENCE

- Union Bay Historical Society is looking for a Museum Research Assistant! Hours are 9:am to 4:30 pm Wednesday to Sunday,
 Duties: Help Directors set up new displays, share knowledge of Union Bay with visitors, archive donated items, light housekeeping duties, light gardening duties for information on how to apply please see the job board in the Careers office.
- 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 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.
- 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

- GRADS: VOTES ARE IN...HUGE CONGRATS to James Vernon and Olivia Parsons on being elected class valedictorians. "Unwritten" by Natasha Bedingfield was chosen as the grad song.
- 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 –	Indigenous Leadership – Pizza	