



• It is mental health awareness week. Come by our booth in the foyer for information. Participate in our weekly kindness challenge and enter a draw to win a prize.

- **Badminton Club practice** is Tuesdays and Thursdays 330-5 in the gym.
- Grad Reminder: Minuet Practice Tuesday and Thursday in the MPR at 12:10!
- Congratulations to the Senior Girls Rugby team for qualifying for the Island Championship!
- Boys rugby practice on the back fields after school today. 3:30-5
- Track and Field Team please meet Ms. Meredith in the weight room at the start of lunch. We will discuss North Islands and sort out uniforms.
- Italy Exchange students please bring your signed forms to Mr. Stevens today. A reminder of the parent meeting Wednesday at 6:00 in room 202.
- Highland's environmental action team (HEAT) meets Wednesday at lunch in room 205. New members are always welcome!
- Knit Happens Group Knitting, Crocheting and other crafty stuff is happening in room 115 Wednesday's and Thursdays at lunch. Everyone welcome!
- QSA members: Field trips forms are available! Come and pick up in room 203 asap!
- Be like grandma, buy a yearbook! Pre order yours at the office today! Ordering has been extended to May 15th ish!

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NEW

OLD NEWS

- **Bus Passes:** May monthly city bus passes are now available at the office for \$35.00 each. May-August semester passes are also available for \$115.00 each.
- Vending Machines: Just a reminder that the office is not responsible for lost money or items from the vending machines.
- This Friday FLEX day: Day 4 H G F Lunch E Flex
- Found Items: Silver bracelet of significant \$value\$, if you have lost one, please come to the office to identify! Have you lost a gift card? Air Pods? Ear buds? Headphones? Jewelry? Or even a laptop? Someone definitely did as they are at the office waiting to be identified!
- The Careers 11 survey assignment link can be found at the bottom of the BC education planner assignment.
- 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

SPORTS

- Golf Team Last week, the golf team traveled to Port Alberni to compete in our final exhibition before provincial qualifiers. We placed 5th out of 8 teams. 2 out of the 4 teams above us are in a higher division. A huge congratulations to the entire golf team!
- Congratulations to the junior boys rugby team for qualifying for the Island Rugby Championships. We eliminated Isfeld and Carihi High on the way to finishing 3rd in the North Island. Eli Burley won Workhorse of the Day, Daniel Ingrey took home the Offensive Weapon Award and Asher Gill picked up the sledgehammer as the Heavy Hitter.

WORK EXPERIENCE

- Comox Valley Farmers' Market is hiring a Summer Program Coordinator. This is a full-time summer position (30 hours/week for 9 weeks) where the successful candidate will work with the core staff team to bring programming such as Kids Activities, Community Engagement Activities, Cooking Demonstrations and other Special Events to our two summer markets (Saturday and Sunday) plus 1 hour weekly staff meeting. A full job description can be found on the homepage of their website CVFM.ca
- 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.

GRADS

- New Bursary Alert: Rick and Amanda Hansen Scholarship for Youth with Disabilities. These scholarships provide financial support to Canadian youth with disabilities looking to complete a 1- to 4- year post-secondary program. Funding of up to \$40,000 is available. Check out the Highland website or the counselling area for more information.
- 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.
- Attention All GRADS: tickets for the Grad Prom start selling now in the Indigenous Ed room (117). \$30/per ticket, cash or e-transfer.

ConcessionMonday – PizzaTuesday – PizzaWednesday - PizzaThursday –Indigenous Leadership – Pizza