



Dec 1, 2025	Today is Day 1 – A B Lunch C D
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****NEW****

- ★ **Friday’s Flex is Day 1** – A B C Lunch D FLEX
- ★ **Attention Grads - Dessert Night trays** and tickets are ready for pickup in the office. Please come at lunch or after school to get your tray.
- ★ **Grad Photos** are this week until Thursday – please go to the MPR for your appointment!
- ★ **Congratulations to the Senior Girls Volleyball Team** who competed in the provincial championships last week in Kelowna. The team played hard and earned a 12th place finish. Congratulations!
- ★ **HUGE congratulations to the Senior Boys Volleyball team** at the Provincial Championships in Prince George. The boys were ranked 12th, beat and knocked out the 7th ranked South Kamloops team from being top 8, then beat the 4th ranked home team College Heights to win an immensely respectable 7th place. The boys are the top team in the valley at the provincials this year.
- ★ **Grade 8 girls basketball** - meet in the foyer at 2:45 for your basketball game at Isfeld today!
- ★ **Grade 8 boys volleyball** players: Please meet in room 111 at the start of lunch to get your uniform and get a photo taken in the gym with your coaches.
- ★ If you want to participate in **Highland’s Ski & Snowboard Team**, please meet in **Room 203 on Monday, Dec 1st at the start of lunch**
- ★ There are 2 spots left in the **First Aid Course** scheduled for next Tuesday, cost is \$60 dollars. Please see Tracey in the work experience office in the mornings or text her at 250-897-9446.
- ★ **On Dec 11th in room 337 at lunch NIC** will be hosing an information session regarding the Island Pre Health course and health related courses. This presentation will be happening in Ms. Kerkhoff’s A & P 12 class right after lunch as well just an FYI for those that are in her class.
- ★ **Highland EDAS Collection Drive:** We’re collecting new or gently used wool socks, toques, and scarves to donate to unhoused people in our community. Please drop off your donations in the collection box in the front foyer. We are accepting donations until December 10th. Thank you so much for your kindness and support! 💖 **About Everybody Deserves A Smile (EDAS):** Everybody Deserves A Smile is where education meets compassion to create a community of belonging. EDAS is dedicated to rehumanizing individuals who are unhoused, disadvantaged, and marginalized through a holistic, K–12 approach that extends to the entire community.

GRADS

- ★ **Beedie Luminaries Scholarship** applications are now open on-line. The Deadline is December 15th. See Ms. Dixon for more information.

SPORTS - Practice Schedules

Gr. 8 Girls Practice – Tues 3:30-5:00 pm, Thurs 5:00 – 7:00 pm	Gr. 8 Boys Basketball - Tues 3:30 - 5:00 pm, Fri 7:00-8:30 am
Jr. Girls Basketball - Tues & Fri 7:00 - 8:30 am	Gr. 9 Boys Basketball- Mon 7:00 – 9:00 pm, Tues 7:00-9:00 pm
Sr. Girls Basketball – Mon 7:00-9:00 pm, Wed 5:00-7:00 pm & Thurs 7:00-9:00 pm	Jr. Boys Basketball – Tues 7:00-9:00 pm, Thurs 7:00-8:30 am
	Sr. Boys Basketball – Mon 5:00-7:00 pm, Wed 7:00-9:00 pm, Thurs 5:00-7:00 pm

CLUBS

Knit Happens - Mon @ lunch in room 115	Highland's Queers & Allies Club (QSA) – Thurs @lunch, room 117
Interact Club – Tues @ lunch, room 218	D & D Club - Thurs @ 3:15 in room 204
Girls in STEM club - Tuesday @ lunch in room 212	HEAT Environmental Club – Thurs @lunch, room 205
Math Club – Tues @ lunch in room 207	Photography Club gr 9-12 – Thurs @ 3:15, Art room
Homework Club – after school Wed & Thurs, room 125	Creative Writing Club – Fri @lunch, room 116

LUNCH Time Food Sales!

Monday – PIZZA \$3 per slice/2 for \$5 and concession!	Tuesday - PIZZA \$3 per slice/2 for \$5 and concession!	Wednesday - PIZZA \$3 per slice/2 for \$5
Thursday – PIZZA \$3 per slice/2 for \$5	Friday - PIZZA \$3 per slice/2 for \$5	