



Nov 24, 2025	Friday's Flex is Day 4 – H G F Lunch E FLEX
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****NEW****

- ★ **Friday's Flex is Day 4** – H G F Lunch E FLEX
- ★ **Dessert Night is Dec 4th!** Blue house grads please bring desserts and gold house grads please bring appetizers.
- ★ **Attention hot dog day fans!** The Highland Senior Girls Volleyball Team will be selling hot dogs on Thursday, November 20, and Monday, November 24 at lunch as a fundraiser for their trip to provincials! Please consider a trip down memory lane like elementary school and buy hot dogs to support the team! \$2.50 per hot dog, \$4.50 for 2!
- ★ **Big congratulations to the Junior Boys Volleyball team** for placing second at Provincials in the 4th Tier. They worked hard with a small team, displayed great sportsmanship, and had fun!
- ★ **Congratulations to the District 71 Robotics teams** (7842) who went to Shawnigan Lake School for Vancouver Island's Regional season opening tournament on Saturday. 5 out of our 12 district teams attended. For three of our teams, this was their first tournament and the first robot they had ever built: they worked hard, passed inspections, and competed in multiple games against all levels of teams.
- ★ **Senior Boys Volleyball practice** is 3:30-5 today. SENIOR BOYS' VOLLEYBALL team is leaving for the Provincials tomorrow in Prince George. Play with your Highland Pride boys and you will crush it!
- ★ **Grade 8 boys volleyball players and coaches**- there will be a pizza wrap up party at lunch tomorrow, Tuesday the 25th, in room 111. See you there!
- ★ **Economics 12 students** will be setting up their businesses on Wednesday! Please bring cash if you would like to come out and support!
- ★ **School Photos** - Please come to the office if you are waiting for school photos as we may have them here.
- ★ **Outdoor Adventure 11/12** Students please attend a brief meeting in Rm 203 at the start of lunch on Wednesday.
- ★ **Positive Eco News: Friday November 28th is Buy Nothing Day** - an internationally celebrated day where people come together and celebrate the things they already have instead of buying new things. How to celebrate:
 - Buy nothing, clean out your closet, Donate or volunteer at a local food pantry, Turn off your electronic devices for a day to avoid online shopping.
 - Instead of going to the shopping mall - spend the day out in nature, Spend the day creating homemade gifts, Find a Buy Nothing Project in your town or on social media
- Brought to you by HEAT - we meet Thursdays at lunch in room 205. New members welcome.
- ★ **First term grade 8** art students please come and pick up your Remembrance Day pieces.
- ★ **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.
- ★ **Teen Scene - Fridays, starting this week! 5:30-7:30pm**
Teen Scene is a space just for teens (13+ years) from military families to hang out, have fun and be themselves and for now it's FREE! Whether you're into games, creative challenges, team competitions, or just chilling with friends, there's something for everyone. Meet people, try something new or just relax and enjoy good vibes for 2 hours. Bring your ideas and join us for a brainstorming party complete with snacks November 21 - December 12 (breaking for Christmas) and help shape future activities at Teen Scene. Youth Centre at the MFRC/19 Wing Fitness and Community Centre, 1575 Military Row
- ★ **Nomination for Queens University Major Admission Awards** is due on Monday November 24th. Please submit a one page rational to be considered for nomination. See Ms. Dixon for more information and criteria.

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 Basketball - 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 5:00-7:00pm, Tues 7:00-9:00 pm
Sr. Girls Basketball – 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. Girls Volleyball – Mon 7:00-9:00 pm	Sr. Boys Basketball – Tues 5:00-7:00 pm, Thurs 3:30-5:00 pm
	Sr. Boys Volleyball – Mon 3:30-5:00 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 – Hot Dog Day \$2.50 per hot dog, \$4.50 for 2 hot dogs!	Tuesday - PIZZA \$3 per slice/2 for \$5 and concession!	Wednesday - PIZZA \$3 per slice/2 for \$5
Thursday – Hot Dog Day \$2.50 per hot dog, \$4.50 for 2 hot dogs!	Friday - PIZZA \$3 per slice/2 for \$5	