



Nov 28, 2025	Today 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
- ★ **Attention Grads - Dessert Night trays** and tickets are ready for pickup in the main foyer at the beginning of Flex today.
- ★ 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**
- ★ **If you ordered Spirit wear**, please stop by the office, and pick it up! There is one spare Navy Crewneck sweater in Medium available for purchase. (\$35)
- ★ **School Photos** - Please come to the office if you are waiting for school photos as we may have them here.
- ★ **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

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 – 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	