



Nov 3, 2025	Monday Day 1 – A B Lunch C D
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****NEW****

- ★ **Friday's Flex is Day 2** – G H E Lunch F FLEX
- ★ **Congratulations to Highland's Cross Country Team** for competing at the Provincial Championships on Saturday. Well done! Pizza Party wrap up for all
- ★ **Gr 8 Boys Volleyball** - reminder to go to the gym, immediately at the end of school today for your games vs Brooks.
- ★ **Gr 9 and 10 Boys** - If you would like to play basketball for the school this year, please attend the Meeting on Monday Nov 3rd in Rm 214 immediately at the start of lunch.
- ★ We have some small bags of food for any students who would like one, please come down to room 117 (Indigenous Education room)
- ★ Indigenous Education will now have **concession on Tuesdays**
- ★ **Positive Eco News:** Researchers in Portugal have developed compostable cosmetic packaging that mimics plastic, offering a safer and more sustainable alternative (read more at www.happyeconews.com). **Crinkly Plastic Collection:** Teachers! Don't forget to pick up your crinkly plastic collection supplies (bag and poster) from the staffroom. Drop off your crinkly plastics in room 205 on Friday November 7 and enter to win a prize for a class of your choice. Brought to you by HEAT, Highland's Environmental Action Team. We meet Thursdays at lunch in room 205. New members welcome! **NO MEETING THURSDAY NOVEMBER 6.**
- ★ **Student Government** is looking for motivated students to fill the roles of Minister of Athletics, Minister of Student Life, Secretary of Governance, and Secretary of Finance. Scan the QR code to apply, applications open Oct. 27th- Nov. 4th!



- ★ **ALL GRADE 12's** - Please check your Brightspace Capstone Course and your school email account. CAPSTONE 12 proposals are due Friday November 7th. Forms are in the Brightspace course, and available in paper copy at the front office. Please contact Ms. Roberts for questions. Email is good or in person!
- ★ **2026 Grad wear** is now available to order until Nov 11th <https://store.passionsports.ca/hsg26>

SPORTS

Practise Schedules	
Gr. 8 Girls Volleyball Practice - Thursdays 3:30 - 5:00 pm	Gr. 8 Boys Volleyball Practice - Thursdays 3:30 - 5:00 pm
Jr. Girls Volleyball - Mondays & Wednesdays 7:00 - 8:30 am	Jr. Boys Volleyball - Mondays 5:00 - 7:00 pm, Thursdays 5:00 - 7:00 pm
Sr. Girls Volleyball - Mondays 7:00 - 9:00 pm, Thursdays 7:00 - 8:30 am	Sr. Boys Volleyball - Mondays 5:00 - 7:00 pm, Thursdays 7:00 - 8:30 am
Girls drop-in basketball – all grades on Tuesdays @7:00pm	
Cross Country - Mondays & Wednesdays 3:30 - 5:00 pm	Ultimate Club meets every Friday at 2:45 on the back field

CLUBS

Interact Club – Tues @ lunch, room 111	D & D Club - Thurs @ 3:15 in room 204
Girls in STEM club - Tuesday @ lunch in room 212	Knit Happens - Thurs @ lunch in room 115.
Math Club – Tues @ lunch in room 207	HEAT Environmental Club – Thurs @lunch, room 205
Highland's Queers & Allies Club (QSA) – Thurs @lunch, InEd gathering space	

WORK EXPERIENCE

- ★ If you are interested in starting your career in the Marine Service Technician program, there is a meeting with Quadrant Marine, the local leading educational institution for students on, Date and Time: Nov 6th, 6:00pm Zoom meeting for more information see poster in careers office

GRADS

LUNCH Time Food Sales!

Monday – PIZZA \$3 per slice/2 for \$5	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	