



Oct 31, 2025	Friday’s flex is Flex Day 1 – A B C Lunch D Flex.
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****NEW****

- ★ **International Students** - come in your costume and "trick or treat" in room 205 on Friday!
- ★ **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.
- ★ **Calling ALL Air, Army, and Sea cadets** to room 223 at the beginning of lunch on Friday to discuss the Remembrance Day assembly.
- ★ **2026 Grad wear** is now available to order until Nov 11th <https://store.passionsports.ca/hsg26>
- ★ **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!
- ★ **Positive Eco News:** Pop sensation Billie Eilish is turning decades of unwanted concert t-shirts into new merchandise, saving hundreds of thousands of items from landfills. The singer’s decision to upcycle Billie Eilish’s merch represents a major shift for the music industry’s approach to sustainable fashion. (Read more at www.happyeconews.com). Brought to you by HEAT, Highland's Environmental Action Team. We meet Thursdays at lunch in room 205. New members welcome.
- ★ Did you know that most **Halloween candy wrappers are recyclable?** Teachers, from Friday October 31-Friday November 7, collect Halloween wrappers (and all clean crinkly plastics, including chip bags and granola bar wrappers) in your classroom. Bring your filled bag to room 205 by the end of Flex on November 7 for the chance to win a prize for a class! Check your staffroom boxes on Halloween for a collection bag.
- ★ **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!



 Halloween Spirit Week

Monday, Oct. 27 – PJ Day	Let’s start the week cozy. Wear your favorite PJs, slippers, or comfy fall outfit.
Tuesday, Oct. 28 – Twin Day	Grab a friend (or a couple!) and match outfits, colors, or go all out with a fun costume.
Wednesday, Oct. 29 – Dress Like a Teacher/Student Day	Role reversal day! Students dress like teachers, and teachers dress like students.
Thursday, Oct. 30 – Witches, Wizards & Zombies	Get spooky! Grab a hat, a wand, a cloak, or go full-on zombie — whatever you’ve got!
Friday, Oct. 31 – Halloween Costume Day	The big day! Wear your best school-appropriate Halloween costume and let’s wrap up the week with some fun.

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	Wednesday - PIZZA \$3 per slice/2 for \$5
Thursday – PIZZA \$3 per slice/2 for \$5	Friday - PIZZA \$3 per slice/2 for \$5	