



Dec 18, 2025

Today is Day 4 – H G Lunch F E

****NEW****★ **Friday's Flex is Day 3** – B A D Lunch C FLEX★ **Grad Council** meeting at lunch in room 223★ **ATTENTION GRADS:** You have until Thursday to vote for the best of and most likely. Check your grad email for the link.★ **Christmas Spirit Days!** Join in the fun and wear your Christmas best!**Thurs** - Ugly Christmas Sweater**Friday** - Holiday PJs★ **Attention Highland Students:** Do you want a sweet holiday treat before the break? Come and support the Interact club bake sale **Wed and Thurs at lunch** in the front foyer. All proceeds go to the food bank.★ **International Students** - come by room 205 at lunch or Flex on Friday to have a small treat and to get a Christmas card for your host family!★ **HEAT members** - no meeting this Friday but save the date for Flex Block on January 16 when we have a guest presenter. We will start meeting again after the break in Flex Block.★ **Winter Assembly** is coming up on **Friday, December 19th!** Here is the schedule for the day:

- **9:00 – 9:43** Block B
- **9:45 – 10:27** Block A
- **10:30 – 11:13** Block D
- **11:15 – 12:00** Block C
- **12:00 – 12:50** Lunch
- **12:53 – 1:53** Assembly
- **1:55 – 3:20** Flex

★ **Jelly Academy Intro to Digital Marketing:** Skills Training Course for Grade 12 students in BC. Land a job in digital marketing in BC right out of High School!
Interested Grade 12 students see Mr. Kuhnert for more information! Start day is May 4, 2026.★ Are you interested in touring the **Baking or Hairdressing Programs** at VIU on January 13th? A bus will leave at 9:00 am returning at 2:30 pm. Cost is \$10 for the bus. See Mr. Kuhnert or Mr. Miller for a permission form.★ **Comox Valley Volleyball December Camp** is December 20th and 21st at Highland Secondary. Please see Mr. Stevens for more information.★ Hey Highland! **Do you have a suggestion for a school event or activity, or an idea to enhance the school community?** Your Student Government is having a Town Hall meeting, Friday, January 9th, during FLEX in the MPR, and we would love to hear from you! Please scan the QR code to submit a short form to share your suggestions, and a chance to have your topic discussed next Wednesday live. All students are welcome to attend!

GRADS

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 7:00 - 8:30 am, Fri 3:30 - 5:00 pm	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	