



Dec 19, 2025

Today is Day 3 – B A D C Lunch Assembly FLEX

****NEW****

- ★ **Last day of school before Winter break!!** School resumes on Jan 5, 2026. Have a great holiday season!
- ★ There are **free bags of food** in the InEd room for any students that would like one!
- ★ **Lost:** White basketball jersey #3, if found please turn in to the office.
- ★ **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

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| 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 |
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CLUBS

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| 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!

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| 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 | |