



Dec 4, 2025	Today is Day 4 – H G Lunch F E
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**\*\*NEW\*\***

- ★ **Friday’s Flex is Day 1** – A B C Lunch D FLEX
- ★ **Grad Photos** are this week until Thursday – please go to the MPR for your appointment! If you missed your appointment, go and see them in the MPR to reschedule. They can accept card payment in the MPR.
- ★ Anyone wanting to participate on the **Ski and Snowboard Team** needs to hand in their permission forms to Ms. Meredith by Thursday, Dec. 4th.
- ★ **HEAT members** - meeting might be postponed today - please check in room 205 at 12:00 to see if Ms. Brammall is back at school. Our field trip is on for tomorrow at 1:50 though, so either way, please return your field trip form and meet for the field trip at 1:50 in room 205 on Friday!
- ★ **ECO News brought to you by HEAT:** Maritime carbon capture has transitioned from a laboratory concept to a commercial reality aboard the UBC Cork cargo ship. UK startup Seabound installed the world’s first commercial carbon capture system on this German-owned cement carrier, demonstrating how ships can transform their own emissions into valuable construction materials.
- ★ The technology addresses the shipping industry’s massive environmental footprint.
- ★ There are 2 spots left in the **First Aid Course** scheduled for next Tuesday, cost is \$60 dollars. Please see Tracey in the work experience office in the mornings or text her at 250-897-9446.
- ★ **On Dec 11th in room 337 at lunch NIC** will be hosing an information session regarding the Island Pre Health course and health related courses. This presentation will be happening in Ms. Kerkhoff’s A & P 12 class right after lunch as well just an FYI for those that are in her class.
- ★ **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.

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 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 & Fri 7:00 - 8:30 am	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!

<b>Monday – PIZZA \$3 per slice/2 for \$5 and concession!</b>	<b>Tuesday - PIZZA \$3 per slice/2 for \$5 and concession!</b>	<b>Wednesday - PIZZA \$3 per slice/2 for \$5</b>
<b>Thursday – PIZZA \$3 per slice/2 for \$5</b>	<b>Friday - PIZZA \$3 per slice/2 for \$5</b>	