



Dec 5, 2025	Today is Day 1 – A B C Lunch D Flex
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**\*\*NEW\*\***

- ★ **Friday’s Flex is Day 1** – A B C Lunch D FLEX
- ★ Are you interested in touring the **Baking or Hairdressing Programs** at VIU on January 13<sup>th</sup>? 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 20<sup>th</sup> and 21<sup>st</sup> at Highland Secondary. Please see Mr. Stevens for more information.
- ★ **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>	