



**Jan 20, 2026**

**Today is Day 2 – G H Lunch E F**

**\*\*NEW\*\***

- ★ **Friday's Flex is Day 2** – G H E Lunch F FLEX
- ★ **Monday, January 26 - No School** and/or Busing (Regular & Life Skills)
- ★ **Grads**, please pop by front foyer at lunch for grad gown sizing.
- ★ **Gr 11/12 students** can make schedule changes for S2 with a counsellor this week.
- ★ **International Grad students** - there will be a representative from Vancouver Island University in room 205 at lunch today, Tuesday. If you are an international student here to graduate, come see what your options are at VIU.
- ★ **The Bursary Booklet** is now available on the Highland website and in the counselling center. There will be an information session on Wednesday, Jan 28<sup>th</sup> at lunch in Ms. Kerkoff's room.
- ★ **All girls interested in medicine or a career in nursing**, the girls in STEM club has a virtual presenter named Carina come to share her experiences! Drop in today at lunch in room 212 to hear from her.
- ★ **FREE FREE FREE!!!! BASKETBALL HOME GAMES!** Today at 3:30 the Senior Girls play Brooks. 5:15 the Senior Boys play Ladysmith. Come support your RAIDERS.
- ★ **The District 71 Robotics teams** (7842) competed in Victoria on January 17th. Our team 7842-Fractal won the tournament's Design Award and a Tournament Finalist Award. Also, congratulations to all 6 teams that made it to the playoffs. Our next tournament is here in the Comox Valley at Highland Secondary on January 31st. Public admission is free, so come out to watch and support our local teams! If you are interested in volunteering at it, reach out to Highland Secondary administration.
- ★ **Indigenous Education Concession** meeting on January 20th (Tuesday) at lunch in the indigenous gathering space
- ★ **All Cross Country and Track & Field athletes** are invited to attend winter maintenance training. We will start Wednesday, Jan 21st, in the weight room at 3:20. Please sign up with Mrs. Sulek in room 207 during lunches this week.
- ★ **Grade 10-12, please return ANY Semester 1 textbooks** you are no longer using AS SOON AS POSSIBLE (starting this afternoon). We need them all back by Friday, Jan 23rd so we can be ready for Semester II.
- ★ **Attention to all Highland students.** Submit your best Two Truths and a Lie in the library for a chance to be a main feature in this year's yearbook!
- ★ **Message from the Ministry of Education: Orange Shirt Day 2026 Official Design Contest**  
Students from across BC are being invited "to help raise awareness about the lasting impacts of residential schools and support the healing journey of survivors and their families by submitting a design of their own for the 2026 Orange Shirt Every Child Matters T-shirt contest."  
Entries will be accepted until January 31 at 9:00 pm PST.  
Come talk to Mr. Sutherland or Mr. Hale for more details. Link to the contest page:



- ★ **Skills Canada is happening Friday, February 20** and this is a callout for any students who are interested in this one day friendly competition in the following areas: Graphic Design, Digital Art, 3D Animation (team of 2 or individual) , 2D Animation (team of 2 or individual), Photography, Film & TV (team of 2 or individual). Please email Ms. Munro at [charity.munro@sd71.bc.ca](mailto:charity.munro@sd71.bc.ca) or find her in rooms 116 or 216 to sign up. It's fun and gives students an idea of what it might feel like to be in the industry. You will arrive, get a theme and several hours to complete the challenge. Come and ask any questions you may have!

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**GRADS**

- ★ **Attention grade 12's:** It's that time of the year again, time for your grad quotes to be submitted. Please check your email for details. Quotes due Jan 23<sup>rd</sup>!

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 7:00 – 8:30 am

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>	