



Jan 22, 2026	Today is Day 4 – H G Lunch F E
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****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.

★ **Gr 9/10** course changes beginning Thursday, January 22. See counsellors.

★ **The Bursary Booklet** is now available on the Highland website and in the counselling center. There will be an information session on Wednesday, Jan 28th at lunch in Ms. Kerkoff's room.

★ **CONGRATS to the Senior Boys Basketball** team for beating Ladysmith on Tuesday and winning their league! Well done boys!

★ **Environmental Action Team:** "West Hollywood has made history with the first comprehensive ban on pet sales. The ban on pet sales passed unanimously in West Hollywood, it represents a ground-breaking victory for animal welfare that could transform how America treats companion animals. The city council voted to prohibit the retail sales of mammals, birds, reptiles, amphibians, arachnids, hermit crabs, and fish, creating the most comprehensive animal protection ordinance in the United States."

★ **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.

★ **Biathlon BC Cup #2 race on Feb 7th and 8th** at Mount Washington and we need **your** help volunteering to make this event happen. If you could spare a few hours, it would make a big difference to help us run the race with precision and enthusiasm. We will teach you all the skills you need to know and will provide hot food/drinks. For more information on how to volunteer please see the poster in the Careers office.

★ **The Views senior's facility is looking for second semester volunteers**, this is a once a week for 1 to 2 hours opportunity for you to increase your volunteer experiences. If you are in grade 12 and have not done any volunteering now is your chance, if you are looking at going into a health care field this is fantastic place to get some hands-on experience. Applications are in the careers office and are due back by Feb. 2.

★ **All students going to NIC next semester** need to confirm that they have done their careers 11 and 12 surveys, please see Tracey, Heidi, Mr Kuhnert for Trades or Mr. Miller for academics to confirm with us.

★ **The careers office will be open 4 days a week starting this week.** Tracey will be in on Tuesday and Thursday and Heidi will cover Wednesday and Friday. Please feel free to email or text Tracey with any inquiries. Tracey.mckinney@sd71.bc.ca

★ **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!
- ★ **The District 71 Robotics teams** will be hosting their next tournament 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.
- ★ **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 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!

GRADS

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

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!

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	