


**Jan 5, 2026**
**Today is Day 1 – A B Lunch C D**
**\*\*NEW\*\***

- ★ **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!
- ★ **Ski and Snowboard Team:** Please meet on **Thursday at 11:45** in the weight room. We start this Sunday!
- ★ The **grade 8 girls basketball team** will practice Tuesday at 3:20 and Thursday at 5:00 this week.
- ★ 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.
- ★ 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!



- ★ **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.

---

**GRADS**


---

**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 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>	