


Feb 5, 2026
Today is Day 4 – H G Lunch F E
NEW

- ★ **Friday's Flex is Day 3** - B A D Lunch C FLEX
- ★ **Ultimate Frisbee** meeting in room 203 Friday at lunch. Any students interested in learning more should attend.
- ★ **All Percussion players** please come to the band room at the start of lunch.
- ★ **Candy Grams will be sold at lunch** in the front foyer (cash only) on Feb 4–6 and Feb 9–10, with delivery on Feb 13, brought to you by Leadership 11/12.
- ★ **The Indigenous leadership** will be having a pop-up sale at lunch for the week in the indigenous gathering space room 117 (Tuesday will be upstairs by the office). We will be selling lemonades, pop, popcorn, candy bags and cookies for \$1.00 each
- ★ **Price is Right Stations** are happening today at lunch. Come down and play some fun games and a chance to win candy prizes!
- ★ France & Ireland kick off the **Six Nations Rugby Championship** today. Come check out the game at lunch in 225.
- ★ **Boys Rugby Practice** today 3:30 – 5:00 on the back field. Rain or shine.
- ★ **Model UN** will be hosting a series of Black History Month films to commemorate this important month. **Monday, February 9th** at lunch join us in room 224 for 3 short films and baked goods.

Monday, February 23rd at lunch will be part 1 of three screenings of the feature length film 'Selma'. Selma chronicles the tumultuous three-month campaign in 1965 by Dr. Martin Luther King Jr. and his allies to secure equal voting rights in the face of violent opposition. Watch trailer here -> <https://www.youtube.com/watch?v=kPgs2zshD9Y>

- ★ The **Highland Swag store** is open again for clothing orders! Featuring our new school logo. Ordering available until Mar 6, 2026. <https://highlandsecondaryschool.itemorder.com/shop/home/>
- ★ **Stevenson Place Boutique Seniors Residence in Comox is looking for servers.** See the careers office for more information.
- ★ **The Gem and Mineral Club** is hosting their annual rock and gem show on Apr 3-5th and are looking for volunteers for various positions. Come to the careers office for sign up information.
- ★ **Students interested in Digital marketing** see the careers office for an amazing marketing course available in May from Jelly Academy.
- ★ **BECOME A BASEBALL UMPIRE IN 2026.** Make some money on evenings and weekends. Be in charge. Learn the game of Baseball. We are looking for responsible, eager grade 6-12 students (and adults) to become umpires. Registration is now open for the 2026 season (BCBUA Registration | BC BASEBALL UMPIRES ASSOCIATION). Contact Nick Moore at ncmoore4@shaw.ca He will forward you all the information you need to get started.

OLD NEWS

- ★ **Calling all Geographers** -if you are interested in testing your geography knowledge and competing for a spot in the provincial tournament, please sign up in the library learning commons by Wednesday, February 11th. The competition will happen during lunch hour on Wednesday, February 18th.
- ★ All **first semester art students** please come and pick up your beautiful pieces by the end of the week Thanks!
- ★ Any grade 12's interested in being **nominated for the BC Excellence Scholarship**, please submit your one page rational to Ms. Dixon or Mr. Kuhnert by Monday Feb 9th. For criteria go to: BC Excellence Scholarship - Province of British Columbia

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
Sr. Girls Basketball – Mon 7:00-9:00 pm, Wed 5:00-7:00 pm & Thurs 7:00-9:00 pm	Gr. 9 Boys Basketball- Mon 7:00 – 9:00 pm, Tues 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

Model UN – Mon @ lunch, room 224	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	