


March 2, 2026
Monday is Day 1 – A HR B LUNCH C D

NEW

- ★ We are hosting a **rugby tournament all day Today (Monday) for the grade 8, junior and senior boys**. Come out and support your Raiders!
- ★ **Grade 12's**, there is a new Bursary deadline. Hand in Bursary packages to Ms. Dixon by **Monday March 2nd**.
- ★ **The 2025-2026 BCSS Scholarship booklet is now available. See Ms. Dixon for more information.**
- ★ Are you a **grade 11 or 12 student** thinking about studying Science and Technology at VIU? Or are you a teacher wanting to provide your students with an opportunity to think about their educational path post-high school?
VIU has programs in Biology, Chemistry, Math, Engineering, Computer Science, Fisheries and Aquaculture, Physics, Earth Science, Geography, and Resource Management.
On Tuesday March 10, and Wednesday March 11, between 9 and noon, the Science and Technology Faculty will be hosting events where you can come and learn about these program areas. There will be activities including mini-lectures, tours, and hands-on activities in labs. There will also be a chance to connect with services like registration, advising, financial aid, and others. AND there will be PIZZA and a door prize draw!
 Please find more information and sign up individually at the link below.
<https://connect.viu.ca/previu-days>
- ★ 'Any students that have a jersey/uniform, you need to return it to Mr. McRae by the end of this week!!!'
- ★ Interested in playing **Badminton** this season? There will be a short **Badminton meeting in room 206 at lunch on Tuesday** open to students in grades 8 through 12!
- ★ **Online course selection is open!** Students can input their requests now until March 3. If a password reset is needed, see Ms. Jerome or Ms. Tingle in the library.
- ★ **Interested in the Germany Exchange and Paris trip next Spring Break?** Don't miss our important student and parent meeting **this Tuesday at 6:30 PM in the library**. Join us to learn more about the trip details, expectations, and next steps — and get all your questions answered.

OLD NEWS

- ★ **ANY GRADE 10 students** applying for the **EXPLORE PROGRAM**, applications can be picked up in the main office. **Deadline March 13**
- ★ **Calling all students interested in writing math contests:** Any students interested in writing the BCSS Math contest (finals hosted at NIC), the pre-liminary round **contest will be held on March 6th during flex block in room 112**. Please pop down to room 112 and let Mrs. Kerkhoff know if you are interested.
- ★ **All track and field runners** are welcome to join winter training. Mondays and Wednesdays after school. See Mrs. Sulek in room 207 to sign up or if you have questions. Everyone welcome, all grades, all distances, all abilities. This is great training for throwers and jumpers too!
- ★ **Indigenous Lunch & Learn: Thursday, March 12.** Please register with Sally or Mel in room 117.
- ★ Are you interested in a fun, exciting, and unforgettable experience? **The Highland Cultural Exchange to Germany** (with a side trip to Paris) for **March 2027** will be accepting applications soon! **Come check out our info table at lunch today in the front**
- ★ **Learn how you could earn your UBC MD at UVIC Mar4 6:30 – 8:30** UVIC Zoom meeting, Join Dr. Hannah Carolan, Assistant Dean of Admissions; current medical learners; and the IMP admissions coordinator to learn about our program and its admissions process, what it takes to become a doctor, and what it's like studying medicine on Vancouver Island. Please see poster with link to sign up for this meeting.
- ★ **Want a French credential** you can use beyond high school? Come to a DELF info session – Wednesday at lunch in Room 206. The DELF is an internationally recognized French certificate that can boost university applications, jobs and your confidence in French. Come see if it is a good fit for you!
- ★ **Are you a grade 11 or 12 student thinking about a future in Communications, information Technology (IT) or Geographical Information Systems?** Here is your chance to step into the real work of local government and do a two-day job shadow at the Comox Valley Regional District, this is an excellent chance to make great connections in your area of interest. If you would like more information, please see Tracey on a Tuesday or Thursday, or email me at tracey.mckinney@sd71.bc.ca
- ★ 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/>

SPORTS - Practice Schedules

Boys' rugby practice Monday, Tuesday & Thursday 3:30-5 on the back field. Get your tackling forms in.	Girls' rugby practice Tuesday on the back field
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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–Friday during FLEX 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! MAIN FOYER

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	

