



March 10, 2026	Tuesday Day 2 – G H LUNCH E F
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NEW

- ★ **Junior Girls' Soccer:** Reminder that **team training is on today until 4:30pm**. Our next games are on Wednesday, March 11 here at Highland and given this all **players need to meet Mr. Hale in Room 214 on Tuesday at lunch for a very brief meeting**.
- ★ **Ultimate Practice at 3:15 Tuesday at the back field**
- ★ There will be a short mandatory meeting for all **Badminton players in room 206 on Tuesday at lunch**.
- ★ **Badminton practice Tuesday at 3:15-4:30 in the gym!** Bring gym strip and a racket.
- ★ **Model UN-** 🗣️ - We are preparing for a debate on 'How can we create a sustainable peace structure in the Middle East?'. Come join us Mondays in room 224 as we head towards the district conference.
- ★ **Senior Boys Basketball vs Junior Boys Basketball team tomorrow at 5.** This is the senior boys' last basketball game at Highland...PLEASE come out and support your Raiders.
- ★ **Track and Field Athletes:** Please come to the main office and pick up a **permission form** from the Track and Field folder. Please return the completed form to Ms. Meredith by **Monday, March 16th**.
- ★ **International Student Program** pizza lunch on Wednesday March 11 in Room 205. All international program students please attend.

OLD NEWS

- ★ As we continue to work with the Circle of Courage for the remainder of March and into Spring break we will focus on **Independence**
Independence is making one's own decisions and being responsible for failure or success, setting ones own goals, disciplining one's self. How are you showing independence in your life and at school. Can you reflect on an example of this. What goals can you set for yourself.
- ★ **ALL GRADE 12's - The Capstone final presentation booking link has just been posted in the Brightspace classroom Announcements.** Please book your final presentation as soon as possible. If you have not handed in your draft proposal, please see Ms. Roberts as soon as possible. Questions can be directed to me at the school office or laura.roberts@sd71.bc.ca
- ★ **NIC Fest Mar 19, 2026, 10 am to 2 pm, interested grade 10, 11 and 12 students wishing to join in for tours, interactive sessions, program information and free giveaways, please sign up in the career's office.**
- ★ The weight room will be in use on Thursdays for a user group and will not be available for anyone else. Thank you!
- ★ **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!
- ★ Any students that have a **jersey/uniform, you need to return it to Mr. McRae**
- ★ **GRADS:** Minuet practice starts Monday & Wednesday at noon in the Multi Purpose Room (MPR)
- ★ Any students **applying to VIU** that would like next steps help you can book appointments with an academic advising team member, for information on the **2026-27 Entrance Award Application deadline this Saturday** or for next steps webinar please see information sheet in the career's office.
- ★ **ANY GRADE 10 students** applying for the **EXPLORE PROGRAM**, applications can be picked up in the main office. **Deadline March 13**
- ★ **Indigenous Lunch & Learn: Thursday, March 12.** Please register with Sally or Mel in room 117.
- ★ **Grade 11 student interested in a career as a Marine Service Technician**, engines hulls and sail work, Quadrant Marine Institute is now offering courses based out of Campbell River for more information please see Tracey in the Careers office
- ★ 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>
Applications are open now and will be accepted until Friday, May 15th.
- ★ **All Careers 11 students!** Please have a look at your Learn 71 email, My Education gradebook and Brightspace gradebook for grades and assignment feedback. Please see Mr. Murray in RM 116 during FLEX Block for support. The April 15th course completion goal is fast approaching!
- ★ **A reminder to all students age 15 and up that wish to volunteer at Island Health Comox Valley Hospital in the Step Up Youth Volunteer Program**, the application process is now open until May 15th for next Fall. Youth in the program gain practical exposure to a healthcare environment and have the opportunity to explore a variety of health careers. Monthly online guest speakers provide insight into professions such as medicine, nursing, medical imaging, pharmacy, psychiatry, social work, and more. For more information please see poster in the careers office or go online to
<https://www.islandhealth.ca/health-topics/volunteer-resources-engagement/step-youth-program>
- ★ **The Island District 911 Operational Communication Centre in Courtenay is actively recruiting!**
The first step in the application process is to attend a Career presentation. Our upcoming Career Presentations for the following months are:
March 12: 6:00pm - Virtual Zoom /March 30: 2:00 pm – Virtual Zoom /April 8: 6:00pm – Virtual Zoom/April 27: 2:00pm – Virtual Zoom
Please see poster in careers office for more information regarding the upcoming zoom fairs.

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
Junior Girls Soccer – Monday 3:30 - 5:00	Track & Field – Monday at Vanier Track 3:30 – 5:00

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 3:10-4:30	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	

