


March 13, 2026
FRIDAY WILL BE A DAY 4 H G F LUNCH E FLEX
NEW

- ★ **REMINDER TODAY IS THE DEADLINE FOR ANY GRADE 10 students** applying for the **EXPLORE PROGRAM**, applications can be picked up in the main office.
- ★ **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**.
- ★ **Please check the Lost & Found in main lobby – whatever is left behind will be donated to the thrift store after spring break**
- ★ Wanting to take **Paramedicine EMR? Grade 11 and 12s, please sign up for a quick interview on the back of Ms. Hale's door (room 223). March 13-19** You will get more information about the course, and you will need 1 teacher reference for this. If you have questions in the meantime, please email Ms. Hale. You can still sign up for an interview if you want to take the course but signing up for an interview.
- ★ **Guten Tag Highland!** Applications for the **Germany Cultural Exchange and Paris Side Trip** are now open for students **currently in Grades 8–11**. Please apply through the **Highland website** under **Services and Programs**. If you would like more information, come to **Room 106 today (Friday) at the start of lunch** for a short student session.
- ★ **Think you know a lot of digits of π ? Come prove it!** Join us **Monday March 16 at lunch in Room 111** for our **Annual Pi Day Challenge**. Students are invited to show off how many digits of π they can recite from memory. **Everyone who participates will receive a slice of cake**, and the students who memorize the most digits will **win a pie of their own** to enjoy here or take home. We hope to see you there!
- ★ **Spirit Week is coming up- March 16 through March 20!**
Show your school spirit by dressing up each day.
Monday-Rainbow Day - Wear multiple colours like the rainbow or one solid colour to bright up your day!
 Tuesday - Wear something GREEN...or you might get pinched! Wednesday- Anything but a Backpack Day, Bring your school stuff in anything but a backpack. Get creative! Thursday- Crazy Hair Day- Go wild with your hair! The crazier, the better. Friday- Pyjama Day - Roll out of bed and come to school in your favourite comfy pyjamas

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 one's 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
- ★ Any students that have a **jersey/uniform, you need to return it to Mr. McRae**
- ★ **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.
- ★ **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.
- ★ **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
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	