


March 19, 2026
FRIDAY WILL BE A DAY 1 A B C LUNCH D FLEX
NEW

- ★ All student athletes, Mr. McRae **needs all your team jerseys BEFORE Spring Break**. Get them to him ASAP!!!!
- ★ **Students that would like to compete on the Highland Mtn. Bike team**, there is a brief but mandatory meeting in room 214 (blue house, top right) at lunch today. This is so you can be registered in races for the coming season'.
- ★ **Please check the Lost & Found in main lobby – whatever is left behind will be donated to the thrift store after spring break**
- ★ **Want to take Paramedicine EMR next year? Grade 11 and 12s**, please sign up for a quick interview on the back of Ms. Hale's door (room 223) before spring break. You can still sign up for an interview if you want to take the course (even if you didn't choose it on course selection!)
- ★ **Highland Student Government wants to hear from you!** We've created a short anonymous survey to get student feedback on things like school events, communication, bathrooms, and the new tables and seating areas around the school. The survey only takes a couple of minutes to complete. **Please scan the QR code** on the announcements to share your thoughts. 
- ★ **GRADS: Minuet will resume Monday & Wednesday practices after spring break in the MPR.**
- ★ **Spirit Week is coming up- March 16 through March 20!** Friday- Pyjama Day - Roll out of bed and come to school in your favourite comfy pyjamas

OLD NEWS

- ★ **Guten Morgen, Highland!** Applications are still open to students currently in grades 8-11 for the Cultural Exchange to Germany — with an exciting side trip to Paris! We're hoping to have all applications submitted by **March 20 (this Friday)**, so don't miss out on this amazing opportunity! Have questions or want to learn more? **Don't wait — apply today!**
- ★ All student athletes, Mr. McRae **needs all your team jerseys BEFORE Spring Break**. Get them to him ASAP!!!!
- ★ 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
- ★ **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
- ★ **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 aged 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: **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	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	