


April 24, 2026
FRIDAY WILL BE A DAY 3 B A D LUNCH C FLEX
NEW

- ★ **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 Presentation is next week on **April 27th @2:00pm via Virtual Zoom.**
- ★ **MODEL UN- There will be a meeting in room 224 TODAY** at lunch to discuss the District Conference. Are you interested in a Lord of the Rings Committee? Then you do not want to miss this meeting! We are still accepting delegates for May's conference.
- ★ **Highland's Queers and Allies Club (QSA)** will meet **TODAY & all Fridays** at lunch in **Room 106** for the rest of the school year - we have some fun stuff planned! See you there!
- ★ **Grads Re: Valedictorian applications** Short-listed students will be asked to present their essays/speeches at a grad meeting on **Monday May 4th during homeroom - VOTING** for valedictorian will take place in the MPR **Tuesday May 5th at lunch.**
- ★ **There is a mandatory minuet practice in the gym Monday for all grads who have signed up.** Please make every effort to be there.
- ★ **Indigenous Grads-** Please RSVP by May 8th if you plan to attend our first, Indigenous Grad celebration in our district. Please see Sally or Kaya in room 117 for more details. Check your email.
- ★ **Buy your prom tickets before they become \$50 each on May 1st!** They are currently \$40 for 1 or \$70 for 2. Hope to see you on June 5th. Contact Joanne or Daisy for details.
- ★ **Do you have a green thumb?** Come join the Highland Garden Club! Meet in the garden at the beginning of lunch every Wednesday. We have many projects planned for this spring gardening season. New and returning gardeners are invited to join us.

OLD NEWS

- ★ **The Linc youth centre is hosting a skate/scooter competition & Battle of the Bands on May 1st to kick off youth week.** Sign up to compete and win prizes from 122, Blue Toque, and more! Email aparry@courtenay.ca for more information.
- ★ **Highland's Queers and Allies Club (QSA)** will meet Fridays at lunch in Room 106 for the rest of the school year - we have some fun stuff planned! See you there!
- ★ **ALL GRADE 12's -BOOK YOUR CAPSTONE PRESENTATION NOW!** Go to the Brightspace page for the link. Book your 10 min presentation slot now until May 1st! Questions can be directed to Ms. Roberts at the school office or laura.roberts@sd71.bc.ca
- ★ **Any students looking for a great volunteer opportunity to add to your hours.....** Saturday May 31st at the Marina Park this year's Walk for Alzheimer's event is taking place and they need your help to do things like setup, registration, route guidance and more. This is an amazing cause and a great way to help your community. To sign up please see the poster in the career's office.
- ★ **Ultimate practice will be cancelled indefinitely** this season.
- ★ **GRADS.... Please join us for Minuet Practice** every Mondays & Wednesdays in the MPR.
- ★ **Badminton Team Practice** Wednesday's and Friday's 315-445.

WORK EXPERIENCE

- ★ **Any students looking for a great volunteer opportunity to add to your hours.....** Saturday May 31st at the Marina Park this year's Walk for Alzheimer's event is taking place and they need your help to do things like setup, registration, route guidance and more. This is an amazing cause and a great way to help your community. To sign up please see the poster in the career's office.
- ★ **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>
- ★ **Any students 15 and older** wishing to take (OFA level one) Standard First Aid on June 2, please come sign up in the career's office. Cost is 60 dollars.
- ★ **Any students 14 and older** wishing to take Food safe (great for your resume for your summer job) please come sign up in the career's office, cost is \$ 52. And the class is running on June 3rd.
- ★ **Trades Expo: Natural Resource Sector** event coming up on May Friday May 1st. Students interested in the natural resource sector and trades can sign up in the careers office this program runs from 10 am to 1pm in Campbell River. Busing is provided. For more information come see Tracey in the Careers office.
- ★ **Reminder the next Digital marketing course** is starting May4, this is a \$4000.00 course offered to our students for \$ 350.00. For sign up information please see poster on the careers board in the career's office.
- ★ **UBC's Healthcare Travelling Roadshow Career Exploration,** is coming May 6th, 2026, 8 interactive rotations exploring healthcare careers such as medicine, nursing, physio, diagnostic & lab, dentistry, pharmacy and more, if you are interested in this field this is a great afternoon to experience. To sign up please see Tracey in the Careers office
- ★ **Any grade 10 to 12 students interested in tourism and hospitality,** we have just the day planned for you to sign up for. Tourism and Hospitality Exploration Day will run all day starting at Crown Isle and will give you a choice of two to three other businesses. Chose from places like Mt. Washington, Sid Williams Theater, Museum, Hot Chocolates and more. For sign up please see Tracey in the Careers office.

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 – Tuesday & Thursdays at Vanier Track 3:30 – 5:00

CLUBS

Model UN – Wed @ lunch, room 224	Highland's Queers & Allies Club (QSA) – Friday @lunch, room 106
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
Garden Club – Wednesdays @ lunch in the garden	

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
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**Thursday – PIZZA \$3 per slice/2
for \$5**

Friday - PIZZA \$3 per slice/2 for \$5