



May 21, 2026	FRIDAY is Day 1 ABCD FLEX
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NEW

- ★ **Attention Germany Exchange students:** If you are available on Friday, please come to the Art Room to help make candy bags and posters for our fundraiser. Any help is appreciated! See you there!
- ★ **Prom is in less than a month!** Deadline for buying tickets is next **Friday May 29th**. Please see **Joanne Wright** or **Daisy Bolton**. **PLUS, there will be a Prom Bake sale happening today at lunch. Please support & take the opportunity to buy tix in person.**
- ★ **Badminton team lunch today** in room 206!
- ★ **Audition information and packages for PETER PAN GOES WRONG** are now ready in the DRAMA ROOM. Auditions will be held tomorrow in **FLEX BLOCK**.
- ★ **If you need to write the Numeracy 10, Literacy 10, or Literacy 12 exam, please stop by the office to register.**
- ★ **Reminder to Junior Girls Soccer players to return all jerseys, shorts, and socks to Mr. Hale asap.**

OLD NEWS

- ★ **Reminder:** Badminton team end of season lunch on Thursday in room 206!
- ★ **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.
- ★ **Just a reminder ...Do not forget to buy your prom tickets for the Prom on June 5th - Connect with [Joanne Wright](#) or [Daisy Bolton](#) for details.**
- ★ **The Comox Valley Volleyball Camp is July 6th-9th this summer.** Please contact Brian at bdstevens@hotmail.com for more information.
- ★ **May is Mastery Month, and we are continuing to learn about the Circle of Courage. Mastery is competence in many areas:** cognitive, physical, social, and spiritual. Having self-control, responsibility, striving to achieve personal goals rather than superiority. Think of all the things you have mastered this year so far. Set a goal and work hard to achieve it this month.
- ★ **Don't forget to pick up your Earth Day Bingos from the library** - you can submit your completed BINGO (even one-line counts) for a chance to win a prize up until May 22. HEAT is also still collecting environment-themed art, poems, and writing. You can submit your work to Ms. Brammall in room 205 up until May 22 as well
- ★ **Do you have a green thumb?** Come join the Highland Garden Club! Meet in the garden at the beginning at lunch every Wednesday. We have many projects planned for this spring gardening season. New and returning gardeners are invited to join us.
- ★ **RED DRESS DAY.** This is a time to recognize the Murdered and Missing Women, Girls, and Two Spirit national crisis. This group of individuals is 4 times more likely to experience violence and homicide than other people in Canada. As well, despite being only 4% of the population of Canada, 11% of all missing women are Indigenous. Please visit the display in the main foyer, in the Library Learning Commons, and around the school to gain more knowledge about this crisis and honour these individuals and their families. Watch the following video on the origins of Red Dress Day - <https://www.youtube.com/watch?v=IH7FuxzrFvs>

WORK EXPERIENCE

- ★ **Excellent volunteering opportunity for students. BC Bike Race will be in Cumberland May 21st to May 26th,** they have many volunteer opportunities available, both at base camp and on course. please go to their website to register at <https://bcbikerace.com/about-bcbr/volunteers/>
- ★ **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.

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	Badminton Team Practice – Wednesday & Friday @ 3:15-4:15

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	