


May 28, 2026
FRIDAY is Day 3 BADC FLEX
NEW

- ★ **Get your tickets for the June 5th Prom - Connect with [Joanne Wright](#) or [Daisy Bolton](#) for details.**
- ★ **German Exchange students**, please come and help create donation tins for the fundraiser this week **Today and Friday** at lunch from **12:00 - 12:20** in the Art Room
- ★ **Senior Boys Volleyball team** - meeting in room 202 at **lunch TODAY**. Mandatory attendance.
- ★ **Track and Field students**, please return your clean jersey to Ms. Meredith by Friday, May 29th.
- ★ **If anyone is still needing to write the: Numeracy 10, Literacy 10, or the Literacy 12 exam**, please stop by the office to register.

OLD NEWS

- ★ **Peter Pan Goes Wrong** - Actors and Stage management. Get your parent to email permission to participate THIS WEEK! First read through June 5th in Flex. SIGN UP CONTINUES for next year's musical: See Mrs. Williams if you need help figuring out how to audition 😊
- ★ **GRADS....** There will be a rehearsal on Friday at Flex. **Please meet at the MPR.**
- ★ **Reminder to Junior Girls Soccer** players to return all jerseys, shorts, and socks to Mr. Hale asap.
- ★ **With May being Mastery Month, we have been learning 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.
- ★ **The Comox Valley Volleyball Camp is running July 6th-9th this summer.** Please contact Brian at bdstevens@hotmail.com for more information.
- ★ **Do you have a green thumb? Come join the Highland Garden Club!** Meet in the garden at the beginning at lunch on Wednesday's. 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

- ★ **Looking for some summer volunteer hours, look no farther**, the Views Senior living facility is looking for volunteers to help out once a week for an hour. They are very flexible, and Highland is traditionally a main supporter of this opportunity. Applications are in the career's office; the deadline is June 25th to apply. Our elders look forward to their visits with you.

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	