


May 5, 2026
FRIDAY WILL BE A DAY 1 A B C D FLEX
NEW

- ★ **GRADS....** IF you received a bursary invitation. Please come to the office to **RSVP** asap. We would like to know **if you will attending & how many guests!**
- ★ **Mental Health Awareness Week:** Come **connect** outside today at lunch with someone through play, or just relax and enjoy the music and beautiful weather! There will be some gym equipment by the shops, as well as chess and card games at the picnic tables. Community partners (Foundry, Linc, CYMH and CBVS) will have a booth in the foyer for you to check out at lunch, as well!
- ★ **MORE audition packets for peter pan goes wrong and the musical** have been printed~ COME and GET'em~
- ★ **Looking for a summer job? McDonalds will be here on May 12th in the main hallway doing a mini hiring fair during lunch.** If you would like help going over your resume before hand, please come see Tracey in the career's office with a copy of it.
- ★ **Can the following students please come to the indigenous gathering space today at 12:30pm:** Harlow Sawatsky, Zoey Nauta, Mason Henderson, Taveon Mclean, Abby Hutton-Jay, Harlow Sawatsky, Braylon Cox, Arrianna Kimury, Aaron Walker.
- ★ **Anyone going to the Health Exploratory Field Trip this Wednesday,** needs to return their signed permission slip & \$10 to Ms. Hale in Room 223 or Tracey in the Careers office as soon as possible.
- ★ **Boys' rugby players leave class at 12:50** to head to Vanier for North Islands
- ★ **Track and Field team - please see Ms. Meredith at lunch TODAY** in the weight room to pick up your track singlet.

OLD NEWS

- ★ **Tomorrow, May 5th, is 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>
- ★ **As we continue to learn about the Circle of Courage, we are marking May as Mastery Month!** 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
- ★ **Indigenous students grade 10-12** -The last Lunch and Learn Series will take place on Thursday May 21 at the KFN band hall, the session topic is ENTREPRENEURSHIP AND TOURISM. If you are interested and would like to attend the event, please pick up a permission slip from IN ED (room 117) and return it to Sally
- ★ **Grads, this is your chance to have a say!** Be at the gym on Tuesday, May 5th during H block and choose your Valedictorian. Candidates will give a short speech and then you cast your vote. No reruns, no dress rehearsal -- this will be your one and only opportunity, so make it count!
- ★ **GRADS.... Please join us for Minuet Practice** every Mondays & Wednesdays in the MPR.
- ★ **For those that missed clothing orders,** our online store has been reopened.
<https://highlandsecondaryschool.itemorder.com/shop/home/>
- ★ **Ribfest Kids zone are in need of volunteers,** Ribfest runs 3 days in the end of August (Fri-Sun) and the positions available are monitoring the bouncy castles in the kids' zone. For more information see Tracey in the Careers office.
- ★ **The Comox Valley Volleyball Camp is July 6th-9th this summer.** Please contact Brian at bdstevens@hotmail.com for more information.
- ★ **Buy your prom tickets before they become \$50 each on Friday!** [Contact Joanne or Daisy for details.](#) They are currently \$40 for 1 or \$70 for 2. Hope to see you on [June 5th.](#) [Contact Joanne or Daisy for details.](#)
- ★ **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.
- ★ **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.

WORK EXPERIENCE

- ★ **Shoe Co. is in need of one or two part-timers!** The wage is \$17.85/hr to start, which increases to basic minimum wage June 1. We offer a 30% discount on shoes to employees. Anyone over 16 years old is welcome to apply. Take a resume in to meet with the manager or assistant manager.
- ★ **SD 83 Careers and the Canadian Association of Medical Radiation Technologist -BC-** (CAMRT-BC) is offering a virtual info session on May 14th 12:540 to 2:05 pm. If you or your class would like to attend this virtual event please see Tracey in the Careers office for the link or register here:https://us06web.zoom.us/webinar/register/WN_a35Hz3KLQTi2kCkOdWpMmA
- ★ **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	