


May 6, 2026
FRIDAY WILL BE A DAY 1 A B C D FLEX
NEW

- ★ **Congratulations to the senior boy's rugby team for finishing fourth in the North Island** and are heading to Islands on Monday. The only AA school that qualified. All others are AAA.
- ★ **Mental Health Awareness Week:** Come **connect** outside today over a game of chess or cards or playing pass with frisbees, volleyballs, soccer balls and footballs. Enjoy the music and get **free popcorn** by the back door!
- ★ **All students going on the Healthcare Exploratory Field Trip - please meet in the front foyer at 12:30. Please do not be late!**
- ★ **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!**
- ★ **Are you interested in seeing your vice principals suffer?** Then come on down to the front foyer Thursday at lunch for the Tape a Teacher Event! Every 2 dollars gets you one piece of tape to tape your vice principal to the wall. When lunch is over the chairs they are standing on will be removed and the winner is the one who sticks to the wall. Come support your house and VP! Proceeds go to Student Government
- ★ **MORE audition packets for peter pan goes wrong and the musical** have been printed~ COME and GET'em~
- ★ **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 of TODAY at lunch & every Wednesday. We have many projects planned for this spring gardening season. New and returning gardeners are invited to join us.

OLD NEWS

- ★ **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!!
- ★ **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.... 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.

WORK EXPERIENCE

- ★ **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.
- ★ **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	