


May 8, 2026
FRIDAY May 15 PRO-D ** NO SCHOOL**
NEW

- ★ **HEAT members** - there will be a short meeting at the beginning of Flex to discuss upcoming dates and events. Please attend if you can.
- ★ **Badminton team** - meet in the foyer today at 2:45 for our away game at Vanier.
- ★ **Mental Health Awareness Week:** Today is **Friday Fun with Free Freezies Day!** Borrow a frisbee or ball, chess board or card game at the back of the school at lunch. Or show off your dance moves by the speaker! **Please return all equipment by the bell!**
- ★ **Audition information and packages for PETER PAN GOES WRONG** are now ready in the DRAMA ROOM. Auditions will be held on Friday May 22 in FLEX BLOCK 😊 **This is our festival entry into next year's competition.**
- ★ **Indigenous Grads-** Please RSVP by end of the day **today**. 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.
- ★ **As we have marked May as Mastery Month, we continue 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!!

OLD NEWS

- ★ **Congratulations to Finn Helberg, Matous Karas, and Franciska Schnieder for placing first, second, and third, at the British Columbia Senior secondary school's math contest finals, north island division!!**
- ★ **GRADS....** IF you received a bursary invitation. Please come to the office to **RSVP** asap.
- ★ **Congratulations to Finn Helberg, Matous Karas, and Franciska Schnieder for placing first, second, and third, at the British Columbia Senior secondary school's math contest finals, north island division!!**
- ★ **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.
- ★ **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>
- ★ **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.

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.

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| 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

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| 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

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| 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 | |