



June 3, 2026	FRIDAY is Day 4 HGFE FLEX
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NEW

- ★ **Could all the music program bass players** please come to the band room at the start of lunch today.
- ★ **Do you have a green thumb? Come join the Highland Garden Club!** Meet in the garden at the beginning at lunch **TODAY**. We have many projects planned for this spring gardening season. New and returning gardeners are invited to join us.
- ★ **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.
- ★ **SIGN UP CONTINUES for next year's musical:** If you need help figuring out how to audition, please see Mrs. Williams 😊.....Actors and Stage management for **Peter Pan Goes Wrong... first** read through is **this Friday in Flex**.

OLD NEWS

- ★ **The Comox Valley Volleyball Camp is running July 6th-9th this summer.** Please contact Brian at bdstevens@hotmail.com for more information.
- ★ **Reminder to Junior Girls Soccer** players to return all jerseys, shorts, and socks to Mr. Hale asap.
- ★ **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

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	