



June 5, 2026 | **FRIDAY is Day 4 HGFE FLEX**

NEW

- ★ **We would like to invite the Indigenous grads** to come to the indigenous room on Tuesday (June 9) between 11:15am-11:45am for a special treat and a gift we have for you.
- ★ **Alzheimer Society of BC is looking for ongoing volunteers** to help organize and run their events. If you are interested in helping this cause while gaining volunteer hours towards your grad hours, please see poster on the volunteer board in the career's office.
- ★ **Actors and Stage management....** first read through for **Peter Pan Goes Wrong...** is Today in Flex.
- ★ **The following students need to return their singlet to Ms. Meredith ASAP!** Morgan Tracey, Nixon Cubbit, Martha Yalovenchyk, Gabriel Vahey, Kai Rasmussen, Vadym Gorelkina, Molly Van Zanden, Caylin Schneider, Lucas Bieber, Jordan Gilroy, Connor Juby, Kaden Juby, and Franziska Schneider.

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

- ★ **Comox Valley Lions Club Bingo's would love a couple of students** on Friday nights from 4:30 to 11:00 pm to volunteer at Bingo. Our positions are floor and canteen workers... potentially the canteen folks can leave a bit earlier, but floor staff will need to stay to help clean up. Any students willing to give up a Friday night please have them come down to chat with Lori or May any Friday afternoon we are usually available to answer any questions they may have. We are located at 1729C Comox Avenue in Comox. We are under the museum.
- ★ **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

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	