



FRIDAY FAMILY MEMO

DATE: OCTOBER 16, 2026

TO: HIGHLAND SECONDARY SCHOOL STUDENTS AND FAMILIES

FROM: [LAURA ROBERTS](#), [WAYNE KUHNERT](#), AND [DAVID MILLER](#)

WEEK AT A GLANCE

MONDAY, OCT 19 DAY 1 ABCD	TUESDAY, OCT 20 DAY 2 GHEF	WEDNESDAY, OCT 21 DAY 3 BADC	THURSDAY, OCT 22 DAY 4 HGFE	FRIDAY, OCT 23
♥3:30 Cross Country practice ♥3:30-5pm Jr Girls/Sr Girls Volleyball practice ♥5-7pm Gr 9 Girls/Jr Boys Volleyball practice ♥7-9pm Sr Boys Volleyball practice ♥7pm PAC meeting (Library)	♥3:30-5pm Gr 8 Girls & Boys Volleyball practice	♥Photo re-takes (AM) ♥3:30-5 Sr Boys Volleyball practice ♥7-9 pm Sr Girls Volleyball practice	♥3:30-5pm Gr 9 Girls Volleyball practice ♥5-7pm Jr Boys Volleyball practice ♥7-8:30am & 3:30-5pm Jr Girls Volleyball practice	♥Pro-D day (no classes) ♥Sr Boys Volleyball tournament @ Highland—Oct 23 & 24
		CONSENT WEEK		

MONDAY, OCT 26 Day 1 ABCD	TUESDAY, OCT 27 DAY 2 GHEF	WEDNESDAY, OCT 28 DAY 3 BADC	THURSDAY, OCT 29 DAY 4 HGFE	FRIDAY, OCT 30 DAY 4 HGFE
♥3:30 Cross Country practice ♥3:30-5pm Jr Girls/Sr Girls Volleyball practice ♥5-7pm Gr 9 Girls/Jr Boys Volleyball practice ♥7-9pm Sr Boys Volleyball practice	♥3:30-5pm Gr 8 Girls & Boys Volleyball practice	♥Cross Country team to Island Championships ♥3:30-5 Sr Boys Volleyball practice ♥7-9 pm Sr Girls Volleyball practice	♥3:30-5pm Gr 9 Girls Volleyball practice ♥5-7pm Jr Boys Volleyball practice ♥7-8:30am & 3:30-5pm Jr Girls Volleyball practice	♥FLEX Day 4



HIGHLAND SECONDARY

750 Pritchard Road Comox, BC | V9M 3S8 T. 250.339.5525 | F. 250.339.0832 www.HIGHLANDSECONDARY.ca



Consent Awareness Week

Consent Week: Building Healthy, Respectful Relationships

Comox Valley Schools is recognizing Consent Awareness Week, an opportunity to promote respectful relationships, personal boundaries, safety and healthy interactions throughout our school communities.

The week is also part of the district's broader commitment to addressing gender-based violence and creating safe, inclusive and respectful learning environments. This work includes implementing recommendations from the Gender-Based Violence Committee and increasing awareness of the district's Gender-Based Violence and Sexual Misconduct Policy.

Families are encouraged to learn more about the district's work and available supports through the [Comox Valley Schools Gender-Based Violence webpage](#). Provincial information and resources are also available through the [B.C. government's ERASE Gender-Based Violence webpage](#).

Consent Awareness Week provides an opportunity for students, staff and families to continue conversations about respect, boundaries and safety, while ensuring people know where they can turn for information and support.

Understanding consent: FRIES

A helpful way to articulate consent is through FRIES: **Freely Given, Reversible, Informed, Enthusiastic and Specific**. This framework can help support conversations about consent, personal boundaries and respectful relationships.

For additional information and resources, please contact the school counselling department.

There will be an **extended Homeroom on Monday** to kick off Consent Awareness Week.

9:00 - 10:10 Block A

10:15 - 10:35 EXTENDED Homeroom

10:40 - 11:50 Block B

Afternoon will maintain the regular Monday schedule

Order your Highland Spirit Wear now thru October 25. Orders will be delivered to the school in early December.

[LINK HERE](#)

PAC News

Join us Monday, October 19th in the library at 7:00 for our next Parent Advisory Council (PAC) We will be discussing gaming grant applications and disbursing funds as well as having our annual election. If you have any questions before the meeting, please reach out - highlandsecondarypac@gmail.com.



Student Photos

If you did not receive your proof from the first photo day you can access the proof on the MyLifeTouch.ca website. If you have an account, you can login (or enter the site as a guest) and enter your child's student ID number to view their proof.

Retakes will be next **Wednesday, October 21** in the morning only.



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Grad Attire Program

The **Grad Attire program** offers all grade 12 students in Comox Valley Schools the opportunity to wear a gown or suit on graduation day without the financial burden of purchasing a brand-new outfit for their milestone event. Over the past six years this initiative has supported more than 700 students.



The Grad Attire program will operate out of Comox Valley Dodge at 278 North Island Highway (Old Canadian Tire building) on the following dates:

- Saturday, November 21st 10am-3:15pm
- Saturday, January 23rd 10am-3:15pm
- Saturday, March 6th 10am-3:15pm
- Saturday, April 17th 10am-3:15pm

You can book a fitting appointment using the [following link](#).

Important: You must book an appointment to get access to the Grad Attire fitting space. Do not show up and ask to see the space.

Thank you for helping make this program a success!

Learn more: <https://www.comoxvalleyschools.ca/grad-attire-program/>

**Have a wonderful
weekend!**

