



FRIDAY FAMILY MEMO

DATE: OCTOBER 9, 2026
 TO: HIGHLAND SECONDARY SCHOOL STUDENTS AND FAMILIES
 FROM: LAURA ROBERTS, WAYNE KUHNERT, AND DAVID MILLER

WEEK AT A GLANCE

MONDAY, OCT 12	TUESDAY, OCT 13 DAY 2 GHEF	WEDNESDAY, OCT 14 DAY 3 BADC	THURSDAY, OCT 15 DAY 4 HGFE	FRIDAY, OCT 16 DAY 1 ABCD
♥ Thanksgiving (school closed) 	♥ 3:30-5pm Gr 8 Girls & Boys Volleyball practice ♥ 5:30 Grad Parent meeting (Library)	♥ 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 1 (ABCD) ♥ 7-8:30am Sr Girls Volleyball practice
Parent/Teacher Communication Week—Oct 13-16				

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
CONSENT WEEK				



HIGHLAND SECONDARY

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

The Great Shakeout!!

Oct 15th is the Great Shakeout. We will be having an earthquake drill at 10:30am for Earthquake Awareness. Click on the link below to read more about how 60 million people world wide participate in the event!

<https://www.shakeoutbc.ca/>



Emergency Preparedness Reminders for all staff and families of Highland Secondary. Here is the link to the Comox Valley Schools Emergency Preparedness procedures and protocols:

<https://www.comoxvalleyschools.ca/emergency-preparedness/>

Parent/Teacher communication week

Parent/Teacher communication week replaces the parent Teacher interview day On November 19th (this day is for Elementary Schools only). School will be in session on November 19th.

Teachers will be contacting home, either through email or a phone call, of students who are not currently meeting the curricular/core competencies of a given course (Gr 8/9 Emerging/Developing, Gr 10-12 as a guide, below 60%).

As a parent you are welcome to contact the classroom teacher anytime to discuss your child's progress.

Staff emails are listed on the [school website](#) under the 'About Us' tab in the Staff Directory.



Work Experience

The Careers office is open Monday to Thursday (closed on Fridays). Please email Tracey if you would like to set up an appointment or pop in and we can book something.

tracey.mckinney@sd71.bc.ca

If you are interested in a career in the trades, and are in **grade 11**, please visit your Careers office today to get your application started. Seating is limited, North Island College is accepting applications get a jump start for your grade 12 year!

Offerings:

- Automotive Service Technician
- Heavy Duty Mechanic
- Welding
- Professional Cook Level 1
- Carpentry
- Plumbing
- Electrical

Also accepting applications for North Island College's Academic Dual Credit Program. See Tracey for more information.

WorkBC.ca Career Search Tool (CST)

The WorkBC Career Search Tool (CST), [Career Profiles](#) is an enhanced search tool. This page allows users to explore over 500 career profiles by occupational category and area interest.

WorkBC.ca is committed to supporting job seekers and career explorers as they navigate today's labour market. This change makes it easier for people to find information about the jobs and careers most relevant to their goals and interests

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

[LINK HERE](#)



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Message from Island Health

Screen Time: Key Points for Grades 8–12

Prioritize overall health: Aim for a healthy balance each day:

- 60 minutes of moderate to vigorous physical activity
- Several hours of light activity
- 8–10 hours of uninterrupted sleep
- No more than 2 hours of recreational screen time, excluding schoolwork

Create screen-free times: Put devices away during meals, family conversations, reading and at least one hour before bedtime. Keep bedrooms screen-free when possible.

Encourage meaningful screen use: Promote educational, creative and age-appropriate content. Talk regularly about what teens are watching, playing and posting.

Check in with your teen: Encourage them to notice how screen use affects their sleep, mood, well-being, focus and activities.

Model healthy habits: Teens learn from adults. Limit your own screen use and be present during family time.

Promote online safety: Discuss privacy, misinformation, appropriate sharing and unsafe online interactions. Encourage teens to speak with a trusted adult if something online makes them uncomfortable.

Watch for warning signs: Pay attention if screen use interferes with sleep, school, activities or mental health, or if your teen becomes consistently unhappy or confrontational without access to technology. Seek support from a healthcare provider if you are concerned.

Simple Steps for Parents

Create a family media plan together.

Explore technology and media with your teen.

Stay informed about the apps, social media and technology they use.

Turn off screens when they're not needed.

Establish consistent screen-free meals and bedtime routines.

For more information:

Canadian Pediatric Society— [Healthy Screen Use: Guidance for Parents](#)

Canadian Society for Exercise Physiology – [24-hour Movement Guidelines](#)

Foundry - [Screen Time](#)

Harvard Medical School - [Screen Time and the Brain](#)

Kelty Mental Health - [Keeping Tech in Check](#)

Bike and E-bike/scooter safety:

As we move into Fall and the mornings are not as bright we ask that you take some time to review bike and E-bike safety with your son/daughters.

Especially worrying is an increase in reports to the school office of students riding without helmets or riding too quickly and not obeying the traffic signs and signals.

Here are some resources that may help you with chatting with your youth at home!

Be safe out there!



Consent Awareness Week

Consent Week in Comox Valley Schools is an annual event dedicated to promoting a culture of respect, kindness, and open communication around the concept of consent, particularly within relationships and school environments. During this time, students and staff engage in age-appropriate discussions and activities to raise awareness about consent. More information to come.

Have a wonderful weekend!