



FRIDAY FAMILY MEMO

DATE: SEPTEMBER 25, 2026

TO: HIGHLAND SECONDARY SCHOOL STUDENTS AND FAMILIES

FROM: LAURA ROBERTS, WAYNE KUHNERT, AND DAVID MILLER

WEEK AT A GLANCE

MONDAY, SEPT 28 Day 1 ABCD	TUESDAY, SEPT 29 DAY 2 GHEF	WEDNESDAY, SEPT 30	THURSDAY, OCT 1 DAY 4 HGFE	FRIDAY, OCT 2 DAY 3 BADC
♥10:40 Gr 12 Careers/ Capstone assembly ♥Clubs Day at lunch in the halls ♥3:30 Cross Country practice ♥7pm PAC meeting (Library)	♥Orange Shirt Day ♥11:20—Extended homeroom for National Day for Truth and Reconciliation 	♥National Day for Truth and Reconciliation (school closed)	♥Cross Country team to Powell River ♥9-10:20 Gr 12 Post Secondary Fair (MPR)	♥FLEX DAY 3 (BADC) ♥9:00-Gr 9 assembly ♥9:30-Gr 10 assembly ♥10:05-Gr 11 assembly ♥11:10-Gr 8 assembly

MONDAY, OCT 5	TUESDAY, OCT 6 DAY 2 GHEF	WEDNESDAY, OCT 7 DAY 3 BADC	THURSDAY, OCT 8 DAY 4 HGFE	FRIDAY, OCT 9 DAY 3 BADC
♥Terry Fox Run ♥3:30 Cross Country practice	♥	♥	♥	♥FLEX DAY 3 (BADC)



Extended Homeroom for National Day for Truth and Reconciliation

Morning schedule for September 29:

G Block 9-10:00

H Block 10:00 - 11:17

Extended HR 11:20 - 11:50

Regular afternoon schedule.

As we approach National Day for Truth and Reconciliation on September 30, we pause to honour the children who never returned home, residential school Survivors, and their families and communities. September can be a difficult time for many Indigenous families and others whose lived experiences and family histories are connected to the legacy of residential schools. We encourage our school community to take time to listen, learn, reflect, and show support for the ongoing journey of reconciliation.

Families wishing to participate in community events are invited to join the Comox Valley Spirit Walk at 10:00 a.m. on September 30, beginning at Lewis Park in Courtenay. Wearing orange is a meaningful way to honour Survivors, their families, and all children impacted by the residential school system.

Clubs Day

Monday, September 28, during the lunch hour, representatives from clubs that will run at Highland will be situated around the Library Learning Commons. Please encourage your child to check out the different clubs that will be running this year.

Some examples are:

Model UN

Crochet Club

Creative Writing

Interact Club

District Wrestling Club

Dungeons & Dragons

Indigenous Education

Ping Pong Club

GO Boardgame Club



Gr 12 Post Secondary Fair-October 1

9:05 - 9:45 - Kerkhoff, Murray, Gregory

9:50 - 10:20 - Stevens, Beaulieu, any grade 12 who missed

This is an assignment as part of their Careers 12. If you are grade 11's in these classes, you are welcome to come and join, do the assignment and check off a Careers 12 assignment for next year.

PAC News



PAC stands for Parent Advisory Council. At the high school level there is less need for parent involvement in classrooms, so a PAC meeting is a great place to find out what is going on at the school. When new policy is being discussed at the school or board level, it is brought up at PAC meetings for discussion. If there is a particular topic of interest, a speaker can be brought in to a meeting. As a council we vote on how to spend funds given to us by BC Gaming. Joining us for a meeting is the easiest way to find out how to get involved. Every year we elect new Executives for positions like Chair, Vice Chair, Treasurer & Secretary as well as DPAC reps. If you would like more information about any of these positions, please feel free to email me at jenvaino@hotmail.com, I am the outgoing chair of the PAC. You can also take a look at our previous minutes found on the school website, under the "About us" tab click on Parent Advisory Council.

Our first meeting of the year is this Monday, September 28th at 7pm in the library. The purpose of this meeting is to meet newcomers, present last year's gaming budget, talk about the election (held in October) and discuss the guidelines for the gaming grant funds, funds will be allocated at the October meeting.

Hope to see you there.

Have a great weekend.



HIGHLAND SECONDARY

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Terry Fox Fundraising

Terry Fox run will be on Oct 5th:

Schedule

Block B: 9:00 – 9:55

Block A: 10:00 – 10:55

Homeroom (Terry Fox Run): 11:00 – 11:45

Please donate:

<https://schools.terryfox.ca/140081/team/85846>



Breakfast is also available to order! Items include yogurt, fresh baked muffins, egg bites, egg sandwiches, smoothies and more! Students can pick and choose what they like for only \$2.00.



Go to www.munchalunch.com Click 'Parents - Register Here'. Enter your details and click 'Create account' Click 'Add a school', filter town to 'Comox' and add Highland Secondary - Feeding Futures' Add your child(ren) to your account. Click 'Place order' and make your selections from the menu.

Follow the instructions all the way through until you see that your order has been submitted. You will receive a confirmation email upon completion.

If you require financial support, please select 'Pay Later' and email erin.malin@sd71.bc.ca, with your child(ren)'s name, you will then receive an email when your balance has been removed. If you wish to make a donation, there are options within the order system to add donations. Thank you!

Work Experience/Careers office

Tracey McKinney is Highland's Work Experience coordinator. Please drop by her office (in the Counselling Centre) Monday to Thursday between 8:00 am and 3:00 pm.

Opportunities that are available right now:

- ♥ Students 14 and older wishing to take Food Safe, we are offering our first course of the year on Nov 19, 2026. Registration is on a first come basis, please come pick up a form in the careers office. Cost is \$52 dollars
- ♥ Students 15 and older wishing to take First Aid, we are offering our first course of the year on Oct 27, 2026. Registration is on a first come basis, forms are in the careers office. Cost is \$60 dollars
- ♥ Any students wishing to volunteer through the Big Brothers/Big Sisters mentoring program, please come and see Tracey in the Careers office. This is a once-a-week time that you would go up to Brooklyn School and be matched with a little. This is a fantastic volunteering opportunity for your 30 hours and looks amazing on your resume. It's a fun time to make a big impact on a younger student. Playing, reading, playing games to name a few activities.
- ♥ Students wishing to start on their volunteer hours and or those maybe interested in the health care field it is that time again.... Providence Living at the View retirement home is looking for their fall volunteers. This will run from Oct to the end of Jan. Once a week you go and volunteer with an event or special activity. Application packages are in the careers office. Deadline is Oct 5th.

Have a wonderful weekend!