

September 11th, 2026



## **Welcome Mustangs to another exciting year at École Secondaire Highwood High School!**

It has been wonderful to welcome students back to our building and to see our hallways filled with energy, enthusiasm, and optimism. One of the highlights of September is reconnecting with students and hearing about their summer adventures, new jobs, accomplishments, and goals for the year ahead.

I am incredibly proud of the level of student involvement we are already seeing. Students are enthusiastically participating in our fall extracurricular programs, including Mustang Football, Volleyball, Golf, and Cross Country. It is inspiring to see so many students stepping outside their comfort zones, trying new activities, and building connections within our school community.

We are also experiencing tremendous interest in many of our student programs. A record number of students have auditioned for this year's theatre production, and our Student Matters leadership team has welcomed an unprecedented number of students eager to volunteer and make a positive difference in our school. In addition, our provincial award-winning Band program is preparing for another successful year as students come together for their annual fall Band Camp, focused on teamwork, collaboration, and musical excellence.

This fall marks a special milestone for me as I begin my tenth year at École Secondaire Highwood High School. It is an honor and privilege to serve as Principal and to work alongside such dedicated staff, supportive families, and outstanding students. Highwood has always been a special place, and I am proud to represent this incredible school community.

If the first two weeks of school are any indication, we are in for an exceptional year. I am excited to see what our students will accomplish both inside and outside the classroom, and I look forward to celebrating their successes along the way.

On behalf of our staff, I wish all of our students and families a fantastic 2026-2027 school year. Here's to a year filled with learning, growth, achievement, and unforgettable Mustang memories!

Go Mustangs!

**Carolyn Lenstra**



# Important Dates & Upcoming Events

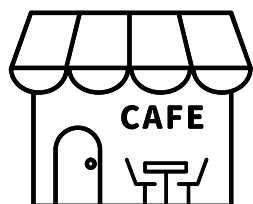
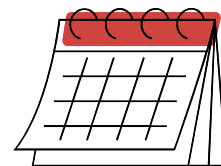
**September 15<sup>th</sup> - Meet the Teacher 5:30-6:30**

**September 18<sup>th</sup> - Non-instructional day NO SCHOOL**

**September 21<sup>st</sup> - Post Secondary Career Fair**

**September 21<sup>st</sup> - School Council AGM**

**September 30<sup>th</sup> - National Day for Truth & Reconciliation**



## Café Closure Reminder

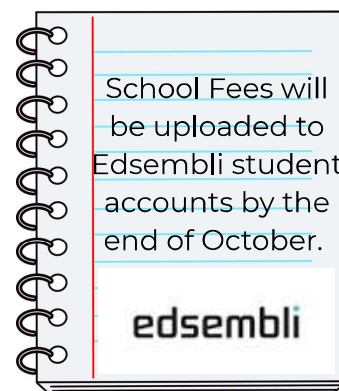
Please note that the school café is currently closed.

Students must either:

- Bring a lunch from home, or
- Purchase lunch off campus, unless they are registered participants in the school's lunch program



**2025-2026 Yearbooks  
are in the office!**



## Stay Connected with the New Foothills School Division App!

Foothills School Division has launched a new mobile app to help families stay informed and connected. Available free on iOS and Android, the app provides easy access to division and school news, important announcements, calendars, resources, and more.

Features include:

- Real-time notifications for events, closures, and announcements
- School calendar access
- Customizable updates from your selected schools
- Quick access to bus routes, school contacts, and learning resources

**Get started today: Download the Foothills School Division app from the App Store or Google Play and select your school(s) to receive personalized updates.**



Parent Council meetings will be held every third Monday of the month at 6:30pm in the Learning Commons at Highwood High School. Parents will receive an email regarding the upcoming meeting and information will also be posted on the main page of our website.

**2025-2026 School/Parent Council:**  
Chair: Ian Whitworth  
Vice Chair: Jenny Jones  
Treasurer: Tanya Franklin  
Secretary: Nicole Warin  
Fundraising Society Chair - Ian Whitworth

# Weekly Highlights & Upcoming Events



  
**SEPTEMBER 15**

  
**5:30-6:30 PM**

  
École Secondaire  
Highwood High School

**RCMP WILL BE ON SITE!**  
**Criminal Record Check Applications**  
for Volunteers & Coaches

The RCMP will be attending our Meet the Teacher Night to complete Criminal Record Check applications on-site. This will simplify the process and avoid the need for the office to write a letter for you to pick up and then drop off at the station.

**PLEASE BRING:**  
**2** separate pieces of government-issued ID

- ✓ Driver's licence
- ✓ Birth certificate
- ✓ Health care card
- ✓ Passport

**PROCESSING TIME:**  
Approximately **2 WEEKS**

 We encourage all prospective coaches and volunteers to take advantage of this opportunity.

*Thank you for helping support our students and school community! ♥*



Have Your Say at Our 2026 Annual General Meeting!  
Join CPF (Canadian Parents for French) Alberta & Northwest Territories for our 2026 Annual General Meeting on Saturday, October 24, in Canmore, Alberta.

[Click here to register](#)

 **honens** PIANO | FESTIVAL | COMPETITION

# HONENS OPEN AIR<sup>2026</sup>

IN GEORGE LANE MEMORIAL PARK

 **SUNDAY 13 SEPTEMBER, 2:00 PM**  
**FREE ADMISSION**  
**HONENS.COM**



**HONENS** **HONENS**

PRESENTED IN PARTNERSHIP WITH **GIFT OF MUSIC**



ELAA Post Secondary Fair will be set up in the gymnasium, the morning of Monday, September 21st.

# Teacher Feature of the Month



**Name :** Miss Anderson

**Classes teaching :** I teach Physical Education and Sports Science, and I'm also the Athletic Director.

**What should you know about me**

Outside of school, I love being active and spending time with friends and family. I had the chance to travel around Asia last summer, which was an incredible experience and something I would highly recommend if you ever get the opportunity to travel. I love playing slo-pitch, going to rodeos in the summer, and pretty much anything competitive—especially backyard games or a good game of cards! You can also probably find me cheering on the Calgary Flames or Blue Jays, and when it comes to food, lasagna and prime rib are two of my favourites.

**What is one piece of advice you would give to ESHHS students this school year?**

Work hard and put your best foot forward, even on the days when it's tough, you never know where that effort or who you meet might lead. Be kind to people, build genuine relationships, and don't be afraid to put yourself out there; you never know who might become an important connection down the road. Most importantly, be unapologetically yourself and enjoy the experience, high school is just one chapter of a much bigger story. Try to leave people with a positive impression of you, because you never know when your paths might cross again.



**Name :** Mme Beirnes

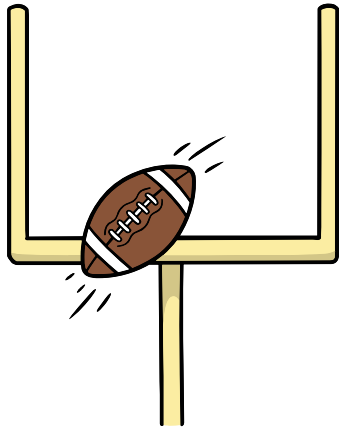
**Classes teaching :** French Immersion SS 9/10/11/12

**What should you know about me:** I've been teaching with Foothills School Division for ten years, primarily taking on short-term contracts that allow me to pursue my passion for travel and exploring new places around the world. I'm pleased to be joining the team at Highwood for the start of this school year. When I'm not teaching, I love swimming, hiking, and spending time outdoors with my golden retriever, Tessa. Artistic swimming is one of my favourite sports, and I've been fortunate enough to compete at the World Masters level. My adventures at home and abroad have taught me to stay curious, embrace challenges, and keep learning.

**What is one piece of advice you would give to ESHHS students this school year?**

Stay curious. Ask questions, try new things, and remember that making mistakes is often an important part of learning and growing.

# Athletics



## Football

Highwood Mustangs have played 2 games and their next game is next Thursday. Come show your Mustang spirit!

September 17<sup>th</sup> Vs. Red Deer- Highwood High -4pm

September 24<sup>th</sup> Vs. FCHS-Highwood High -4pm

October 2<sup>nd</sup> Vs. Canmore- Highwood High -4pm



## Cross Country

Sign up sheets available! Please stop by to get a form from Ms. Siggelkow to sign up to run in the Cross Country races



## Volleyball

Sr. Girls are in a tournament at Willow Creek Composite High School in Claresholm first game at 3pm Friday, Sept 11th.



## Golf

Zones will be held at the Delacour Golf Course, Monday Sept 21<sup>st</sup>. Should students qualify for Provincials, they will be held in Edmonton on Sept. 28 & 29th.

### Band Updates

SABC Band Camp Parent Meeting September 15 6:30pm (after Open House)

SABC Band Camp Sept.21-23

Fall Concert, Oct. 20th 7pm gymnasium

Alberta Music Conference presentation, Oct. 24 (Sr. Band, time tbc)

School Remembrance service, Nov. 6

Town of High River Remembrance (senior band) Nov. 11

Winter Concert, Dec. 14, 7pm

**A reminder that band instrument rental, course, and retreat fees have been added to student accounts and are now due. We appreciate your prompt payment.**



, Highwood High School is offering a Food and Culture Tour to Italy this coming Spring 2027 for grades 10-12. The trip is filled with many amazing learning experiences for students including stops in Venice, Florence, and Rome. If you are interested in signing up or receiving more information please contact Pamela Kearsey at [kearseyp@fsd38.ab.ca](mailto:kearseyp@fsd38.ab.ca) or Amanda Caporicci-Urovitch at [caporicci-urovitcha@fsd38.ab.ca](mailto:caporicci-urovitcha@fsd38.ab.ca)

**Applications Open**

[fesprogram.ca](http://fesprogram.ca)

Christ The Redeemer CATHOLIC SCHOOLS

foothills

**OPEN HOUSE**

Wednesday September 23rd

6:30pm  
High River Fire Hall

Applications will be accepted until noon  
on Monday September 28th

Christ The Redeemer CATHOLIC SCHOOLS

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