

September 25th, 2026



Important Dates & Upcoming Events

September 25th - Terry Fox Run

September 29th - Orange Shirt Day

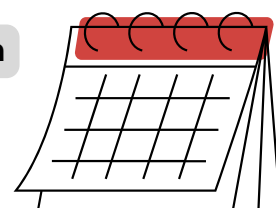
September 30th - No School, National Day for Truth & Reconciliation

October 1st - Grad Meeting @ 5:30pm for graduates and families in the gym

October 12th - No School, Thanksgiving

October 19th - No School, Divisional Learning Day

October 22nd - Photo Re-takes (only for those who were absent)



Highwood High School Parent & School Council Needs Your Help!

AGM minutes: School Council AGM Minutes - Sept 21st

Highwood High School is currently seeking parent volunteers to fill several important vacancies on our School/Parent Council and Fundraising Society Board.

We are specifically looking for individuals interested in the following positions:

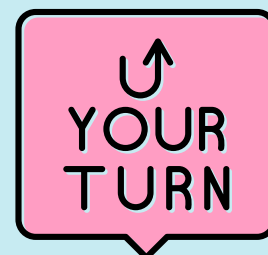
- Chair
- Treasurer
- Fundraising Society Chair

School Council provides parents and guardians with an opportunity to have a voice in important discussions and decisions that impact our students and school.

The commitment is minimal, with approximately seven meetings between now and the end of the 2026-27 school year. Whether you have previous experience or are simply interested in supporting our school, we encourage you to get involved.

By joining the Council, you can:

- Help shape decisions that affect our school community
- Support student programs and initiatives
- Contribute to fundraising efforts that enhance learning opportunities
- Connect with other parents, staff, and school administration



2026-2027 NEW School/Parent Council Members:

Chair: TBD

Vice Chair: **Angela Koster**

Treasurer: TBD

Secretary: **Trish Derakhshan**

Fundraising Society Chair - TBD

Weekly Highlights & Upcoming Events

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.

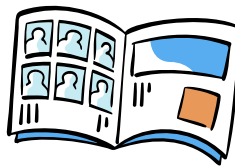
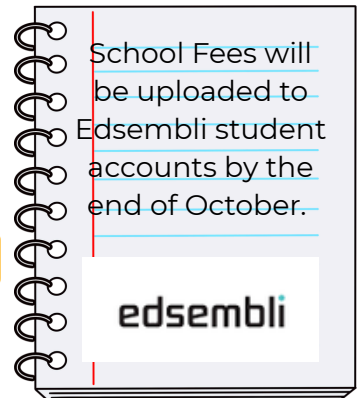
Get started today: Download the Foothills School Division app from the App Store or Google Play and select your school(s) to receive personalized updates.



In the news:
Fall Career Fair
[Click here](#)



We are actively collecting donations for the Terry Fox Foundation with a goal of at least \$1500. Please click on the link to donate. [Terry Fox Donations](#)



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



Please call the office for assistance
403-652-5500

Annual Verification Forms are now due!

Annual Student Verification Forms are now available and must be completed for every student each year, regardless of whether your information has changed.

Please complete your child's verification form by October 15th. For additional information on Verification Forms and Legislative changes please click [Information for Families](#)

Weekly Highlights & Upcoming Events



Attendance

Did you know that missing just 10% of the school year, approximately 18 days, is considered chronic absenteeism? Frequent absences can have a significant impact on student success, leading to learning gaps, difficulty keeping up with coursework, and, in some cases, course failure.

If your child is too ill to attend school, please report their absence by calling 403-652-5500 and selecting Option 1, or by emailing HHSAttendance@fsd38.ab.ca.

While recovering at home, students may be able to access classroom materials online or obtain notes from a classmate. Upon their return, we encourage students to connect with their teachers as soon as possible to review missed learning and develop a plan to catch up. Please remember that absences do not excuse students from completing class assignments; all missed work remains their responsibility.

Together, we can help ensure students stay engaged, supported, and on track for success. Thank you for partnering with teachers to teach your child accountability and that their presence matters.

TYKTWD - Grade 9s - Wednesday, November 4

Purpose: An annual career exploration event where students spend the day experiencing a workplace with a parent, relative, friend, or volunteer to connect school, work, and future career paths.

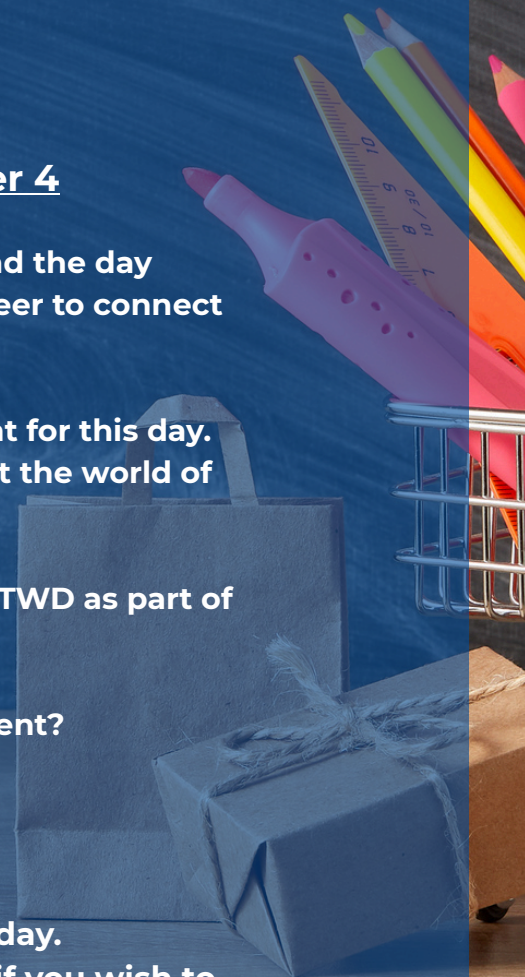
Expectation: ALL Highwood Grade 9 students will find a placement for this day. Please help your child find a suitable place for them to learn about the world of work.

Grade 9s will be working with the information they gain from TYKTWD as part of the new Career Exploration and Financial Literacy curriculum.

Questions? Know of a work site that can take more than one student?
Contact Mrs. Derakhshan: DerakhshanP@FSD38.ab.ca

Grade 9 Immunization Forms

Grade 9 students received their immunization consent form today. Please return the signed form to school on Monday indicating if you wish to have your child immunized on Tuesday, December 8th.



Teacher Feature of the Month



Name: Mr. Bennett, Though some students call me Mr. Beast from when I was guest teaching, you can call me either.

Classes teaching: English and Social Studies - This semester I am teaching Social Studies 9, Social Studies 30-2, English Language Arts 30-2, and English 10-2!

What should you know about me: I am new to FSD! Having joined after Spring Break last year, I worked as a substitute teacher until the start of this school year. This is my first year teaching at the high school level, and have previously taught in elementary schools across Western Canada. When I'm not teaching, you can usually find me at the gym, exploring local nature trails, or spending time with my cat, Marshmallow (also affectionately known as Mayonnaise!). I am also excited to serve as the sponsor teacher for the Junior Boys Volleyball team.

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

There is a lot of things I can advise, but my three big takeaways are this: Stay inquisitive and informed, because asking questions never goes out of style; Stay focused and on top of your subjects, because nobody needs the stress of having to do things last minute; and please remember that nobody can do a better job of being you than you, so please keep on being your awesome selves.



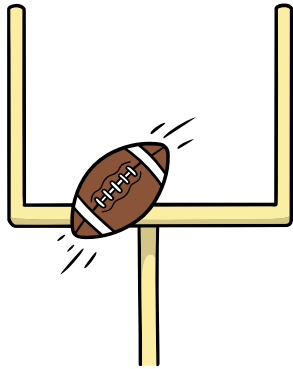
Name : Ms. Hill

Classes teaching : English Language Arts 9-12

What should you know about me: When I am not teaching, you can usually find me hiking a mountain at 4am to catch the sunrise at the top. I really enjoy board games, writing, and reading, of course! My favorite series is The Hunger Games. I am looking forward to the new film coming out in November. I also love playing music, I taught beginner violin for almost a decade which sparked my passion for teaching. I also play the ukulele and drums!

What is one piece of advice you would give to Highwood students this school year? Always embrace curiosity. Try things you have never done before, meet new people, and push yourself out of your comfort zone. Approach life with an open mind and be willing to learn. Set goals and use this time to challenge yourself. This is only the beginning, and you don't need to have it all figured out right now. Enjoy each day as it comes and make memories while you're at it!

Athletics



Football

Highwood Mustangs have 1 final home game left
Come show your Mustang spirit!

October 2nd Vs. Canmore- Highwood High -4pm

Cross Country



A group of Highwood grade 9 & 10 students will be competing in Cross Country Divisionals at Oilfields on
October 1st

Volleyball



Congratulations to the Junior Girls team who won their tournament in Oilfields this past weekend!

Upcoming Games:

Wednesday Sept 23 - JVG vs NDC at 5:30pm

Wednesday Sept 23 - SVG vs BCS at 7pm

Thursday Sept 24 - SVB vs OHS and NDC at 5:30pm

Monday Sept 28 - JVG vs STS at 6pm

Tuesday Sept 29 - JVB vs HTA and STS at 5:30pm

Golf



Highwood Golfers Shine at Zones!

Congratulations to Bauer Foulkes, Reid Tanner, Jaxon Hughes, and Harper Rommens, who proudly represented École Secondaire Highwood High School at the Zone Golf Championships on September 21 at Delacour Golf Course. The team played exceptionally well and showcased outstanding sportsmanship throughout the tournament. A special congratulations to Bauer Foulkes, who shot an impressive 72 to earn a spot at the Alberta Provincial Golf Championships. We wish Bauer the best of luck as he continues his tournament season and competes against the province's top golfers.

Way to go, Highwood golfers!



Extracurricular

Band Updates

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 fees for Band Camp ONLY have been added to student accounts and are now PAST due. We appreciate your prompt payment.

International Trips



, 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 or Amanda Caporicci-Urovitch at caporicci-urovitcha@fsd38.ab.ca

Principal's Message

At École Secondaire Highwood High School, we believe that effective student citizenship is about demonstrating respect, responsibility, kindness, and pride in our school community. Positive citizenship means making choices that contribute to a safe, caring, and inclusive environment where everyone can learn and thrive. Students can demonstrate effective citizenship by:

- Treating others with respect and compassion.
- Contributing positively in the classroom and around the school.
- Taking responsibility for their actions and learning.
- Supporting school activities, teams, and events.
- Helping to create a safe and caring environment for all Mustangs.

An important part of being a positive citizen at Highwood is understanding and following the expectations outlined in our Student-Parent Handbook. We are pleased to share that an updated and improved version of the handbook is now available on our school website. We encourage all students and families to review it together as we continue working together to support a positive learning environment.

Thank you for helping make Highwood a great place to learn, grow, and belong.

It's a great day to be a Mustang! 🐎