

October 23rd, 2026



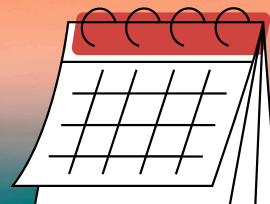
Important Dates & Upcoming Events

October 26th - Fundraising Society and School Council meeting

November 4th - Grade 9 Take Your Kid To Work Day

November 6th - Remembrance Day Ceremony- 10:30am in the gymnasium

Nov 9th- 13th- No School (Fall Break)



Our Remembrance Day Ceremony will be held on Friday, November 6 in the school gymnasium. Community members are welcome to attend, with doors opening at 10:30 a.m.

As we prepare for this special event, we would like to honour the service and sacrifice of Canadian Armed Forces members who have connections to our school community. We are seeking photographs of past and present members of the Canadian Armed Forces from our staff, students, families, and community members. These photos will be included in a commemorative presentation during our Remembrance Day ceremony.

If you would like to share a photograph, please submit:

- A clear photo (digital or scanned preferred)
- The individual's name
- Their branch of service (if known)
- Their relationship to our school community (optional)

Please submit photos and the individual's name to Highwood@fsd38.ab.ca by November 4th. Thank you for helping us honour those who have served. Lest We Forget.

Plan to Attend!

2026-2027

Fundraising Society Meeting - Monday,
Oct 26 at 6:30 pm

School Council Meeting - Monday, Oct
26 at 7:00 pm

In the Learning Commons. Parents are
welcome and encouraged to attend.

School/Parent Council Members:

Chair: TBD

Vice Chair: Angela Koster

Treasurer: TBD

Secretary: Trish Derakhshan

Fundraising Society Chair - TBD

Weekly Highlights & Upcoming Events

October 22nd, 23rd & 24th, the Highwood Mustang Senior Varsity and Junior Varsity Girls Volleyball teams will travel to Calgary to compete in the annual "Dig Pink" Volleyball Tournament. This special event brings teams together to raise awareness and funds in support of breast cancer research and those impacted by the disease. We wish our Mustang athletes the very best as they proudly wear their pink Mustang volleyball shirts and represent Highwood with pride, teamwork, and sportsmanship while supporting this incredible cause. Go Mustangs! 💕🏐



**UNCLAIMED YEARBOOKS
WILL SOON BE PUT INTO
STORAGE. PLEASE COME
TO THE OFFICE TO
INQUIRE OR COLLECT
THEM**

YEARBOOK

Grad Fundraising 2027 update

**MOM'S
PANTRY**



Consider signing up for a committee to help make this celebration a success!
Mom's Pantry Fundraiser **CLICK BELOW:**

www.momspantry.ca

ORDER # 421016 & GROUP # 41239

Annual Verification Forms are Overdue!

1

We are in the process of compiling the names of students who do NOT have updated forms. We are still missing about 200. Please log into Edsembli and complete the RE-verification for current year only, in **Student Forms** at your EARLIEST convenience.

School Fees
have been
loaded.
CLICK
Below to
pay your
fees

edsembli

Please call the office for assistance
403-652-5500

The Salvation Army Foothills Christmas Hamper Registration

★ For anyone needing a little extra help this holiday season!
Food & Children Gift hampers available ★

Please come to The Salvation Army Church
117 2nd Ave. High River

No appointment required

Thursday, Nov 12 @ 10am-12pm & 1-3pm
Friday, Nov 13 @ 10am-1pm & 2-5pm & 6-8pm
Saturday, Nov 14 @ 10 am-1 pm & 2-5 pm
Monday, Nov 16 @ 6-8pm

PLEASE BRING ID FOR EVERYONE IN THE HOUSEHOLD

Please Call Tina at 403-603-8099 with any Questions
Check out our Website at salvationarmyfoothills.ca



Giving
Hope
Today



Weekly Highlights & Upcoming Events

TYKTWD - Grade 9s - Wednesday, November 4

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.

1. Find a placement for your child with you or another trusted adult.

2. Fill in the Permission Form on Edsembli,

Citing the event: TYKTWDay

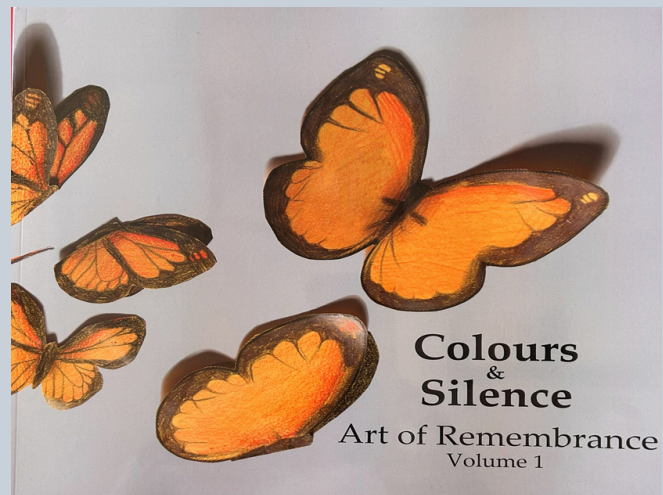
The date: Nov 4, 2026

The class: Grade 9

3. Ensure your child is prepared with any PPE they might need, that they are dressed appropriately for the work place, and that they have the question sheet from their Career Exploration and Financial Literacy Google Classroom to take with them.



Questions or need a placement? Please reach out to Mrs. Derakhshan: DerakhshanP@FSD38.ab.ca
Please let me know if you can accommodate an additional student at your place of employment.



Holocaust Studies 15/25 is off to an incredible start this year! On September 22, thanks in part to the support of the Calgary Jewish Federation, students had the privilege of meeting Holocaust survivor Ann Dancynger. Hearing Ann share her story of surviving in hiding alongside her mother brought a deeply personal dimension to our learning and helped students connect individual experience with the history they are studying.

We are also incredibly grateful to the Jewish Community Foundation of Calgary for a donation that allowed us to order 200 copies of our self-published Holocaust Studies book. Featuring student artwork from the program's first five years, the collection celebrates the thoughtful and creative ways students have responded to their study of the Holocaust. If you are interested in purchasing a book, they are available through the front office for \$36.00. All profits go directly back into the program!

Teacher Feature of the Month



Name : Ms. Anderson; Andy to a select few; soon-to-be Dr. Anderson!

Classes teaching : Holocaust Studies, English

What should you know about me: In the school, I am commonly known as the meanest nice teacher. Or the nicest mean teacher, depending on the day. I love teaching about the Holocaust and am always excited to talk about it. Outside of teaching, I am most likely to be found in, on, or around the mountains. I adore downhill skiing and have been doing it since I was seven years old. My favourite mountains are in my hometown of Jasper. I absolutely HATE female elk. I am almost done with my PhD in Holocaust and Genocide Studies. When possible, I love to travel!

What is one piece of advice you would give to ESHHS students this school year? Who you are today does not define who you will be tomorrow. Be open to new opportunities and be grateful to those who provide them. You have everything in you to be absolutely amazing. Remember to make legal choices in legal places!

Name : Miss. Rae

Student teacher to Ms. Anderson : English 10-1, 20-1 and helping with Highwood's production of Clue!

What should you know about me: I was born and raised in High River, and in my 5th year at the University of Lethbridge; this is my final practicum in my education degree! I have previously held practicums in grades 3, 4, 5, 8, and 11, specializing in English and Drama. When I'm not at school, you'll find me at a pro-wrestling show - from WWE to the local circuit; I love it all! I like to describe myself as a walking contradiction... I love horror movies and metal music, but also poetry, Paddington Bear, and the Jonas Brothers! I believe that as humans, we are a conglomeration of all the things we love, even if the mixture looks a little odd.

What is one piece of advice you would give to ESHHS students this school year? My biggest piece of advice for students is to remember that your mindset is everything. Treat challenges as opportunities, setbacks as a chance for growth, and remember that your high school experience is what you make it! Enjoy every day and make the most of your experiences. Or, more simply, make good choices and be good people!

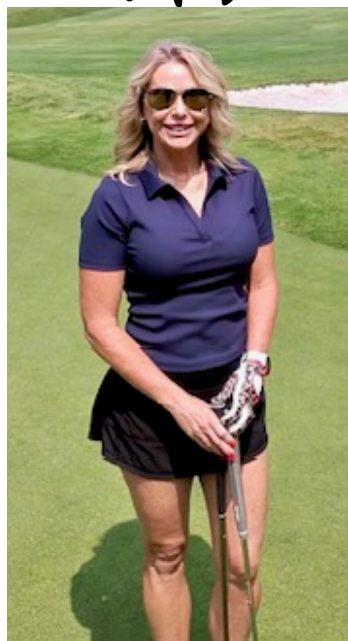
Teacher Feature of the Month

Name: Ms. Coffin

Classes teaching: Math (Grades 9 to 12)

What should you know about me: I have been teaching high school mathematics for 25 years (gasp!). Outside of the classroom, I love staying active by hiking, golfing, going to the gym and walking my dogs. I always enjoy a new challenge—I recently learned how to play Mahjong, and learning pickleball is the next item on my bucket list. A few random fun facts about me are that I grew up with a hockey rink right in my backyard (go Oilers), and for three years we ran a side business operating a food truck where our specialty was smoked brisket poutine. Because my husband works in Texas, I travel there a few times a year to escape the cold, play some year-round golf and watch ball games.

What is one piece of advice you would give to ESHHS students this school year? If I could give you just one piece of advice for this school year, it is to get involved in a sport, a team, or a club. ESHHS has so much to offer you, from Theatre and Student Matters to incredible clubs and even life-changing travel opportunities to France, Eastern Europe and Italy. So, make the most of your time here!



Name: Mr. Boake

Student teacher to Mrs. Coffin: Math 9 & 20-2

What should you know about me: This is my first year teaching, unless you count my practicum placements last year! Outside of school, I enjoy fishing, hiking, and restoring old cars and trucks. My favorite food is pizza, and my favorite subject is math. In addition to teaching, I coach football, and before entering education, I worked for several years as a Mechanical Engineering Technologist.

What is one piece of advice you would give to ESHHS students this school year? Keep showing up and giving your best every day. If things don't work out the way you hoped the first time, don't give up—try a different approach. There is always another path toward your goals, even if you can't see it yet. Success isn't about getting it right the first time; it's about having the courage to keep trying.

Volleyball



Senior Varsity Boys got 2nd in their tournament in Canmore this past weekend.

The Junior Varsity girls got 2nd in their tournament in Claresholm this past weekend.

Junior Varsity Boys put up a good fight in Oilfields this past weekend.

Grade 9 girls are off to George Freeman in Strathmore for a tournament this weekend.



Extracurricular

Band Updates

Alberta Music Conference presentation, Oct. 24 in Red Deer
School Remembrance service, Nov. 6 @ 10:30 in the gymnasium
Town of High River Remembrance (senior band) Nov. 11
Winter Concert, Dec. 14 @ 7pm



CENTRAL EUROPE 2026

WE'RE ALMOST READY FOR TAKEOFF!

The countdown is on!

On November 6, our Central Europe 2026 travellers will begin their journey to:

 **BERLIN** •  **PRAGUE** •  **KRAKOW** •  **BUDAPEST**

We are incredibly excited for the 24 students from Highwood and Oilfields to experience the history, culture, people, and places they have been preparing to encounter.



Looking for a tasty way to support local students? Purchase cheese through the Highwood's Italy Food and Culture Trip fundraiser! We are still accepting students for this amazing trip and you do not have to be in the Foods Program to participate!



Customer favourites include Onion & Parsley & Caramelized Onion.



Orders close November 23



Delivery to Highwood on December 9

[Click HERE to Order](#)

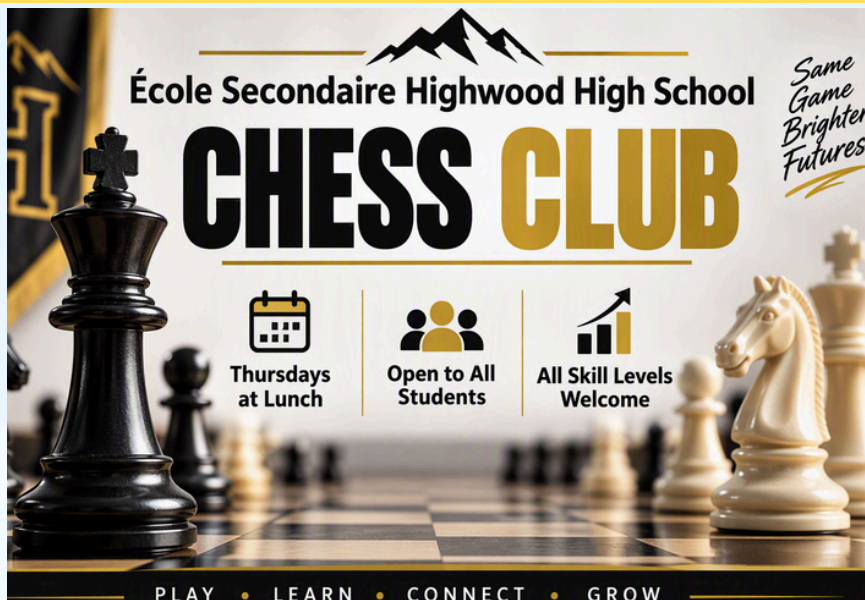



École Secondaire Highwood High School
CHESS CLUB
Same Game Brighter Futures


Thursdays
at Lunch


Open to All
Students


All Skill Levels
Welcome



PLAY • LEARN • CONNECT • GROW

Principal's Message

October has been a busy and exciting time at Highwood. Our classrooms, athletic teams, fine arts programs, and extracurricular activities continue to showcase the incredible talents and potential of our students. A tremendous thank you goes out to our Student Matters Team for the energy, creativity, and dedication they bring to making Highwood such a vibrant and connected school community. Their hard work is evident in the many opportunities they create for students, including the upcoming Club Fair, which encourages students to get involved, explore their interests, and build new connections. Exciting events are also planned for the weeks ahead, including a Spirit Week and our October 30 Pep Rally featuring a Halloween costume fashion show, staff vs. student volleyball game, and a teacher line dance. The teacher performance is especially meaningful as it celebrates our school community surpassing our goal of raising more than \$1,500 for the Terry Fox Foundation. Students can also look forward to the upcoming Culture Connections "Guess the staff pet contest", another fun opportunity to build connections and school spirit. Thank you to the Student Matters Team for helping create memorable experiences that foster belonging, engagement, and pride at Highwood.

Go Mustangs!
Carolyn Lenstra



Student Matters team at the first FSD Division Student Matters meeting at FCHS in early October.