

October 9th, 2026



Important Dates & Upcoming Events

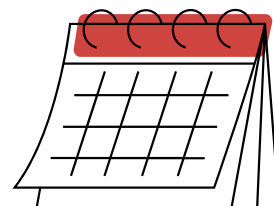
October 12th - No School, Thanksgiving

October 19th - No School, Divisional Learning Day

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

October 26th - Fundraising Society and School Council meeting

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



Principal's Message

As we head into the Thanksgiving long weekend, I would like to extend my warmest wishes to all Highwood students, staff, and families. Thanksgiving is a time to reflect on the people and experiences that enrich our lives, and I am incredibly grateful to be part of such a caring and supportive school community.

I am especially thankful for the outstanding staff who bring passion and dedication to their work each day, and for our amazing students who continue to demonstrate resilience, kindness, and school spirit. Together, you make Highwood a wonderful place to learn, grow, and belong. I hope everyone enjoys a safe, restful, and happy Thanksgiving weekend with family and friends.

Happy Thanksgiving!



Carolyn Lenstra



Please consider attending the next meeting **October 26th @ 6:30pm** in **Centre Court**

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

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! 💕🏐



Grad 2027 update

Please check your email for last week's agenda from the first planning meeting for the grad celebration. Consider signing up for a committee to help make this celebration a success! Thank you to those of you that have already signed up.

Email communication sign-up (celebration): Needed to receive updates and information for the grad celebration. Body Committee sign-up link: Body

There will be a student grad meeting happening at lunch time on October 21st. Students, stayed tuned to morning announcements for meeting location.

YEARBOOK

We still have a large amount of yearbooks in the office, please remind your child to come to the office for pick-up!



School Fees will be uploaded to Edsembli student accounts by the end of October.



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.

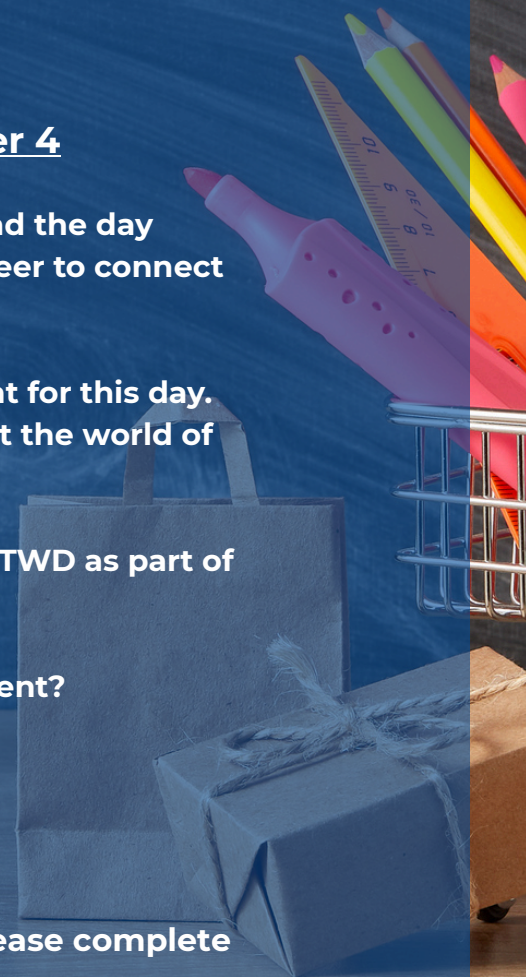
Grade 9s will be working with the information they gain from TYKTWD as part of the new Career Exploration and Financial Literacy curriculum.

Questions? Know of a work site that can take more than one student?

Contact Mrs. Derakhshan: DerakhshanP@FSD38.ab.ca

Grade 9 Immunization Forms

We are still missing about 60 forms from Grade 9 students. Please complete the form and send it back to the office on Tuesday, Oct 13th.



Teacher Feature of the Month



Name : Mrs. Keith

VICE PRINCIPAL

Classes teaching : I am the Vice Principal at Highwood with no official teaching classes, although I will be helping with the grade 9 CEFL course.

What should you know about me :

My family and I have just moved to the Foothills area. This is my first year as a VP in a high school. Before this job, I was a middle school math/science teacher and Vice Principal in Lethbridge. When I am not at work, I love running long distances, playing sports, being outside, reading, and spending time with my family. If I could survive on a diet of coffee, chicken wings, and candy - I totally would.

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

Join the team or club, take the class, talk to someone new, ask the question - even if you might not be great at it right away. High school is a pretty great place to figure out what you're good at, what matters to you, and who you want to be. Be kind, stay curious, and work hard. Go Mustangs!



Name: Mrs. Lenstra

PRINCIPAL

What do the kids call you?

Most students know me as Mrs. Lenstra, but call me Lenny.

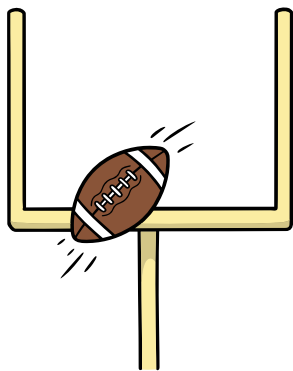
What should you know about me:

I have been an educator for 19 years and have spent the last 10 years at Highwood. I am passionate about athletics and love coaching volleyball and track & field. Outside of school, you'll usually find me cheering on my two children at their sporting events, spending time with my small dog, or enjoying my favorite foods, tacos and pizza!

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

Be coachable; in sports, in class, and in life. Embrace adversity, learn from challenges, and always treat people well.

Athletics



Football

Highwood Mustangs have added one 1 final home game

On Wednesday, October 14!

Come Cheer on our Mustangs

HHS Vs. Canmore @ Highwood High -4pm

Cross Country



Contratulations to all Cross Country Runners for their participation in South Central Zones @ Oilfields on Oct.

7th!

Volleyball



Volleyball teams results at the tournaments in Calgary on Oct2/3:

SV Boys came 4th

JV Boys came 5th

JV Girls came 2nd

SV girls came 5th

Grade 9 girls won against STS Oct 5th

Grade 9 girls host BCS Tuesday Oct 13 at 4pm

Grade 9 girls are away at RDL Wednesday Oct 14 at 4pm.



Golf



Congratulations to Bauer Foulkes on an outstanding finish at Provincials—11th out of 148 golfers! After five straight days of competition, including going straight from the Lethbridge tournament to Edmonton, Bauer delivered an incredible round today, climbing 11 spots from 22nd place yesterday.

What an exceptional achievement! He has also been invited to play in the MJT Nationals tournament in Florida over November break—well deserved.

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

IN THE NEWS: [Click Here!](#)



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

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

♟ École Secondaire Highwood High School Chess Club ♟

Our School's Chess Club is in full swing and open to all students interested in learning and playing chess. Whether your child is new to the game or already an experienced player, Chess Club provides a welcoming environment to develop strategic thinking, problem-solving skills, concentration, and sportsmanship while having fun with peers. The club meets most Thursdays at lunch, and students are welcome to attend regularly or drop in when they can. Students will quickly discover why chess remains one of the world's most popular and rewarding games.

♟ Every move is a chance to learn! ♟