



**Friday,  
March 1, 2019**

# BELL SCHEDULE

**FRIDAY**

**Block 1**

**8:00-9:12**

**Block 2**

**9:16-10:28**

**FLEX**

**10:28-10:57**

**Block 3**

**11:01-12:13**

**LUNCH**

**12:13-12:53**

**Block 4**

**12:57-2:09**

**Block 5**

**2:13-3:25**

# REMINDER TO STAFF + STUDENTS

***Next Thursday, March 7<sup>th</sup>* will be the **Parent-Teacher Conferences from 2:00 – 6:00 pm.****

**Please note the adjusted Bell Schedule.**

|         |               |        |
|---------|---------------|--------|
| Block 1 | 8:00 – 9:12   | 72 min |
| Block 2 | 9:16 – 10:06  | 50 min |
| Block 3 | 10:10 – 11:00 | 50 min |
| (Break) | 11:00 – 11:10 | 10 min |
| Block 4 | 11:15 – 12:05 | 50 min |
| Block 5 | 12:10 – 1:00  | 50 min |

## INTERNATIONAL STUDENTS RENEWALS

*International Students who are up for renewal:*

The **deadline** for International students to pay program fees for the 2019-2020 school year is this **Friday March 1, 2019**. Students are not guaranteed their place in school after this date.





# FIRST STEPS

preventive nutrition



WHEN: MA

WHERE: IN

WHY: TO HEL

COOKIES



# Grade 10 Students

- Any Grade 10 students who are new to the school this year and do not have a blog are invited to come to Flex in Room 213 either this week or next week in order to set one up with Mr. Aitken & Mr. Castonguay.
- Any Grade 10 students who worked with their blogs last year and have questions regarding what to do or any other issues are also welcome to come to Flex in 213.



# GIRLS

EXPLORING



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS



## DISCOVERY DAYS

**CALLING ALL GIRLS IN GRADES 8 TO 10!**

Please join Science Alive at Simon Fraser University's Burnaby Campus for Discovery Days to explore STEM fields and learn more about the different options available at the post-secondary level.

### When?

March 18 - Environment Day

March 20 - Earth Science Day

March 25 - Computing Day

March 29 - Engineering Day

### Where?

Simon Fraser University's Burnaby Campus

### Time?

10:15am to 2:00pm

### Cost?

\$10 for the first day and \$5 for any additional days, however, bursaries are available should cost be a barrier.

Visit [www.sciencealive.ca](http://www.sciencealive.ca) to register today!

SkillsFor Hope Foundation



Developing Skills Changing Lives

**SCIENCE ALIVE**  
curiosity · creativity · confidence



**W WEST**

Westcoast Women in Engineering,  
Science and Technology



# KODIAK WEAR

**LIMITED** quantities available at the office.  
These won't last long and you will NOT be able to order items  
**CASH ONLY**



Ladies Racerback Tank



Ladies Full-Zip Hoodie



Ladies Half-Zip Top



Ladies Shorts



Men's Jogger



Men's Long sleeve



Men's T-shirt



Men's Shorts



**FIRE RESCUE**

# **CAMP IGNITE**

**MENTORSHIP PROGRAM**

**AUGUST 8 - 11 2019**

**[www.campaignite.com](http://www.campaignite.com)**

Camp Ignite is a program that is organized and run by women in the BC Fire Service, and is an annual Firefighter Mentorship Program for **female students in Grade 11 & 12** (ages 16-18 years.) Each participant is provided with a four-day opportunity to learn about health and fitness, focus on team-building, challenge themselves, AND learn about the firefighting profession.

This year's Camp Ignite runs from August 8-11, 2019. It is a FREE PROGRAM! – there are no costs or barriers to participate, as it is paid for by sponsors and local Fire Departments.

- **Applications are available on the Career Centre website.** Each applicant must complete the application appropriate to their community and return it in the appropriate way for the community in which they live by the appropriate application deadline.

**Coquitlam Deadline May 27, 2019 to:**

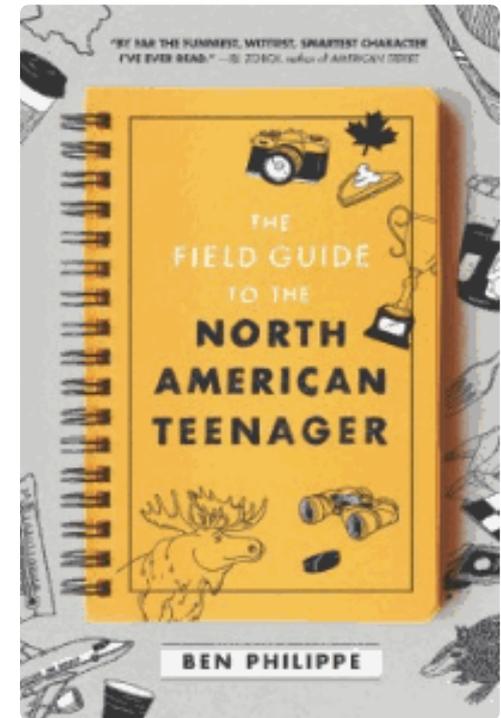
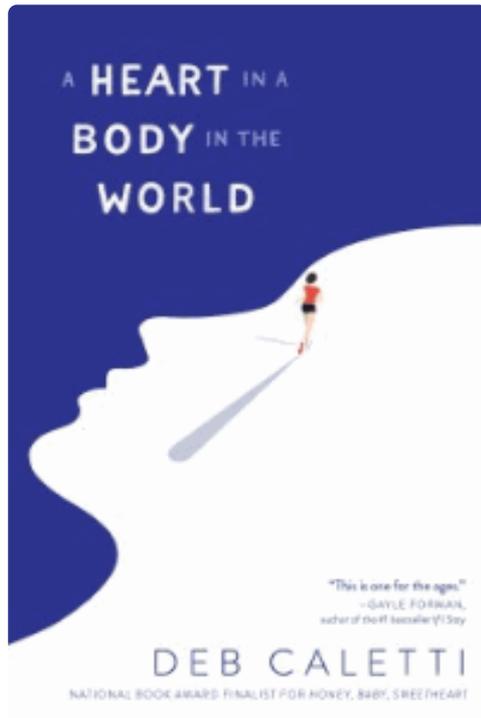
- *Coquitlam Fire/Rescue – Town Centre Fire Hall*
- **1300 Pinetree Way**
- *Coquitlam, BC, V3B 7S4*
- *Attn: Denise Ziebart, Fire Prevention Division*

**Port Moody Deadline June 01, 2019 to:**

- [Nhayton@portmoody.ca](mailto:Nhayton@portmoody.ca)

**Anmore/Belcarra deadline June 01 to:**

- [Jay.sharpe@anmore.com](mailto:Jay.sharpe@anmore.com)



# New Library Books



**Start your day in a relaxing way. Come  
to Room 231 Monday to Friday 8:30  
am – 9:15 am.  
Coffee! Tea! Food!  
Come listen to music and relax before  
class**

# KODIAK ATHLETICS

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# HWSS TRACK & FIELD



## Track and Field conditioning practices:

- **Wednesday's after school in the grand hall (beginning Wednesday March 6<sup>th</sup>)**
- **Please see Mr. Won and Ms. Ernst if you have any questions.**

# HWSS SR GIRLS SOCCER TRY-OUTS

Try-outs for the Senior Girls Soccer team will be on Tuesday, March 5 and Thursday, March 7 starting at 3:40 on the turf. Stay tuned for changes if the snow is still around, but all girls interested in the senior team should be ready for these dates next week. There may be dates added the following week (March 12 and 14) if needed.



# HWSS JR GIRLS SOCCER TRY- OUTS

Players interested in the Junior Girls Soccer team please plan on Tuesday, March 12 and Thursday, March 14 for tryouts starting at 3:40 on the turf.



# KODIAK CLUBS





# Heritage Woods Christian Club (HWCC)

Want to learn more about  
Christianity?

Join us Fridays at lunch in  
room 215

Everyone is Welcome!

Meet New People!

# Model United Nations Club

**Interested in improving your debating skills  
and learning about international issues?**

**Come to room 235 on Fridays  
@ lunch.**



**See Mr. Chaffee if you have any questions.**

**MAR 5TH**

**FREE Admission**

**4PM - HWSS Theatre**

**HWSS  
ANIMATION**

Animation Club is  
hosting this event.

**HOW TO TRAIN YOUR  
DRAGON**  
**No Food or Drinks**

# CAREER CENTER



# Simon Fraser University



WE ARE  
**HIRING**



STAFF & VOLUNTEERS  
**APPLY** > [camps.sfu.ca](http://camps.sfu.ca)



**SFU CAMPS**  
SINCE 1967

SFU Camps will be here at HWSS with a table in the Grand Hall on Monday March 04 at lunch. Come and discover the paid and volunteer opportunities available.

**SFU**

**SIMON FRASER UNIVERSITY**

ENGAGING THE WORLD



The upcoming sessions are as follows:

- March 25<sup>th</sup>, 1:00 pm-2:30 pm

Additional information about each session and registration to attend can be found at the following link:

[sauderundergraduateoffice.eventbrite.com](https://sauderundergraduateoffice.eventbrite.com).

Upcoming Spring BCom Information Sessions at the UBC Sauder School of Business.

These small gatherings provide a casual setting for prospective students in grades 8-12 to visit the UBC Vancouver campus, learn more about the BCom curriculum, tour UBC Sauder's teaching facilities, and hear from our incredible faculty. We encourage students to take advantage of this opportunity to explore their career possibilities in business.



The University of British Columbia is hosting [Archimedes Talks](#), a speaker series aimed at talented high school students in the Lower Mainland interested in mathematics and engineering. The goal is to provide promising students with an opportunity to explore different aspects of math and applied science in an engaging on-campus environment.

Registration includes three sessions (**January 19, February 9, March 2**) and every session includes two expert speakers, a tour of an interesting location on campus, and lunch. The full schedule and session information is available [online](#). Cost is \$15.00

## How to register:

Interested students need to be nominated by a teacher to participate. If you are a student who would like to attend, or a teacher who would like to nominate a student, complete this form:

<https://goo.gl/forms/xLnQo0berleCBLSu2>



# BCIT Pathway to Success Scholarships

**SD43 has 3 scholarships valued at \$3,000 each available for students applying to programs at BCIT. All programs qualify except apprenticeship programs.**

- **For more information and to access the application please visit the Career Centre webpage under Finances/Awards, Entrance (Post-Secondary sponsored)**
- **<http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx>**

**→ Completed applications must be submitted to Ms. Butler or Mrs. Martin no later than 3:30pm on April 1, 2019.**

# **Are you still working on your Waterloo AIF? Wondering what to say? What about Rotman supplemental? Or are you in grade 11 and thinking about where you will apply next year?**

- **In addition to providing students with an efficient way to find scholarships that they are eligible for, Scholar Tree wanted to give prospective students some valuable insight from students who have walked their path before. Thus, the [ScholarTree Blog](https://scholartree.ca/blog?utm_source=email&utm_medium=email&utm_campaign=school_outreach_0918)**  
[https://scholartree.ca/blog?utm\\_source=email&utm\\_medium=email&utm\\_campaign=school\\_outreach\\_0918](https://scholartree.ca/blog?utm_source=email&utm_medium=email&utm_campaign=school_outreach_0918)
- **The holiday break is the prime time when students decide which University/College they want to attend next year. That is why recently our blog has featured first-hand accounts from students of how they got accepted into some of the more selective programs like:**
  - **How to get into Western Ivey and Rotman Commerce**
  - **How to get into Waterloo Engineering**
  - **How to get into McMaster Health Sciences**
- **The link for this blog is also posted on the career centre webpage under post-secondary.**  
<http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/Post-secondary.aspx>

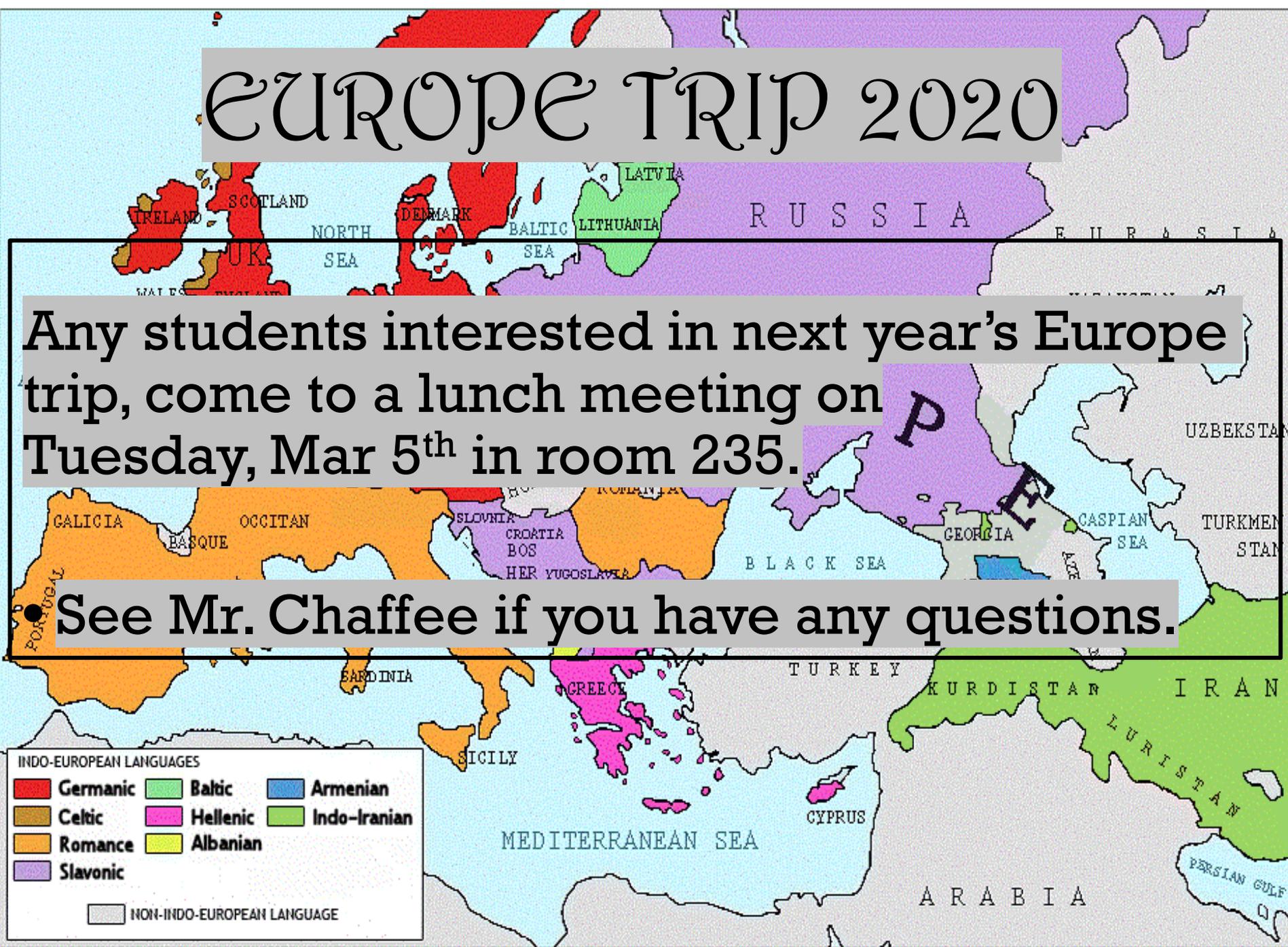
# REPEAT NOTICES



# EUROPE TRIP 2020

Any students interested in next year's Europe trip, come to a lunch meeting on Tuesday, Mar 5<sup>th</sup> in room 235.

• See Mr. Chaffee if you have any questions.

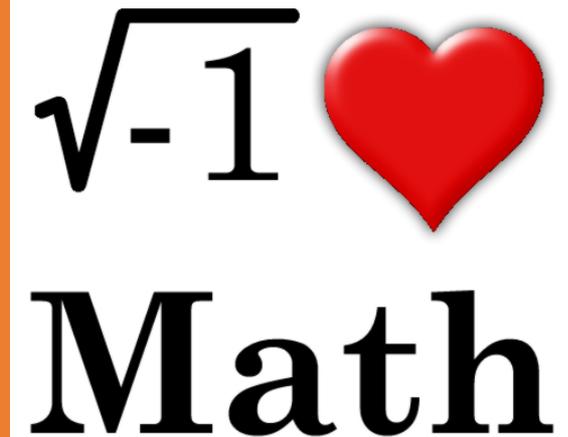


**Any students interested in writing the AP Calculus exam or AP Psychology exam, need to pay exam fees online or come to the office.**

- Deadline for payment \$135 is March 13th.**

# **EUCLID MATH CONTEST**

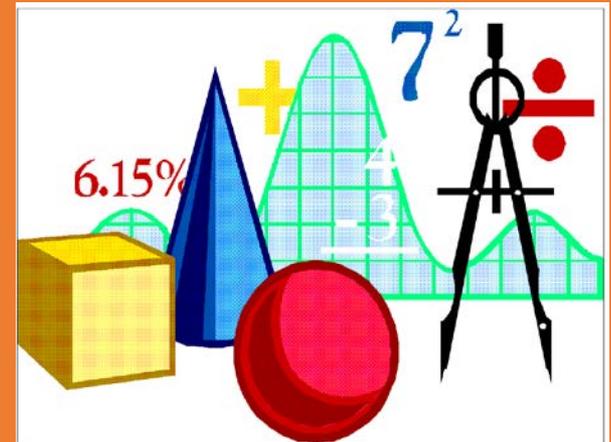
- **Please register for this prestigious and important Senior Math contest with Ms. Paisley in RM 232 or Ms. Wiebe in the Science office.**
- **Contest Date: April 3<sup>rd</sup>**
- **Registration deadline: March 15th**
- **Cost is \$18**



# FRYER, GALOIS & HYPATIA MATH CONTESTS

**Please register for these grade 9, 10 and 11 math contests with Ms. Paisley in RM 232 or Ms. Wiebe in the Science Office**

- **Contest Date: April 10<sup>th</sup>**
- **Registrations Deadline: March 15<sup>th</sup>**
- **Cost: \$12**
- **4 questions, 75 min**



## Making your summer plans yet?

### Think ... *Summer Learning!*



**Elementary:** July 9-26 9am-12pm

K to 1 Transition, Fine Arts, French Immersion, Integrated Studies, Montessori, Math, Reading & Writing, Coding (Info Tech), Science - Outdoor Focus: *Aspenwood, Bramblewood, Coquitlam River, Glen, Kilmer, Miller Park, Pinetree Way, Porter, Smiling Creek (New!). Registration starts April 26/19*

**Middle:** July 9-26 8:45am-11:45am

Art, Band, Creative Writing, Drama, Guitar, Home Ec/Culinary, Integrated Studies, Language Arts, Mathematics, Montessori, PE/Leadership, Coding (Info Tech), Science Grade 6/7 (Ecology/Outdoor Focus), Tech Ed: *Hillcrest, Kway, Scott Creek. Registration starts April 30/19*

**Secondary Skill Building:** July 9-26 8:30-11:30am & 12:00-3:00pm

English, English for School Success, Math, Band, Science, Fitness, Tech Ed, PE/Leadership: *Centennial, Gleneagle. Registration starts April 30/19*

**Secondary Remedial:** July 9-26 8:30-11:30am & 12:00-3:00pm

Grade 9/10 Math, English, Social Studies, Science. *Centennial. (Registration is by referral only, see your school counsellor for details).*

**Advanced (High School) Credit: Face-to-face & Online blended (Fast Track):**

July 3 - August 9 8:00-11:30am & 12:00-3:30pm

Gr 10, 11, and 12 courses in English, Mathematics & Sciences. EAL 10 & 11 courses, Career Life Education (Planning), Fitness & Conditioning 11/12, PE 10/11, Social Studies 10/11 *Centennial, Gleneagle. Registration starts May 3/19*

See our website for full info: [www.summerlearningcoquitlam.ca](http://www.summerlearningcoquitlam.ca)

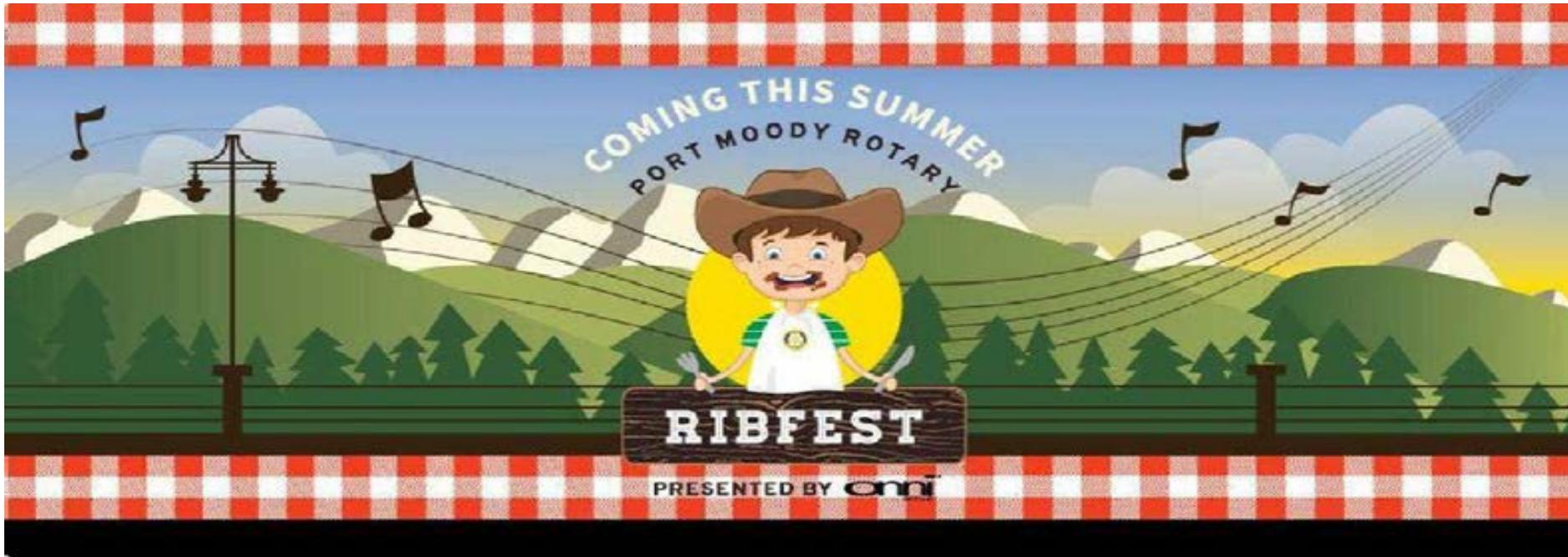
- ⇒ This summer all courses will align with the new BC revised curriculum
- ⇒ Tuition is free for BC residents (International fees apply otherwise)
- ⇒ All courses taught by BC Certified teachers
- ⇒ 14 school locations throughout the Tri Cities. *New site this year: Smiling Creek Elementary*
- ⇒ Opportunities for high school students to volunteer

Interested in writing the Physics CAP High School Prize Exam?

Sign-up with Mr. Khalili in room 304 during FLEX.

Contest Date: Tuesday April 9<sup>th</sup> 2019.





- The RIBFEST committee is now working on **PORT MOODY ROTARY RIBFEST 2019** and we would like to invite you to again be a part of this exciting event.
- This years dates are: **JULY 19, 20, & 21 2019.**
- We have our brand NEW **volunteer signup website open** and encourage you to sign up **now** so you can get the times and places you would like to work.
- Please click this link: Rotary RIBFEST Volunteer Signups and choose
- the blue SignUpGenius Sheet for the area you would like to work and
- register for your volunteer shifts.
- If you have any questions or concerns please contact Linda Balzer at: **604-341-4387.**