



**Thursday,
March 14, 2019**

BELL SCHEDULE

THURSDAY	FRIDAY
Block 1 8:00-9:12	Block 1 8:00-9:12
Block 2 9:16-10:28	Block 2 9:16-10:28
FLEX 10:28-10:57	FLEX 10:28-10:57
Block 3 11:01-12:13	Block 3 11:01-12:13
LUNCH 12:13-12:53	LUNCH 12:13-12:53
Block 4 12:57-2:09	Block 4 12:57-2:09
Block 5 2:13-3:25	Block 5 2:13-3:25

Don't forget to clean your lockers before leaving for Spring Break



#1 - Take home your dirty gym strip.

#2 - Any left over lunches, please place in the school compost.

Port Moody Banners . . .

All students who did the Banners with Mr. Ting from 2018 please come to room 214 to pick up your banners after school on Friday March 15th. Thank you.

OR e-mail Mr. Ting

wting@sd43.bc.ca



GRADE 10 STUDENTS:

If you signed up for *SCIENCE CO-OP next year*, check the list outside room 315 to confirm that you still want to take the program.

If you have any questions, see Mr. Baldus.



Ms. Wood's Textile Students from Semester 1:

**Please swing past the Home Ec office to pick up
your garments if they were in the art hallway
display cabinet.**



Lost & Found - if you recognize any of these items please come to the main office to identify/claim.



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ATTN: GR 12s

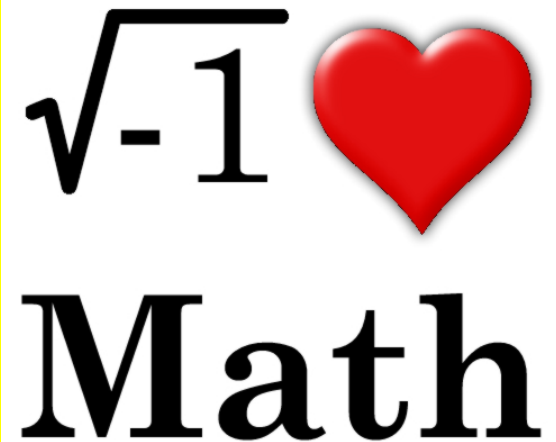


- **Dinner Dance tickets and After Grad tickets are available to purchase ONLINE starting Mar 1-Apr 15.**
- **Please pay all outstanding fees before buying your tickets.**



EUCLID MATH CONTEST

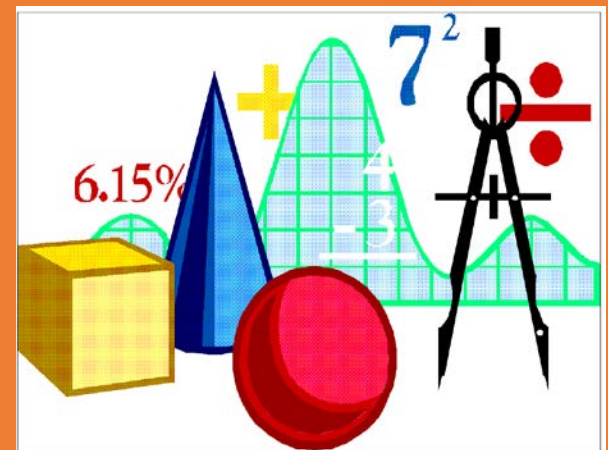
- **Please register for this prestigious and important Senior Math contest with Ms. Paisley in RM 232 or Ms. Wiebe in the Science office.**
- **Contest Date: April 3rd**
- **Registration deadline: March 15th**
- **Cost is \$18**



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 10th**
- **Registrations Deadline: March 15th**
- **Cost: \$12**
- **4 questions, 75 min**





\$2

ME TO WE

CUPCAKE SALE

Thursday, March 14th

@ Lunch in the Grandhall

**KWAP IS
COLLECTING
NEW AND
GENTLY USED
SHOES!**

**PUT YOUR SHOES
IN THE BOX
RIGHT IN FRONT
OF THE OFFICE!**



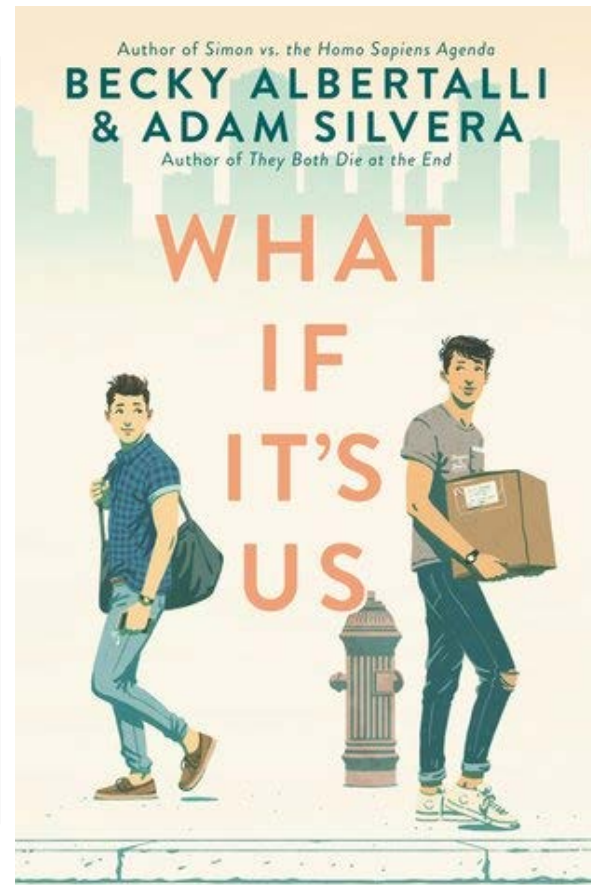
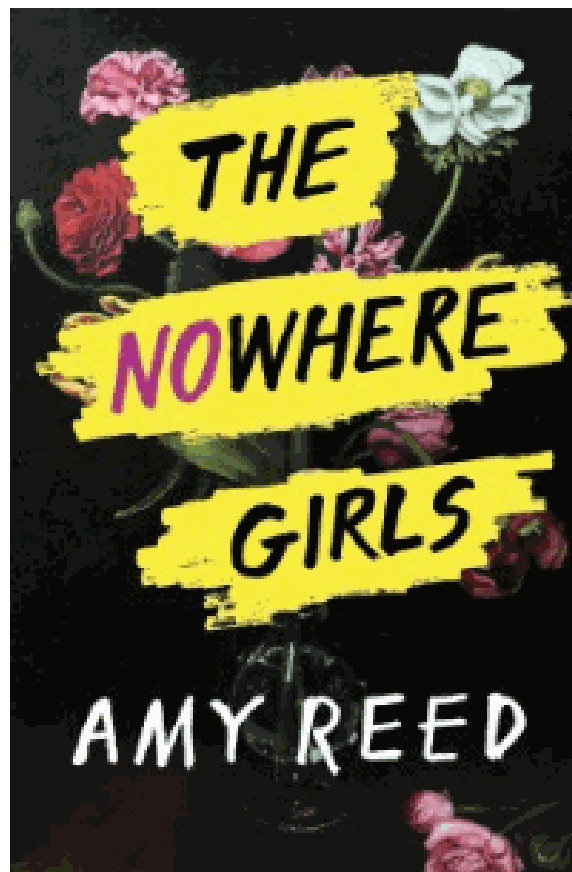
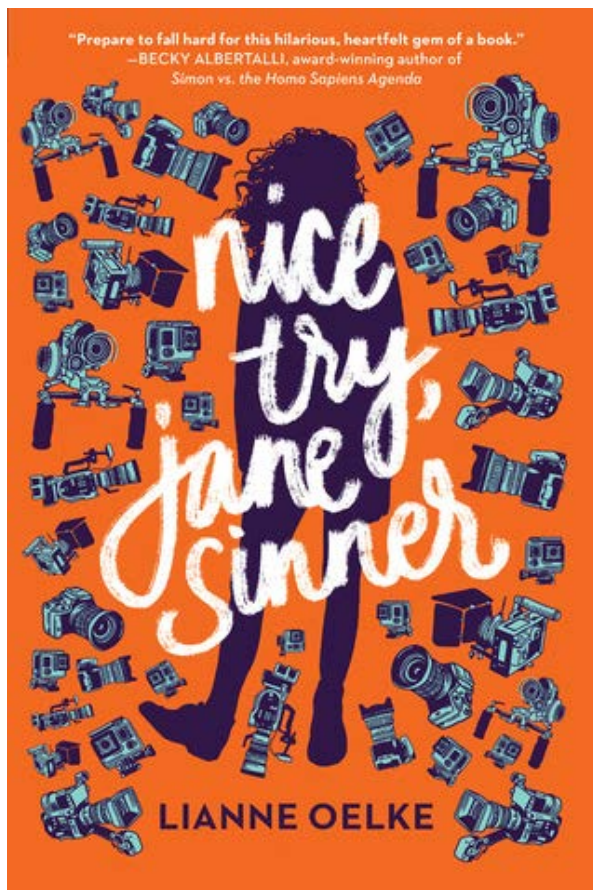
KWAP



The All-New
KODIAK'S
GOT
TALENT

Auditions Start After Spring Break!

Prepare your acts over the break to blow our judges away!



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



HWSS MOUNTAIN BIKING TEAM

A photograph of three mountain bikers riding through a forest on a rocky trail. The bikers are wearing helmets and gear, and their bikes are in motion, creating a sense of speed. The trail is composed of large, flat rocks and is surrounded by dense green foliage and trees. The lighting is natural, suggesting a daytime setting.

There will be a brief Mountain Bike meeting this Thursday at FLEX in Room 213.

If you cannot make the meeting please see Mr. Castonguay.

HWSS JR GIRLS SOCCER TRY- OUTS

Tryouts for players interested in the Junior Girls Soccer team:

Thursday, March 14 starting at 3:40

Be prepared for on the turf or
Inside the gym (if snow).



HERITAGE HEAT BASKETBALL U15 (CURRENT GRADE 9S)

Spring basketball is here for all grade 9 boys interested in playing basketball for the Heritage Heat. Try-outs are on the following days:

- **Thursday, March 14th 5:30 – 7:15pm**



Players who did not play on the school team are welcome to attend. This is an open invitation and your opportunity to improve your basketball skills in a challenging and fun environment.

Please see Mr. Martin if you have any questions.

Intramural Volleyball forms now available outside the PE office.

Put your team together and return your form to Mr. Lee.

- Limited space available so get your team in today!**
- Games will start after spring break.**



HWSS TRACK & FIELD



Track and Field conditioning practices:

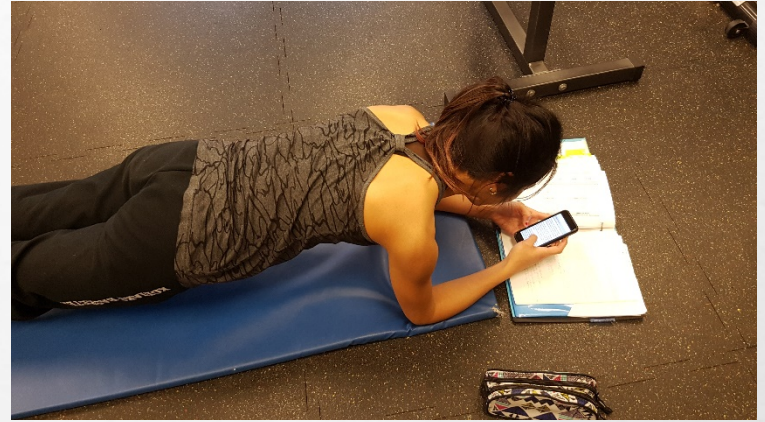
- **Wednesdays after school in the Grand Hall**
- **Please see Mr. Won and Ms. Ernst if you have any questions.**

KODIAK CLUBS



FITNESS CLUB

- TUESDAY AND THURSDAY THIS WEEK!
- WHEN: 3:40 PM
- WHERE: WEIGHT ROOM
- WHAT: NEED GYM STRIP AND WATER BOTTLE
- SEE MR CIARDULLO FOR MORE INFO!



What's your excuse?

We pick things up and put them down

Heritage Woods Assistance Dog

- “Brie” our Heritage Woods Assistance Dog will be here Thursdays at lunch in the counselling area. Come down and say “Hi”!!



WORLD SCHOLAR'S CUP CLUB



- Want to learn how to debate?
- Write award winning essays?
- Study an exciting and engaging curriculum?
- AND have a chance to travel the world with friends?



YALE!



MELBOURNE!

COME JOIN THE WSC CLUB

Thursdays at lunch

Room 239



BARCELONA!

Heritage Woods Key Club

CARING-OUR WAY OF LIFE



**Come to room 237 at lunch
We meet every Thursday
It's not too late to join!**

- NEED VOLUNTEER HOURS?
- OPPORTUNITIES TO PROVIDE SERVICE AND ENRICH YOUR SENSE OF COMMUNITY
- OLDEST AND LARGEST STUDENT LED PROGRAM FOR HIGH SCHOOL STUDENTS



CAREER CENTER



Did you apply to The University of Calgary? Have you received an offer or are you still waiting to hear from them? Are you considering if this is the place for you?



**UNIVERSITY OF
CALGARY**

Please come and visit Ms. Butler in the Career Centre as she just got back from a visit to U of Calgary and might be able to answer your questions and help with decision making. You can either drop in during flex or lunch or email to make an appointment dbutler@sd43.bc.ca



Once you have been admitted to UBC/UBCO check out these events for future students:

UBCO:

Destination UBC (**May 10–12**) is a full-weekend program for high school students who have been admitted to the Okanagan campus. Participants will connect with the UBC community and start preparing for life as a UBC student. Students travelling from outside the Okanagan Valley are eligible for a travel reimbursement.

- Admitted high school students who self-identify as First nations, Metis or Inuit are also invited to the Indigenous Welcome (**May 9**).
- UBC Vancouver:
- **UBC Welcomes You (April 27)** is a half-day informational event designed for all students who have been admitted to the Vancouver campus. Students will connect with the UBC community and start preparing for life as a UBC student. Travel reimbursements are not available for this program, but any admitted students who will be in Vancouver that weekend are welcome to attend.
- High school students who have been admitted to the Vancouver campus and who self-identify as First Nations, Metis or Inuit are invited to the [Destination UBC Aboriginal Student Welcome \(April 26–28\)](#) and are eligible for a travel reimbursement.

Click on the link to register:

- https://you.ubc.ca/tours-info-sessions/campus-tours-events/on-campus-events/?utm_campaign=UBC%20Updates%3A%20March%202019%20-%20BC&utm_medium=email&utm_source=Eloqua#welcome

Headstart In Art



emily carr
university of art + design

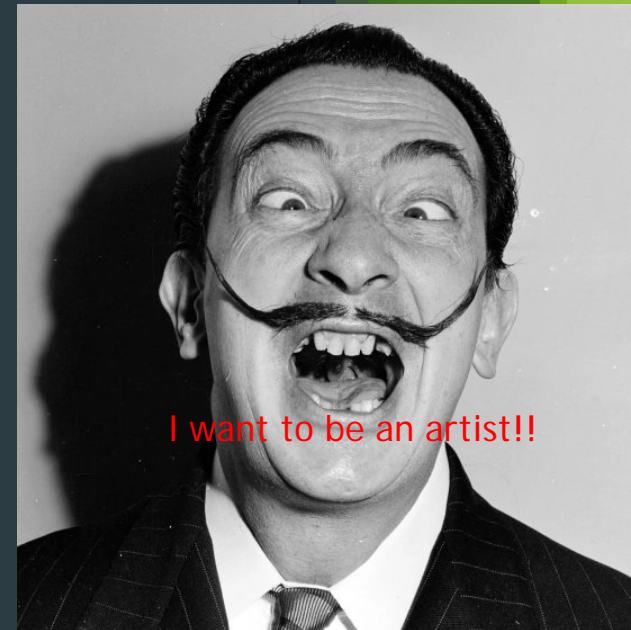
Who: Grade 11 or 12
pursuing a career in art

What: *First year University Art course
*1st year university credit

When: Sept. 10 - Dec. 10 Tuesday evenings 6 - 9

Where: Gleneagle Secondary

How: See Ms. Tompkins in April or go to ECU online for
the Head Start application. Due in May.



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**ENGINEERING
FOR A COMPLEX WORLD.**



BCIT is hosting an information session on **March 13** for students interested in engineering. From electrical to mechanical, and mining to marine, our engineering programs can help transform students' affinity for solutions-based design into a career that lets them do what they love.

Programs covered include: Civil Engineering, Electrical Engineering, Mining and Mineral Resource Engineering, and more. For the full list of programs covered, [visit here](#).

BCIT Engineering Info Session

Date: Wednesday, March 13, 2019

Time: 5:30 p.m. – 7:30 p.m.

Location: BCIT Burnaby Campus, Building SE2, Room 212A/B



The upcoming sessions are as follows:

- March 25th, 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.

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.



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.

REPEAT NOTICES



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 to register today!

SkillsFor Hope Foundation



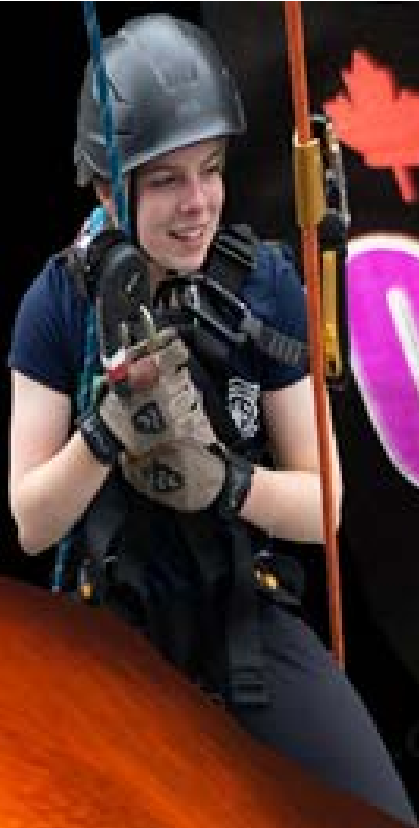
Developing Skills Changing Lives

SCIENCE ALIVE
curiosity · creativity · confidence



W WEST

West Coast Women in Engineering,
Science and Technology



FIRE RESCUE

CAMP IGNITE

MENTORSHIP PROGRAM

AUGUST 8 - 11 2019

www.campignite.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

Anmore/Belcarra deadline June 01 to:

- Jay.sharpe@anmore.com

Interested in writing the Physics CAP High School Prize Exam?

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

Contest Date: Tuesday April 9th 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.**