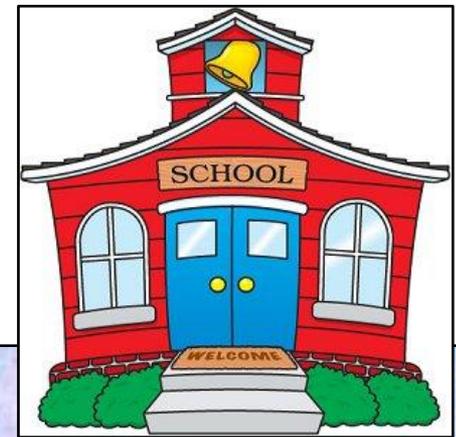


Q3 BELL SCHEDULE



Take a pic with your phone

| GRADE 9/10's | GRADE 11/12's |
|-------------------------------------|-------------------------------------|
| P1 7:55 – 9:10 am | P1 7:55 – 9:10 am |
| P2 9:15 – 11:15 | BREAK 9:10 – 9:25 am |
| FLEX 11:15 – 11:45 am | P2 9:30 – 11:30 am |
| LUNCH 11:45 am – 12:15 pm | FLEX 11:30 AM – 12:00 pm |
| P4 12:20 – 2:20 pm** | LUNCH 12 – 12:30 pm |
| FLEX 2:20 – 2:50 pm | P4 12:35 – 2:35 pm** |
| | FLEX 2:35 – 3:05 pm |
| ** P2 Mon/Thurs students A-L | ** P2 Mon/Thurs students A-L |
| Tues/Fri students M-Z | Tues/Fri students M-Z |

Stay Safe Out There . . .

If you are walking home from school, please be aware of your surroundings.

There have been cougar sightings in the community. Please do not walk alone, walk with a friend or in a small group.



Next Week is SPIRIT WEEK!

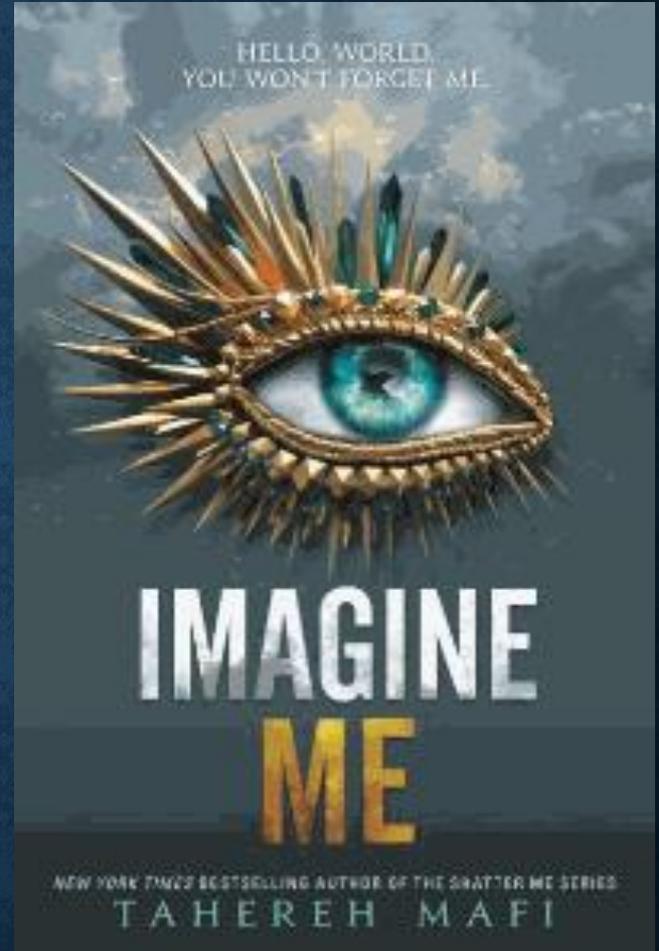
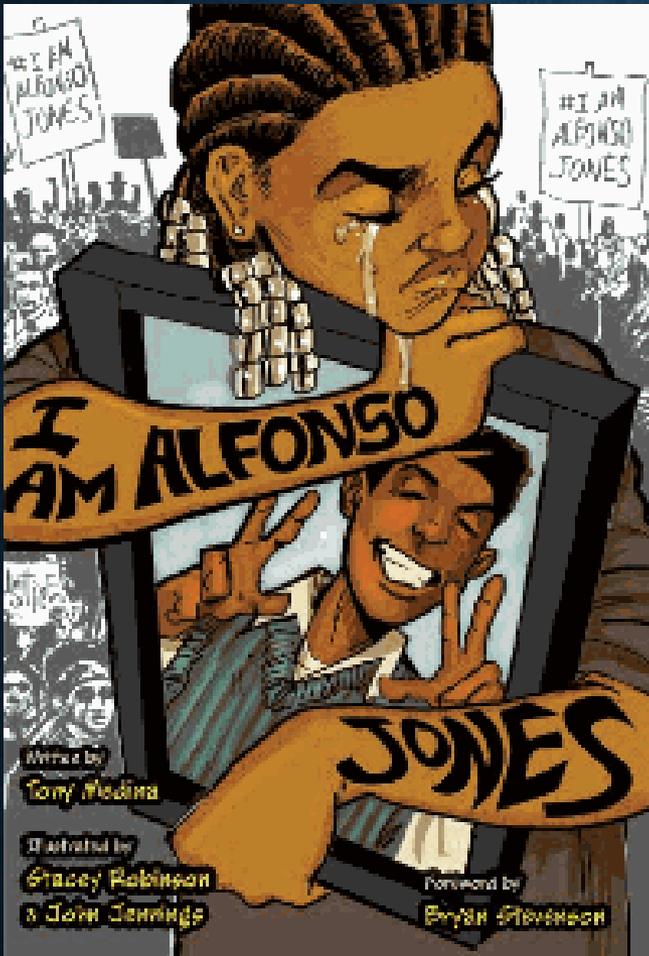
Monday - Tie Dye and Neon attire

Tuesday – Decades Day - wear an outfit from the 70's, 80's or 90's (Gr. 9/10's 80's theme and Gr 11/12's 90's theme and staff can choose their own decade 😊)

Wednesday – St. Patrick's Day – wear something Green!

Thursday – Twin Day (pick a partner)

Friday – wear your PJ's



NEW LIBRARY BOOKS

Registration for the next two Youth Empowering Youth (YHEY) Program has opened with start dates on Monday, March 15th and Wednesday, April 7th.

All youth between 13-18 are welcome to [register](#) for this free online-program and we hope you have some time to share this information with the youth you work with. If you would like to incorporate this program as part of your class or school program please contact me and we can discuss in more detail. Currently we have openings starting in April and May. More information about the program and how to register is included below and attached you will find a one-page information sheet on the YHEY program.



Free Youth Leadership Program

FOR AGES 13-18

Youth Empowering Youth (YHEY) Program is dedicated to empowering younger generations with resources and opportunities to grow. This nine-session program is led by two youth facilitators who are passionate about empowering youth.

Mission

To create a safe environment for youth to cultivate a sense of security, confidence and self-assurance within themselves.

Vision

We inspire youth to be accountable for their own thoughts, feelings and actions; helping them become responsible citizens in this world. Our vision is to help communities across the world create a culture that empowers, strengthens and develops leaders for the next generation.

Register in the program at
<https://linktr.ee/youthempoweringyouth>



The online version of the program is 90-minute sessions over Zoom and encourages student participation.

Outcome

We all have unique gifts and intrinsic value to offer to the world. The YHEY program will serve as a catalyst to help youth explore their talents and contribute to the community in a powerful, positive and meaningful way.

Upon graduation of this program, youth have the opportunity to apply to facilitate future programs and be part of empowering more youth.



Connect With Us

<https://linktr.ee/youthempoweringyouth>
shawna@lowentropy.org
604-314-6102

Volunteer Opportunity

Good Dog Ranch Volunteer Program

- A program to share our 3 pillars of strength in leadership, compassion and respect with youth in our community. Good Dog Ranch offers opportunities to participate in dog care at our new 6000 square foot facility with over an acre and a half of adventure park for our furry friends.

Working with animals, our volunteers learn valuable life skills in responsibility, consistent effort and accountability. We take dog care seriously and have a team of outstanding dog care experts for our volunteers to learn from.

Learning about dog communication and training is one of the many benefits of volunteering for Good Dog and many of our previous employees have become professionals in the pet care industry from veterinarians to dog trainers.

We take volunteers from as young as 15 and we hope that, as our volunteers will grow with us, they will one day apply to work with us when we are hiring.

Example shifts: Monday to Friday and weekend shifts available
Common Shift Hours : 8am to 12pm, 12pm to 4pm, 3:00pm to 7:00pm

We have many new hires who have graduated from our local high schools and to accommodate our high school age volunteers we can craft shifts around their class times, rides from family members and school work.

Good Dog is located just around the corner from Fremont Village at 331 Laurier Ave in Port Coquitlam.

Laura Doyle leads the Good Dog volunteer program and has been a college teacher for Vancouver Film School for 20 years. She has a deep passion for educating young people and helping them learn valuable life skills. Contact: Laura@gooddog.ca

Next Volunteer Training on Friday March 19th from 6pm to 8pm

KODIAK ATHLETICS



CLUBS



HWSS GardenBank “Green Carpet” #6:



SPIDER PLANT

(*CHLOROPHYTUM COMOSUM*)

- ▶ One of the **easiest** houseplants to grow (great for starters)
- ▶ Its name comes from the **spiderettes** which dangle down from the mother plant like spiders
- ▶ This plant occasionally blooms small **white flowers** at the ends of their stems

Health Benefits !!

- ▶ Removes **pollutants** (i.e. carbon monoxide, ozone, xylene, etc.)
- ▶ Increasing **oxygen levels** (produces more chlorophyll than other variegated houseplants = more oxygen production)
- ▶ Non-toxic to animals (**pet-friendly!**)

by Jessica Xin

Click to read more about [how to grow spider plants](#)



FIRST RESPONDERS CLUB

CALLING OUT ESPECIALLY GRADE 9, 10, AND 11!!

Are you interested in paramedicine and the emergency medical services system? Join our club as a First Responder of the school and community!

Get over 10 hours of volunteer hours each month!!

If you are still interested in joining the club for the rest of the year or for next year, we will have another online meeting on **Monday, March 15th @ 4:00 P.M.** with this link:

<https://ubc.zoom.us/j/65777635765?pwd=VHJPWFhvZ0FFaTB1b01QazhoQ0NHQT09>

Meeting ID: 657 7763 5765
Passcode: 123456



Got questions?
IG: @hwss_first_responders
Email: hwssfirstrresponders@gmail.com

HWSOAP TUTORING

Contact hwsaptutor@gmail.com for free
online peer tutoring in all school subjects!



CAREER CENTER





DISCOVER CONCORDIA AT INFO NIGHT THURSDAY, MARCH 11, 2021 5:00PM - 7:30PM

Please provide the following code to interested students to apply for free!

Promo Code: SpringInfo2021

Notes:

The promo code is not case sensitive and can be typed in any format

Fee waiver can be used for Undergraduate, Open Studies, Bounce Back, After-Degree, or Graduate Studies

Fee waiver not applicable to international applicants

Validity Period: March 11, 2021 00:00 to March 12, 2021 23:59

Have questions? Email us: recruitment@concordia.ab.ca



Carson Graham TNN presents

THE QUANTUM LEAPS CONFERENCE

Join us on Monday, March 15, 2021 from 11 a.m. to 4p.m. on Zoom for a free afternoon of 5 talks from scientists with jobs deeply entrenched in technology.

Speakers:

Epidemiology and Data

Dr. Jennifer Gardy, Bill & Melinda Gates Foundation

Condensed Matter Physics

Ketty Na, Quantum Matter Institute, UBC

Theoretical Physics and Quantum Computing

David Wakeham, Physics & Astronomy, UBC

Physiological Limits of the Human Body

Assaf Yogev, Environmental Physiology Lab, UBC

Digital Health Communication

Alison Muller, Faculty of Medicine, UBC

How to register:

Instagram: @CGTeenNerdNite (Link in bio)

Web: <https://TeenNerdNite.Wordpress.com>

Facebook: Teen Nerd Nite



SCAN ME



The BC TODAY **Career Fair**
March 22 - March 26



- From **March 22-26**, CBC Radio One's [BC Today](#) will be hosting a **Career Fair** featuring guests speaking about a variety of professions and opportunities. This could be of value to students, particularly those in Grades 11 and 12 (of course, very eager younger students can join, too!). There will be opportunities for listeners to call in with questions.
- To attend the Career Fair, students can tune in to *BC Today* with [Michelle Eliot](#) from **12:30 p.m.-1 p.m. PT**, March 22-26 on their local CBC Radio One or online at cbc.ca/listen.
- We will be sharing more details about the series as we get closer to the date. Check back at cbc.ca/bc/community.



BC TECH
association

Applications for the 2021 BC Tech Scholarship are now open!

Investing in the future of tech talent is one of the keys to success for the BC technology sector. Established in 2005, the industry-funded BC Tech Scholarship Program is proud to provide grants to students who have a proven passion for technology, a desire to leave a mark in the tech sector and are pursuing a post-secondary education in a technology-related program.

If you are a student that has a passion for the technology sector, involvement in the tech community, or desires to leave a mark in the future of technology, we encourage you to apply!

Eligible disciplines include:

- Biotech
- Business & Technology
- Cleantech
- Computer Science
- Digital Media
- Engineering
- Entrepreneurship
- IT & Applied Technology
- Management
- Product Management
- Other technical programs

2021 Grant Amounts

- Up to 3 x \$3,500 for current university and college students
- Up to 3 x \$2,500 for grade 12 graduates entering post-secondary

[View the scholarship criteria and application content and Apply today!](#)

The deadline to submit is April 15, 2021.

Biking Instructor

Competition No.: **2021-BI**
Duration: **Contract Instructor**
Salary: **\$23.00 per hour**
Last Updated: **3/2/21 12:22 PM**

Description

The goal of the City of Burnaby and its employees is to consistently deliver first class service and services to our community. With this in mind, we hire people who share the same passion, those with the drive and determination to grow with and contribute to our already exceptional team. People like you!

Our Parks, Recreation, & Cultural Services Department are looking for Contract Biking Instructors to work out of Mountain Bike Air Skills Park to lead participants in learning mountain biking skills in a safe and enjoyable environment. If you're passionate about mountain biking and teaching, this is a fantastic opportunity to share your knowledge in the great outdoors!

Programs comprise group and private lessons for children, incorporating skills based on the Level 1 Mountain Bike Instructor Program.

Hours of work per week are dependent on the program schedule and registration levels. The successful candidate must be available to work varied days (including weekends) and times: between 3:00 PM and 5:00 PM in March – April and 10:00 AM - 5:00 PM in July - August.

Prior related instruction experience with a variety of ages is required, along with your exceptional communication and interpersonal skills. A background in customer service and leading recreation programs is preferred, along with Sprockids, NCCP and High Five® training.

Qualifications include:

- Level 1 Mountain Bike Instructor
- Standard First Aid or equivalent certification, along with CPR Level C

Please apply online at www.burnaby.ca/careers by **April 30, 2021**.

Applicants under consideration will be required to consent to a Criminal Record Search

Experience Nicola Valley Institute of Technology - 2021 Virtual Education Fair and Webinars

Experience NVIT 2021

Want to learn more about Nicola Valley Institute of Technology?
Attend info sessions with the Department Heads of our programs!

| | | |
|--|--|--|
| February 22 Health Care Assistant: Presented by Ivy McRae | February 23 Environmental Resource Technology: Presented by Tom Willms & Margaret Hohner | February 24 Culinary Arts: Presented by Andrew George & Margaret Hohner |
| February 25 Bachelor of Social Work: Presented by Ursula Katic | February 26 Chemical Addictions Worker: Presented by Jessica Stepp | March 1 Meet the Elders: Presented by Merritt and Burnaby Campus Elders |
| March 2 University Transfer Programs (General Arts, Criminology, and First Nations Studies): Presented by Lara Condello & Margaret Hohner | March 3 Office Admin. and Executive Assistant: Presented by Beverly Currie-Mclean & Margaret Hohner | March 4 Business and Trades Programs: Presented by John Chenoweth & Margaret Hohner |
| March 5 Renewable Energies Technology: Presented by Brandon Williams & Margaret Hohner | March 8 College Readiness: Presented by Mil Juricic | March 9 Indigenous Language Fluency Program: Presented by Mandy Jimmie |
| March 10 Access to Practical Nursing: Presented by Heather Klatt | March 11 Community and Public Safety Professional: Presented by Kelly Donaldson | March 12 Indigenous Human Services: Presented by Rae Porterfield |

**Attend to have a chance to WIN A \$20 GIFT CARD!
Guaranteed 5 PRIZE WINNERS each day!**

The event will be held virtually online, between 12:00pm-1:00pm each day. To attend, please register at www.nvit.ca/experiencenvit.htm to receive an emailed link to the event. For more information, please contact recruitment@nvit.bc.ca



YOUTH LEADERS IN LAW



YOUTH LEADERS IN LAW

2021 HIGH SCHOOL VIRTUAL CONFERENCE

Learn about medical, criminal, family and corporate fields of law through case studies and panel discussions with our esteemed lawyers!

COME JOIN US, FREE OF CHARGE
MARCH 20

10 AM - 1 PM MDT

REGISTER ONLINE

@YOUTHLEADERSNLAW

WWW.YOUTHLEADERSINLAW.COM



Are you a high school student considering a career in Civil Engineering? Come and discover what is Civil Engineering and explore Civil Engineering education at BCIT!

BCIT Civil Engineering Faculty and Civil Engineer, **Phyllis Chong, MAsc, PEng**, will do a short presentation about the program and share possible career paths for civil engineers and technologists, followed by an open Q&A.

The highly regarded, full-time BCIT Civil Engineering degree program provides a path that allows students to earn dual credentials. All students who successfully complete the first two years of the program receive a Diploma in Civil Engineering, while students who meet the continuation requirements and successfully complete the entire four-year program also earn a nationally-accredited Bachelor of Engineering in Civil Engineering. These credentials prepare graduates for professional practice in this popular and diverse field as either civil technologists or as civil engineers, and also provide a path to further studies.

We are accepting applications for the September 2021 intake until April 15, 2021.

If you have questions related to the registration for these sessions, [contact Maggie Lau](#).

For more information about the Civil Engineering program and program contacts, visit the [BCIT Civil Engineering web page](#).

Zoom details will be emailed to registrants.

Sign up for one of the **BCIT Civil Engineering Online Info Sessions for High School Students** on

- [Monday, March 15, 2021 from 4:00 pm to 5:00 pm](#)

SUMMER CAMP VOLUNTEER

Position Title: Summer Camp Volunteer

Position Summary:

Simon Fraser University Summer Camp Volunteers are responsible for helping to provide a safe, fun environment for camp participants and for being a role model to camp participants. Specific duties include assisting instructors with the supervision of campers and coordination of activities. Volunteers may also be responsible for assisting with the supervision of camp participants during lunch, pre or post care. Volunteers should be flexible in their areas of placements as positions may change throughout the summer. Successful candidates will be mature, responsible, and willing to try new activities.

Duties and Responsibilities:

- General supervision and head counts of camp participants on campus and during field trips off campus.
- Assist instructors with games, activities, set up, and clean up.
- Participate in all camp specific activities including any recreation games, sports, and hiking.
- Assist with the supervision of lunchtime duties and recreation time.
- Provide a safe and welcoming camp environment to camp participants and their families.
- Maintain a high level of respect and professionalism when interacting with camp participants, parents, instructors, volunteers, and camp administration.
- Be a role model by demonstrating positive, enthusiastic, and respectful attitudes and behaviour.
- Effectively communicate absences and tardiness with camp administration and instructors.
- Attend mandatory before and after camp volunteer meetings.
- Adhere to all policies and procedures set out by camp administration.
- Additional duties as directed by camp administration.

Requirements:

- At least 14 years old by July 5th, 2021.
- Ability to commit to a minimum of 2 weeks of volunteering (Non-consecutive weeks is acceptable).
- Attend volunteer training.
- A Criminal Record Check (free of charge) will be **required** upon accepting a position with SFU Camps.

Qualifications:

- A desire to work in a positive environment with children.
- Positive attitude, strong work ethic, flexibility, and willingness to try new activities.
- Responsible and reliable.
- Professionalism.

NOW HIRING VOLUNTEERS



Apply Now!

[CAMPS.SFU.CA](https://camps.sfu.ca)



SFU CAMPS SD43 VOLUNTEER

- Applications are open. Students can check out our website and apply:
<http://www.sfu.ca/camps/opportunities.html>.

The application deadline is **April 25th, 2021 at 11:59 PM**



ERA's 2nd Scholarship Competition

- – Win up to \$10,000

Are you eligible?

- Must be a full -time/part-time student in Canada. For those participants which are outside our operating areas (Vancouver, Calgary, Edmonton, Saskatoon, Winnipeg, Toronto, and Montreal) there will be adjusted requirements. See FAQ below.

Why is ERA holding this competition?

- ERA likes to get the community involved in many ways throughout the year. This competition gives students the opportunity to gain experience, build their resume, and if they are motivated enough to win this scholarship, would be a great help financially with schooling.

What are we looking for?

- We need you to come up with a marketing plan and host an e-waste collection event in your area. You will manage every detail of this event from the planning and promoting to the execution! We want to see how creative students can get with marketing the event and reaching out to your community and local businesses to ensure the event is well attended. How will you implement your ideas to raise awareness and get your networks involved? After you have followed through with the event, the team at ERA will evaluate your work after the deadline and pick the winner!

What items do we accept?

- Cell phones, tablets, laptops, computers, servers, monitors, networking equipment, gaming consoles and similar electronics. **No household or personal electronics

This competition will start on February 1st and runs until July 31st, 2021. For more information and to enter please visit: <https://www.electronicrecyclingassociation.ca/2021-era-scholarship/>

Port Moody Youth Scholarship Program

If you're in Grade 12 and intend to pursue a post-secondary education after you graduate, you can apply to the Port Moody Youth Scholarship Program. Each year, we award a \$1,000 scholarship to a student in our city.

If selected, we will present you with a cheque after you provide proof of registration at a recognized post-secondary institution.

Deadline for applications is April 6, 2021.

Eligibility requirements

You must be a Port Moody resident, or a student attending a Port Moody school, who's enrolled in Grade 12 to apply.

Evaluation criteria

- The goal of the Program to recognize and honour a student who has acted in a leadership role and made significant contributions to the community.
- You must demonstrate:
- leadership in, and contribute to, your school and community;
- excellence in academics, athletics, arts or technical education; and
- good academic standing (letter grade average of B or better).

Apply online at: <https://www.portmoody.ca/en/city-services/port-moody-youth-scholarship-program.aspx>

BCIT Entrance Awards



BCIT is pleased to announce that the following Entrance Awards are available to students who are planning to attend our institute commencing *April 1, 2021 to March 31, 2022*.

Up to 25 BCIT President's Entrance Awards, available only to current High School students

- Valued up to \$4,000 each.
- **Deadline: August 5, 2021**

Over 100 additional BCIT Entrance Awards

- Valued up to \$6,000 each.
- **Deadlines: August 5, 2021 and/or January 6, 2022**

More information about BCIT Entrance Awards and the application forms can be found at bcit.ca/finaid.



Live Life.
Pass It On.
\$1000
Scholarship
BC Transplant



Wednesday, April 7, 2021

What is
Green Shirt
Day?

“ **LIVE LIFE. PASS IT ON.** ”

\$1000 SCHOLARSHIP

BC TRANSPLANT
Provincial Health Services Authority

This year, BC Transplant will award two \$1000 scholarships to Grade 12 students who lead an organ donation awareness project in their school or community in the 20/21 school year.

You could organize your whole school to participate in Green Shirt Day on April 7, start a social media challenge or host an organ donor registration drive in your school.

You'll need to submit a 500-word essay or short video to showcase your project.

Deadline to apply is May 3, 2021. For more details, visit www.transplant.bc.ca



WHAT CAN YOU DO?

Show up In Green!

Get your friends, school and family to participate on April 7 by wearing a green shirt or a jersey to honour Logan's legacy of selfless giving.

Talk to your teachers, principal or headmaster about getting your school involved. Contact us to let us know who you are, which school you attend, and what you will be doing to show your support for Green Shirt Day!

Join the Social Movement

Share your photos of support for organ donation and transplantation in BC by tagging us on your social media:

- @BCTransplant
- @BC_Transplant
- @bc_transplant

Start a Challenge

Organize a social media campaign or registration drive at your school.

- If 25 students get 25 people to register as an organ donor – ask your principal or teacher to dye their hair green!
- If 50 students get 50 people to register as an organ donor – ask your principal or teacher to wear green man suits and do a dance at the assembly!

Fun Ideas (be creative!)

- Students and teachers wear green socks/green temporary tattoos/green headband
- Ask a transplant recipient to give a virtual speech
- People can also take home a registration form or have conversations about organ donation



One donor can save up to eight lives.
#TAKETWOMINUTES

WEDNESDAY APRIL 7, 2021

WHAT IS GREEN SHIRT DAY?



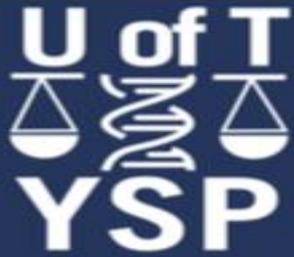
GET STARTED NOW BY TALKING TO YOUR TEACHER, VISITING OUR WEBSITE OR CONTACTING US FOR A CAMPAIGN KIT!

Educator toolkits are also available at transplant.bc.ca

Logan Boulet, a 21-year old hockey player, did not survive the tragic Humboldt Broncos bus crash that killed 16 people in 2018. Logan registered as an organ donor just weeks before the accident and had spoken to his father about his wishes a year before. Logan was able to save six people's lives through his organ donation.

#LOGAN BOULET EFFECT

As news spread of Logan's selfless act, thousands across the country and world were inspired to register as organ donors. This became known as the "Logan Boulet Effect". To mark the day Logan Boulet became an organ donor, the Boulet family launched Green Shirt Day on April 7 of every year.



UNIVERSITY OF TORONTO
MEDICINE | LAW
YOUTH SUMMER PROGRAM

Virtual Law March Break Week
Law YSP
March 15 - March 19, 2021

Even at this time of physical distancing, we look forward to continuing to connect our participants and their deep curiosity, passion and enthusiasm for law!

Want more information? Take a look at our website.

ysp.law@utoronto.ca

**Registration opens:
Wednesday, December 16, 2020 at 10:00 am Eastern Time!**

SFU

Have you applied to SFU but have some questions about what to do now?

Here is a handy video on self-reporting your grades:

<https://vimeo.com/488612555/a1d5f1a3cc>

If you have questions – please email Ms. Butler to schedule an appointment

dbutler@sd43.bc.ca

Live Support

- Have a question about self-reporting grades? We are offering Live Zoom Support during these times:
- Monday, 3:30-4:30pm PST
- Thursday, 3:30-4:30pm PST
- <https://www.sfu.ca/students/admission/apply/applied/fall.html>

Summer STEM Institute

Making research and mentorship accessible to high school students.

The Summer STEM Institute (SSI) is a 6-week virtual summer program from **June 20 to August 1, 2021**. SSI is an international program that provides academically talented and highly motivated students the opportunity to learn through a data science and research bootcamp, a Masterclass lecture series, weekend challenges, and a mentored research project.

- **Bootcamp:** learn how to design and conduct a data science research project.
- Pursuing research in high school is difficult. Many students are scientifically curious and are eager to conduct research but often lack the right training to do so. The SSI Bootcamp empowers motivated high school students with the training to conduct data science research projects.
- The Summer STEM Institute (SSI) program was started last summer by educators, students, and graduates from Stanford, Harvard, and MIT. Last year, SSI received over 2,450 applications from students in 78 different countries.

Many students who attended the program said SSI changed their lives and asked for the team to continue running SSI in future years. Applications for SSI 2021 have just opened.

The program consists of three main parts:

- **Research and data science bootcamp:** Students learn how to design and conduct data science research projects. Students learn about the research process and how to apply statistical and machine learning methods to address scientific questions with real-world impact.
- **Masterclass lecture series:** Students are connected to accomplished young adults around the world. Students have the opportunity to learn about entrepreneurship from Forbes 30 Under 30 recipients, science research from International Science and Engineering Fair (ISEF) grand prize winners, and other topics from speakers with diverse backgrounds and experiences.
- **Mentored research project:** Students complete a research project through a rigorous, hands-on learning experience under the guidance of mentors. Previously, students have worked in a variety of fields, from computational biology to quantum physics.

Students and families can learn more about SSI and apply on our website here: <https://www.summersteminstitute.org/> and here:

<https://www.summersteminstitute.org/admissions>

REPEAT NOTICES



Study tips?

*Advice on
making friends?*

*Conflict
resolution
ideas?*



*Highschool
questions?*



Mobile Mentors



Need advice on highschool issues? Just DM our Instagram or email us to speak to an experienced grade 12 mentor confidentially.

@hwssmobilementors

hwssmobilementors@gmail.com