

# BELL SCHEDULE

PROPERTY OF THE PROPERTY OF TH	
Block 1	7:59 – 9:12 am
Block 2	9:16 – 10:29 am
FLEX	10:29 – 10:58 am
Block 3	11:02 am – 12:15 pm
LUNCH	12:15 pm – 12:55 pm
Block 4	12:59 pm – 2:11 pm
Block 5	2:15 pm – 3:27 pm

# TRUTH & RECONCILIATION DAY September 30, 2021

Reminder to staff and students to please wear an ORANGE shirt on Wednesday, September 29<sup>th</sup> to honour the lives of the Indigenous Children.





Honouring Experiences . Celebrating Resilience

# DAY FOR TRUTHAND RECONCILIATION



CANADA'S RESIDENTIAL SCHOOLS&THE IMPACT

THROUGH WORKSHOPS
AND ART DISPLAYS

The Ballantyne Project

SEPTEMBER 30TH 4:00PM-8:30PM DOORS OPEN AT 3:45

Featured Speakers
Dr. Jennifer Mervyn
Dwight Ballantyne
and Indigenous youth special guests

No admission fee. Donations
are being accepted for Orange Shirt Society

Riverside Community Church 2329 Fremont Connector Port Coquitlam

Vaccine passport required







# THIS CERTIFICATE FOR SIX (6) COMMUNITY VOLUNTEER HOURS IS PRESENTED TO:

# (STUDENT NAME HERE)

For fostering Indigenous and non-Indigenous relationships in Canada through connection, conversation and action during and following our Orange Shirt Day Event,

September 30, 2021



# CALL FOR TEEN VOLUNTEERS!





### Place des Arts' 2021/22 Youth Arts Council

Volunteer opportunity for teens in grades 9 to 12 to become involved in the arts community and develop leadership skills.

The council meets regularly during the school year and plans two annual events for teens. (all events will be produced in accordance with the Provincial Health & Safety regulations).

## **APPLY NOW!**

Visit placedesarts.ca and click on "Support Us" to learn more or to download an application form.

Application forms are also available at the Place des Arts reception desk.

Contact the Program and Community Engagement Assistant: 604.664.1636 ext. 24 or email volunteer@placedesarts.ca

# 2021-2022 HWSS STUDENT COUNCIL

As a member of Heritage Woods Student Council, you will be representing the student body and should be able to bring positive changes you want to see in our school.

Application Forms are available at the main office.

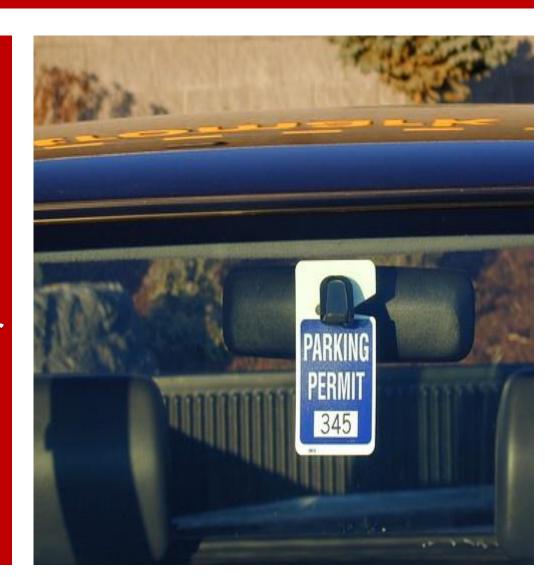
DEADLINE to return completed application form is Friday, October 1<sup>st</sup>.

→ Please return to the main office.

# STUDENT PARKING PASSES

Reminder to students who are driving to school and parking in the school parking lots.

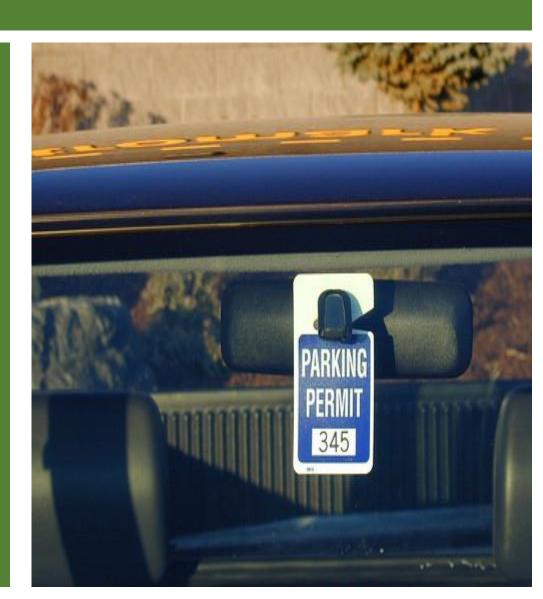
Please come to the HWSS main office to register your vehicle and receive a PARKING PASS to be displayed in vehicle. Usually hang from rear view mirror.



# STUDENT PARKING PASSES

If you completed the registration form your Parking Pass is ready for p/u from the main office.

Usually hang from rear view mirror.



# KODIAK ATHLETICS



# KODIAKS VOLLEYBALL Next week's practice schedule

September 28	September 29	September 30	
3:45 –	3:45 – SBV/SGV	Truth	
9GV/SGV	5:30 -	& 4	
5:30 –	7:15 -	Reconciliation	
7:15		Day	

# CLUBS



# Join Model United Nations!

- Learn to strategize and debate!
- Gain public speaking skills!
- Become familiar with real world events!
- Great for university applications ©



- Meet at Lunch in Library
- THIS WEEK ONLY:
   MEETING WEDNESDAY.

Scan the QR code to sign up!



Meetings on Thursdays at lunch in room 209!

First meeting Oct. 7!



# Join You & I HWSS!

We are a student-led non-profit organization that seeks to raise awareness towards youth about cultural diversity and racial injustice!

- Gain volunteer hours
- Learn from discussion meetings
  - Fundraise



Sign up here!





# Join Waterlution Club

@hwsswaterlutionclub

- Initiate water conservation efforts in our school community
- Lead events that enhance water knowledge and appreciation
- Support advances towards water security, climate and equity

# Executive and General Member positions are now open!

Apply Here



Executive position deadline: Sept. 30th, 2021

General member sign-up is open throughout the year











# CAREER CENTER





### **BCIT Big Info: At-home Edition**

• Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all our programs – from business, computing and health to engineering, trades and applied sciences.

## Join us online Oct 4-7 from 4-8pm.

- This fall, we're hosting Big Info on Zoom over four nights. Join us from the comfort of your home to explore multiple areas of study, learn more about what it's like to study at BCIT, and find a program that's right for you. Each night will cover specific industry sectors as well as key student services areas.
- While the event may look a little different, you'll still be able to hear from faculty and staff, and get all your questions answered without leaving your couch. Think of it as Big Info: At-home Edition.
- Register now to ensure your spot: <a href="https://www.bcit.ca/about/visit/big-info/?utm\_source=mailchimp&utm\_medium=email&utm\_campaign=sept21\_educator\_update&utm\_content=link&mc\_cid=488d856b4a&mc\_eid=6a16c979e8">https://www.bcit.ca/about/visit/big-info/?utm\_source=mailchimp&utm\_medium=email&utm\_campaign=sept21\_educator\_update&utm\_content=link&mc\_cid=488d856b4a&mc\_eid=6a16c979e8</a>

# **Student Registration:**

https://cuebc.org/for-students/

# CANADIAN UNIVERSITIES EVENT (\*) (\*)

50+ INSTITUTIONS | SEPT 27, 28, 29 | OCT 2, 4, 5, 6

Connect with university reps from across Canada & learn more about your post-secondary options!

**Acadia University Alberta University of the Arts Bishop's University Brescia University College Brock University Burman University Capilano University Carleton University Concordia University Concordia University of Edmonton Dalhousie University Emily Carr University Fairleigh Dickinson University Huron University College** King's University College **Kwantlen Polytechnic University MacEwan University Marine Institute** 

**Mount Allison University Mount Royal University Mount Saint Vincent University** Nipissing University **Ontario Tech University** Queen's University **Quest University Canada** Royal Military College **Ryerson University** Saint Mary's University **Simon Fraser University** St Francis Xavier **St Thomas University** The King's University **Thompson Rivers University Trent University Trinity Western University University of Alberta University of British Columbia** 

University of Calgary **University of Fraser Valley University of Guelph University of Guelph-Humber University of King's College** University of Lethbridge **University of Manitoba University of New Brunswick** University of Northern BC **University of Ottawa University of Prince Edward Island University of Regina** Université de Saint-Boniface **University of Saskatchewan University of Victoria University of Waterloo** Vancouver Island University **Western University York University** 



**Memorial University** 





Are you interested in studying at Simon Fraser University? Our Fall Webinar Series is an excellent way for you to learn more and connect with SFU representatives. Over the next few months we'll cover a variety of topics, such as how to apply, program highlights, student life, and more!

Please use this link to access the

webinars: <a href="https://www.sfu.ca/students/admission/tours-">https://www.sfu.ca/students/admission/tours-</a>

events/upcoming.html





## **ACADEMIC FOUNDATIONS FOR POTENTIAL NURSING APPLICANTS**

- Applications for FALL 2022 WILL OPEN ON MONDAY OCTOBER 04, 2021 AT 9 AM and will close on Wednesday october 06, 2021 at 4 pm. You should be ready to apply at 9 am October 04.
- Students applying for this program directly from high school will not receive application decisions until the summer of 2022 when high school grades become available. please make sure you select a second option when you are applying.
- Questions? Check the website <a href="https://www.douglascollege.ca/program/ctafpn">https://www.douglascollege.ca/program/ctafpn</a>
- Still unsure? See Ms. Butler before October 4, 2021.

\*\*Nominations for MMS Live have been submitted and those students who are successful will be contacted directly by MMS.

Non-nominated students are eligible to register themselves for Mini Med School On-Demand.

Mini Med School 2021 - Discoveries in Diabetes: A Century of Innovation

• <a href="https://www.bcchr.ca/events/mini-med-school/mini-med-school-vancouver">https://www.bcchr.ca/events/mini-med-school/mini-med-school-vancouver</a>

• Join us virtually for Mini Med School 2021 as we commemorate scientific achievements in diabetes research. Together we will explore the remarkable discovery of insulin, advances and innovative therapies in diabetes treatment, diabetes' impact on the immune system, and the personal impacts of living with diabetes.

• Interested in participating?

• Mini Med School is transitioning to an all virtual learning platform. Participation is free, but participants will require access to a computer, tablet or smartphone and a stable interpet connection.

internet connection.

Virtual attendees across BC will now have two ways to participate in Mini Med School 2021:

- Mini Med School Live: Engage with researchers and clinicians at BC Children's Hospital in real-time! Participation is restricted to BC students from grades 10-12. Interested students must be nominated by a teacher to participate. To maximize interactions between students and presenters, only 200 students will be enrolled.
- Mini Med School On-Demand: Participate when it works for you. Registration is open to everyone. A maximum of 300 participants will be enrolled in the program.
- Mini Med School strives to empower youth and promote an equitable and inclusive learning environment. Further space is available for Mini Med School Live and Mini Med School On-Demand for BC students from grades 10-12 who identify as First Nations, Inuit, or Métis. Teachers or the students will be asked to self-identify as Indigenous on the registration or nomination form.

# Canadian Universities Events for students

Canadian Universities Event (CUE) Virtual Fair Registration is OPEN! Interact with and learn about more than 50 post-secondary institutions across Canada.

All of our Live Events will feature representatives from participating universities ready to answer questions, provide information and get connected. Just like individual universities, each live event will look a little bit different! Check out the descriptions on the live event page to find out more on what to expect. Student events will be taking place on the following days and times:

- Tuesday, September 28: 4 pm 7 pm (PDT)
- Wednesday, September 29: 4 pm 7 pm (PDT)
- Saturday, October 2: 10 am 1 pm (PDT)
- Monday, October 4: 4 pm 7 pm (PDT)
- Tuesday, October 5: 4 pm 7 pm (PDT)
- Wednesday, October 6: 4 pm 7 pm (PDT)
- Not sure exactly where to begin? This is a great start!
- Post-secondary is an exciting time to start exploring. Whether you are confident in your future career path or are looking to develop skills to be successful in a variety of different jobs – equipping yourself with information is the best way to make a decision that is right for you.
- Get more details and register here: <a href="https://cuebc.org/events/">https://cuebc.org/events/</a>

As part of this application process, the student will be required to upload a form letter of support from their nominating sponsor (e.g., a teacher, guidance counselor, coach).

Students interested in being nominated must speak to a teacher FIRST.

Nomination forms available from Ms. Butler.

# LEARNING to lead

MINERVA

### THE STEM PROGRAM

The Learning to Lead™ STEM program is for self-identified girls who are curious about STEM fields and want to develop the confidence to follow a non-traditional path.

25 curious problem-solvers in Grades 10-12 will have the opportunity to develop their confidence through virtually delivered workshops that identify their key strengths and core values, attain greater self-awareness and gain a supportive network of friends and mentors working in STEM fields.

### WHAT YOU'LL LEARN

Learning to Lead™ STEM will focus on:

- Self-knowledge
- · Being a leader
- · Increasing confidence
- · Being authentic
- · Creating connections

### PROGRAM 2021

Details of the 3-day online program:

Friday, Oct 1: 6pm-8pm PT Saturday, Oct 2: 9:30am-5:30pm PT Sunday, Oct 3: 9:30am-12pm PT 66

I recommend it to every passionate girl who wishes to feel the true essence of being a leader!



99

### **JOIN US!**

We are looking for youth who demonstrate independent thought, a desire to contribute to their communities, and have taken on and overcome challenges.

25 participants will be selected to attend our first ever STEM program. Indigenous youth are encouraged to apply.

To nominate a student, contact Ashley Milbury (Youth Programs Manager) at ashleym@minervabc.ca

To learn more and apply, visit minervabc.ca/learning-to-lead/

Apply Before: Sep 25 2021

Thanks to our generous sponsors and donors, Learning to Lead™ STEM will be offered at no cost to participants.



Not simply a scholarship — we invest in potential.

# **APPLICATIONS ARE OPEN!**



DEADLINE: OCT. 13, 2021 (before 8PM ET)

www.loranscholar.ca

In partnership with <u>universities</u>, <u>donors</u> and <u>volunteers</u> across the country, we're investing in the future of Canada. We offer the country's largest and most comprehensive four-year undergraduate award (valued at \$100,000) to young Canadians on the basis of <u>character</u>, <u>service</u> and the promise of leadership.

## No school nomination required.

Are you the next Loran Scholar from Heritage Woods?

Do some research (<a href="https://loranscholar.ca/our-scholars/">https://loranscholar.ca/our-scholars/</a>) and if you have questions about this award feel free to visit Ms. Butler for feedback on what it means to be a Loran Scholar.

# Post-Secondary BC (PSBC) VIRTUAL FAIRS FOR **STUDENTS & PARENTS**

www.postsecondarybc.ca

- Seven dates, open to everyone across the province, with each fair open for 10 hours. Presentations (live or pre-recorded) up to six times daily (# will vary by institution) Live text & video chat available with institutional representatives Multiple "door prizes" will be awarded to student participants after each event There will also be prizes for SCHOOL PARTICIPATION Details coming soon

Registration for students will open on Friday, Sept 24th starting at 9:00am – Register for any date.

The link to register will be on the PSBC Website

Date	Event	Timing	Notes
Thurs October 7	PSBC Virtual Fair 1		Presentation
Tues October 19	PSBC Virtual Fair 2		Times
Wed November 3	PSBC Virtual Fair 3		
Tues November 9	PSBC Virtual Fair 4	9:00 AM – 7:00 PM	9:30 am, 10:30 am
Thurs November 18	PSBC Virtual Fair 5	each event day	and 11:30 am
Wed December 1	PSBC Virtual Fair 6		
Tues December 7	PSBC Virtual Fair 7		4:30 pm, 5:30
			pm and 6:30 pm

 This is a great opportunity to gather information about all of the fabulous post-secondary options in BC.



Are you in Grade 11-12 and wondering about your career choice?

We match young cis and trans women, and gender-diverse youth in Grades 11 and 12 (mentees) with volunteer professionals (mentors) for a one-to-one mentoring relationship!

### What to expect:

- Matches are based on career and education interests
- · Meet up monthly with your mentor
- · Attend relevant and free, online workshops and events

### Attend an information session to learn more:

Wednesday, September 29th 4:30-5:30pm, Thursday, October 14th 4:30-5:30pm.



Details available at: ywcavan.org/HS-mentee

<u>European Universities Consortium</u> (EUC) US, Canada & Caribbean Tour is confirmed! The tour will occur October 5th - 6th virtually.

Below are the participating universities:

Bocconi University - Milan, Italy

Carl Benz School - Karlsruhe, Germany

EHL - Lausanne & Passugg, Switzerland & Singapore

IE University - Madrid & Segovia, Spain

Jacobs University - Bremen, Germany

Modul University - Vienna, Austria

Trinity College Dublin - Dublin, Ireland

Brussels School of Governance (formerly Vesalius College)

- Brussels, Belgium

The agenda for both days is **5:00-8:00 PM**: Booths open for information and chatting with university representatives.

### Session Schedule (both days):

5:00-5:30 PM: Introduction to the EUC Universities with Q&A

5:30-6:00 PM: Q&A for Counselors

### **LIVE University Presentations:**

Oct. 5:

6:00-6:30 PM: Studying in the Capital of Europe: Brussels

School of Governance

6:30-7:00 PM: Careers in Germany: Carl Benz School

7:00-7:30 PM: **Dive into Research** at Jacobs University 7:30-8:00 PM: **Embrace Entrepreneurship** at IE University

Oct. 6:

6:00-6:30 PM: Study with a View at Modul University

Vienna

6:30-7:00 PM: Study Business at Bocconi

7:00-7:30 PM: Explore the World of Hospitality at EHL

7:30-8:00 PM: "Céad míle fáilte" to Trinity College Dublin!

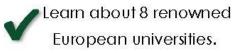
Register

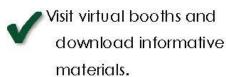
https://eucnorthamerica.europeanuniversities.eu/register

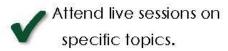


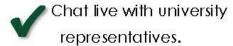
# STUDY IN EUROPE

EUC US, Canada & Caribbean Fair
October 5: 5-8 PM EST October 6: 5-8 PM PST





















UNIVERSITY



# **Upcoming STEM workshops & events**

# **Coding for Social Change Program**

Dates: Oct 2-Dec 4, 2021 (every Saturday except for Oct 9 long weekend)

Time: 10:00-11:30 am

Delivery: Online via Zoom

Grade: 7-10\*

Cost: Free

Application link: <a href="https://sites.google.com/view/sfucsc/apply-now">https://sites.google.com/view/sfucsc/apply-now</a>

• \*If you're not within this grade range but would like to join the program, please email Eva at <a href="mailto:sacoord@sfu.ca">sacoord@sfu.ca</a>.

# VOLUNTEER OPPORTUNITIES





Are you interested in Pharmacy as a career? Are you in Grade 11 or 12?

 Medicine Shoppe Pharmacy at Prairie Mall is looking for a few responsible volunteers.

 This is an opportunity to see how a pharmacy works as well as meet current UBC Pharmacy Students doing practicum.

 Please forward your resume ASAP to Medicine Shoppe either in person (Unit 1146 - 1470 Prairie Avenue in Port Coquitlam) or by email medicineshoppe409@outlook.com

 The pharmacist will make decisions near the end of September.

# **VOLUNTEER OPPORTUNITIES!**

**Community Volunteer Connections** - Event October 2, 2021

Coquitlam Volunteer Job Fair: Door monitors, Greeters and General tasks

- This opportunity is suitable for:
- Youth (16+)
- Earning High School volunteer hour requirements
- gaining experience in working with the public
- To apply and for more information or questions, please contact Carey at

clepage@volunteerconnections.ca

# **VOLUNTEER OPPORTUNITIES**

### Vancouver International Film Festival (VIFF)

- Vancouver, Multiple roles
- This opportunity is suitable for:
- Youth (16+), Adults (19+)
- Love working on a team with great customer service skills
- Interest in film and storytelling on the screen
- Ushers, scanning tickets, managing line-ups, helping box office
- To apply see link above
- For more information or questions, please contact <u>volunteer@viff.org</u>

Port Moody Station Museum - loco Ghost Town Days Event - October 2, 2021

- Port Moody, Event Assistants
- These opportunities are suitable for:
- Age 14+ (anyone under age 14 needs parental consent)
- Set-up starts at 8:00 am and takedown starts at 4:00
- Volunteers also needed for super fun event tables
- To apply see link above
- For more information or if you have questions, please contact Brianne Egeto at: <a href="mailto:info@portmoodymuseum.org">info@portmoodymuseum.org</a>