



Thursday  
October 12, 2023

# Heritage Woods Secondary

"WE ARE KODIAKS"



# Parent Teacher Bell Schedule

Thursday, October 12th – 1PM Dismissal

<b>Block 1</b>	<b>8:00 – 9:12</b>
<b>Block 2</b>	<b>9:16 – 10:06</b>
<b>Block 3</b>	<b>10:10 – 11:00</b>
<b>BREAK</b>	<b>11:00 – 11:10</b>
<b>Block 4</b>	<b>11:15 – 12:05</b>
<b>Block 5</b>	<b>12:10 – 1:00</b>



Food is no longer  
allowed in the  
library or library  
computer lab.



# HALLOWE'EN WRITING CONTEST

Blackout or rearrange text to create a spooky poem. Text pages are on the English bulletin board near the Bridge. Submit to your English teacher by October 26.



**Prizes!**

# Calling All Cadets

- ▶ If you are in Cadets (any branch) and would like to participate in this year's Remembrance Day ceremony, please see Mr. Aitken in Room 240.



# Quebec City & Montreal Trip

## Feb 14-19, 2024

Meeting Tuesday October 17 Lunch

Room 205 Madame Di Marco's room

Details, Price & Intinerary



Oct 17 2023

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# CLUBS



PET PALS CLUB

# DON'T HAVE TIME TO WALK YOUR DOG?

**BIG DOG | SMALL DOG | ANY SIZE**

**Don't worry! We are here to help  
you and your dog out!**

**PET PALS DOG WALKING SERVICE  
CONTACTS**

**127-SZHANG@SD43.BC.CA**

**127-LAHMED@SD43.BC.CA**





A close-up photograph of white chess pieces on a dark board. The pieces are in sharp focus, including a king, a knight, and a pawn. The background is blurred, showing more pieces and the board's texture.

# Chess club

## Club Meeting

- Tuesday (Oct 10<sup>th</sup>)
- Room 308 @ lunch
- Starting soon...

# Fitness Club

*Fitness Club is a great opportunity to learn about diet and exercise.*

*All backgrounds and levels of expertise welcome!*

When: TUESDAY'S after school in the weight room beginning OCTOBER 17th!

What do you need to bring: gym strip and water bottle



\*See CIARDULLO for more details

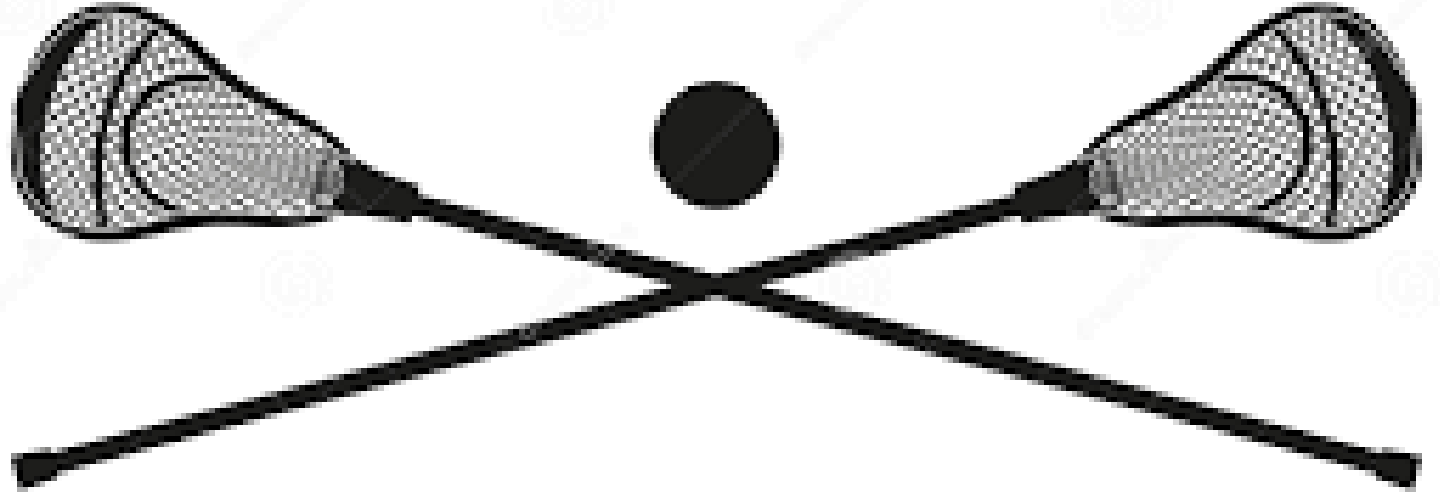
# KODIAK ATHLETICS

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# Girls Lacrosse Sign up

If you are interested in playing  
GIRLS FIELD LACROSSE this  
year please see Ms. Powell  
for sign up TUESDAY,  
OCTOBER 10 at FLEX in the  
GYM



# LACROSSE

# Wrestling Team

Pre-season technique wrestling practice begins on **Tuesday, Oct 10<sup>th</sup>, 2023**, in the mat room at 3:45 pm for all new and returning wrestlers.



# CAREER CENTER



# Upcoming Post-Secondary Info Sessions

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- Friday Oct. 06 University of Victoria at lunch in library lab
- Monday Oct. 16 SFU at lunch in the library
- Wednesday Oct. 18 U Alberta at lunch in library lab
- Monday Oct. 23 SFU Beedie business at lunch in library lab
- Tuesday Oct. 24 UVic Gustavson business at lunch in library lab
- Wednesday Nov. 01 Post Secondary BC Mini Fair 9 – 11 am in Grand Hall
- Thursday Nov. 02 U Waterloo at 3:30 pm in the library