



# Bell Schedule

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



# Kodiak Klassic

"WE ARE KODIAKS"

Thursday Nov 30<sup>th</sup>- Dec 2<sup>nd</sup>

### Reminders

- White Out for Thursday's game
- Entrance by the Grand Hall
- Do not enter PE hallway (reserved for players and coaches)
- Show student card for free access all weekend



# Kodiak Klassic

"WE ARE KODIAKS"

- Please leave backpacks and other bags in your classroom as seating will be limited
- DO NOT walk across the court when entering or exiting the gym please
- Reserved seating it for athletes (not available to students)

Students, please do not attend the game unless with your designated class.

### **Attention Grade 12s!**

The Grad Wear store is open until Dec. 22nd!

https://store.passionsports.ca/hwssgrad2024

Sizing samples will be available in the Grand Hall next Wednesday and Thursday during Flex.

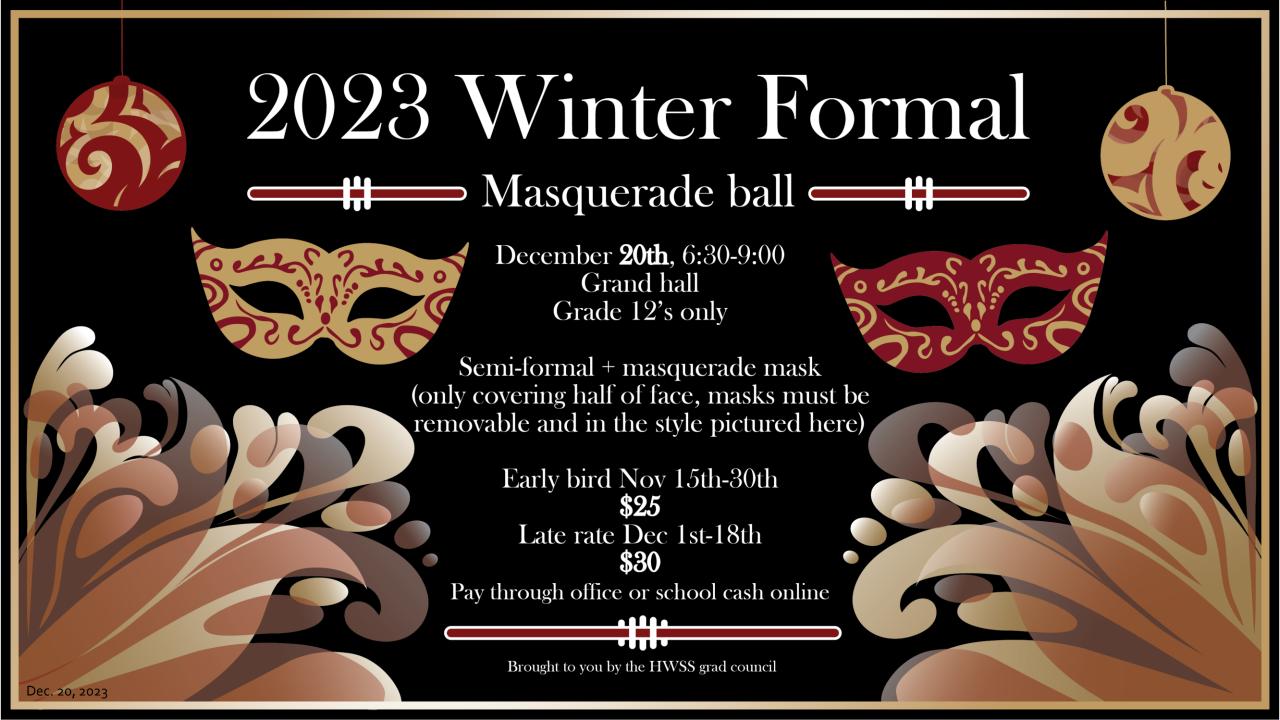












# Yearbook Kodiak Announcement!

There is a list of student names right outside the office for the yearbook. Please verify that your name is spelled correctly, and your chosen name is accurate.

Failing to do so by  $\underline{December\ 1}^{st}$  could result in errors in the yearbook that can't be fixed later.

If you would like to buy a yearbook the cut off date is at the beginning of February. Yearbooks are payable on SchoolCashOnline.

They are \$60.

### HERITAGE WOODS SECONDARY

PRESENTS:

EST. 2004

## "I'M A TEENAGER **GET ME OUT OF** THIS FAMILY!"



# **NEW PARENTS**

17 year-old Julie Foley is looking for new parents that aren't as "ordinary" as her old ones. She and her brother, Johnnie Foley are putting an ad out to interview people as soon as possible. Come to the interviews to see what happens. Will they find new parents or will they

TICKETS AT THE DOOR: \$5.00 have to live on the streets?

DECEMBER 1ST AND 2ND AT 7:00PM

DIRECTED BY: OLIVIA SCHNEIDER & KINLEY YU

ARTISTIC DIRECTOR: WRITTEN BY: JIM GARVEY

POSTER BY: SHANDA WALTERS PARSA NAJAFI

604 461 8679

1300 DAVID AVE. PORT MOODY





### MULTICULTURAL CLUB IS BACK!

Bring your friends to enjoy movies and snacks!





# WHAT IS IT?

Health and environmental effects are reduced when you buy sustainable products

# HOW CAN I BE SUSTAINABLE?

By purchasing reusable items, local and eco-friendly products, and avoiding single-use items.

CAN YOU BE SUSTAINABLE?

# CLUBS





NOV 27<sup>TH</sup> - DEC 15<sup>TH</sup>



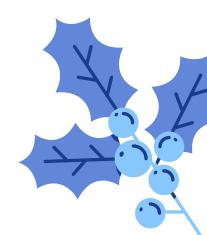


-Winter clothing of all sizes

Drop off: Infront of theatre

Helping our homeless community in need these holidays





# **Attn: Chess Club**

Wednesday, November 29<sup>th</sup>, 2023
Yearbook Group Photo
See you at lunch please be on time!





# SOAP CLUB HOMEWORK HELP

Tuesday and Thursday
3:30-5

OPEN TO ALL GRADES ROOM 231

insia- @HWSSOAP email- hwsoapiuior@gmail.com

# WYNS CLUB



# Wednesday Nov 29 at lunch in the grand hall

Feel free to stop by for some Kodiak-themed baked goods (all priced at \$2) and to boost your school spirit before the games!
All proceeds will be donated to local hospitals.

# CAREER



# **Occupational First Aid Level 1**

#### Occupational First Aid (OFA) - Level 1

Occupational First Aid (OFA) Level 1 is a **one-day course** designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

#### Course information:

- time: 8.30am and runs until 4.30pm
  - with appropriate coffee and lunch breaks... bring your own food or there is a fastfood restaurant nearby
- · age: must be at least 16 years old at the time of the course
- advertised as \$90 (\$120 to non-members), but after district discount, cost will be \$80 + GST (\$84 total)... so great savings!
- location: Universal Health & Safety at #201 4199 Lougheed Hwy, Burnaby
  - o 10-minute walk from Gilmore Skytrain station
- · Main topics covered include:
  - Basic Life Support (CPR A) -- CPR with Automated Defibrillator Training
  - o Small Wound Management
  - o Critical Airway, breathing and circulation interventions with C-spine management
- In order to be successful, participants must demonstrate practical skill competency and achieve 70% on a multiple choice exam. On successful completion of the course, participants receive a 3-year certification.
- certification: government-issued photo ID is required to receive a certificate (ex: driver's license, passport, NEXUS, BCID,...)

- Want to register for one of the training sessions listed below?
- To receive the reduced workshop fee, you will need to use this Online Registration and Payment link: <a href="https://www.sd43.bc.ca/CareerPrograms/0Documentation/OFA1">https://www.sd43.bc.ca/CareerPrograms/0Documentation/OFA1</a>
   ICBA.docx
- You will need a credit card to complete the registration process.
- Next training dates:
- December 8 (Fri) reg is open
- December 23 (Sat) reg is open
- January 12 (Fri), 2024 reg is open
- January 27 (Sat) reg is open
- February 9 (Fri) reg is open
- March 8 (Fri) opening soon (for this date and below)
- March 23 (Sat), April 12 (Fri), April 27 (Sat), May 11 (Sat)
- May 24 (Fri)

# Winter Brunch Volunteers Needed





Friendly Forest Preschool is looking for volunteers to help with our annual Winter Brunch holiday event.

**Date: Saturday December 9th** 

Volunteer shift: 8:30am-2:30pm - 6 hours

Event time: 11am - 1pm

**Location: Anmore Elementary School** 

All volunteers will receive a break with brunch included and proof of volunteer hours completed.

To sign up please send your current resume or contact information via email to:

social@friendlyforestpreschool.com



Looking for enthusiastic volunteers to help spread holiday cheer and assist with the following tasks:

Set up: tables/chairs/holiday decor

Reception: greet guests

Craft station: engage kids in creative

activities

Food: help with serving, clearing plates

Cleanup: after the event



# Upcoming Post-Secondary Info Sessions

- Thu Nov. 23 U Calgary @lunch in Grand Hall
- Thu Nov. 30 SFU Criminology virtual 5pm on Zoom
- Thu Dec. 07 Douglas @lunch in library computer lab

