



Tuesday

December 05, 2023

Heritage Woods Secondary

"WE ARE KODIAKS"



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

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.





2023 Winter Formal



—||— Masquerade ball —||—



December **20th**, 6:30-9:00
Grand hall
Grade 12's only



Semi-formal + masquerade mask
(only covering half of face, masks must be
removable and in the style pictured here)

Early bird Nov 15th-30th
\$25
Late rate Dec 1st-18th
\$30

Pay through office or school cash online



Brought to you by the HWSS grad council

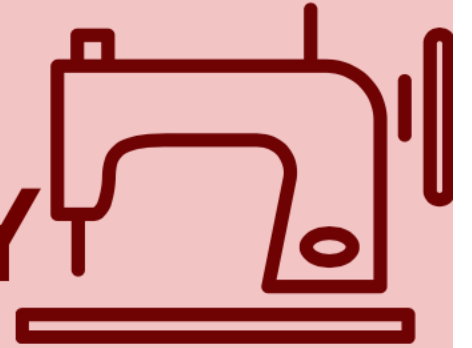
CLUBS





ALL QUILTING CLUB MEMBERS

MEETING THIS THURSDAY



Meeting this Thursday December 7th at lunch in room 202.

**Club yearbook photos too on
December 7th!**

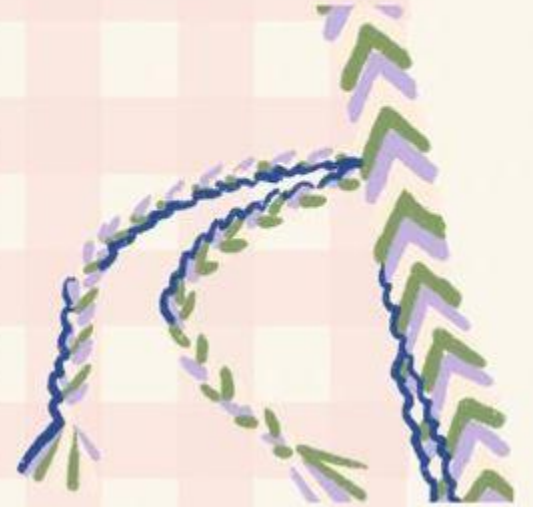


FRIENDSHIP BRACELET CLUB

- No experience necessary!
- Learn and teach bracelet patterns
- Improve fine motor skills
- Make bracelets to possibly donate to charity

**Meet @ lunch on Wednesdays in
Room 202 (Textiles Room)**

Scan to join!



127-abertoncello@sd43.bc.ca

&

127-lchoi@sd43.bc.ca

KWAP WINTER CLOTHING DRIVE

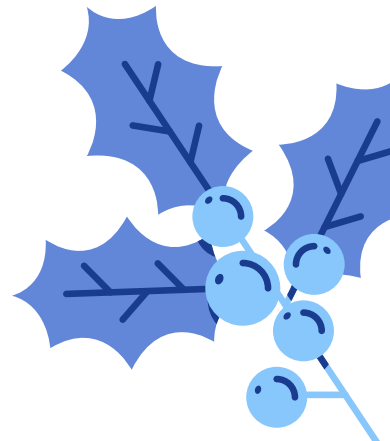
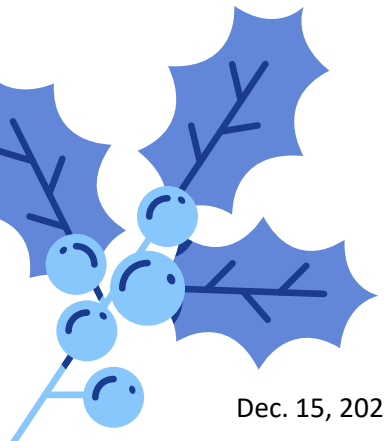
NOV 27TH - DEC 15TH

What we are looking for:

-Winter clothing of all sizes

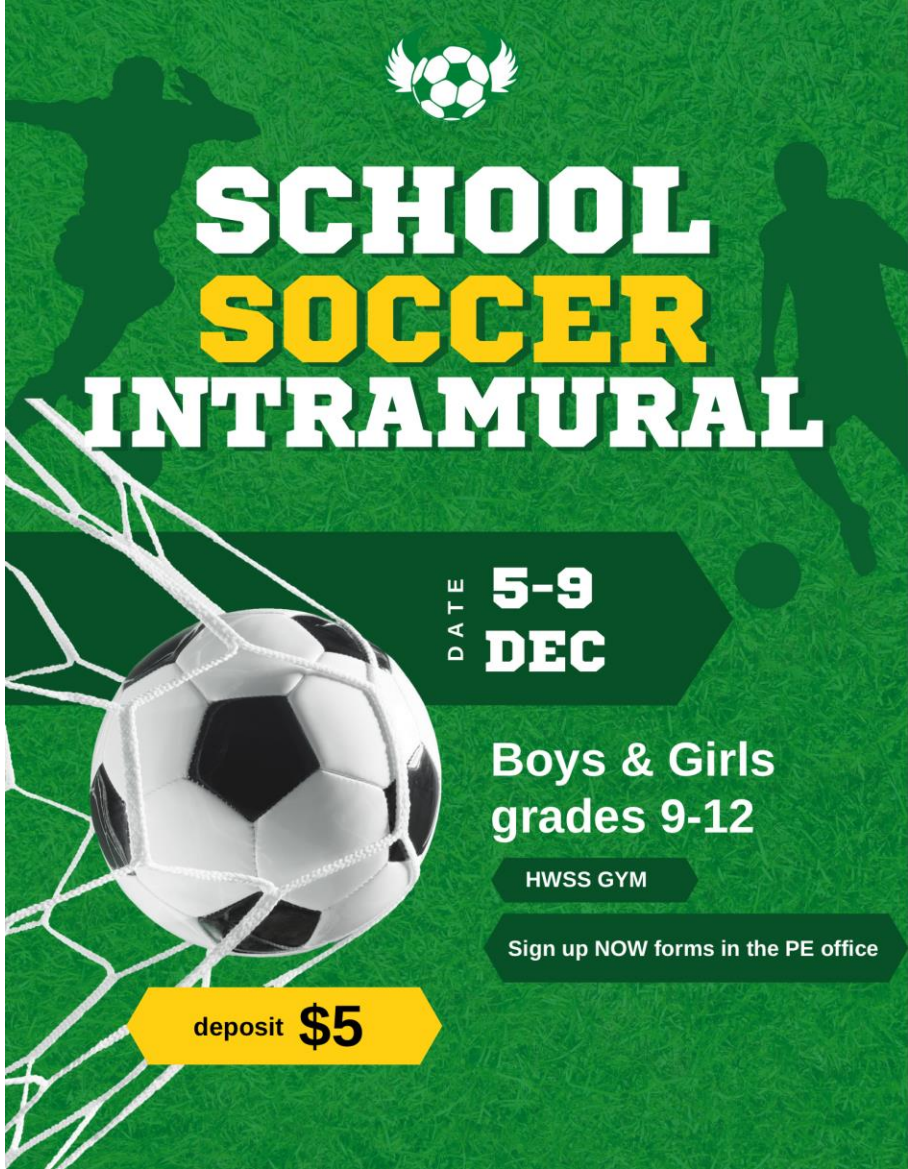
Drop off: Infront of theatre

Helping our homeless community in need these
holidays



KODIAK ATHLETICS



A promotional poster for school soccer intramurals. The background is a vibrant green with a subtle grass texture. At the top center is a white soccer ball icon with wings. Below it, the title 'SCHOOL SOCCER INTRAMURAL' is written in large, bold, white and yellow letters. Silhouettes of soccer players are visible in the background. In the lower-left foreground, a soccer ball is shown hitting a goal net. To the right of the ball, a dark green arrow-shaped box contains the text 'DATE 5-9 DEC'. Below this, another dark green arrow-shaped box contains 'Boys & Girls grades 9-12'. Underneath that is a smaller dark green arrow-shaped box with 'HWSS GYM'. At the bottom, a yellow arrow-shaped box contains 'deposit \$5'. A final dark green arrow-shaped box at the bottom right contains the text 'Sign up NOW forms in the PE office'.

deposit **\$5**

DATE **5-9
DEC**

**Boys & Girls
grades 9-12**

HWSS GYM

Sign up NOW forms in the PE office

CAREER CENTER



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 fast-food 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**
 - 10-minute walk from Gilmore Skytrain station
- **Main topics covered include:**
 - Basic Life Support (CPR - A) -- CPR with Automated Defibrillator Training
 - Small Wound Management
 - 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:
https://www.sd43.bc.ca/CareerPrograms/0Documentation/OFA1_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

