



Monday
January 29, 2024

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



ATTN: All CLC12 students
Meeting in the Theatre Feb. 6th during flex

Mrs. Saloustros CLC class meeting in Computer Lab during flex Thursday Feb. 1st

HWSS Model UN



Congrats to the
HWSS MUN
Delegation for an
outstanding
performance this
weekend at the
Vancouver MUN
conference!

Science Co-op 11 Parent Presentation

Thursday, February 6th

6-7 PM

HWSS library

Ms. Wilson - bwilson@sd43.bc.ca

Mr. Baldus - mbaldus@sd43.bc.ca



CELEBRATE RAC!

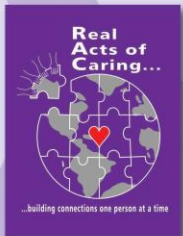
Real Acts Of Caring (RAC)

with a Mental Health & Wellness Focus

February 11 - 17, 2024

It feels good!

Do something caring and kind for another, our environment and yourself!



Promoted by: Students in RAC

Are you looking for a great way to promote positive leadership in your school community?

Set up a RAC Club! This year, the RAC Steering Committee will be forwarding any RAC donations to Mental Health and Wellness workers. Email us at hchang@sd43.bc.ca to share your high resolution RAC photos and story explaining how you celebrated RAC Week February 11-17, 2024 and we will share what you have done on our RAC website at www.realactsofcaring.org.

RAC Week is February 11-17, 2024

RAC was created by grade 4 and 5 students in the Coquitlam School District in 2005 and is doing something caring and kind and not expecting anything back.

SD43 leadership students are lobbying with local and provincial governments to have RAC Week recognized in our community. RAC has spread all over BC and beyond. This year the focus of RAC Week is Mental Health and Wellness and we are encouraging as many students as possible to get involved in supporting this goal.

Leadership students are also encouraging students to wear the colour PURPLE during RAC Week.

Please see our RAC website for more information about RAC and how to get involved <http://www.realactsofcaring.org>.



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CLUBS



A top-down view of a desk setup. On the left, a portion of a black laptop is visible, showing the keyboard and a white screen. To the right of the laptop is a white ceramic coffee cup filled with black coffee, sitting on a light brown wooden coaster. In the top left corner, there is a white ceramic vase containing dried, light-colored flowers. The background is a plain, light-colored surface.

SOAP CLUB HOMEWORK HELP

Tuesday and Wednesday

3:30-5

OPEN TO ALL GRADES
ROOM 231

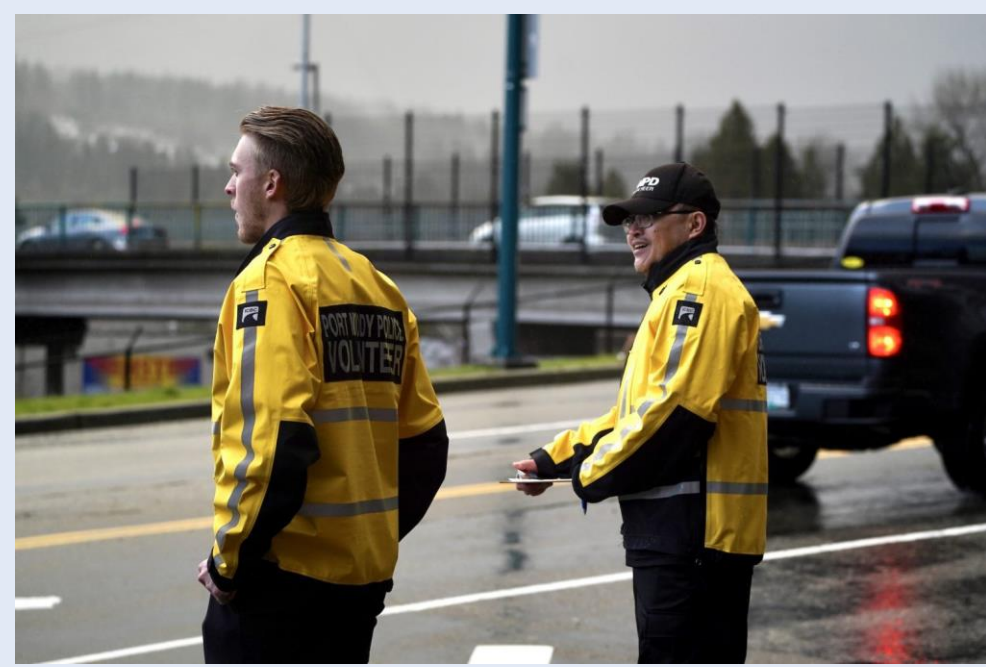
insia- @HWSSOAP
email- hwsoapitutor@gmail.com

CAREER CENTER



Interested in Policing?

- The Port Moody Police Department is hosting a free program for youth in Grades 11-12.
- The program is designed to introduce students to policing as a career and will allow students to earn volunteer credits (30 hours) that you can apply towards graduation.
- The program will be run out of the Port Moody Police Department on St. John's Street
- See Mr. Aitken in Room 240 or Mrs. Pavan in Room 209 for more information and to pick up an application sheet. Application deadline is February 28th, 2024



UBC

Application Deadline

Extended

~~January 15, 2024~~
January 31, 2024
(deadline extended)
(11:59 p.m. PST)

Applications due

- Deadline to apply for Winter Session (September 2024 to April 2025).
- Deadline to apply for Summer Session (May to August 2024), unless you're a visiting, unclassified, or Access Studies student.

<https://you.ubc.ca/applying-ubc/dates-deadlines/>