



**Wednesday,  
October 24, 2018**

# BELL SCHEDULE

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Block 1</b> <b>8:00-9:12</b>	<b>Block 1</b> <b>8:00-9:12</b>	<b>Block 1</b> <b>8:00-9:12</b>
<b>Block 2</b> <b>9:16-10:28</b>	<b>Block 2</b> <b>9:16-10:28</b>	<b>Block 2</b> <b>9:16-10:28</b>
<b>FLEX</b> <b>10:28-10:57</b>	<b>FLEX</b> <b>10:28-10:57</b>	<b>FLEX</b> <b>10:28-10:57</b>
<b>Block 3</b> <b>11:01-12:13</b>	<b>Block 3</b> <b>11:01-12:13</b>	<b>Block 3</b> <b>11:01-12:13</b>
<b>LUNCH</b> <b>12:13-12:53</b>	<b>LUNCH</b> <b>12:13-12:53</b>	<b>LUNCH</b> <b>12:13-12:53</b>
<b>Block 4</b> <b>12:57-2:09</b>	<b>Block 4</b> <b>12:57-2:09</b>	<b>Block 4</b> <b>12:57-2:09</b>
<b>Block 5</b> <b>2:13-3:25</b>	<b>Block 5</b> <b>2:13-3:25</b>	<b>Block 5</b> <b>2:13-3:25</b>



**FALL CONCERT  
IS HERE!**

**7P.M. TO 9P.M. ON WEDNESDAY,  
OCTOBER 24TH @ THEATRE**

**SEE YOU ALL AT THE CONCERT!**

# Halloween Writing Contest

## Prompt:

Appearances can be deceiving.

## Criteria

- All submissions must:
- Be connected to the prompt
- Be original work
- Be no longer than 500 words (please include a word count)
- Be typed
- Submission deadline: October 24<sup>th</sup>

winners will be announced at lunch in library October 30<sup>th</sup>.

See your English teacher, Ms. Ross, or Ms. Van Gaalen to submit your story.

**DEADLINE TO  
REGISTER:  
OCTOBER 31st  
Cost: \$15**



- 9 questions**
- 6 answers only**
- 3 full solutions**
  - Calculator permitted**
  - Participation looks great on Post Secondary Applications!**

**CSMC and CIMC**

**WHAT: Canadian Senior and Intermediate Mathematics Contest**

**WHEN: Wednesday November 21st**

**WHERE: 8:45 am – 11 am Library**

**HOW: Please see Ms. Paisley (RM 232) or Ms. Wiebe (Science Office) to register.**

# ME to WE BOO! GRAMS



COME BUY YOUR FRIENDS A SWEET HALLOWEEN TREAT!  
GRAND HALL @ LUNCH STARTING WEDNESDAY, OCT. 24th.

# **Digital Literacy Advisory Classes**

**Digital literacy flex classes this month. Please meet in room 213 for flex with your advisory**

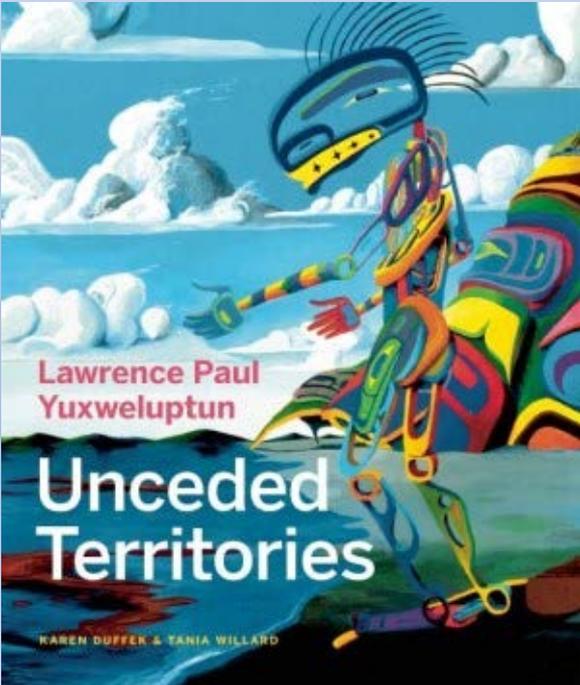
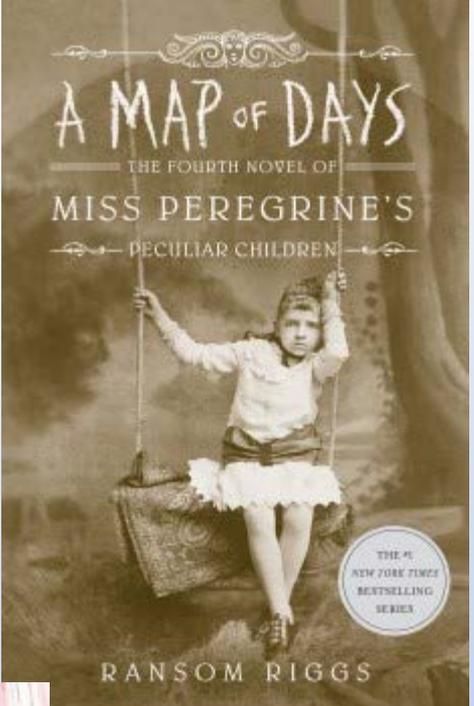
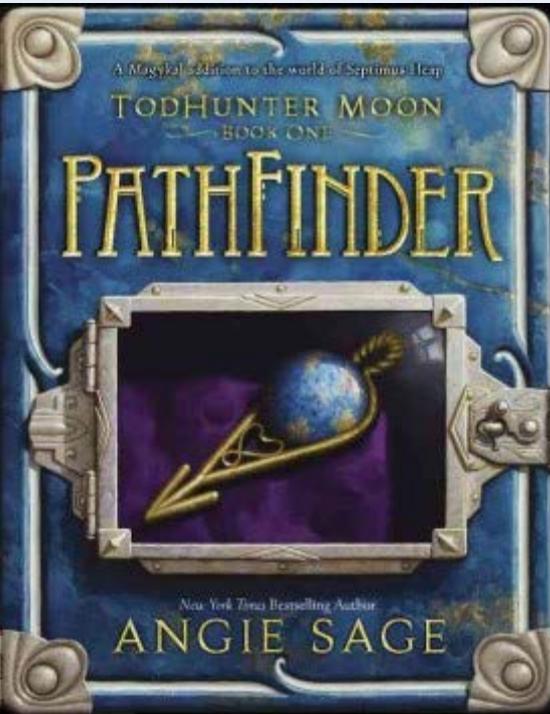
**Advisory 11 and 12 - October 24<sup>th</sup>**

**Advisory 13 and anyone who could not make a previous FLEX - October 25<sup>th</sup>**

# SCIENCE FAIR

- **All students involved in the Science Fair or are wanting to sign up:**
- **E-MAILS ARE REQUIRED AGAIN FOR ONENOTE!!**
- **PLEASE WRITE YOUR SCHOOL EMAIL ON THE SIGN UP SHEET OUTSIDE OF ROOM 309!!!**

# New Library Books



# **ATTN: International Students**

**Attention International Students who have program fees that are expiring at the end of the semester:**

**Please return the blue re-application form given to you by Ms. Lee to the International Education Office with full payment.**

**For payment details, please see the back of your blue re-application form.**

**The payment deadline is November 1<sup>st</sup> 2018.**

# CAREER CENTER



# UNIVERSITY, COLLEGE QUESTIONS

Are you a **Grade 12 student** who is feeling overwhelmed with questions regarding University, College, applications...if so, you should come to the Career Centre in the office and sign up for a “Q&A, Lunch & Munch” session with counsellor/career resource staff who will help answer the questions that are keeping you awake at night!!!

Sign up starts this week and lunch sessions run on the following days:

October 26

November 2, 5, 8

# Upcoming Post-Secondary Information Sessions

## General Sessions: October

October 24 Bishop's flex in Grand Hall  
October 25 UBC 6:30pm in the theatre

## General Sessions: November

November 02 Western 8:30am in library lab  
November 07 Queen's lunch in library lab  
November 07 McGill 7pm in the theatre  
November 14 Corpus Christi lunch in Grand Hall  
November 20 U of Alberta lunch in library lab  
November 21 Waterloo 3:30 pm in the library  
November 21 U of Toronto 6:30pm in the library  
\*primarily for grade 10 & 11 students\*  
November 27 Mt. Royal U lunch in Grand Hall

## Business Sessions:

October 24 SFU Beedie School of Business  
October 29 UBC Sauder School of Business (date may change watch for announcement)

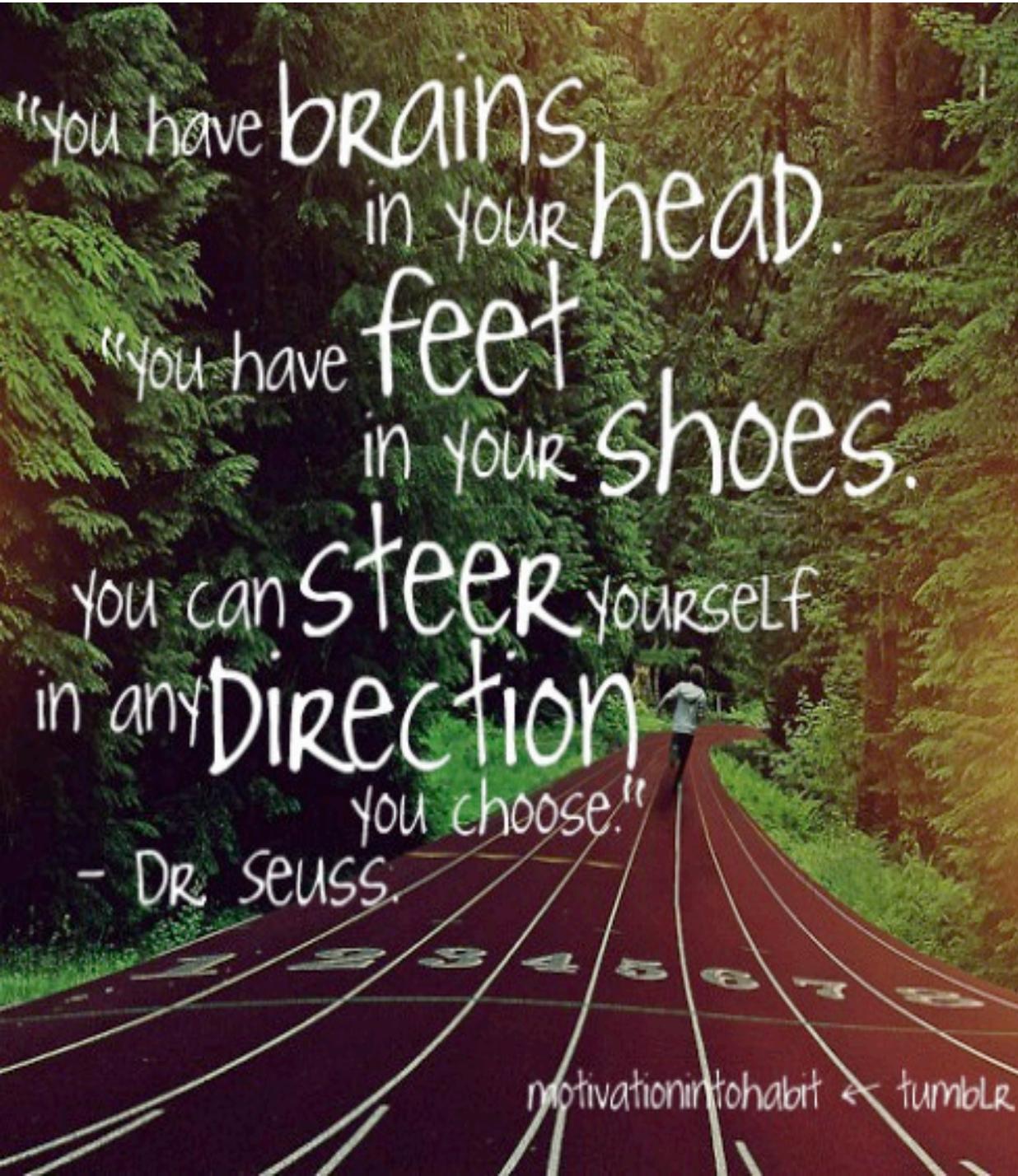
## Applied Science/ Engineering Sessions:

October 25 SFU lunch in library lab  
November 06 UBC lunch in library lab

# KODIAK ATHLETICS

---



A person is running on a red track that curves through a dense forest. The track has lane numbers 1 through 8. The background is filled with tall green trees. Overlaid on the image is white, handwritten-style text.

"you have brains  
in your head.  
"you have feet  
in your shoes.

you can steer yourself  
in any direction  
you choose."  
- DR. SEUSS.

motivationintohabit ← tumblr

## CROSS COUNTRY

A REMINDER TO ALL  
CROSS COUNTRY  
RUNNERS THAT  
DISTRICT  
CHAMPIONSHIPS ARE  
WEDNESDAY OCTOBER  
24<sup>TH</sup> AT MUNDY  
PARK. YOU DO NOT  
HAVE TO HAVE RACED  
AT FRASER VALLEY'S  
TO GO.

JUNIORS RUN AT 3:45  
AND SENIORS WILL BE  
AT 4:10.

PLEASE LET MR.  
CASTONGUAY KNOW IF  
YOU CANNOT MAKE IT.

# Jr. Boys' Basketball Try-Outs

WEDNESDAY, OCTOBER 24, 2018 7:15 PM

→ ALL GRADE 10 BOYS ARE  
WELCOME TO ATTEND ←



# Intramural Handball Playoffs Started Yesterday!

## Next Intramurals: Indoor Soccer!

**A1 69ers**

**WED 24**  
CRT 1

**B2 Pinnacles**

**TUES 23**  
CRT 1

**A3 Nicky-G**

**Thurs 25**

**A2 McGoezus**

**TUES 23**  
CRT 2

**B3 LMB**

**WED 24**  
CRT 2

**Handball  
Champions**

**B1 Educators**

**LOSERS  
OF WED 24**

**BRONZ**

# WRESTLING MEETING

## Wrestling Information Meeting

Friday, November 2, 2018

Mat Room

12:20 pm

If you are interested in wrestling for Heritage Woods, please attend this meeting.

ALL are welcome!!

# KODIAK CLUBS

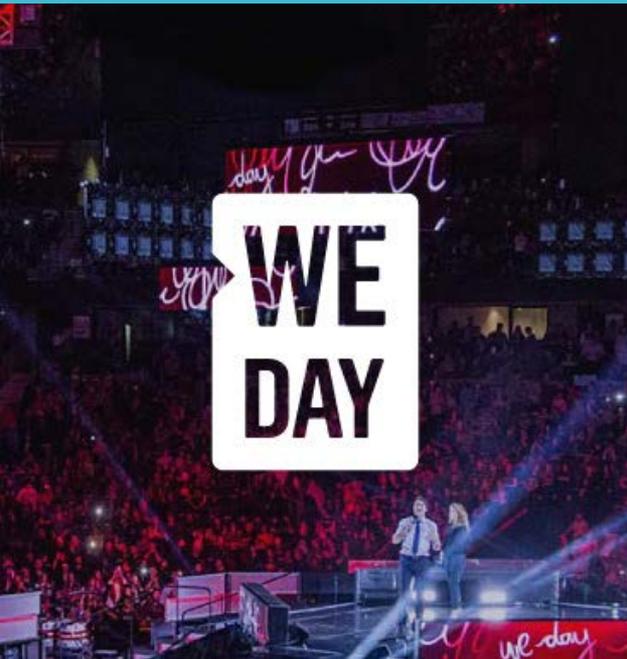


# First Responders Club

Are you interested in medicine and first aid? Do you already have certification or would you like to get training in first aid? Heritage Woods has its own first responders who treat injuries that happen to any of our students and visitors.

If you are interested in finding out more about this club or would like to join us, come to a meeting at lunch in room 316 on Wednesday Oct 24<sup>th</sup>.

See Mr. Baldus if you have any questions.



# Meeting in the mat room THIS FRIDAY

ME TO WE CLUB



**HERITAGE WOODS  
PRIDE EDUCATION ALLIANCE**

**EVERY WEDNESDAY, ROOM 307@LUNCH**

**LOOKING FOR VOLUNTEER HOURS?**

# Charity Brighthouse



**BUBBLE TEA SALE!**

After school in the **GRANDHALL**  
**THIS FRIDAY!!!!**

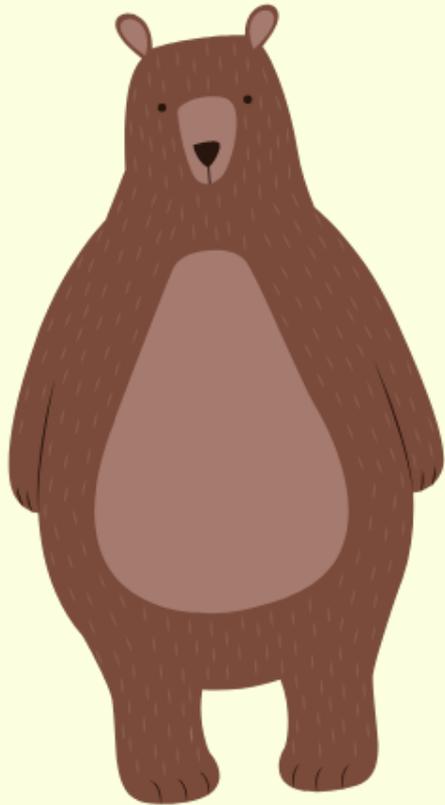
**Taro Milk Tea & Original  
Milk Tea available**



**IMPROVE YOUR SPEAKING SKILLS  
AND MAKE NEW FRIENDS!**

**KODIAK  
KONVERSATIONS**

**WEDNESDAY @FLEX  
IN ROOM 109**



**NEW VOLUNTEERS & EAL STUDENTS  
ARE ALWAYS WELCOME!**





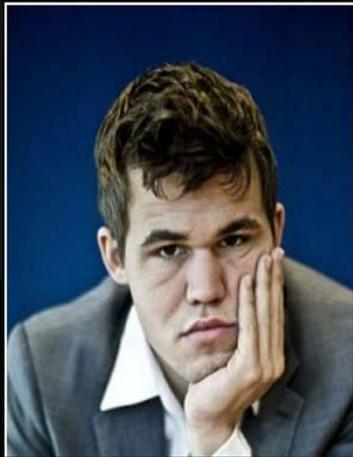
Wednesday Flex in Art Room

Come if you are interested in joining the club to help youths and gain volunteer hours!

*Light the candle of hope for youth with serious medical conditions*

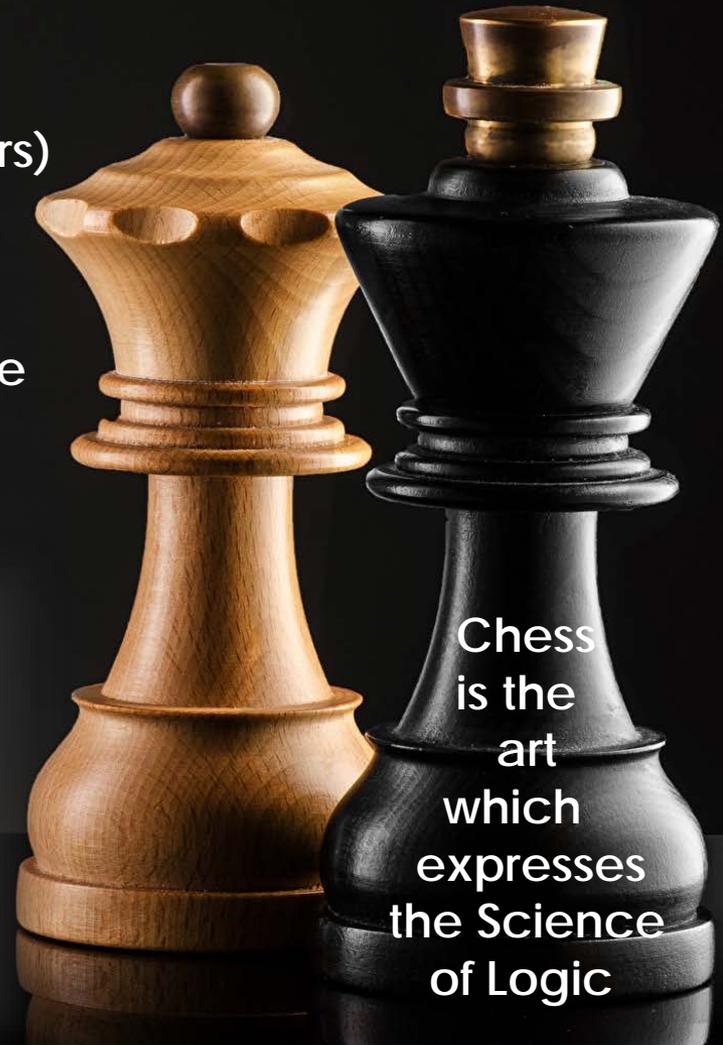
# CHESS CLUB 2018

- All levels welcome! (Beginners and Seniors)
- Drop in @ lunch EVERY day to play
- Room 308
- Compete, Play, and Learn. We might have a friendly tournament like last year.



Some people think that if their opponent plays a beautiful game, it's OK to lose. I don't. You have to be merciless.

— Magnus Carlsen —



Chess  
is the  
art  
which  
expresses  
the Science  
of Logic

A white silhouette of a snowboarder in a dynamic pose, leaning back with arms outstretched, riding a blue snowboard down a slope. The background is a dark blue grid pattern.

# SKI & SNOWBOARD CLUB

## SIGN UP IN ROOM 314

(sign-up forms will be available on  
Monday, Oct 15)

## FIRST TRIP: DECEMBER 15TH



# REPEAT NOTICES



# Heritage Woods Assistance Dog

- “Brie” our Heritage Woods Assistance Dog will be here Thursdays at lunch in the counselling area. Come down and say “Hi”!!





Start your day in a relaxing way. Come to Room 231 Monday to Friday from 8:30 – 9:15

Coffee! Tea! Food!  
Come listen to music and relax before class

# EUROPE 2019



**Paris/Venice/Rome/Florence**

**A few spots have opened up ... if you are interested please see Mr. Castonguay in Room 213.**

Attention all Grade 9, 10, and 11 Kodiaks:

**Please check the spelling of your name from the lists posted on the wall outside room 300. If your name is misspelled, please email us at:**

**[HWSSYearbook@gmail.com](mailto:HWSSYearbook@gmail.com)**





**Show your  
school spirit!**

Heritage Woods

**LANYARDS**

for sale in the office.

**\$5.00**