



**Monday,
January 13, 2020**

BELL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Block 1 8:00-9:12	Block 1 8:00-9:12	Block 1 8:00-9:12	Block 1 8:00-9:12	Block 1 8:00-9:12
Block 2 9:16-10:28	Block 2 9:16-10:28	Block 2 9:16-10:28	Block 2 9:16-10:28	Block 2 9:16-10:28
Block 3 10:32-11:45	FLEX 10:28-10:57	FLEX 10:28-10:57	FLEX 10:28-10:57	FLEX 10:28-10:57
LUNCH 11:45-12:26	Block 3 11:01-12:13	Block 3 11:01-12:13	Block 3 11:01-12:13	Block 3 11:01-12:13
Block 4 12:30-1:43	LUNCH 12:13-12:53	LUNCH 12:13-12:53	LUNCH 12:13-12:53	LUNCH 12:13-12:53
Block 5 1:47-3:00	Block 4 12:57-2:09	Block 4 12:57-2:09	Block 4 12:57-2:09	Block 4 12:57-2:09
	Block 5 2:13-3:25	Block 5 2:13-3:25	Block 5 2:13-3:25	Block 5 2:13-3:25



Mr. Bell's Class



Career Life Connections 12

TUESDAY, JANUARY 14TH A - L
WEDNESDAY, JANUARY 15TH M - Z

VOLUNTEER / WORK FORMS ARE DUE

Interested in Traveling to COSTA RICA Feb 2021?



**Volcanoes
Kayaking
Hot Springs
Waterfalls
Ziplining
Snorkeling
Hiking
Beaches**



Come See Europe With Us!

- There are still a few spots available for this year's Europe Trip (May 14-23). Deadline for signing up is Jan. 31.
- Don't miss out! Come see the sights with us!
- See Mr. Chaffee in room 235 if you have any questions.





WANT TO GET AN EXTRA 1% IN MATH?



TRY OUT MATH LEAGUE!

SERIES OF 6 CONTESTS
EACH CONTAINS 6 QUESTIONS
TO SOLVE IN 30 MINUTES

HIGHEST SCORES ARE COUNTED FOR
OUR SCHOOL AND WE COMPETE
AGAINST SCHOOLS ACROSS CANADA

FOR MORE INFORMATION
PLEASE VISIT ***MATHLEAGUE.COM***

WHEN
~~JAN 7~~ **JAN 14** 😊
2020
AFTER SCHOOL
(CONTEST #4)

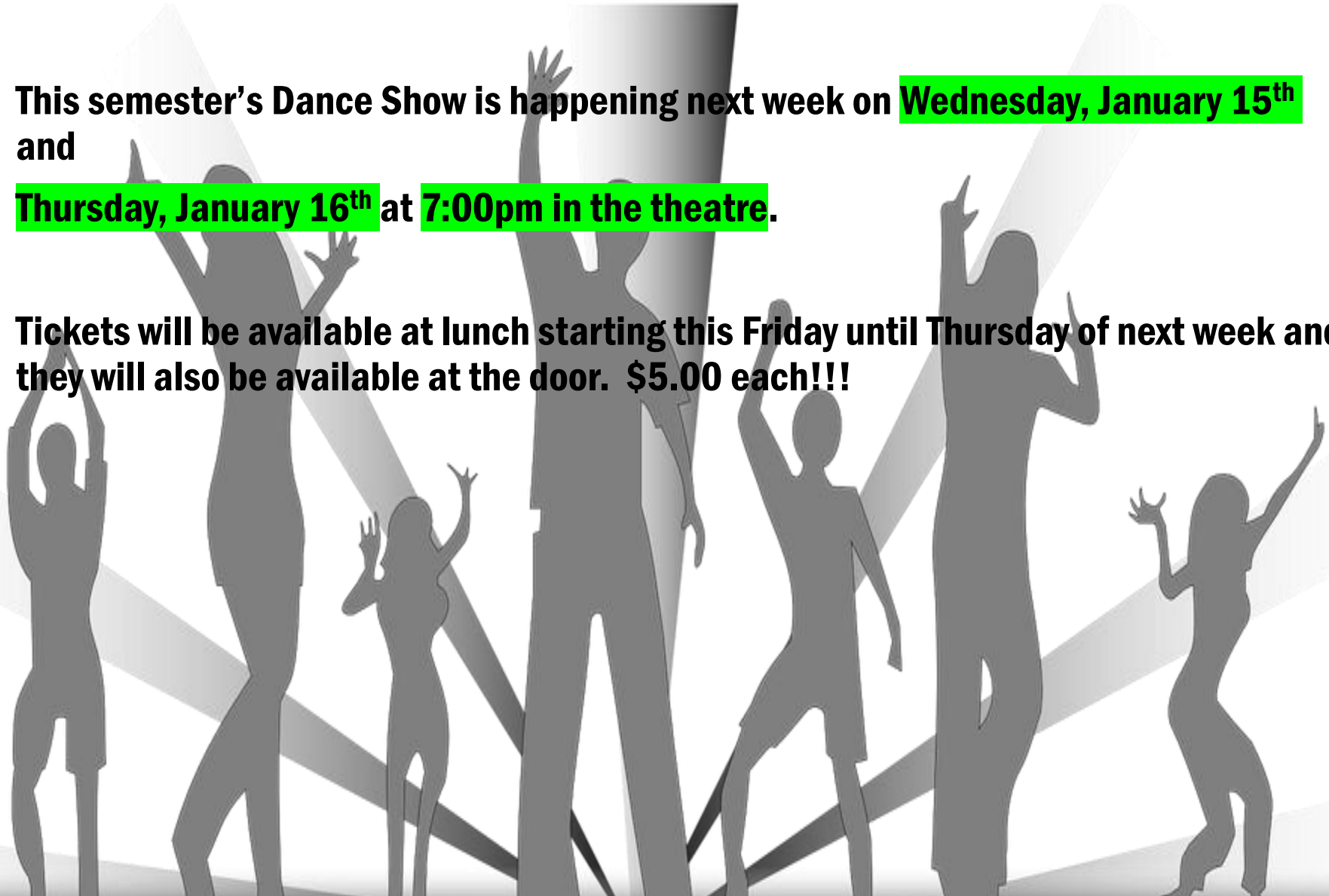
WHERE
ROOM 232
(MRS. PAISLEY'S ROOM)

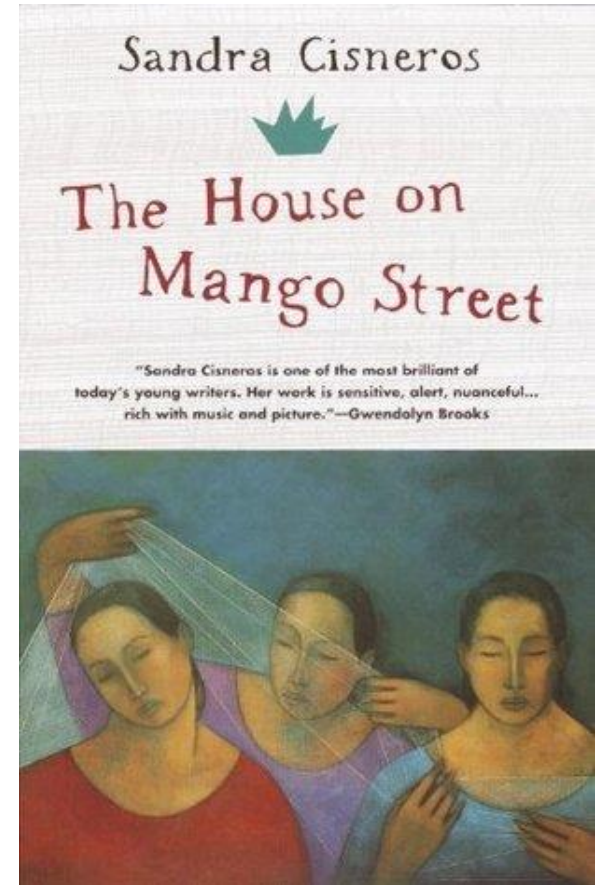
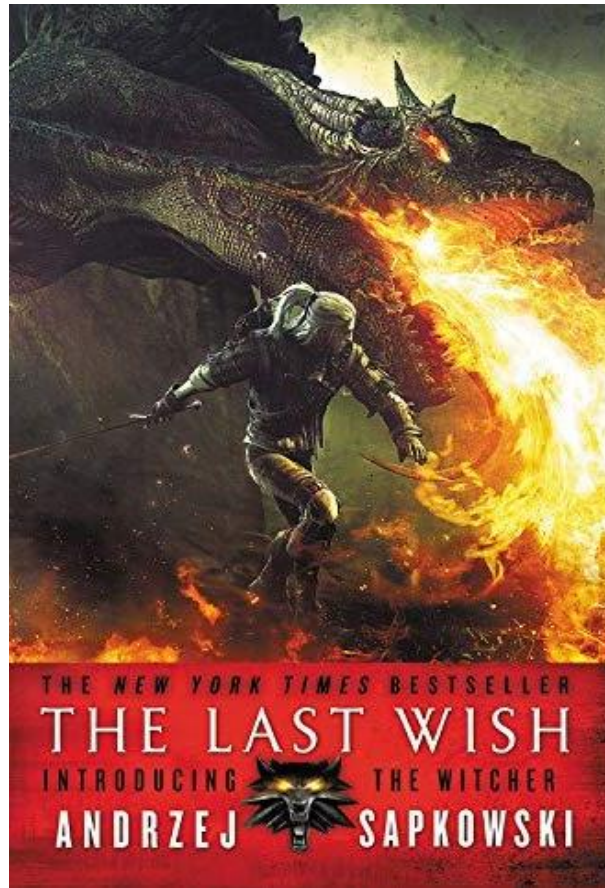
**STUDENTS WILL RECEIVE 0.1%
BONUS MARK FOR EACH CORRECT
ANSWER TO A MAXIMUM OF 1%**

Semester 1 ~ Dance Show

This semester's Dance Show is happening next week on **Wednesday, January 15th
and
Thursday, January 16th at **7:00pm** in the theatre.**

Tickets will be available at lunch starting this Friday until Thursday of next week and they will also be available at the door. \$5.00 each!!!





THE WITCHER SERIES

**Come and check out the new books at the
HWSS Library**

HWSS LANYARDS For Sale

Please come to the main office to purchase.

COST: \$5.00



KODIAK ATHLETICS



CLUBS



PHYSICS CLUB



WHO:

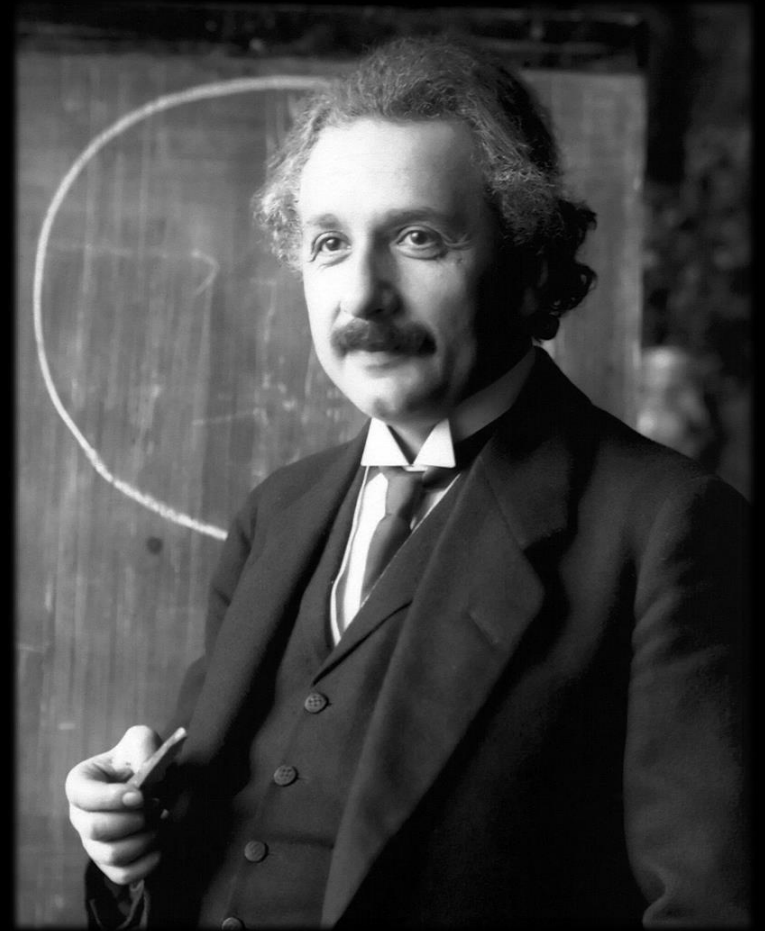
All physics enthusiasts

WHEN:

Mondays 3:30pm-4:30pm

WHERE:

Room 304



“I have no special talents,
I am only passionately curious”



pkhalili@sd43.bc.ca

Join Model UN!



Mondays at Lunch in 235

email hwssmodelun@gmail.com or just walk on in

Debate! Looks good on uni applications!
Write papers! Go to conferences!

A WHOLE LOAD OF GOOD TIMES!
Bring your friends.



SKI & SNOWBOARD CLUB

Sign Up in
Room 314

Next Trip:
January 18

SKI & SNOWBOARD CLUB

Want to shred at Whistler?



Space is becoming limited...

Jan. 18 – FULL - waitlist started

Feb. 8 – FULL - waitlist started

Mar. 7 – 1 or 2 spots remaining

Attention Ski/Snowboard Club Members



Apex Trip has been cancelled.

See Mr. Moretti for details. If you submitted a permission form and cheque, please pick them up in Room 314.

CAREER CENTER



We will have a Canadian Coast Guard College Recruitment Officer at Heritage Woods on January 14th at lunch in the Grand Hall to discuss with students the post-secondary opportunities available.

The Canadian Coast Guard Officer Training Program offers high school graduates a post secondary education in two streams: Marine Engineering or Marine Navigation. As a result of our four year program, the Officer Cadets will obtain the following:

- Bachelor of Technology in Nautical Sciences
- Canadian Coast Guard College Diploma
- Commercial Certification issued by Transport Canada
- Guaranteed employment with the Canadian Coast Guard upon graduation

Joining the Canadian Coast Guard Officer Training Program, Officer Cadets will receive throughout the four year training program:

- a tuition free education
- a monthly allowance,
- free room and board, textbooks and uniforms etc.

Those who join the Officer Training Program become a government employee from the first day of the Officer training program and their job title is Officer Cadet. They will receive:

- medical and dental plan coverage,
- pensionable service
- 4 weeks of paid vacation per year

High school students can apply to the Officer Training program in their grade 12 year.

2020 UBC Engineering Physics high school info session and tour!

UBC's [Engineering Physics](#) program is one of the top engineering programs in Canada. With a formidable combination of scientific training, engineering experience, and practical hands-on skills, our graduates play leading roles in the most interesting and exciting industries and fields of scientific research in Canada and around the world:

- Artificial intelligence and machine learning
- Biotechnology, genetic engineering, medical devices
- Clean energy, electric vehicles
- UAVs, drones, aerospace
- Quantum computing

Engineering Physics is a very challenging program and should appeal to students with a strong interest and ability in mathematics and science. Please join us on **Sunday January 19th** for tours of UBC labs, a talk by the Program Director, and a chance to meet our students and see some of their projects. The day is divided into an AM section and a PM section, with the Director's talk in the middle. There is no need to attend the entire day.

- Register at the link below. In order to reach as many students as possible, we ask that each student bring no more than two family members with them to the event.
- >> Each student please [register here to attend](#) <<

When:

-
- Doors: 10:30 am **Sunday, January 19th, 2020**
- AM tours start: 11:00 am
- Lunch: 12:00 pm (we provide pizza, alternatives available nearby)
- Program Director's presentation (1 hour): 1:00 pm
- PM tours start: 2:15 pm
- End: 4:00 pm

Where:

- Irving K. Barber Learning Center room 182 (Victoria Theatre)
- [1961 East Mall, Vancouver, BC V6T 1Z1](#)

QUESTIONS:

**Please see Ms. Butler
in the Career Center.**



Archimedes Talks



- Archimedes Talks is a speaker series aimed at talented high school students in Vancouver interested in mathematics and engineering. Our goal is to provide promising students with opportunities to explore different aspects of math and applied science in an engaging environment.
- Once a month during the semester, students come to the University of British Columbia's main Vancouver campus. Every session includes two expert speakers, a tour of an interesting location on campus, and lunch.
- Students are nominated to participate by their teachers. Interested students and teachers should visit the "apply" section for more information.
- [Archimedes](#) lived in ancient Greece. He made many important discoveries in mathematics and physics and was also a gifted inventor and engineer.

- **Schedule**

- Registration will start at 10:10 am. All talks are in the Irving K Barber Learning Centre, UBC Point Grey campus.
- Bring something to write with and on.

- **Spring, 2020**

- Date: Saturday, February 8, 2020
- Location: IBLC 261
 - [Yusuf Altintas](#)
UBC Mechanical Engineering
- Date: Saturday, March 7, 2020
- Location: IBLC 261
 - 10:30 -- 11:30
TBD
 - 12:15-1:15
TBD
- Date: Saturday, April 4, 2020
- Location: IBLC 261
 - UBC Engineering Teams:
 - [Mars Colony](#)
 - [Unmanned Aircraft Systems](#)
 - [Orbit Satellite Design Team](#)

Could you be our 2020 award winner?

Other people talk about making the world better. You actually did something.

Presented annually, the *Weston Youth Innovation Award* was created to encourage and recognize young Canadian innovators. It provides students aged 14 to 18 a unique way to share their ideas and get the word out to a much larger audience! Interested? Why not tell us about your accomplishments? You could be the next Weston Youth Innovation Award winner.

Who is eligible?

- We look for individuals or groups who:
- are between the ages of 14 and 18,
- have used science and/or technology as the basis for developing creative and innovative ideas aimed at solving real-world problems,
- put their ideas into action and as a result, have had a positive impact either in their own community or on a broader scale.

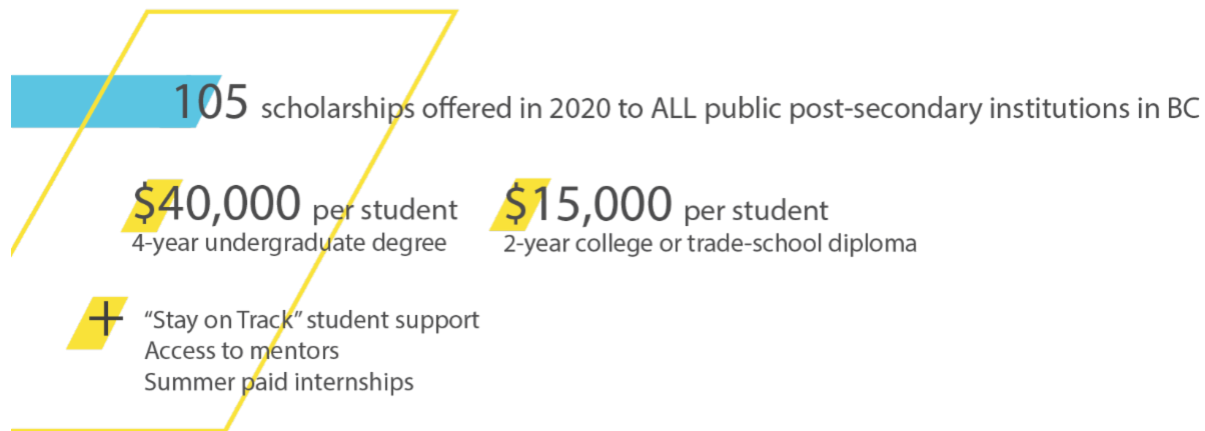
For more information on how to apply visit: <https://www.ontariosciencecentre.ca/innovationaward/#howtoapply>

- \$15,000 first-place prize
- \$8,500 second-place prize
- \$3,500 each for up to three additional finalists
- Your project featured in an Ontario Science Centre exhibit

Application deadline: February 07, 2020

Beedie Luminaries Class of 2020 Scholarship Applications Are Now Open!

Bright minds are more than grades, and our scholarship is more than money. We give students what they need for a brighter future.



We look for the diamond in the rough.

We look beyond the grades.

We look for potential because we believe investing in our youth has the potential to transform families and communities.

Do you know of a student or students who fit this criteria? Please let them know about Beedie Luminaries and encourage them to [APPLY](#) today!

The 2019/2020 Applications are open until January 20, 2020, 9:00 am PST.

REPEAT NOTICES



Volunteers needed for HWSS Robotics Tournament

- Friday Jan 17 after school for 2 – 3 hours
- Saturday January 18, 10 am – 4 pm
- Free food & treats for volunteers
- See Mr. Zhuang in room 217 for details on specific tasks



OCEAN WISE IS PROUD TO BE LAUNCHING OUR YOUTHTOSEA SPRING AND SUMMER LEADERSHIP PROGRAMS IN 2020. THIS PROGRAM IS OUR AQUACAMPS WORK EXPERIENCE PROGRAM, BUT AMPED UP TO OFFER MORE DEVELOPMENT/OPPORTUNITY!

These programs are designed to offer youth (14-18) an opportunity to build their personal leadership, problem-solving and life skills. Youth in the program will volunteer in our AquaCamps at the Vancouver Aquarium during our Spring or Summer sessions working with children. Youth volunteers will expand their social network, increase their marine conservation knowledge, connect with their community and gain employment skills.

Students who complete the Leadership Program will receive:

120+ hours of volunteer service

Ocean Wise Animal Handling Certification

WHMIS Certification

CAN Autism Training

Ocean Wise Leadership Program Certificate of Completion

Opportunity to join member-only workshops/events at the Vancouver Aquarium

Valuable work experience and professional contacts

There will be an Information session on Tuesday January 14, 2020 at 7:00pm for interested youth and their parent or guardian. Please email

workexperience@ocean.org to register to attend.

Please see Ms. Butler in the Career Center for more info.





VOLUNTEER

with Port Coquitlam Recreation!

WINTER 2020 OPPORTUNITIES FOR YOUTH

PORT COQUITLAM RECREATION

WHY VOLUNTEER?

- Gain work experience hours for graduation
- Develop your leadership skills
- Build your resume and earn a reference letter
- Make a difference in your community
- Explore career opportunities in Recreation

Apply now! Application deadlines are January 3rd for Winter Programs and March 5th for Spring Break Camps.

HOW DO I GET STARTED?

1. Visit www.portcoquitlam.ca/volunteer
2. Select your area of interest and click "Apply Now!"
3. Fill out an Application Form.
4. All volunteers will be required to complete an Interview, Criminal Record Check and Orientation

CHILDREN SERVICES

AFTERSCHOOL PROGRAMS

Have fun and help kids keep healthy and active with Afterschool Active at Hyde Creek Rec Centre or Beyond the Bell at local elementary schools! Programs include Art Attack, Soccer, Basketball, Sports & Games and more!

Commitment: 2 hours/week for 8 weeks (16 hours)

- Requirements:**
- Must be 15 years of age or older
 - Empathetic and enthusiastic
 - Enjoy working with children

SPRING BREAK CAMPS

Make the most of your Spring Break with our *amazing* Spring Break camps, including Sneakers and Jr. Sneakers Children's Camps, Children's Art Camps, and more. Assist with games, craft activities, out trips and more!

Commitment: 40 hours/week for 1 week (40 hours)

- Requirements:**
- Must be 15 years of age or older
 - Empathetic and enthusiastic
 - Enjoy working with others

SKATING & BIKE PROGRAMS

SKATE LESSON ASSISTANT

Have fun and gain experience assisting Learn to Skate Instructors teach children ages 2 to 13 basic skating and hockey skills in a fun and supportive program.

Commitment: 2.5 to 4 hours/week for 8 weeks

- Requirements:**
- Must be 14 years of age or older
 - Empathetic and enthusiastic
 - Able to skate forward and backward with good balance and control

AQUATICS

SWIM LESSON ASSISTANT

Gain lifeguarding experience by assisting Water Safety Instructors in the delivery of the Red Cross Water Safety Programs to participants of all ages.

Commitment: 2 hours/week for 10 weeks (20 hours)

- Requirements:**
- Must be 13 years of age or older with Bronze Cross and Youth Aquatics Volunteer Training OR 15 years of age with Water Safety Instructor training
 - Experience working with children an asset

LEISURE BUDDIES

Provide one-on-one support to a child or youth facing barriers to participation in skating lessons, swimming lessons, camps and other programs. Assist participants in focusing on tasks, encouraging participation, providing additional instruction or helping with language barriers.

Commitment: Average of 1-2 hours/week for 8 weeks (Varies by program)

- Requirements:**
- Must be 13 years of age or older
 - Empathetic and enthusiastic
 - Enjoy working with others

ADOPT A SPOT

Adopt a Street, Park or Trail in Port Coquitlam. Perform litter clean-ups at least once per month and report any issues to the City. Set your own schedule and gain volunteer hours while helping to keep Port Coquitlam clean, green and beautiful.

Commitment: Minimum 1 clean up/month for 1 year

- Requirements:**
- Must be 16 years of age or older OR 13 years of age with a parent or guardian
 - Comfortable working independently outdoors

VOLUNTEER OPPORTUNITY - CITY OF COQUITLAM



Lend a helping hand this winter season –
Volunteer to be a Snow Angel!

Help those who are unable to clear the
snow from their City sidewalks after
a snowfall.

- ❖ Training, shovels, reflective vests, scarves and toques provided.
- ❖ Snow Angels must be 16 yrs of age or older or accompanied by an adult

*This is a great opportunity for family and friends to
volunteer together!*