

BELL SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
Block 1 8:00-9:12	Block 1 8:00-9:12	SCHOOL CLOSURE DAY
Block 2 9:16-10:28	Block 2 9:16-10:28	
FLEX 10:28-10:57	FLEX 10:28-10:57	
Block 3 11:01-12:13	Block 3 11:01-12:13	
LUNCH 12:13-12:53	LUNCH 12:13-12:53	
Block 4 12:57-2:09	Block 4 12:57-2:09	
Block 5 2:13-3:25	Block 5 2:13-3:25	

THE CAFETERIA HAS GONE GREEN!

Exciting news Kodiaks!

ALL utensils and containers
from the cafeteria are NOW
COMPOSTABLE!

Make sure you throw your
waste in the correct bin!

*plastic around
cookies/muffins goes in
garbage



Brought to you by the Environmental and Outdoors Club



Random acts of Kindness Week

February 11th - 13th
Sponsored by Leadership Students



School theme for the week is "Have a Heart"

Wednesday Feb 12th

Random Acts of Kindness Bake Sale ... All proceeds will be going to a Local Charity
- All Bake Sale Items are will be sold at lunch in the grand hall for \$1.00

Thursday Feb 13th

Kindness Karaoke
Come sing a song for a friend or with a group of Friends at Lunch in the Grand Hall

Random Acts of Caring Week



CELEBRATE RAC!

Real Acts of Caring Week
February 9 - 15, 2020

*It feels
good!*

*Do something kind
for another without
expecting anything
in return!*



Promoted by:
Students in **RAC**

Enter to win \$100-\$300 for your school to support RAC!
See our website at www.realactsofcaring.org for details



Design by Patti Webb, printed by **RICOH** and supported by the Shaw Kindness Sticks Youth Grant



Thursday, Feb. 20th is Capstone Day at Heritage Woods

Thursday, February 20th is Capstone Day at Heritage Woods. Detailed, grade specific emails will be sent early next week. As regular classes are not in session, below is a brief overview relevant to each grade. Contact Vice Principal Jill Reid jreid@sd43.bc.ca if you have questions.

Grade 9 Altered Schedule 9:00-12:15 Required Attendance

- 9:00-10:30 Healthy Decision Making (PHE Curriculum) - by Advisory (room assignments posted)
- 10:45 - 12:15 Jesse Miller - Heritage Woods Theatre (<https://www.mediatedreality.com/>)

Grade 9 students with unfinished Digital Learning 10 Assignments will be required to complete these assignments during the morning session.

Grade 10:

- At-Home Curriculum based Core Competency Reflection assignment to be emailed to families Wednesday, February 19th. Completed on O365 and edublog.

• Grade 11:

- Capstone Presentation Panel Member: Grade 11 students scheduled as panel member/observer for a Grade 12 Capstone presentation. The first Career Life Connections assignment (graduation required course) will be completed in the library.

• Grade 12:

- Capstone Presentations - Grade 12's scheduled throughout the day to present their Capstone to a panel. Presentation is followed by time in the library lab to complete graduation tasks - Commencement preparation, satisfaction survey, CLC reflection assignment, Valedictorian voting, setting up post-secondary transcript service account.

**ALL Course selection forms are due February 13th
to PERIOD 4 TEACHERS**

**COUNSELLORS WILL BE AVAILABLE IN THE
LIBRARY AT LUNCH TUESDAY, WEDNESDAY
AND THURSDAY FEB. 11-13 TO ANSWER
COURSE SELECTION QUESTIONS
PRIOR TO P4 ON THURSDAY.**



**ATTN: GR 11s – Career Life
Connections Class**

All Grade 11's will have their first Career Life Connections Class Wednesday – TODAY during Flex in the Theatre.

Heritage Woods Assistance Dog

Brie our Heritage Woods Assistance Dog will be here on **Wednesday's** at **LUNCH** in the counselling area. Come down and say "Hi"!



AP CALCULUS EXAM

- Any students interested in writing the AP Calculus exam must pay their exam fee (\$135) online or at the office before **March 6 deadline**.
- If you are not taking AP Calculus this semester and you wish to write the exam, see Ms. Riczu at the office for payment.
- If you have any questions, email Ms. Rai (mrail@sd43.bc.ca).

WYNS PRESENTS

Valentine Candy Bags

FEB.12.2020

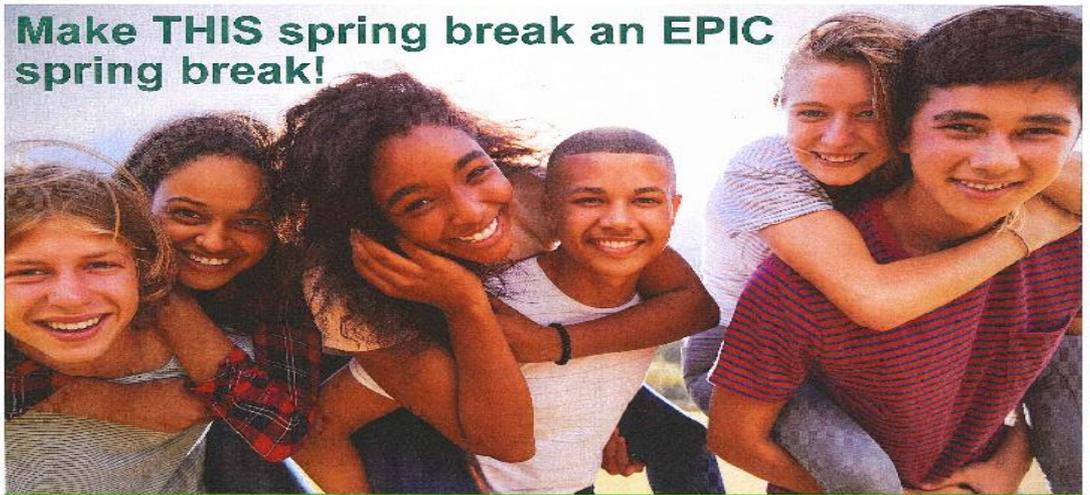
IN THE GRANDHALL AFTER
SCHOOL

**ONLY \$1.00 FOR A
BAG OF SWEETS!**



PORT MOODY REC COMPLEX

Make THIS spring break an EPIC
spring break!



Activities may include trips to:

- Extreme Air Park
- Apex Adventure Plex
- Sports
- Watermania
- Swimming - CCAC
- Lazer Tag

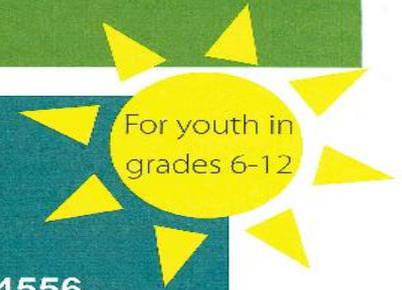
Out trips subject to change without notice.

Spring Break camps run:

Mon-Fri Mar.16-20 9am-4pm

Mon-Fri Mar.23-27 9am-4pm

Register at portmoody.ca | 604.469.4556



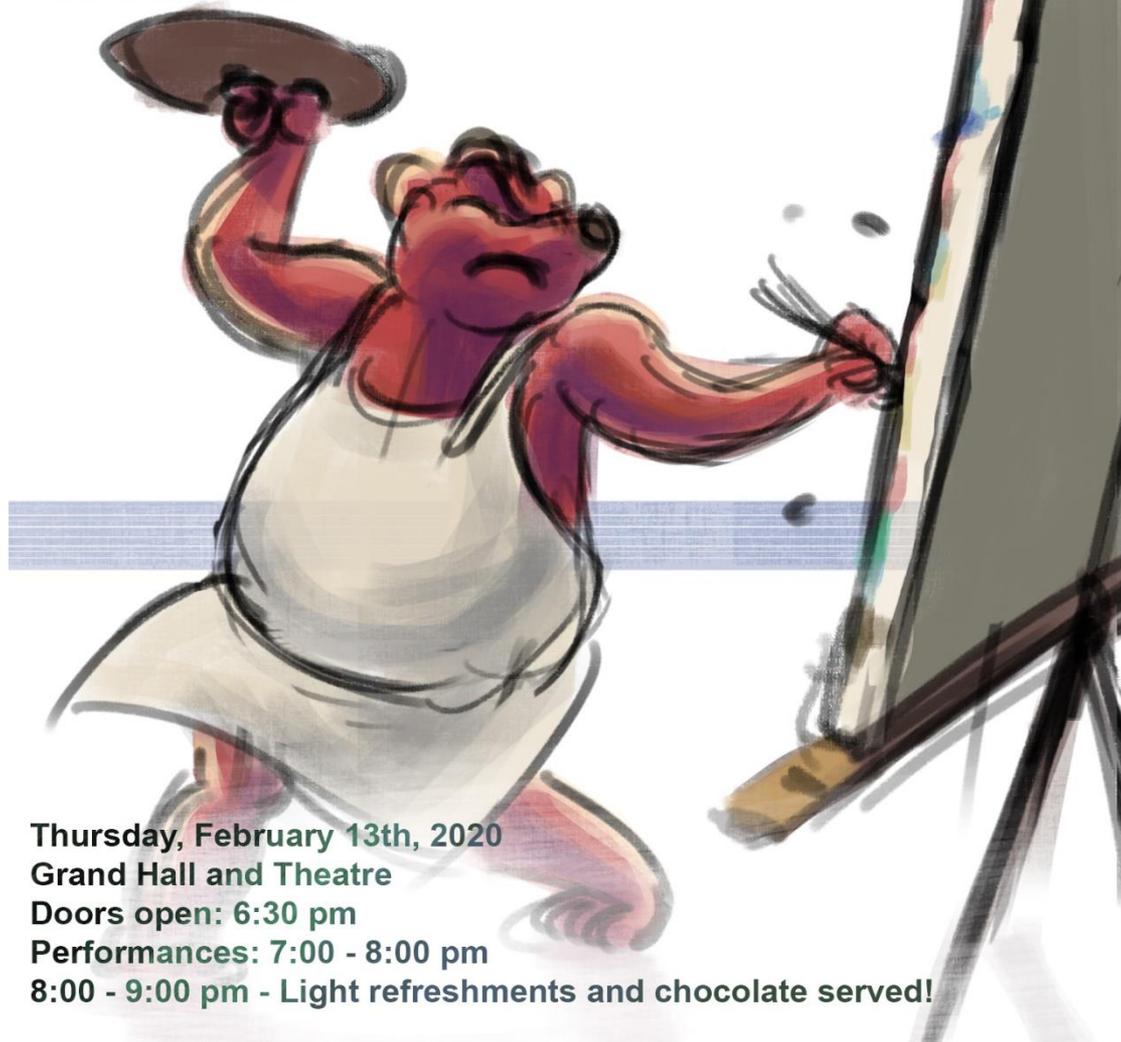
For youth in
grades 6-12



Port Moody Recreation Complex
300 loco Road, Port Moody, BC | 604.469.4556 | www.portmoody.ca

PORT MOODY
CITY OF THE ARTS

HWSS Visual and Performing Arts Show



Thursday, February 13th, 2020
Grand Hall and Theatre
Doors open: 6:30 pm
Performances: 7:00 - 8:00 pm
8:00 - 9:00 pm - Light refreshments and chocolate served!

February is Black History Month!

Mae C. Jemison

- Mae became the first African-American woman to fly to space in 1992
- Jemison wanted to be used as an example of how women and people of minorities can make a difference if given the opportunity
- Also had a career as a medical doctor and worked in the Peace Corps



Keep an eye on the Kodiak for more slides about influential activists and heroes to celebrate this important month!

KODIAK PRIDE



Want to get involved and fight for justice and equality in both the school and to community?

- Fundraisers
- Initiatives
- Fun community
- Snacks!



Meetings
Wednesdays at lunch
Room 307





Mrs. Saloustros' Class

Career Life Connections 12

WHAT DAY AND TIME IS YOUR CAPSTONE MEETING WITH MRS.SALOUSTROS??

IF YOU DON'T KNOW, OR DID NOT SIGN UP FOR ONE, PLEASE CONTACT MRS.S RIGHT AWAY.

LSALOUSTROS@SD43.BC.CA

MANDARORY CLASS MEETING

THURSDAY FEB. 13TH IN THE THEATRE FLEX



Ms. Swanson's Class

Career Life Connections 12

**MANDATORY MEETING AT FLEX
THURSDAY (SECTION 4 – PINK)**

**EVERYONE MUST ATTEND
ROOM 242**

SD43 STUDENT LEADERSHIP COUNCIL PRESENTS

STUDENT LEADERSHIP CONFERENCE



OPEN TO MIDDLE AND
SECONDARY
STUDENTS!

SCAN QR CODE TO
SIGN UP!

FEB 28, 2020

8:30AM-2:30PM

SCOTT CREEK MIDDLE

COST - \$15 (LUNCH + SWAG BAG)



EUROPE 2021 ~ Italy and Greece
Meeting on Thursday, Feb. 13th at LUNCH
in Room 213.
Any questions, please see Mr. Castonguay.



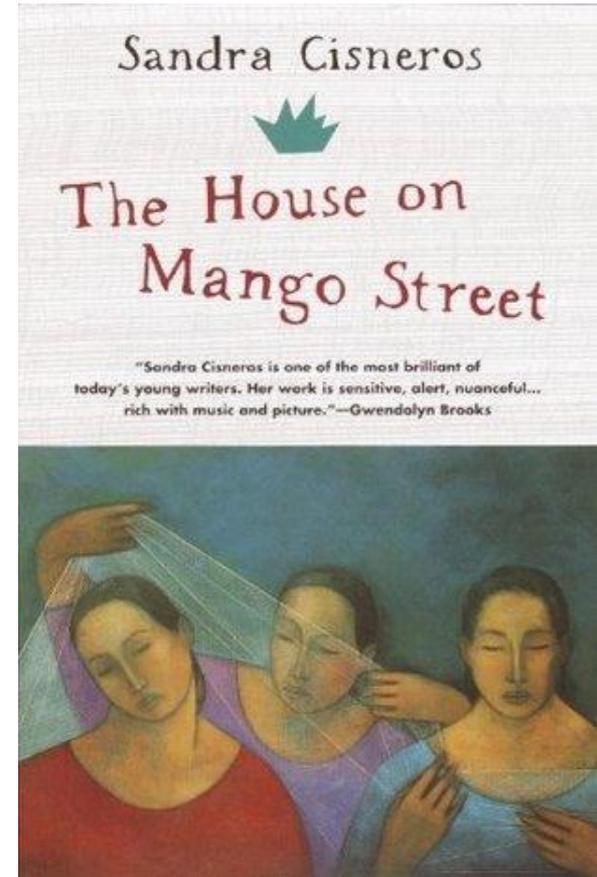
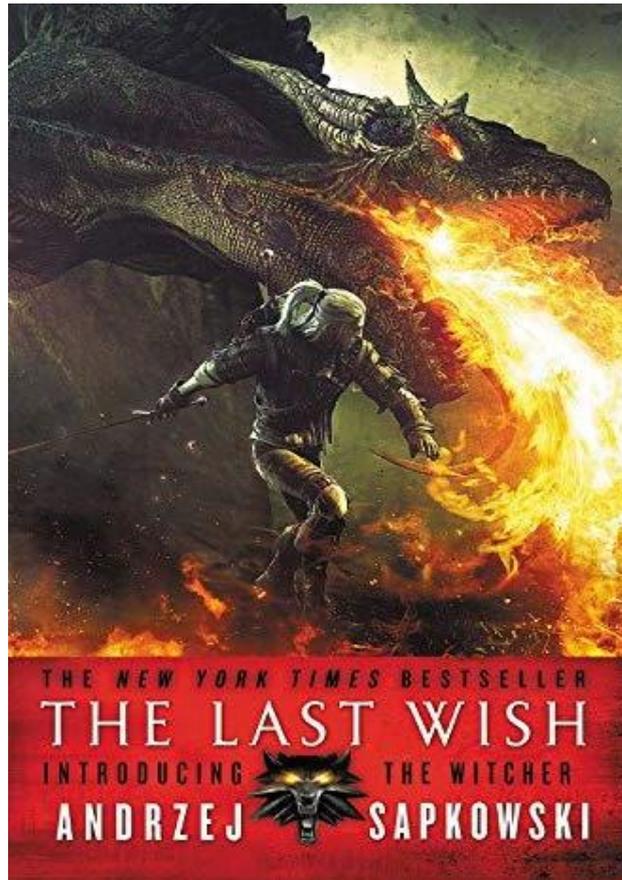
PHOTO CONTEST

Theme:

WE ARE KODIAKS

Submit one photo to
pkhalili@sd43.bc.ca
by March 13 2020

1st Place: **\$75** 2nd Place: **\$50** 3rd Place: **\$25**



**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



HWSS TRACK & FIELD



Track and Field - Mandatory First Meeting

- Anyone who is interested in signing up for the Track and Field this season is required to attend this meeting on Wednesday, February 19 @ room 240 at lunch.

BADMINTON TRYOUTS

Please come with proper gym clothing and shoes – you will not be eligible to play if you are not prepared.

Note: There is only ONE senior team this year. All grades are eligible to try out!

You must be available on Mondays and Tuesdays after school!

Try out dates:

Feb 18th 5:30 – 7:00

Feb 25th 5:30 – 7:00



CLUBS



*ROOM CHANGE: 315 → 207

MEETINGS IN ROOM 207 ON
WEDNESDAYS AT LUNCH

JOIN WYNS CLUB!!!



Do **YOU** want to help the community?

- Volunteer hours
- Fundraising
- Looks fantastic on University Applications!!!
- Partnered with Eagle Ridge Hospital
- Helping kids with medical conditions and providing for those in need



Kodiaks Konversations

Connect with our EAL students!



MEETINGS
EVERY
WED. AT
FLEX IN
ROOM 243

- *Gain volunteer hours while having fun*
- *Snack while you chat and play games*
- *Meet new people*
- *Learn about other cultures*

JOIN THE HSEO CLUB

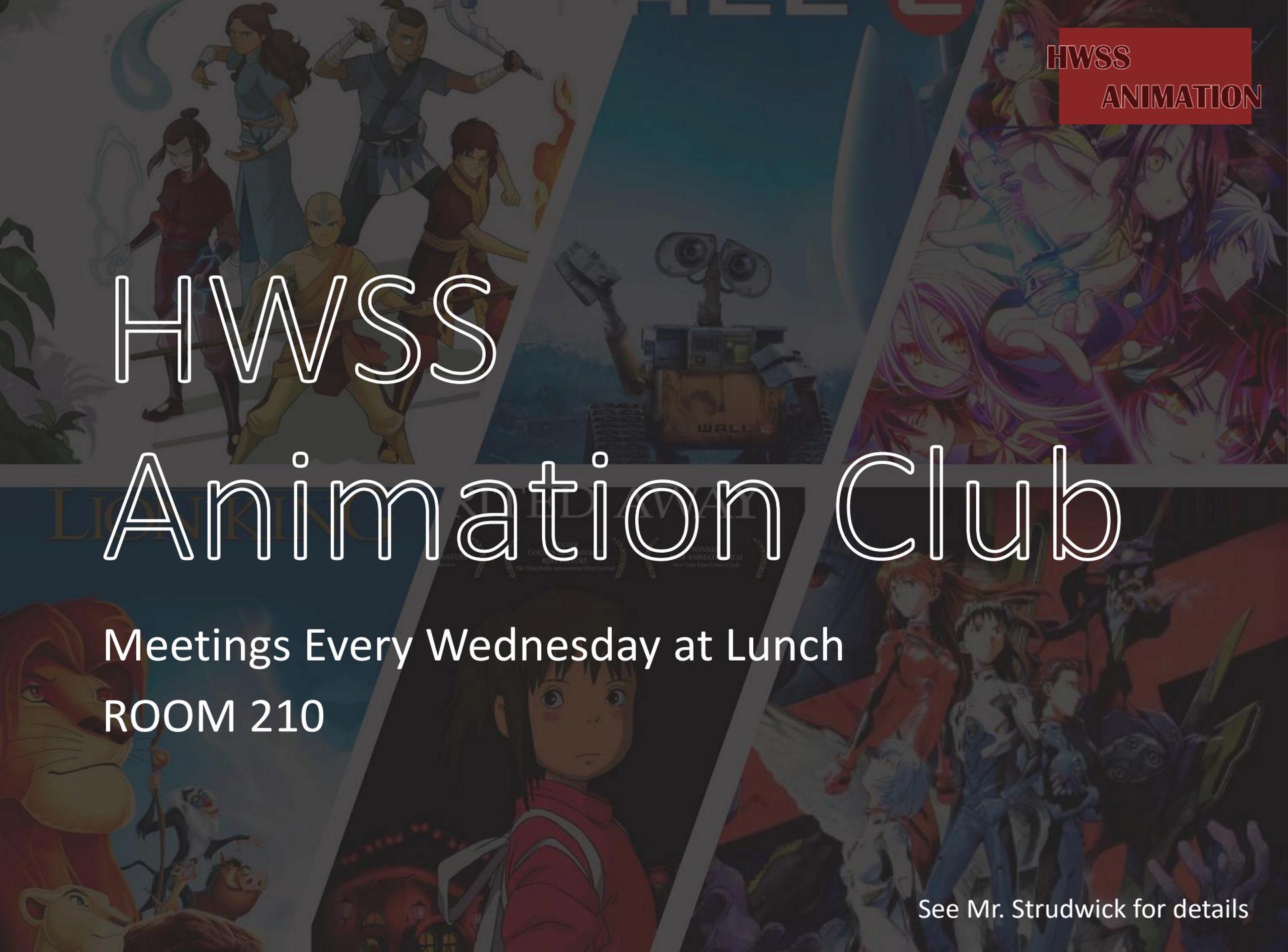
-INTERESTED IN JOINING **SCIENCE
COMPETITIONS** TO BOOST YOUR RESUME?

-WANT TO EARN **PRESTIGIOUS AWARDS**
FROM BIG UNIVERSITIES LIKE UBC AND U OF T?

NEXT MEETING:

**WEDNESDAY @ LUNCH IN
ROOM 316 (September
25th)**





HWSS
ANIMATION

HWSS Animation Club

Meetings Every Wednesday at Lunch
ROOM 210

See Mr. Strudwick for details



SKI & SNOWBOARD CLUB

Sign Up in
Room 314

Next Trip:
March 7

SKI & SNOWBOARD CLUB

Want to shred at Whistler?



Space is becoming limited...

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



SCIENCE WORLD EXTRAVAGANT EVENING FOR TEENS (SWEET)

For Youth 13–18.

Join us at Science World on Valentine's Day for our next **FREE Science World Extravagant Evening for Teens (SWEET)**, and experience some friendly competition between post-secondary institutions!

- Make liquid nitrogen ice cream, and carry out experiments and demonstrations in psychology, physics, chemistry, kinesiology and more! Galleries will be open to explore!

Featuring:

- Over 10 guest exhibitors and presenters from UBC, Langara, KPU, Vancouver Community College, Douglas College, BCIT, Genome BC and Science World's *Future Science Leaders*!

A live demo-off with demos presented by:

- UBC School of Biomedical Engineering
- Langara Department of Chemistry
- Douglas College Department of Physics and Astronomy
- UBC Sensorimotor Lab at the School of Kinesiology



This year, the guest presenters will be challenged to create Valentine's Day-themed demonstrations, so don't miss out!

Registration is required. More info in link.

<https://www.scienceworld.ca/event/sweet-faculty-faceoff-2/>

UBC ENGINEERING Upcoming Events for Girls

UBC Engineering Upcoming Events for Girls

Changing the World: Engineering the Future

Saturday, March 28, 2020

Grades 10-12

Explore why engineering is an amazing career for women who want to change the world, help improve the lives of others and the environment around us, and who like teamwork and problem-solving. Solve real engineering challenges, learn about different types of engineering, talk to current students, hear from recent alumni and tour the campus.

Engineering Explorations 11: ECE & the Future of Tech

Saturday, February 1, 2020

Grade 11

As technology continues to expand its presence in our daily lives, engineering allows us to leverage new technologies for more applications.

Engineering Explorations 10: Sustainability for Our Future

Saturday, February 22, 2020

Grade 10

Using the engineering design cycle and a focus on environmental engineering, you'll ideate new solutions to an engineering problem that many countries face today.

Engineering Explorations 8: The Variety of Engineering

Saturday, March 14, 2020

Grade 8

Debunk your perceptions of engineering and experience what engineers do everyday!



Technovation Girls

February 7, March 6, or April 17

Ages 10-18

Build an app to solve a problem you identify within your community. Offered through UBC Geering Up.

Girl Powered Design Club

Saturdays starting January 25

Grades 8-10

It includes activities from all streams of STEM (Science, Technology, Engineering, and Math) in the form of hands-on activities, engineering design projects, and student competitions.

To RSVP or learn more: women.engineering.ubc.ca/events



THE UNIVERSITY OF BRITISH COLUMBIA

Engineering



UBC Geering Up
Engineering Outreach

APPLICATION DEADLINE: MAY 1, 2020. PLEASE RETURN YOUR APPLICATION
TO: campaignitebc@gmail.com
If you have questions feel free to see Ms. Butler for more information.

CAMP IGNITE 2020

August 6 - 9

*Applications available
at CAMPIGNITE.COM*



REPEAT NOTICES



Interested in Traveling to COSTA RICA Feb 2021?



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



Coast to Coast COSTA RICA 2021

A Caribbean to Pacific Adventure

Early enrollment
discount of \$300
for the month of
February.

See [Ms Prosperi-Porta](#), [Mr Baldus](#), [Ms Hughes](#) or [Mr Ross](#) for information.



UPCOMING MATH
CONTESTS!

SIGN UP IN RM 232
by Friday Feb 7th

What is it:

25 Multiple Choice Questions

60 minutes

Calculator Permitted

Cost: \$7

Contest Date: February 25th

Where: Library in P3

Sign Up Sign Up Sign Up Sign Up
Sign Up

PASCAL Grade 9
CAYLEY Grade 10
FERMAT Grade 11

Sign Up Sign Up Sign up Sign up
Sign Up

Join the Vancouver Aquarium Youth Team!

Volunteer Opportunities for Ages 14-18

Build your leadership , public speaking, and customer service skills while expanding your knowledge of marine life and conservation in a fun filled environment as an

Animal Interpreter Share animal stories and information through conversations, engaging props, and live animal handling

Children's Interpreter Paint faces, make crafts, and facilitate live animal handling in order to build connections between the Aquarium's youngest visitors and the animals in our care

Visitor & Gallery Assistant Deliver a personal and memorable experience to visitors from the moment they arrive. Assisting with admissions, guest services and visitor interactions throughout the facility, including live animal handling.

YouthToSea Spring & Summer Leadership 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.

Commitment dates & times will vary by position

Apply online today

<https://www.vanaqua.org/join/volunteer/work-experience>

workexperience@ocean.org





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

OPERATION MED SCHOOL IS OPENED FOR REGISTRATION

<https://operationmedschool.com/>

March 8th 8:30 – 5:30 at Robert H. Lee Alumni Centre, University of British Columbia

- Operation Med School (OMS) is a non-profit, student-run organization that hosts one-day conferences in Canada and the USA to educate youth about the journey of a medical career. Our goal is to inspire, inform and encourage students to follow their medical dreams and head bravely into their future endeavors.

OMS was started by a group of high school students in Vancouver, BC in 2012. Each conference gives students a new approach to medical careers through activities and lectures by medical experts. It is the perfect chance for high school students to explore the medical field, meet peers who share the same passion, and speak with knowledgeable medical professionals.

OMS has been creating an opportunity for youth to gain valuable leadership and event management skills since it began in 2012 as a conference *for* high school students *from* high school students. As the organization has grown, each city conference continues to be organized by a team of local high school students.

Want to train like a Mountie for a week?

National Youth Engagement Week is a unique opportunity to experience five days at [Depot, the RCMP's training academy](#) in Regina. A select group of Grade 12 students (secondaire 5 in Quebec) from across Canada will experience what it's like to be a cadet in training.

If chosen, you'll get the opportunity to interact with police officers from various RCMP units. Activities may include:

- a fitness session
- drill class
- driving simulation
- police defensive tactics
- a tour of the [RCMP Heritage Centre](#)
- and much more

What you need to know

- **Date:** March 23–27, 2020
- **Location:** RCMP Depot Division in Regina, Saskatchewan
- **Cost:** FREE! Travel, accommodation and meals will be provided by the RCMP.

Are you eligible?

To be considered, you must:

- interested in a law enforcement career
- a Grade 12 student (secondaire 5 in Quebec)
- proficient in English and/or French
- a Canadian citizen or have permanent resident status in Canada

For an application package please see Ms. Butler in the Career Centre OR

http://da.srce.ca/sites/default/files/RCMP%20Training%20Academy%20Application%20Form_ENG_FINALE-1.pdf

