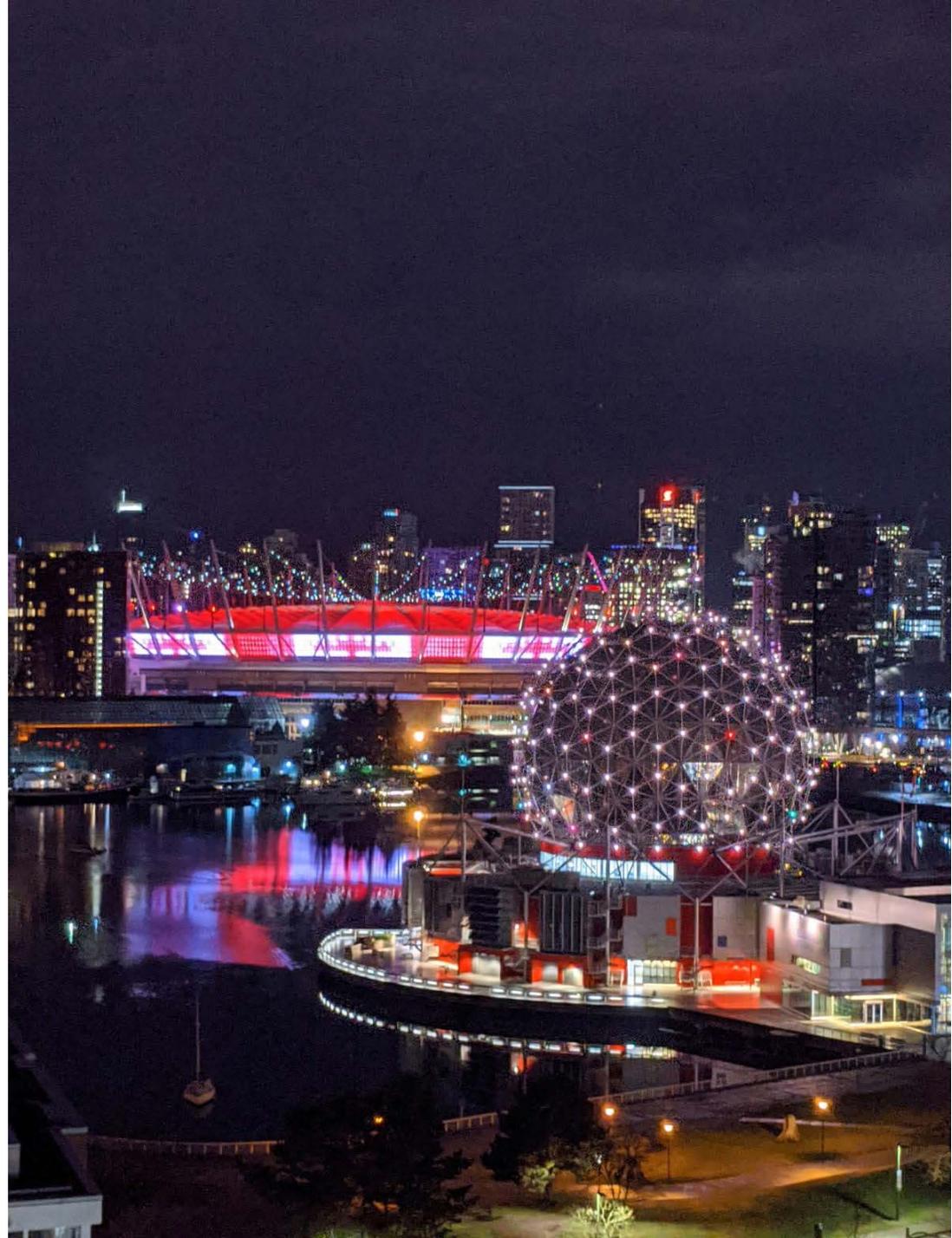




**Ten Years ago this
week Vancouver
hosted the 2010
Winter Olympics!
YAY - Canada!**



**Thursday,
February 13, 2020**



BELL SCHEDULE

THURSDAY

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

FRIDAY

SCHOOL CLOSURE DAY

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"

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**

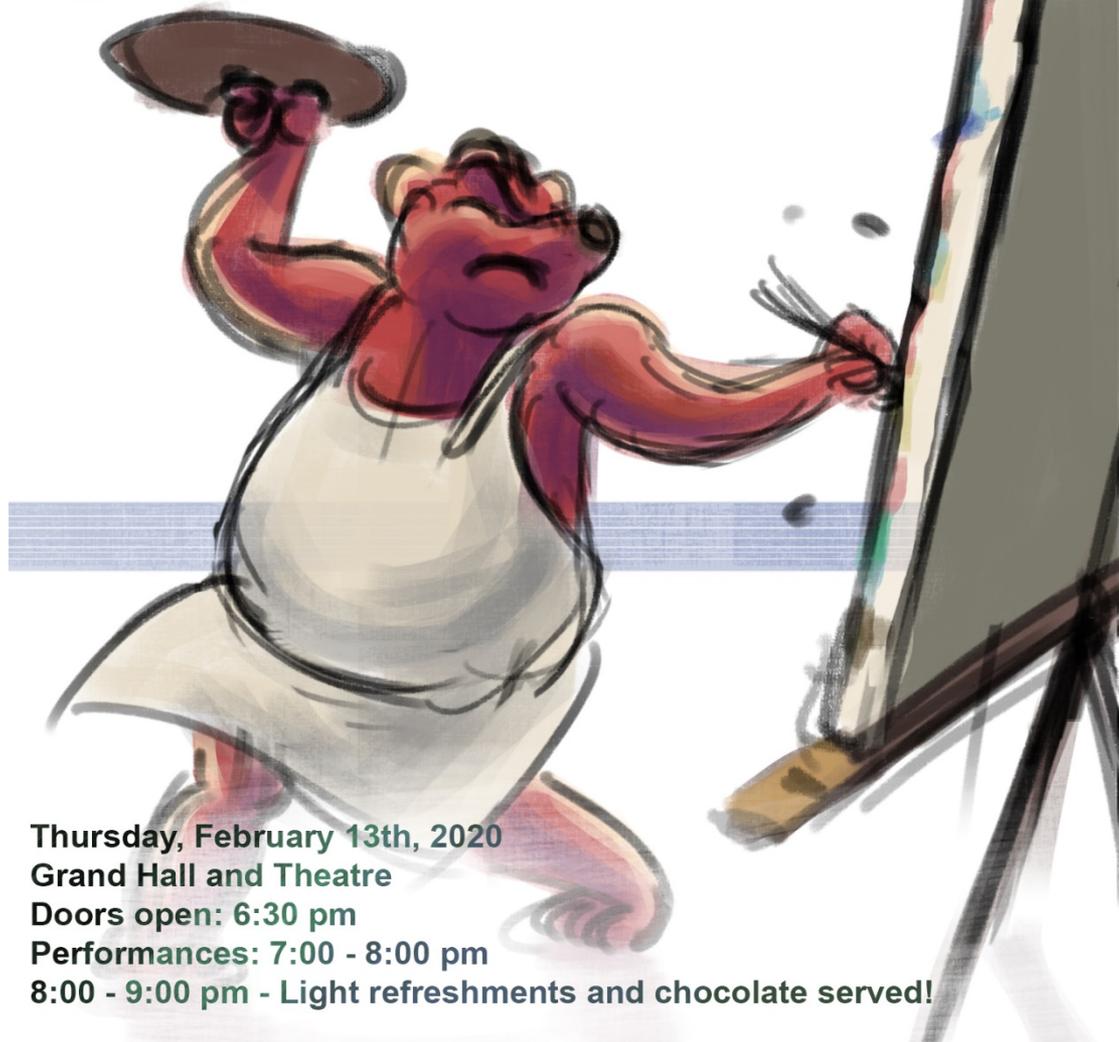
Enter to win \$100-\$300 for your school to support RAC!
See our website at www.realactsofcaring.org for details



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



HWSS Visual and Performing Arts Show



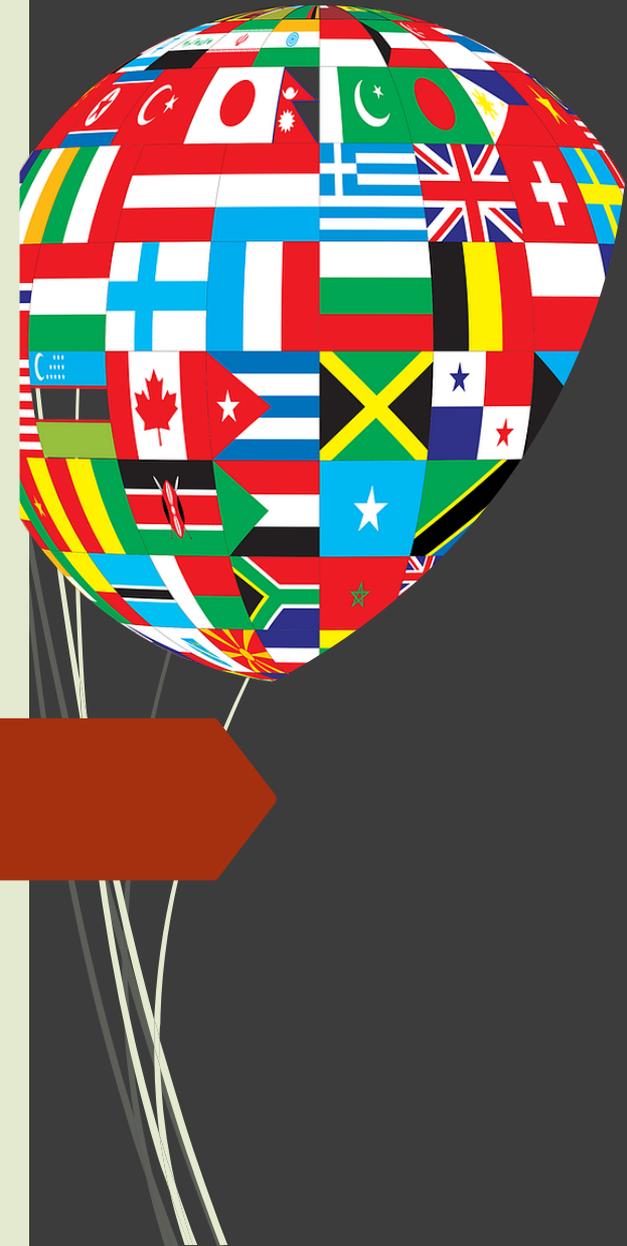
Thursday, February 13th, 2020
Grand Hall and Theatre
Doors open: 6:30 pm
Performances: 7:00 - 8:00 pm
8:00 - 9:00 pm - Light refreshments and chocolate served!

**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.**

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





IMPORTANT Announcement for International Students:

*International Students who are up for renewal: The deadline for International students to pay program fees for the 2020-2021 school year is **March 1, 2020**. Students are not guaranteed their place in our school after this date. The International Education office at 1100 Winslow Avenue will be open this Friday February 14 for those wishing to pay their program fees in person.*

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:

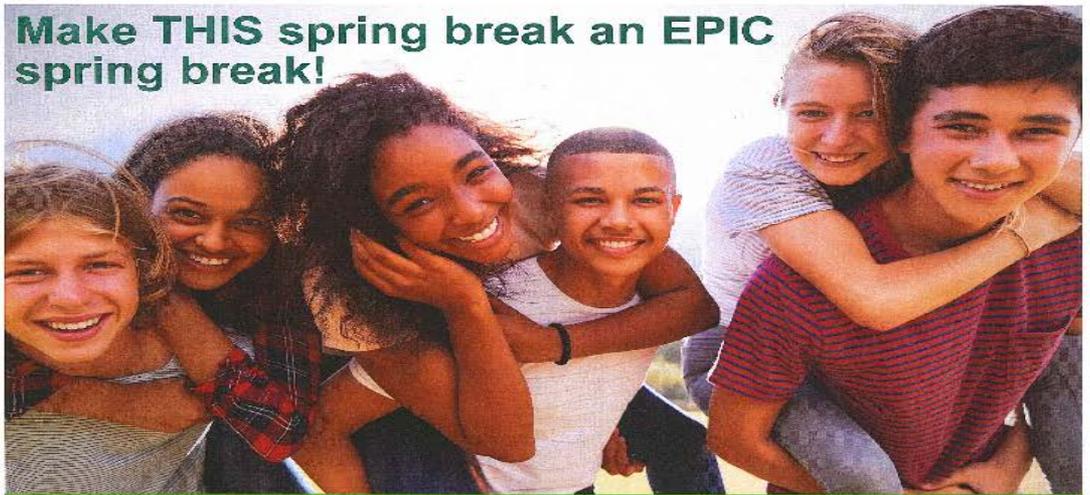
- Capstone Presentations - Grade 12's scheduled throughout the day to present their Capstone to a panel. Presentation is followed by time in the library lab to complete graduation tasks - Commencement preparation, satisfaction survey, CLC reflection assignment, Valedictorian voting, setting up post-secondary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

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 (mrai@sd43.bc.ca).

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

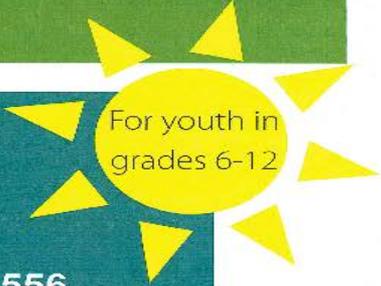
Out trips subject to change without notice.

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 Ioco Road, Port Moody, BC | 604.469.4556 | www.portmoody.ca

PORT MOODY
CITY OF THE ARTS

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



ATLAS Masterclass

Saturday, April 4 2020
8:30 AM to 4:15 PM
FREE

Each year more than **10,000 high school students** from **50 different countries** visit a nearby university or research center in order to unravel the **mysteries of particle physics**. Students will learn about research methods and topics, analyze real experimental data, and share results with other sites over a videoconference.

Connect

Participate in international videoconferences with the **ATLAS control room** and other students.

Learn

Participate in lectures from active scientists about the **fundamentals of physics** and research.

Experience

Perform measurements on real data from the **ATLAS detector** in the **CERN Large Hadron Collider**.

Explore

Tour **leading universities** and **research centres** with the world-class researchers who work there.

More info and registration:
triumf.ca/atlas-masterclass

For one of three locations TRIUMF, SFU or UVIC

TRIUMF—4004 Wesbrook Mall
Vancouver BC V6T 2A3

physicsmasterclasses.org

Interested in joining our adventure to COSTA RICA in Feb 2021?



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



**See Ms Prosperi-Porta,
Mr Baldus, Ms Hughes or
Mr Ross for information.**

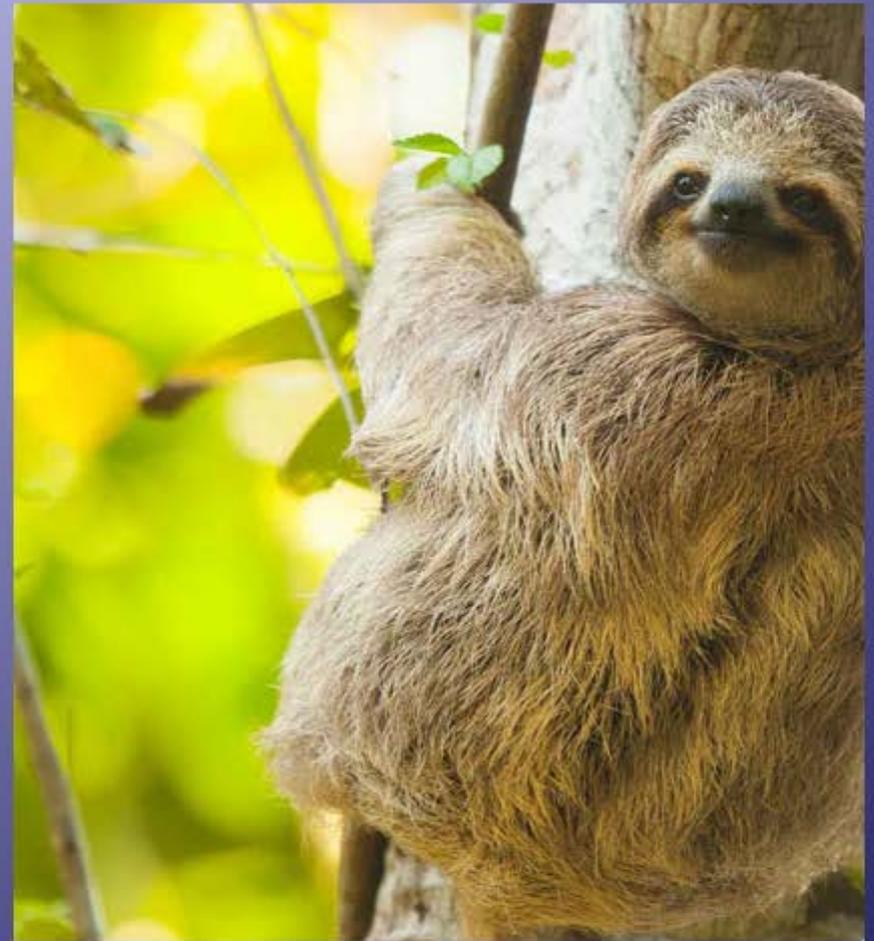
Coast to Coast COSTA RICA 2021

A Caribbean to Pacific Adventure

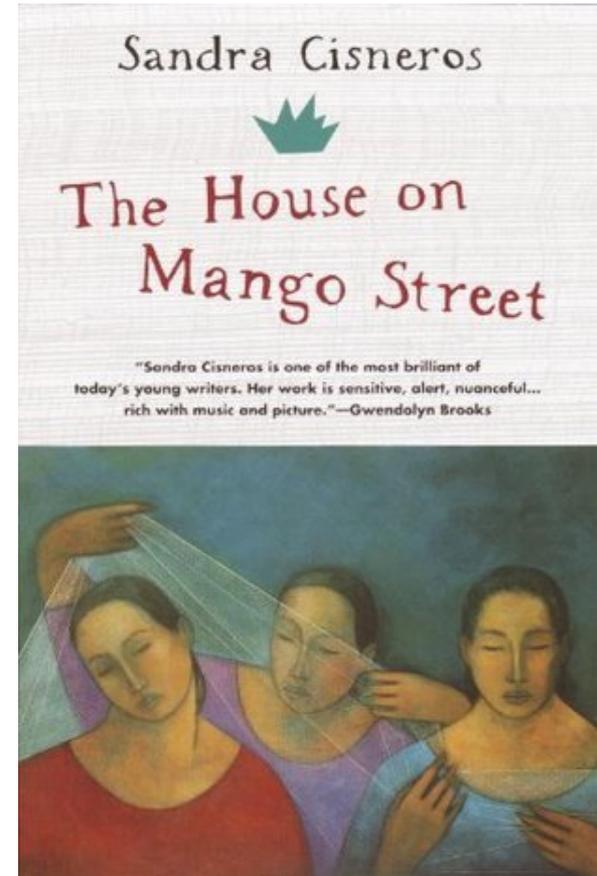
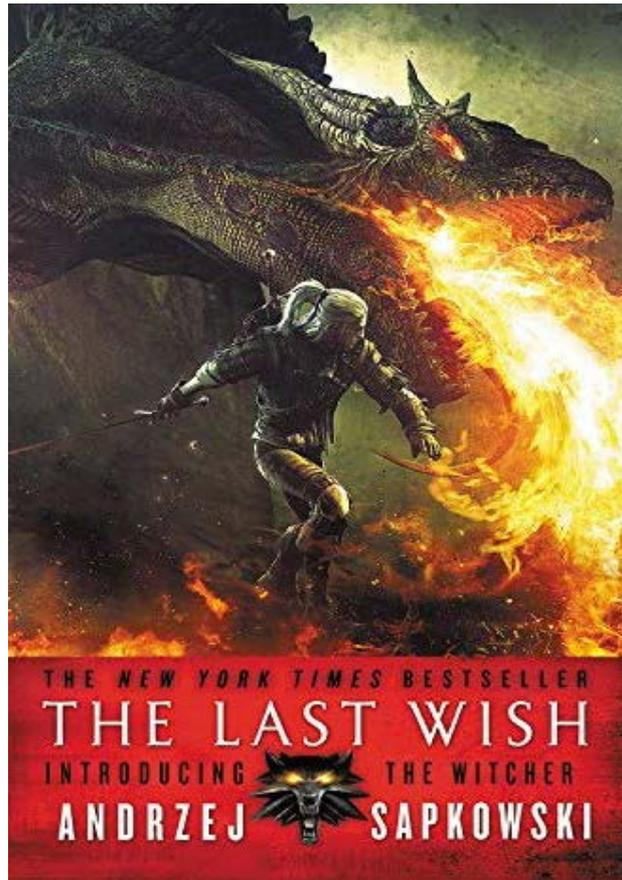
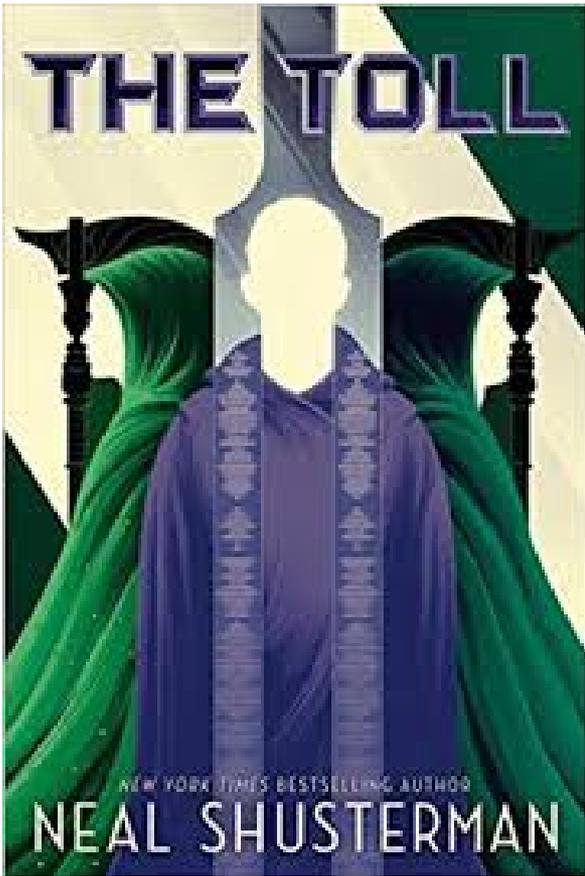
Early enrollment discount of \$300 for the month of February.

BONUS!!!

Enroll **NOW** to be entered in a draw for **\$500** in travel voucher giveaways.



See Ms Prosperi-Porta for info.



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

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**

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)



HWSS LANYARDS For Sale

Please come to the main office to purchase.

COST: \$5.00



KODIAK ATHLETICS



HWSS Girls Senior Soccer Team



All female soccer players interested in coming out for either the Junior or Senior Soccer teams, there is a meeting on Wednesday, February 19 at the start of lunch in the mat room.



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



Diplomacy Club

- Interested in managing international relations?
- Want to improve your...
 - ✓ decision making skills
 - ✓ relationship building skills
 - ✓ negotiating skills



**Meetings on Thursdays Lunch
in Room 241**

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:

THURSDAY @ LUNCH IN
ROOM 316



Stock Market Club

Compete with others in a stock market simulation game and learn investment tips and strategies.

Thursdays at Lunch in Room 301

(Mr. Sather's Room)

Contact: 127-eesmail@sd43.bc.ca for questions



KPOP DANCE CLUB MEETING

WHERE? ROOM 311

WHEN? **Thursday @ LUNCH**



powered by

 **PIKTOCHART**



Spice and Wolf

狼と香料

New Meeting Date!



HWSS Anime Club

Join us every Thursday at LUNCH
in room 217

Contact Us at HWSSANIME@gmail.com



Need volunteer hours and opportunities?

JOIN KEY CLUB!

- Student led organization
- Many volunteer opportunities
- Good on university applications

Meetings are every Thursday at lunch in room 238. See you there!

The World Scholar's Cup Club



Do you want to...
Make global connections?
Learn how to debate?
Participate in an international competition?
Learn how to write award winning essays?
Make friends from all over the world?



**COME TO ROOM 239 ON
THURSDAYS AT LUNCH FOR
MORE INFORMATION**





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

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



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



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

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

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

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

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

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

