

October, 2020



Bell Schedule

take a pic with your phone

- Grade 9/10's
- P1 7:55-9:10
- P2 9:15-11:15
- FLEX 11:15-11:45
- LUNCH 11:45-12:15
- P4 12:20-2:20**
- FLEX 2:20-2:50

**P4 Mon/Thurs students A-L
Tues/Fri students M-Z

- Grade 11/12's
- P1 7:55-9:10
- BREAK 9:10-9:25
- P2 9:30-11:30
- FLEX 11:30-12:00
- LUNCH 12-12:30
- P4 12:35-2:35**
- FLEX 2:35-3:05

**P4 Mon/Thurs students A-L
Tues/Fri students M-Z



Virtual Classroom Halloween Spirit Week

Leadership has planned a fun week of Virtual Halloween Activities. Teachers all you have to do is go to the *Leadership Spirit Week Teams site* we have created. Click on the channel links and enjoy taking part in these fun OPTIONAL class activities.

Here is brief rundown of the Week:

- Monday October 26th- The Great Candy Jar Challenge
- Tuesday October 27th – Halloween Movie Kahoot
- Wednesday October 28th— Masked Singer Guessing Game
- Thursday October 29th— Black and Orange Day and Halloween Jeopardy
- Friday October 30th --- Virtual Costume Contest

As well, we look forward to everyone wearing *BLACK and ORANGE* Thursday and some really cool and creative *Halloween Costumes* on Friday.



GR 9 - TAKE YOUR KID TO WORK DAY – NOVEMBER 4 **CANCELLED**

HWSS will not be participating in this event this year. It will be a **regular** school day for grade 9s.

*If your Mom or Dad has a special virtual opportunity with their employer, you are of course welcome to excuse them to participate in that activity.

Please be sure to inform the HWSS office if you will be participating in a virtual work opportunity.

Digital Learning 10

Hey grade 9s (last names A-D)!

A friendly reminder:

Assignment 4 Due: Wed Oct 28th !

Next Tutorial: Wed Nov 4th ! (your Edublogs should be complete by this date)

Extra Support: Lunch everyday room 303



SCHOOL PHOTOS Gr. 9 - 12



Hello Heritage Woods Students and Families, HW Staff:

Your photo gallery is now live for viewing!

- **Visit Gallery Link:** <https://vando.imagequix.com/N9X659C>

or,

- **Scan the QR code on slip of paper you received when you had your photo taken.**
- **Your Access Code is your Student ID Number**
- ***ID Number?** Your Student ID Number is on your ID card and is the same number every year. You can also find this number displayed on the information sheet given out on photo day from GradsBC.

**Order Deadline: Monday, October 26th,
1:00pm**

GRAD PORTRAITS & BUDDY PHOTOS

Visit Gallery Link: <https://vando.imagequix.com/N9X659C>

→ Your Access Code is your Student ID Number

- ***ID Number?** Your Student ID Number is on your ID card and is the same number every year. You can also find this number displayed on the information sheet that was given out at your appointment from GradsBC.

Order Deadline: Tuesday November 10th, 9:00pm

Retakes – Monday, November 2nd

- We're positive you rocked your first photo session... but just in case you decide to have a retake or you missed the Grad Photo session the first time around, you can book at by clicking on the link below. Please note that the Buddy sessions are not available. It's for Grad Photo + Fashion show sessions only.
- **book:** <https://gradsbc.as.me/?appointmentType=1757113>

Questions?

- Please email orders@gradsbc.com or call 604-461-3722 Monday to Friday 8:30am to 4:30pm.

Year Book Notification

- Grads, your baby portraits, quote and most likely to is due now.
- Grades 9-12, please verify the spelling of your name for the Yearbook, a printout is found on the 3rd floor on the bulletin board at the top of the main front stairs by the business education department.
- Also, those of you who have a preferred name, please write out your preferred name on the same printout.



MOVE4MANA

- We are off to a great start for our challenge! Thanks to all of you who are participating enthusiastically. We have over 700 participants and have saved 68 lives of children in Afghanistan so far.



FOODS 11 SPRING SEMESTER STUDENTS of:

Ms. Watt, Mr. Chan and Ms. Wood

**If you have not picked up your Foods Safe Certificate,
please go to the office.**

**The certificates are filed by
advisory number.**



STUDENT SPOTLIGHT

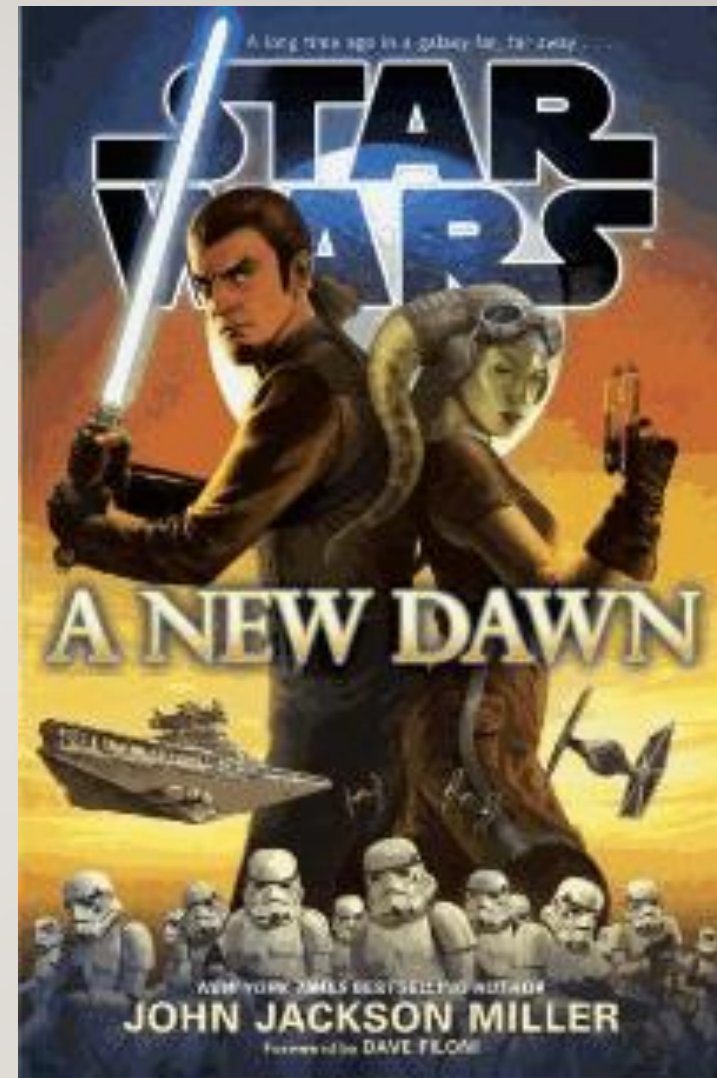
KIANA LEE - Heritage Woods Secondary

Professional Baker

Kianna Lee is a grade 12 student from Heritage Woods Secondary and is taking the **Level 1 Professional Baking and Pastry Arts Program** at Vancouver Community College. Kiana's favourite thing about the program is that the program provides a high-end bakers atmosphere that most would not get to experience in High School. She is impressed with the amazing facilities and instructors and loves making products that she is unable to make at home. After graduation Kiana hopes to own her own Bakery or become an executive pastry chef at Michelin Star restaurant.



NEW LIBRARY
BOOKS –
COME AND
CHECK THEM
OUT!



KODIAK ATHLETICS



HWSS CROSS COUNTRY RUNNERS

We will be participating in the BC School Sports Virtual Cross Country Pandemic Challenge.

• Interested students can participate in a 3.5 km or 5.5 km virtual race. If you are interested please contact Coach Castonguay at lcastonguay@sd43.bc.ca using your district e-mail.

CLUBS





VIRTUAL CLUBS

If you are interested in forming a club, you must find a sponsor teacher.

- All club meetings must occur virtually (ie on TEAMS)
- Questions: Please email Ms. Rai, VP mrai@sd43.bc.ca

SCHOOL CLUB FUNDRAISING

Fundraising

We (HWSS staff/students) are NOT allowed to bring any outside food on school premises even if it is individually wrapped. If you are in a club and planning a Fundraising activity involving food . . .



There is to be NO Food-Related Fundraising activities until further notice.

**GIRLS
CAN
TALK**

Interested in equality, social justice, and being part of something great?

Join Girls Can Talk Society at our school!

- Gain volunteer hours
- Share your opinion on current issues
- Make a difference in our school community and the world!

Scan the code to join!



ABORIGINAL YOUTH LEADERSHIP CLUB (AYLC)

The Aboriginal Youth Leadership Club (AYLC) is starting once again. The aim of the AYLC is to explore and celebrate Indigenous cultures and perspectives while developing leadership skills, confidence and sense of belonging. In the past there have been such activities as canoeing, weaving, nature walks for medicines and cultural teachings such as Medicine wheel, and as well, opportunities for youth to do volunteer activities for our community events. Meetings will be monthly, and the duration will be 90 mins. For those interested in joining the AYLC, please send your name to awaunch@sd43.bc.ca Space will be limited due to Covid restrictions and as set out by the Provincial Health Authority.

HWSOAP TUTORING

Contact hwsaptutor@gmail.com for free
online peer tutoring in all school subjects!



CAREER CENTER



Join us at this event on **October 28th, 2020** (Wednesday) from **5 PM – 7h30 PM** through Zoom.

To attend to this info session, please register using the link below:

<https://forms.gle/Snukc4NDa1zuL9sQA>

GRAPHIC + DIGITAL DESIGN

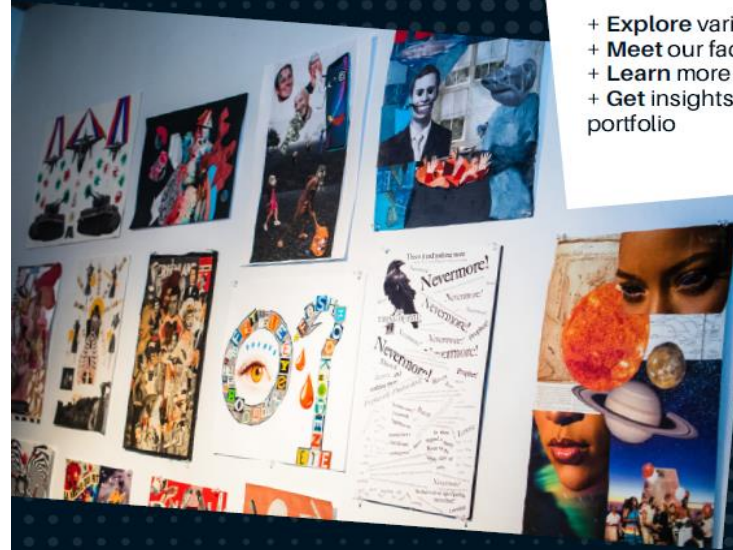
PORTFOLIO+ INFO NIGHT

2ND EDITION

HANDS-ON, CAREER-FOCUSED AND FAR FROM ORDINARY!

Join our Info Session and begin shaping your future in the creative industry!

- + Explore various program options
- + Meet our faculty and the Academic Advisor
- + Learn more about careers in Graphic Design
- + Get insights on how to build a successful entrance portfolio



28
10
20 5 PM // ONLINE

CLICK HERE TO REGISTER

Have questions? Please contact us at gdd@ufv.ca.

Due to the pandemic this year, the 2020 Gairdner High School symposium has been cancelled but we will be hosting virtual live BCCHR trainee sessions with four trainees (graduate students/ postdocs) via Zoom for grade 10-12 students. This event will take place on **Monday, October 26th 10-11am**. High school students will have the opportunity to meet trainees working in BCCHR research labs and ask them questions in a chat room.

Topics include: lab experiment demo, personal journey into science, what drew them to UBC, challenges they have overcome in the pursuit of their love of science – the list is almost endless!

A registration form and more information can be found at <https://cmmmt.ubc.ca/2020/01/28/2020-international-gairdner-symposium/>

2020 GAIRDNER TRAINEE LAB SESSIONS

Monday, October 26, 2020 10:00 a.m.- 11:00 a.m. PST

Zoom: <https://ubc.zoom.us/join>

Meeting ID and password shared after registration

For questions or more information: jshum@cmmmt.ubc.ca

Trainees:



Fanny Lemarié, PhD

Postdoctoral Fellow – Hayden Lab

Lipids in Brain diseases - Check your fats

Lipids are not just a source of energy for the body, their role in cells is far more complex. For example, fatty acids can be attached to proteins in cells, changing the functions of the modified proteins. This process is called "fatty acylation". We will see how abnormalities in protein fatty acylation contribute to brain diseases such as Alzheimer or Huntington's disease.



Alyssa Kirlin, MSc

UBC PhD Candidate – Kobor Lab

At-Home DNA Extraction

I will be demonstrating how to extract DNA using a piece of fruit, and explaining how the audience can follow along to do it themselves using stuff you'd typically find at home in the kitchen or bathroom. I will also show examples of how the same principles are used in the lab on a smaller scale to extract DNA from yeast and human cells and talk about what scientists do with the DNA we extract.

...And more!

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B.C. SPONSORS



Blomaker solutions for health care.
- Solutions en soins de santé.



PROVIDENCE HEALTH CARE
Research Institute

Pursuing real life health solutions.



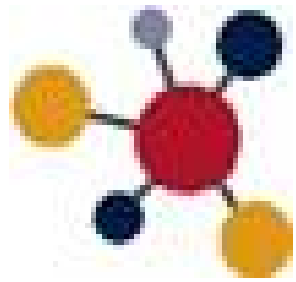
XENON



MERCK
INVENTING FOR LIFE



THE UNIVERSITY OF BRITISH COLUMBIA



CANADIAN MEDICAL HALL OF FAME DISCOVERY DAYS IN HEALTH SCIENCES NOVEMBER 17, 2020

QR code →



Our modified virtual half day program comprises a keynote lecture, an interactive workshop and a career panel discussion. As always, participants will have the opportunity to select their own workshop. Please note that, although our delivery model has been adapted temporarily, the program is still considered an individual learning opportunity and workshop spaces continue to be limited.

- **Grade 10 – 12 students: Applications to be considered for Discovery Days in Health Science**

are due no later than: **Tuesday October 20 11:15 am.**

- <https://forms.office.com/Pages/ResponsePage.aspx?id=74xl2ZICUkKZJWRC3iSkS12gtRqqkPhHgSV4d06Pfd1UMjJZNUpQR1pZVU02UzVOSkZSWkE2OFNUVy4u>

<https://www.cdnmedhall.org/bcchri2020>



ARE YOU UP TO THE CHALLENGE

FUTURE BUSINESS LEADERS VIRTUAL CONFERENCE
FALL 2020

FRIDAY NOV 13, 5:00PM-7:30PM

&

SATURDAY NOV 14, 10:00AM-4:00PM

Are you a Future Business Leader?

- KPU is hosting a two-day business conference for Grade 11/12 high school students. Winners of the competition will be given an Entrance Scholarship to KPU's School of Business and will be crowned the Future Business Leaders of 2020.



ARE YOU UP TO THE CHALLENGE

Benefits for Students

- KPU scholarships for the winning team
- Win the title of "Future Business Leaders of 2020"
- Mentorship from KPU Business Faculty
- Gain university-level business skills
- Network with industry professionals

2020 Prizes for Students

1st Place Team: \$1000 tuition award + \$50 Visa Gift card for each member of the team

2nd Place Team: \$50 Visa Gift card for each member of the team

3rd Place Team: \$25 Visa Gift card for each member of the team

OOO NATIONAL PORTFOLIO DAY

**SET
YOUR ART
APART**
↔



FREE + ONLINE PORTFOLIO REVIEWS

Events

For High School students and High School graduates

- Saturday October 24
- Sunday November 1
- Sunday November 8
- Sunday November 15
- Saturday November 21
- Sunday November 22
- Saturday December 5
- <https://nationalportfolioday.org/schedule/>
- Register now at <http://nationalportfolioday.live>



Ticket Cost
Free for high school
/ CEGEP students

**Interested in studying STEM in
university or college?
Register for SheBiz 2020!**



Have you been thinking about studying Business, Science, Technology, Engineering or Mathematics after high school but not sure where to start? SheBiz 2020 is the perfect opportunity to learn more about careers in Finance from current university students and professionals in the industry.

We'll have representatives from some of Canada's largest financial institutions and universities that you'll be able to talk to and learn from directly.

Don't miss out on this exciting event, tell your friends and make sure to register before it's too late!

Wednesday, November 25, 2020

12:30PM - 3:30PM EST

Virtual on Hopin

SFU – Beedie School of Business



Are you interested in attending the SFU Beedie School of Business?

- **Webinars**

- We will be hosting webinars on Wednesdays at 4pm. All are welcome to attend, and registration can be made at beedie.sfu.ca/bachelor-of-business-administration-webinars

- **Interactive Viewbook**


- Our interactive viewbook, complete with stats, student testimonials, and video content is now available! Go to bottom of the page on beedie.sfu.ca/bba to take a look.

- **Connect with a Current Student or Advisor**

- Do you have questions about the SFU experience? Are you interested in tips on how to make a successful transition to university from someone who's already done it? Book a video conference chat with a current SFU Beedie student or one of our advisors at sfubeedie.janeapp.com.
- If all advisor slots are booked, send us an email at bsb_admit@sfu.ca to set up a time.

Upcoming SD43 virtual Info sessions:

- Monday October 26 4 pm Vancouver Film School: Meeting ID: 810 7735 1347 Passcode: 171473
<https://vancouverfilmschool.zoom.us/j/81077351347?pwd=eGdtdmxxN29KYTJyNjAzZ3A3eXlwdz09>
- Tuesday October 27 6 pm University of Toronto: <https://apply.adm.utoronto.ca/register/?id=8a893c73-c85f-40eb-bbe1-39811bb5a05f> **registration is open NOW
- Tuesday October 27 4 pm <https://zoom.us/j/99539684225> Meeting ID: 995 3968 4225
- Wednesday October 28 3:30 pm Emily Carr University of Art & Design:
<https://zoom.us/j/95099892912> Meeting ID: 950 9989 2912 Passcode: 569187
- Monday November 02 6 pm University of Toronto: <https://apply.adm.utoronto.ca/register/?id=25fddd4a-fc02-4cf0-bb74-fd13eae95fb6> **registration is open NOW
- Tuesday November 03 4pm UBC Sauder School of Business: Save the date link not yet available
for HWSS students ONLY** ***NOTE: this is a student-led session by current Sauder students
- Wednesday November 18 6 pm
SFU: <https://sfu.zoom.us/j/89231081304?pwd=aXhaZXQ3aytKM2pqNHA2MUFsZ2p2QT09>
Meeting ID: 892 3108 1304 Password: 620941
- Thursday November 19 4 pm – University of Calgary: save the date, link not yet available
- Wednesday November 25 4 pm – University of Calgary:
https://ucalgary.zoom.us/meeting/register/tJAvd0yhrD8rG91b08GUTjODfCdfmrws1_9k Registration is open NOW
- Thursday November 26 4 pm Ryerson University: Save the date
<https://ryerson.zoom.us/j/99862028623?pwd=bVpDR0dBTEJwVSt0aU52dXhRK2puZz09> Passcode: 496262



Upcoming SD43 Virtual Info Sessions continued . . .

➤ PSBC Tri-Cities Fairs:

Wednesday November 4th 2 – 6 pm

Thursday November 5th 3 – 7 pm

➤ Community Fairs open to anyone

Saturday, November 14 Noon – 4:00 pm

Wednesday, December 2 3:00 – 7:00 pm

➤ PSBC Registration link:

<https://postsecondarybcvirtualfair.easyvirtualfair.com>

Lester B. Pearson International Scholarship Program

The Lester B. Pearson International Scholarship Program at the University of Toronto is intended to recognize international students who demonstrate exceptional academic achievement and creativity and who are recognized as leaders within their school. A special emphasis is placed on the impact the student has had on the life of their school and community, and their future potential to contribute positively to the global community. Awarded annually, these scholarships recognize outstanding students from around the world, including international students studying at Canadian high schools. This is U of T's most prestigious and competitive scholarship for international students. Each year approximately 37 students will be named Lester B. Pearson Scholars.

Eligibility:

- an international student (i.e. a non-Canadian requiring a study permit)
- an original and creative thinker committed to school and community
- a high achiever in academic and creative pursuits
- enthusiastic about learning and intellectual exploration
- have demonstrated strong leadership skills
- currently in their final year of secondary school
- intending to begin university in the upcoming academic year
- **If you are interested in being considered for nomination for the Lester B Pearson International Scholarship please return the completed fillable pdf application to Ms. Butler no later than 12:30 pm on Thursday October 30. One student can be nominated. No late applications will be accepted.**

For more information visit <https://future.utoronto.ca/pearson/about/>

- The application can also be located on the career centre website – Finances & Awards - Entrance.
<http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx#/=>

Post-Secondary BC Events: Registration information not yet available but will be soon.

<https://www.postsecondarybc.ca/events/>

https://www.youtube.com/watch?v=t7-Ath_mH2E

- Wednesday, November 4 2:00-6:00 Tri-Cities
- Thursday, November 5 3:00-7:00 Tri-Cities
- Saturday, November 14 12:00-4:00 Community
Event
- Wednesday, December 2 3:00-7:00 Community
Event

***this event will feature the 25 BC post-secondaries**

SFU / UVIC / UBC / U OF T

SFU:

- <https://www.sfu.ca/students/admission/campus-tours.html>
- Prospective Undergrad students

UVIC:

- October 27, November 12, 17, 24
- <https://www.uvic.ca/undergraduate/tours-events/events/index.php>

UBC:

- **Future students Live Virtual Vancouver Campus tours throughout September and October, listed on the Undergraduate Future Student Portal:**
- <https://account.you.ubc.ca/s/events>

U of Toronto:

[U of T Webinar for Prospective Students](#)
Monday, October 26 at 8:30 AM

- [U of T Webinar for Prospective Students](#)
Monday, November 2 at 6:00 PM
- [U of T Webinar for Prospective Students](#)
Monday, November 9 at 8:30 AM
- [U of T Webinar Prospective Students](#)
Monday, November 16 at 6:00 PM
- [U of T Webinar for Prospective Students](#)
Monday, November 23 at 8:30 AM

- **This is just a small sample of the events happening.**
- **For virtual information session schedules at other universities please log on to the school admissions website to find information.**
- **We are also in the process of scheduling some HWSS or SD43 specific information sessions. Stay tuned for those!**

Grade 12 students: Scholarships!!

Please see the link for a power point presentation with information on some upcoming major scholarship opportunities.

- You will find links to these plus other scholarships on the career centre webpage under the Finances/Awards tab.
- This PPT is also located on the front page of the Finances/Awards page.
- <http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx#/=>
- Scholarships are listed by due date. Most are external but some are entrance/school specific so check both places.
- Please remember to check back to that page regularly. It is updated as information is released for 2021 scholarship deadlines and procedures.

If you have questions about scholarships please email Ms. Butler
dbutler@sd43.bc.ca

TD SCHOLARSHIPS FOR COMMUNITY LEADERSHIP

Community heroes do good work because they are inspired to, not for the recognition.

TD is committed to opening doors for a more inclusive and sustainable tomorrow, creating conditions so everyone has the chance to succeed in a changing world. Unique in Canada, the TD Scholarships for Community Leadership are offered to students who, like TD, help support change, nurture progress and contribute to making the world a better place. Have you shown exceptional initiative in making a meaningful and lasting difference in your community? Then we want to hear from you, as you may qualify for one of our Community Scholarships. It's not just about marks in the classroom, but rather the marks you have made on your community.

- We're interested in hearing from students who have demonstrated consistent and outstanding dedication to solving a community problem or making their community a better place. For example, you may be cleaning up the environment, promoting social justice, or fighting child poverty.

Applications are now open. Deadline to apply November 13, 2020

- <https://www.td.com/ca/en/personal-banking/solutions/student-banking/community-leadership-scholarship-for-canadians/?cid=DFA:24400322:2951408:277133729:135942033>

REPEAT NOTICES




Drop-In Youth Sports Port Moody Recreation Complex



Drop-in Youth Sports

Fridays 5-9pm & Saturdays 4-8pm
at the Recreation Complex

- \$12 for 45-minutes of court time
- Up to 4 players on the court at a time
- You must pre-register for your session
- Registration opens 24 hours in advance
- Register at portmoody.ca/signmeup or 604.469.4556
- For youth in grades 6-12

 @pomoyouth

Special measures will be in place to help prevent the spread of COVID-19, including extra cleaning of indoor areas, limited class sizes, and physical distancing when possible.

portmoody.ca/youth | 604.469.4556

PORT MOODY
CITY OF THE ARTS