



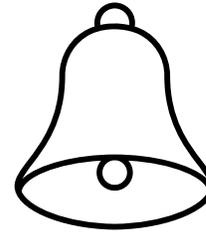
Wednesday
November 23, 2022

Heritage Woods Secondary

"WE ARE KODIAKS"



Bell Schedule



Block 1	8:00 – 9:12
Block 2	9:16 – 10:28
FLEX	10:28 – 10:59
Block 3	11:03 – 12:15
LUNCH	12:15 – 12:55
Block 4	12:59 – 2:11
Block 5	2:15 – 3:27

FLEX_{pectations}

FLEX is instructional time, not a break!

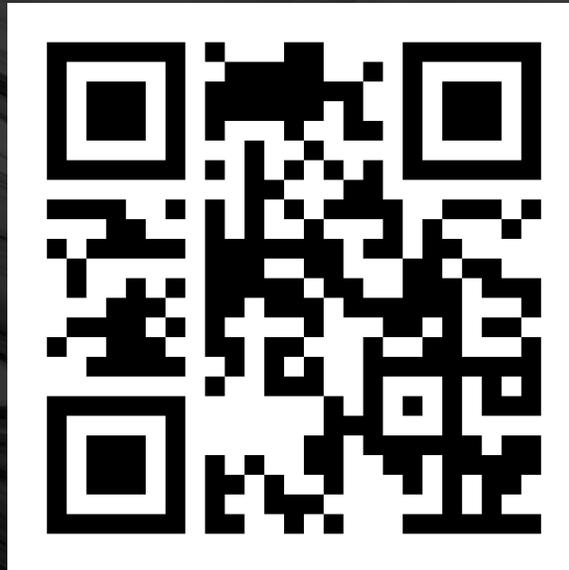


- Attend one of the classes in your current schedule
- Library (limited space for QUIET work)
 - * NOT a space for groups to hang out
- Grade 12s ONLY in the Grand Hall

No homework?
Read, Study, Review

Volunteer with Hosts Club!

Seniors' Tea Dec 1 DURING blocks 4 and 5





Booster Juice

SALE

WEDNESDAY, NOVEMBER 23
@ LUNCH, GRAND HALL

\$6.50 EACH

Mango Mania

Starberry

Berry Blossom



UPCOMING GRAD EVENT

WINTER FORMAL

Info:

- Semi-Formal Dress Code
- 6:30-9:00pm
(6:15 doors open)
- DJ
- Food
- Grade 12s only

Theme:
Blue Silver
White

Cost:

\$25 early bird (Nov 21-30)

\$30 late rate

Payment through the office or school cash online



December 13th

Tech Tuesdays

Tips for good digital communication

- 1. Be clear in what you want to say-- simplicity is key**
- 2. Break up your text**
- 3. Provide thorough responses**
- 4. Use reflective responding**

For more info please
visit the [@hwss.tech.talks](https://www.instagram.com/hwss.tech.talks)
Instagram page

SKI & SNOWBOARD TEAM

Deadline to sign up for the team is next Tuesday November 22nd. After this, we can not guarantee space on the bus. See Mr. Baldus for more information.





KWAP Clothing Drive

- **WHEN:** November 2nd – November 23rd
- **WHERE:** Drop-off sign in front of Ms. Nunn's office (opposite wall to school office)
 - **WHAT:** ADULT winter clothing
 - **WHO:** Anyone is welcome to donate!
- Donations will go to the **Hope for Freedom Society**



Fragrance Free

Reminder to all that SD43 is Scent Aware, and as such the district is asking for cooperation towards a scent reduced environment.

All staff, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives.

CLC12 MEETING TIMES

Hey grade 12's! Please attend your scheduled FLEX time according to the sectioned schedule below.

TBC	Ms. Fester	Rm 102
TBC	Ms. Gay	Rm 103
TBC	Ms. Lee	Rm 244
Thursday, Nov 24	Ms. Saloustros	Rm Theatre
Tuesday, Nov. 15	Ms. Nunn	Rm 109
Thursday, Nov. 17	Ms. Nunn	Rm 109
Wednesday, Nov. 23	Ms. Jarvis	Rm Theatre
TBC	Mr. Baldus	Rm 311
Thursday, Nov. 24	Ms. Wood	Rm 202
TBC	Mr. Santarossa	Rm 203
TBC	Ms. Swanson	Library Computer Lab



Mrs. Saloustos' CLC12 class please sign up for
your Capstone conversation TODAY!

Look at your email for the sign-up link.

CLUBS





HELPING HANDS SOCIETY

TOY DRIVE

November 15 - December 15th

- Toys will be donated to less fortunate children for Christmas
- Please bring toys in good condition
- There will be a box next to the theatre for the toys



HELPING HANDS SOCIETY



BUBBLE TEA SALE

NOVEMBER 24

ROYAL MILK TEA + PEARLS

\$6.50

30% ice; 70% Sugar

BROWN SUGAR MILK + PEARL

\$7.00

30% ice; 70% Sugar

Pre-Reserve Orders:





JOIN THE POWERWARMASTER!

- If you interested in
- -Harhammer
- -Model making
- -Making movie props
- -Making model scene

We will meet you at Room 219 in November 23
after school!

E-mail: 127-yfeng@sd43.bc.ca

KODIAK ATHLETICS





CONGRATULATIONS SWIMMERS

The girls relay team made up of Tiffany, Mackenna Petty, Ada L., and Gaile L. finished 9th overall in the 200m Medley relay.

The boys relay team made up of Matthew, Brendan C., Ian L., and Grigorii Z. placed 11th overall in the 200m Freestyle relay.

Overall, all 8 Kodiak swimmers qualified for finals which made for a very successful weekend

- CONGRATULATIONS TO OUR SWIMMERS

Matthew W. (grade 11) was ranked first overall in the province for 50-meter Breaststroke. He had a strong preliminary race and went into finals as the third seed. He dug deep, swam a personal best 0:31.99, and won the race by half a body length to become provincial champion and take home the gold medal! Matthew Wu also finished 14th overall for 50-meter freestyle, and 6th overall for the 100-meter Individual Medley.

Tiffany T. (grade 12) had strong preliminary swims for both of her individual events. She set herself up for a strong showing on Saturday and is taking home a silver medal in the 100-meter Butterfly, and a very close 4th place finish in the 200-meter Individual Medley.



CAREER CENTER





ADULTING 101: PERSONAL FINANCE FOR STUDENTS PREPARING FOR COLLEGE & UNIVERSITY

A Zoom-based financial literacy workshop for grade 10-12 students from UVIC's Gustavson School of Business

[Surveys](#) routinely show Canadians [struggle](#) with their finances—over half [are within \\$200](#) of not being able to cover their bills and debt payments.

High school and university students particularly face struggles. [Rising student debt](#), increasing housing costs, and surging inflation are barriers to success. *Generation Z* not only faces the burdens of climate change, the pandemic, and global uncertainty—but costs alone are a barrier to progress in careers and life.

So, how can students prepare for the costs of “adulthood” and identify opportunities while at university?

The Gustavson School of Business at UVic invites all grade 10/11 students to join a free financial literacy workshop. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you a taste of Gustavson and finance through a fun and engaging session.

This workshop is a good fit if one or more of these apply to you:

- You are in grades 10-12
- You want to take responsibility for your financial life, starting with mobile banking and day-to-day spending, and are curious about where to start.
- You have questions about your credit score and how it is used to evaluate you for: mobile phone, credit card, apartment rental, summer job, car loan, and much more.
- You want to build up savings and start investing in stocks, bonds, ETFs...
- You are interested in what a university class might be like

The workshop will be delivered on Zoom on **Thursday, November 17th at 6:00 pm (PST)**

[CLICK HERE TO REGISTER FOR THE SESSION](#)

Contact Recruitment Manager, Daniel Nair, at bizrecruit@uvic.ca for more information



uvic.ca/gustavson



[@gustavsonuvic](https://www.instagram.com/gustavsonuvic)



2023 Junior Firefighter Programs

School District No. 43 is partnering with **both** Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2023.

These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits.

EDUCATIONAL COMPONENT

Tests knowledge of firefighting equipment and fire behavior

PRACTICAL COMPONENT

Tests endurance and teamwork skills



Applications are open Nov. 1–Dec. 2, 2022

Scan the QR code or go to 43careers.com

- ▶ The Coquitlam academy runs out of 1300 Pinetree Way.
- ▶ The Port Moody academy runs out of 150 Newport Drive.





November Info Sessions For Students:

Nov 22 – U Calgary at flex in grand hall

Nov 23 – Sauder CAP 6pm virtual

Nov 30 – U Alberta at lunch in library computer lab