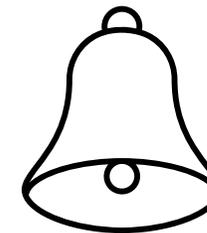




Monday  
February 06, 2023

# Heritage Woods Secondary

"WE ARE KODIAKS"



# Bell Schedule

\*No FLEX first Monday of every Month: 3PM Dismissal

<b>Block 1</b>	<b>8:00 – 9:12</b>
<b>Block 2</b>	<b>9:16 – 10:28</b>
<b>Block 3</b>	<b>10:32 – 11:44</b>
<b>LUNCH</b>	<b>11:44 – 12:28</b>
<b>Block 4</b>	<b>12:32 – 1:44</b>
<b>Block 5</b>	<b>1:48 – 3:00</b>

# FLEX<sub>pectations</sub>

**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



# Fragrance Free

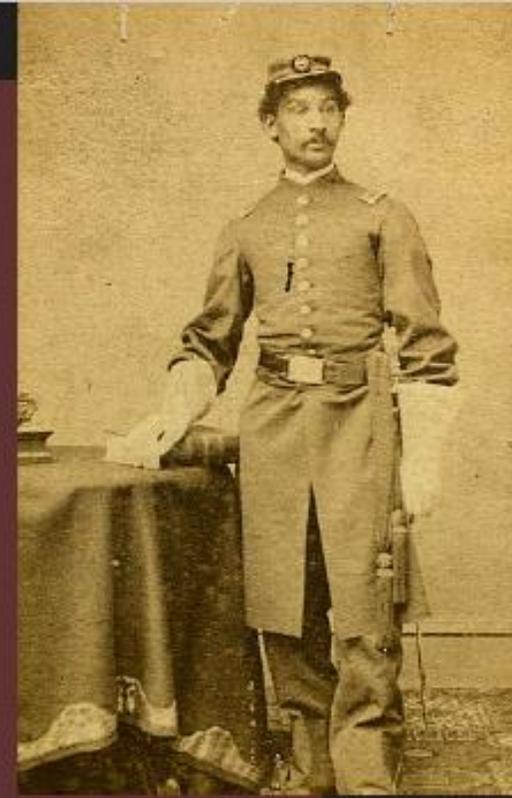
Reminder to all that SD43 is Scent Aware, and as such the district is asking for cooperation towards a scent reduced environment.

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

# Anderson Ruffin Abbott

Anderson Ruffin Abbott was a Canadian physician, and was deemed the first black physician in the history of Canada. Born to an affluent family in Toronto on April 7, 1837. In his senior secondary year he studied at Toronto academy where he would graduate with honours. Anderson spent his post-secondary education at Oberlin College in Ohio and the University College in Toronto to study chemistry; he completed his education with studies at the Toronto School of Medicine and becoming a licensed physician.

Anderson worked as a civilian surgeon at the Contraban Hospital , a hospital caring for black soldiers in Washington, during the American Civil War. Later, in 1894 he would accept a job as surgeon-in-chief of Provident Hospital in Chicago.



## + For COURSE REQUEST ONLINE ASSISTANCE:

- There will be assistance for those who need it during FLEX in the library computer lab:
  - Wednesday Feb 1
  - Wednesday Feb 8
  - Wednesday Feb 15

Please note it will be expected that you have your planning sheet filled out and that you have already tried trouble shooting using the support documents on the course programming webpage.



**Could the following students please come to the office to see Ms. Hall**

- Vanessa B. – Vending Machine
- Jacopo Z. – Vending Machine
- Daniel C. – Vending Machine
- Helia B. – Student Card
- Taya A. – Student Card
- Tyler H. – Student Card

# CLUBS





# HWSS Clubs Day

**Wednesday, February 8<sup>th</sup>** at lunch in the Grand Hall

This is another opportunity for students to sign up and get involved in one/some of the various clubs available at the school.



Helping Hands Society

# Krispy Kreme Sale

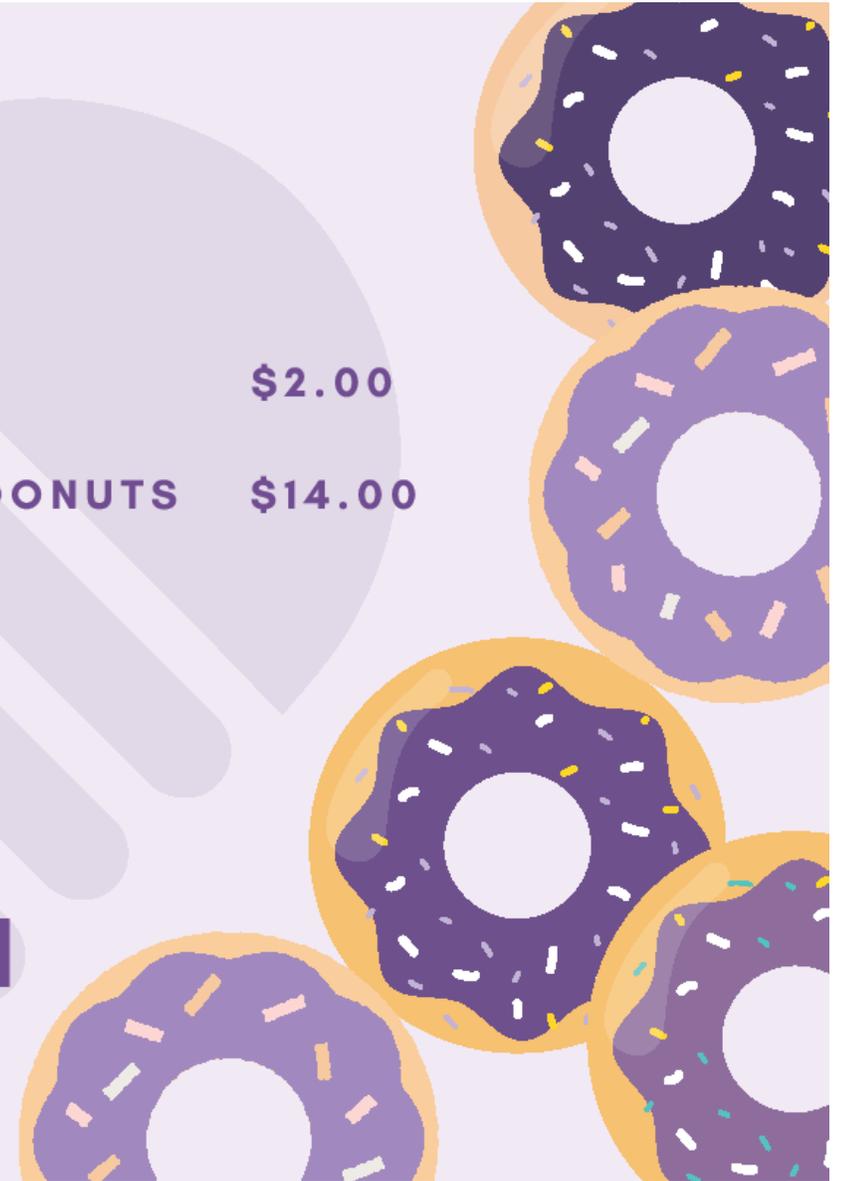
February 6th at LUNCH

1 DONUT

\$2.00

A DOZEN DONUTS

\$14.00



# KODIAK ATHLETICS

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Congratulations to  
the HWSS Curling  
Team for winning the  
Fraser North Curling  
Championship!



# CAREER CENTER



## **PORT MOODY POLICE YOUTH PROGRAM**

The Port Moody Police Department is hosting a FREE program for local youth currently enrolled in Grades 11 & 12. The program is designed to give youth an understanding of policing as a career and will allow students to earn volunteer credits (30 hours) they can apply towards their graduation. The program will take place out of the Port Moody Police Department headquarters located at 3051 St Johns Street.

Participants are required to attend all 8 sessions in their entirety. Each day will have a different theme and there will be demonstrations from various specialty sections including the Police Dog Service and Forensic Identification Services. There will be opportunity for participants to experience hands-on components in a training environment (for example: traffic stops scenarios, lifting fingerprints, drill, fitness).

Applicants will be required to receive parental / guardian permission. Applicants will also undergo a basic criminal record search and will require their principal's endorsement to participate. Priority will be given to youth who reside in Port Moody.

Please complete the application form and hand it in to the Port Moody Police Department [3051 St Johns Street] or alternatively, the application can be scanned & emailed to [media@portmoodypolice.com](mailto:media@portmoodypolice.com).

**Applications are due end of day February 28th, 2023.**

**Dates: April 12, 19, 26, May 03, 10, 17: 6 pm – 9 pm**

**May 06 & 13: 9 am – 3 pm**

**Interested students see Ms. Butler in the Career Centre for an application.**