



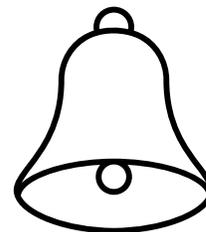
Tuesday  
February 14, 2023

# Heritage Woods Secondary

"WE ARE KODIAKS"



## Bell Schedule



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



# 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.

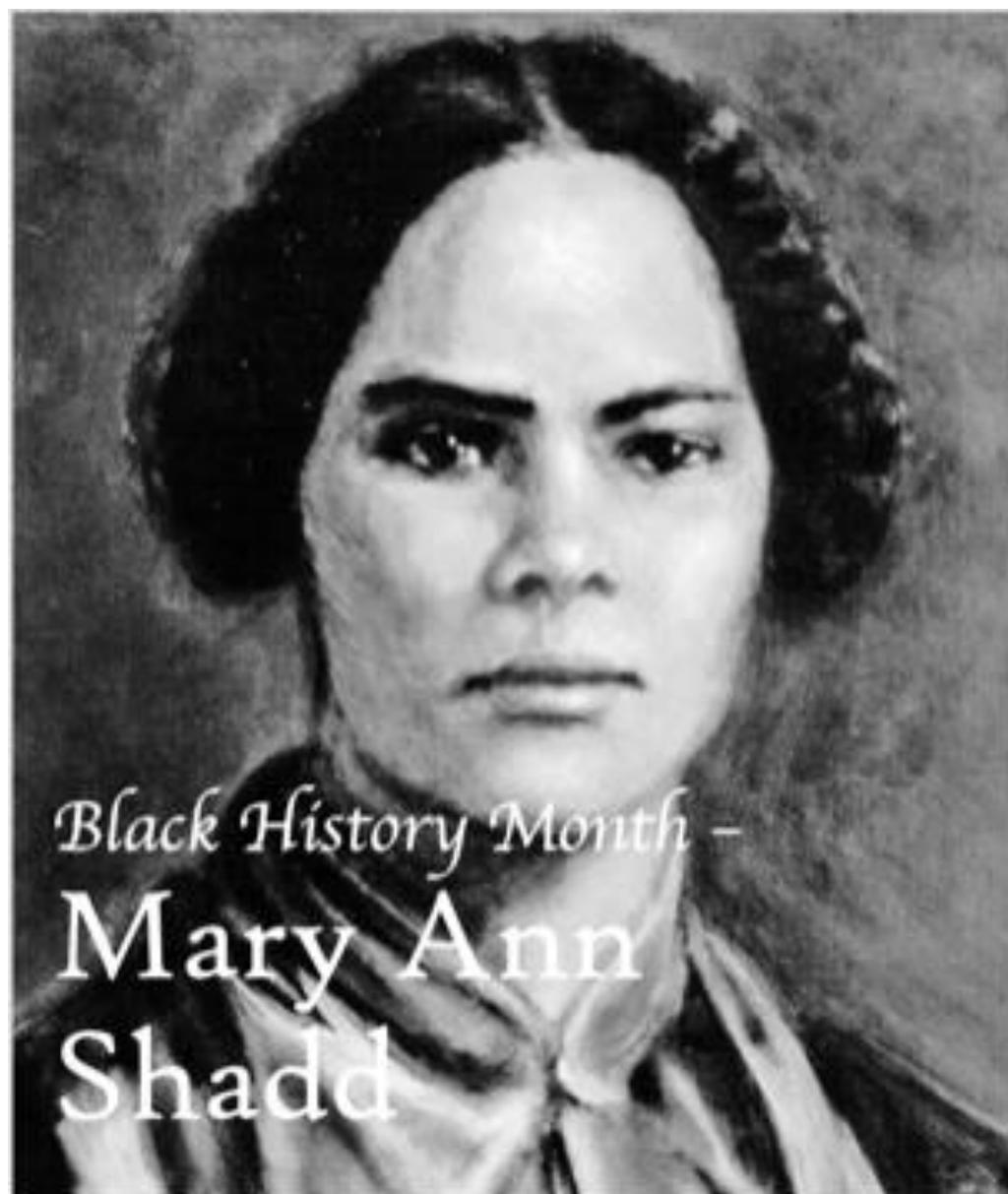
# FLEX<sub>pectations</sub>

**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



Aside from an educator and abolitionist, Mary Ann Shadd was also known for being the first Black female newspaper publisher in Canada. She was born in 1823 in Delaware, a then-slave state. It was under this environment that Shadd was inspired by her activist parents, whose house was a station on the Underground Railroad.

In 1851, Shadd established a racially integrated school in Canada, opposing segregation in a public dispute. In addition, she highlighted the benefits of settling in this country in educational booklets. Later in 1853, Shadd published *The Provincial Freeman* to promote emigration to Canada. The newspaper even featured articles about anti-slavery and women's rights. Despite the paper's termination years later, Shadd's contributions to racial and gender equality have made her a Person of National Historic Significance today.

*By the HWSS Stuco*



# Lost & Found

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Did you lose your wallet  
a few weeks ago?  
If so, please come to the  
office and describe the  
wallet (and its contents)  
to claim it.



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# MATH LEAGUE CONTEST #5

TODAY AFTER SCHOOL

RM 232

Bring a pencil, eraser and calculator





## 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.



## **SPORTS TEAM PHOTO SESSIONS FOR THE YEARBOOK:**

Yearbook is missing the  
following teams:

Junior Boys Basketball and  
curling. 2 separate sessions.

In the gym, Feb. 14th. Lunch.

Wear your uniforms.



# Real Acts of Caring

**Real Acts of Caring (RAC) week from February 12-18!**

**Don't forget your purple shirt on the 17th!**

**Prizes given for those wearing purple shirts on a first come first serve basis in the grand hall on the 17th!**

**Here are some ideas for showing real acts of caring**

- Smile at someone
- Hold the door open for someone
- Donate clothing that you never wear to charity
- Actively listen to someone as they are talking
- Let someone ahead of you in line



**Leadership 11/12**



# Heritage Pawsativity Project

## Dog treat SALE

Proceeds go to Coquitlam Animal Shelter

2 bags for \$5.00

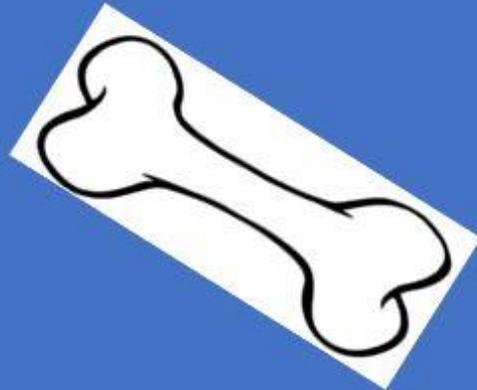
1 bag for \$3.00

During LUNCH and on going

Purchases can be made in room 134

Organized by the Inclusion Support Team

Ingredients donated by Plateau Village IGA



# DALGONA CHALLENGE

"SUCCESSFULLY  
BREAK THEM  
WITH A  
TOOTHPICK AND  
ENTER A RAFFLE  
TO WIN A PRIZE"

## !! DALGONA CANDIES FOR SALE !!

1 for \$2.00  
pack of 3 for \$5.00

Tues, feb 14  
Wed, feb 15  
Thurs, feb 16  
@ lunch in grandhall

\*Dalgona is a Korean Candy aka  
Honeycomb Toffee

**Game Instructions:**  
Each player has to carefully  
carve out a shape pressed onto  
the Dalgona using a toothpick. If  
the candy cracks even slightly,  
you will lose the challenge.

*ALL proceeds are donated to  
Eagle Ridge Hospital!*

*bring cash and coins*

WYNS CLUB

# Valentine's Day



bring a friend to **room 311** at **lunch** on  
**February 14th** for bingo! we've got snacks  
and prizes!

hosted by  
**kodiak pride club**



## FROM INTERNATIONAL EDUCATION:



*“International Students who are up for renewal: The deadline for International students to pay program fees for the September semester is March 1, 2023. Students are not guaranteed their place in our school after this date.”*

*The firm deadline to have money received via bank wire, cheque, or credit card is March 1, 2023.*



**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
- Taya A. – Student Card
- Tyler H. – Student Card

# CLUBS



# Club Names & Sponsor Teachers

If you are interested in joining a club pls contact the sponsor teacher!

Art Club –Wah Kee Ting

Barz Club – Giovanni Zenone

Book Club –Melody Ferrer

Business Club - Paul Sather

Chess Club –Frank Sun

Creative Minds Club – Kathy Ross

Curling Club –Dailene Wood

Debate Club – Giovanni Zenone

Dungeons and Dragons Club – Don  
Blake/Phoebe Nezil

Economics Club –Lurenda Gilder

Enviro Club – Luke Modder

First Responders – Mike Baldus

History Club - Paul Chaffee

JA Business Club - Paul Sather

Kodiak Pride – Karen Leeden

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KWAP Club – Marilyn Nunn

Math Club - Linda Weinkam

Multicultural Club – Angeline Lee

MUN debate club – Paul Chaffee

Pediatric Health Alliance – Jacob  
Gleckman

Photo Club –Noriko Vickerson

Physics – Pouyan Khalili

Power Warmaster – Mike Roest

Quilting Club –Dailene Woods

Robotics –Doug Au-Lange

SOAP (Peer Tutoring) – student run

Songwriters Club – Kathy Fester

Student Host Club – Angus Chan

Ukulele Club – Kathy Fester

Wish Youth Network Society Club  
(WYNS) student run

# KODIAK ATHLETICS



# Results from the 2023 Fraser North Zone Wrestling Championships

The student athletes have qualified for the 2023 BCSS Wrestling Championships!

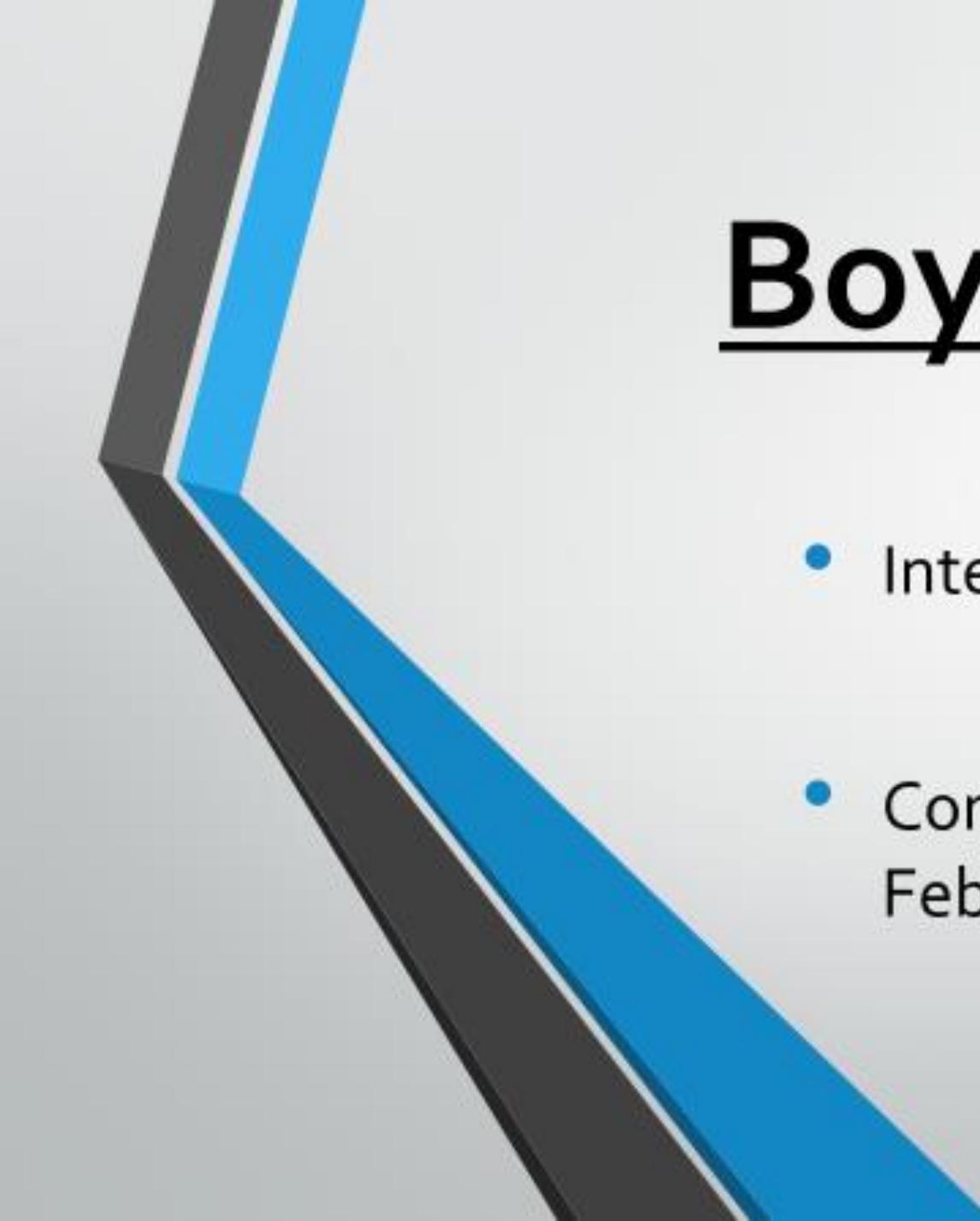
Dominic T.	48kg	Gold (2023 Zone Champion)
Max O.	51kg	Bronze
Jasper J.	54kg	Bronze
Markus L.	57kg	Gold (2023 Zone Champion)
Eilia K.	66kg	5th
Nate M.	70kg	Bronze
Mychael R.	110+kg	Gold (2023 Zone Champion)
Alexandra L.	51kg	Silver

Overall, Team Scores: Boys Division - 3rd  
Aggregate: Heritage Woods Secondary School - 5th



Any Mountain Bikers interested in  
Joining the Heritage Woods / SD43  
Mountain Bike Team should please join  
the Teams page using code  
4961078 or see Coach Castonguay.





# Boys Rugby!

- Interested in playing?
- Come to Rm 242 at lunch on Tuesday, February 14<sup>th</sup> for a short meeting

# CAREER CENTER





**DID YOU APPLY TO SFU BEEDIE FOR FALL 2023 ADMISSION?**

**DO YOU HAVE QUESTIONS ABOUT WHAT TO DO NEXT?**

**Fear not: we have got you covered!!**

**We are hosting a drop-in advising session for students that applied to Beedie, with an advisor from SFU Beedie.**

**Friday Feb. 17 at lunch in the library computer lab.**

**Come by and bring your questions.**

A large red rectangular box containing the letters 'SFU' in white, bold, sans-serif font.

**SFU**

