



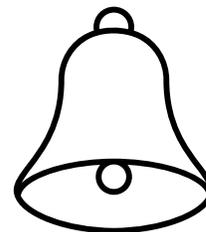
Wednesday
February 15, 2023

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

Valentine's Day SPIRIT WEEK



Tuesday Valentine's Colours Day (white, pink, and red)

Wednesday Anti-Valentine's Day (wear black)

Thursday Dynamic Duos Day (ex. salt & pepper; angel & demon)

Friday Night in VS Night out Day (wear PJs for night in; wear formal clothing for night out)





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.

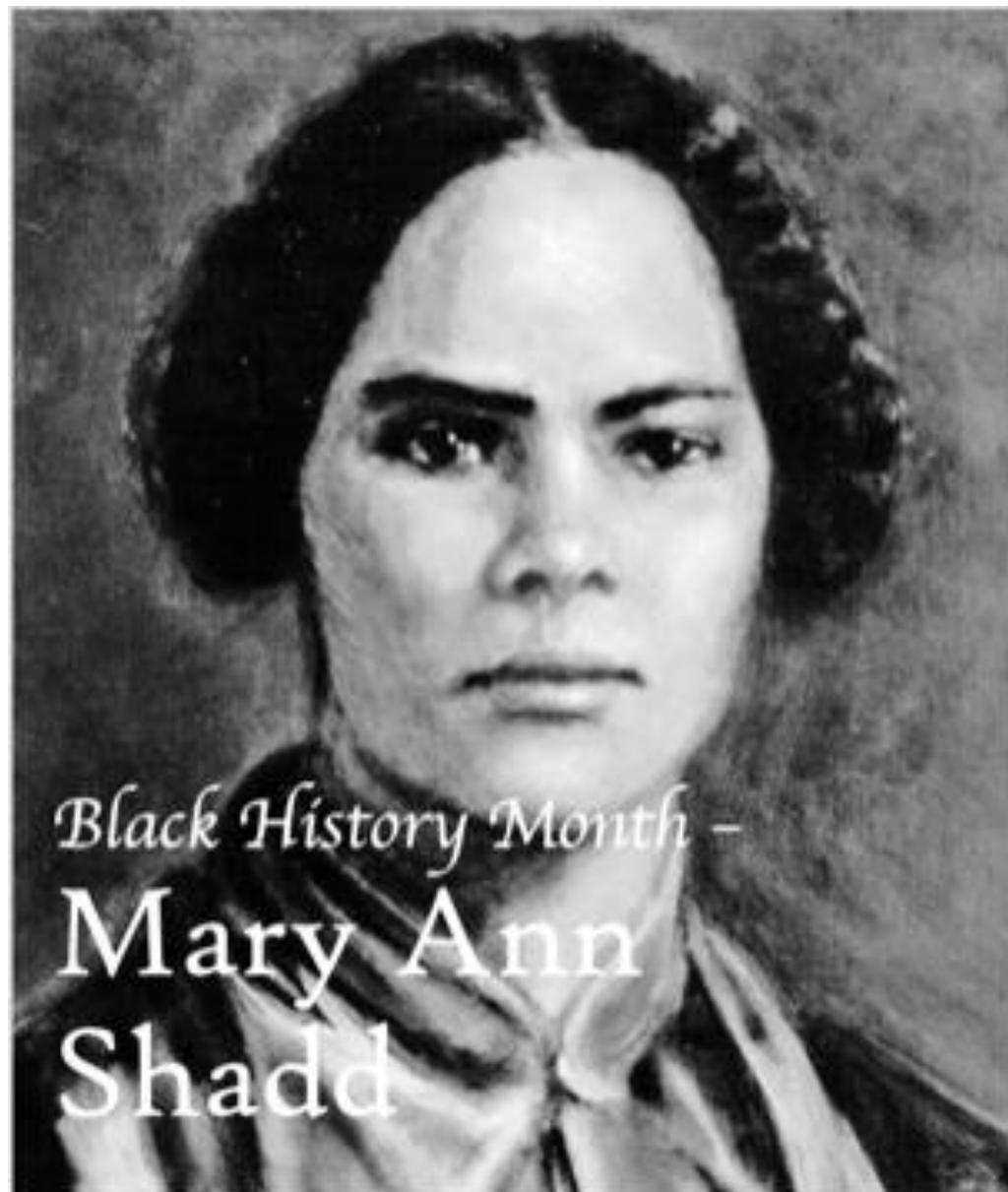
FLEX_{pectations}

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



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

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.



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.



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

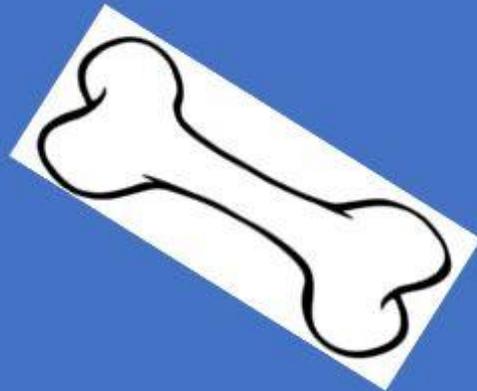
1 bag for \$3.00

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



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.



CAREER CENTER



SD43 TRADES PROGRAMS
VIRTUAL INFO
SESSION

JOIN US!

FEBRUARY 15 6PM

LEARN
ABOUT



SCAN TO
REGISTER

- * TRAIN IN TRADES
- * WORK IN TRADES



VISIT 43CAREERS.COM



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

