



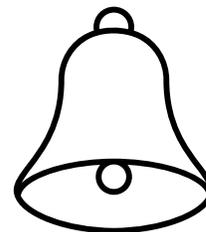
Thursday  
September 14, 2023

# 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 – 10:57</b>
<b>Block 3</b>	<b>11:01 – 12:13</b>
<b>LUNCH</b>	<b>12:13 – 12:53</b>
<b>Block 4</b>	<b>12:57 – 2:09</b>
<b>Block 5</b>	<b>2:13 – 3:25</b>



# YOUTH FALL PROGRAMS

Programs begin the week of **September 18<sup>th</sup>, 2023**

**POMO CHEFS**  
Beginner &  
Intermediate

**BASKETBALL**

**Standard FIRST AID & CPR-  
C/AED Workshop**

**Pro-D DAY Programs**  
Mountain Biking  
Babysitters Training

For  
ages  
11-15

**RADS Nights – OUT – TRIPS**  
ROCK CLIMBING Sat. Oct 14 5-9 pm

@pomoyouth | [portmoody.ca/Youth](http://portmoody.ca/Youth) | 604.469.4556

**PORT MOODY**  
CITY OF THE ARTS

VISIT **PORTMOODY.CA/SIGNMEUP** TO REGISTER

Oct 14

# Spirit Assembly **FRIDAY!!**

Let's have a  
**MAROON**-out!

Wear your  
**"WE ARE KODIAKS"**  
shirt for a chance  
to win a  
\$50 gift card!



# STUDENT PARKING PASSES

Reminder to students who are driving to school and parking in the school parking lots.

Please come to the HWSS main office to register your vehicle and receive a PARKING PASS to be displayed in vehicle. Usually hang from rear view mirror.



# 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.

# HWSS Senior Sail Grad Cruise

Grade 12 students:

Tickets (\$85) will be available for purchase in your School Cash Online Account only after you have completed this year's forms (also available in your School Cash Online account).

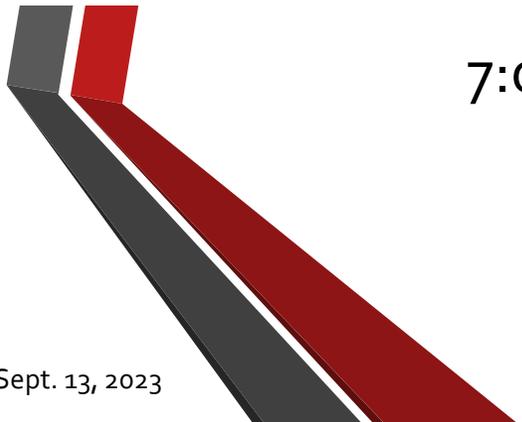




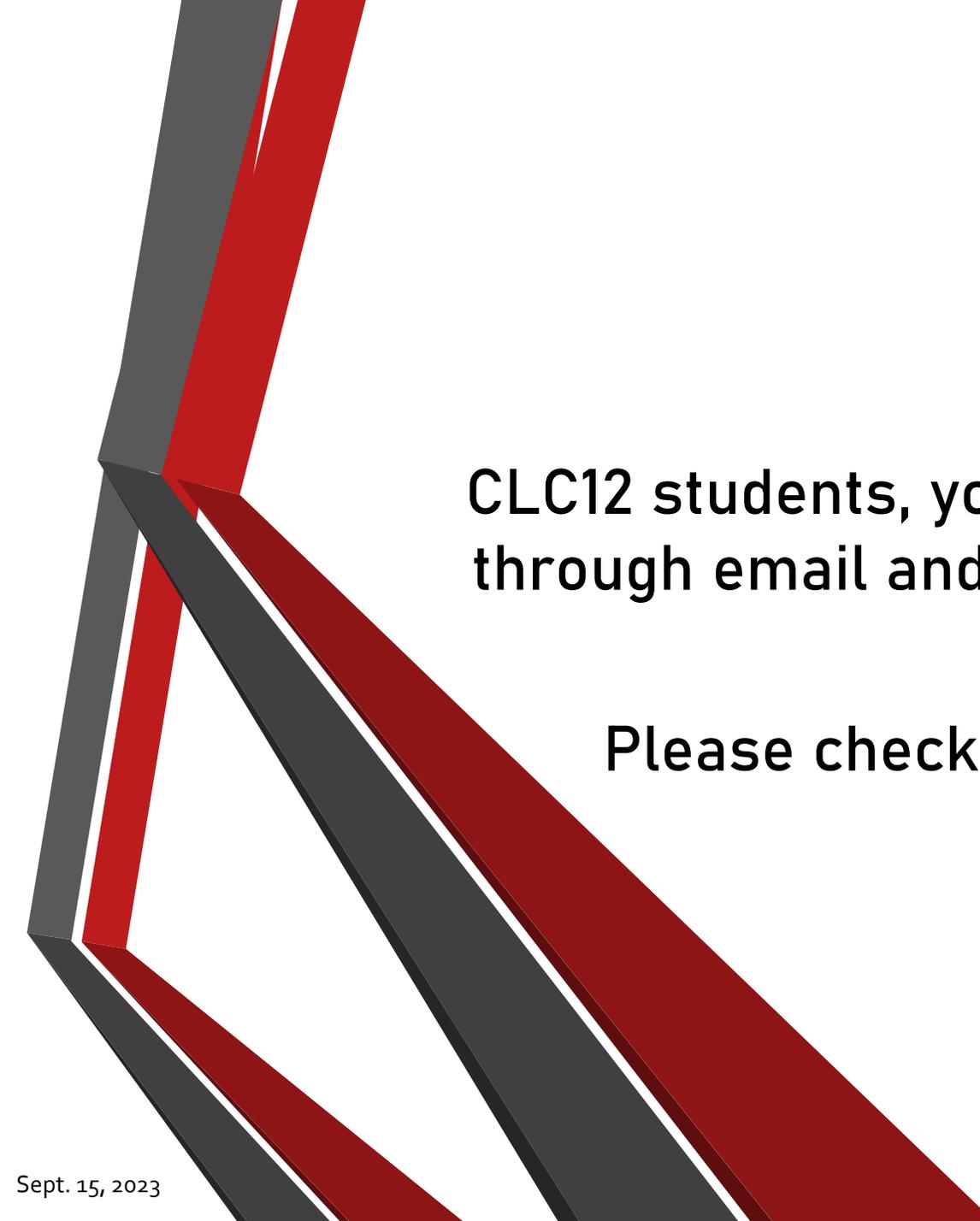
# Music Students in BCB, JCB, SCB, JJB, SJB, CC, & VJ



Parent/Student meeting tomorrow:  
Wednesday, Sept. 13<sup>th</sup> in the Theatre



7:00 pm - all grade 9's and new families to HWSS Music Department  
7:30 pm - Everyone in the Department



# CLC12

**CLC12 students, your teachers will be reaching out shortly through email and will be scheduling your first meeting in the next few weeks.**

**Please check your school account for this email!**

# Mini Med School 2023



The registration form will be posted for 10 days from **Monday, September 11, 2023 at 9:00am to Wednesday, September 20, 2023 at 11:59pm**. Students can submit the registration form any time during this period. Participants will be selected based on a random lottery draw. For more information, see the [registration guidelines](#) and [FAQ](#).

## Mini Med School 2023

Join us for [Mini Med School 2023](#) as we explore infectious diseases and the immune response. Together with Mini Med School Co-Deans [Dr. Julie Beltinger](#) & [Dr. Srinivas Murthy](#), you'll have the opportunity to learn why we get sick, discover how vaccines work and investigate the problem of antibiotic resistance.

Grade 10-12 students across BC will have three ways to participate in Mini Med School 2023:

**Mini Med School In-Person:** Engage with researchers and clinicians in-person at BC Children's Hospital. Participation is restricted to BC students in grade 12.

**Mini Med School Virtually Live:** Engage with researchers and clinicians at BC Children's Hospital virtually in real-time! Participation is restricted to BC students from grades 11-12.

**Mini Med School On-Demand:** Participate when it works for you. Participation is restricted to BC students from grades 10-12.

For questions about Mini Med School, please email [researchevents@phsa.ca](mailto:researchevents@phsa.ca).

<https://bcchr.ca/events/mini-med-school/mini-med-school-vancouver>

<https://cmmt.ubc.ca/2023/09/06/2023-gairdner-high-school-symposium-october-23-2023/>



## Gairdner High School Symposium

Organized by the Centre for Molecular Medicine and Therapeutics, the [Gairdner High School Symposium](#) is a half-day event held each fall that gives secondary students and teachers the opportunity to interact with [Gairdner award-winning scientists](#) and BC Children's Hospital researchers.

This event is scheduled for **Monday, October 23, 2023**. Grade 10-12 students can participate [in-person](#) or [virtually](#) in real-time.

The registration form will be posted for 14 days from **Monday, September 11, 2023 at 9:30am to Sunday, September 24, 2023 at 11:59pm**. Students can submit the registration form any time during this period. For more information, see the [symposium webpage](#), [registration guidelines](#) or contact [jshum@cmmt.ubc.ca](mailto:jshum@cmmt.ubc.ca).

# CLUBS





# ECONOMICS CLUB

- - Compete in elite university competitions and earn recognized certificates.
- - Elevate your academic profile and enhance your university application with unique experiences.
- - Ideal for those pursuing business/economic majors!

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EMAIL [127-DWU@SD43.BC.CA](mailto:127-DWU@SD43.BC.CA) FOR INFO

**Join**



**Club**

***Participate in free  
international  
competitions with  
guaranteed awards while  
enhancing your math  
skills at the same time***

***127-ilu@sd43.bc.ca***



# SOAP Club



Student Peer Tutoring  
in various subjects

To request tutors or ask questions,  
email: [hwsoaptutor@gmail.com](mailto:hwsoaptutor@gmail.com)

OR

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



not all subjects may be available upon request



# Music Theory and Composition Club

Music Theory and Composition Club - Mondays, Lunch

Songwriting Club - Fridays, Lunch

Sign up on Clubs Day next week on Wednesday, Sept. 20

# KODIAK ATHLETICS



# HWSS Swim Team

Calling all swimmers!

**Practices are every Tuesday and Thursday,**

**4:30-5:30pm, at Eagle Ridge Pool.**

See Mr. Campbell for more details!



# Boys Soccer Tryouts

Senior boys Tryouts will be taking place on  
**Tuesday, Sept. 12<sup>th</sup> and Thursday, Sept. 14<sup>th</sup>**  
right after school on the turf

Junior boys will be on  
**Wednesday, Sept. 13<sup>th</sup> and Thursday, Sept. 14<sup>th</sup>**  
right after school on the turf.



# Cross Country Meeting

Anyone wanting to run cross country this year there will be a brief sign-up meeting on

**Thursday. September 14, 2023**

at the beginning of lunch in Room 213 or you can sign up with Mr. Castonguay.

Everyone is welcome!



# CAREER CENTER



# **Upcoming Post- Secondary Info Sessions for Grade 11 & 12 students**

- Wed. Sept 27 3:45 pm in library: University of Toronto
- Fri. Sept. 29 2pm-3:30pm Grand Hall: Canadian Universities Mini-Fair (50 schools from across Canada)
- Fri. Oct. 06 lunch in library lab: University of Victoria
- Mon. Oct. 16 lunch in library: Simon Fraser University
- Wed. Oct. 18 lunch in library lab: University of Alberta
- Mon. Oct. 23 lunch in library lab: Beedie Business (SFU)
- Tue. Oct. 24 lunch in library lab: Gustavson Business (UVic)
  
- Check the school calendar for all upcoming events