



**Wednesday  
September 18,  
2024**

# Heritage Woods Secondary

“WE ARE KODIAKS”



# Bell Schedule

|              |                      |
|--------------|----------------------|
| Block 1      | 8:00 – 9:12          |
| Block 2      | 9:16 – 10:28         |
| FLEX         | 10:28 – 10:57        |
| Block 3      | 11:01 – 12:13        |
| <b>LUNCH</b> | <b>12:13 – 12:53</b> |
| Block 4      | 12:57 – 2:09         |
| Block 5      | 2:13 – 3:25          |

# ATTENTION NEW INTERNATIONAL STUDENTS

If you haven't gotten a  
We Are Kodiaks t-shirt,  
please see Ms. Lee in  
Room 245 asap!



# Terry Fox School Run

This year, our school is proudly taking part in the annual Terry Fox School Run to continue Terry's dream of a world without cancer.

Please support our school's fundraising efforts today!

<https://schools.terryfox.ca/HeritageWoodsSecondary>



Thursday, September 19, 2024

# CLC MEETINGS

**Ms. Ferrer – Wednesday Sept.18<sup>th</sup> during Flex, Room: Library**

**Ms. Paisley - Wednesday Sept.18<sup>th</sup> during Flex, Room: 232**

**Mr. Aitken- Wednesday Sept.18<sup>th</sup> during Flex, Room:240**

**Ting- Wednesday Sept.18<sup>th</sup> during Flex, Room: 214**

**Mr. Yun(Ms. Gay) Wednesday Sept.18<sup>th</sup> during Flex, Room:103**

**Mr. Smith - Wednesday Sept.18<sup>th</sup> during Flex, Room: 109**

**Ms. Ross - Wednesday Sept.18<sup>th</sup> during Flex, Room: 238**

**Ms. Jarvis - Wednesday Sept.18<sup>th</sup> during Flex, Room: Theatre**

**Ms. Saloustros – Thursday Sept. 26<sup>th</sup> during Flex, Room: Theatre**

**Ms. Wiebe – Today (September 17th) during Flex in Room 305**

**Ms. Lee- TBA- please watch for an email from her**

**Ms. Johal- TBA- please watch for an email from her**

**Mr.Baldus- TBA- please watch for an email from her**

**\* If you can not make your CLC meeting please email your teacher.**

# STUDENT COUNCIL

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**Are you interested in representing your grade to promote a positive culture in our school?**

## Roles and Responsibilities

- be a role model and to Heritage Woods students and represent the school mission statement
- listen to students' opinions and bring suggestions to the council
- bring positive changes to the school environment

Application forms Due Sept 18<sup>TH</sup>

Scan the QR code for more information.



# Digital Learning 10 Tutorials This Week!

| Date          | Student Last Name  | Room    |
|---------------|--------------------|---------|
| Mon Sept 16   | Soiseth – Wasylik  | 300     |
|               | Wells – Zhu        | 301     |
| Tues Sept 17  | Ahn – Campbell     | 300     |
|               | Candine – Danielov | 301     |
| Wed Sept 18   | Dean – Glazier     | 301     |
|               | Grout – Johnston   | Library |
|               | Kashiwagi – Leung  | 300     |
| Thurs Sept 19 | Lewis – McLellan   | 300     |
|               | McMullen – Ra      | 301     |
|               | Radford – So       | Library |

***Missed your tutorial? See your DL teacher about attending the make up tutorial on Monday, Sept 23 @ FLEX***





# HWSS MUSIC RETREAT

WHO?

BEGINNING CONCERT BAND  
GRADE 9S  
NEW STUDENTS  
STRINGS

WORKSHOPS AND GUEST  
CLINICIANS WILL BE COMING  
IN TO WORK WITH US!

WHAT?

WHEN?

SATURDAY,  
SEPTEMBER 21ST  
10:AM - 3:00PM  
COST: \$50

HERITAGE WOODS  
SECONDARY SCHOOL

WHERE?

MC, PT HELP WILL BE NEEDED

CONTACT [KFEESTER@SD45.BC.CA](mailto:kfeester@sd45.bc.ca) FOR MORE DETAILS



# 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

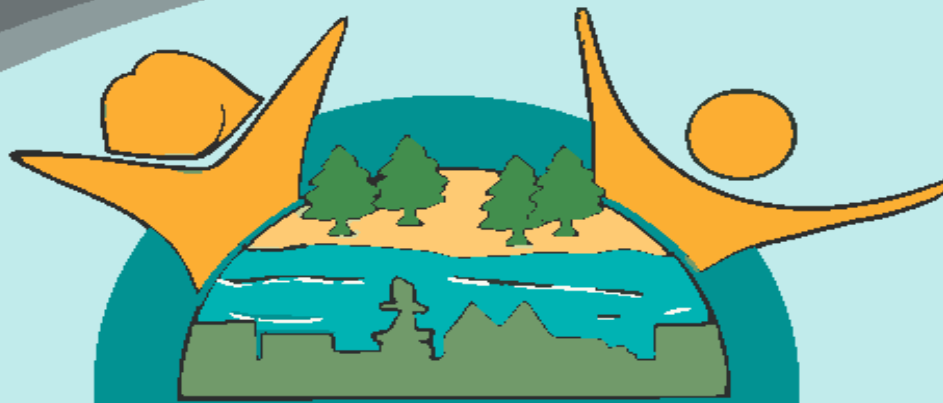
No homework?  
Read, Study, Review



# 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.



## Mayor's Youth Summit

**October 25, 2024 • 8:30am–3:15pm**  
**Inlet Theatre, 100 Newport Drive, Port Moody**

Join us at the 2024 Mayor's Youth Summit and make your voice heard! Discuss critical issues, connect with peers, and shape the future of your community.

**Register now – open to all Tri-City youth!**



[portmoody.ca/signmeup](https://portmoody.ca/signmeup)



604.469.4556



Scan the code



**GAIN 7 HOURS  
OF VOLUNTEER  
TIME!**

youth@portmoody.ca  
604.469.4556

Logo designed by Yufei Hu

**PORT MOODY**  
CITY OF THE ARTS

# CLUBS





# STUDENT ART COUNCIL

**Positions**  
are now opened

Visit  [studentartcouncil.sd43](https://www.instagram.com/studentartcouncil.sd43)  
for applying



**Apply Now!!**

Student Art Council Executive  
Application Form







JOIN

# *Model United Nations*

- Learn how to **debate**, **strategize**, and **problem-solve**
- Develop **public speaking** skills
- Become familiar with **real-world events**
- **Universities** love Model UN!!

**Scan the QR code to join!!**

First meeting  
Tuesday,  
**October 1** @  
Lunch in Room  
235



# CLUBS

**Are you interested in starting or running a club at HWSS this year?**

Scan the QR code and complete the club application form to get your club started.

**Clubs Day Sept. 26** – make sure to complete this form so that your club will be promoted.

Club Application Form 2024-2025





# CAREER CENTER



Great opportunity for grade 11 & 12 students to speak to reps from Universities all across Canada. Bring your questions about programs, applications, housing, scholarships, co-op, and anything else you want to know! Happening in the Grand Hall from 9 – 11. Parents are welcome also.

September 24

**CUEBC.ORG**  
**CUE** Canadian Universities Event

**WE ARE BACK!**

**JOIN US ON:** Sept. 24 9 – 11  
**LOCATION:** Grand Hall

**BEST INSTITUTIONS** **MEET REPRESENTATIVE**

**CONNECT WITH THE FINEST INSTITUTIONS**

|                                 |                                 |                                    |
|---------------------------------|---------------------------------|------------------------------------|
| ACADIA UNIVERSITY               | KWANTLEN POLYTECHNIC UNIVERSITY | TRINITY WESTERN UNIVERSITY         |
| ALBERTA UNIVERSITY OF THE ARTS  | MACEWAN UNIVERSITY              | UNIVERSITY CANADA WEST             |
| BISHOP'S UNIVERSITY             | MCMASTER UNIVERSITY             | UNIVERSITY OF ALBERTA              |
| BROCK UNIVERSITY                | MOUNT ALLISON UNIVERSITY        | UNIVERSITY OF CALGARY              |
| BURMAN UNIVERSITY               | MOUNT ROYAL UNIVERSITY          | UNIVERSITY OF FRASER VALLEY        |
| CAPILANO UNIVERSITY             | NIPISSING UNIVERSITY            | UNIVERSITY OF GUELPH               |
| CARLETON UNIVERSITY             | ONTARIO TECH UNIVERSITY         | UNIVERSITY OF KING'S COLLEGE       |
| CONCORDIA UNIVERSITY            | QUEEN'S UNIVERSITY              | UNIVERSITY OF LETHBRIDGE           |
| DALHOUSIE UNIVERSITY            | ROYAL MILITARY COLLEGE          | UNIVERSITY OF NEW BRUNSWICK        |
| EMILY CARR UNIVERSITY           | SAINT MARY'S UNIVERSITY         | UNIVERSITY OF NORTHERN BC          |
| FAIRLEIGH DICKINSON UNIVERSITY  | SIMON FRASER UNIVERSITY         | UNIVERSITY OF OTTAWA               |
| HURON UNIVERSITY                | ST FRANCIS XAVIER UNIVERSITY    | UNIVERSITY OF SASKATCHEWAN         |
| KING'S UNIVERSITY COLLEGE       | ST THOMAS UNIVERSITY            | UNIVERSITY OF VICTORIA             |
| KWANTLEN POLYTECHNIC UNIVERSITY | ST JEROME'S UNIVERSITY          | UNIVERSITY OF WATERLOO             |
| HURON UNIVERSITY                | THE KING'S UNIVERSITY           | VANCOUVER ISLAND UNIVERSITY        |
| KING'S UNIVERSITY COLLEGE       | THOMPSON RIVERS UNIVERSITY      | WESTERN UNIVERSITY                 |
|                                 |                                 | YORK UNIVERSITY                    |
|                                 |                                 | UNIVERSITY OF PRINCE EDWARD ISLAND |

# Discovery Days in Health Sciences

<https://www.cdnmedhall.ca/BCCHRI2024>

- Discovery Day will allow high school **students (grades 10 and 11)** to explore careers in medicine and health sciences. Participants will attend a dynamic keynote lecture, take part in two interactive workshops (pre-selected from a catalogue of options) and join in a discussion with a diverse panel of academics, researchers and health-care professionals who'll share all about their careers.
- Event happens November 7<sup>th</sup>.
- Registration per school is limited.
- **Interested students must speak to Mr. Baldus before Sept. 19 for information on how to apply for a spot to register.**



Canadian Medical Hall of Fame

**Discovery Days**  
in HEALTH SCIENCES

## Discovery Days in Health Sciences

Organized by the Canadian Medical Hall of Fame and hosted by BC Children's Hospital Research Institute, [Discovery Days in Health Sciences](#) is a one-day event that gives secondary school students and teachers the opportunity to explore a variety of career options in medicine and the health sciences. The day includes a dynamic keynote lecture, hands-on workshops, and a career panel discussion. Students gain a clear picture of what it would look like to be a health professional by interacting with researchers, clinicians and educators in their real-life work setting.