



**Thursday
September 19,
2024**

Heritage Woods Secondary

“WE ARE KODIAKS”



Bell Schedule

Block 1	8:00 – 9:12
Block 2	9:16 – 10:12
Block 3	10:16 – 11:12 (Terry Fox Run)
LUNCH	12:15 – 12:55
Block 4	12:59 – 1:55
Flex	1:55 – 2:25
Block 5	2:29 – 3:25

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.18th during Flex, Room: Library

Ms. Paisley - Wednesday Sept.18th during Flex, Room: 232

Mr. Aitken- Wednesday Sept.18th during Flex, Room:240

Ting- Wednesday Sept.18th during Flex, Room: 214

Mr. Yun(Ms. Gay) Wednesday Sept.18th during Flex, Room:103

Mr. Smith - Wednesday Sept.18th during Flex, Room: 109

Ms. Ross - Wednesday Sept.18th during Flex, Room: 238

Ms. Jarvis - Wednesday Sept.18th during Flex, Room: Theatre

Ms. Saloustros – Thursday Sept. 26th 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.**

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

ATTENTION GRADE 9'S

- We will have our first round of Grade 9 Advisory Meetings next week at FLEX- please follow the schedule below based off of your last name and we will see you next week!

- **Mon: Soiseth - Zhu**
- **Tues: Ahn - Danielov**
- **Wed: Dean - Leung**
- **Thurs: Lewis - So**

ALL MEETINGS ARE IN THE THEATRE



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_{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



Fragrance Free

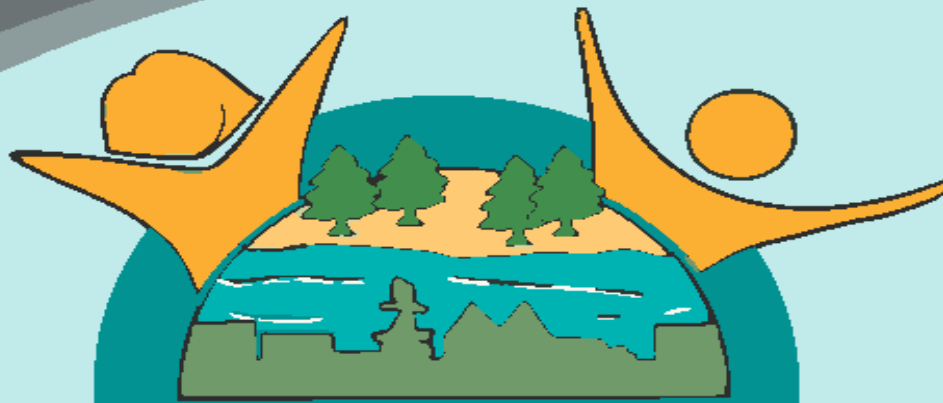
Reminder to all that SD43 is Scent Aware, and as such the district is asking for cooperation towards a scent reduced environment.

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



Port Moody Youth Summit
information meeting on
Monday September 23, 2024
at lunch in the Grand Hall

See the next slide for more
details of the Summit



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



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



KODIAK ATHLETICS





Saturday, September 21st
Heritage Gym 10am-12pm

Senior Girls Basketball Tryouts

“WE ARE KODIAKS”

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 7th.
- 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.