



Tuesday
October 1, 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
LUNCH	12:13 – 12:53
Block 4	12:57 – 2:09
Block 5	2:13 – 3:25

Time to Register for Semester 1 Math Contests!

For Grade 11/12's:

- **CSMC**
- **AMC 12**

•For Grade 9/10's

- **CIMC**
- **AMC 10**

Please see Ms. Paisley in RM 232 for more information. Register by October 8th.

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.

Attention: CLC 12

**Ms. Ferrer's CLC 12 class
will be meeting in the
library on
Wednesday,
October 2nd
during Flex.**



**ATTENTION
PLEASE!**

CALLING ALL CADETS

- IF YOU ARE IN CADETS (ANY BRANCH) AND WOULD LIKE TO PARTICIPATE IN THIS YEAR'S REMEMBRANCE DAY CEREMONY, PLEASE SEE MRS. FESTER IN ROOM 102 TO SIGN UP.



JAZZ CLUB

FIRST MEETING - WEDS, OCT. 2

ROOM 102 (MUSIC ROOM)

ALL ARE WELCOME.

BRING YOUR INSTRUMENT TO JAM!



CLUBS



JOIN... HELPING HANDS SOCIETY!

Meet **like-minded** people who love to **volunteer** and strive to make the community a **better** place



Visit **senior homes** and help out under different organizations to increase **community exposure**



**GOOD FOR
UNIVERSITY
APPLICATIONS!**



~~TEAMS CODE~~

JOIN NOW



fd6k7ks





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





- Scan QR code to Join!
- Our First meeting
is October 2nd @
Lunch in Room
- 
- A square QR code with a black and white pixelated pattern, used for quick access to the meeting information.



HWSS DEBATE CLUB

Thursdays at lunch

NEXT WEEK'S TOPIC

Welcome to
Debate Club!

Debate club
introduction,
what is
debate?



Room 235



KODIAK ATHLETICS



Wrestling Team

Pre-season technique wrestling practice begins on Monday, Oct 7th, in the mat room at 3:45 pm for all new and returning wrestlers.



Bring your running shoes and wrestling shoes to practice

CAREER CENTER



Youth Leadership Development Program

- This course introduces youth aged 13 – 15 to the key leadership skills necessary to developing personal and interpersonal growth, as well a chance to practice them through volunteer hours, and pre-employment preparation. Course lessons expose students to three key ideas: 1. Introspection and self-assessment 2. Interacting with other in a team setting 3. Future Planning Students can expect to leave the course with verified volunteer hours through Coquitlam's volunteer program, a draft resume resulting from resume building workshops, and experience participating in activities designed to stimulate personal growth including teambuilding activities, journaling, public speaking and mock interviews. Students are also introduced to the City of Coquitlam's Youth Strategy as part of a feedback and brainstorming session ([see next slide for more details](#))

Continued:

- Course Details Course Length: 20 hours plus 12 hours of volunteering
- Dates: October 8 – December 10, 2024 (Tuesdays)
- Times: 4:30 - 6:30 p.m. Ages: 13 – 15 years old Facility: Pinetree Community Centre Price: \$139.00 (\$13.90/session)
- Registration: Call 604-927-4386 or visit coquitlam.ca/registration and use Course ID: #00163055

Course Content Day Topic

- 1 Course Introduction and Volunteering Overview
- 2 Lesson #1: What Makes a Good Leader?
- 3 Lesson #2: Planning and Setting Goals
- 4 Lesson #3: Effective Communication
- 5 Lesson #4: Youth Empowerment and Coquitlam's Youth Strategy
- 6 Lesson #5: Teamwork and Collaboration
- 7 Lesson #6: Problem Solving and Critical Thinking
- 8 Lesson #7: Pre-Employment Preparation
- 9 Mock Interviews and Feedback
- 10 Reflection and Class Party