



Thursday
October 3, 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.

GRADE 12 CLC MEETINGS THIS WEEK

- MR. AITKEN WED. OCT. 2ND FLEX 240
- MR. BALDUS - TBA FLEX 316
- MS. FERRER WED. OCT. 2ND FLEX LIBRARY
- MS. JARVIS WED. OCT. 2ND FLEX THEATRE
- MS. JOHAL - TBA
- MS. LEE WED. OCT. 9TH FLEX 244
- PAISLEY THURS. OCT. 3RD FLEX 232
- MS. ROSS — WED. OCT. 9TH FLEX 238
- SALOUSTROS FRI. OCT. 11TH FLEX THEATRE
- MR. SMITH WED. OCT. 2ND FLEX 109
- MR. TING WED. OCT. 2ND FLEX 214
- MS. WIEBE THURS. OCT. 3RD FLEX 305
- MR. YUN WED. OCT. 2ND FLEX 103



LANGUAGE CHALLENGE EXAM INFORMATION MEETING

Today, Thursday October 3rd @ Flex

Library Computer Lab

Application Deadline October 21st , 2024

Direct Questions to Ms. Watt at kwatt@sd43.bc.ca

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.

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.





Canadian
Cancer
Society

**CIBC RUN
FOR THE CURE**



REGISTER TO VOLUNTEER!

Be part of the Canadian Cancer Society CIBC
Run For the Cure Volunteer Community

**Get involved
NOW!**

www.volunteercancer.ca

October 6

Hawthorne Rotary Park | Surrey, BC



HALLOWEEN PHOTO BOOTH

BY PHOTO CLUB

THURSDAY, 31 OCTOBER 2024

PERIOD 2 – 5, INCLUDES FLEX & LUNCH

OUTSIDE THE FRONT OF HWSS

**\$2 for instax square
free for digital**



CLUBS





SKI & SNOWBOARD CLUB

Information Meeting

Thursday, October 3
Room 314
Lunch

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



DEBATE CLUB

Every Thursdays at lunch

NEXT WEEK'S TOPIC

Welcome to Debate Club!

Debate club introduction,
what is debate?



Room 235



Join Economics Club

- Join us in investment competitions!
- Develop a deep and practical understanding of stock markets and finance field
- Earn exclusive certificates!
- We have over 100 members in our club!

Our first meeting is **Oct 10 @ lunch** in room **301**

We are looking for club leaders for next year, which includes 10 leadership positions.

More details are in teams OR email the club

president: 127-dwu@sd43.bc.ca

for more info



JOIN TEAMS WITH CODE:

ygahnza



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

SENIOR GIRLS FIELD HOCKEY

Weekly Schedule

@hwssathletics

Thursday Oct 3rd:
3:30pm at Town Centre



SR BOYS/GIRLS VOLLEYBALL

@hwssathletics

Weekly Schedule

Girls: Tuesday Oct 1:

6pm home game vs port moody

Thursday Oct 3:

7:30pm game at gleneagle

Boys: Tuesday Oct 1:

7:30pm At home vs port moody

Thursday Oct 3:

6:00pm at gleneagle





BOYS SOCCER

Weekly Schedule

JR:

WEDNESDAY OCT 2ND:

3:30PM HOME GAME VS CENTENNIAL

SR:

TUESDAY OCT 1ST:

3:30PM AT TERRY FOX

THURSDAY OCT 3RD:

3:30PM HOME GAME VS RIVERSIDE

@hwssathletics



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