



### **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 8<sup>th</sup>.

### GRADE 12 CLC MEETINGS THIS WEEK

- MR.AITKEN WED.OCT.2<sup>ND</sup> FLEX 240
- Mr.Baldus TBA flex 316
- Ms.Ferrer Wed.Oct.2<sup>ND</sup> FLEX LIBRARY
- Ms. Jarvis Wed. Oct. 2<sup>ND</sup> FLEX THEATRE
- Ms.Johal TBA
- Ms.LEE WED. OCT.9<sup>TH</sup> FLEX 244
- PAISLEY THURS.OCT.3RD FLEX 232

- Ms.Ross WED.OCT.9TH FLEX 238
- SALOUSTROS FRI. OCT.11<sup>TH</sup> FLEX THEATRE
- MR.SMITH WED.OCT.2<sup>ND</sup> FLEX 109
- MR.TING WED. OCT.2<sup>ND</sup> FLEX 214
- Ms.Wiebe Thurs.Oct.3rd FLEX 305
- MR.YUN WED. OCT. 2<sup>ND</sup> FLEX 103

# FLEXpectations

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.





### **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











# CLUBS



### JOIN...

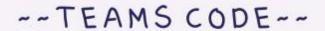
## HELPING HANDS SOCIETY!

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!







fd6k7ks













- 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



#### SOAP PEER TUTORING CLUB

# INTRO ( METING

MANDATORY MEETING for all SOAP tutors! We will be going over important details:

- The Club's System
- Improvements/Changes
- New Volunteer Opportunities
- Frequently Asked Questions

WHEN Oct 7, MONDAY LUNCH

WHERE COMPUTER LAB



Follow @hwsoaptutoring on Instagram for more info

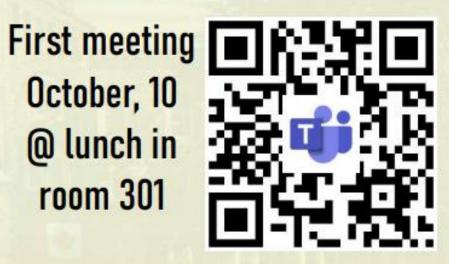
# UniPath Club

#### Learn how to:

- Apply to universities in different regions (ex. U.S, Ontario)
- Write an application essay that stands out from others
- Find out which university is best for you

### Scan the QR code to Join!

October, 10 @ lunch in room 301



# 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

## **Interested in Lacrosse?**



Boys in grades 9 to 12, sign up now outside the PE office

# CAREER



### 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