



**Friday**  
**October 4, 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 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. 3<sup>RD</sup> FLEX 232
- MS. ROSS — WED. OCT. 9<sup>TH</sup> 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. 3<sup>RD</sup> FLEX 305
- MR. YUN WED. OCT. 2<sup>ND</sup> FLEX 103

# 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.

# 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**

**CIBC** 



## REGISTER TO VOLUNTEER!

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

**Get involved  
NOW!**

[www.volunteercancer.ca](http://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



# 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**

October 4



# 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](mailto:127-dwu@sd43.bc.ca)

for more info



JOIN TEAMS WITH CODE:

**ygahnza**



# SOAP PEER TUTORING CLUB

## INTRO MEETING



**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 @hwsoap tutoring on Instagram for more info

# Join 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!

First meeting  
October, 10  
@ lunch in  
room 301



# KODIAK ATHLETICS

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# 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 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](https://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