



Wednesday
October 9, 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

Digital Learning 10 Tutorials This Week!

Date	Student Last Name	Room
Tues Oct 15	Ahn - Campbell	300
	Candine – Danielov	301
Wed Oct 16	Dean - Glazier	301
	Grout – Johnston	Library
	Kashiwagi – Leung	300
Fri Oct 18	Soiseth – Wasylik	300
	Wells – Zhu	301
Mon Oct 21 (NORMALLY THURS)	Lewis – McLellan	300
	McMullen – Ra	301
	Radford – So	Library

Missed your tutorial? See your DL teacher in the tech office ASAP

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GRADE 12 CLC MEETINGS THIS WEEK

- MR. BALDUS - TBA FLEX 316
- Ms. JOHAL - TBA
- MS. LEE WED. OCT. 9TH FLEX 244
- Ms. ROSS – WED. OCT. 9TH FLEX 238
- SALOUSTROS FRI. OCT. 11TH FLEX THEATRE

FLEXpectations

FLEX is instructional time, not a break!



- **Go to one of your four classes**
- **No cell phone use**
- **Only Grade 12S in the Grand Hall**
- **Library is for quiet work only**
- **Where you start is where you finish,
no moving from class to class**

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.

WHAT DOES REMEMBRANCE DAY MEAN TO YOU?

WE ARE
CONDUCTING
INTERVIEWS FOR A
REMEMBRANCE
DAY FILM AND WE
NEED VOLUNTEERS
WHO ARE WILLING
TO BE ON CAMERA.

IF YOU ARE
INTERESTED IN,
PLEASE CONTACT @
127-
DMINACHIMOUGHAD
@SD43.BC.CA

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.



Second Chance!

**If you missed the meeting
for the Language Challenge
Exam you are not too late.
Language Challenge Exam
Meeting in the Library on
Wednesday, October 9th @
Flex**



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



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



October 11

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



HEALTH-SCIENCE



Want Health Science-Related Volunteer Opportunities?

Stay Up-to-Date on the Latest Health Science Info?

Connect with Peers and Professionals Who Share Your Interests?

JOIN THE HEALTH SCIENCE CLUB!!!

Scan the QR Code to Get Involved!



Health Science



HWSS

Teams Code

2owv1vz

Teams QR



K.W.A.P

Need volunteer hours?

Want to give back to the community?

Need a more flexible way to give back?

Join Kodiaks With A Purpose!

Teams Code:

p8r9l5a



Teams QR



CRAFTS



**Scan To Join
The Teams!**

Join the Crafts Club!

Meetings on Thursdays
@ Lunch, Room 216B

- Crocheting
- Knitting
- Embroidery/Hand-Sewing
- Bracelet-Making/Braiding
- Origami

*Experienced in these areas?
Get volunteer hours from
teaching other students!*

All levels are welcome!



Join History Club

- Learn the many **Wisdoms** of the past!
- Experience the Story of **Humanity**
- **Understand** how our world came to be!

Scan QR code to Join!
Meetings are
Wednesdays @
Lunch, in Room
235



HELPING HANDS SOCIETY!



ANNOUCEMENT



INTRODUCTORY MEETING

Date: October 9th, 2024 (Wednesday)

Time: Lunch (meeting starts at 12:15)

Location: Room 206

--TEAMS CODE--

fd6k7ks



Physics Club

A Newton's cradle with five silver spheres hanging from thin wires against a light blue background. The spheres are arranged in a horizontal line, and the wires are visible extending upwards.

Need help with physics?

Interested in engineering and science?

Thinking about competing in physics competitions?

Our first meeting is at lunch on Thursday! Come join us!

Contact:

127-czettel@sd43.bc.ca

127-jjung1@sd43.bc.ca

127-aasadzedeh@sd43.bc.ca

JAZZ CLUB

First meeting - Weds, Oct. 9

Room 102 (music room)

All are welcome. Check out TEAMS for those that have signed up. Bring your instrument to jam!





Songwriting Club!

First meeting - Friday, Oct. 11

Room 102 (music room)

All are welcome!

Bring your ideas and lyrics you may have!

Brought to you by Kodiak Pride

FALL BINGO!

October 15 (Tuesday)
In room 216a at lunch



WELCOME TO QUILTING CLUB!

Our first meeting will be held on
Thursday October 10th at lunch, in
room **202**

We hope to see you there!

KODIAK ATHLETICS



Interested in Lacrosse?



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



**Wednesday
October 9th
7:00-8:45 am**

**Grade 9 Boys
Basketball Tryouts**

"WE ARE KODIAKS"

Curling Team Sign-Up

Sign-Up and information session
Wednesday October 9th in Room
233 (LEC) at the start of lunch. Send
Ms. Rampuri an email if you are
unable to attend.

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