



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



If you have not picked up your Student ID card, please come to the office for pick up

FLEXpectations

FLEX is instructional time, not a break!



- >Go to one of your four classes
- ➤ No cell phone use
- ➤Only Grade 125 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.



goal

To answer questions and listen to all your concerns and suggestions!

time & location

October 28 @ lunch by the theater

SCANT



Raffle Ticket Entry

(There will be candy & a raffle draw!)

S50 Amozon cards!

THE DOOR

FALL '24 SHORT STORY CONTESTSECRET

The truth must be told!

What is Principal Woods trying to hide behind this door?

Starbucks/Tim cards for 10 lucky entries!

Entries due Monday, October **28**th



SCAN ME







Volunteer Opportunity: Santa Breakfast

- Friendly Forest Preschool is hosting their annual Santa Breakfast and is searching for some volunteers, (all grades welcome):
- "Merry & Bright" Winter Breakfast
- Date: Saturday November 30th
- Time: 8am 1pm
- Location: Anmore Elementary School
- •
- Duties will include setting up the Christmas decor, help with the registration desk, helping children with the craft table - includes ornament decorating, winter wish lists, colouring - clearing plates, cleanup etc., and take down of the set up/decor at the end.
- Breakfast for all volunteers is included, and you will receive a letter documenting volunteer hours.
- To volunteer contact: social@friendlyforestpreschool.com





Calling All Cadets

All Cadets who are participating in the Remembrance Day Ceremony are to report to the music room (102) on:

Tuesday, Oct. 29 LUNCH

MUST ATTEND!!!

Additional cadets are welcome! Sign-up with Mrs. Fester in room 102

Music Students Con Brio – Sun Peaks Festival Trip!

- Parent meeting on Wednesday, Oct. 30
 - See TEAMS for details
- •7:00 pm



ATTENTION: CLC 12

Ms. Ferrer's CLC class will be meeting on Wednesday, October 30th
During FLEX in the Library



Stay tuned for the exciting line up of events

KODIAK ATHLETICS





Wrestling team meeting for all new and returning wrestlers in the mat room on Friday, November 1st at 12:30 pm

CAREER



UBC Women in Engineering High School Mentorship program: Mentee application

- UBC Women in Engineering (WiE) is officially launching this year's high school mentorship program!
- The UBC WiE Mentorship Program strives to increase female* high school students' access to engineering, and to create a space where they can explore what engineering is and has to offer.
- Mentees will be supported by mentors through the program curriculum and various mentorship events (eg. Opening Ceremony, University Application Workshop, UBC Campus Tour, chats and activities with mentors, etc).
- Additionally, mentors and mentees are free to schedule individual meetings outside the curriculum for any guidance and questions mentees may have regarding engineering, here at UBC, or otherwise.

- The application deadline is November 4th, 2024.
- If you are interested and would like to learn more, apply!
- https://docs.google.com/forms/d/e/1FAIpQ LSf3Hyv9bsiU3LUvfyut0kP70XGRGIjRvneAaznluYqCCC2Bg/vie wform
- If you have any questions, please reach out to wiecommittees@gmail.com.
- *We acknowledge that the term "female" is not an accurate description for many people, and use * to include cis and trans women, nonintersex people.

Queen's University is coming to Heritage

- Tuesday Oct. 29
- · Lunch in Library Lab
- Rep will be here to answer all your questions about programs, timeline for applying to Queen's, scholarships, housing, co-op and study abroad opportunities and more



SFU Faculty of Applied Sciences at HWSS

- Join us Oct. 30 at lunch in the library computer lab
- Rep from SFU FAS will be here to answer your specific questions about what you can expect, program offerings, co-op, study abroad and more.
- SFU is the #1 Ranked Canadian Comprehensive University for 15/16 years



