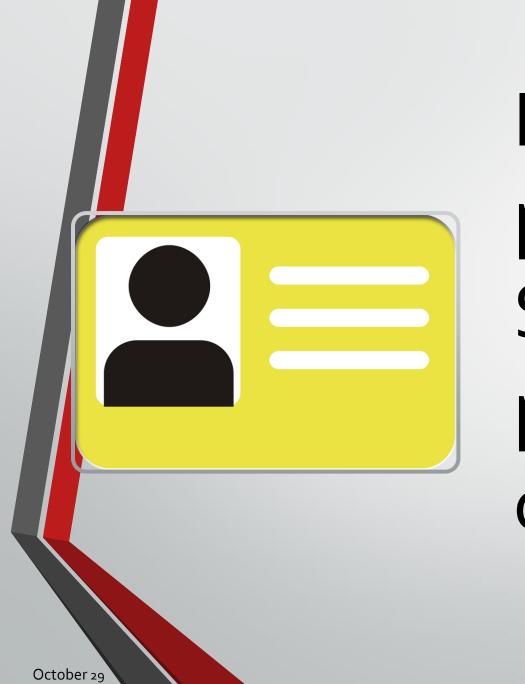




Bell Schedule

| 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.

SKI & SNOWBOARD TEAM

Registration forms due this week if you want to guarantee a spot on the bus. See Mr. Baldus in room 316 for more info.











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

It's Halloween Spirit Week!



QR Code for sign up



See the next slide for today's event!



CLUBS



Cancer Research Club

In partnership with VGH & UBC Hospital Foundation

Research Opportunities

Gain insight into groundbreaking cancer studies Learn about innovative technologies like ctDNA blood tests

Career Exploration

Explore careers in oncology and biomedical research Connect with professionals at VGH & UBC Hospital Foundation

Join Using Team Code: et641re

Volunteer Hours

Earn valuable volunteer experience
Contribute to meaningful cancer research projects



SKI & SNOWBOARD CLUB

SIGN UP IN ROOM 314

FIRST TRIP: January 23rd Do you....

- Value student voice
- · Want to make an impact on our community
- · Wish to collaborate with different student leaders

JOIN THE SLC SECONDARY PROGRAM



First Meeting:

Nov 7th, Thursday

4:00-5:30@Pinetree Secondary

in the learning commons

open to all SD43 secondary students, no application necessary!

KODIAK ATHLETICS





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

CAREER



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

