



**Thursday**  
**October 31, 2024**

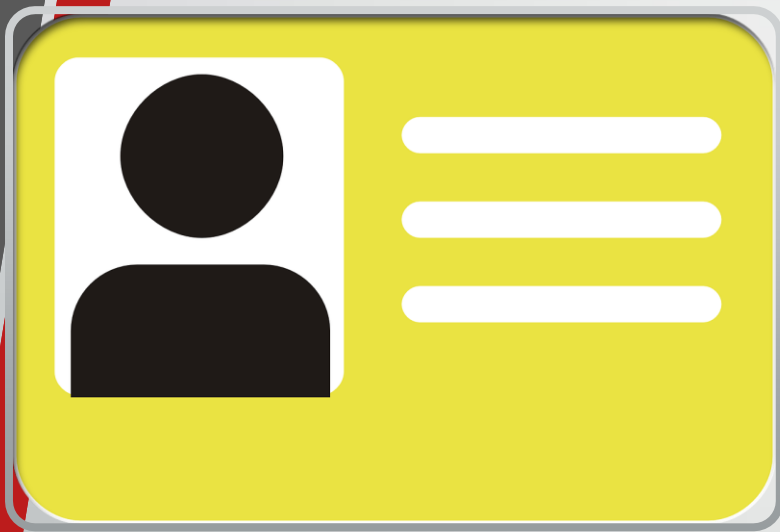
# Heritage Woods Secondary

“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



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

# **FLEX**pectations

**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.

# 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.





# **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**





# It's Halloween Spirit Week!



QR Code for sign up



**See the next slide for  
today's event!**





**Halloween fashion show in  
the Theatre at lunch today**

**Make sure to signup  
using the QR code. Please  
review costume  
criteria and expectations.**

# Volunteers Needed to Serve @Community Dinners

**Who?** Students interested in culinary or hospitality field/experience

**What?** Help with Community Dinner (some prep, serve, set up and take down)

**When?** 4-7:30 PM, 3<sup>rd</sup> Wednesday every month

**Where?** St. Stephen's Church (near Loughheed Mall & Cameron Rec. Centre )

**+You will be learning and helping under the guidance of a Red Seal Chef**

+You are invited to partake in the community meal

+Letters acknowledging volunteer hours and reference letters available

Email Chef Theresa Lum for more information: [tmlum@hotmail.com](mailto:tmlum@hotmail.com)

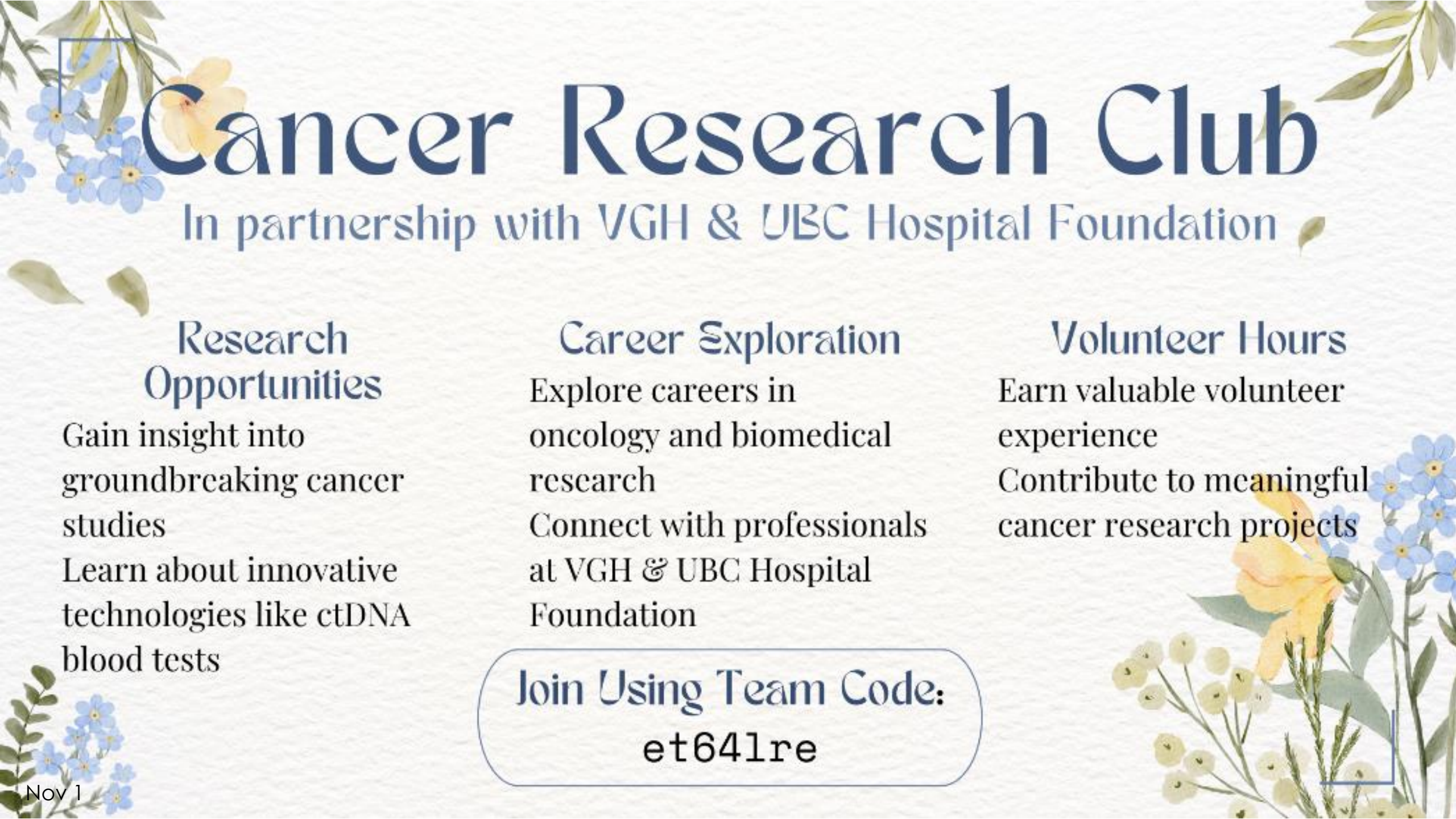




# CLUBS







# 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

## Volunteer Hours

Earn valuable volunteer experience  
Contribute to meaningful cancer research projects

Join Using Team Code:  
et641re





# 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**



SCAN ME



First Meeting:

Nov 7th, Thursday

4:00–5:30@Pinetree Secondary

in the learning commons

open to all SD43 secondary students, no application necessary!



# DEBATE CLUB

*Every Thursdays at lunch*

## NEXT WEEK'S TOPIC

### Fallacies Examination #1

Fallacies are arguments that appear to be true at first glance but are deceptive, incorrect, and not logical.



# Room 235



Join the

# *Creative Writing Club*

*Fridays @ Lunch in Room 216A*

- Develop writing skills
- Hang out with other writers
- Win prizes!!
- Ascend to leadership positions next year

Email Aria (127-azheng@sd43.bc.ca) or Gigi (127-nnutaro@sd43.bc.ca) for questions or sign up!!

Scan to join, or just show up!!





# Kodiak Pride

Every Tuesday Lunch in room 216-a

Watch shows

Play bingo

Eat snacks

Find community



Have a show in mind?



Tell us about it!



# KODIAK ATHLETICS

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