



Friday
November 1, 2024

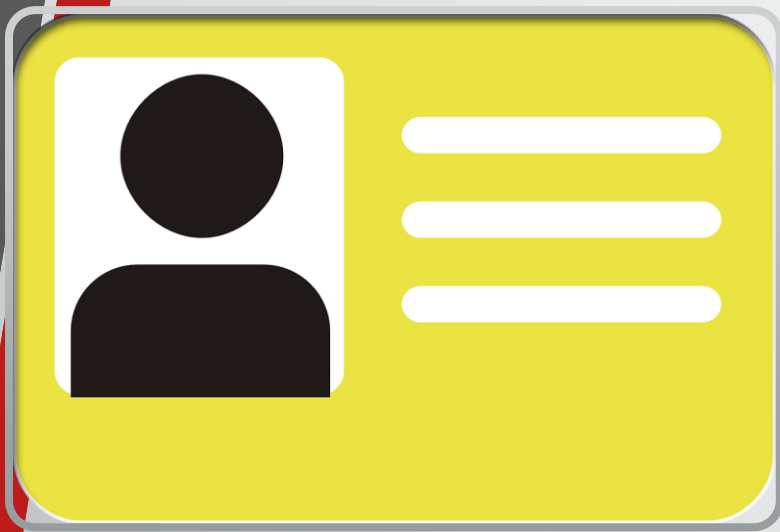
Heritage Woods Secondary

“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

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.

Madame Ferrer's CLC 12 students

- FLEX in the Library this week (Tuesday, November 5th – Friday, November 8th):
- Library reserved for Madame Ferrer's CLC 12 students. No drop-in groups allowed.
- Small number of students allowed for silent study if they sign up in the library the day before that Flex. See Madame Ferrer for more info.





Happy
Diwali!

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.



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, 3rd 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





Lost and Found

Please come to the office to claim your lost items. We currently have the following:

- Cologne
- AirPods

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:
et64lre



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!



Songwriting Club!

Third meeting - Friday, Nov. 1

Room 102 (music room)

All are welcome!

Bring your ideas and lyrics you may have!

Music Department

Uniform Pick-Up TODAY!!!

Friday, Nov. 1

@ Lunch

Room 103

KODIAK ATHLETICS





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

CAREER CENTER



Meet McMaster Faculties in BC

- Students are invited to meet with representatives from the Faculties of Business, Science and Social Sciences. Join us on Tuesday, November 5, from 4:30 p.m. to 6 p.m., at Fairmont Waterfront in Vancouver where our faculty representatives will provide program information and answer all your questions about studying at McMaster.
- <https://forms.office.com/Pages/ResponsePage.aspx?id=B2M3RCm0rUKMJSjNSW9Hcns2Rxw8IhpBhkgHgm6ivLVUMkVaRVNHQzQ5NVVWTUVWNzNENjg4SDdMOC4u&wdLOR=c88385901-7F67-4F9F-81D3-FEF203C02689>

McMaster
University



UBC Engineering Open House on Saturday

- Students are invited to attend the **On-Campus UBC Engineering Open House** happening this **Saturday, November 2 from 10 am - 2 pm**.
- At this event, students can explore all that UBC Engineering offers through in-person booths, tours and demonstrations. Students can look forward to:
 - Learning about the 14 engineering programs by meeting professors, students and advisors.
 - Our student design teams and clubs will be there to meet them.
 - Exploring how they can customize their degree through co-op, studying internationally and research.
- Students ready to make an impact on our world, please register for the On-Campus UBC Engineering Open House today by visiting our event webpage:
engineering.ubc.ca/openhouse-uncampus

