



Monday
November 4, 2024

Heritage Woods Secondary

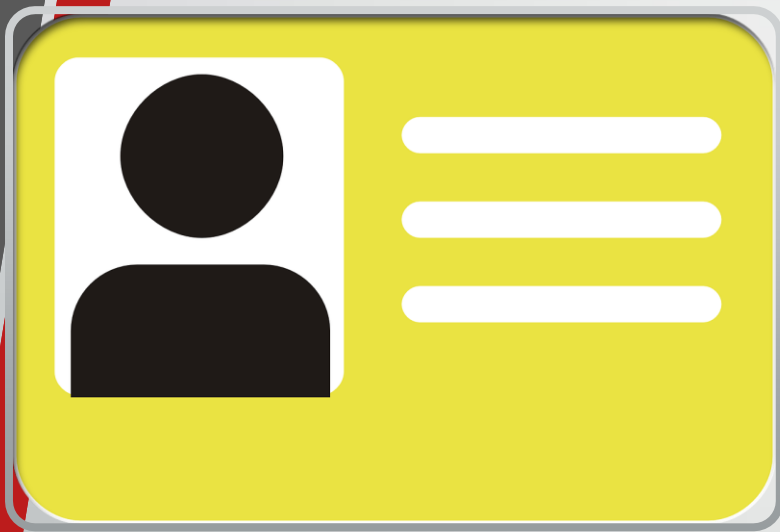
“WE ARE KODIAKS”



No Flex Bell Schedule

Monday, November 4, 2024

Block 1	8:00 – 9:12
Block 2	9:16 – 10:28
Block 3	10:32 – 11:44
LUNCH	11:44 – 12:28
Block 4	12:32 – 1:44
Block 5	1:48 – 3:00



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.



WET PAINT

The visual arts class is painting the Port Moody Street Banners in the hallway by the art room 214, back entrance area. The temporary easel setup will be done by November 28th. Thank you for your understanding and patience. Please feel free to check us out as each banner transforms a little a day.

Please be aware of WET PAINT

Remembrance Day **Assembly**

The Remembrance Day assembly is on Friday November 8. Please bring a gold coin {Loonie} as a donation for the Veterans and please ensure you are: dressed appropriately, no hats, no hoodies, no phones, no water bottles.



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

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!

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!

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



***Douglas College at
HWSS
November 05
@ lunch in library lab***

- We have more HWSS grads enrolled at Douglas than at any major university except SFU
- DC offers certificates, diplomas, associate degrees and Bachelor Degrees
- Largest degree granting college in BC
- Tuition is 40% less than at university
- Great place to begin your education to transfer to university
- Scholarship money available



UBC Physics & Astronomy Career Night

<https://www.eventbrite.ca/e/ubc-department-of-physics-astronomy-career-night-tickets-1028324344797?aff=oddttdtcreator>

PHAS CAREER NIGHT

Find Your Path!

November 6th, 2024

Meet and Network with
PHAS Alumni working in careers
in Technology, Business,
Industry and Education.

Free! Come Join Us! | Wednesday November 6th
5:30-8:30pm in HENN 201 on UBC-V campus

FUTURE





COQUITLAM & PORT MOODY

2025 JR. FIRE ACADEMY *INFO SESSION*

WED NOV. 6TH IN THE LIBRARY @ LUNCH

SEE MS. BUTLER IN
THE CAREER CENTRE
FOR MORE INFO





2025 Junior Firefighter Programs

School District No. 43 is partnering with both Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2025.

These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits in the fire service.

EDUCATIONAL COMPONENT

Tests knowledge of firefighting equipment and fire behavior

PRACTICAL COMPONENT

Tests endurance and teamwork skills



Applications are open Nov. 1–Dec. 6, 2024

Scan the QR code or go to 43careers.com

- ▶ The Coquitlam academy runs out of 1300 Pinetree Way.
- ▶ The Port Moody academy runs out of 150 Newport Drive.



Get on-set experience in Hallmark TV movie production with industry directors, writers, & actors.

- On Day 1, you'll take part in industry workshops and a table read as part of the pre-production process and on Day 2, the scene will be filmed. This is an incredible opportunity to gain practical experience that you can take with you into your career.
- **WRITERS:** Take part in a 2-hr 'Writing Holiday Movies' workshop for insight into how to write heartfelt, funny, and dynamic scenes & characters.
 - Write your version of the final page of the scene.
 - The top 6 scripts will be chosen, followed by table reads; a group vote will determine which script is shot.
- **ACTORS:** Take part in a 2-hr 'Auditioning for Holiday Movies' workshop for insight into the look, tone, & acting technique required to book roles.
 - Audition for your chance to play the supporting role in the scene.
 - All other actors get to be extras on shooting day.
- **DIRECTORS:** Take part in a 1-hr 'Directing for Holiday Movies' workshop for insight into how to light, block, & direct actors.
 - Craft and deliver a 20-second pitch for your chance to shadow the guest director during shooting day.
- <https://vfs.edu/content/in-production-bootcamp-christmas-tv-movie>.

Nov. 29 – Dec. 01 @ VFS Cost \$150

