

## 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

### YEARBOOK – NAMES FOR APPROVAL

- The yearbook team needs your help!
- There are sheets of paper taped to the counselling office window with the names of all Grade 9–12 students. These names are how the photo company has spelled them for the yearbook.
- It's **your responsibility** to check the list and make sure your name is spelled correctly. If you want a different name (like a nickname or an adjusted version of your legal name) to appear in the yearbook, you need to let me know by **Friday, December 13**.
- If you don't check and confirm by this deadline, we won't be able to fix any typos or errors later.
- To make changes, email me at cmiklossy@sd43.bc.ca before December 13.
- Thank you for your attention to this!

### **Attention Grade 12s**

If you have not been added to a Grad Microsoft Team please submit your graduation quote and baby photo to Ms. Miklossy at cmiklossy@sd43.bc.ca before December 13.

"One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals." —Michelle Obama

"Oh, the places you'll go." –Dr. Seuss

"Nothing is impossible, the word itself says 'I'm possible!" —Audrey Hepburn



### **Greater Vancouver Food Bank is looking for volunteers**

**Date:** December 6<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 20th

Location: 8345 Winston St.

Attire: You will be provided with a KWAP hoodie, but you can bring your own if you have one.

**Job(s):** Sorting produce and foods

#### Volunteers need to be at least 16 years old.

This is a first come first serve basis with limited spots. Volunteers can sign up through the excel sheet attached below. Please make sure to fill out the form in the link below.

https://content.betterimpact.com/files/agency/27461/Volunteer%20Consent%20form%20Under%2018%202021.pdf

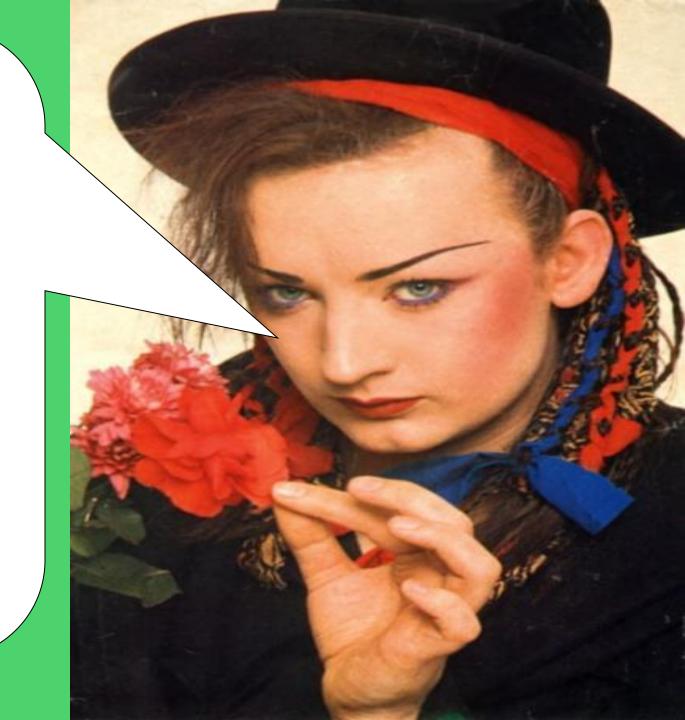
## COMPLIMENTS FOR CHRISTMAS!

Drop by Room 314 to write a nice compliment about somebody else.

Santa's elves will deliver the compliments before Winter Break.

Dec. 3 – Dec. 17 Room 314

You don't want to miss this! It will be awesome...and it is complimentary ('free')



## Lost and Found

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

- HP Laptop
- Single airpods

## KWAP WINTER CLOTHING DRIVE



Winter Clothing of All Sizes







Nov 18th - Dec 15th

Drop Off in Front of the Theatre







## Rudolph Run 5KM

- Event Details:
- When: Saturday, December 7th, 2024, at 11:00 AM
- What: 5km race & 1 km Kids Run (FREE)
- Where: Mundy Park, Coquitlam
- Why: Celebrate the holidays, stay active, and support the SHARE Food Bank!
- Register Now: Sign up today at www.kaminorunning.ca and help spread holiday magic!
- Let's celebrate the season together—with kindness, community, and a little Rudolph-style running!



## **HWSS Food Drive**

Donate any Non-perishable Food Items to your Block 3 class from Dec 2-17. The class with the most items by the 17th will win a pizza lunch!



Additional Food Items
may be donated on
Friday, December 20th in
front of the theatre!



We have TWO upcoming workshops in the new year for kids 6 - 18 years!

Jan 18 - Feb 8, 2025 and Feb 15 - Mar 8, 2025

Classes are Saturdays 1pm - 4pm at PoMo Arts

Imagine This keeps class sizes small, creating a supportive environment for children to grow and shine.

Each workshop is one-of-a-kind, perfect for trying something new or polishing talents.

INFO & REGISTRATION www.lmagineThisPresents.com





### **Holiday Camp for Youth**

Monday, Tuesday and Friday, Dec 23-27
Mon, Tues, Thurs and Fri, Dec 30-Jan 3
9am-3pm Recreation Complex
Activities may include:

Bowling	Extreme Air Park	Laser Tag
Ice Skating	Sports	Swimming

Visit portmoody.ca/signmeup to register NOW!

@pomoyouth | portmoody.ca/Youth | 604.469.4556

PORT MOODY



This youth skate for grades 6-12 will feature all Taylor Swift music, and youth are encouraged to bring and exchange friendship bracelets throughout the night!

Register 25-hours in advance

Friday, Dec 6 8-9:15pm
Check in and bag check begins at 7:30pm

Visit portmoody.ca/signmeup to register.

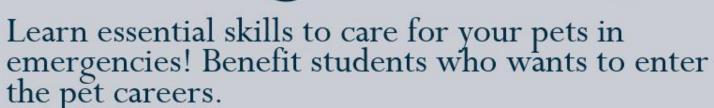
# CLUBS



Pet Pals Club

## **Pet First Aid** Training





Date: Monday December 9
Time/location: 9am-6pm at school
Price: \$80 (paid through school cash online)



Scan to sign-up!!

Students will be excused from their classes!



### Hey Heritage Woods!

### VIRTUAL GUEST SPEAKER EVENT

With Dr. David Bond

Research Operations Leader

BC Cancer's Deeley Research Centre

When: Friday, December 13th

**Time:** 12:15 – 12:55

Where: Library

Format: Teams Meeting

### Sign-up to:

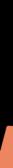
- Learn about latest cancer research
- Chat about medical careers
- Opportunities at BC Cancer
- Ask questions
- Get inspired

### If any Questions:

E-mail: 127-AHESHMATI@sd43.bc.ca

Cancer Research Club





Dec 13

## PAWSCRUNCH CLOTHING DONATIONS

UPCYCLING FOR SUSTAINABLE STYLE & A BRIGHTER TOMORROW



### We are a business:

- Built on sustainability
- Donates to charity
- Recycles your donations



Want to know more? Scan the QR code

## We need YOUR help!



Any garment!

Nov 29th-Dec 18th

Drop off in room 301



## COCO BUBBLE TEA + BAKE

@hwss\_filmclub

Mosted by Film Club!

127-abai@sd43.bc.ca

**ORDER NOW!** 

When: Friday, December 13th @

Lunch

SALE

Where: Grand Hall

