



#### **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

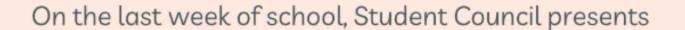
## FLEXpectations

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





## Spirit Week!

Important! Candy
Canes will be handed
out all week if you are
dressed in spirit.



Holiday hat/headgear day! Wear festive hats (Could include Santa hats, reindeer antlers, Etc.

#### **Tuesday**

Holiday inspired duos day!

Partner with one of your friends and assemble the ultimate festive duo costume.

#### Wednesday

Winter Wonderland themed. Dress in white and blue colours! Channel your inner Elsa from Frozen!



#### **Thursday**

Pajama Day! Wear your comfiest pair of pajamas. On this day, we will also be handing out hot chocolate to those dressed in theme! come prepared!



Festive Friday! Go all out on this day, from ugly sweaters to even just festive holiday colours. Let your creativity flow.





#### THERE WILL ALSO BE A PHOTO BOOTH IN THE GRAND HALL!



## December 19th @ 12:15 Theatre

#### **Heritage Woods Holiday Tree Decorating Contest**

Please vote for the department you feel decorated their holiday tree best







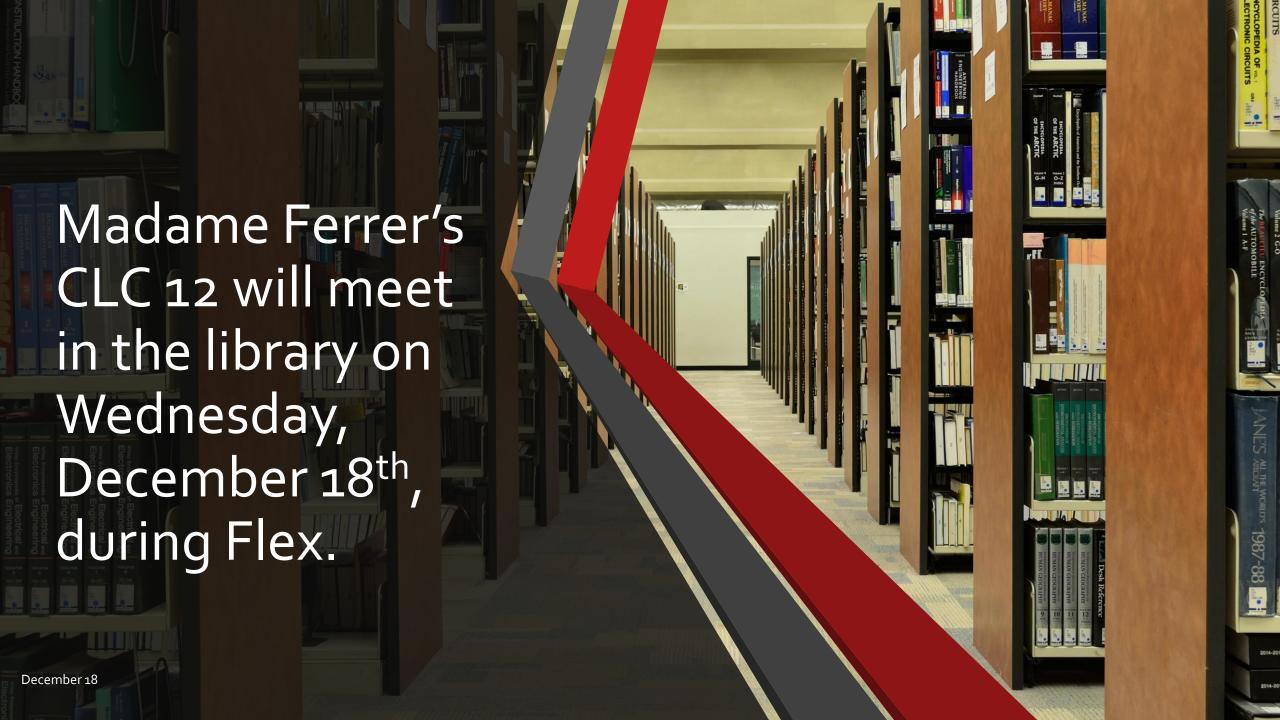












# Inclusion Support Team Winter Market

## Last minute Christmas shopping? Come to room 134!

WOODEN

SIGNS

**CHRISTMAS** 

- BRACELETS
- KEYCHAINS
- DOG TREATS
- CARDS
- PENS

We will also have a table December 17 & 18 at lunch. Card and Cash accepted.

All Proceeds go to B.C. Children's Hospital.



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

Date: December 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

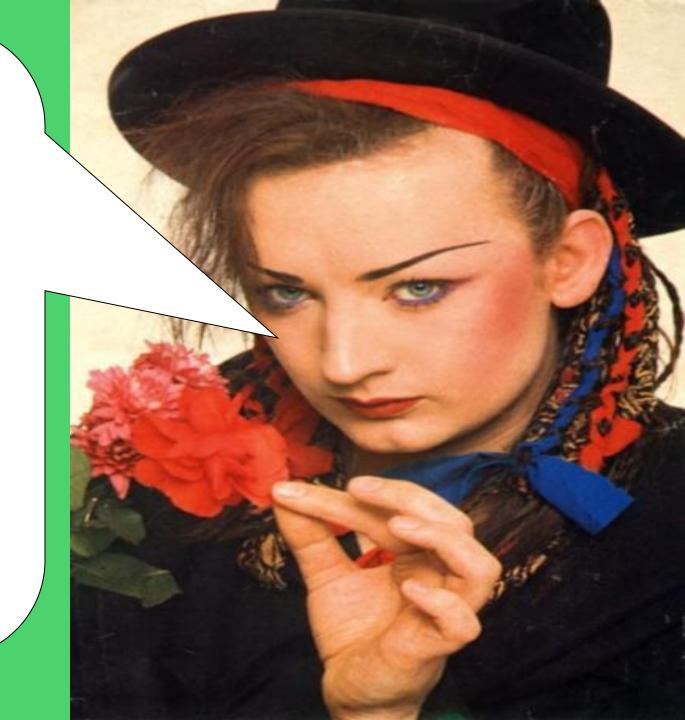
### COMPLIMENTS FOR CHRISTMAS!

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')





## **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!

#### HWSS ONLINE FOOD DRIVE

Click the link to make your donation:



https://bcvfd.foodbank.bc.ca/fundraiser/heritage















A Collaboration between the city of Coquitlam and SD43

## Why Join?

- Help create a mural for the city of Coquitlam
- Gain volunteer hours and experience
- Represent your school
- Interact with local professionals and fellow art enthusiasts





Scan Now and join!

#### Math Contest #3

- When: Tuesday, December 17<sup>th</sup>
- Where: After school in RM 232
- What: 6 questions in 30 min
- •Why: EARN BONUS % for your math courses and it's fun
- Who? Open and free to all students



#### Winter Recreation for Youth

Programs begin the week of January 13

Badminton	Parkour	For youth in grades 6-12
Pickleball	Pomo Chefs	Shuffle Dance
Standard First Aid & CPR-C/AED	Volleyball	Yoga

Full-Day Camps - Holiday Camp

- Epic Youth Spring Break Camp

Visit portmoody.ca/signmeup to register.



#### **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

#### YOUTH LOUNGE & DROP-IN GYM SCHEDULE

A DROP-IN SPACE FOR GRADES 6-12

RECREATION COMPLEX









SOCIAL SPACE

WII AND XBOX ONE

POOL TABLE

GAMES AND EVENTS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5–8pm	5–8pm	5–8pm	6–10pm	5–9pm
Drop-in	Drop-in	Drop-in	Drop-in	Drop-in
Youth Lounge	Youth Lounge	Youth Lounge	Youth Lounge	Youth Lounge
(Free)	(Free)	(Free)	(Free)	(Free)
	6–7:45pm	6–7:45pm	6–10pm	5–9pm
	Drop-in Gym	Drop-in Gym	Drop-in Gym	Drop-in Gym
	(\$2.25)	(\$2.25)	(\$2.25)	(\$2.25)
			6–9pm Drop-in Breakdancing 16+ Aerobics Studio (\$2.25)	



@pomoyouth portmoody.ca/youth PORT MOODY
CITY OF THE ARTS

# CLUBS





#### TUESDAY DECEMBER 17 AT LUNCH ROOM 216A

## PAWSCRUNCH CLOTHING DONATIONS

UPCYCLING FOR SUSTAINABLE STYLES & A BRIGHTER TOMORROW .

#### We need YOUR help!



Any garment!

Nov 29th- Dec 18th

Drop off in room 301

We sell scrunchies & pet bandanas...!

#### We are a business:

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



Want to know more? Scan the QR code



## **BLACKCAT**BRACELETS

Find us Dec 17th-18th, lunch in the grand hall













#### 5\$ Bracelets:

Wire, bead and glass
Many colors and styles
Quality accessories - years of experience

#### \$10 Necklaces:

\$25 for 3 Quality materials Many styles

Lucky Draw at \$5 spent

Cat stickers for only \$1!

Donating 10% of profit to Bikes without Borders





## Pet Gift Bags

(c) @k9krates

Tasty Sweet Treats for your Pet

Eco-Friendly Toys

Date: December 17th-18th

When: Lunchtime

Where: Grand Hall





STRAIGHT TO YOUR DOOR



10% of profits go to





**COME VISIT OUR BOOTH ON DECEMBER 17-18 @ LUNCH** 



20% OF PROFITS GO TO THE TRI-CITIES TRANSITIONS SOCIETY



Gift a Basket, Spread a Smile, Lift a Soul

1 in 6 chance of winning a coupon to Faded Men's Club or Dairy Queen





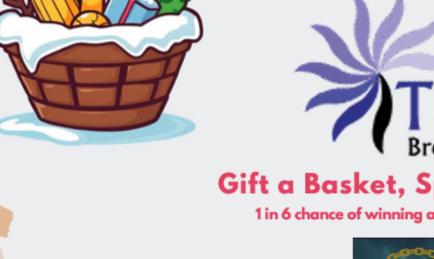


















## GREENGUARD



CHRISTMAS SALE!!!



**COYERS** 

**SELLING ON DECEMBER** 17TH-18TH IN THE GRAND HALL AT LUNCH



**KEEP THE** WATER IN AND **OUT OF MIND** 



SPONSORED BY:

10% OF PROCEEDS GO TO:















@HERITAGE WOODS SECONDARY SCHOOL GRAND HALL AT LUNCH
FROM DECEMBER 17-18





Sponsored by FreshSlice and Meiga

## Rooted Rings

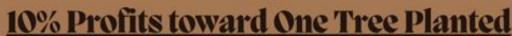
## EXPRESS YOUR INDIVIDUALITY!

BUY A RING!



Feel good about shopping with us knowing we support reforestation in partnership with One Tree Planted





GRAND HALL DURING LUNCH DECEMBER 17, 18

RootedRings.ca

1245rootedrings@gmail.com

TIME OF SALE: DECEMBER 17-18/12:15PM

ECOFLAME: ORGANIC SOY WAX 10% PROFIT GOES TO



SPONSORED BY



## CANDLES

### ON SALE IN THE GRAND HALL DECEMBER 17-18TH

SCENTED WITH ESSENTIAL OILS AND NATURAL INGEREDIENTS



### 1 Purchase = 1 Raffle Ticket!









Children's

Hospital





## KODIAK ATHLETICS



Congratulations to the HWSS Senior Wrestling Team members that attended the Gina Carpenter Elite Wrestling Tournament!

- Jasper J., Bronze
- Yashar J., 4th
- Max O., Top 8
- Jayden B., Top 8

