



Friday
December 20, 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

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

On the last week of school, Student Council presents

Spirit Week!

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



Monday

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!



Friday

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!

Heritage Woods Holiday Tree Decorating Contest

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



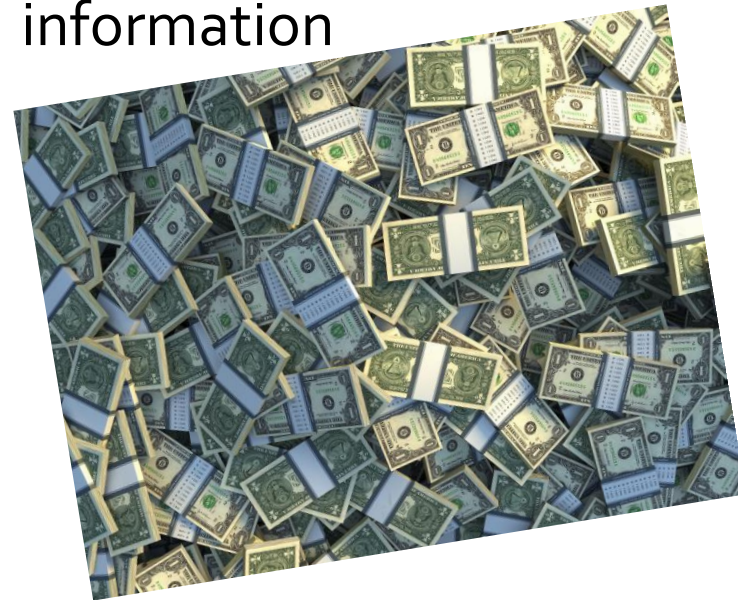
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REWARD

HELP NEEDED

Attention all students - We need your help. We have a Grade 12 student who lost a very important gold bracelet Tuesday morning. This belonged to Grandma and has great sentimental value. **A \$500.00 REWARD** has been offered to the person or person's leading to the return or information leading to the return of the bracelet.

Please see Ms. Woods
if you have any information.



STUDENT ART COUNCIL



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!



Winter Recreation for Youth

Programs begin the week of January 13

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

Full-Day Camps - Holiday Camp
- Epic Youth Spring Break Camp

Visit portmoody.ca/signmeup to register.

For youth
ages 11-15
years



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
CITY OF THE ARTS

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

@pomoyouth
portmoody.ca/youth

PORT MOODY
CITY OF THE ARTS

CLUBS





Lend a Helping Hand Join Coquitlam's Snow Angels



- This winter, help your community by volunteering to clear City sidewalks for neighbours who may need assistance.
- As a Snow Angel, you'll be matched with nearby neighbours to help clear City sidewalks within 10 hours of a snowfall. Volunteers must be 16 or older or have adult supervision. To get you started, the City provides all the cozy winter gear you need, including: shovel, toque, scarf, ice cleats, mitts.
- **Why Volunteer?**
 - Keep your neighbourhood safe.
 - Fulfill community service hours for graduation.
 - Build family memories while helping together.
 - Meet new people in your community.
 - For more information or to sign up as a volunteer, visit <https://www.coquitlam.ca/363/Snow-Angels>
- **Qualifications**
 - 16 years of age or older
 - Coquitlam resident
 - In adequate physical shape and capable of clearing snow
 - Commitment: 1 to 2 homes per individual each session; the volunteer term will run all of the 2024 to 2025 winter season, with requests being weather dependent

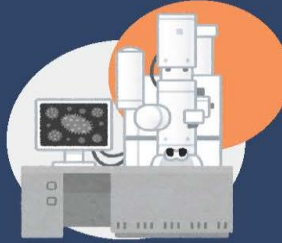


CAREER CENTER



REO

RESEARCH EXPLORATION OPPORTUNITY



Tour first-class
research facilities



Learn basic lab techniques
and experiments



Be **mentored** one-on-
one by lab personnel

GENERAL INFORMATION

REO offers high school students, especially those from *underrepresented groups in STEM, the free unique opportunity to explore research labs at partner universities across Canada during a week of spring break.

*e.g., women in tech, LGBTQ+, Indigenous peoples, racial minorities, and youth residing in rural or low-income areas

About REO at UBC

 **Eligibility:** Grades 9 - 12 students

 **Timeline:** March 17 - 21, 2025

 **Location:** UBC Vancouver Campus

For more info, check out
linktr.ee/ubcstemfellowship

SCAN HERE TO APPLY



Deadline: January 12th, 2025

STEM
Fellowship

Please direct questions to:
ubc@stemfellowship.org