



Monday
March 10th, 2025

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



My Weekly Planner Flex Booking System

- Follow the link below (also found on HWSS) website
- Log in with your student number and password
- Enter numbers only for your student number
- Your default password is your student number
- Set new password on first log in
- Instructions to book your flex space were emailed to you

<https://hwss.myweeklyplanner.net>

FLEXpectations



- Attend one of your 4 classes
- The Grand Hall is for Grade 12's only
- The Library is a place for quiet work and is for Grade 11's & 12's only
- Flex is less than 30 minutes, and you are to remain in one class
- Flex is instructional time = Cell phones stored

Please be respectful
and refrain from
parking in the
handicap spots
located at the back
of the school.
Unauthorized
vehicles may be
towed at the
owner's expense.



Thank you for your cooperation!

1st Anmore scouts are going to Costa Rica on the 12th!

SCOUTS YOUTH WILL BE:

- VOLUNTEERING AT A LOCAL CONSERVATION
- STAYING AT A RANGER STATION
- LIVING WITH A LOCAL INDIGENOUS TRIBE.

We are looking for cash donations as well as school supplies for the indigenous tribe as they are much less fortunate than us.



You can donate using the QR for our blog:
There will be a **donation bin in the office**

Follow along our journey from our blog!



HWSS GRAND



SPRING TIME



THRIFT SALE



COLLECTING LIGHTLY USED
CLOTHES FOR THRIFT SALE IN APRIL

DROP OFF CLOTHES NEAR ROOM
109 IN THE GRAND HALL



March 14





Greece 2026

March 19th to 30th 2026

VISIT WWW.EFTOURS.CA/2842224VS FOR TOUR DETAILS AND INFORMATION



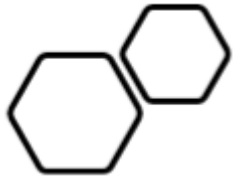
March 14

15 spots left – Don't miss out!

Sign up before February 28 for early bird pricing.

If you have any questions, please see Mr. Castonguay and/or up an application /information package from the PHE office





**Students from
Family Studies will
be walking around
the school wearing a
pregnancy belly
and/or caring for
robotic babies.**



**Please treat them as though
they are a real infant**



Volunteers Needed to Serve @ Community Dinners

Who? Students interested in culinary or hospitality field/experience/Students needing volunteer hours

What? Help with Community Dinner (some prep, serve, set up and take down)

When? 4-7:30 PM, 3rd Wednesday every month
(next dinner is 19th March)

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



Volunteers Needed – PMSC Adaptive Soccer Program

REQUIREMENTS:

fun-loving attitude, passion for working with children and youth, inclusive, respectful, committed and responsible.

BENEFITS:

resumé booster, great experience working with children with a variety of ability levels, meeting new people, gaining experience and new skills.

WHEN:

Friday's 6:15-7:45

GET IN TOUCH: Email:

adaptivesoccer@portmoodysoccer.com

Website:

www.portmoodysoccer.com/adaptive-soccer-program

WHO ARE WE? :

We work with neurodiverse players between the ages of 5 and 17. We provide a safe and fun space to gain new soccer skills, build friendships, and have FUN!





BINGO
Nights

With the Anmore Youth Group

MARCH 9	2697 Sunnyside Rd Anmore Anmore Community Hub Entry by Donation (not required)
APRIL 13	
MAY 4	
JUNE 8	
SUNDAY EVENINGS 6-8PM	

COME HAVE FUN

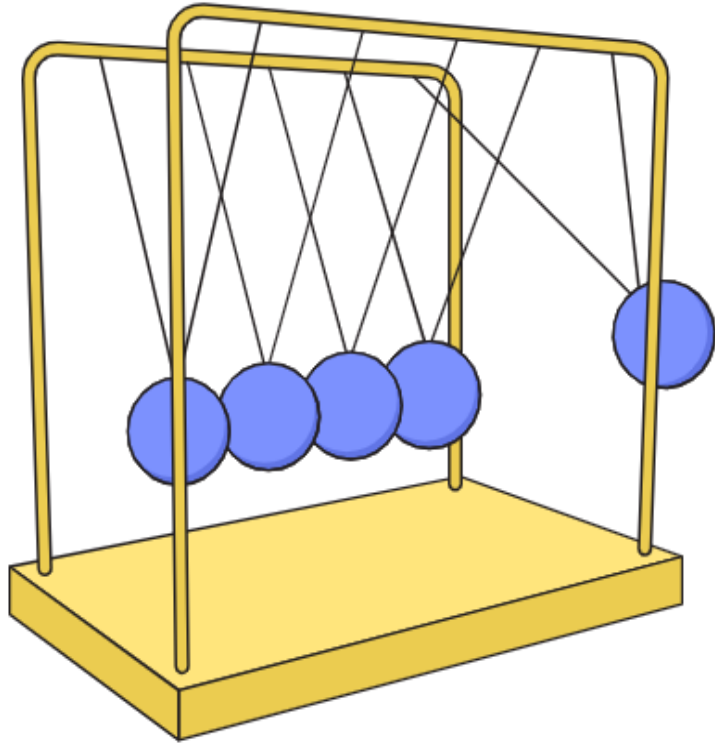
For Questions:  Anmoreyouth2024@gmail.com

All ages are welcome.

You do not need to be a resident of the Village of Anmore to attend.

CLUBS





STRUGGLING WITH PHYSICS?

Join the physics club!

Every Thursday
Room 304 at Lunch

**CONTACT 127-JJUNG1@SD43.BC.CA
TO BE ADDED TO TEAMS**



Drafting Club

Activities included:

- Modern Style Model scenery Building

Join us

**Room 219, every
Wednesday from
3:33~5:00**

E-mail:

Club leader: 127-yfeng@sd43.bc.ca

Club sponsor: mferrante@sd43.bc.ca



HWSS YEARBOOK

ATTENTION SPORTS TEAM MEMBERS!

WANT YOUR VOICE IN THE YEARBOOK?

Scan the QR code or email
"127-aheshmati@sd43.bc.ca"
to submit a quote for your team's page.

**SHARE YOUR MEMORABLE
MOMENTS AND TEAM SPIRIT!**

ALL SUBMISSIONS DUE MARCH 13TH

PET PALS CLUB

CAT SHELTER VOLUNTEERING

HAVE AN OPPORTUNITY TO HELP AND
HANG OUT WITH CATS!

DATE: MARCH 25 (Tuesday)

LOCATION: RAPS CAT SANCTUARY

ADDRESS: 3380 NO 6 RD,
RICHMOND, BC V6V 1P5

TIME: 1PM-3:30PM

SCAN CODE
TO SIGN-UP



The background of the top half of the image features several stylized, elongated orange leaves with a textured, stippled appearance, arranged in a symmetrical pattern around the central text.

Binga

During Lunch

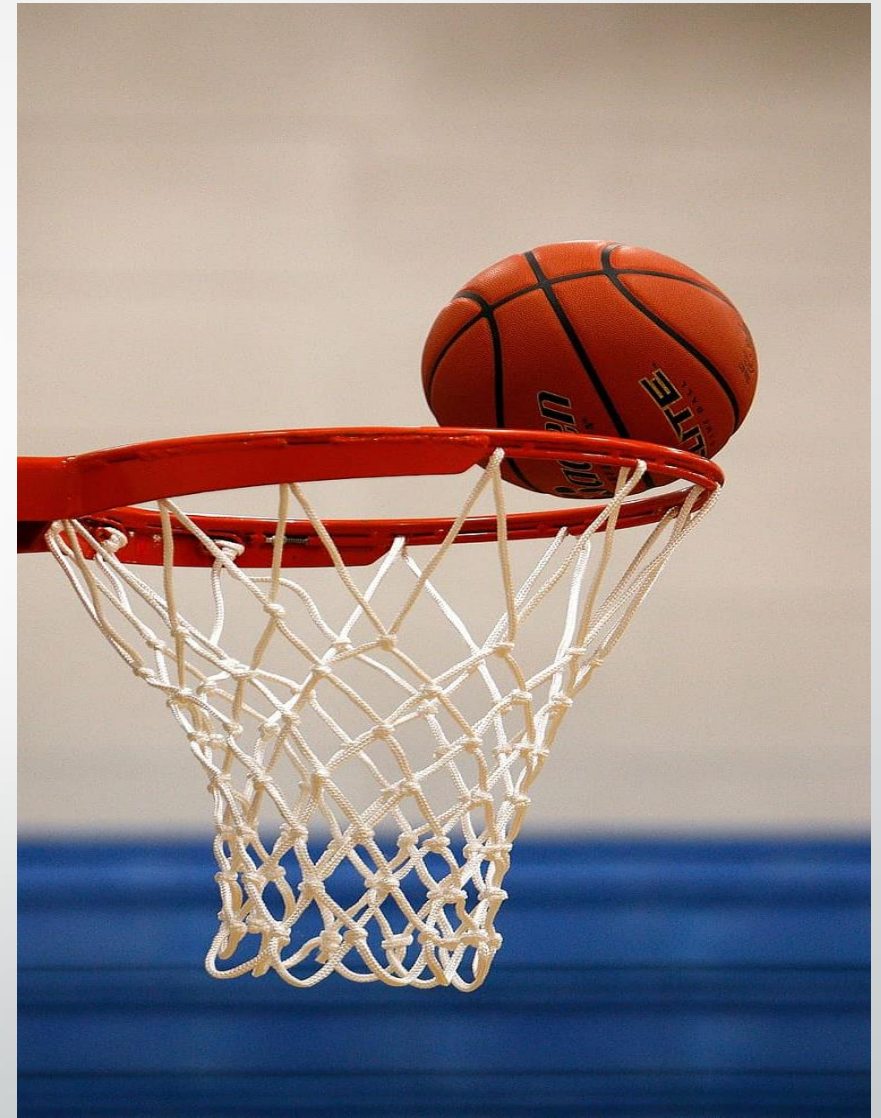
Tuesday March 11 in 216A

Brought to you by Hertigae Woods **Pride Club**

KODIAK ATHLETICS



Best of Luck to our
Senior
boys team
competing at
Provincials this
weekend!



Mountain Bike Team

First Practice is next Wednesday at Burke. Use the QR code to sign up. 4pm

School District 43 Mountain Bike
Team Registration 2025



Interested in playing for the Heritage Woods Golf Team?

For all those players interested in playing for the Heritage Woods Golf Team.

We will be hosting Try-Outs as follows:

Try-Out Monday March 10th -- 4:00PM Junior Golf
Try-Out Monday March 10th-- 4:45 PM Senior Golf

Try-Outs will be held at either Green Tee Westwood OR Eaglequest Coquitlam (will send an email)

Please use the QR Code outside of the PE office to sign-up.

Depending on interest, the coaches may run a second try-out on
Wednesday March 12th.

Ms. Rampuri and Mr. Baldonero will be coaching the team this year. Please e-mail if you have any questions.

Golf 2025



Interested in Ultimate Frisbee?

Come on out and see what the hype is all about.
Open to all student. Sign up outside of the gym.

Tuesday March 11 at 3:45-5pm
Thursday March 13 at 3:45-5pm



Any questions, please see Ms. Powell in the PE office

CAREER CENTER





- Youth ages 15 to 30 (per the funding eligibility requirements from Service Canada).
- Can work well independently and/or as a team member.
- Has volunteer or paid experience working with children and/or recreation.
- Is responsible, enthusiastic and possess strong leadership skills.
- Has an active First Aid Certificate.
- Will be required to complete clear Police Information Checks from both your local Police/RCMP Detachment and Ministry Criminal Records Review program, upon offer of employment.
- Must be available for the full 7-week commitment of the camp (1 week training, 6-week camp).
- Applications must include your resume, copies of current valid relevant certificates, and 2 references.

Locations:

- **1. James Park Community School - Port Coquitlam**
- **2. Miller Park – Coquitlam**
- **3. École Pitt River Middle Community School - Port Coquitlam**
- Start date will be approximately June 23, 2025
- These are full-time (summer) positions - Leaders will work 35 hours per week for a 7-week period
- (1-week mandatory training / 6 weeks of camp)
- Hours: 8:00 am – 3:30 pm
- **Junior Leader pay rate → \$20.00 per hour + 4%**
- **Senior Leader pay rate → \$23.00 per hour + 4%**
- (We have junior and senior leader positions to fill, and we will consider ALL applications for both roles.)
- **Deadline for applications is 5:00pm, Friday, March 14th, 2025**

To apply, please click on the following link and create a user account/profile.

[Sign In - External Job Posting](#)

Did you miss the UVic application deadline?



- Many programs at UVic will continue to accept applications until April 15, 2025 for September 2025 entry
- Visit EducationPlanner BC to see if a program is still open
- <https://www.educationplannerbc.ca/>
- If yes, apply ASAP
- After you apply you must send your transcript through STS

Telus Student Bursaries



- **Investing in tomorrow's leaders**

- TELUS Student Bursaries are awarded annually to more than 500 students who are experiencing financial need and who are committed to making a difference in their communities.
- Post-secondary education opens doors to a brighter future for youth and their families. Unfortunately, for too many young people in Canada, attending college or university is also a time marked by financial stress, with the average Canadian undergraduate leaving post-secondary school heavily in debt.

About the Bursary

- The TELUS Student Bursary provides financial assistance to post-secondary students across the country who give back in their local communities and are committed to a social impact project.
- Recipients receive a bursary valued at \$3,000 (college) or \$5,000 (university) to put toward tuition fees at post-secondary institutions in Canada.

- Who is eligible to apply:
- Youth between the ages of 17 and 29 in financial need
- Accepted into, or attending, a first undergraduate degree or diploma program at a college, university or polytechnic institute in Canada
- Canadian citizen, permanent resident or Protected Person
- Students committed to delivering a social impact initiative during the course of their studies that will have a positive social or environmental impact in their community.
- Application opens March 5 for a maximum of two weeks or until 700 applications are received. **APPLY TODAY**

https://www.friendlyfuture.com/en/foundation/social-impact-bursary?linkname=Student_Bursary&linktype=ge-mainnav