



**Tuesday**  
**March 11<sup>th</sup>, 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!

# 1<sup>st</sup> 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 19<sup>th</sup> to 30<sup>th</sup> 2026

VISIT [WWW.EFTOURS.CA/2842224VS](http://WWW.EFTOURS.CA/2842224VS) FOR TOUR DETAILS AND INFORMATION



March 14

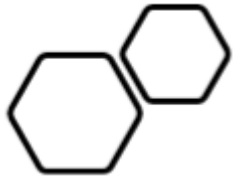
15 spots left – Don't miss out!

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, 3<sup>rd</sup> Wednesday every month  
(next dinner is 19<sup>th</sup> 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](mailto: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](mailto:adaptivesoccer@portmoodysoccer.com)

## Website:

[www.portmoodysoccer.com/adaptive-soccer-program](http://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!





# CLUBS



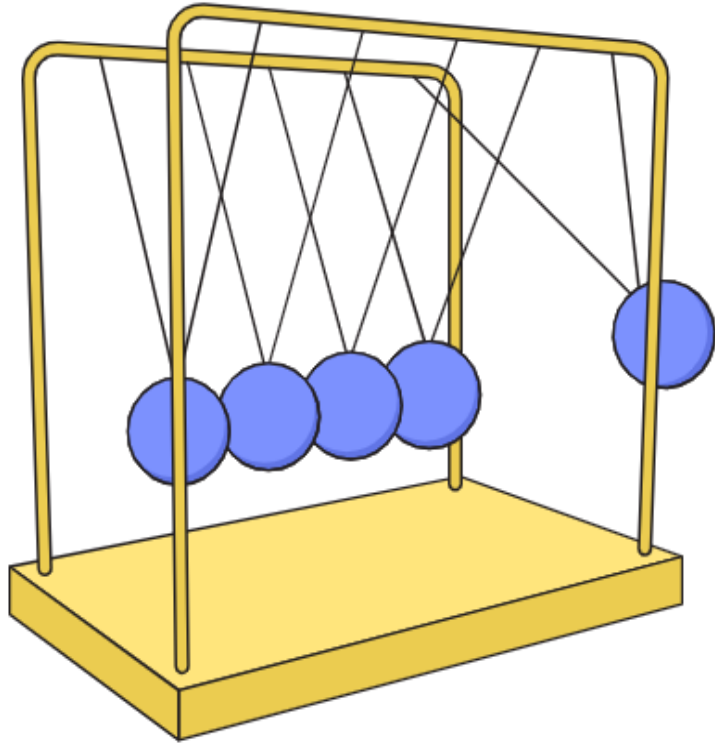


EVENTS COUNCIL PRESENTS

# PARENT TEACHER CONFERENCE VOLUNTEER OPPORTUNITY

THURSDAY, MARCH 13TH 1PM TO 6PM (3 SHIFTS)

MORE INFORMATION ON EVENT COUNCIL'S TEAMS: **XYNTXIT**



# STRUGGLING WITH PHYSICS?

Join the physics club!

Every Thursday  
Room 304 at Lunch

**CONTACT [127-JJUNG1@SD43.BC.CA](mailto: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](mailto:127-yfeng@sd43.bc.ca)

Club sponsor: [mferrante@sd43.bc.ca](mailto: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 **P**ride Club**

# SD43 CLOTHING SWAP

After Spring Break, clean out your closet and get ready to  
refresh your wardrobe—swap, don't shop!

**SATURDAY - 12 APRIL, 2025**  
9:00am - 3:00pm

**Location:** Pinetree Secondary  
3000 Pinewood Ave, Coquitlam

**TO KNOW MORE:**



SCAN ME

Save money and refresh your style

Bring clean, gently used clothes

Take home new-to-you fashion

Swap new ones for free



# STUDENT ART COUNCIL'S

## Salmon Mural

26-27TH MARCH 3PM-7PM  
(1 HOUR SESSION PER PAINTER)

PINETREE COMMUNITY CENTER



SIGN UP BY  
QR CODE!

NUMBER OF PAINTERS:  
~30-35 SPOTS

-DETAILS: DESIGN YOUR  
OWN SALMON TO SHOW  
CASE YOUR ARTSTYLE

BENEFITS: VOLUNTEER  
HOURS & SHOWCASE YOUR  
ART STYLE TO PUBLIC!!







**Attention all future Biologists!**  
BAMFIELD MARINE RESEARCH CENTRE  
THIS APRIL!!





**STUDENT INFO SESSION**

**WEDNESDAY AT LUNCH in ROOM 315**

**COME SEE MS WILSON FOR MORE INFO**



**April 14-17**

**\*\*FUN\*\***

**\*\*HANDS ON\*\***

**\*\*OUTDOORS\*\***





# Science Co-op 2026 Applicants

All applications are due this Friday.

The interview schedule will be available Friday  
outside of room 315 at the end of the day.

Please read posted information carefully.

# KODIAK ATHLETICS

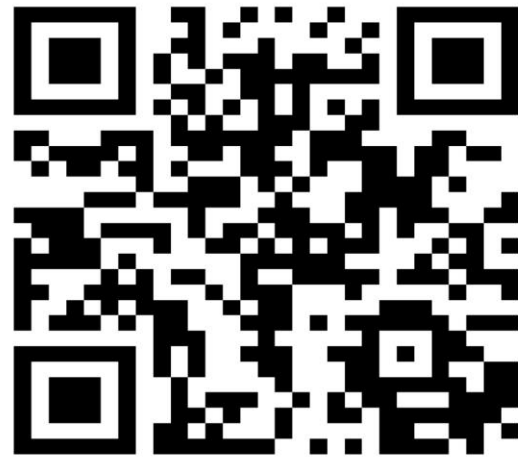
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# Mountain Bike Team

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

## 2025 StemQuest Case Competition Application Form

 **UBC STEM Fellowship Case Competition 2025: Student Registration Form** 

Welcome to the registration form for the **UBC STEM Fellowship Case Competition 2025!**

### About UBC STEM Fellowship:

UBC STEM Fellowship is dedicated to empowering students by providing opportunities to explore real-world challenges through a STEM lens. We connect aspiring innovators with hands-on experiences, mentorship, and a platform to develop solutions to pressing global issues.

### About the Competition:

This year's case competition, titled "**Designing a Sustainable Agricultural Solution to Address Food Insecurity Within Urban and Rural Communities,**" invites high school students to think critically, collaborate, and propose innovative solutions to combat food insecurity in Vancouver's urban neighborhoods and rural communities across British Columbia.

 **Event Dates:** March 28-29, 2025

 **Location:** Henry Angus Building, UBC

 **Registration Fee:** \$10 (E-transfer to [adajiangyu3@gmail.com](mailto:adajiangyu3@gmail.com))

We can't wait to see your ideas come to life! Please complete the form below to secure your spot in the competition. If you have any questions, feel free to reach out to us at [ubc@stemfellowship.org](mailto:ubc@stemfellowship.org).

*Please note: Your registration will only be confirmed once the payment is received.*

Please sign up using this link:

[https://docs.google.com/forms/d/e/1FAIpQLSeFRLGw1huM8Q03zaBmx\\_Kfpe8wyWw1QdRb9EFYpCk9bArD1w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeFRLGw1huM8Q03zaBmx_Kfpe8wyWw1QdRb9EFYpCk9bArD1w/viewform)



# Youth Justice Link Legal Conference

- **March. 29th** from **9:00 AM to 5:00 PM** at the UBC Allard School of Law, UBC Allard and Youth Justice Link will be holding a **free** youth legal conference for youth on the topic of bridging the gap between youth and BC's legal system.
- This event will include Q&A sessions with law school admission officers and students, insights from experienced lawyers leading interactive case study activities, and information from community organizations with volunteer opportunities and legal resources for youth.
- This event is perfect for a student who is interested in pursuing law in their post-secondary career, or someone who wants to learn more about BC's complex legal system.
- Free snacks and lunch will be provided.
- To register visit [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_1YyPSBI8J9OylwO](https://ubc.ca1.qualtrics.com/jfe/form/SV_1YyPSBI8J9OylwO)
- For more information visit: <https://www.youthjusticelink.org/2025-conference>

