



Friday
March 14th, 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!

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



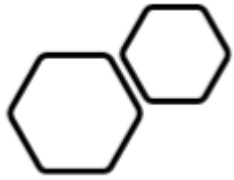
March 14

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? :

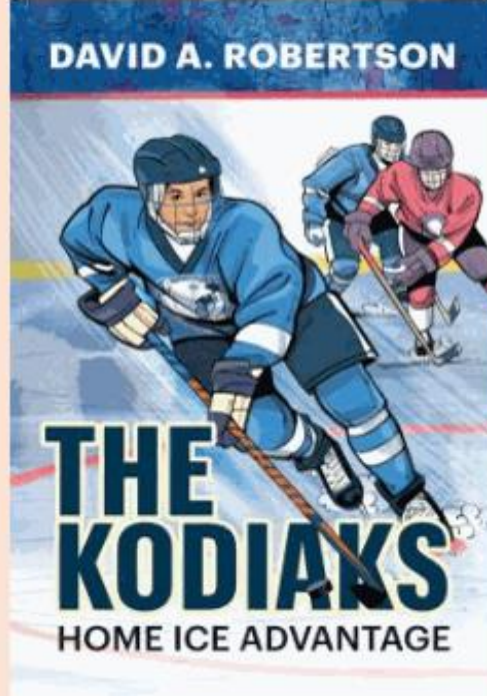
We work with neurodiverse players between the ages of 5 and 17. We provide a safe and fun space to gain new soccer skills, build friendships, and have FUN!





Spring Break Reading

- Drop by the library before the break to pick up some spring break reading! You can borrow up to 10 books.
- Ask Madame Ferrer for personalized recommendations



I think the students below are totally awesome.

Culture Club caught them doing some great things, such as saying 'thank you', helping others, stacking chairs, and returning lost/found items to the office.

Zoey L.
Tucker H.
Matteo R.
Matthew J.
Enzo T.S.
Taisei T.
Matthew C.
Parnian M.
Sadyz M.
Max M.

To pick up your prizes, come to the main office before Block 2, during FLEX, or at Lunch.



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.



Attention all future Biologists!

BAMFIELD MARINE RESEARCH CENTRE

THIS APRIL!! SEE MS. WILSON FOR MORE
INFORMATION

April 14-17

****FUN****

****HANDS ON****

****OUTDOORS****



CLUBS



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



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!!



KODIAK ATHLETICS

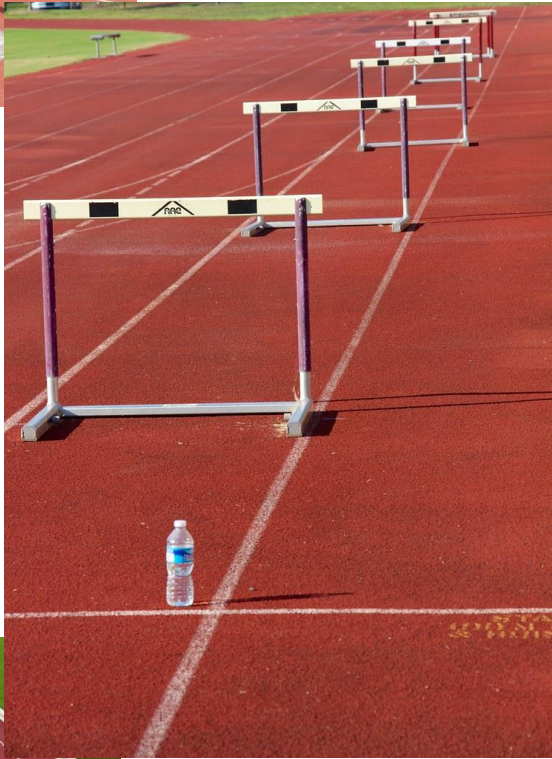
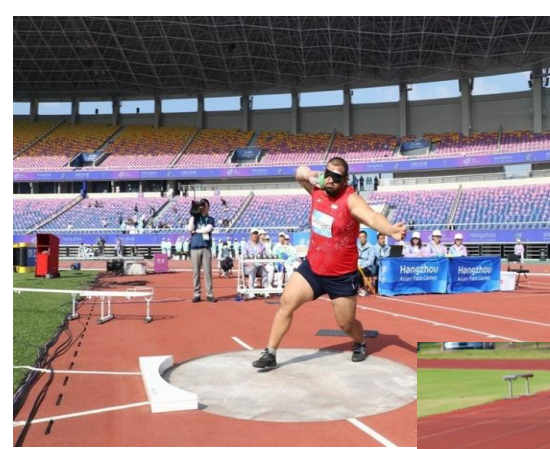


Heritage Woods Track Team

Sign-Up is posted outside the PE office. Please be aware that there are parent volunteers running the team, so checking your emails for communication will be important!"

Fill out the FORM asap and be prepared for practices and meets to come.

Track Team 2025





Tennis is back at Hwss!

The tennis team is open to experienced players who are willing to compete for the school. If you are interested in joining, please scan the QR code, or click the link in our bio



Congratulations Senior Badminton Team!

CONGRATULATIONS TO OUR SENIOR BADMINTON TEAM FOR THEIR DECISIVE VICTORIES AGAINST GLENEAGLE AND RIVERSIDE IN YESTERDAY'S MATCHES!

OUR KODIAKS DOMINATED THE COURT—WHAT A FANTASTIC START TO THE SEASON!

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



TELUS Friendly
Future Foundation

- **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

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)

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.

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

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
- For more information visit: <https://www.youthjusticelink.org/2025-conference>



Cactus Club Hiring Week

JOIN OUR TEAM

We love what we do and we love the people we do it with. At Cactus we believe in creating a workplace where everyone feels welcome, supported and valued.

Cactus Hiring Week is from March 10 – 16.

Visit website to apply:

https://www.cactusclubcafe.com/hiring/?utm_source=newsletter&utm_medium=email&utm_campaign=hiring-week





Garden Volunteers Needed

Where: The Centennial and Canadian Hybridized Gardens at 1655 Winslow Ave., Coquitlam

When: Starts April 2025 and expires November 15, 2025

Time commitment: 1 to 3 hours per week Saturday mornings from 9:30 am to 12:30 pm

The Fraser Pacific Rose Society is a non-profit organization in a partnership agreement with the City of Coquitlam to maintain these gardens. We will pair you with an experienced rosarian to show you how to care for the roses during their yearly cycle. Garden tools will be available for you to use. Just bring yourself.

We are having an in-garden workshop held in conjunction with Park Spark on Saturday, March 15, 2025 from 9:30 am to 12:30 pm to learn how to “Wake Up the Roses “. You are welcome to stop by to see what we are all about.

If you are interested, please email info@fprosesociety.org and we will get back to you. Check out our website at www.fprosesociety.org

Please consider volunteering to help us maintain these gardens. Thank you for your support.

Get in touch with your green thumb and the stress relieving benefit of working in a garden.

PARTICIPATE IN RESEARCH



Help science by listening to music

Researchers in the Vanderwal lab at BCCHR are looking for youth aged 11–17 with or without psychiatric diagnoses to participate in a study about how the heart responds when we listen to different types of music. Interested?

For more information, visit bcchr.info/3Dz3xSR or email movielab@bcchr.ca.



Seeking Chinese families to transform an electronic mental health tool

Are you a Chinese youth (10–17 yrs) or a parent? The Doan lab at BC Children's Hospital Research Institute is adapting a mental health self-assessment tool into Chinese and needs your feedback!

Join a two-hour virtual focus group to share your thoughts on its cultural relevance. Your voice matters!

To sign up, visit bcchr.info/421h6DP

Douglas College Health Care Career Fair

<https://www.douglascollege.ca/future-students/explore-douglas/future-students-office/health-care-career-fair>

Health Care Career Fair



Explore high-opportunity health care careers with Douglas

Join us at the Douglas College Health Care Career Fair this April. Register to hear from students and grads studying and working in the field, get hands-on in our experiential learning labs and tour our campus.

Wednesday, April 2, 5–8 pm

Coquitlam Campus

1250 Pinetree Way, Coquitlam

April 2

Talk with instructors from the following programs at the Fair:

- Biology
- Community Mental Health Work
- Health Care Assisting
- Health Information Management
- Hearing Instrument Practitioner
- Medical Office Administration
- Nursing
- Opticianry
- Psychiatric Nursing
- Therapeutic Recreation