



**Tuesday**  
**April 1<sup>st</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

# Attention ALL Grade 12 Students

Mandatory flex assembly TODAY for all Grade 12s in the theatre. Please be there to receive important information about [Capstone Day](#).





# **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!



HERITAGE WOODS SECONDARY

# AFTER GRAD HOLLYWOOD EVENT

JUNE 7TH 2025 | 11:00 PM TO 3:30AM  
TICKETS ON SALE APRIL 5TH  
SCHOOLCASH ONLINE \$85

EARLY BIRD BONUS  
PURCHASE YOUR TICKET BY MIDNIGHT ON APRIL 11TH  
FOR A CHANCE TO WIN YOUR TICKET PRICE BACK!!

CASINO TABLE & DEALERS

WIPE OUT

DJ & DANCE FLOOR

MAGICIAN

IRON MAN OBSTACLE COURSE

AIRBRUSH TATTOO

BALLOON ARTIST/JUGGLER

MECHANICAL BULL

CARICATURE ARTISTS

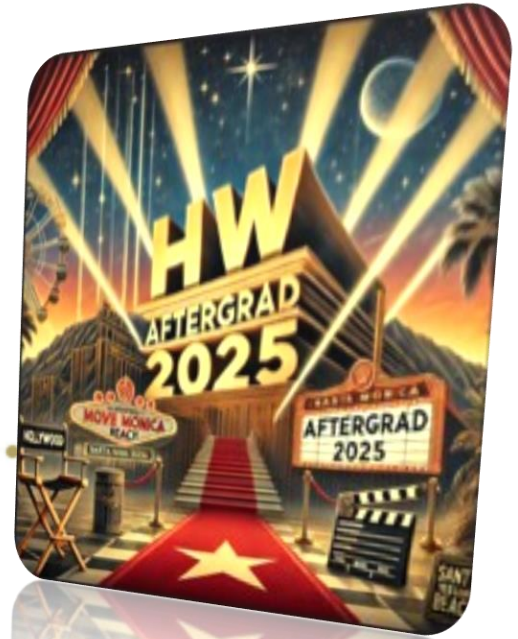
HYPNOTIST

360 PHOTO BOOTH

AIR HOCKEY & MORE

AMAZING  
PRIZES

CLASS OF 2025



April 5



# 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



April 4





# 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



Don't miss out!

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



# *International Student Field Trip*

## **Chinatown Storytelling Centre**

- Learn about the culture and history of Vancouver Chinatown on a guided tour.
- Visit bakeries and eateries in Chinatown

Date: Thurs 15<sup>th</sup> May

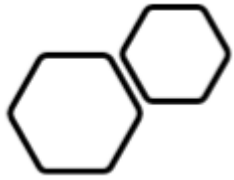
Time: 9 AM – 3 PM

Cost: \$30 (for transport and tour cost)

See Ms Lee or Ms Mak in EAL Office Rm 243 to sign up.  
Deadline is Friday, April 11 for sign-up.







**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**



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.**  
**Taisei T.**  
**Matthew C.**

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



# International Student Summer School Registration



**Attention all international students:**

Summer school registration is now open!!

Please click on the link for information on the courses offered – [Summer Program – Coquitlam School District 43](#)

Please see Ms. A. Lee (Room 245) if you have questions or need help with registration.

# CLUBS





# 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:**



Save money and refresh your style

Bring clean, gently used clothes

Take home new-to-you fashion

Swap new ones for free



# KODIAK ATHLETICS

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# Tennis Team



Tennis team sign up is outside the PE office. If you have signed up, first practice is Thursday afterschool at the Port Moody Rec center courts, please see Ms. Powell if you have any questions.

Schedule will be handed out at practice.



# CAREER CENTER



## 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](https://bcchr.info/3Dz3xSR) or email [movielab@bcchr.ca](mailto: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](https://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