



**Wednesday**  
**April 16<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
<b>LUNCH</b>	<b>12:13 – 12:53</b>
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

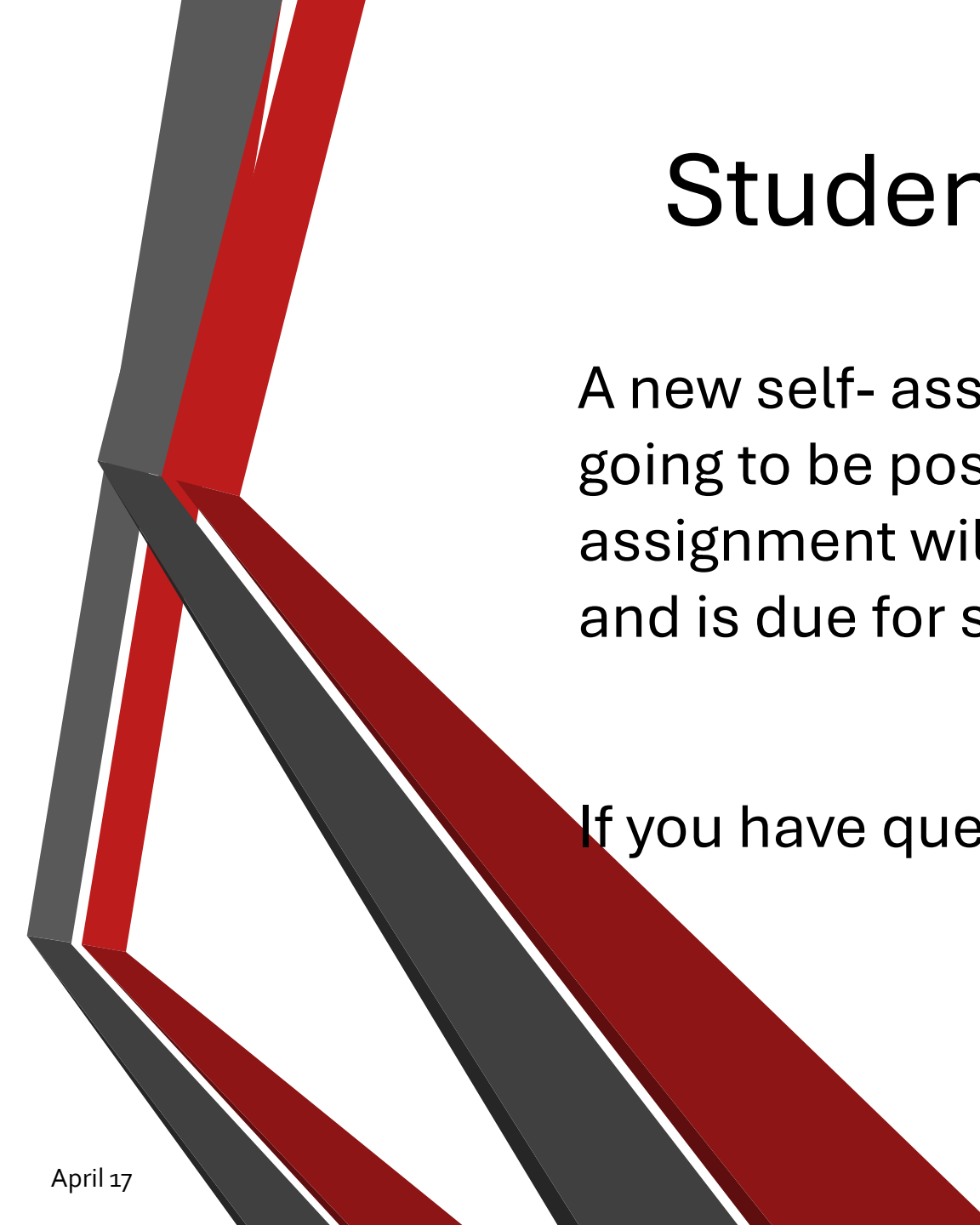


- Attend one of your 4 classes
- The Grand Hall is for Grade 12's only
- The Library is a place for quiet work and is for Grade 11's & 12's only
- Flex is less than 30 minutes, and you are to remain in one class
- Flex is instructional time = Cell phones stored

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!



# Student Self-Assessment

A new self- assessment and reflection activity is going to be posted to your Grade Team Pages. This assignment will become available Wednesday, April 9 and is due for submission on Thursday, April 17.

If you have questions, please see Ms. Mazzucco.

# Grade 9 Advisory

Just a reminder to meet in the Theatre during Flex

Wednesday, April 16 <sup>th</sup>	Lew – So
Thursday, April 17 <sup>th</sup>	Soi - Zhu



HERITAGE WOODS SECONDARY

# AFTER GRAD HOLLYWOOD EVENT

JUNE 7TH 2025 | 11:00 PM TO 3:30AM  
TICKETS ON SALE APRIL 4TH  
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







# 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 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.

# Want to be Background Actor?

Sign up using the QR  
code to work with an  
award winning  
director here at  
school!





# Garbage Fashion Show

Entry Fee: \$5

**MAY 23RD 2025**

PROMOTING  
SUSTAINABLE FASHION

LOCATION: HERITAGE  
WOODS SECONDARY

TIME: 6PM-8PM

**SIGN UP TO JOIN !**



# CLUBS



# International Education Program

## Summer School 2025

### Volunteer Positions

School District No. 43 (Coquitlam)'s International Education Program is seeking volunteers for its Summer School Programs from 8:30am-12:00pm, July 7 – August 8, 2025. International students participate in English as a Second Language classes in the morning and may also participate in afternoon cultural activities. Alternately, international students may enroll in credit courses and be working toward graduation requirements instead. Both summer school programs run at Pinetree Secondary School.

Volunteers are an important component of the International Education Program's Summer School. We have a number of different opportunities for volunteers to work with students. The volunteer hours may be used towards graduation, if you have completed grade 9. A letter can be provided to you at the end, at your request.

#### Requirements:

The successful candidate would ideally:

- take initiative and approach students they don't know
- possess good leadership, organizational and interpersonal skills
- be proficient with the English language
- have experience with a second language
- be reliable and trustworthy

Note: first aid certification, experience working with international students, and knowledge of Mandarin, Spanish or Korean are assets. Students outside of the aforementioned criteria will also be considered.

April 25

## **TO APPLY:**

1. Submit your resume to [achapell@sd43.bc.ca](mailto:achapell@sd43.bc.ca) or drop off in person at 1080 Winslow Ave, International Education Office c/o Adrienne Chapell  
a. Students who volunteered in Summer 2024 do not need to submit a resume
2. Complete the MS Form which can be accessed through this QR code:

Deadline to apply is **June 13, 2025.**

You will only be considered if both the resume and MS Form have been submitted by the deadline.

Successful candidates will be contacted in late June; please ensure you check your email regularly.





# KODIAK ATHLETICS

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# Basketball Players

All basketball Jerseys must be handed in by Thursday, April 17<sup>th</sup>, 2025 or your deposits will be claimed and processed.




# Athletic Fees

If any athletes have not paid their Winter or Spring Athletic Fees or completed in their Athletic Permission Forms, this must also be done by Thursday April 17th , 2025. If not completed your coaches will be forced to suspend your playing privileges until your forms and fees are completed. All of this is done on SchoolCash online.

Paying for school items just got easier!  
Sign up to get started today.

**What is SchoolCash Online?**  
SchoolCash Online is an easy to use and safe way to pay for your children's school fees.  
[Learn more](#)



[Register](#) [Sign In](#)

# SAVE THE DATE

- Athletic Banquet is Thursday, June 12, 2025.
- Tickets are on SchoolCash online and will close on June 1<sup>st</sup> for purchase.



# CAREER CENTER



# Get Certified- apply at 43careers.com

## **"What the L" : ICBC Learners Permit Program**

**Applications Open: April 1, 2025 - 9:00AM Applications Close: April 17, 2025 - 3:00PM**

The "What the L" Program is a partnership with SD43 and ICBC to provide students to help prepare students for their **learners permit test**. This **2-day program** allows students to work with an ICBC instructor to better understand the rules of the road and gain tips & tricks for ICBC test taking. All students who take this program will take their learners permit test and upon successful completion will receive their "L!"

Date: Session #1: May 6th, 2025 Session #2 May 13th 2025

Location: Winslow Center

Time: Session #1: 9:00-2:00pm Session #2: 9:00am- 3:00/4:00pm (TBD based on testing times)

## **Occupational First Aid (OFA) - Level 1**

**Applications Open: April 1, 2025 - 9:00AM Applications Close: April 17, 2025 - 3:00PM**

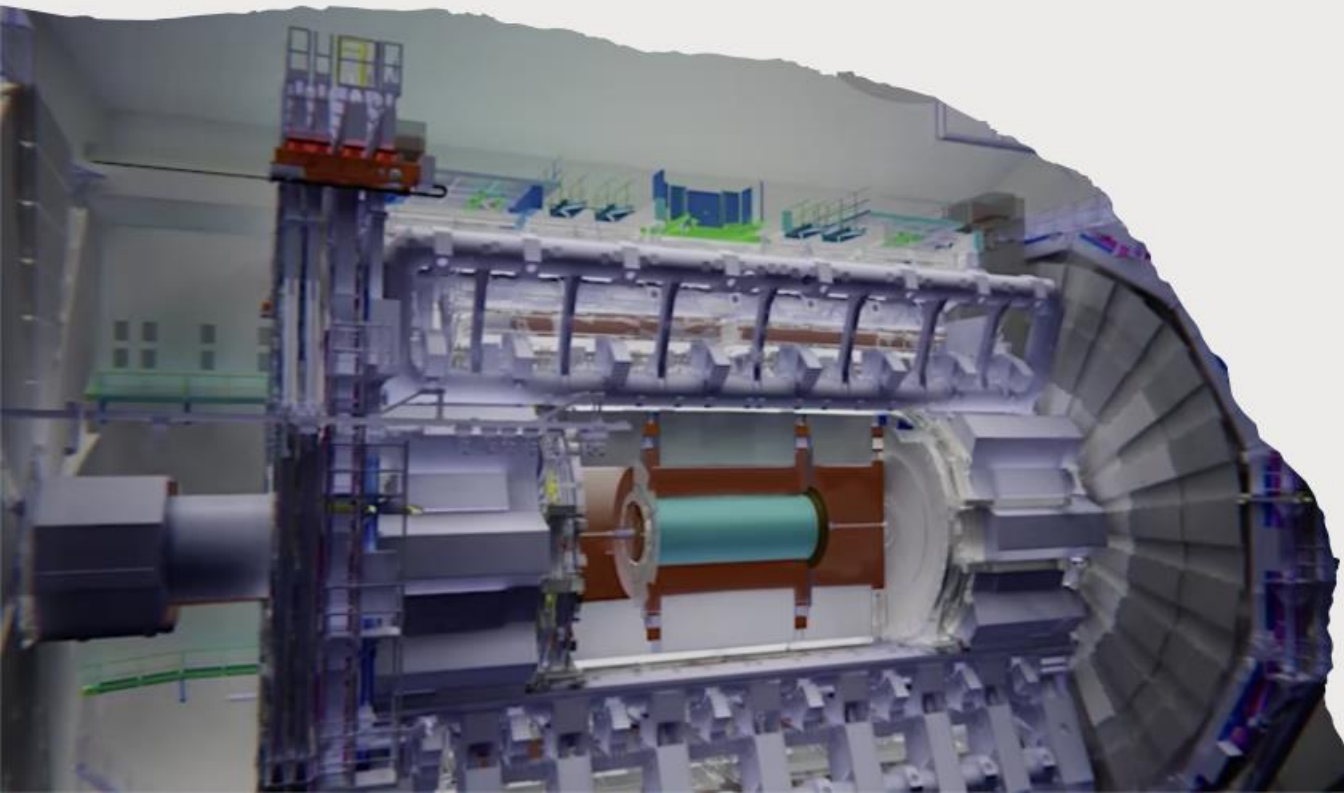
*\*applications will be accepted on a first-come-first-served basis*

Occupational First Aid (OFA) Level 1 is a **one-day course** designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

- Date: Wednesday May 21, 2025
- Location: Como Lake Middle School
- Time: 8.30am -4:30pm



# Atlas Particle Physics Masterclass at TRIUMF and SFU



The International ATLAS Masterclass returns to BC, **Saturday April 26th, from 9am until 2pm.**

Registration is now open for **grade 11 and 12 students**, however, all students with an interest in particle physics are welcome to attend. This full day of onsite events will be available to students on the mainland at both Simon Fraser University and TRIUMF, with [Okanagan College](#) and [University of Victoria](#) holding joint events.

During the day, every student will have the opportunity to:

- **Learn** about research topics and methods that are fundamental to particle physics
- **Analyze** measurements on real data from the ATLAS experiment
- **Network** with other high school students and researchers from University of Victoria, Lawrence Berkeley National Laboratory, and Okanagan College to discuss results

For TRIUMF and SFU area attendees, seating is limited to the 50 students in total on a first-come basis. Registration will remain open until April 18<sup>th</sup> to account for changes to attendance and waitlists. Communications to all registered students and parents will be held through this email address.

- <https://www.eventbrite.ca/e/atlas-masterclass-2025-tickets-1294898609599?aff=oddtcreator>

# Dr. Hal Weinberg Scholarship for Anmore graduates

The \$3,000 Dr. Hal Weinberg Scholarship is awarded annually to an Anmore Grade 12 student who has demonstrated exceptional community commitment and plans to pursue post-secondary education.

The recipient(s) of the scholarship will have one (1) year to enroll into the post-secondary institution of their choice. Proof of enrollment must be provided prior to disbursing the scholarship.

- The successful recipient will be based on a variety of factors including community volunteering, academic achievements, extra-curricular activities and future plans.
- To apply visit: <https://anmore.com/community/scholarships-grants-awards/hal-weinberg-scholarship/>
- Application by May 16, 2025



# PCT K&S Potash Scholarships

Four \$1,500 scholarships will be awarded to students who are planning to pursue post-secondary studies at any accredited **BC Post-Secondary** (college, university, trade school)

Find the application on the HWSS website or PCT K&S website: <https://pct.ca/community/>

## **Application CRITERIA**

- This scholarship is only open to students enrolled at Gleneagle, Heritage Woods or Port Moody Secondary schools.
- Demonstrate leadership in academics, athletics, the community, or the arts.
- Maintain academic achievement sufficient for admission to a post-secondary institution .
- Selection is based on a combination of demonstrated leadership in academics, athletics, the community, or the arts, personal references and acceptance to a post-secondary institution.

## **Application PROCESS**

Submit transcripts of secondary school marks

Submit a reference letter from school counsellor, teacher, coach or other professional who can attest to character, personal values, extracurricular interests and hobbies, community involvement and any additional information which may be helpful in assessing the applicant.

Submit essay of maximum 500 words describing academic and career goals, extracurricular activities and interests, hobbies, awards received and any other information that might be of interest to the selection committee.

Submit a cover letter introducing yourself and describing reasons for attending post-secondary institution, program(s) applying for, and which school you are enrolling in.

<https://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx?login=841586503#/=>

**April 22, 2025 deadline to apply**



# Summer Opportunity



## 2025 SOYL PROGRAM

**SUSTAINABLE OPPORTUNITIES FOR YOUTH LEADERSHIP**

SOYL is a 6-week summer leadership program that teaches youth in grades 9-12 how to care for the crops growing at Fresh Roots' Schoolyard Farms while developing broader leadership and entrepreneurial skills

### ACTIVITIES

- Grow healthy food and discover farm work ✓
- Cook meals from harvested produce ✓
- Sell crops at our on-site market ✓
- Explore Metro Vancouver's food system ✓
- Build leadership skills and explore food justice through workshops ✓



**Register Now!**

<https://freshroots.ca/soyl/>



@freshrootsfarms



### A DAY WITH SOYL

A typical SOYL day involves farmwork, meal preparation, and an educational workshop. Each week you will explore an aspect of our local food system on a field trip!

### LOCATION

**Vancouver sites:**  
David Thompson Secondary and  
Vancouver Technical Secondary  
**Coquitlam site:**  
Millside Centre

### SCHEDULE

From July 2nd to August 8th 2025  
Tuesday to Friday, from 9 am to 3pm

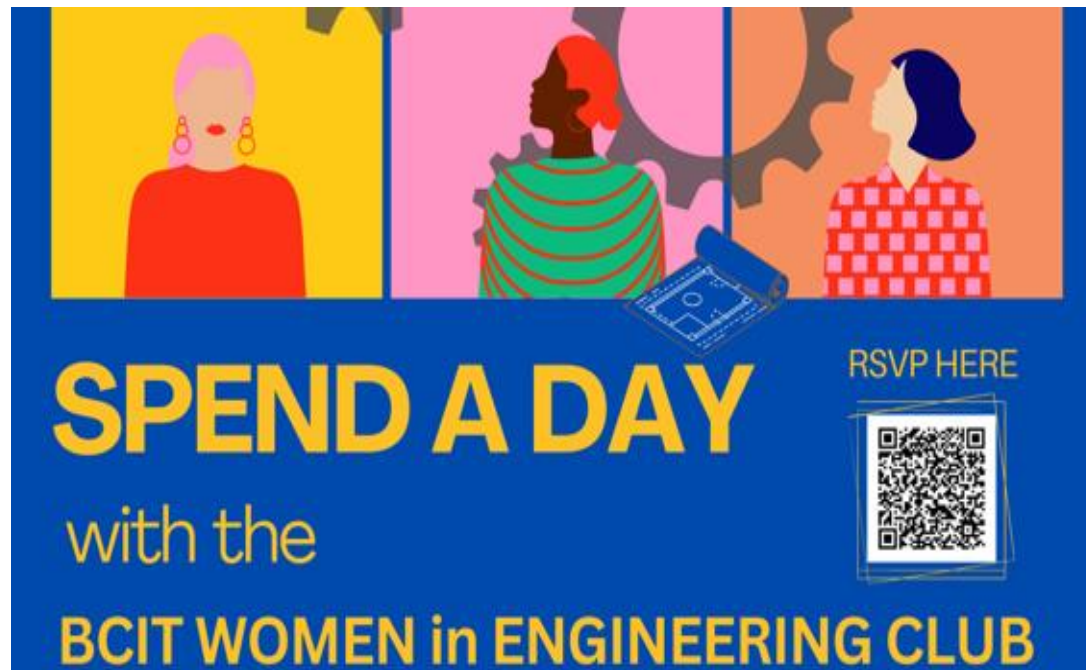
### STIPEND

For your contributions to the farm, you will be paid a \$600 stipend, as well as receiving access to hyper-local produce!

**Register Now!**



# Ever wondered what it is like to be an engineer?



<https://www.eventbrite.ca/e/spend-a-day-with-bcit-women-in-engineering-club-tickets-1279684012329>


Join BCIT's inspiring women and gender-diverse engineering and engineering-related students. Explore our labs, take part in interactive experiments, and discover the possibilities of a future in engineering.

This **free** event is open to all women and gender-diverse high school students and recent graduates. Don't miss out on this opportunity to learn, connect, and get inspired!




## Event Details:

 **Date:** Thursday, May 1st, 2025

 **Time:** 9:00 AM - 3:00 PM

 **Location:** BCIT Burnaby Campus, Building SE2, Town Square A&B

3700 Willingdon Ave, Burnaby

-  **Limited spots available!** - Register now!
-  **Free admission** for high school students and recent graduates
-  **Lunch, snacks, and prizes** provided

# COMMUNITY







## Tri-City Youth REACH Awards

The Tri-City REACH Awards recognize the generous contributions of individual youth, youth groups, businesses, organizations, and adult mentors in the Tri-Cities who empower, celebrate, and/or impact youth and the community in significant ways.

Submit nominations online at  
[portmoody.ca/youth](https://portmoody.ca/youth)  
or in-person by Apr 25.



SCAN ME

# SUMMER CAMP *Volunteers* NEEDED



Join Us for a Summer of Fun and Adventure!



## JUNE 30–AUG 8

James Park Community School

ADVENTURES

SPORTS

ARTS & CRAFTS

.....  
**Contact Silvia Jorge at [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)**



home to our  
arts community  
**PLACE  
DES  
ARTS**

## DECORATE YOUR ACCESSORIES

Friday, April 25 • 5:00 – 7:00 PM  
@ Place des Arts • ages 13–17

Join us to customize accessories using **deco cream** and cute charms as well as a beaded phone charm making activity! Bring your own small items to decorate or use our provided hair clips and keychains. All supplies AND snacks are included, just bring your friends and your creativity!

**FREE to attend : Scan to RSVP**

RSVP required; walk-ins only accepted when space is available



**Place des Arts – 1120 Brunette Avenue, Coquitlam**

Please bring a **SMALL** personal item that can fit within a 7.1" x 4.7" x 2" (height) takeout box!  
**DECO CREAM TAKES A FEW DAYS TO FULLY DRY**

Examples of items you can bring: AirPods, photo frame, etc.

**Led by the Youth Art Council**