



Tuesday
April 22nd 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!

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





Greece 2026

March 19th to 30th 2026

VISIT 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.

An aerial photograph of a long, straight road lined with mature green trees. The road is flanked by green fields on the right and a yellow field on the left. Long shadows are cast by the trees onto the road and the adjacent green field.

ALL GRADE 11 CLC FLEX MEETINGS

AITKEN: Thurs.May 1st Room 240

FERRER: Wed.Apr.30th Library

GAY: Wed.Apr.30th Room 104

JARVIS: Wed.Apr.30th Theatre

JOHAL: an email will be sent

LEE: an email will be sent

PAISLEY: Wed.Apr.30th Room 232

ROSS: an email will be sent

SALOUSTROS: Thurs.May 1st

Theatre

SMITH: Wed.Apr.30th Room 213

TING: Thurs.May 1st Room 214

WIEBE: Tues.Apr. 29th Room 305

**** If you are unable to make this meeting, please contact your CLC teacher.**

Heritage Woods Secondary Grad 2025

Online Grad Apparel Store

store.passionsports.ca/hwssgrad2025



Order by May. 11

May 11

CLUBS



Garbage Fashion Show

Entry Fee: \$5

MAY 23RD 2025

PROMOTING
SUSTAINABLE FASHION

LOCATION: HERITAGE
WOODS SECONDARY

TIME: 6PM-8PM

SIGN UP TO JOIN !



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 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




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 Tuesday April 22nd, 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 1st 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

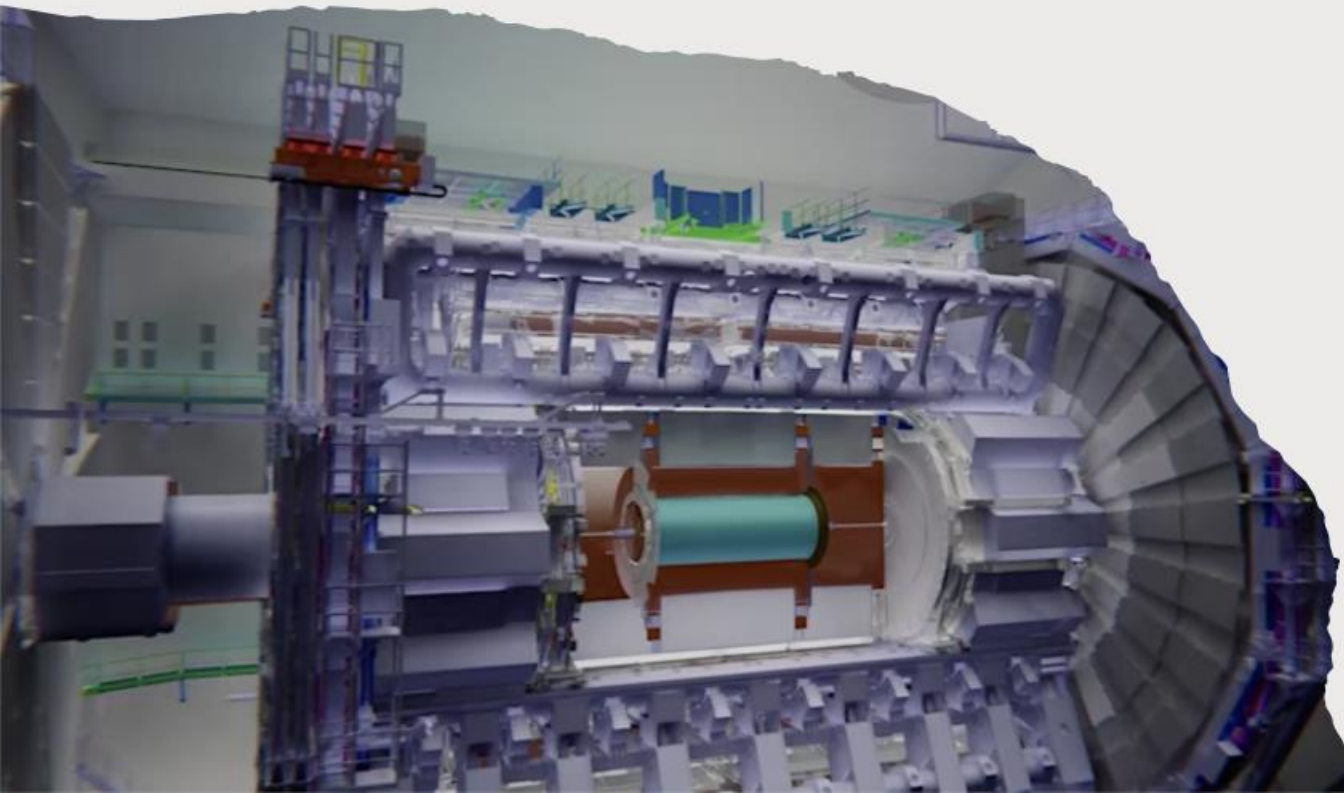
Applications Open: April 1, 2025 - 9:00AM Applications Close: April 17, 2025 - 3:00PM

**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 18th 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

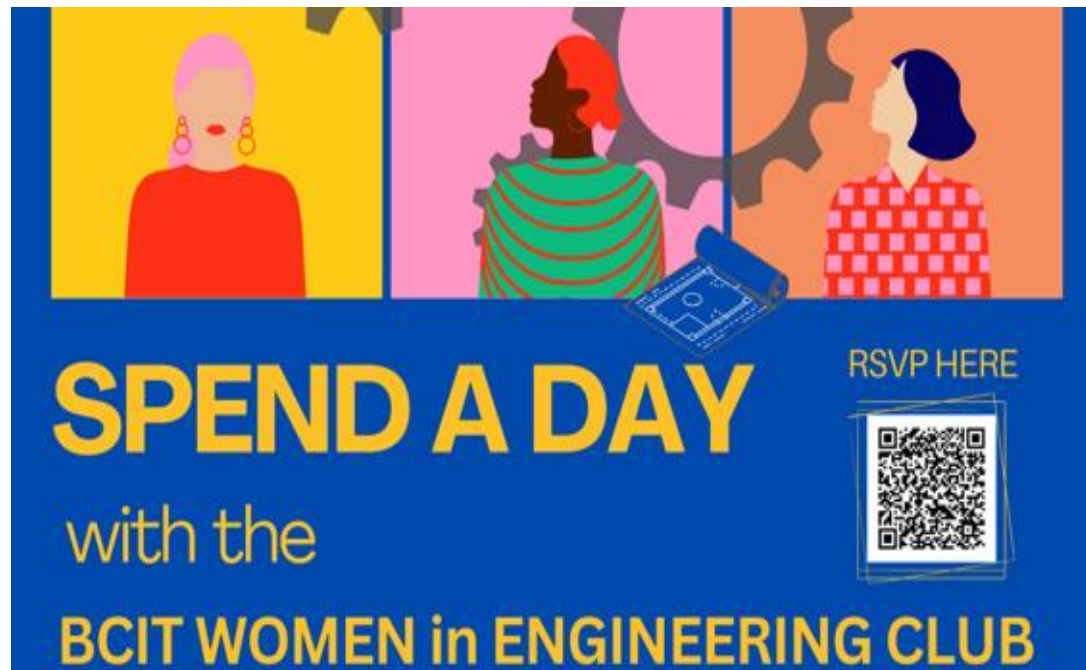
STIPEND

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

Sasamat Volunteer Firefighters Assoc Award Applications on HW website. Deadline June 18

Sasamat Volunteer Firefighters Association



2025 Award Application Form Due: June 18, 2025



Student's Name: _____

Address: _____

Postal Code: _____ Phone: _____

Graduating Year: _____ Grade: _____

Post Secondary Plan: _____
(a brief description of what field you plan to study)

Planning to enroll at: _____

Accepted at: _____

CHECKLIST: (include all documents in one package)

- ☐ Resident of Anmore or Belcarra – Graduating from Grade 12 this school year
- ☐ 750–1000 word essay on the topic “Why Volunteering is Important in My Community?”
- ☐ Volunteer Hours documented – include details of volunteer service in the essay
- ☐ Proof of acceptance at a post-secondary and/or enrollment within one year
- ☐ Two Reference Letters - from non-family members
- ☐ Reference letters to include contact details and verification of volunteer hours
- ☐ Application Form attached – Attach this form to the front of supporting materials

Return completed application by June 18, 2025 to:

- ☐ Heritage Woods Career Centre, OR your local Village Hall (Anmore or Belcarra)

Sasamat Volunteer Firefighters Association



SVFA
2025 Award Details
Due: June 18, 2025



ATTENTION: Anmore & Belcarra Grade 12 Students
Amount of Award: \$750

Criteria:

- Must be a Grade 12 student and resident of Anmore or Belcarra.
- Available to graduating students entering a post-secondary education program in one of the following fields: Fire, Police, Public Safety, Medical, Healthcare, Dental, Military, Social Services.
- Students must provide Proof of Enrollment in a post-secondary program within one year.
- 750–1,000 word essay on the topic: “**Why Volunteering is Important in My Community?**”
- Include details of volunteer service in the essay.
- 2 Letters of Reference from non-family members, verifying volunteer work hours completed.
- Include contact details of References (e.g. email, phone number)

Essay Prompt: “Why is Volunteering Important in My Community?”

- By “community,” we mean where you live (e.g. Anmore or Belcarra), your school community, faith community, team/club community and/or other communities to which you belong.
- Describe “your community” in your essay.

Possible prompts to help elaborate your response:

- What was your role in the volunteer work? What specific volunteer service did you provide?
- What were your responsibilities? What did you accomplish? How many hours did you serve?
- Upon reflection, what did you learn from your experience? How has this experience influenced your future direction?
- What program are you planning to study? How will your community service assist you in this path?
- Feel free to add any additional information to complete your answer.

Applications are due June 18th, 2025, and can be submitted to either Heritage Woods Career Centre or to your local Village Hall (Anmore or Belcarra).

Questions? Contact SVFA at: <reply2svfa@gmail.com>

Curious about a career in the skilled trades?
Want to get started?



SD43 TRADES HIRING FAIR

Wednesday
June 4th, 2025

5 - 7 PM
bring your resume

AT CENTENNIAL
SECONDARY

570 POIRIER ST.
COQUITLAM






[43CAREERS.COM](https://43careers.com)


CAREERPROGRAMS@SD43.BC.CA

Have you ever thought about studying in Australia or New Zealand?

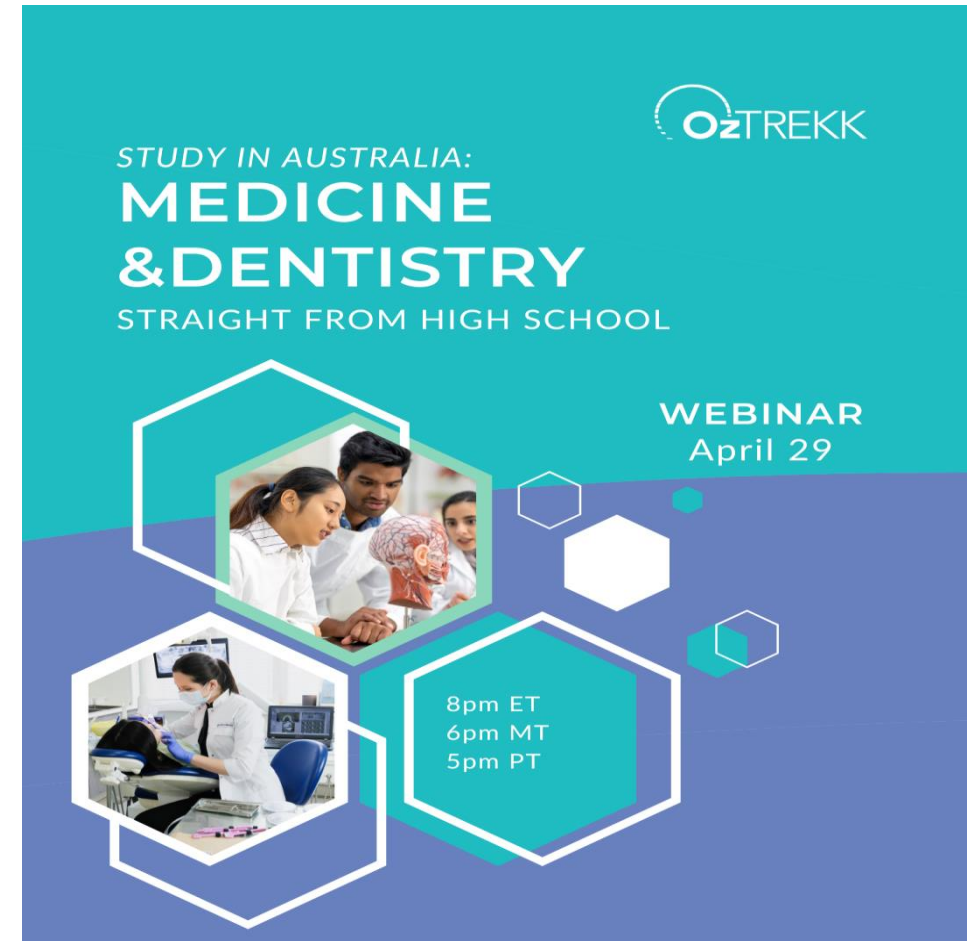
- **Webinar: Direct-Entry Medicine & Dentistry** *(for students, parents, teachers & counsellors)*

 April 29, 2025  5 p.m. PT

 Learn about program options, admission requirements & timelines

 Featuring a current medical student and a parent of a dentistry student

- Register:
https://us06web.zoom.us/webinar/register/9317417259052/WN_DUxU2VLNRKWov96auRyNUQ#/registration



COMMUNITY



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

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



Youth Week May 1-7

FREE events from **May 1-10** in honour of Youth Week held at the Recreation Complex for grades 6-12!

Thursday, May 1	Carnival Night	5-8pm
Friday, May 2	Hot Dog BBQ (includes hotdog and drink)	6-10pm
Saturday, May 3	Movie night with Popcorn	5-9pm
Tuesday, May 6	Art Night	5-8pm
Wednesday, May 7	Games Night	5-8pm
Saturday, May 10	3 on 3 Basketball Tournament* (replacing Drop-in Gym)	5-9pm

For more information visit portmoody.ca/youthweek

*Registration required for 3 on 3 Basketball Tournament



SCAN ME



SCAN ME

Volunteer opportunity!!



Looking for a fun and meaningful way to earn volunteer hours, build your resume, and make a difference in your community? The [Spirit Triathlon](#) is happening on **Saturday, May 3rd, 2025** at [Hyde Creek Recreation Centre in Port Coquitlam](#) — and we'd love for you to join our volunteer team!

This exciting event brings together **480 kids from grades 2 to 8** to swim, bike, and run — either on **relay teams** or as **individuals**. It's a fun, inclusive day all about teamwork, community spirit, and cheering kids across the finish line! Check out [2024 Spirit Triathlon](#)

Volunteer Perks:

- ✓ A **reference letter** for anyone who asks
- ✓ A **crepe voucher** for anyone who completes 2 shifts
- ✓ A **swag bag for every volunteer**
- ✓ A **volunteer T-shirt for the first 50 people who sign in on race day**
- ✓ Earn **high school volunteer service hours**
- ✓ Be part of a welcoming, energetic event supporting local kids and families!

No experience needed — training is provided!

Whether you can give a few hours or the whole morning, your help makes a huge difference.

Interested?

<https://signup.com/client/invitation2/secure/80937532023/false#/invitation>

We'd love to have you on board!
volunteer@spirittriathlon.ca