



**Monday**  
**April 28<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!



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.



An aerial photograph showing a vibrant yellow field on the left, a dense line of green trees in the center, and a green field on the right. The trees cast long shadows to the right.

# ALL GRADE 11 CLC FLEX MEETINGS

AITKEN: Thurs.May 1<sup>st</sup> Room 240

FERRER: Wed.Apr.30<sup>th</sup> Library

GAY: Wed.Apr.30<sup>th</sup> Room 104

JARVIS: Wed.Apr.30<sup>th</sup> Theatre

JOHAL: an email will be sent

LEE: an email will be sent

PAISLEY: Wed.Apr.30<sup>th</sup> Room 232

ROSS: Wed. April 30<sup>th</sup> Room 238

SALOUSTROS: Thurs.May 1<sup>st</sup>

Theatre

SMITH: Wed.Apr.30<sup>th</sup> Room 213

TING: Thurs.May 1<sup>st</sup> Room 214

WIEBE: Tues.Apr. 29<sup>th</sup> Room 305

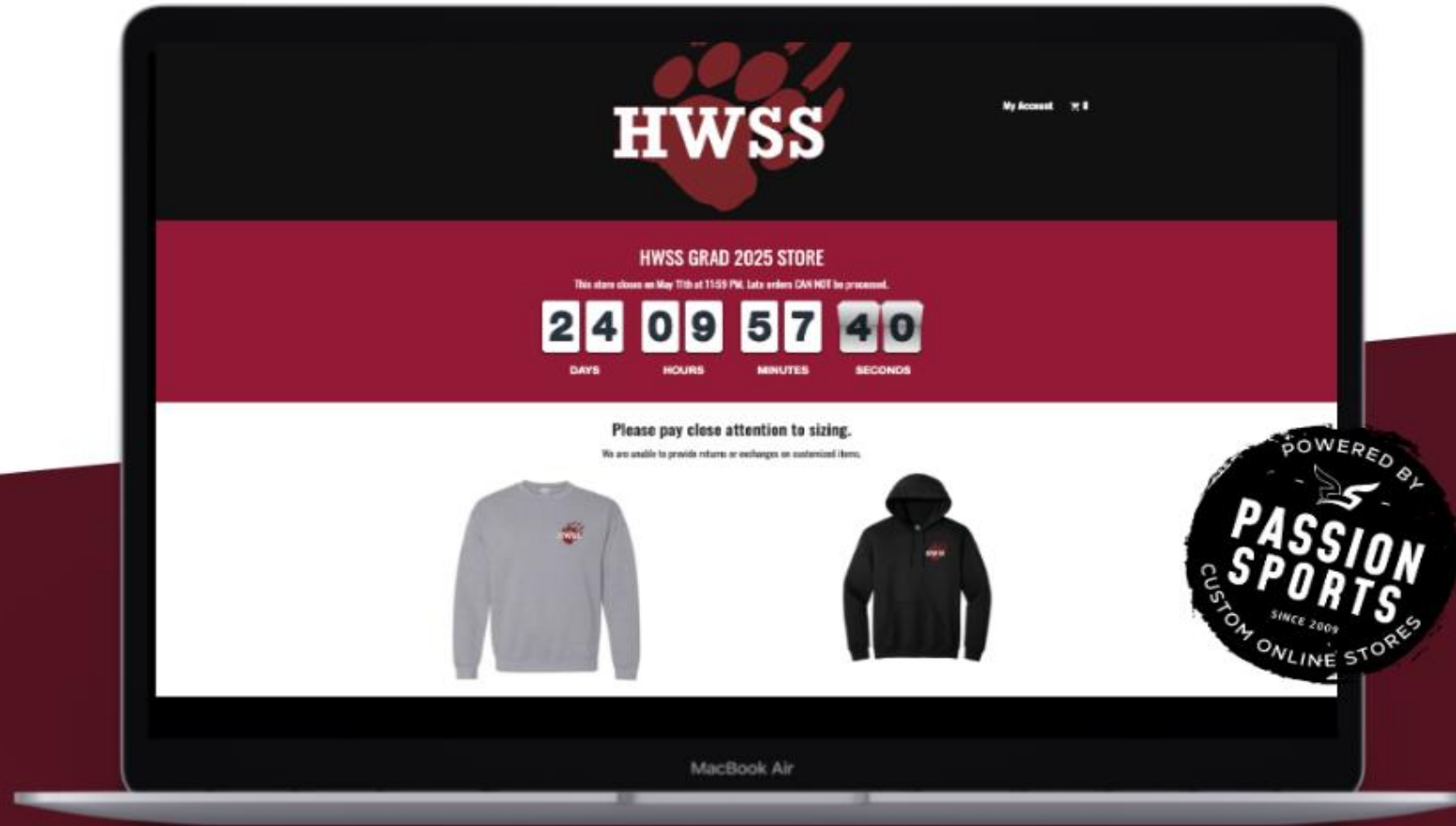
**\*\* If you are unable to make this meeting, please contact your CLC teacher.**



# Heritage Woods Secondary Grad 2025

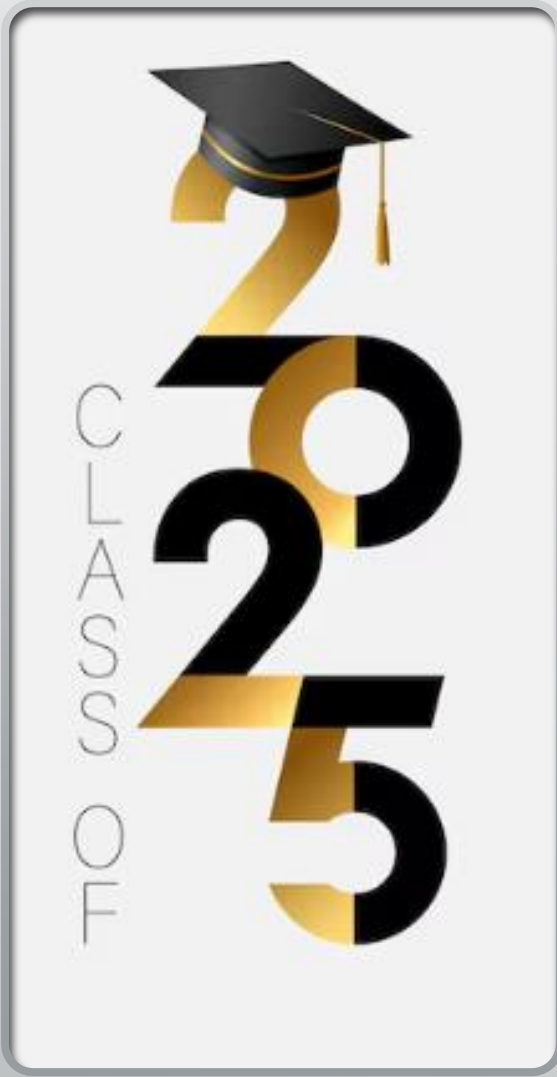
Online Grad Apparel Store

[store.passionsports.ca/hwssgrad2025](https://store.passionsports.ca/hwssgrad2025)



## Order by May. 11





## Grad Dinner Dance - Table Selection

- Table selection for the grad dinner dance will take place April 28 to May 2.
- You can pick up a table selection form on Monday, April 28 in front of the theater. Forms will then be available for pick-up at the main office until May 2.
- All completed forms need to be handed in to Ms. Watt. You also need to have paid for your dinner dance ticket to be eligible for table selection.



# LOST & FOUND ANNOUNCEMENT



Did you lose your  
retainer, please stop by  
the office to collect your  
missing retainer.





Have you lost your  
bracelet?

Please come to the office  
to claim.





# 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 28

## **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

---





# 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**

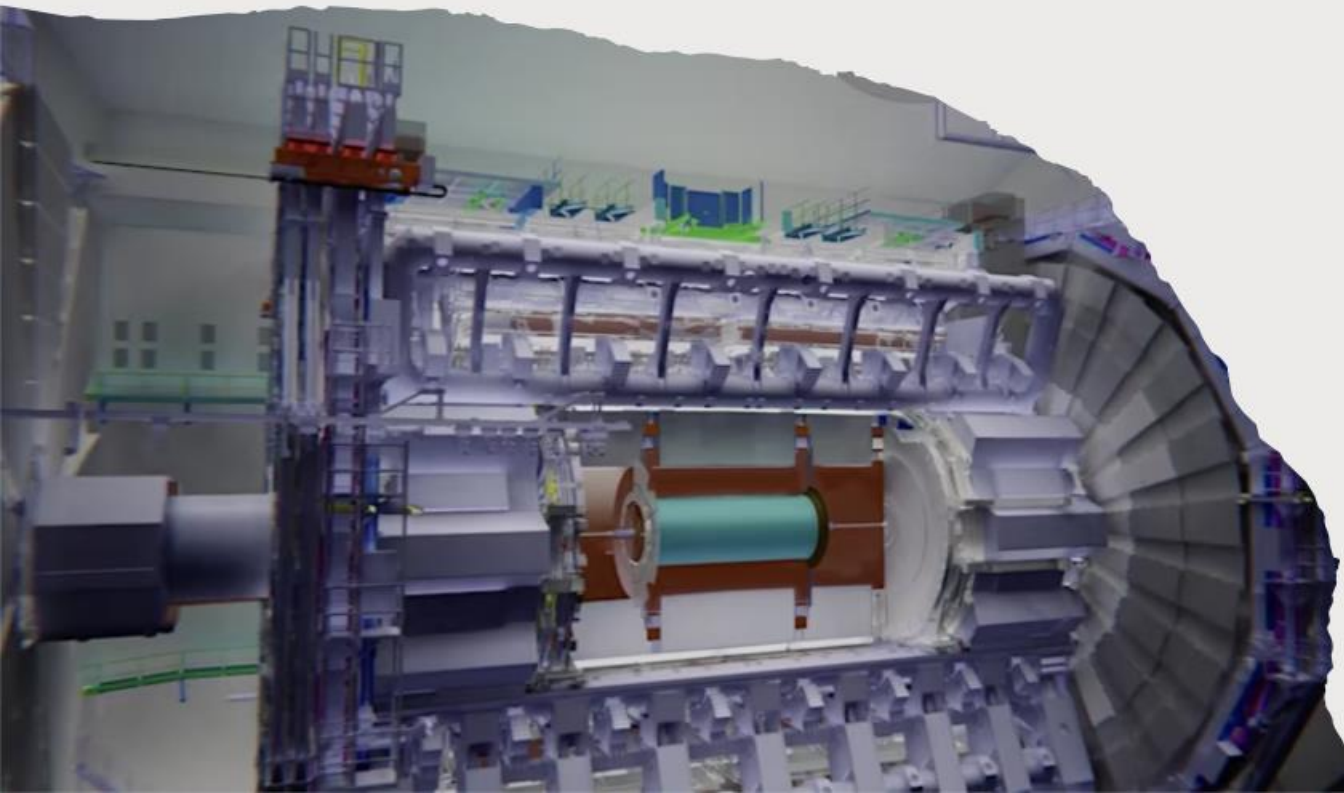
*\*applications will be accepted on a first-come-first-served basis*

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.

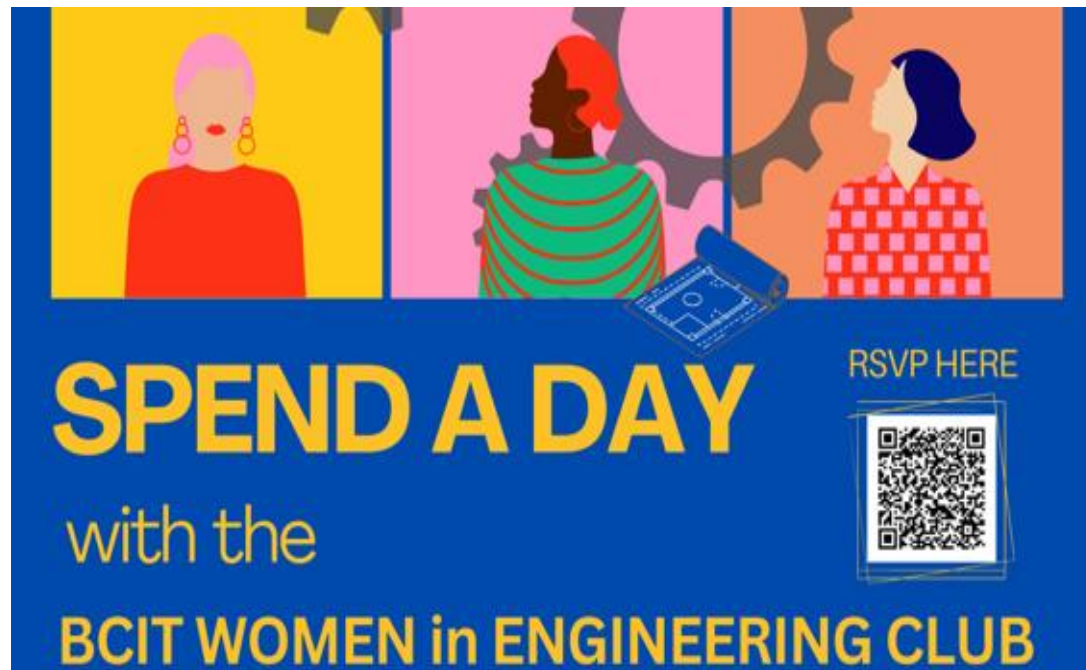
The recipient(s) of the scholarship will have one (1) year to enroll into the post-secondary institution of their choice. Proof of enrollment must be provided prior to disbursing the scholarship.

- 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





# 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 18<sup>th</sup>, 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](mailto:CAREERPROGRAMS@SD43.BC.CA)




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

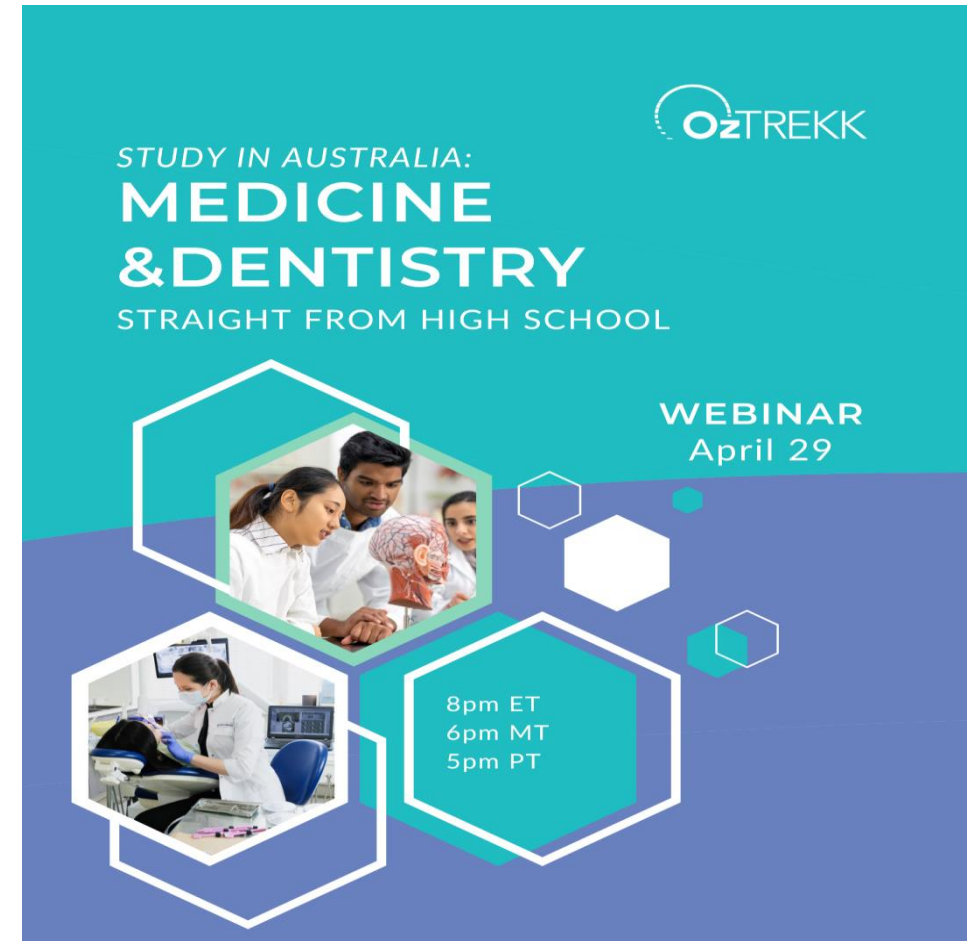
- **Webinar: Direct-Entry Medicine & Dentistry** *(for students, parents, teachers & counsellors)*

 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](https://us06web.zoom.us/webinar/register/9317417259052/WN_DUxU2VLNRKWov96auRyNUQ#/registration)





# Undergraduate Info Sessions

2nd Thurs of the month | 4-5 pm (PST) | Online (via Zoom)



UBC Forestry has our last undergraduate info session **Thursday, May 8**. Students can [register here](#)



# 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](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**





## COMMUNITY EVENTS



## 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](https://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](mailto:volunteer@spirittriathlon.ca)





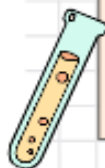
SFU FACULTY OF  
APPLIED SCIENCES

**SCIENCE  ALIVE**  
curiosity · creativity · confidence



## WE ARE LOOKING FOR SUMMER VOLUNTEERS

DEADLINE: APRIL 30



Have a passion in STEAM (Science, Technology, Engineering, Art&Design, Maths)? Looking for work experience working with kids?

Science ALIVE's Summer Academy is looking for highschool summer volunteers to help support our summer camp programs!







Apply here:  
[bit.ly/SFUvolunteers](https://bit.ly/SFUvolunteers)





# XdHacks Mini Vancouver PRIVATHON event

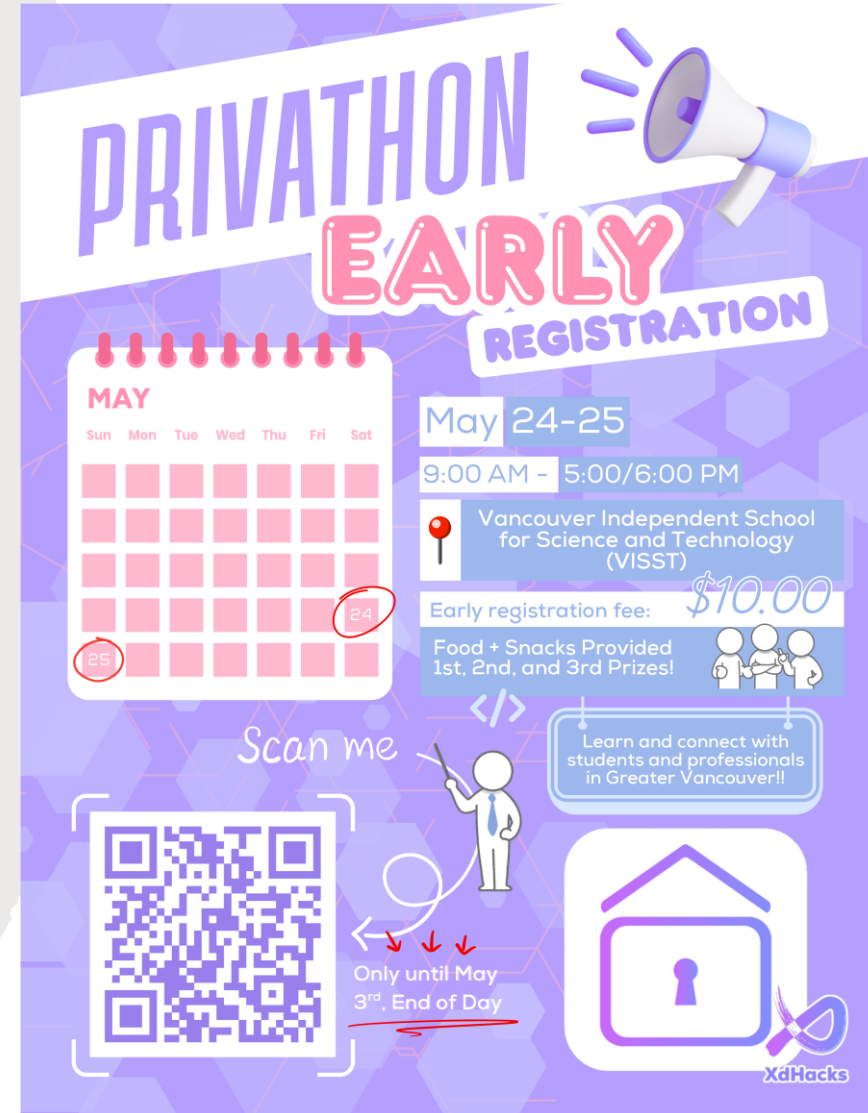
XdHacks Mini Vancouver, a youth-led organization dedicated to inspiring students to explore STEM through fun and engaging events. We're excited to announce the **EARLY REGISTRATION** for our upcoming **Privathon** is now open!

-  Date: May 24 & 25
-  Location: VISST
-  Time: 9 A.M. to 6 P.M.
-  Open to: 13-18 year olds
-  Cost: \$10 per participant (for early registration by May 03)
-  No coding experience necessary — beginners are welcome!

**IMPORTANT: Early registration is open until May 3, afterward the fee will rise to \$15! Registration:** <https://privathon-vancouver.devpost.com/>, and fill in this form: <https://form.gle/m5vqjfXhoRMiBbxD9>

The hackathon is an opportunity for students to work collaboratively, build creative tech projects, learn new skills, and win awesome prizes with workshops, mentorship sessions, and lots of fun activities throughout the day. A great way to explore interests and boost STEM skills.

Details: <https://xdhacks.org/vancouver/privathon>



**PRIVATHON**  
**EARLY**  
**REGISTRATION**

**MAY**

Sun Mon Tue Wed Thu Fri Sat

May 24-25

9:00 AM - 5:00/6:00 PM

Vancouver Independent School for Science and Technology (VISST)

Early registration fee: **\$10.00**

Food + Snacks Provided  
1st, 2nd, and 3rd Prizes!

Learn and connect with students and professionals in Greater Vancouver!!

Scan me

Only until May 3<sup>rd</sup>, End of Day

**XdHacks**





## **VOLUNTEERS NEEDED**

**MAY 10th! A great way to get your volunteer hours for graduation, and help in the community at the same time!**

**Email [Anmorecommunitymarket@gmail.com](mailto:Anmorecommunitymarket@gmail.com)**



PORT MOODY  
**2050**

# Youth Open House



We're updating  
Port Moody's Official  
Community Plan. If  
you're a youth aged 11  
to 18, come help shape  
our community's future!

**WHEN:** Friday, May 2, 2025, 5:30–7:30pm (drop in)

**WHERE:** Port Moody Recreation Complex,  
Multi-Purpose Room 2 (300 loco Road)



**FREE PIZZA & SNACKS  
AND GREAT PRIZES (LIKE A  
6-MONTH TEEN REC PASS)!**

Learn more at [portmoody.ca/ocp](https://portmoody.ca/ocp)

**PORT MOODY**  
CITY OF THE ARTS