

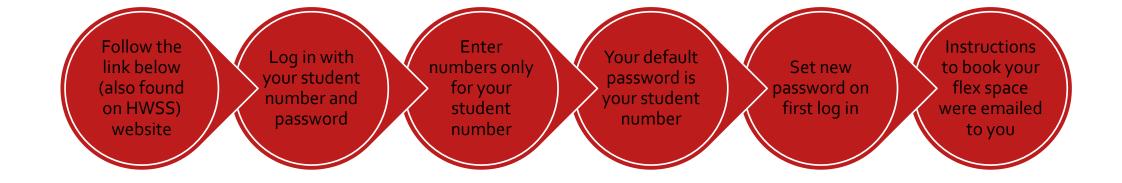


## **Bell Schedule**

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



https://hwss.myweeklyplanner.net

## **FLEX**pectations

- 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!

## Con Brio Tour

Choir rehearsal - Tuesday April 29<sup>th</sup> at flex

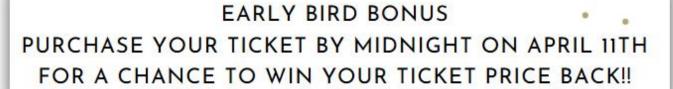
Meeting at lunch in the choir room for everyone



## AFTER GRAD HOLLYWOOD EVENT.

JUNE 7TH 2025 | 11:00 PM TO 3:30AM
TICKETS ON SALE APRIL 4TH
SCHOOLCASH ONLINE \$85







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





## 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



April 30

## 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 <u>Summer Program - Coquitlam School District 43</u>
Please see Ms. A. Lee (Room 245) if you have questions or need help with registration.



## ALL GRADE 11 CLC FLEX MEETINGS

**AITKEN:** Thurs.May 1st Room 240

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

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

JARVIS: Wed.Apr.30th Theatre

JOHAL: an email will be sent

<u>LEE:</u> an email will be sent

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

ROSS: Wed. April 30th Room 238

**SALOUSTROS:** Thurs.May 1st

Theatre

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

TING: Thurs. May 1st Room 214

WIEBE: Tues.Apr. 29th Room 305

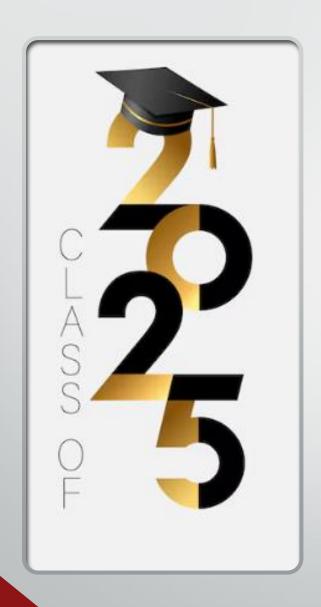
\*\* If you are unable to make this meeting, please contact your CLC teacher.

### Heritage Woods Secondary Grad 2025

Online Grad Apparel Store

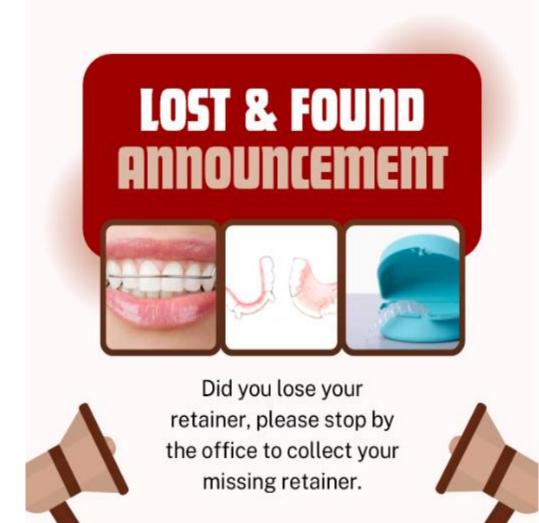
store.passionsports.ca/hwssgrad2025





### Grad Dinner Dance - Table Selection

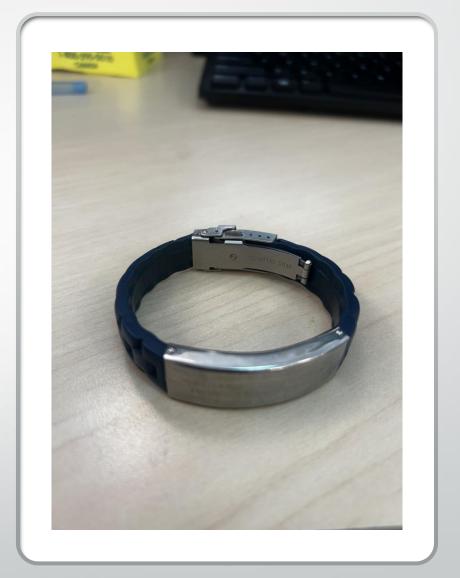
- •Table selection for the grad dinner dance will take place April 28 to May 2.
- •Forms will then be available for pick-up at the main office until May 2.
- •All completed forms need to be handed in to the main office. You also need to have paid for your dinner dance ticket to be eligible for table selection.



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Have you lost your bracelet?

Please come to the office to claim.



# CLUBS



# A conversation with DR. CHRISTINE SIMMONS

Clinical Associate Professor of Medicine, UBC Program Director, BC Cancer



**DATE:** May 9<sup>th,</sup> 2025

TIME: 12:15-12:55 PM

LOCATION: Room 242

HWSS Cancer Research Club

## Kodiak Grand Thrift Sale

May 2<sup>nd</sup>, 4-7pm May 3<sup>rd</sup> 11-2pm

At HWSS, in the grand hall Welcome all community members







ALL FUNDS GO TOWARDS SHARE SOCIETY AND PHILANTHROPY INITIATIVE



## 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

<u>Note:</u> 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.

### 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



## **SAVETHE DATE**

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



# Congratulations to the Kodiaks at the Coquitlam Classic Track Meet



### **1st Place**

Lorenzo B.: High Jump (Jr Boys) Lillian O.M.: 3000m (Jr Girls)

### **2nd Place**

Lorenzo B.: 200m (Jr Boys)

### **3rd Place**

Sophie C.: 200m (Jr Girls)



# CAREER



# 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: <a href="https://anmore.com/community/scholarships-grants-awards/hal-weinberg-scholarship/">https://anmore.com/community/scholarships-grants-awards/hal-weinberg-scholarship/</a>
- 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

**PLocation: 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: 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



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>



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

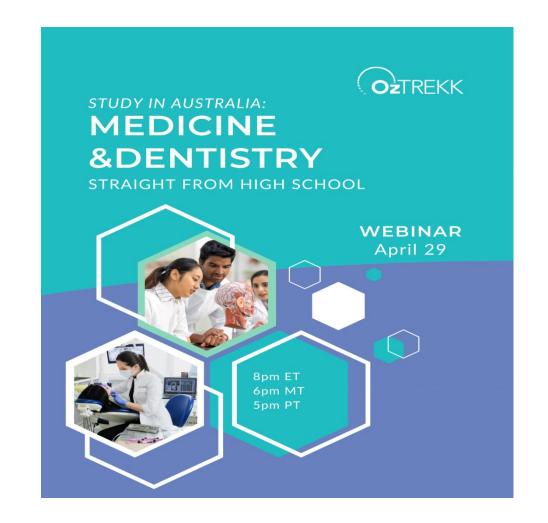
• Webinar: Direct-Entry Medicine & Dentistry (for students, parents, teachers & counsellors)

April 29, 2025 5 p.m. PT Learn about program options, admission requirements & timelines

Featuring a <u>current medical</u> student and a <u>parent</u> of a dentistry student

Register:

 https://us06web.zoom.us/webinar/register
 /9317417259052/WN DUxU2VLNRKWov96a
 uRyNUQ#/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







### **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













# Volunteer opportunity!!



Looking for a fun and meaningful way to earn volunteer hours, build your resume, and make a difference in your community? The <u>Spirit Triathlon</u> is happening on **Saturday, May 3rd, 2025** at <u>Hyde Creek Recreation Centre in Port Coquitlam</u> — 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 <u>2024 Spirit Triathlon</u>

### 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



# 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: <a href="https://privathon-vancouver.devpost.com/">https://privathon-vancouver.devpost.com/</a>, and fill in this form: <a href="https://form.gle/m5vqjfXhoRMiBbxD9">https://form.gle/m5vqjfXhoRMiBbxD9</a>

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





### **VOLUNTEERS NEEDED**

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

Email Anmorecommunity market@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)!