



**Friday**  
**May 2<sup>nd</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



# 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

# STUDENT PARKING PASSES

Reminder to students who are driving to school and parking in the school parking lots.

Please come to the HWSS main office to register your vehicle and receive a PARKING PASS to be displayed in vehicle. Usually hang from rear view mirror.



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

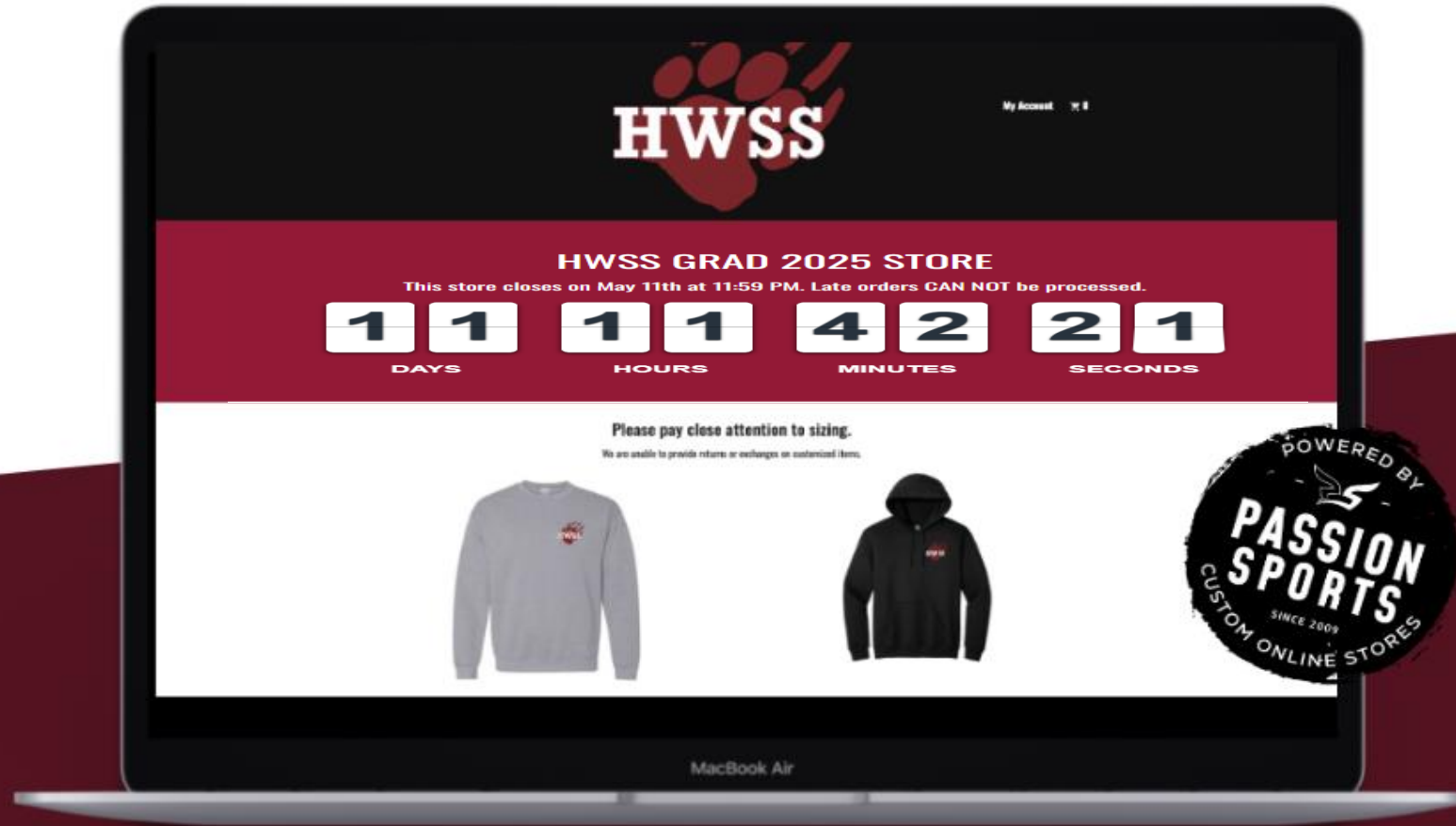




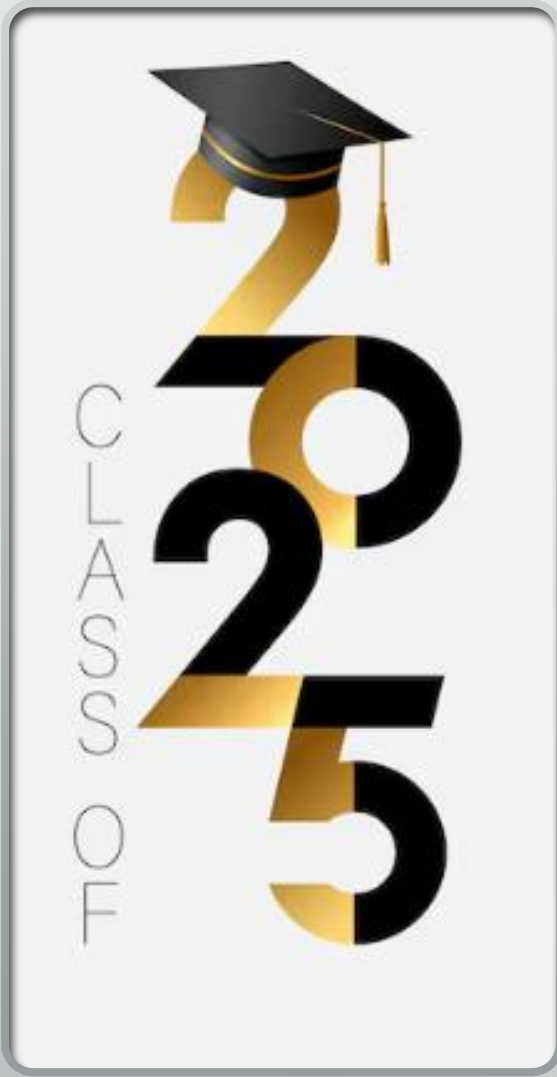
# Heritage Woods Secondary Grad 2025

Online Grad Apparel Store

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



## Order by May. 11



## Grad Dinner Dance - Table Selection

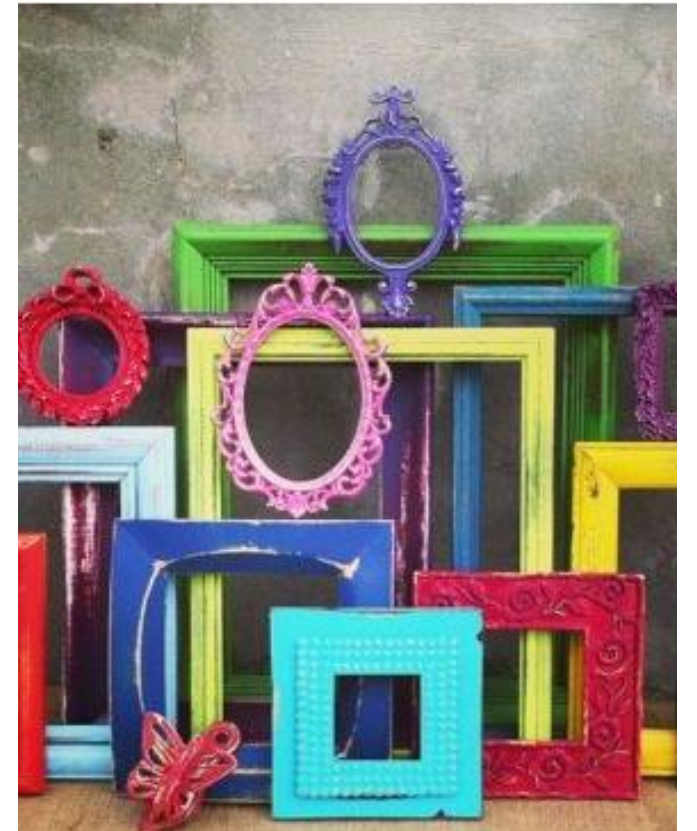
- Table selection for the grad dinner dance will take place April 28 to May 2.
- Forms will then be available for pick-up at the main office until May 2.
- All completed forms need to be handed in to the main office. You also need to have paid for your dinner dance ticket to be eligible for table selection.



# ***PICTURE FRAMES NEEDED***

Looking for any  
old picture  
frames – any size,  
color and shape.

Please drop off in  
Room 214 before  
May 10



# 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**

# CLOTHING DRIVE

**Volunteer Opportunity!!**

**HWSS Events Council**

**FRIDAY:**

**May 2nd**

**Time:**

2:15 – 7:15pm  
(2 shifts)

**Location:** HWSS

**SATURDAY:**

**May 3rd**

**Time:**

11:00am – 2:00pm  
(1 shift)

**Location:** HWSS

**Scan code  
to sign up:**



**More info** on Events

Council Teams: **xyntxit**



# Garbage Fashion Show

Entry Fee: \$5

**MAY 23RD 2025**

PROMOTING  
SUSTAINABLE FASHION

LOCATION: HERITAGE  
WOODS SECONDARY

TIME: 6PM-8PM

**SIGN UP TO JOIN !**





# KODIAK ATHLETICS

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# **SAVE THE DATE**

- **Athletic Banquet is Thursday, June 12, 2025.**
- **Purchase tickets on SchoolCash online, sales will close on June 1<sup>st</sup>.**



# 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 CENTER





# 2025 Grads - Have you received a scholarship?

- We want to know if you have been offered any scholarships so we can recognize your accomplishments in the commencement brochure.
- But you need to tell us!
- This form can be found on Career Ctr Finances & Awards page at the top
- <https://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx#/=>
- Hand in completed form to Ms. Butler no later than June 01, 2025.



## Have you received a Scholarship?

PLEASE PRINT CLEARLY

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

HWSS Student # \_\_\_\_\_

Many students have been actively applying for scholarships on their own time. In order for your accomplishments to be recognized, please complete this form and return it to the Career Centre by **June 1**, Please remember to write a letter thanking any or all scholarship/bursary/award donors.

Award Name: \_\_\_\_\_

Donor: \_\_\_\_\_

Amount: \_\_\_\_\_

Note: \_\_\_\_\_

Award Name: \_\_\_\_\_

Donor: \_\_\_\_\_

Amount: \_\_\_\_\_

Note: \_\_\_\_\_

Award Name: \_\_\_\_\_

Donor: \_\_\_\_\_

[https://www.nacacnet.org/event\\_detail/nacac-international-universities-fair-vancouver/](https://www.nacacnet.org/event_detail/nacac-international-universities-fair-vancouver/)

**NACAC**  
National Association for  
College Admission Counseling



Vancouver Convention  
Centre, 1055 Canada  
Place, Vancouver

**NACAC International Universities Fair**  
**Vancouver**  
**May 3 @ 1:00 pm - 4:00 pm PDT**

# 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





# 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](http://43careers.com)

[CAREERPROGRAMS@SD43.BC.CA](mailto:CAREERPROGRAMS@SD43.BC.CA)

# Ivey at Western University Summer Leadership Program

- **SLP is a four-day immersive experience for high school students, currently in Grades 9 to 11, passionate about business, leadership, and innovation.**
- **From August 5–8, 2025, students will stay on campus at Western University and take part in case-based learning, interactive workshops, and real-world problem-solving at Ivey Business School.**
- <https://www.ivey.uwo.ca/summerleadership/>
- June 16, 8:59PM PT application deadline

**Application Requirements :** We are seeking motivated, passionate, and dedicated students currently in grades 9-11, eager to embrace the challenges of a fast-evolving business world. Applicants will be evaluated based on:

- **Leadership & Extracurricular Involvement** – Active participation in extracurricular activities, showcasing your ability to lead and make an impact in your community or school.
- **Statement of Interest** – An opportunity to share why you're passionate about leadership, business, and innovation, and how you hope to apply what you learn at SLP.

**Program Fee:** There is a **\$350 participant fee** to attend the program, which covers the cost of your accommodation, meals, and program materials. Financial assistance may be available; please contact us for more details if needed.



# COMMUNITY





# coquitlam celebrates YOUTH WEEK

#CoquitlamYouth

## MAY 1 TO 7 2025

### schedule of activities

#### Thursday, May 1

**Youth Week Trivia Night**  
at Pinetree Community Centre  
5:30 – 7:30 p.m. | Drop-in

#### Friday, May 2

**Youth Week BBQ**  
at Maillardville Community Centre  
Lounge and Plaza  
4 – 7 p.m. | Drop-in

**May the Force Be with You  
Star Wars Event**  
at The Getaway Youth Centre  
5 – 7:30 p.m. | [Course ID 180527](#)

**Bad Seed: Youth Help-a-  
Habitat**  
at Leigh Park  
4:30 – 6 p.m. | [Course ID 191745](#)

**Toonle Skate and After Hours  
Swim (Ages 13 - 18)**  
at Poirier Sport and Leisure Complex  
8:45 – 11 p.m. | \$2 Drop-in

#### Saturday, May 3

**3 On 3 Basketball Competition**  
at Town Centre Park Basketball Courts  
3 – 5 p.m. | [Course ID 188516](#)

**Free Swim**  
at City Centre Aquatic Complex  
3 – 5 p.m. | Drop-in

**No Shoes AMA HOUSE I  
Dance Jam and Art Social**  
at Evergreen Cultural Centre  
5 – 9 p.m. | By donation  
Register at [evergreenculturalcentre.ca](https://evergreenculturalcentre.ca)

#### Sunday, May 4

**Youth Study Lounge**  
at Pinetree Community Centre  
1 – 6 p.m. | Drop-in

#### Monday, May 5

**Flower Planting with the  
Youth Urban Garden Team**  
at Inspiration Garden  
3:30 – 5 p.m. | Drop-in

**Create an Art Journal**  
at Glen Pine Pavilion  
4 – 5:30 p.m. | [Course ID 189704](#)

**Youth Soccer Drop-In**  
at Pinetree Community Centre  
4:15 – 6:15 p.m. | Drop-in

#### All Week

**Scavenger Hunt**  
May 1 – 7 | [Course ID 191117](#)

**Pinetree Wristband Bonanza**  
May 1 – 7 | [Course ID 189920](#)

**Drop-In Activities**  
Visit [coquitlam.ca/Youth](https://coquitlam.ca/Youth) to see the  
youth drop-ins taking place  
throughout the week. Activities  
include dance, basketball,  
volleyball and more!

#### Tuesday, May 6

**Impossible Brain Puzzles**  
at Glen Pine Pavilion  
4 – 5:30 p.m. | [Course ID 190844](#)

**Youth Forest Tours: Mundy  
Park**  
at Mundy Park Field House  
4 – 5:30 p.m. | [Course ID 191751](#)

**Youth Escape Room and Pizza**  
at The Getaway Youth Centre  
5 – 7:30 p.m. | [Course ID 180528](#)

#### Wednesday, May 7

**Game Show Night**  
at The Getaway Youth Centre  
5 – 7:30 p.m. | [Course ID 180529](#)

**Cooking Night and Outreach**  
at Pinetree Community Centre  
6 – 8 p.m. | Drop-in



For more info  
and to register:





# 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)

# XdHacks Mini Vancouver PRIVATHON event

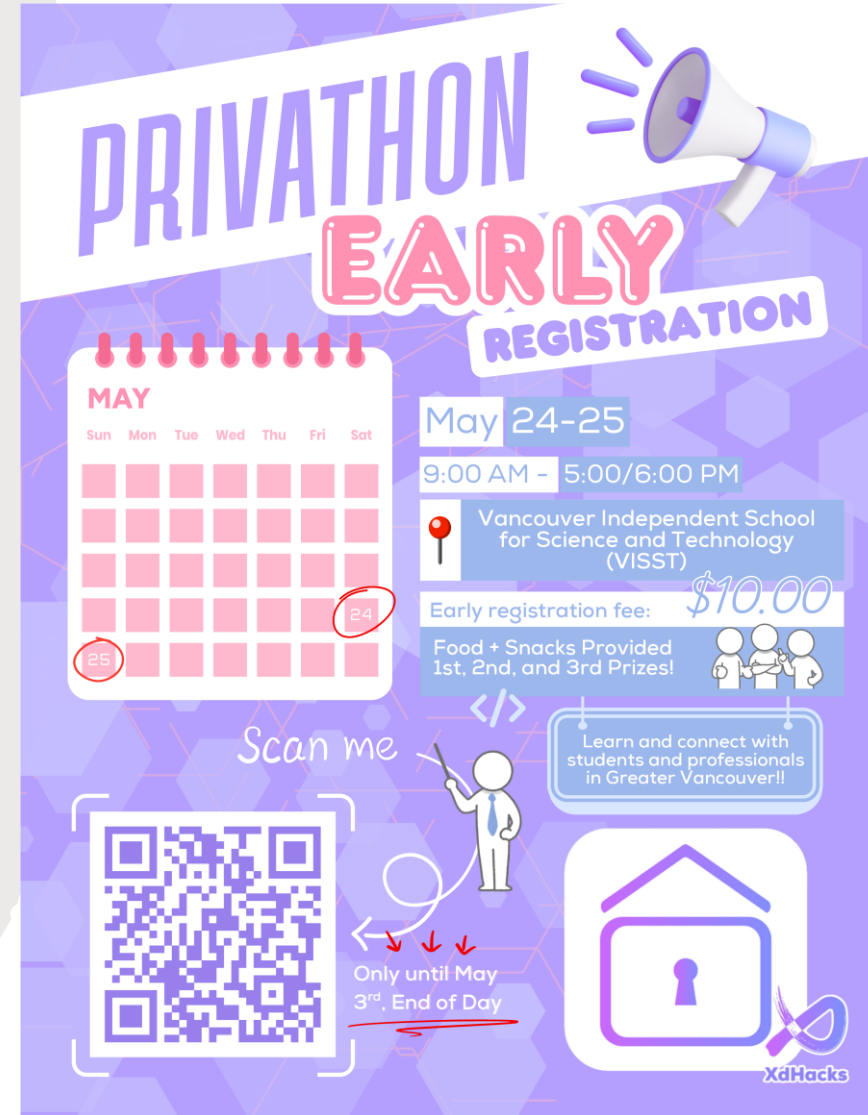
XdHacks Mini Vancouver, a youth-led organization dedicated to inspiring students to explore STEM through fun and engaging events. We're excited to announce the **EARLY REGISTRATION** for our upcoming **Privathon** is now open!

-  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  
24 25

**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)**