



Monday
May 5th, 2025

**Heritage Woods
Secondary**

“WE ARE KODIAKS”



BELL SCHEDULE

Monday May 5, 2025 – NO FLEX

Block 1	8:00 – 9:12
Block 2	9:16 – 10:28
Block 3	10:32 – 11:44
LUNCH	11:44 – 12:28
Block 4	12:32 – 1:44
Block 5	1:48 – 3:00



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



Fragrance Free

Reminder to all that *SD43 is Scent Aware*, and as such the district is asking for cooperation towards a scent reduced environment.

All staff, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives.

Thank you for your cooperation!



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.



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 19th to 30th 2026

VISIT WWW.EFTOURS.CA/2842224VS FOR TOUR DETAILS AND INFORMATION



Don't miss out!

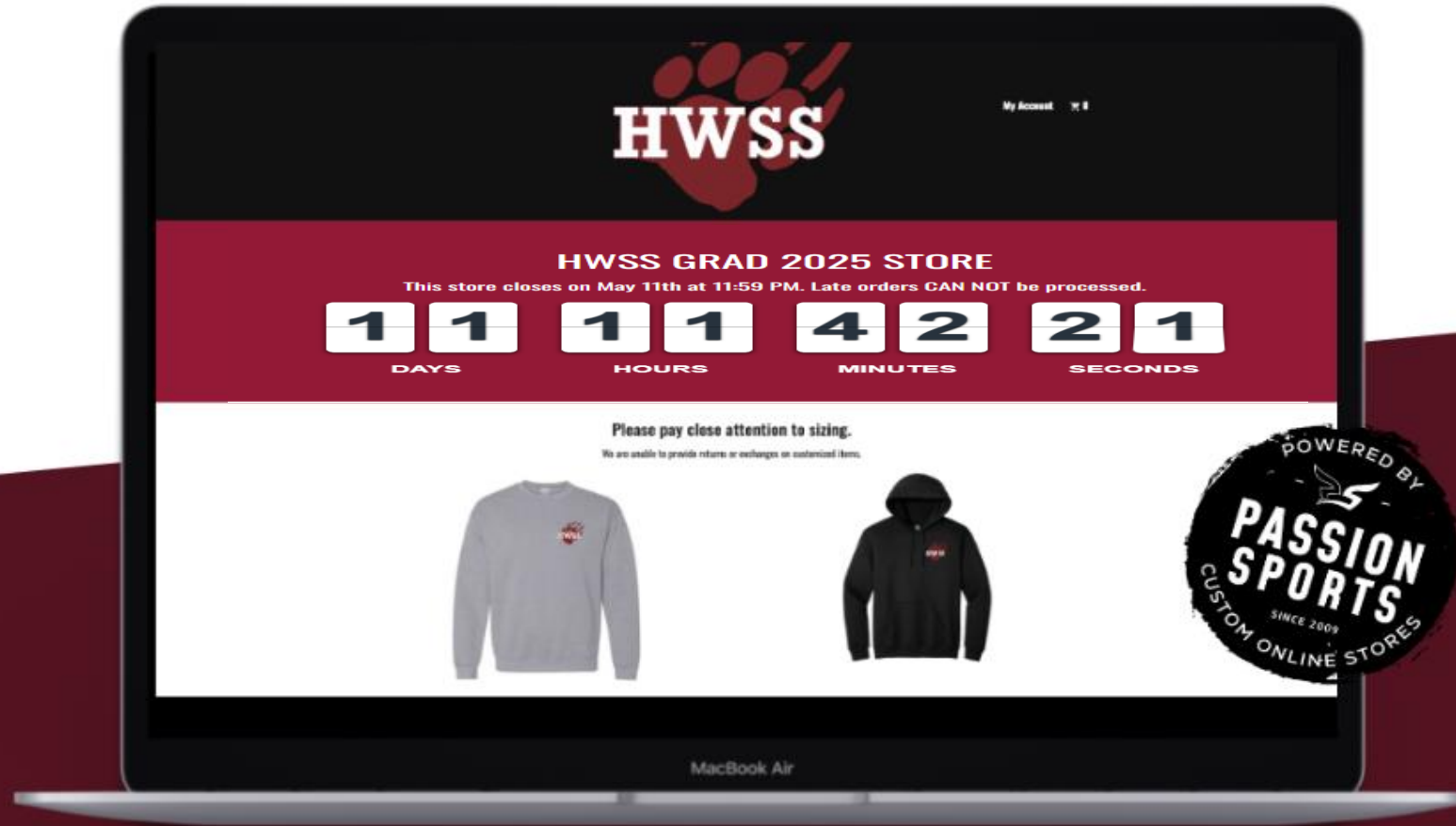
If you have any questions,
please see Mr. Castonguay
and/or up an application
/information package from the
PHE office



Heritage Woods Secondary Grad 2025

Online Grad Apparel Store

store.passionsports.ca/hwssgrad2025



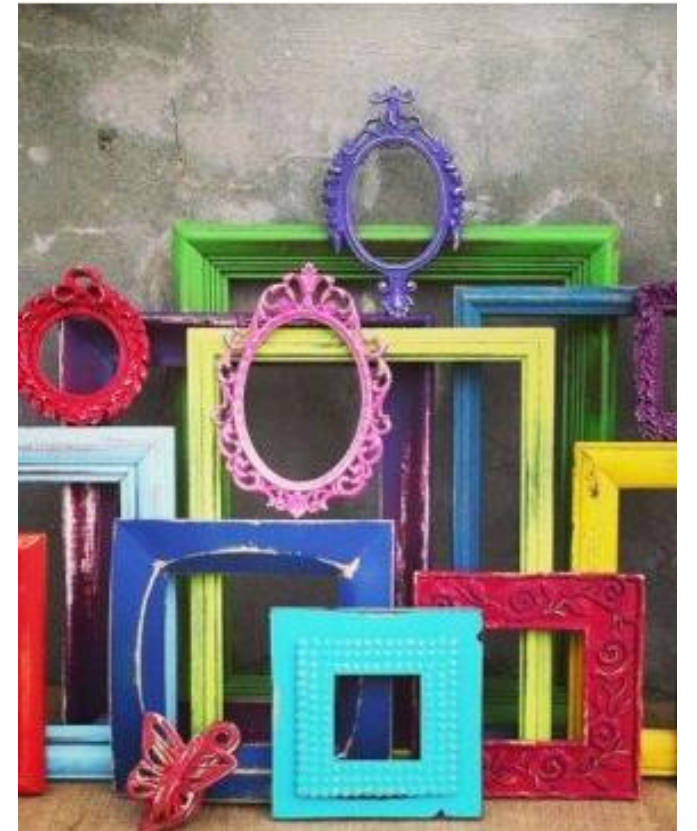
Order by May. 11



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 9th, 2025



TIME: 12:15-12:55 PM



LOCATION: Room 242

HWSS Cancer Research Club

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



SAVE THE DATE

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



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: _____

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 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](http://43careers.com)

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

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 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:





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