



**Thursday**  
**June 5<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

# Lost & Found



Lost & Found on display outside  
the library until June 20<sup>th</sup>!





# ROCKY POINT ICE CREAM FOOD TRUCK DAY!!

**June 12<sup>th</sup> at lunch - Stop by infront of the  
school to purchase!**



Hosted by  
STUCO

# Spring **ATOMIC**

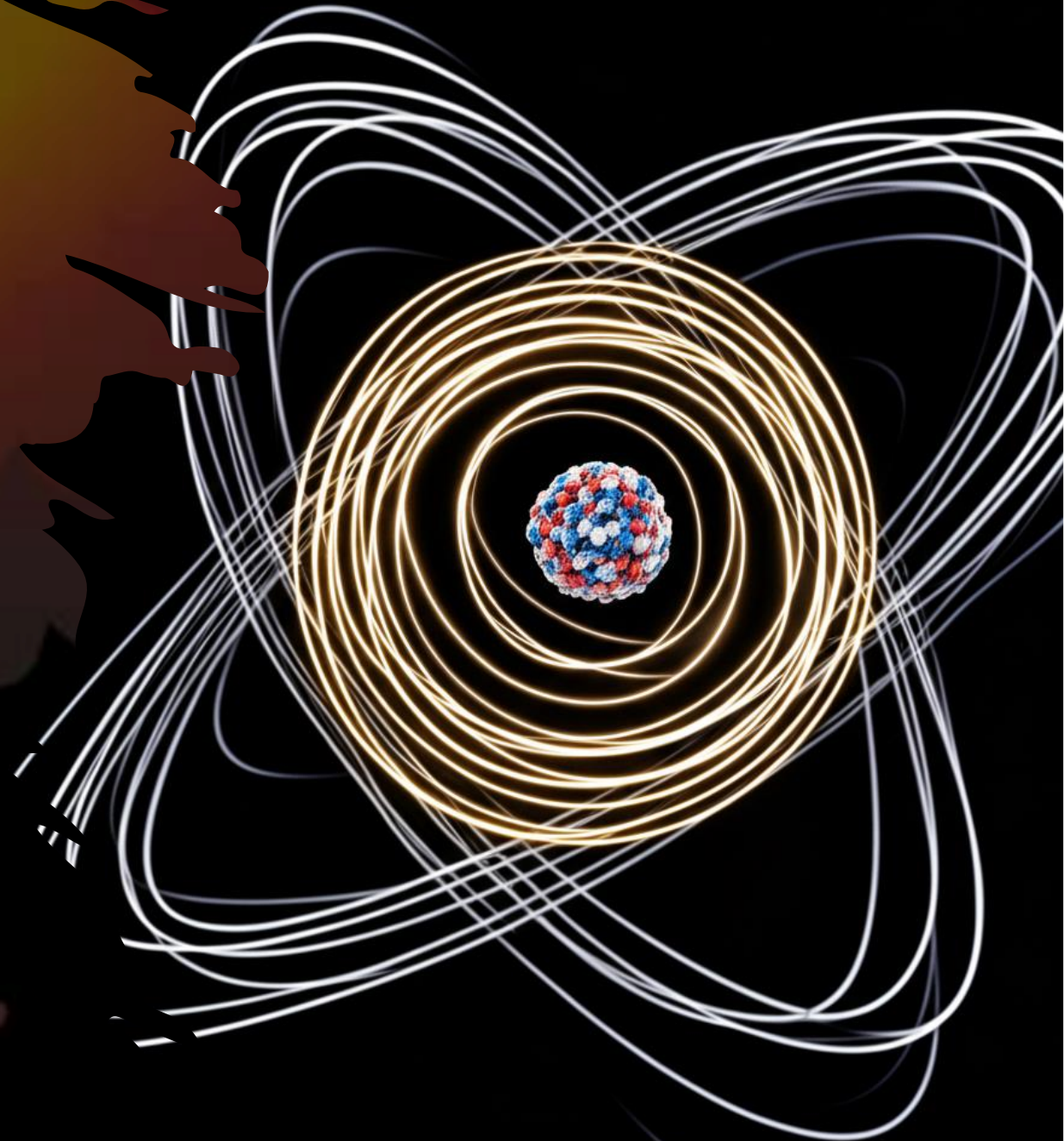
## Writing Contest

Friday, June 6 @ lunch, room 213

\$225 in Prizes!!!

### Rules:

- Come to room 213: We give the prompt, you write
- Must be 60 to 100 words, poetry or prose
- Submit by end of lunch



# National Indigenous History **Month**





# Celebrating Indigenous Brilliance

## Science Spotlight



### Dr. Bill Morrison (Métis & Cree)

*Professor of Biomechanics, BSc(PE), MSc, PhD in Biomechanics*

Realized **traditional knowledge** was valuable and comparable to academic knowledge and saw science as a **label** for what he already knew from traditional life.

#### Integrating Indigenous Knowledge in Science & Work

##### 1. Indigenous Knowledge and Science

- Science emphasizes *measurement, prediction, and control*
- Indigenous Knowledge values *respect, relationships, and cooperation*
- Integration requires *mutual respect, patience, and learning from failure*

##### 2. Incorporation in Work

- Encourages self-awareness and personal connection to tasks
- Promotes experience sharing for deeper understanding
- Builds *community* through *mutual respect and collaboration*



# CLUBS



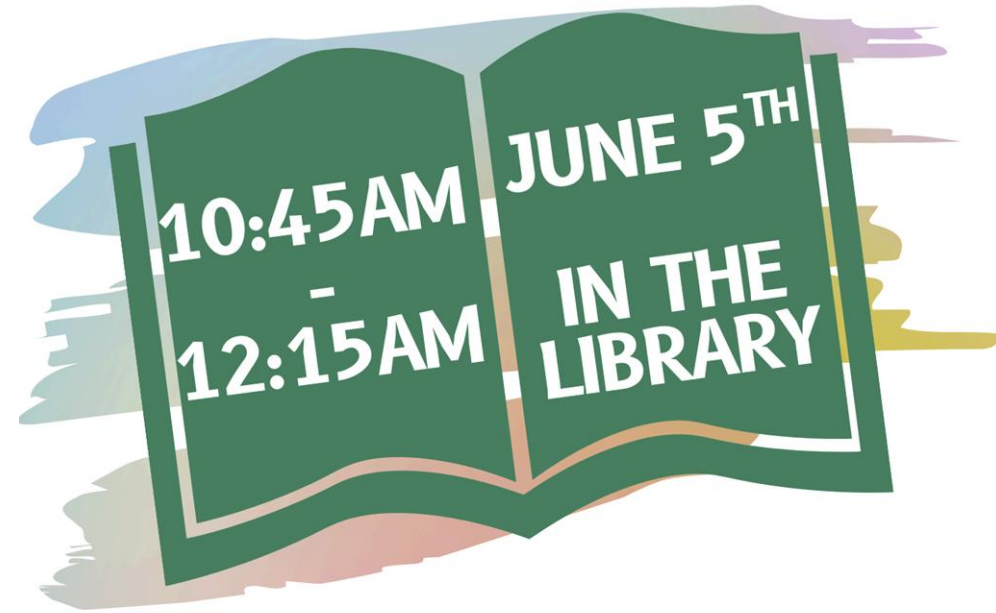
# CREATIVE WRITING CLUB AND KODIAK PRIDE PRESENT



A GUEST SPEAKER SESSION WITH

# STACEY CHOMIAK

LGBTQ ILLUSTRATOR  
AND AUTHOR



**PLEASE REACH OUT TO MS. STEWART ([SSTEWART@SD43.BC.CA](mailto:SSTEWART@SD43.BC.CA))  
IF YOU WISH TO ATTEND**



# WOODWORKING CLUB

## are you interested in joining next year?

### what is included?

- **Turning (Lathe work)**
  - *Bowls, baseball bats, pens.*
- **Furniture making**
  - *Chairs, tables, shelving.*
- **Wood carving**
- **CNC Projects**
  - *Woodworking projects through software!*
- **Small crafts.**
- **Home improvement projects.**



### we **NEED** your input!

## SCAN THE QR CODE



*The QR code will lead you to an interest survey. Please let Mr. Ferrante know your interest in the club by completing the form as soon as possible!*



# KODIAK ATHLETICS

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# Attending the Athletic Banquet ?

Last week to purchase Athletic Banquet tickets. Don't miss out on a fun evening of games, photo booths, dinner and awards

Purchase tickets on SchoolCash online. Sales extended to June 9<sup>th</sup>





HERITAGE WOODS

# ATHLETIC & BANQUET NIGHT

*A night of games, photo booths,  
dinner & athletic recognition*

THURSDAY JUNE 12 IN THE GRAND  
HALL & THEATRE

TICKETS

40\$  
PURCHASE ON SCHOOLCASH  
ONLINE

*For more information*  
email: [nrampuri@d43.bc.ca](mailto:nrampuri@d43.bc.ca)

DOORS OPEN AT 5PM  
DINNER AT 5:30 PM  
AWARDS AT 7:00PM

Event Organized by  
*M.S. Rampuri*



# INTERESTED IN JOINING THE HOCKEY TEAM NEXT YEAR?

If you are interested in joining the  
Heritage Woods Hockey Team next year,  
please fill out the form —————→

**OR**

email Mr. Ferrante a.s.a.p.

There will be a Hockey Team meeting  
Wednesday, June 11<sup>th</sup> @ lunch in room  
219.

June 11





# VOLUNTEERS NEEDED!

## UNIFIED TRACK AND FIELD

Unified Track and Field 2025  
Volunteer Sign Up



Scan QR code to sign up!

**When?** June 11<sup>th</sup> 2025

**Where?** HWSS Field

**Roles Include:**

- Set-up
- Taking students to their station
- Timing Races
- Recording Scores
- Handing out Ribbons
- Clean-up

Email [127-kdeane@sd43.bc.ca](mailto:127-kdeane@sd43.bc.ca) if you have any questions

# Girls Rugby 7s came 12<sup>th</sup> in the province!

Shout out to our Graduating Seniors who we wish only the best as they venture into the world after high school where we know they will do great things 🧡

Sioa B., Laura M., Ella H., Grace W., Safia N., Abby M., Isabelle Z.

Presidents Select XV Jersey went to Izzy Z. as she was selected as the tournament MVP from our team.

Incredible performance both offensively and defensively from Izzy!



# CAREER CENTER



# CHAMP Sustainability Mentorship Program

Calling All Future Sustainability Leaders! 🌱

Metro Vancouver's CHAMP 2025: High School Action & Mentorship Program is now accepting applications! Open to students entering grades 10 – 12 in September 2025, this program offers an incredible opportunity to build leadership skills, connect with like-minded peers and mentors, and take meaningful climate action in your school and community.

Program highlights include:

- 🌲 Four-day camp at Loon Lake Lodge (August 17 – 20) to kick off the program with team-building, leadership skills, and sustainability learning
- 🤝 Fall sessions on topics like zero waste, water conservation, and collaborative action
- 💡 Hands-on action projects with support from mentors and community leaders
- 🎓 Perks for participants: volunteer service hours, a certificate of participation, and a reference letter

Apply by May 30, 2025, and be part of the next generation of changemakers! 🌍 Find out more at [metrovancover.org](https://metrovancover.org) (search “youth events”) and on Instagram [@youth4action](https://www.instagram.com/youth4action).

**Youth4Action**  
LEADERSHIP PROGRAMS

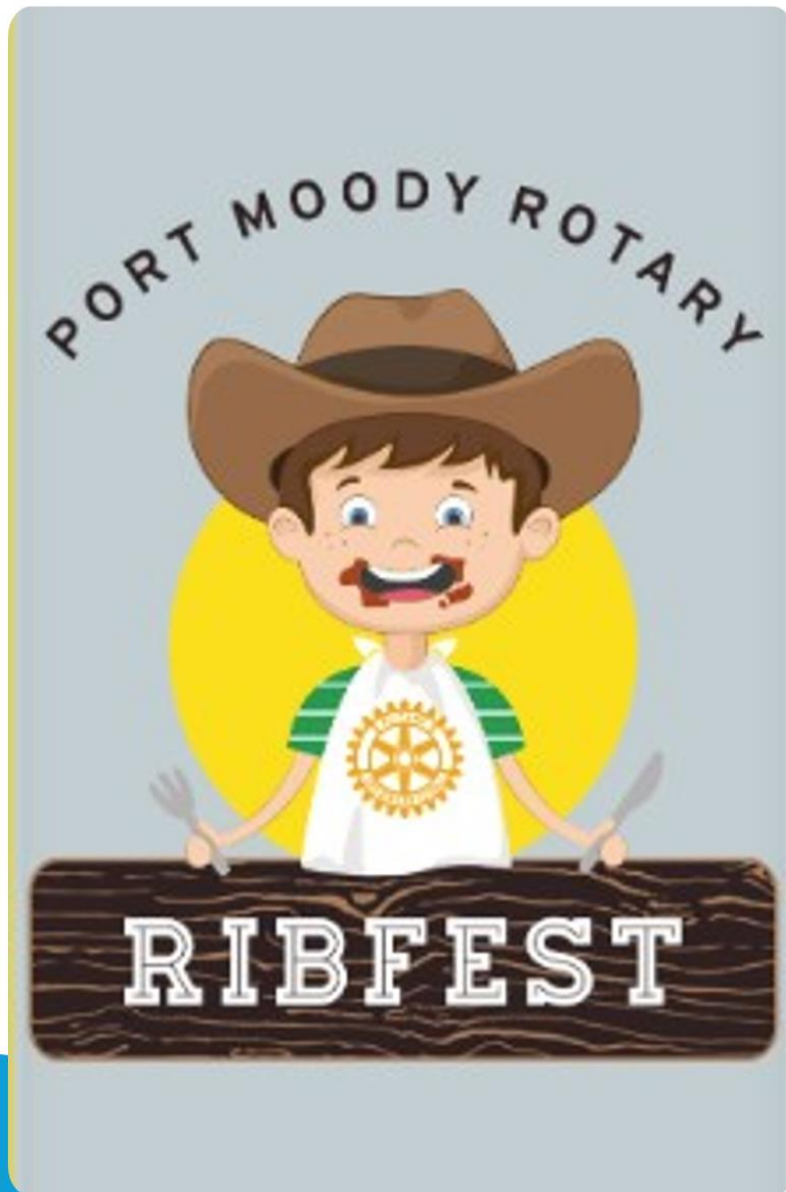


# COMMUNITY



# PUBLIC SPEAKING CONTEST

- Date/time - June 7<sup>th</sup>, 1pm-6pm
- Location - Coquitlam public library
- Great way to improve your public speaking skills, and compete with others!
- Cash prizes, and more for winners
- If interested, please email [ravisafaya@ylsbc.org](mailto:ravisafaya@ylsbc.org), or visit [ylsbc.org](http://ylsbc.org) for inquires



# Rib Fest Volunteers Needed

13 years +

Calling all fun-loving volunteers! The Port Moody Rotary wants you to be part of the excitement at the upcoming RIBFEST! Help them make this community event a smashing success. There's a host of volunteer roles available, from the green team to information technology.

- The Port Moody Ribfest 2025 is scheduled for July 18 to 20 at Rocky Point Park. The event will feature barbecue from seven ribbers, live music, a beer garden, and kids play area.

- <https://portmoodyribfest.ca/volunteer/>



Asian Arts & Culture  
Society Presents



JOIN US AT OUR FORTH ANNUAL MULTICULTURAL EVENT  
FILLED WITH FOOD TRUCKS, KIDS ZONE, AND ENTERTAINMENT

## WE ARE LOOKING FOR VOLUNTEERS!



AUGUST 9  
2025

TOWN CENTRE  
PARK  
COQUITLAM

FROM 11 AM  
TO 8 PM

TO BE A VOLUNTEER PLEASE SIGN UP ON  
OUR WEBSITE OR EMAIL US AT:

[WWW.BCDUMPLINGFEST.CA](http://WWW.BCDUMPLINGFEST.CA)  
[DUMPLINGVOLUNTEERS@GMAIL.COM](mailto:DUMPLINGVOLUNTEERS@GMAIL.COM)







**Good items, good price and good quality**

- Toys, Clothings, Furnitures, Tools, Sports Items, Books, and Electronics -

**Time: 9:00 am – 2:00 PM**

**Date: June 7th Saturday 2025**

**Location: Pinetree Rec Centre (1260 Pinetree Way)**



*The Korean Parents Groups will donate the money from this event to their schools for scholarships*

**Cash Only - Plenty of Parking - Rain or Shine**

# Join the Fun Team!

## GROUP INTERVIEWS

WEDNESDAY,  
JULY 2

THURSDAY,  
JULY 3

SATURDAY,  
JULY 5

## AVAILABLE ROLES

- Agriculture (15+)
- Bartenders (19+)
- Food & Beverage (15+)
- Games (15+)
- Lotteries (19+)
- Guest Experience (15+)
- Rides (16+)
- Public Safety (15+)
- Parking (15+)
- Ticketing (15+)
- Grounds Clean-up (15+)
- Facilities Maintenance (15+)



**APPLY TODAY!**  
[PNEjobs.com](https://pnejobs.com)

