



Tuesday
September 09, 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





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.

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.



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.



gairdner

LES PRIX CANADA GAIRDNER AWARDS

Gairdner High School Symposium

see Mr. Baldus for more information

- Organized by the Centre for Molecular Medicine and Therapeutics, the [Gairdner High School Symposium](#) is a half-day event held each fall that gives secondary students and teachers the opportunity to interact with [Gairdner award-winning scientists](#) and BC Children's Hospital researchers.
- This event is scheduled for **Monday, October 20, 2025**. Grade 10-12 students can participate [in-person](#) or [virtually](#) in real-time.
- The registration form will be posted for 14 days from **Monday, September 8, 2025 at 9:30am PST to Sunday, September 21, 2025 at 11:59pm PST**. Students can submit the registration form any time during this week. For more information, see the <https://cmmt.ubc.ca/2025/07/02/2025-gairdner-high-school-symposium-monday-october-20-2025/> or contact Jessica Shum jshum@cmmt.ubc.ca

Mini Med School 2025

Exploring Rare Diseases: Discovery to Treatment



- Join us for Mini Med School 2025 – Exploring Rare Diseases: Discovery to Treatment, presented by Co-Deans [Dr. Kelly Brown](#) & [Dr. Bruce Carleton](#). Together, we will explore the world of rare diseases, examining the challenges in diagnosis, treatment, research, and patient support. We'll also look ahead to the future, uncovering how emerging technologies are revolutionizing clinical care and how scientific breakthroughs are shaping global health policies.

This four-week lecture series will be scheduled from **6:30-8:00 pm** on the following Wednesdays: **October 22, October 29, November 5 and November 12**. Grade 11-12 students from across BC and the Yukon will have three ways to participate:

Mini Med School In-Person: Interact with researchers and clinicians in-person at BC Children's Hospital.

Mini Med School Virtually Live: Engage with researchers and clinicians at BC Children's Hospital virtually in real-time.

Mini Med School On-Demand: Participate when it works for you! Watch previously recorded lectures online.

- The Mini Med School application process is competitive and comparative. We're looking for motivated and inquisitive students who show a demonstrated interest in being part of this unique program. Your selection will depend on your answers to the application questions. Students will also need to list a sponsor teacher to support their application.

The registration form will be posted from **Monday, September 15, 2025 at 9:00am PST to Friday, September 26, 2025 at 11:59pm PST**. Students can submit the registration form any time during this period. For more information, see the [Mini Med School website](#) and [FAQ](#).

For questions about Mini Med School, please email researchevents@phsa.ca

- <https://bcchr.ca/events/mini-med-school/mini-med-school-vancouver>
- Questions? See Mr. Baldus

Discovery Days in Health Sciences

- Organized by the Canadian Medical Hall of Fame and hosted by BC Children's Hospital Research Institute, [Discovery Days in Health Sciences](#) is a one-day event that gives secondary school students and teachers the opportunity to explore a variety of career options in medicine and the health sciences. The day includes a dynamic keynote lecture, hands-on workshops, and a career panel discussion. Students gain a clear picture of what it would look like to be a health professional by interacting with researchers, clinicians and educators in their real-life work setting.

This event is scheduled for **Thursday, November 6, 2025**. Teachers or guidance counsellors must first [register their school](#) to be contacted for student registration. School registration will open on **Friday, September 12, 2025**.

For questions about Discovery Days, please see Mr. Baldus as we can only send 2 students.



Volunteer Opportunity Community Terry Fox Run

- Looking for volunteers to help with the community Terry Fox Run on Sunday, September 14th
- We have several opportunities for energetic and enthusiastic Grade 11 and 12 students to gain volunteer hours.
- Interested in volunteering? Complete this form for the Volunteer Coordinator Peter Kobayashi

<https://forms.office.com/r/V5bMqTzkaW>

STUDENT COUNCIL

Roles and Responsibilities

- be a role model to Heritage Woods students and represent the school mission statement
- listen to students' opinions and bring suggestions to the council
- bring positive changes to the school environment

Application forms Due Monday, Sept 15TH

Scan the QR code to access application.



Club Application Form 2025-2026



Clubs Day Tuesday, Sept. 23 in the Grand Hall at lunch

- If you are interested in joining a club, you will have the opportunity to sign-up at lunch in the Grand Hall. Clubs will have booths set up for you.
- **Are you interested in starting or running a club at HWSS this year?**
- Scan the QR code and complete the club application form to get your club started.
- Clubs Day Sept. 23 – make sure to complete this form so that your club will be promoted.



Senior Sail Grad Event

Wednesday September 17, 2025

Tickets (\$95) will be available for purchase in your School Cash Online Account beginning on September 3rd at 9:00am as long as you have completed your School Policies and Procedures by 8:00am that day.

Please note that if you complete your School Policies and Procedures form after September 3rd at 8:00am, the tickets will not appear in your account until the school day AFTER you complete the forms.

Ticket sales close on **September 10th** and we have a limited number for this event so purchase yours early **BEFORE** they sell out!

Heritage Woods Secondary

INFORMATION FOR
STUDENTS AND FAMILIES



IMPORTANT GRAD DATES

Grad Portrait Sessions & Video Opportunity: Tues. Oct. 14th – Sat. Oct. 18th, Mon. Oct. 20 – Thu. Oct. 23rd, 2025

Buddy Photo Sessions (Max 10ppl): Saturday Oct. 18th, 2025

Grad Retakes: Thursday Nov 20th, 2025

Family Portraits: TBD – Spring 2026 – Please email info@gradsbc.com if you would like to be notified when this booking link becomes live.

Grad Cap and Gown Yearbook Portraits + Fashion Photos
AND Buddy sessions are quickly approaching!

For More Info & to Book your Preferred Session Time, please visit:
www.gradsbc.com/school/htw

If you have questions, please contact GradsBC directly: [**info@gradsbc.com**](mailto:info@gradsbc.com)

New Music Students

Instrumental and Vocal Students

**If you are interested in joining a music class,
and don't have a Period 1 class
please sign-up with a
music teacher asap (102/103)**



It's not too late to sign-up!

JJB, STR, & VJ Students – Second Class

3:30 pm

Room 102

Junior Jazz Band – Tuesday, Sept. 9th, 3:30pm

Vocal Jazz – Tuesday, Sept. 9th,

String Orchestra – Tuesday, Sept. 9th, 5pm

Bring your instrument and pencil.



Music Students & Parents

Instrumental and Vocal Students (not guitar)

Meeting

Wednesday, Sept. 10 – see email

6:00 pm potluck – see sign outside music room

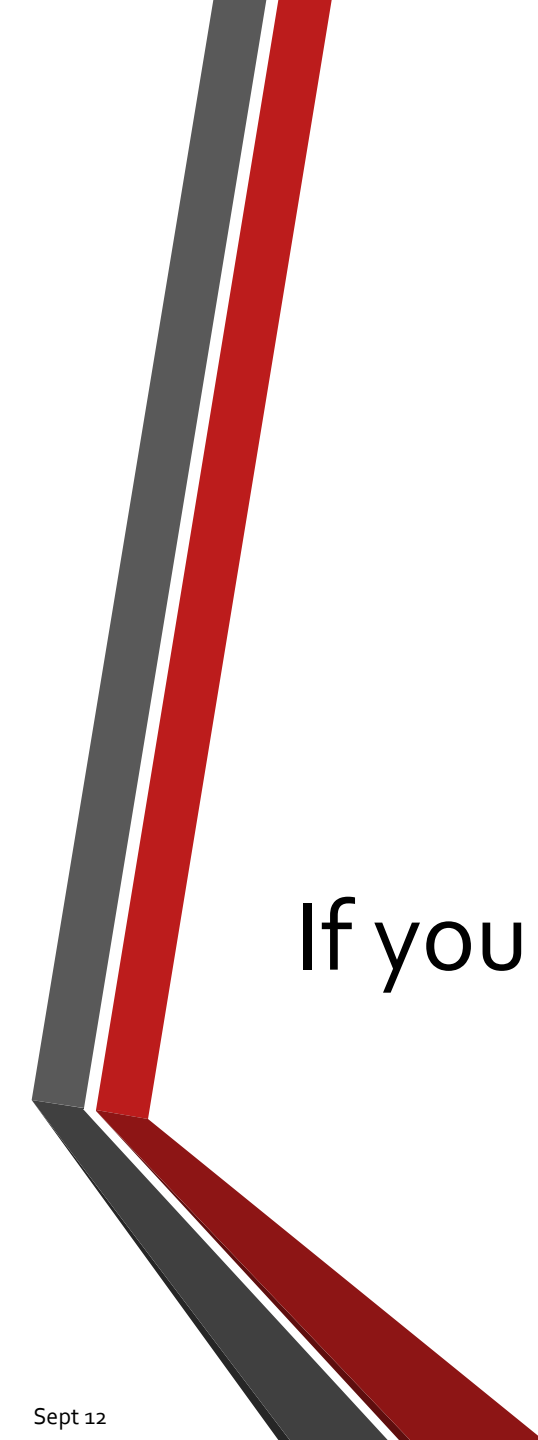
7:00 pm – grade 9 and new students & parents

7:30 pm – Everyone – grade 9-12

HWSS Theatre

For all Band (Concert and Beginners), Jazz Band, String (Orchestra),
Concert Choir, and Vocal Jazz Students.





Theatre Production
First Class is Friday, September 12th at
3:40 - 5:30pm in the theatre.

If you have signed up or want to join, please attend!

KODIAK ATHLETICS



HWSS Field Hockey Team

Calling all girls from all grades who are interested in playing field hockey.

Please sign-up using the QR code and check your school e-mail for information regarding this year's team in the upcoming weeks.

HWSS Field Hockey Team 2025



Meeting this wednesday in room 311 at lunch!

KODIAKS AQUATICS

**INFORMATION
SESSION**

**WEDNESDAY
SEPTEMBER 10
LUNCH
ROOM 215**

**PLEASE COMPLETE THIS FORM IF YOU
ARE INTERESTED IN JOINING THE TEAM**

Kodiaks Aquatics 2025





Volleyball Week #2

Tryouts & Practices

Times	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
3:40	3:15pm 9GV/JGV	9GV/JGV	9GV/JBV	9GV/JBV	
5:25	5:00pm JBV	(6pm)SBV	(6pm)SBV		
7:10	6:45pm SGV		SGV		

Senior and Junior Boys Soccer Try-Outs

Senior and Junior Boys soccer try-outs will take place on Tuesday September 9th and Thursday September 11th on the Heritage woods turf at **3:40 pm to 5pm.**

Please be on time and ready to go. If you have not already signed up on the QR codes outside of the PE office, please do so ASAP for updates and reminders.



CAREER CENTER





A program of  **Rivershed**
Society of BC

Watershed Workforce: Lower Fraser

A FREE 2-Day Overnight Experience for Youth (Ages 15–20)

Langley and Coquitlam, BC • September 27-28, 2025



Explore the Fraser. Discover Your Future.



Day 1:

Get hands-on with a local project that contributes to watershed health—and learn about careers in the Watershed Workforce.



Day 2:

Paddle in a Voyageur canoe with local experts and knowledge holders.



Space is limited,
register soon!

www.rivershed.com

Scholarship Meeting for Grade 12 students

Scholarships



- Wednesday September 17th
- At Lunch in the Library
- We will go over where to find scholarships and what you need to be ready to apply then scholarships requiring school nomination: Schulich, U of T Book Award, Queen's Chancellor, Lester B Pearson and more
- Big money to be had!!
- You cannot win if you do not apply!