



Thursday
September 11, 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.**





Transitions Tutorial Has Begun! Your schedule is as follows:

If your off block is:

Block 1: Monday, Wednesday, Thursday, Friday (second half of Block 1)

Block 2: Tuesday, Thursday (during FLEX)

Block 3: Tuesday, Friday (first half of Block 3)

Block 4: Tuesday, Thursday (during FLEX)

Block 5: Monday, Tuesday, Wednesday, Thursday (first half of Block 5)

Any questions, see Ms. Seiler in Room 234 or email pseiler@sd43.bc.ca

We Need You!

JOIN THE SUSTAINABILITY LEADER COUNCIL (DSL)

Do you have a passion for making our world more sustainable?

Who is DSL?

The DSL brings together students from Middle and Secondary schools to take the lead in driving climate action and shaping a sustainable future.

What we offer:

- Develop leadership skills by organizing district-wide sustainability events
- Share your ideas and influence how schools take climate action
- Build connections and make an impact in your school and community

Your main commitment:

- Attend our monthly meetings - The 1st Wednesday of each month, 3:30 - 4:30 pm on Microsoft Teams

Let's do more things like:



Clothing Swap



Landfill Field Trip



Eco Week Challenge



Garden Clubs



Email **Mr. Pettyfer** our District's Energy and Sustainability Manager if you want to join us to get an invitation to our **first meeting on October 9, 3:30 pm.**



INTERESTED? BE PART OF THE MOVEMENT!

EMAIL: apettyfer@sd43.bc.ca or let your principal know you're interested

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.

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.

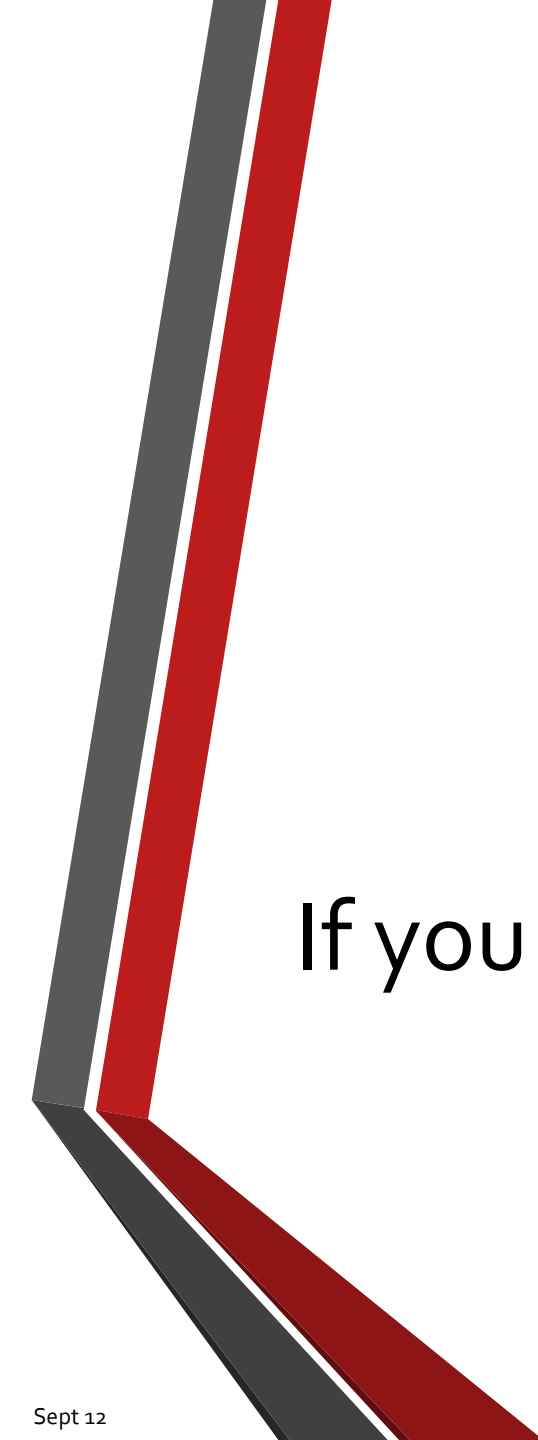


Club Application Form 2025-2026



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.



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!

Terry Fox Run Info

- FRIDAY SEPT 26TH AFTER PERIOD 3
- IF EVERYONE BRINGS \$2, WE WILL EXCEED OUR

GOAL OF **\$2600**

**"I want to try the
impossible to show that it
can be done "**

-Terry Fox



SCAN TO DONATE:



KODIAK ATHLETICS



Races are Wednesday
afternoons starting
September 17th
at Mundy Park.

Please see Mr. Castonguay
lcastonguay@sd43.bc.ca if you have
any questions.

Cross Country Roster Sign Up 2025



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:

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



Post-secondary info sessions

- Sept. 15 3:30pm Library
- September 24 lunch Library
- September 24 6pm Virtual
- September 29 6pm Burnaby
- October 01 9 – 10:30am Riverside Gym
- October 14 lunch Room 109
- October 17 lunch Room 109
- October 20 lunch Room 109
- October 27 5pm Virtual
- October 29 lunch Grand Hall
- October 29 lunch Grand Hall
- University of Toronto info session
- SFU info session
- Common App walkthrough info session
- Canadian Universities Fair
- Canadian Universities Fair
- U Victoria info session
- SFU Beedie Info Session
- Uvic Gustavson Business info session
- UBC PharmaSci Info Session
- Queen's University info table
- McMaster Info Table



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!

COMMUNITY





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>

Earn some easy volunteer hours !

- Community event in Anmore
- Sunday, September 14th, Anmore Community Hub
- Choose your own time of volunteering
- Free lunch & more . . .
- Limited Spots! Everyone is welcome to sign up



Ma Murray Day Volunteering



Sign up form