



**Tuesday**  
**September 16, 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



# 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.

Please take pride in our  
school and keep it clean!



# CLC 12 FLEX MEETINGS

- **Mr. Aitken** – **Wed.Sept.17<sup>th</sup>** – **Room 240**
- **Mr. Baldus** - **Tues.Sept.16<sup>th</sup>** - **Room 316**
- **Ms. Ferrer** – **Tues. Sept. 16<sup>th</sup>** – **Library (original class)**  
**Wed. Sept. 17<sup>th</sup>** – **Library (New class)**
- **Ms. Jarvis** – **Tues. Sept. 16<sup>th</sup>** – **Theatre**
- **Ms. Johal** – **Wed.Sept.17<sup>th</sup>** – **Gym**
- **Ms. Lee** – **Thurs. Sept. 18<sup>th</sup>** – **Room 244**
- **Ms. Paisley** – **Wed. Sept. 17<sup>th</sup>** – **Room 232**
- **Ms. Ross** – **Wed. Sept.24<sup>th</sup>** – **Room 238**
- **Ms. Saloustros** – **Thurs. Sept. 18<sup>th</sup>** – **Mat Room**
- **Mr. Smith** – **Wed. Sept. 17<sup>th</sup>** – **Room 213**
- **Ms. Wiebe** – **Wed. Sept.17<sup>th</sup>** – **Room 305**

**\* If you can not make your CLC meeting please email your teacher.**



## 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](mailto:pseiler@sd43.bc.ca)

# 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:



# CLUBS



● CLUB'S DAY ●

# SOAP CLUB

## PEER TUTORING

**23**  
**SEP**

**LUNCH 12:15-12:55**  
**GRAND HALL**



[@HWSOAPTUTORING](https://twitter.com/HWSOAPTUTORING)

# Pet Pals Club

- Meet new friends
- Volunteer at animal shelter
- Fundraising
- Donation drives

Teams code: pe5mh7g

Email: 127-

rzhang2@sd43.bc.ca



@PETPALS.HWSS



# KODIAK ATHLETICS



# Join the Curling Team!

- No experience/tryouts needed
- Try it for **free!**
- Scan the QR code/email [127-mfung@sd43.bc.ca](mailto:127-mfung@sd43.bc.ca) to sign up



Curling Team Sign Up



Races are Wednesday  
afternoons starting  
September 17<sup>th</sup>  
at Mundy Park.

Please see Mr. Castonguay  
[lcastonguay@sd43.bc.ca](mailto:lcastonguay@sd43.bc.ca) if you have  
any questions.

Cross Country Roster Sign Up 2025



# 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

# PORTDAY

SATURDAY, SEPTEMBER 27 2025

12:00 P.M. - 5:00 P.M.

CANADA PLACE, VANCOUVER

BALLROOMS A&B

Presented by



PORT of  
vancouver

Vancouver Fraser  
Port Authority

**Calling all Grade 11 & 12 students!**  
**Join us at Port Day in the Maritime Career Zone**

sponsored by



**Set sail on an exciting career journey at the Port Day  
Maritime Career Zone!**

Whether you're drawn to the call of the sea or prefer to stay anchored on land, the maritime industry offers a vast ocean of opportunities. From navigating ships to managing port lands and funds, there's a role for everyone. Dive into your future!

Speak to organizations such as:

- Canaan Group
- Department of Fisheries and Oceans Canada
- Fraser River Pile & Dredge
- BC Coast Pilots
- Royal Canadian Navy
- Transport Canada
- Western Maritime Institute

[www.canadaplace.ca/portday](http://www.canadaplace.ca/portday)

For more information, please contact: [portday@portvancouver.com](mailto:portday@portvancouver.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!

# SFU Beedie on Campus information session

- **This event will include:**

- A sample lecture led by a SFU Beedie faculty member
- An introductory case competition offering students the chance to collaborate and demonstrate their critical thinking skills
- A student panel to learn about current students' journeys
- Optional campus tours guided by our current students
- Complimentary lunch, where students can connect with peers and our recruitment team

- **Through these experiences, students will:**

- Gain inspiration about the diverse career paths a business degree can unlock
- Explore how SFU Beedie combines academic excellence with experiential learning opportunities
- Connect with like-minded peers across the Lower Mainland and current SFU Beedie students
- Build direct connections with our recruiters, who will support them throughout the application process
- *Could use this experience on their Supplemental Application*

- **Event Details:**

- **Date:** Friday, October 24<sup>th</sup> (BC-wide Pro-D Day)
- **Time:** 9:00am – 3:00pm (optional campus tours from 3:00pm – 4:00pm)
- **Location:** SFU Burnaby Campus
- **Registration Link:** <https://www.eventbrite.com/e/discover-sfu-beedie-tickets-1373656426349>
- Registration for this event is open now and closes on **September 28<sup>th</sup>**. Seats are limited: 80 students will be selected to attend. Students will be required to fill out a registration form outlining their academic and extracurricular achievements.



# Student on campus Pro-D day event at SFU

- **Discover programs in SFU's Faculty of Environment**
- **Environmental Science:** Solving the climate crisis: Get the tea on the impacts of fossil fuels and how we can reduce carbon emissions
- **Physical Geography:** Earthquake myths and reality — what does geoscience really say about the earthquake threat in Vancouver?
- **Geographic Information Science:** From hoverboarding on Mars, to lasers of the lost art: adventures of an applied GIScientist
- **Resource and Environmental Management:** Wildfire: the good, the bad and the ugly
- **Resource and Environmental Management (Planning Program):** Creating sustainable communities: Think like a city planner
- **Archaeology :** Secrets of the dead: Solve a mystery like a forensic anthropologist
- **Human Geography:** The secret life of the anchovy, the most important fish in the world?
- **Urban Worlds (urban geography):** Dynamic places and urban spaces: See how cities change through the eyes of a geographer
- **Register now to reserve your seat!**
- <https://www.sfu.ca/fenv/students/prospective-students/undergraduate/discovery-day.html>

**SFU** FACULTY OF ENVIRONMENT

## SFU ENVIRONMENT DISCOVERY DAY

Join SFU professors and students for a free, fun and informative day of hands-on mini lectures and lab activities

**Date:** October 24<sup>th</sup>  
**Time:** 9:30AM – 2:15PM  
**Where:** SFU Burnaby Campus



# UBC Engineering events for high school students

- We're inviting you to a series of upcoming virtual events. These are a great opportunity to learn what it would be like to study engineering at UBC and be part of one of the top engineering programs in Canada and the world.
- Our student recruitment staff will share information on:
  - What engineering is all about
  - What makes UBC Engineering stand out
  - The kinds of engineering students can study at UBC (spoiler alert: we offer more programs than almost any other university in Canada!)
  - Opportunities to gain experience through co-op, international exchanges, student design teams and more
- <https://engineering.ubc.ca/event/2025/ubc-engineering-everything-you-need-to-know?>



THE UNIVERSITY OF BRITISH COLUMBIA

**Engineering**

Faculty of Applied Science

