



Monday
September 22, 2025

Heritage Woods
Secondary

“WE ARE KODIAKS”



FRIDAY SEPTEMBER 19, 2025

PRO -D DAY

NO SCHOOL!

ENJOY YOUR WEEKEND!



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.

CLC 12 FLEX MEETINGS

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

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



Songwriting Club!

Do you like singing?

Do you like writing lyrics?

Do you like to work collaboratively?

Do you like creating original songs?

All are welcome!

Clubs Day in the Grand Hall
– sign up and don't miss out!

Sept. 23

Singing/Karaoke Club

Do you like singing?

Do you like
performing?

This could be the club for you!

Clubs Day in the Grand Hall
– sign up and don't miss out!

Sept. 23





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)

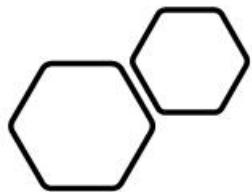
Block 2: Tuesday, Thursday (during FLEX)

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



Students from Family Studies will be walking around the school wearing a pregnancy belly and/or caring for robotic babies.

Please treat them as though they are a real infant.



CLUBS



Join Quilting Club at clubs day on Sept. 23!!



Follow us on insta



Join the teams

email for more info:
127-tcadette@sd43.bc.ca
teams code: w60iag7

- Free volunteer hours
- Make fun quilts
- Easy for beginners and experienced sewers



HWSS

JOIN EVENTS COUNCIL

We will see you on
CLUBS DAY, September
23rd at **Lunch** in the
Grand Hall.

- **Volunteer at school wide events**
- **Gain plenty of volunteer hours**
- **Opportunities for you to be a future executive**
- **Looks great on UNIVERSITY APPLICATIONS**

Teams Code: x y n t x i t



H W S S

EVENTS COUNCIL

NON-PROFIT ORGANIZATION

- VOLUNTEER AT SCHOOL WIDE EVENTS
- GAIN PLENTY OF VOLUNTEER HOURS
- OPPORTUNITIES FOR YOUR TO BE A
FUTURE EXECUTIVE
- LOOKS GREAT ON UNIVERSITY
APPLICATIONS

See you in the
GRANDHALL on
September 23rd @LUNCH

QR for **TEAMS**:



TEAMS CODE:

xyntxit

Clubs Day – Tuesday, Sept. 23

MAKE SURE TO CHECK OUT THE
DIFFERENT CLUBS THAT WILL BE
RUNNING THIS YEAR AT CLUBS
DAY.

**TUESDAY, SEPT. 23 AT LUNCH
IN THE GRAND HALL**

If you are interested in starting a
club at the school this year, scan
the QR code:



Application Form 2025-2026



ECONOMICS CLUB

- Compete in elite university competitions and earn recognized certificates.
- Elevate your academic profile and enhance your university application with unique experiences.
- Ideal for those pursuing business/economic majors!



EMAIL 127-AHE@SD43.BC.CA





SOAP CLUB

• CLUBS' DAY •

BE A TUTOR!



23
SEP

LUNCH 12:15-12:55

GRAND HALL



@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



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