



Wednesday
September 24, 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.



Europe 2026 Greecian Odyssey

*Spring Break
Spring Break*

Please see Mr. Castonguay in the

PE office to get an application.

CLUBS



Creative Clash!

Teams Join Code: w8jenoy



Edit photos with NO EXPERIENCE and ANY APP and win cool prizes like gifts cards, snacks, and money in a friendly competition!

Tennis club

- **Why Join the Tennis Club?**

- Improve your tennis skills
- Meet new people & build a community
- Compete or just play for fun!

- **Who can join?**

Everyone is welcome!

- **What you need:**

Tennis racquet (We'll provide balls & organize matches)

- Email 127-apark2@sd43.bc.ca

Tennis Club Form



JOIN US TO:

**TO HELP
INTERNATIONAL
STUDENTS**

- **GIVING ADVICE
ON SCHOOL LIFE**
- **BE A SPEAKING
BUDDY**

HWSS
**GLOBAL
STUDENT
CLUB**

**Teams code:
vuxvc71**



127-apark2@sd43.bc.ca
@127-KAGHAJARI@SD43.BC.CA
@127-skoo@sd43.bc.ca



STOCKS CLUB

• LEARN HOW TO:

○ Day trade

- Candlestick Pattern
- Risk Management
- Options Trading
- *And more!*

○ Invest

- Look at Company's financials
- Learn how can companies manipulate shares
- Learn about different industries
- *And more!*

**Meetings on
Monday Lunches
at Room 301 (Mr.
Father)**



Team:
Code: Swngqt



Join us on Instagram



Compete:

• CLUB STOCK SIMULATION FOR MONEY

- Competitions like:
JA Stock Market Competition
- **SIFMA** Stock Market Game
- **Trading Day** by Steven's Institute of Technology



Join and
Escape the
Matrix

Join the Creative Writing Club

Wednesdays at
lunch in 216a!

Scary Story Contest

The contest welcomes writers from the Tri-Cities in two age categories: 11 to 14, and 15 to 18

Each entry must include three key words:

- Ashen
- Grim
- Unearthly

Word Limit: 500

Submission Guidelines

Deadline: Sunday, Oct. 19, 11:59 pm

Full details at
coqlibrary.ca/scary-story/

Business SKILLS Club



- ✓ Stocks Trading
- ✓ Business Pitches
- ✓ Keyboarding
- ✓ Public Speaking

APPLY NOW!

Teams Code: 932dyn6

 [hwss.business_skills](https://www.instagram.com/hwss.business_skills)

A close-up photograph of white chess pieces on a dark board. The pieces are in sharp focus, including a king, a queen, and a knight. The background is blurred, showing other pieces and the board's surface.

Chess club

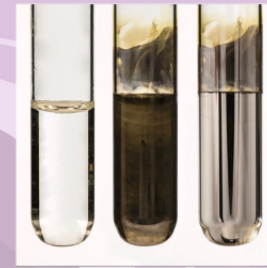
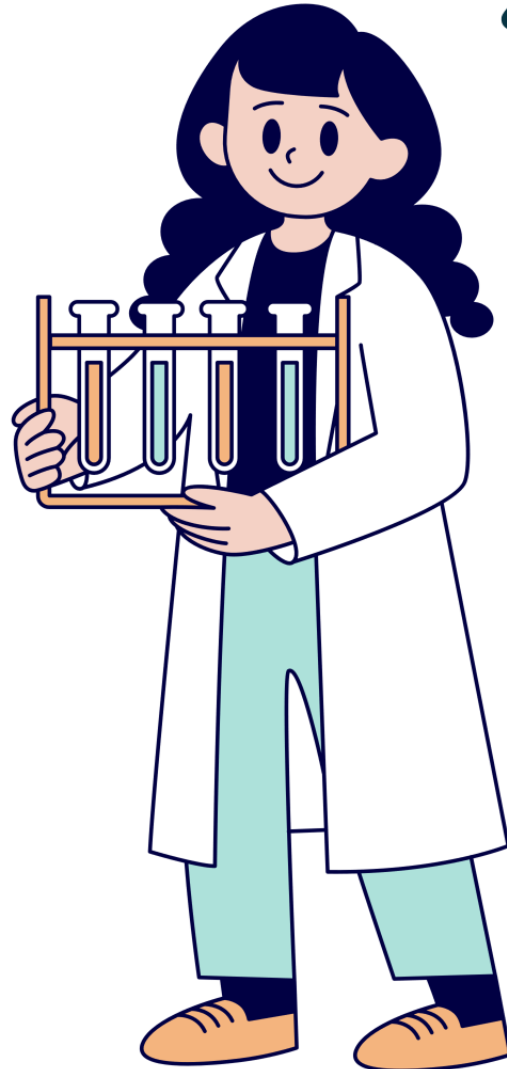
All levels welcome

- Lunch in **Room 308**
- Drop in format (bring lunch)
 - Have fun 😊

LAB EXPLORES

SCIENCE

WE ARE LAB EXPLORES, IN OUR MONTHLY MEETING WE ARE GOING TO DO EXPERIMENTS LIKE LAVA LAMP, ELEPHANT TOOTHPASTE, SILVER MIRROR AND LEMMON BATTERY, JOIN OUR TEAMS IF YOU ARE INTERESTED IN LAB EXPERIMENTS!



JOIN OUR TEAMS!
TEAMS CODE:

343gut8



CONTACT I27-KLEE5@SD43.BC.CA
IF YOU HAVE ANY QUESTIONS

Pause for a Cause

*Mental health **deserves** a mic.*

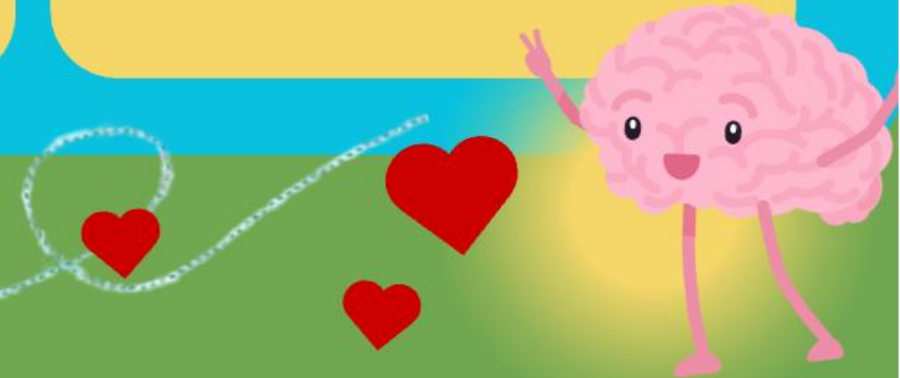
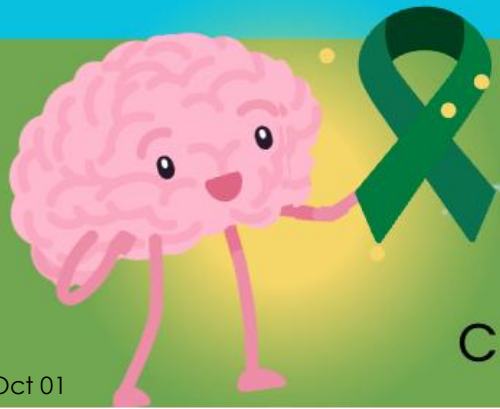
Pause for a Cause Club helps YOU become an active community member by advocating for **mental health**, raising funds, and supporting charitable donations.

Every Tuesday at lunch
from **12:15-12:30** in room
#310

To join please contact us!

127-Enejatiani@sd43.bc.ca
127-Alee2@sd43.bc.ca
127-Aghag@sd43.bc.ca

Follow our instagram!
@PauseforaCause.HWSS!!



Come find us in the Grand Hall on September 23rd!

WANT TO JOIN A BAND
WHICH CAN INCLUDE ANY
MUSIC GENRE?



**Earn volunteer
hours!**

GET A SAY IN WHAT
SONG YOU PLAY?

then, join the

Music Disc Ensemble!

we need vocals as well as
instruments, so please join if
you are willing to sing!

*you MUST have musical
experience

QR code to join:



if you have an instrument,
please bring it as we will not
be providing them.

contact 127-jdragun@sd43.bc.ca

or 127-Laquino@sd43.bc.ca

Follow our club on Instagram:

[@hwssmusicdiscensemble](https://www.instagram.com/hwssmusicdiscensemble)

for more info!

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!

Teams Code:
uobx3kr



EMAIL 127-AHE@SD43.BC.CA

Insta: [@economics_club_hwss](https://www.instagram.com/economics_club_hwss)

CAREER CENTER



SFU IS COMING TO HERITAGE

- Wednesday Sept. 24
- Lunch in library
- If you are thinking about applying you need to be here.
- Bring your questions and learn what you need to know about this highly ranked university and its diverse programs
- Wondering about what programs they offer?
- Important dates & deadlines, NEW admission requirements for all programs (GPA), scholarships, Beedie supplemental application and more.



Education USA Common App walkthrough for students

- Are you considering post-secondary in the US? Common App is used by many US schools for applications.

- Wednesday Sept. 24, 6 - 7pm.

- Join Zoom Meeting
<https://fulbrightcanada.zoom.us/j/85163435529?pwd=BsQoKDXIXPCoUOLbiJPnp3HxNPQo5S.1>

View meeting insights with Zoom AI Companion
<https://fulbrightcanada.zoom.us/launch/edl?muid=0ad292c2-b460-4472-876f-8116df655150&from=chext>

Meeting ID: 851 6343 5529
Passcode: 117178



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