



**Monday**  
**September 29, 2025**

**Heritage Woods  
Secondary**

**“WE ARE KODIAKS”**



# Truth & Reconciliation Assembly

## BELL SCHEDULE

Monday, September 29, 2025

Block 1	8:00 – 9:12
Block 2	9:16 – 10:23
<b>FLEX (performance)</b>	<b>10:23 – 11:13</b>
Block 3	11:17 – 12:24
<b>LUNCH</b>	<b>12:24 – 1:04</b>
Block 4	1:08 – 2:15
Block 5	2:19 – 3:26



# 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.*

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# Singing/Karaoke Club

Do you like singing?

Do you like performing?

This could be the club for you!

First Meeting, Oct. 1 in  
Music 103

Check out TEAMS for those that  
have signed up.



# JAZZ CLUB

First meeting - Mon, Oct. 6

Room 102 (music room)

All are welcome.

Check out TEAMS for those that have signed up.





# Songwriting Club!

First meeting - Friday, Oct. 10

Room 102 (music room)

## All are welcome!

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Bring your ideas and lyrics you may have!

Check out TEAMS for those that have signed up.

# Music Uniforms

Instrumental and Vocal Students (not guitar)



## Uniform orders Are Past Due!!

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

### **Note:**

**Anyone in SCB, CC, & VJ should have their tie and shirt now for our performance on Monday. See teacher immediately.**



## Student Council Meeting

- All student council applicants need to attend a meeting on Wednesday, Oct. 1 at lunch in the library.

# CLUBS



# 2025-2026 Clubs List

Club Name	Teacher Sponsor	Club Name	Teacher Sponsor
Act to impact	Ms. Mirfakhraie	Jazz Club	Ms. Fester
Anmore Youth Club	Ms. Thiele	Karaoke Club	Mrs. Fester
Applied Marketing Association	Mr. Sather	Kodiak Culture Club	Mr. Moretti
Art Club	Mr.Ting	KWAP (Kodiaks with a Purpose)	Ms. Jarvis
BIOS Club	Ms. Weinkam	Lab Explorers	Mr. Sun
Business Skills Club	Mr. Sather	Medical Research Club	Mr.Esau
Cars Club	Mr. Ferrante	Multicultural Club	Ms. Lee
Chemistry Club	Mr. Hung	Music disk ensemble club	Mrs. Fester
Chess Club	Mr. Sun	Musical Concert Club	Ms. Weinkam
Christian Club	Mr. Noble	Operation kindness	Ms. Whistler
Coding Club	Mr. Blake	Pause for a Cause	Ms. Fernando
Connect Crew	Senora Roche	Pet Pals	Ms. Chan
Creative Clash	Ms. Vickerson	Physics Club	Mr Khalili
Creative Writing	Ms.Stewart, Ms. Hartley	Pride Club	Ms. Stewart, Ms. Gray
Dance Club	Ms. Jarvis	Quilting Club	Ms. Gray
Debate Club	Mr. Chaffee	Robotics Club	Mr. Au Lange
Dungeons and Dragons Club	Mr. Blake, Ms. Nezil, Ms. Gray	Ski and Snowboard	Mr. Moretti & Ms. Fernando
Economics Club	Mr. Sather	SOAP Peer Tutoring Club	Mr. Zenone
Environment Club	Mr. Modder	Songwriting Club	Ms. Fester
First Responder Club	Mr Baldus	Stock Trading Club	Mr. Sather
Food for the Soul	Ms.Kim	Table Tennis Club	Ms. Chan
Fun Run Club	Mr. Castonguay	Tennis Club	Ms. Powell
Global Student Club	Ms. A. Lee	The BioFuture Club	Mr. Baldus
Health science club	Mr. Moretti	The Kool Kodiak Pack	Ms. Powell
Helping Hands	Ms. Fisher	Theater Improv Club	Ms. Walters & Mr. Ross
Heritage woods model United Na	Mr. Chaffee	Uno	Miss Lee
History Club	Mr. Chaffee		
Host Club	Mr. Chan		

- **First meeting will be in room 216A at lunch on October 2nd!**
- **Come stop by to see what we're all about.**
- **You can win free books, and get help with university applications!!**



**HWSS  
Creative  
Writing Club**

# B.I.O.S

## BIOLOGY INNOVATION OUTREACH SOCIETY

### Hands-On Biology:

DNA labs, CSI mysteries, workshops & crafts

### Exclusive Partnerships:

Collaborate with UBC Biology, Botany, Zoology, UBC BioSociety & hospitals!

### Fun + Friends:

Socials, boba parties, prizes, and welcoming team

### Real-Life Experience:

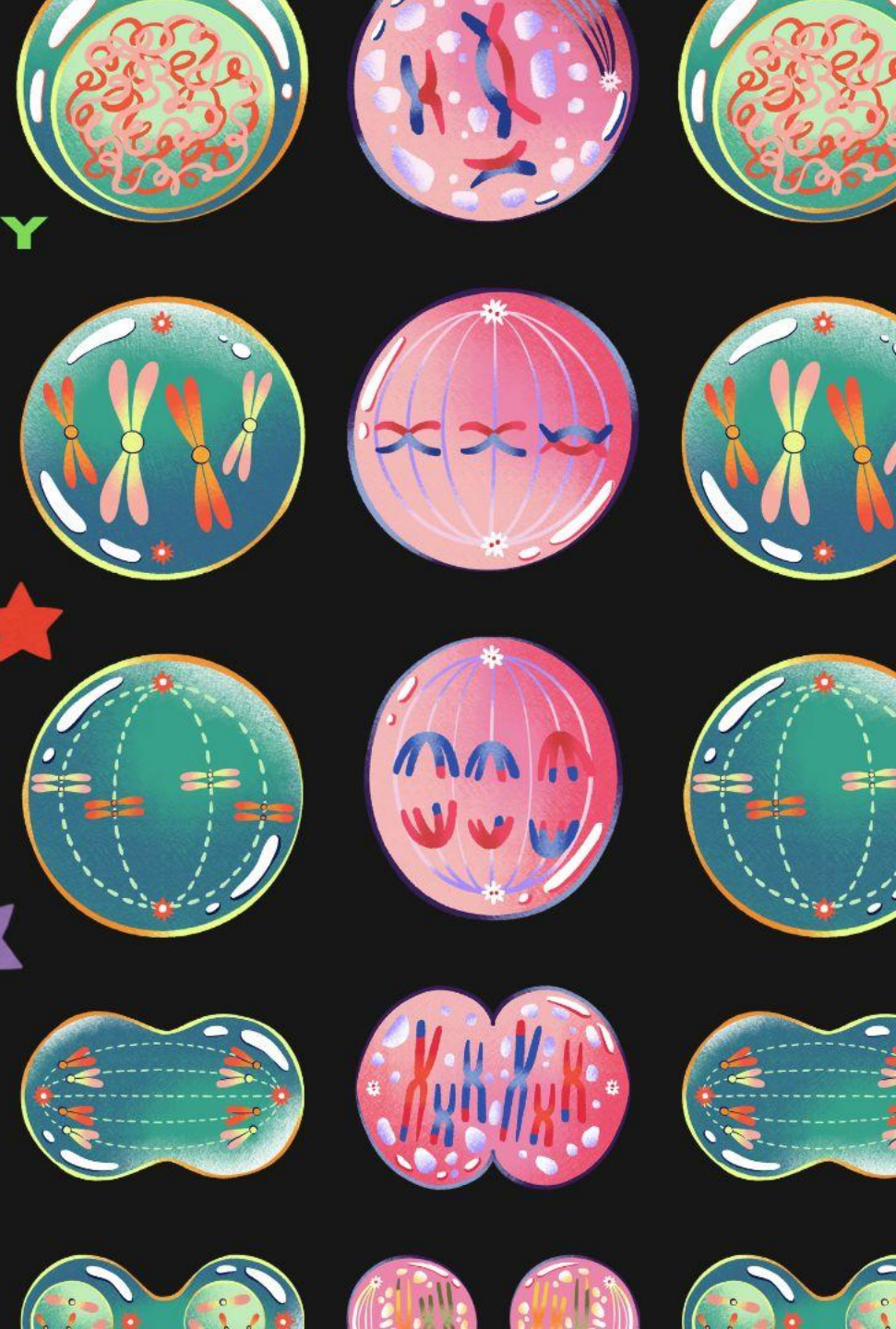
Shadowing, internships, outreach, clinic tours, community projects

### Boost Your Resume:

Unique activities, leadership, and service hours!

### Open to All:

No experience needed at all, just curiosity!



**Teams Code:**  
ipca520

**Join using teams or QR code**



**BECOME**

**A TUTOR!**

- Make a true difference
- Gain leadership experience
- Support your peers
- Boost university applications

**SOCIETY OF  
ACADEMIC  
PHILANTHROPISTS**



**TEAMS CODE: of98s6s**

# OPERATION KINDNESS CLUB

@HERITAGE WOODS  
SECONDARY SCHOOL



**YOUR  
SMALL  
ACTIONS  
CREATE  
BIG CHANGES**

Our club dedicated to supporting our local hospital through fundraising and awareness events. Our goal is to make a positive impact on healthcare in our community while building teamwork, leadership, and service among students.

Join us to get more volunteer hours!

Contact:

127-kkittinaraphon@sd43.bc.ca

127-lkhojastehpoor@sd43.bc.ca

More information on our Instagram:

USER: operationkindness\_

Teams code:

eeyo3ez



@OPERATIONKINDNESS\_



MOST  
ANTICIPATED  
CLUB '26

HERITAGE WOODS SECONDARY

BEST YOUTH  
FEATURE FILM

# FILM CLUB

## LEARN HOW TO

- PRODUCE FILM
- SHOOT AND EDIT QUALITY VIDEO
- EXPLORE BEGINNER FRIENDLY TECH

## ANALYZE AND USE

- CINEMATOGRAPHY
- SCRIPWRITING

ALL AT AN ACCESSIBLE LEVEL!

ANNE  
BAI

HEMALI  
CHOUHAN

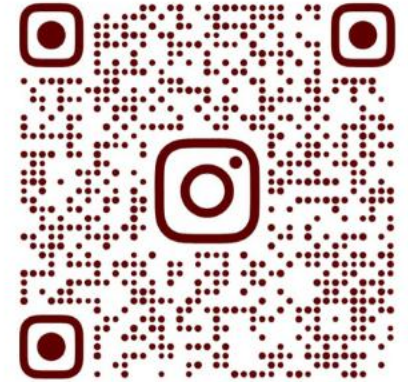
ISABELLE  
HARAKH

GAILE  
LEUNG

ARMAN  
TORABI

TAKE 2, SCENE 1: WELCOME BACK KODIAKS.

INSTAGRAM



@HWSS\_FILMCLUB

FORMS



# 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](mailto: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



Join and  
Escape the  
Matrix

## 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 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/](http://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

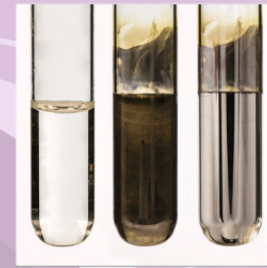
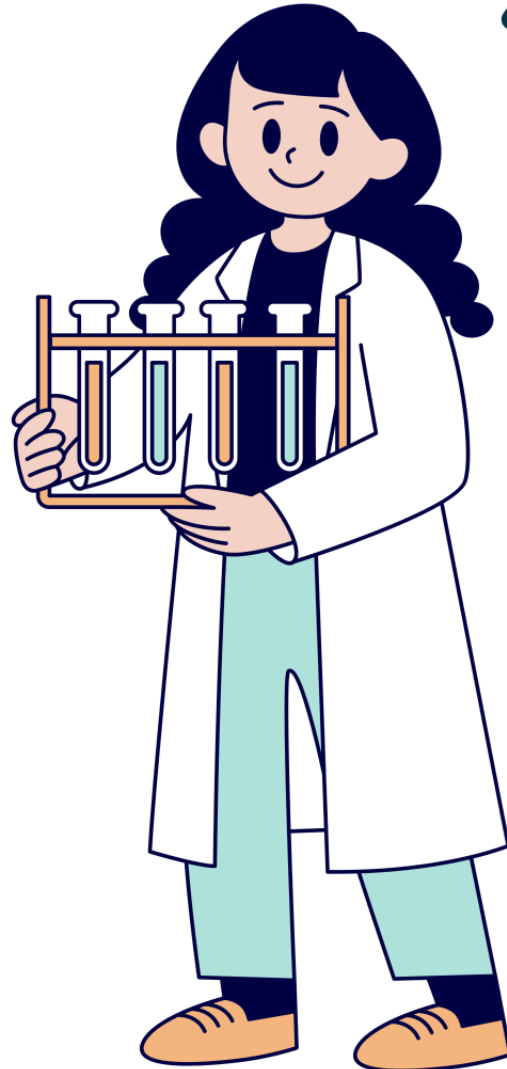
All levels welcome

- 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](mailto:I27-KLEE5@SD43.BC.CA)  
IF YOU HAVE ANY QUESTIONS

# Pause for a Cause

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

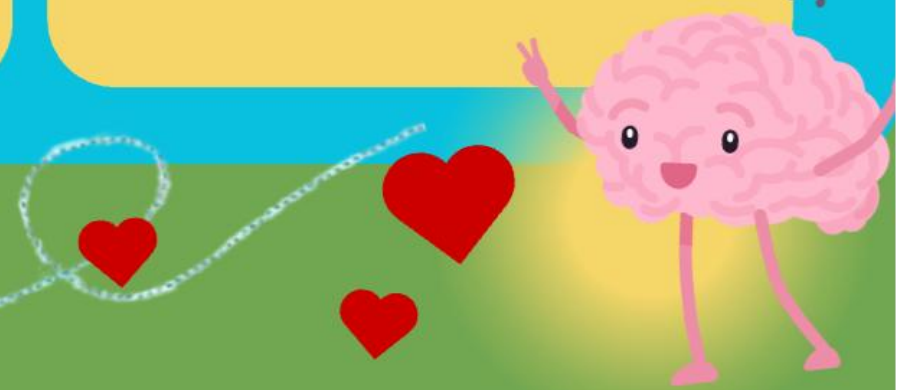
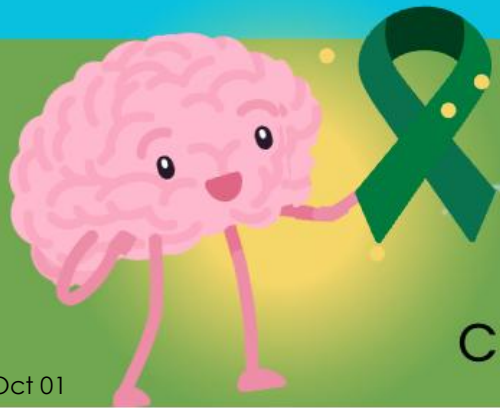
**Pause for a Cause Club** helps YOU become an active community member by advocating for **mental health**, raising funds, and supporting charitable donations.

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](mailto:127-jdragun@sd43.bc.ca)

or [127-Laquino@sd43.bc.ca](mailto:127-Laquino@sd43.bc.ca)

Follow our club on Instagram:

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

**for more info!**

# ECONOMICS CLUB

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- 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](mailto:127-AHE@SD43.BC.CA)

Insta: [@economics\\_club\\_hwss](https://www.instagram.com/economics_club_hwss)

# KODIAK ATHLETICS

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**ATTENTION!**

**ATTENTION Student Athletes:**

If you are playing a Fall sport, please log into your school cash online account and complete the athletic permission form.

If the form is not completed by **Monday September 29, 2025** you will not be able to participate.

# 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