



Thursday
October 02, 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.

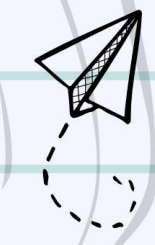
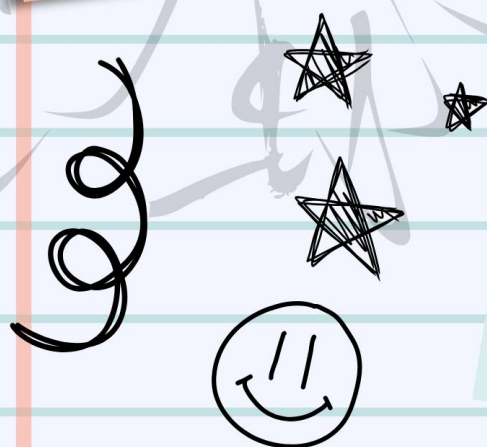
BUY YOUR YEARBOOK

INFO

- Available on School Cash Online
- We sold out last year, so don't miss out!
- No extra copies will be ordered.
- You must have all school fees paid in order to pick up your book.

\$60

Buy before
December 19



YEARBOOK NAMES

**DEADLINE
IS
NOVEMBER
14**

- Every year, the photo company sends us a list of names with the school-day portraits. Sometimes errors appear (misspellings, missing given names, etc.). We need students to confirm their names before the yearbook goes to print.
- Have your child check to see if their name is spelled correctly on the papers taped to the office doors.
- If your name is correct → no action needed.
- **If you want changes** (spelling, given name, error) → fill out the Yearbook Name Correction Form by Nov 14.
- **If your name is missing** → your portrait was not provided and will not be in the yearbook.
- Not for grad photos. Grade 12s must check spelling though – this is how your name will be printed.
- **Use your school email to submit the form.**
-  Scan the QR code or visit:
- <https://forms.office.com/r/f4aFYCA7X0>
-  Questions? Email Mrs. Miklossy: cmiklossy@sd43.bc.ca





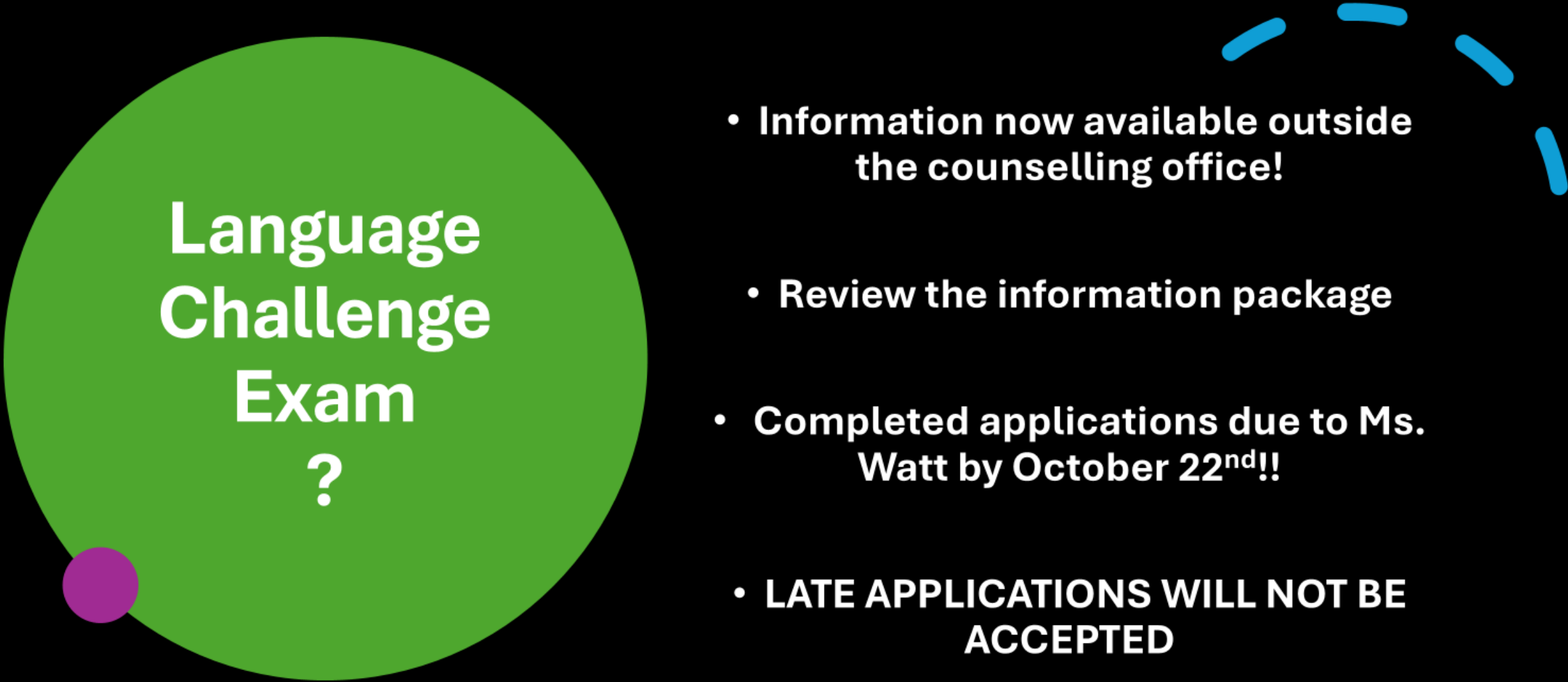
IT'S MATH CONTEST REGISTRATION TIME!

The following optional math contests are now available with payment on School Cash On-Line:

CSMC, CIMC, AMC 10, AMC 12

If you need more information about any of these contests you can see the MATH CONTEST BOARD outside RM 216, speak to your Math Teacher or come and see Ms. Paisley in RM 232.

Deadline to pay is Monday, October 13th



Language Challenge Exam ?

- Information now available outside the counselling office!
- Review the information package
- Completed applications due to Ms. Watt by October 22nd!!
- **LATE APPLICATIONS WILL NOT BE ACCEPTED**

Singing/Karaoke Club

Do you like singing?

Do you like performing?

This could be the club for you!

First Meeting, Oct. 8 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!

Bring your ideas and lyrics you may have!

Check out TEAMS for those that have signed up.

CLUBS



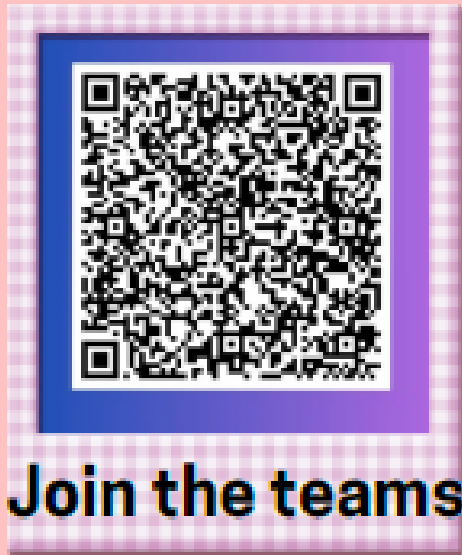
2025-2026 Clubs List

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		

Join Quilting Club!!

**Thursdays @ Lunch
in room 202**

teams code: w60iag7



- **Free volunteer hours**

- **Make fun quilts**

- **Easy for beginners and
experienced sewers**

email for more info:

127-tcadette@sd43.bc.ca

HWSS DANCE TEAM AUDITIONS



OCTOBER 6&7TH



COME TO THE GYM AT LUNCH FOR AUDITIONS OCT 6TH & 7TH.

DM @HWSSDANCETEAM_ FOR QUESTIONS. COME IN DANCE WEAR AND
BE READY TO GIVE IT YOUR ALL!!

- **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:

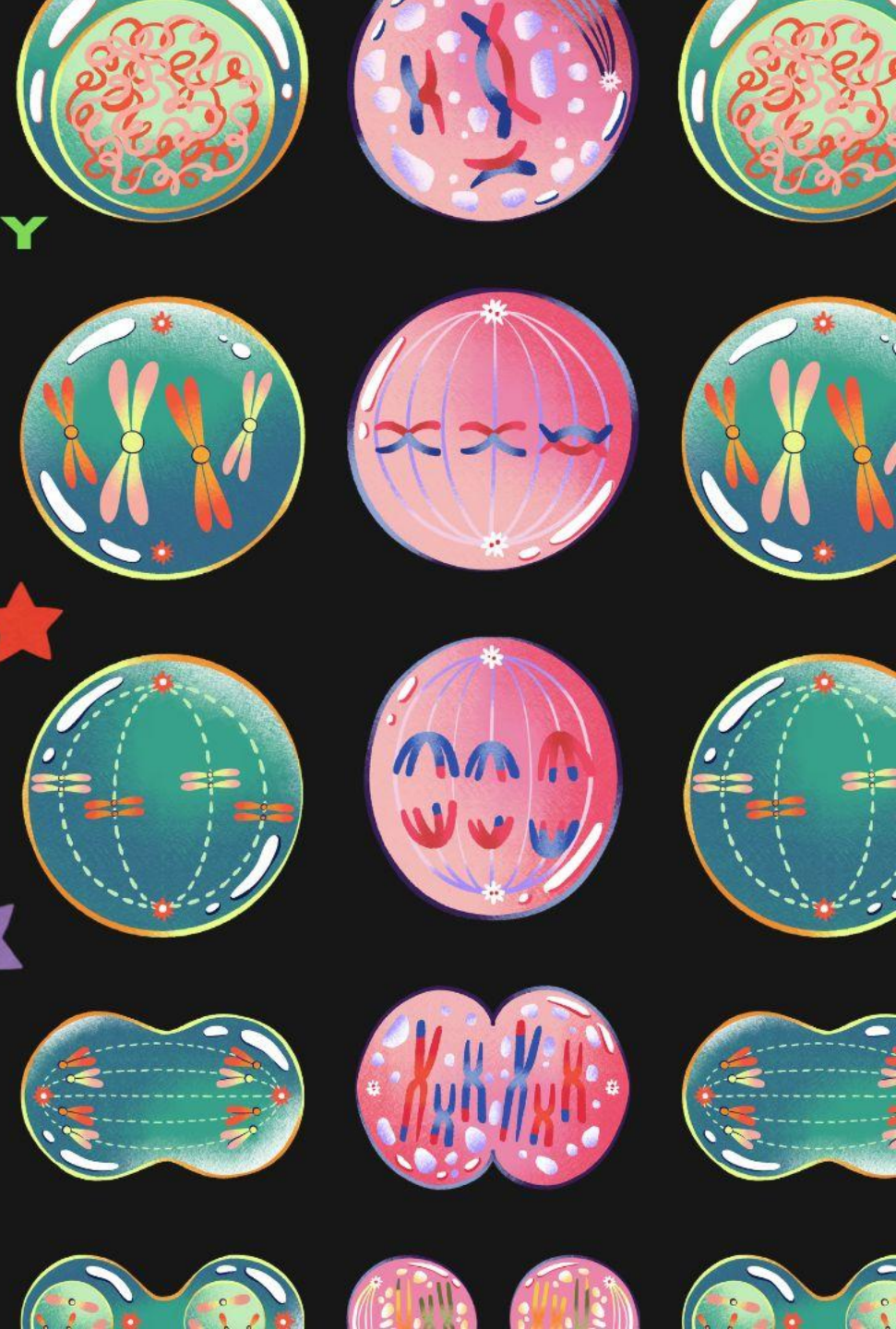
Shadowing, internships, outreach, clinic tours, community projects

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

KODIAK ATHLETICS



Boys Rugby

Any rugby player interested in joining a Spring Break rugby tour to England and Wales.

Player and parent information meeting:

**Monday, October 6, 6:30pm at
Gleneagle Secondary (Room 121)**





All Athletes currently playing on Fall Sports Teams:

- You must have your policy and permission forms filled out and completed by this **Friday October 3rd**
- Failing to do so will suspend your permission to play.
- **All Athletic Fee's must be paid by October 4th- failing to do so will also suspend permission to play**
- All forms and fees are paid and signed on SchoolCash Online
- Please come see Ms.Rampuri, Ms.Muekel or Mr.Hyde in the office if you are having issues.

HWSS Wrestling

The preseason will start mid October;
practices will start in November.

If you are interested pls see Mr. Naidu
in Rm 136 for more information.



CAREER CENTER



CUE Canadian Universities Event

SURREY PUBLIC EVENT
WESTFIELD COUNTRY CLUB
THURSDAY, OCTOBER 2
6:00 - 8:00 PM

INSTITUTIONS IN ATTENDANCE

- ACADIA UNIVERSITY
- ALBERTA UNIVERSITY OF THE ARTS
- BISHOP'S UNIVERSITY
- BROCK UNIVERSITY
- BURMAN UNIVERSITY
- CAPE BRETON UNIVERSITY
- CAPILANO UNIVERSITY
- CARLETON UNIVERSITY
- CONCORDIA UNIVERSITY
- DALHOUSIE UNIVERSITY
- EMILY CARR UNIVERSITY
- FAIRLEIGH DICKINSON UNIVERSITY
- HURON UNIVERSITY
- KWANTLEN POLYTECHNIC UNIVERSITY
- MACEWAN UNIVERSITY
- MCMASTER UNIVERSITY
- MEMORIAL UNIVERSITY
- MOUNT ALLISON UNIVERSITY
- MOUNT ROYAL UNIVERSITY
- QUEEN'S UNIVERSITY
- ROYAL MILITARY COLLEGE
- ROYAL ROADS UNIVERSITY
- SAINT MARY'S UNIVERSITY
- SIMON FRASER UNIVERSITY
- ST. FRANCIS XAVIER UNIVERSITY
- THE KING'S UNIVERSITY
- THOMPSON RIVERS UNIVERSITY
- TRENT UNIVERSITY
- TRINITY WESTERN UNIVERSITY
- UNIVERSITY CANADA WEST
- UNIVERSITY OF ALBERTA
- UNIVERSITY OF CALGARY
- UNIVERSITY OF THE FRASER VALLEY
- UNIVERSITY OF GUELPH
- UNIVERSITY OF KING'S COLLEGE
- UNIVERSITY OF LETHBRIDGE
- UNIVERSITY OF MANITOBA
- UNIVERSITY OF NEW BRUNSWICK
- UNIVERSITY OF NORTHERN BRITISH COLUMBIA
- UNIVERSITY OF OTTAWA
- UNIVERSITY OF SASKATCHEWAN
- UNIVERSITY OF VICTORIA
- UNIVERSITY OF WATERLOO
- VANCOUVER ISLAND UNIVERSITY
- WESTERN UNIVERSITY
- YORK UNIVERSITY

- Did you miss the CUE Fair at Riverside?
- One last chance to meet with reps from universities from across Canada!
- Oct. 02 6 – 8pm
- Westfield Country Club, 7778 152 Street, Surrey

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

COMMUNITY





Coquitlam RCMP

Volunteer Information Session

7 p.m. to 9 p.m. | October 15, 2025
Port Coquitlam Community Centre

Small Multi-Purpose Room, 2nd floor, 2150 Wilson Ave Port Coquitlam

Want to make a difference in your community? Coquitlam RCMP is looking for enthusiastic volunteers to support programs in Coquitlam and Port Coquitlam.

Join our Volunteer Information Session to learn about available roles, requirements, and benefits. After a short presentation, chat with current volunteers, officers, and staff. No registration needed.



f x | coquitlam.rcmp.ca