



Tuesday
October 14, 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.

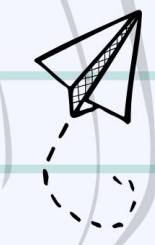
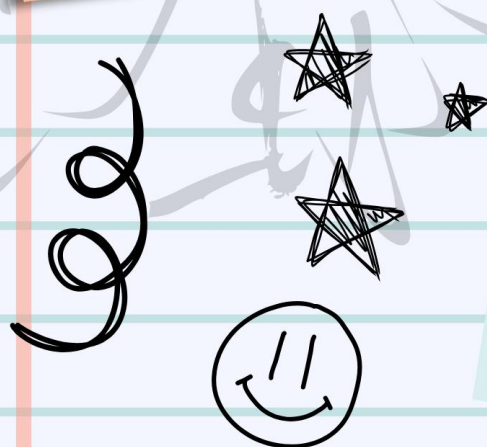
BUY YOUR YEARBOOK

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



CALLING ALL CADETS

- IF YOU ARE IN CADETS (ANY BRANCH) AND WOULD LIKE TO PARTICIPATE IN THIS YEAR'S REMEMBRANCE DAY CEREMONY,
- PLEASE SEE MR. RUD IN ROOM 237 OR MRS. FESTER IN ROOM 102 TO SIGN UP.



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





WERE LOOKING FOR A NEW SLC Executive



BENEFITS

- Volunteer opportunities
- Gain experience
- Build leadership skills
- Be a voice in SD43
- Make real change

**APPLY
NOW**

**Deadline to
apply**

October 17, 2025 🕒

District Student Leadership Council




MATH LEAGUE

What is it? A FREE math contest for all grades, 6 questions in 30 minutes, you can use a calculator.

When and Where? Tuesday October 14 right after school in RM 232

No need to register.... JUST SHOW UP AND BRING A FRIEND!

Questions?? Speak to your Math Teacher or come and see Ms. Paisley in RM 232.



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**

International Student Field Trip

- Visit the **Chinatown Storytelling Centre and Canadian Chinese Museum**
- Go on a guided walking tour of Vancouver's Chinatown
- Visit Dr. Sun Yat Sen Garden
- Visit a bakery
- Enjoy a Chinese meal

Date: Thurs 30th October

Time: 8:30 AM - 3 PM

Cost: \$25 (for transport, tour cost and lunch)

SPACE IS LIMITED!!!

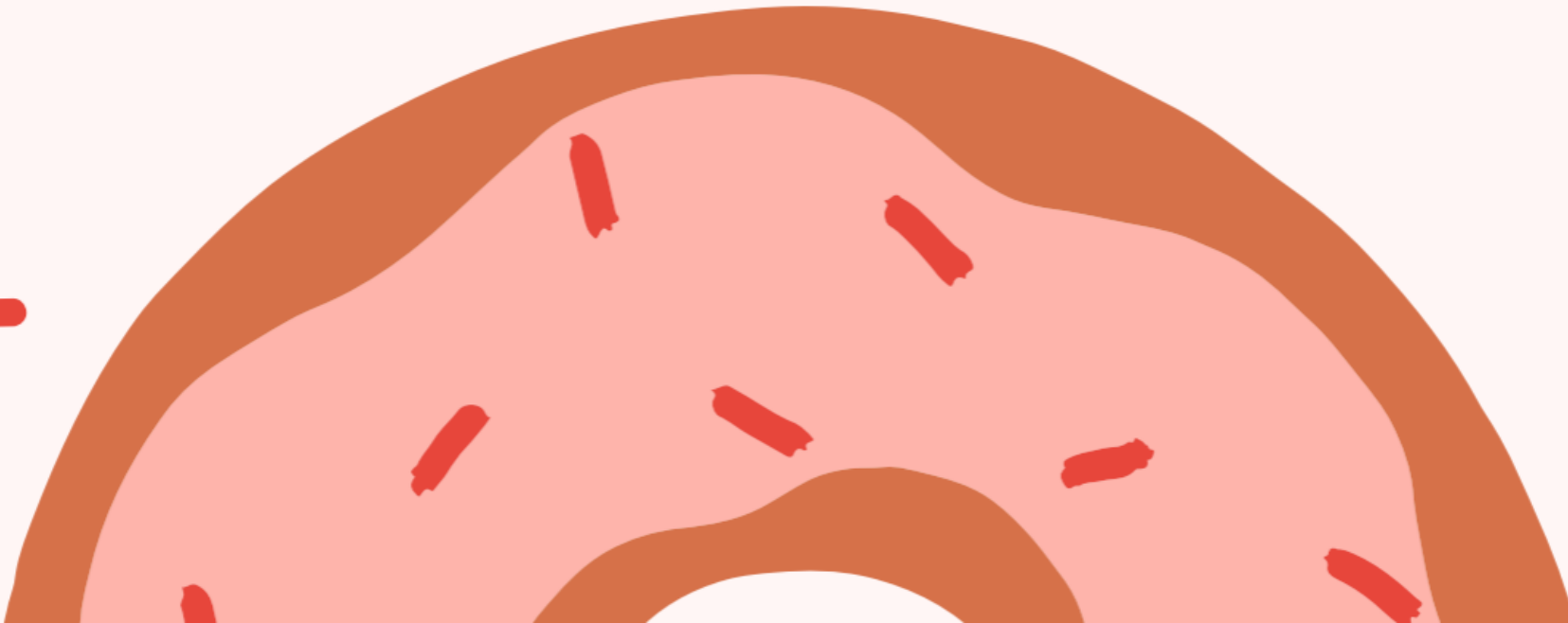
See Ms. Lee or Ms. Mak in Room 245 to sign up.
Deadline is Oct 21st for sign-up.



KRISPY KREME DONUT SALE

TUESDAY OCTOBER 14TH

AT LUNCH IN THE GRANDHALL IN FRONT OF THE
THEATRE



CLUBS



JAZZ CLUB

First meeting - Tues, Oct. 14

Room 102 (music room)

All are welcome.

Check out TEAMS for those that have signed up.



Coupon Books
Get some great
deals!
Save Money!!

Log into your Cash-On-Line
You can purchase as many
books as you want.
Only \$35 dollars.



MULTICULTURAL CLUB



**SCAN THIS QR CODE TO
THE INSTAGRAM.**



HWSS_MTCC

- Meet new friends from different countries.
- Share food, music, movies, and traditions from around the world.
- Oncoming events: pumpkin carving, mooncake making, movie nights, and fundraising.

**SCAN THE QR CODE
TO JOIN OUR CLUB!!**



KODIAK ATHLETICS



Athletics Volunteering

- For any students wanting to find a role in Athletics volunteering, from small jobs to bigger roles, one day events to ongoing opportunities, please use the QR code to join the new Athletics Volunteering Share-Out.
- Opportunities will be sent to your school email once you join the group. Please also take a look on the Instagram for our new volunteering channel.

Athletics Volunteering 2025/2026



Wrestling Team

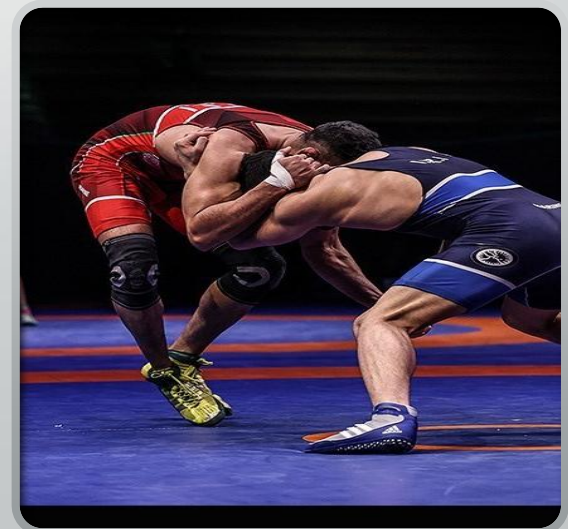
For All new and returning wrestlers:

First pre-season practice will take place on

Tuesday Oct 14th & Thursday Oct 16th in the mat room from 3:45 pm to approximately 5:45 pm with Coach McCrae.

All wrestlers please bring wrestling shoes and running shoes to the practices.

All interested wrestlers please contact Mr. Naidu about completing required QR code.



Senior Girls Basketball Try-outs

Senior Girls Basketball tryouts will take place on

Tuesday October 14 - 7:45-9:15pm

Thursday October 16 - 7:45-9:15pm

Friday October 17 - 3:30-5 pm (if needed - if not will be a practice)

If you can't make it please see Ms. Powell.



CAREER CENTER

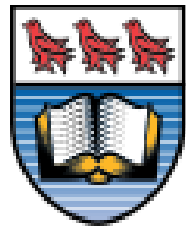


Post-secondary info sessions

- October 10 lunch Grand Hall
- October 14 lunch Room 109
- October 15 lunch Grand Hall
- October 17 lunch Room 109
- October 20 lunch Room 109
- October 23 lunch Grand Hall
- October 27 5pm Virtual
- October 29 lunch Grand Hall
- October 29 lunch Grand Hall
- Douglas College Info Table
- U Victoria info session
- SFU Applied Sciences Info Table
- SFU Beedie Info Session
- Uvic Gustavson Business info session
- U Guelph Info Table
- UBC PharmaSci Info Session
- Queen's University Info Table
- McMaster Info Table

University of Victoria will be at HWSS

- General UVic admission information session
- Academic requirements programs available, housing, co-op, scholarships and more
- October 14 12:15pm Room 109
- UVic Gustavson School of Business info session
- Specifics about this highly ranked business program including admissions, majors or minors, co-ops, study abroad, and more
- October 20 12:15pm Room 109



**University
of Victoria**

SFU Applied Sciences will be here October 15 at lunch

The SFU logo consists of the letters 'SFU' in a white, bold, sans-serif font, centered within a solid red rectangular background.

SFU

- Engineering Science, Computing Science, Sustainable Energy Engineering, Mechatronics Engineering, Software System and Dual degree computing science
- Ask the expert from the Faculty of Applied Sciences
- Find out about what you need to get in, what you can do when you are there, co-op, exchanges and more
- October 15 at Lunch in the Grand Hall
- #1 ranked comprehensive university in Canada for last 15+ years

Douglas College Academic Foundations for Potential Nursing applications

- Due to the large volume of Domestic applications Douglas College has already received for Fall 2026 they have added a deadline to apply of October 17 4pm PST
- If you are planning to apply for AF at Douglas College, get your application in before this deadline
- <https://www.douglascollege.ca/program/ctafpn>



SFU BEEDIE SCHOOL OF BUSINESS IS COMING TO HERITAGE

- **Friday Oct. 17 at lunch room 109**
- **Learn all about this Top 10 Canadian Business School including admission req., programs offered, co-op, study abroad, scholarships....**
- **Beedie** MUST be your first choice on your **SFU** application
- Minimum mid 80s% on required courses but it **should be higher to have a good chance of an offer of admission (like 92% ish)**
- **Beedie** is looking for engaged, involved and academically strong students
- Supplemental Application is **VERY** important (Major Entrance Scholarship App can be used in place of supplemental application)
- Ranked #1 Comprehensive School by MacLeans Magazine
- 90% employment in field of study after graduation



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