



**Monday**  
**November 3, 2025**

**Heritage Woods**  
**Secondary**

**“WE ARE KODIAKS”**



# No Flex **BELL SCHEDULE**

Monday, November 3, 2025

<b>Block 1</b>	<b>8:00 – 9:12</b>
<b>Block 2</b>	<b>9:16 – 10:28</b>
<b>Block 3</b>	<b>10:32 – 11:44</b>
<b>LUNCH</b>	<b>11:44 – 12:28</b>
<b>Block 4</b>	<b>12:32 – 1:44</b>
<b>Block 5</b>	<b>1:48 – 3:00</b>



# 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.



**Spirit Wear Online Store**  
**Heritage Woods School**  
**Spirit Wear Online Store**  
**by Prostock Athletic Supply Ltd**

**Go to the online store and order your Spirit Wear now. Open to November 2<sup>nd</sup> to receive your order the week of December 8<sup>th</sup>!**

**“WE ARE KODIAKS”**



# **Grade 9 meetings in the Theater at FLEX:**

**LAST NAME H-N**

**Thursday October 30 @ FLEX**

**LAST NAME A-G**

**Tuesday November 4 @ FLEX**

**LAST NAME O-Z**

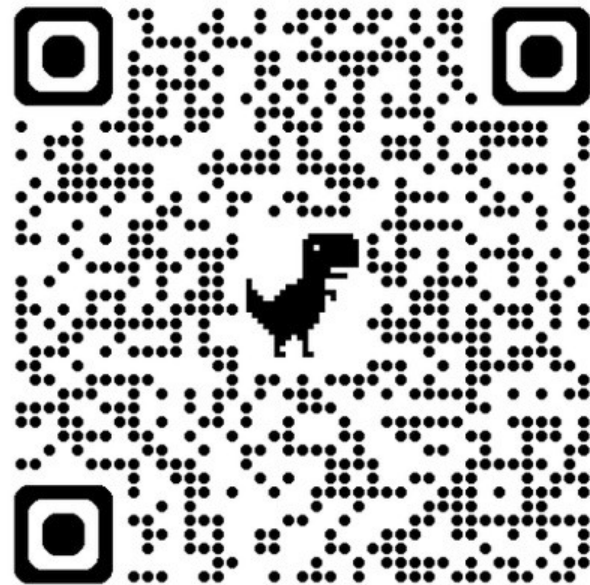
**Thursday November 6 @ FLEX**



# AP Calculus Exam Registration

- If you are **NOT** taking AP Calculus in second semester with Ms. Weinkam but would like to register to write the AP Calculus Exam in May 2026, please email Ms. Mazzucco ([rmazzucco@sd4.bc.ca](mailto:rmazzucco@sd4.bc.ca)) by Friday, Nov. 7<sup>th</sup>.

**Young Actors Project needs your input!  
Our next project features a main  
character who struggles with social  
anxiety, and we want your help to make  
the story as real and relatable as  
possible. Share your thoughts  
(anonymously) and help us bring this  
character to life! Link to survey:**



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# INTERNATIONAL STUDENT RENEWALS



This is a reminder for all international students who have not yet completed their renewal for the upcoming enrollment period. The deadline to renew is **November 1, 2025**.

To complete your renewal:

**Sign and return the Terms of Agreement to [ieapplications@sd43.bc.ca](mailto:ieapplications@sd43.bc.ca).**

Questions?? Pls. see Ms. A. Lee in Room 244

# GALAPAGOS TRIP

**SPRING BREAK 2027**

This is a once-in-a-lifetime educational school trip to Ecuador and the Galapagos Islands!

Student Info Lunch: Friday, Nov 7 (room 314)

→ Lunch is provided!

Parent Info Night: Tuesday, Nov 18 (library)

See you there! More questions? Please see Ms. Kim

# 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





Congratulations to the 2025 Juried Art  
Exhibit's Selected Artist:

**Caitlin B – Grade 10 from 2D Visual Arts.**

Her work on Display

“Shifting Identities”

is now on display until Nov 16,

at the Coquitlam Library Porier Branch.

# 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.



Purchased books may be  
picked-up in the music  
Office – Rm 102  
- Bring receipt in  
and start your savings!





**SD43 Student Leadership Council**

**HEY SECONDARY  
SCHOOL STUDENTS!**

**Do you want to gain or improve your leadership skills?  
Do you want to network and find opportunities to help lead in  
your community or school? Do you want volunteer hour  
opportunities?**

**Then SLC is the right fit for you!!**

**“I’ve never heard of SLC before. What exactly is it?”**

SLC is an official SD43 organization with the purpose of bringing student voice to the school board. It is the largest of its kind and helps students step up as leaders!



- Advocate for student interests
- Contribute positive changes in your school community
- Become a role model for other peers!

**VOLUNTEER HOURS- GRAD and CAS**

SLC can present opportunities for grad volunteer hours, and for IB students, help with CAS!

**FIRST MEETING: November 6<sup>th</sup>, 4:30 to  
6:30 @ PINETREE SECONDARY**

**SIGN UP WITH QR CODE!!!**



# CLUBS





# **Anmore Youth**

**All are Welcome**

**Anmore Youth is presenting BINGO at the Hub in Anmore**

**2697 Sunnyside Road**

**Friday November 7, 2025 6-9pm**

**Cost is \$2 per card**



*Congratulations!*

**A team from HWSS Economics Club ranked in the  
Top 2.5% worldwide by midterm in the  
Wharton Global High School Investment Competition.**

Advisor: Mr. Sather

Team Leader: Alvin H

Members: Rayson W, Johan C, Sissi F, Eva W



# KODIAK ATHLETICS

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# **Senior Boys Basketball**

**Senior Boys Basketball Tryout**

**Tuesday November 4<sup>th</sup>**

**at 3:30-5:30pm @HWSS**



# **Wrestling Team**



**After School Meeting for All  
New and Returning Wrestlers  
in the Mat Room Thursday  
Nov 6, 2025 at 3:35 pm.**

# CAREER CENTER



# Post-secondary info sessions

- October 27 5pm Virtual
- October 29 lunch Grand Hall
- October 29 lunch Grand Hall
- November 04 FLEX Grand Hall
- November 04 lunch Grand Hall
- November 05 lunch Room 109
- November 06 3:25pm Library
- November 14 lunch Grand Hall
- November 20 5pm Virtual
- November 25 9 – 11am Grand Hall
- UBC PharmaSci Info Session
- Queen's University Info Table
- McMaster Info Table
- Western Info Table
- U Calgary Info Table
- Jr. Firefighter Academy Info Session
- Waterloo Info Session
- BCIT Engineering Info Table
- SFU Criminology Info Session
- Post-Secondary in BC Mini Fair

# The University of **Calgary** at HWSSS

- **Tuesday Nov. 04** at lunch in the grand hall
- Ask about some of the amazing programs at U of C: Schulich School of Engineering, Haskayne School of Business, KIN, Nursing, Education, Science, Architecture and more
- Gather info on admissions, housing, deadlines, scholarships and more!!



# Western



Western  
University is  
coming to  
HWSS

- Tuesday November 04 at FLEX in the Grand Hall
- You need to select Grand Hall for flex OR if you are in grade 11 pick a teacher then check in with your flex teacher and let them know you want to pop down to speak to Western recruiter
- Ask about admissions, programs offered, scholarships, housing, and important dates and deadlines
- Learn about Ivey Business and the AEO process

2026 COQUITLAM & PORT MOODY

# SD43 Jr. Fire Academies

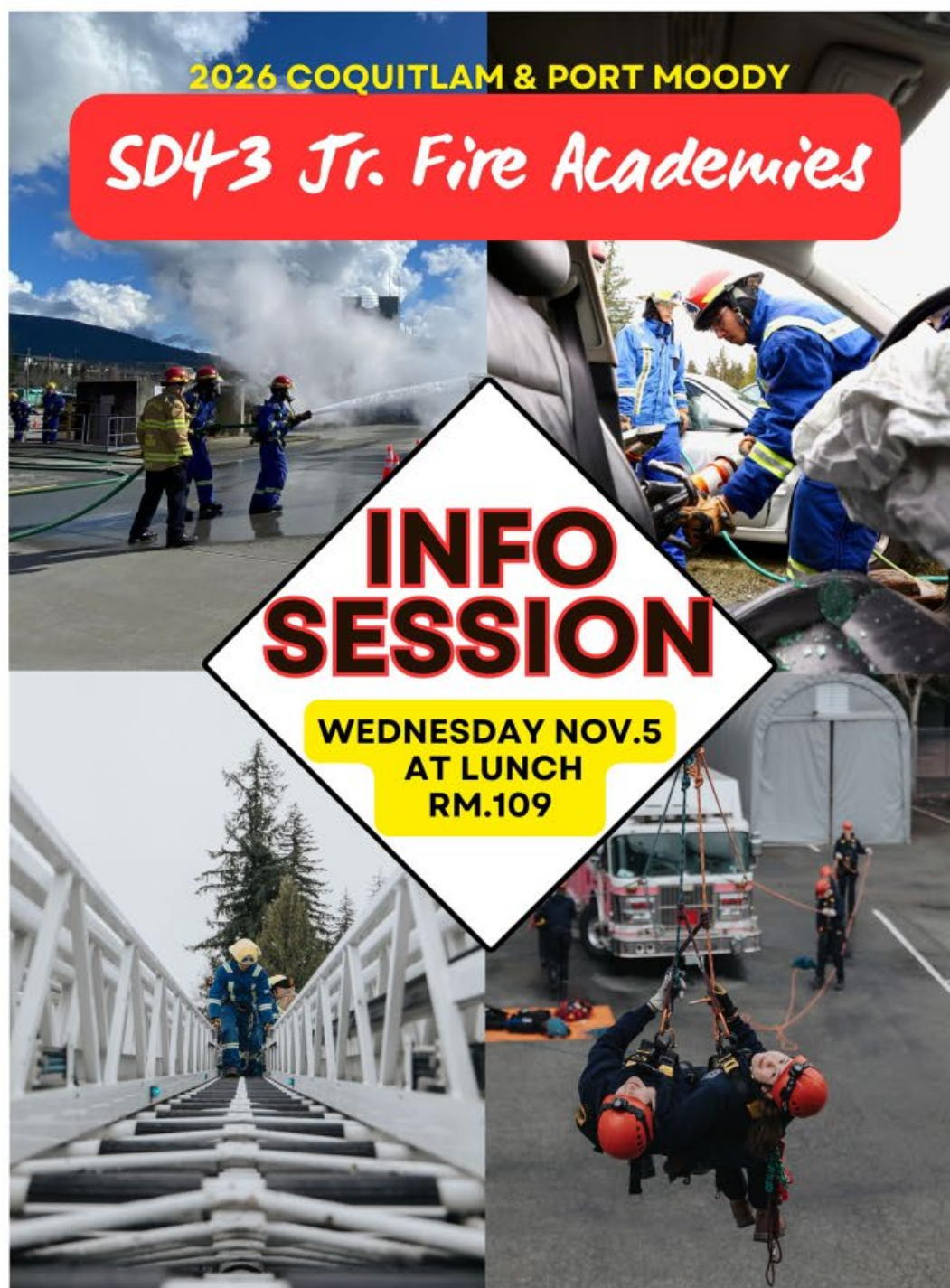
**INFO  
SESSION**

**WEDNESDAY NOV.5  
AT LUNCH  
RM.109**

Open for Grade 11 & 12  
Students.

Come and learn about  
This cool firefighting  
opportunity!

PoMo Fire will be here to  
talk to students about this  
great program



# SD43 Trades Programs

## Virtual Info Session

NOVEMBER 5<sup>TH</sup> @ 6PM

Learn about SD43 opportunities  
in the skilled trades

- ✓ 25+ TRAIN in Trades Programs
- ✓ WORK in Trades Program
- ✓ Supports for young women & Indigenous students in the skilled trades



SCAN TO REGISTER



VISIT [43CAREERS.COM](https://www.43careers.com)

[CAREERPROGRAMS@SD43.BC.CA](mailto:CAREERPROGRAMS@SD43.BC.CA)

Great opportunity for Grade 10 & 11 students to learn about the Trade Program opportunities they can do while still in high school. Graduate with your level 1 trade and get a jump start on your career. Beat the waitlists for some of the most in-demand trades.

# University of Waterloo is coming to Heritage Woods

- **Thursday November 06 3:30 pm in the library**
- Did you know Waterloo has the largest co-op program of its kind in the WORLD?
- Did you know Waterloo has direct entry engineering?
- Did you know you can earn up to 80K while on co-op placements?
- Come learn more about Waterloo!



# COMMUNITY



# Help shape Port Moody's future! Join a civic committee – apply online today

The City of Port Moody's civic committees advise City Council on a wide variety of important topics and issues. Help guide decisions on arts, climate action, parks, and more.

▶ **New for 2025!** Apply for a **Youth Seat** to share your voice with City Council.



Apply at **[portmoody.ca/committees](https://portmoody.ca/committees)** by November 12, 2025.