



Tuesday
November 4, 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.



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 2nd to receive your order the week of December 8th!

“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

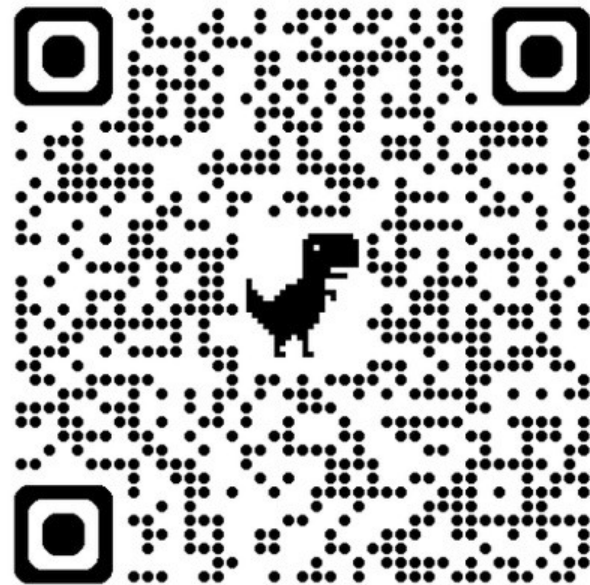
Thursday November 6 @ FLEX



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) by Friday, Nov. 7th.

**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:**



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.

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.



**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 6th, 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



Senior Boys Basketball

Senior Boys Basketball Tryout

Tuesday November 4th

at 3:30-5:30pm @HWSS



Congratulations to all Cross Country Team members who put in an amazing effort at Provincials this past weekend. Great work!



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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 5TH @ 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

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** by November 12, 2025.