



**Wednesday**  
**November 19, 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        |
| <b>LUNCH</b> | <b>12:13 – 12:53</b> |
| 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.



# **GRADE 12 ANNOUNCEMENT**

**Semester 2 Study  
Block Forms**

**Due December 1st**

# STUDENT ID



**If you haven't picked up your Student Id,  
please stop by the office at lunch time or  
before or after school to pick it up**



# 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



# STUDENT PARKING PASSES

Reminder to students who are driving to school and parking in the school parking lots.

Please come to the HWSS main office to register your vehicle and receive a PARKING PASS to be displayed in vehicle. Usually hang from rear view mirror.



# Annual Plant Sale

## Don't Miss Out!!

Order DEADLINE – Monday, Nov. 24  
Treat your family, neighbours, friends, with a beautiful plant or bloom buddy. Check out the link (posted around the school) or at the QR code.

These are high quality plants and last forever – unlike the Save-On-Foods and Costco brands.



**Congratulations  
HWSS Debate Club  
on a successful  
debate tournament  
at Charles Best  
Secondary Friday!**

Shylah Park

Anthony Sun

Skyler Xi

Bill Xia

Eugene Yeung

Ethan Yoon

Logan Yoon

# CLUBS



Heritage woods  
secondary school



EAGLE RIDGE  
HOSPITAL  
FOUNDATION

# BAKE SALE

Join us to support student activities with fresh-baked treats made by our **Operation Kindness club**. All the profit will go to **Eagle Ridge Hospital Foundation**.

**NOVEMBER**  
**20-21 AT**  
**LUNCH**

**IN THE GRAND HALL (CLOSE TO THE TREATERY)**

Enjoy cookies, brownie, cupcake and more while helping raise funds for school projects and events.

Contact us:  
127-kkittinaraphon@sd43.bc.ca  
127-LKHOJASTEHP00R@sd43.bc.ca

Nov 21



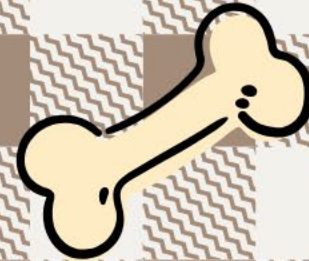
PET PALS CLUB

# Donation For Pets in Need

Accepting: *pet food, toys,  
and blankets*

Drop off in the box beside  
the office!

**From Nov 10-Nov 28**



# 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

# SFU Applied Sciences Student Events

- APPLIED SCIENCES INFORMATION SESSION
- Nov. 19, 2025 | 4:30 - 5:30 pm | Online | Grade 11-12
- Come learn more about a range of exciting programs, including Computing Science, Software Systems, Engineering Science, Mechatronic Systems Engineering, and Sustainable Energy Engineering.
- Register: <https://www.surveymonkey.ca/r/X9GF8RY>
- Explore what your future in engineering and computing could look like at CTRL + F Your Future!
- Join us for student project showcases, a thought-provoking talk by Dr. Cukierman on the future of AI, campus tours, and an opportunity to ask questions to program and co-op advisors. You'll see how innovation starts at SFU!
- CTRL + F YOUR FUTURE for Grade 11-12
- Wednesday, Dec 3<sup>rd</sup>, 4:30 - 7:00 pm
- SFU Burnaby Campus, Applied Sciences Building
- Register: <https://www.surveymonkey.ca/r/RD97J53>



SFU FACULTY OF  
APPLIED SCIENCES

# UBC Engineering Upcoming Events



- **UBC Engineering Virtual Program Fair** on **Friday, November 14** at 6:00 pm PT. This is the only event all year with live presentations and Q&A with each of **14 engineering** programs offered at both UBC Okanagan and Vancouver campuses. Speak with Academic Advisors at both campuses. Hear from professors and current students about what makes UBC Engineering programs stand out
- Register here: [https://engineering.ubc.ca/event/2025/ubc-engineering-virtual-program-fair?utm\\_medium=email&utm\\_campaign=F25-Virtual-Program-Fair-Reminder](https://engineering.ubc.ca/event/2025/ubc-engineering-virtual-program-fair?utm_medium=email&utm_campaign=F25-Virtual-Program-Fair-Reminder)
- **The School of Biomedical Engineering High School Open House Sat Nov 22 - 10:00 to 2:00 UBC Vancouver Campus**
- The School of Biomedical Engineering (SBME) invites students in high school, along with their families, to visit the recently opened Gordon B. Shrum Building for the SBME High School Open House.
- Registration link: [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_5jotJb0nG5DBcl6](https://ubc.ca1.qualtrics.com/jfe/form/SV_5jotJb0nG5DBcl6)
- **Chemical and Biological Engineering High School Student Visits Sat Nov 29 - 9:00 to 4:00 UBC Vancouver Campus**
- Grade 11 and 12 students are invited to experience a day in the UBC Chemical and Biological Engineering program. This one-day event is free and includes short lectures about chemical and biological engineering, interactive workshops, and a laboratory tour.
- Registration link: [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_01HtOnNQQ44JsQC](https://ubc.ca1.qualtrics.com/jfe/form/SV_01HtOnNQQ44JsQC)

# UBC Black Student Outreach Session

- This session is a key part of UBC's commitment to supporting Black youth in their post-secondary planning. They'll be sharing information on university pathways, scholarships, and the support systems available to Black students at UBC and beyond.
- Happening Nov. 20 1 – 2:30pm at Education Learning Centre on Winslow. Students are responsible for their own transportation.
- If you are in grade 11 or 12 and identify as black, please see your counsellor or Ms. Butler for a field trip permission form.
- Completed forms must be returned to Ms. Butler no later than Nov. 17 3pm.



# COMMUNITY



# Volunteers Needed @ Community Dinners

**Who?** Students needing volunteer hours/ Students interested in culinary or hospitality industry

**What?** Help with Community Dinner (some prep, serve, set up and take down)

**When?** 4-7:30 PM, 3<sup>rd</sup> Wednesday every month  
(next dinners are 19<sup>th</sup> Nov and 17 Dec)

**Where?** St. Stephen's Church (near Loughheed Mall & Cameron Rec. Centre )

- +You will be learning and helping under the guidance of a Red Seal Chef
- +You are invited to partake in the yummy community meal
- +Letters acknowledging volunteer hours and reference letters available

Email Chef Theresa Lum for more information: [tmlum@hotmail.com](mailto:tmlum@hotmail.com)



# Winter Brunch Volunteers Needed



**Friendly Forest Preschool is looking for volunteers to help with our annual Winter Brunch holiday event.**

**Date: Sunday November 30**

**Event time: 10am - 12pm**

**Location: Anmore Elementary School**

**All volunteers will receive a break with brunch included and proof of volunteer hours completed.**

**To sign up please send your current resume or contact information via email to:**  
**[social@friendlyforestpreschool.com](mailto:social@friendlyforestpreschool.com)**



Looking for enthusiastic volunteers to help spread holiday cheer and assist with the following tasks:

Set up: tables/chairs/holiday decor

Reception: greet guests

Craft station: engage kids in creative activities

Food: help with serving, clearing plates

Cleanup: after the event

