



FRIDAY

January 16, 2026

**Heritage Woods
Secondary**

“WE ARE KODIAKS”



Girls Kodiak Klassics BELL SCHEDULE

Friday, January 16, 2025

Block 1	8:00 – 9:12
Block 2	9:16 – 10:16
Block 3	10:20 – 11:20
Block 4	11:25 – 12:25
LUNCH	12:25 – 12:55
Block 5	1:00 – 2:45
Flex	2:45 – 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



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.



Fragrance Free

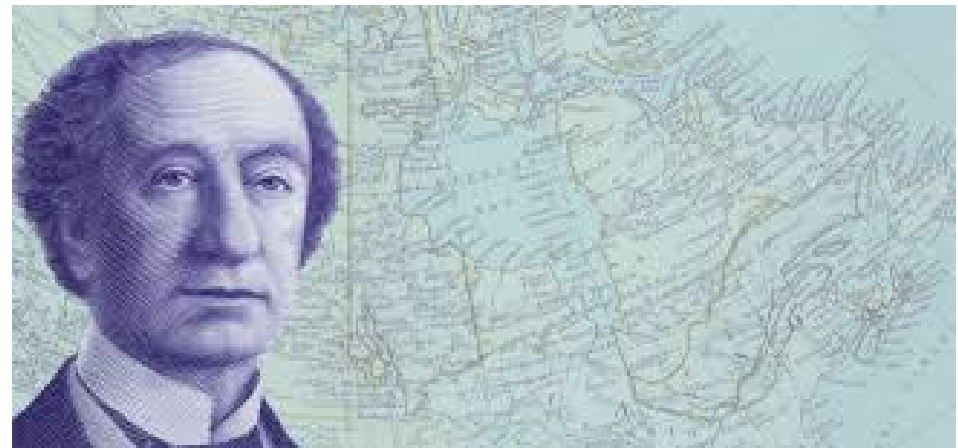


Reminder to all that *SD43 is Scent Aware*, and as such the district is asking for cooperation towards a scent reduced environment.

All staff, students and visitors are strongly encouraged to avoid or reduce the use of ALL fragranced products, and to replace them with unscented alternatives.

Sir John A. Macdonald Day January 11th

- Our first Prime Minister did many things for Canada including:
- Getting 4 unique and diverse colonies to join in a Confederation (Ontario, Quebec, New Brunswick, and Nova Scotia)
- Prevented annexation (attack) from the United States
- Introduced the North West Mounted Police (R.C.M.P. today)
- Built the Canadian Pacific Railway connecting Canada from sea to sea
- Gave Indigenous People the right to vote (Dutil, 2024, pg. 173)
- For more information check out:
- <https://www.canada.ca/en/canadian-heritage/services/important-commemorative-days/sir-john-macdonald-day.html>



Louis Riel Day (November 16th – belated)



- Founder of Manitoba
- Political leader and advocate of Métis people and defender of rights
- Led two resistance movements against the [Government of Canada](#) and its first prime minister John A. Macdonald (who later sentenced him to death)
- an important figure in Canadian history whose actions highlighted injustices toward Indigenous peoples and influenced later rights movements
- A chill guy (citation needed)



Ticket sale close
February 4th

Winter Formal

Wednesday February 11th 6:30- 9:00

THEME: HOLLYWOOD

\$35



GSA Cozy Cafe

Need a **quiet place to study?** Come to **Room 216a at lunch** for **Hot Chocolate** and a study space!

Don't forget to bring **\$2 for Hot Chocolate!** All proceeds go to Tri-Cities Pride Society!

Only on **January 15th and 16th 2026** at lunch!

If you have any questions about the **HWSS Pride Club**, email us at SStewart@sd43.bc.ca

Non-Binary

Non-binary is an **umbrella term** for gender identities that are **not exclusively male or female**. Non-binary people may identify as having no gender, more than one gender, a gender that changes, or a gender outside of male/female. Some non-binary people also identify as **transgender**, while others don't. **Pronouns** change among non-binary people, and it is respectful to ask for someone's pronouns rather than assume.

If you have any questions about the HWSS Pride Club, email us at sstewart@sd43.bc.ca

KODIAK ATHLETICS



HERITAGE WOODS HOCKEY TEAM



Wed, Feb 18th 2:15–3:15 pm
Tryouts (Mandatory) *\$35 FEE*



Wed, Feb 25th 2–3:15pm
Exhibition vs Riverside PoMo Rec



Wed, March 4th 2–3:15pm
Exhibition vs Charles Best PoMo Rec



Wed, March 11th 2–3:15pm
Exhibition vs Centennial PoMo Rec



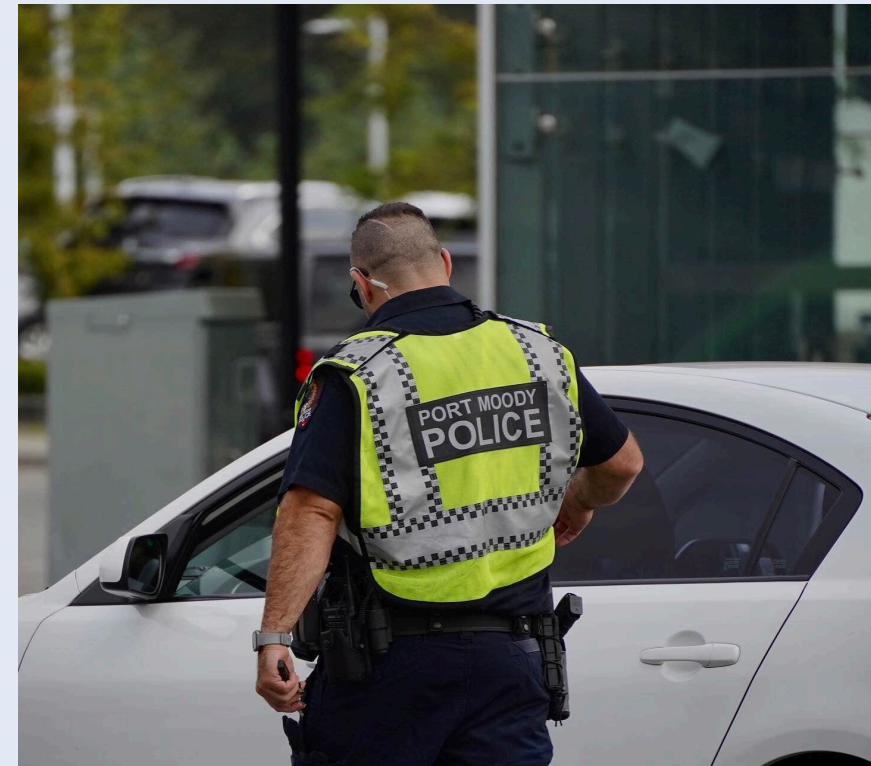
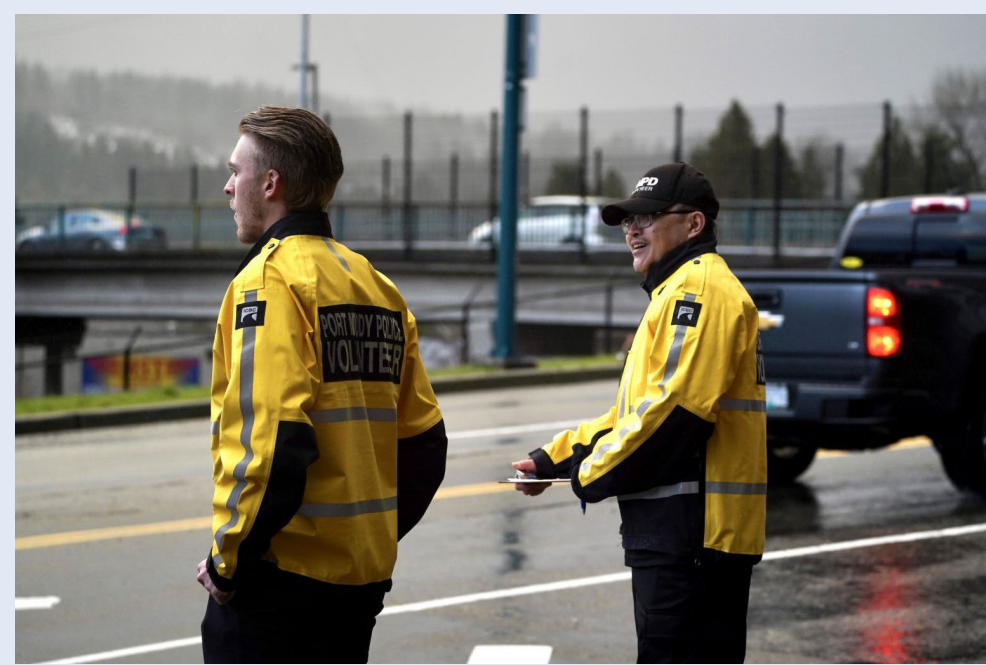
Tryout Fee \$35- School Cash Online
See Mr Ferrante, Ms Vickerson or Ms Pavan
for instructions.

CAREER CENTER



Interested in Policing?

- The Port Moody Police Department is hosting a free program for youth in Grades 11-12.
- The program is designed to introduce students to policing as a career and will allow students to earn volunteer credits (30 hours) that you can apply towards graduation.
- The program will be run out of the Port Moody Police Department on St. John's Street
- See Mr. Aitken in Room 240 or Mrs. Pavan in Room 209 for more information and to pick up an application sheet. Application deadline is February 19th, 2026



UBC Application deadline extended

UBC is aware that our online application on the EducationPlannerBC website is experiencing technical issues. The application is open, but intermittent disruptions may prevent you from accessing the website to submit your application to UBC. We are working with EducationPlannerBC to resolve this matter, but we recommend that you work through your application carefully and save your progress frequently - to ensure your work isn't lost during one of these disruptions. If you experience issues while you're working on your application or if you cannot access the website at all, please take a break and try again a little later. We want to reassure you that these disruptions will not negatively affect your application to UBC. **UBC has extended the deadline to apply and you now have until January 20, 2026, at 11:59 pm (PST) to submit your application.** We'll update this space with more details as we get them.



Preparation for Nursing Education - British Columbia Institute of Technology

- The Preparation for Nursing Education course is a one-week, in-person, faculty-led immersive experience designed for high school students interested in exploring nursing.
- The course helps students transition into a competency-based BSN program by building confidence, self-awareness, and foundational readiness.
- Through hands-on lab and simulation learning in a professional healthcare setting, students are introduced to how nurses think, communicate, apply ethics, and develop professional behaviours.
- Participants engage in applied activities, reflect on their learning needs, and experience realistic nursing concepts to help them understand whether nursing is the right fit.
- The course is co-designed with BCIT BSN and School of Health Sciences leadership, in partnership with the High School Partnerships Office and local school districts.
- Successful participants earn a digital badge that strengthens their portfolio and future program applications.

Course schedule

- Tentatively scheduled for June 29 to July 3.
- One-week duration.

Contact for more information:

nursing_prep@bcit.ca



COMMUNITY



home to our
arts community

PLACE DES ARTS

exhibitions

Emerging Talent 28 by SD43 Art Students

Opening Reception: Jan 23, 7:00 – 9:00 PM

Jan 23 – Mar 11, 2026 in the Atrium

Jan 30 – Mar 11, 2026 online at

placedesarts.ca/exhibitions

1120 Brunette Avenue
placedesarts.ca | 604.664.1636

   @pdacoquitlam



Top: (Left-Right) *Untitled* by Shawn Shi (Class of 2025), *Untitled* by Miranda Wang (Class of 2025)
Bottom: (Left-Right) *Temple* by Jooyeon Lee (Class of 2025), *Utopia* by Gloria Choi (Class of 2025)

home to our
arts community

PLACE DES ARTS

Exhibitions



On view at Place des Arts: Jan 16* - Mar 11,**,2026

Online at placedesarts.ca: Jan 30 - Mar 11, 2026

*Emerging Talent 28 on view beginning Jan 23, 2026.

**One Month. Just Spoons. on view and online until Mar 29, 2026.

Opening Reception: Friday, January 23, 7:00 PM - 9:00 PM

free entry | cash bar | meet the artists

Celebrate the openings of these 4 exhibitions:

SD43 Art Students

Emerging Talent 28

Various Mediums in the Atrium

Image: Gloria Choi (Class of 2025), *Utopia* [detail]

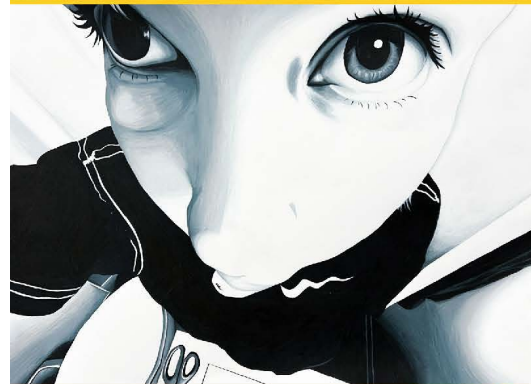


SD43 Teachers

Creative Connections

Various Mediums in the Leonore Peyton Salon***

Image: Allegra Whistler, *Time & Place* [detail]



Jeidn Winkler

Fragments of Self: Reconstructing Identity Through Art
Paintings, Drawings and Photography in the Mezzanine

Image: *POV (2)* [detail]



Susan Wallace

One Month. Just Spoons.
Ceramics in the Link

Image: *A Day at the Beach* [detail]

viewing

Atrium & Mezzanine

Monday - Friday 9:00 am-9:00 pm
Saturday 9:00 am-5:00 pm
Sunday 1:00 am-5:00 pm

***Leonore Peyton Salon

The Leonore Peyton Salon is a multi-purpose space; therefore, viewing times are limited. Call 604 664 1636 to book an appointment.

1120 Brunette Avenue, Coquitlam

View Online

To view the current exhibitions online, visit placedesarts.ca/exhibitions.

Any Grade 11/12's looking for a job? Apply for Part-time Event Staff



 **Hourly Wage: Starting at \$20 per hour** 

Requirements:



Ability to lift up to 50 lbs comfortably



Availability to work weekends and overnight shifts (including graveyard shifts during dry-grad season, April-June)



Access to a vehicle or willingness to use public transit



No criminal charges (background checks may be required for certain events)



Willingness to work in variable weather conditions



Strong problem-solving skills and ability to think on your feet.



For more information, please contact your career counselor. All resumes and applications can be submitted to sales@houlegames.com

FREE Drop-In Drawing & Painting

Mondays: 3:30–5:30pm • January 12–March 9

Join visual artist, Suze Mercado, for 8 weeks of after-school drawing and painting classes with a focus on faces, figures and storytelling! In an encouraging environment, meet other like-minded students and develop your creative expression. Join one class to learn a specific technique or come every week and build skills that connect into bigger, creative projects over the session. Students are also welcome to bring their own projects to work on and encouraged to come with creative ideas to explore. Suze merges her fine arts background with her practice as an art therapist to foster an inclusive and self-reflective space for creative expression. **Classes are free, for all levels, and supplies are provided.**



When: Mondays, January 12 -
March 9, 2026, 3:30-5:30pm
(no class on February 16).

Where: Nancy Bennett Room
at Coquitlam Public Library, Poirier
Branch (575 Poirier St).

Cost: FREE! Supplies Included.

How: It's a free, drop-in program
so no registration required!
15 spots available.

Who: 13-17 years old.