



**THURSDAY**  
**January 29, 2026**

**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

# FLEX ASSEMBLY SCHEDULE

<b>TUESDAY JAN 27</b>	<b>GRADE 9</b>
<b>WEDNESDAY JAN 28</b>	<b>GRADE 10</b>
<b>THURSDAY JAN 29</b>	<b>GRADE 11</b>
<b>FRIDAY JAN 30</b>	<b>GRADE 12</b>

# 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.

Ticket sale close  
February 4th

# Winter Formal

Wednesday February 11<sup>th</sup> 6:30- 9:00

THEME: HOLLYWOOD

\$35





# Transitions & EAL Tutorials begin next week, 2<sup>nd</sup> Feb

Please see Ms. Seiler, Ms. Lee or Ms. Mak if you have any questions.

# MATH CONTESTS

PASCAL (9) CAYLEY (10) FERMAT (11)

## MATH CONTESTS

If you wish to participate in one of these contests, they are now available for purchase in SCHOOL CASH.

**Deadline to pay is Sunday Feb 8<sup>th</sup>.**

For more information, please see the MATH CONTEST BOARD outside RM 216 or visit Ms. Paisley in RM 232

# *Science Co-op 11 Parent Presentation*

**Wednesday, February 4<sup>th</sup>**

**6-7 PM**

**HWSS library**

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Ms. Wilson - [bwilson@sd43.bc.ca](mailto:bwilson@sd43.bc.ca)

Mr. Baldus - [mbaldus@sd43.bc.ca](mailto:mbaldus@sd43.bc.ca)

# CLUBS



SOCIETY OF ACADEMIC PHILANTHROPISTS



# EXEC APPLICATIONS NOW OPEN!

**WHAT:** Positions include but not limited to vice president, secretary, social coordinator, etc.

**WHO:** Grade 9–11 students

**HOW:** Scan the QR code to apply!

**DEADLINE?** February 9<sup>th</sup>, 2026



**GOOD LUCK!**

# Chemistry Competitions

**JCCO – Mon May 25th**

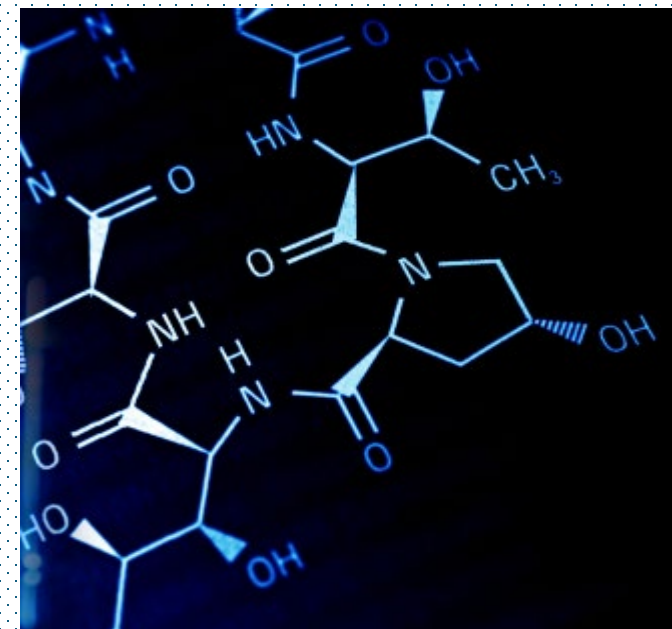
**CCC/CCO – Tues April 22nd**

**Avogadro exam – Thurs May 14th – For Grade 11's**

**Chem 13 News Exam – Thurs May 7 – For Grade 12's**

**And more**

Email Mr. Hung or at [127-LSPAGNUT@sd43.bc.ca](mailto:127-LSPAGNUT@sd43.bc.ca) for more information



# Agender

A person who identifies as agender **may not feel connected to any gender** and **may choose not to use gendered pronouns**. They may feel that gender labels do not describe them well or that they do not **relate to the idea of gender at all**.

**Pride Club has a new Instagram account! Check out by scanning the QR Code!**

If you have any questions about the HWSS Pride Club, email us at [sstewart@sd43.bc.ca](mailto:sstewart@sd43.bc.ca)



# KODIAK ATHLETICS



# CONGRATULATIONS TO THE WRESTLING TEAM!

*Here are results from the Raven Invitational Wrestling  
Tournament that took place at Terry Fox Secondary*

**Jack D. Junior boys, 51kg, Gold.**

**Jason H. Junior boys, 90kg+, Gold**

**Edgard C. Junior boys, 63kg, Gold.**

**George M. Junior boys 74kg, Bronze.**

**Daabeh O. Junior boys, 54kg, Bronze.**

**Jayden B. Senior boys, 78kg, Bronze.**

**Sasan E. Junior boys, 54kg, 5th Place.**

*Another victory for our Kodiak Wrestlers on Saturday at the Seaforth Cup in Vancouver.*

## **CONGRATULATIONS!**

**George M. Junior boys, 74-78k, Gold.**

**Jack D. Junior boys, 51-54kg, Silver.**

**Jason H. Junior boys, 100kg, Silver.**

**Daabeh O. Junior boys, 51-54kg, Bronze.**

**Michelle W. Senior girls, 43-47kg, 4th Place.**

# CAREER CENTER



# PORT MOODY POLICE DEPARTMENT

*Introduction to Policing for Grades 11 & 12*



## PMPD Intro to Policing for Grade 11 & 12s

### SECTION 1

The Port Moody Police Department is hosting a **FREE** program for local youth currently enrolled in Grades 11 & 12. The program is designed to give youth an understanding of policing as a career and will allow students to earn volunteer credits (30 hours) they can apply towards their graduation. The program will take place out of the Port Moody Police Department headquarters located at 3051 St Johns Street. The dates & times of the program are as follows:

Wednesday	April 15, 2026	5:30 pm – 9:00 pm
Wednesday	April 22, 2026	5:30 pm – 9:00 pm
Friday	April 24, 2026	8:00 am – 5:00 pm (District Pro-D Day)
Wednesday	April 29, 2026	5:30 pm – 9:00 pm
Wednesday	May 6, 2026	5:30 pm – 9:00 pm
Wednesday	May 13, 2026	5:30 pm – 9:00 pm
Wednesday	May 20, 2026	5:30 pm – 9:00 pm

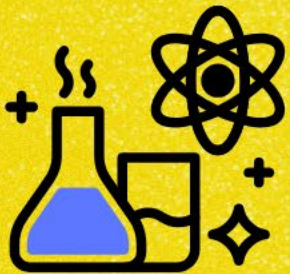
- Please see or email Ms. Butler for application [dbutler@sd43.bc.ca](mailto:dbutler@sd43.bc.ca)
- Or visit website under Opportunities: [https://www.sd43.bc.ca/school/heritage\\_woods/ProgramsServices/career/Pages/Opportunities.aspx#/=](https://www.sd43.bc.ca/school/heritage_woods/ProgramsServices/career/Pages/Opportunities.aspx#/=)
- Completed application are due in person to PMPD by 4pm Feb. 19

**Participants are required to attend all 7 sessions in their entirety.** Each day will have a different theme and there will be demonstrations from various specialty units including the Police Dog Services and Forensic Identification Services. There will be opportunity for participants to experience hands-on components in a training environment (for example: traffic stop scenarios, use of force, drill). There will also be a fitness component to this program and applicants will be required to self-report their physical abilities in section 5 of this form.

Applicants will be required to receive parental / guardian permission. Applicants will also undergo a basic criminal record search and will require their principal's endorsement to participate. **Priority will be given to students who reside in Port Moody.**

# COMMUNITY





Saturday, Jan. 31<sup>st</sup>

9am - 12 pm

Port Moody City Hall

We are collecting hands-on learning toys for early childhood to teens for children in Belize

- STEM, STEAM
  - Building, construction, Science kits, puzzles, coding, logic, Match
- Musical Toys and Instruments
- Educational Toys and Games
  - Board and learning games. Language, literacy, number based toys
- Sport Toys
- Gently Used, Clean and Complete Toys



**February 27, 2026**

**8am–3pm**

**Inlet Theatre, 100 Newport Drive**

**GAIN 7 HOURS  
OF VOLUNTEER  
TIME!**

**PORT MOODY**  
CITY OF THE ARTS

Calling all Tri-Cities youth in grades 8–12! Join us on Friday, February 27, 2026 for the **Mayor's Youth Summit**, a full-day event focused on mental health and wellness. Take part in conversations about nutrition, stress, healthy relationships, an active yoga session, and connect with peers, city leaders, and community members.

<https://www.portmoody.ca/parks-recreation-and-environment/recreation/youth-recreation/mayor-s-youth-summit/>

✓ Free event, registration required. Earn 7 volunteer hours! Register

now: <https://bit.ly/MYS2026>

# 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](mailto:sales@houlegames.com)