



FRIDAY

February 6, 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
LUNCH	12:13 – 12:53
Block 4	12:57 – 2:09
Block 5	2:13 – 3:25



CHECKING YOUR
SCHOOL EMAIL
EVERYDAY

Ensures YOU don't miss

IMPORTANT
INFORMATION!



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.



REAL ACTS OF CARING

WEEKLY SCHEDULE

Monday

Compliment Day

**Candy Grams at lunch
in the grand hall**



Tuesday

Wear purple

**Candy Grams at lunch
in the grand hall**



Wednesday

Hug Day

**Kindness Hugs with Kody
at lunch
in the grand hall**



Thursday

wear Red/Pink/White

**Valentine's Day Trivia
at lunch
in the grand hall**



Friday

PJ Days

**Friday Pies Day at
lunch
in the grand hall**



Flag Day February 15th

- Dr. George Stanley suggested the red-white-red design in a letter to Member of Parliament(M.P.) John Matheson.
- Inspired by the Royal Military College (RMC) flag.
- It was chosen from over 3,500 proposals during an intense parliamentary debate, replacing the former Red Ensign.



- Prime Minister Lester B. Pearson introduced this flag to parliament on February 15, 1965.
- Learn more at:
<https://www.canada.ca/en/canadian-heritage/campaigns/national-flag-canada-day.html>

GALAPAGOS TRIP

SPRING BREAK 2027

Love travelling, wildlife, outdoors, and learning about new cultures? **This is for you!** This is a once-in-a-lifetime trip to Ecuador and the Galapagos Islands!

There is still time to sign up!

www.eftours.ca/2988675WN

Questions? Please see Ms. Kim in room 303 or send an email to ekim@sd43.bc.ca

Terry would be proud



Go Kodiaks!!!

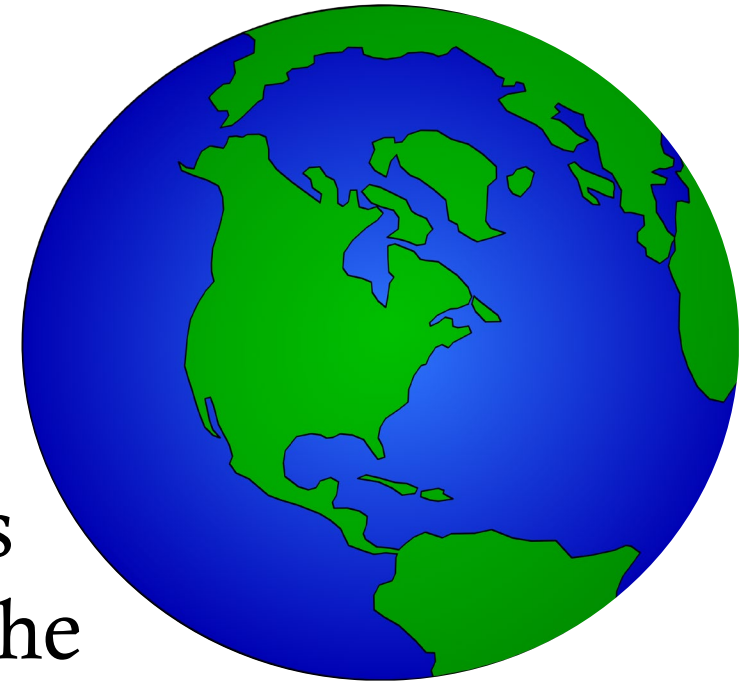
We Made A difference!!!

Be Proud!!!

Schools across
Canada rose
\$163000000

**We Raised \$6260.24
For Cancer Research**

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 **March 1, 2026**.

To complete your renewal:

Sign and return the Terms of Agreement to ieapplications@sd43.bc.ca.

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

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 8th.

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

CLUBS





GWEN'S DIMENSION AND HOW COLOUR CONVEYS EMOTION

FRIDAY, FEBRUARY 6TH IN ROOM 104

→ BRING A MEDIA CLIP WHICH EMPHASIZES COLOUR! WE WILL BE BREAKING DOWN THE COMPONENTS OF THE CLIP TOGETHER :)

OVERVIEW

- **WORKSHOP #2**
- **OPTIONAL PROJECT CHECK-INS**



Multicultural Club

DONUT

TIM HORTONS DONUTS AND TIMBITS

- 1 Donut: \$2.5**
- 6 Donuts: \$13**
- 12 Donuts: \$24**
- 1 Timbit: \$1**
- 5 Timbits: \$3**
- 10 Timbits: \$5**

Feb. 6

In the grand hall in
front of the theater
during lunch time

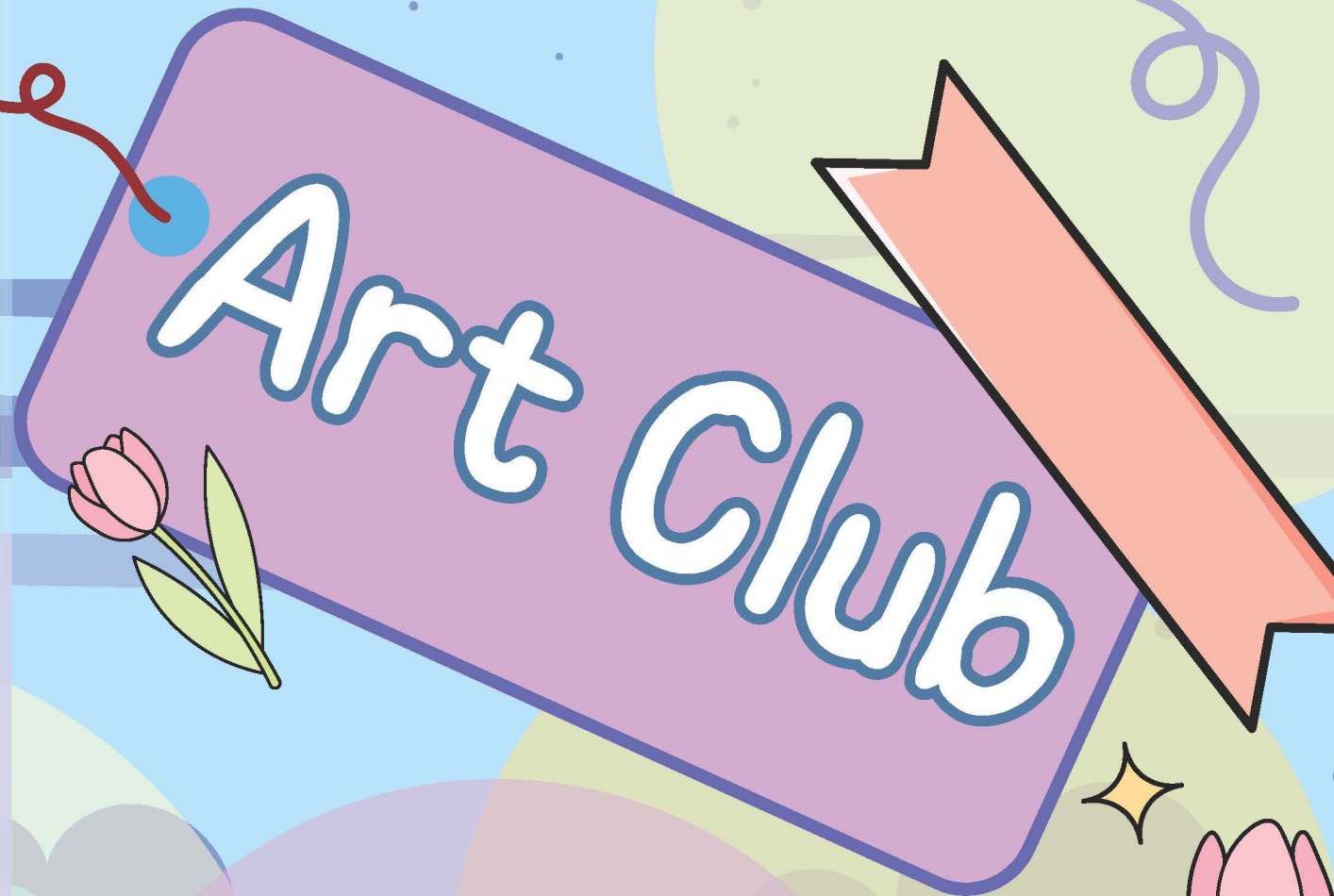


Create your
portfolio!

Don't need to have
experience


Create more friends

Opportunities!



Fridays At Lunch
Room 214





Art Club

MIXED
MEDIA

Come join us to create
a poster on Friday ✨ at
Lunch Room 214 ✨

B.I.O.S SFU BURNABY CAMPUS FIELD TRIP

Open to all B.I.O.S Members!

Come explore SFU's Burnaby campus on
Friday, February 20th !

- Guided Biochemistry Lab and Campus Tour
- Student Perspectives on Studying Science and Student Life
- Q&A Session!

Important meeting
Wednesday, February 4th
@ Lunch in room 314

SFU SIMON FRASER
UNIVERSITY



For additional info, contact
127-akim4@sd43.bc.ca
127-aheshmati@sd43.bc.ca

BIOLOGY INNOVATION OUTREACH SOCIETY

Chemistry Competitions

JCCO – Mon May 25th

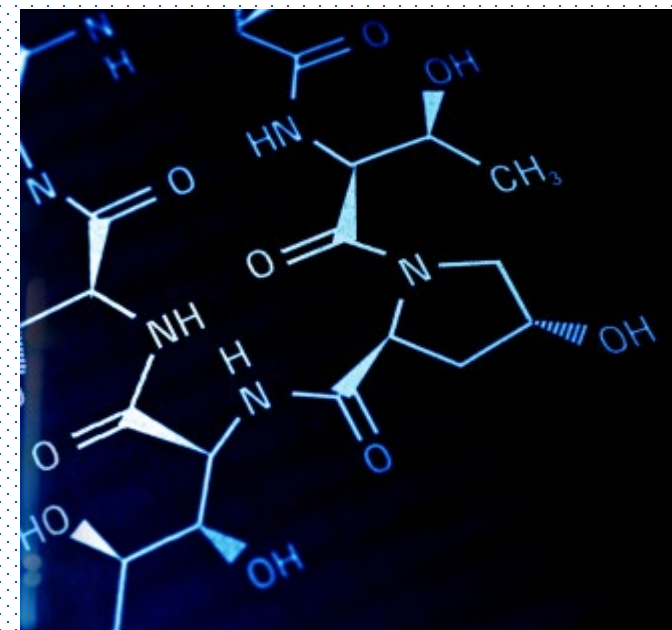
CCC/CCO – Tues April 22nd

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 for more information



HWSS Pride Club's
WORD OF THE WEEK

PANSEXUAL

Pansexuality means that **attraction isn't limited by gender**. Pansexual people can be attracted to people of **any gender**, because gender isn't the main factor. What matters more is **the person themselves**. It doesn't mean being attracted to everyone, just that gender doesn't decide who attraction can happen with.

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

Check out our new Instagram by scanning the QR Code!



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 9th, 2026



GOOD LUCK!



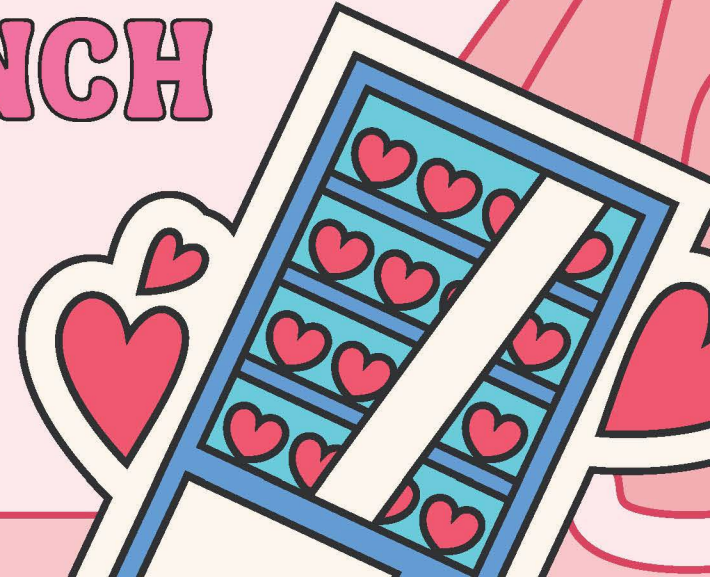
CANDY GRAMS

\$2

REMEMBER
TO BRING
A TOONIE

SELLING: FEB 9 & 10
IN THE GRAND HALL
AT LUNCH

DELIVERING ON THE 13TH



KODIAK ATHLETICS



No experience
needed!

Everyone is welcome!

GIRLS RUGBY 7'S MEETING

**February 12th @ Lunch
Room 134 (Resource room)**

For more info contact Ms. Fang



RUGBY PRACTICE

Starting Wednesday and
Thursday at 4pm.

Venue: Heritage Wood
Grass Field.

For more info:
Contact Mr.Naidu {Abo}

Girls Soccer

ALL female soccer players are invited to attend a sign up and meeting on TUESDAY, February 10th at 12:20 in the MAT ROOM.

See Ms. French in the PE office if you cannot attend the meeting.

School District 43 Mountain Bike Team Registration 2026

Heritage
Woods
Mountain Bike
Team Sign Up
Any Mountain
Bikers wanting
to race for the
school team
this year
please use the
QR code to
sign up



Heritage Woods Mountain Bike Team Sign Up
Any Mountain Bikers wanting to race for the school team this year please use the QR code to sign up.

If you have any questions, please see Mr. Castonguay in the PHE office

Wed March 4 - Teams/Zoom meeting with new athletes and parents

Wed March 11 - First Team Ride Burke (weather/snow permitting)

Wed April 1 - Team ride Burke

Wed April 8 - Burke

MON April 13 - Advanced ride Eagle

Wed April 15 - Burke

MON April 20 - Advanced ride Eagle

Wed April 22 - FUNDURO Burke

MON April 27 - Advanced ride Eagle

Wed April 29 - FUNDRURO THORNHILL

MON May 4 - Advanced Ride Eagle

Wed May 6 - FRASER NORTH - Thornhill

Wed May 13 - Burke

Thurs-Fri May 21-22 Provincials Quesnel

Wed June 10 - Wrap-Up Burke

**School District 43 Mountain Bike
Team Registration 2026**



CONGRATULATIONS TO THE WRESTLING TEAM

@ The 2026 Alberni Invitational Wrestling Tournament

Junior Boys:

George M., 74kg, Gold

Daabeh O., 54kg, Gold

Jack D., 51kg, Gold

Edgard C., 63kg, Gold

Jason H., 100kg, Silver

Senior Boys:

Jayden B., 74kg, Bronze

Ahmed R., 66kg, Top 8

Senior Girls:

Michelle W., 43-47kg, Top 8

Final Junior Boys Team Results:

Heritage Woods Secondary School - 4th Place

2026 Most Outstanding Junior Boys Wrestler:

Edgard C.

COMMUNITY





Anmore Youth **BINGO**

Friday February 6, 2026 from 6-8pm at the Village Hub
2697 Sunnyside Road
\$2 per card
All are welcome!!