



THURSDAY
February 19, 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.

SD43 Pink Shirts have arrived

If a shirt was ordered for you, an email has been sent to your 127s-email to let you know you have an order to pick up.

Please come to the office, before school, lunch or afterschool to pick up.

Pink Shirt Day is NEXT Wednesday February 25, 2026

Olympic Viewing – Lunch Time



- Love sports?
- Enjoy cheering on Team Canada?
- Come and enjoy live streaming of the Olympics, at lunch, in room 241
- Bring your friends and lunch
- Open to all students and staff

- Open from February 10th to February 20th



Canadian Hockey Jersey Day!

2026 Milano Cortina Winter Olympics
Wear Your Canadian Hockey Jersey!
Thursday, February 19
Women's Hockey Gold Medal Game
Canada vs. USA

Go Canada Go!



GALAPAGOS TRIP

SPRING BREAK 2027

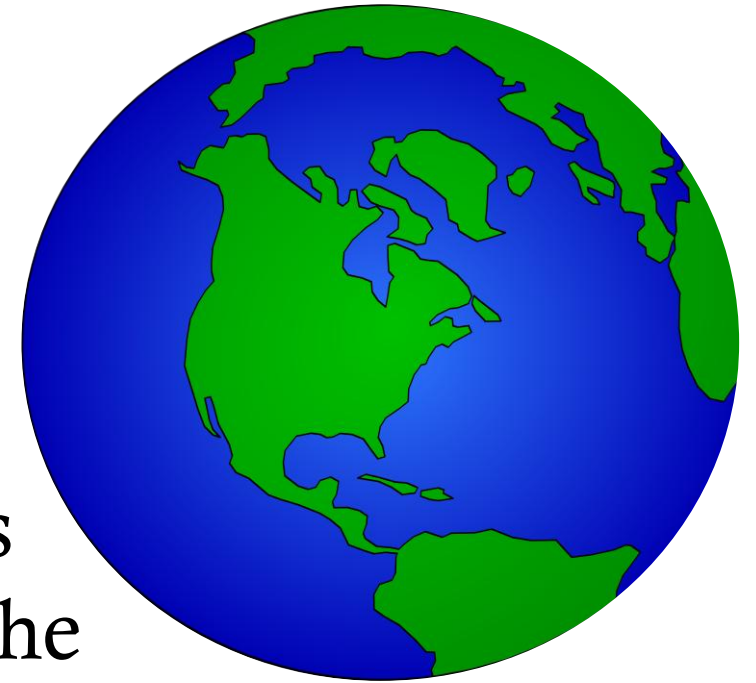
Love travelling, wildlife, outdoors, and learning about new cultures? **This is for you!** This is a once-in-a-lifetime trip to Ecuador and the Galapagos Islands!

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

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

CLUBS



MUSIC DISK ENSEMBLE

JOIN A BAND WHERE...

PLAY AT EVENTS

EARN VOLUNTEER HOURS

CHOOSE A MUSIC GENRE

THURSDAY, LUNCH @ RM 102



PET PALS CLUB

TIMBITS AND DONUTS FUNDRAISER

THURSDAY, FEBRUARY 19th
@Lunch in the Grand Hall



Katie's Place
Animal Shelter

Aromantic

Aromanticism is when a person **feels little to no romantic attraction**. This does not mean a lack of connection, as friendship and bonding can still be very important. Aromanticism is different than asexuality, as it specifically relates to romantic attraction **rather than physical attraction**. Different people may identify as both asexual and aromantic (**Aroace**), or just one, though it varies.

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

KODIAK ATHLETICS



Heritage Woods Track Team



Information session
this **Friday, February
20th at Lunch (Room
109)**

Sign up is posted outside
the PE office. Please be
aware that there are
parent volunteers running
the team, so checking your
emails for communication
will be important!



Feb 22

Track Team 2026



Fill out form ASAP and be
prepared for practices
and meets to come.

Girls Soccer Tryouts

All female soccer players are invited to tryout for the school team:

Tuesday, Feb. 24 and Thursday, Feb. 26
3:40 on the turf.

See Ms. French for information if needed.



BADMINTON TRYOUTS ★

Coming up next week Badminton Tryouts

- Court shoes + Rackets are required
- Open to junior and senior girls & boys

DATES TBA



CAREER CENTER



CODING VOLUNTEER OPPORTUNITY

- The **elementary Scratch coding class on Saturday** is looking for **high school classroom volunteers for Grade G9 - G10 or up students** to support coding (Scratch and Micro:bit)
- **Program Details: SATURDAYS 2:15 – 4:00 PM**
- **Dates: March 7th – June 6th (No class on March 21, 28, April 4)**
- **Location: Como Lake Middle School**
- This is a wonderful chance for high school students who are interested in **volunteering and working with children**. It will be a rewarding experience for both the high school volunteers and the elementary students they support.
- **If you're a high school student G9-G10 or up interested in Technology and STEM and able to commit to 11 weeks of classroom volunteering, we'd love to hear from you!**
- Volunteers will also receive a **certificate confirming their volunteer hours**.
- Students who are interested can contact us directly at Email: sd43computers@gmail.com, or Phone / text message: 778 868 4498



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
- Or visit website under Opportunities: <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.**

REMINDER APPLICATIONS DUE BY 4PM FEB. 19 TO PM POLICE

Upcoming Events 2026



**April 29
- May 1**

Indigenous Trades Sampler



Get hands-on. Learn trades. Take something home! A 3-day shop experience for Indigenous students in Grades 9-12.

**May 12 &
May 19**

What the L



Ready to start driving? Join our 2-day program with a certified ICBC instructor and gain the knowledge, confidence, and preparation needed to earn your Learner's Permit

May 22

First Aid Course



Build confidence, gain valuable life skills, and earn a recognized certification that prepares you for school, work, and everyday emergencies.

June 3

Skilled Trades Expo



Join us to connect with employers, find job opportunities, and discover programs that can launch your career.

www.sd43.bc.ca/CareerPrograms

Applications on HWSS Career Centre under Opportunities or see Indigenous Youth Worker

SAVE THE DATE



INDIGENOUS STUDENTS IN TRADE SAMPLER

Applications Open: Wednesday February 11, 2026

Applications Due: Wednesday March 11, 2026

FOR QUESTIONS CONTACT: MRINDAHL@SD43.BC.CA



INFORMATION PACKAGE

Program Overview:

SD43 and ACCESS BC have partnered to offer students a 3-day experience where they get to explore different trades including: Carpentry, Welding, and CNC Machining. Students will also get the opportunity to hear from a representative from ACCESS BC to share the opportunities they offer as well as connect their learnings to Indigenous Culture. Students will be provided with breakfast and lunch for all days and will also receive a T-shirt.

Program Expectations:

- Participate in all 3 days
- Arrive on time
- Communicate in advance if any accommodation or learning supports are needed
- Follow all safety guidelines

Safety Information:

- No former trades experience is required
- Basic safety orientation and intro to tools will be provided
- Shop appropriate clothes:
 - Closed to shoes
 - No dangling jewelry
 - Hair tied back

Contact Information:

Program Instructor
Donny Purych
dpurych@sd43.bc.ca

Program Organizer
Madeline Rindahl
mrindahl@sd43.bc.ca

Program Coordinator
Ben King
bking@sd43.bc.ca

Date: April 29th - May 1st

Time: 8:30am - 3:00pm

Location: Port Moody Secondary School

Instructor: Donny Purych

Schedule:

Wednesday April 29

8:30am: Breakfast and Intro

9:00am Morning Session

11:30am Lunch

12:30pm Afternoon Session

3:00pm Students Dismissed

Thursday April 30

8:30am Breakfast

9:00am Morning Session

11:30am Lunch

12:30pm Afternoon Session

3:00pm Students Dismissed

Friday May 1

8:30am Breakfast

9:00am Morning Session

11:30am Lunch & ACCESS BC Presentation

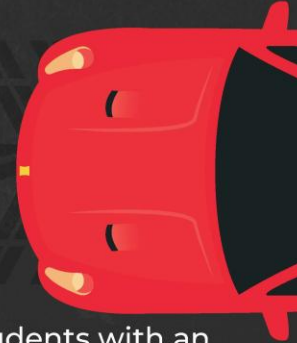
12:30pm Afternoon Session

3:00pm Students Dismissed

**TUESDAY
MAY 12 AND
MAY 19,
2026**

SAVE THE DATE

WHAT THE



Coquitlam School District will be providing students with an opportunity to participate in a 2-day instructional program with an ICBC instructor to better prepare them for their Learners Permit test through ICBC.

- ✓ 2 day program
- ✓ L permit study guide provided
- ✓ Test is already booked. Skip the wait times!
- ✓ Must be 16 by May 19
- ✓ Free lunch!
- ✓ Transportation to ICBC provided

**Ready to get your permit?
Applications open February 11**

Talk to your counselor or go to our website under **certificates** to access the application package.

For questions contact: mwindahl@sd43.bc.ca

Application available on HWSS Career Centre website under Opportunities.
Deadline to apply: March 11
Apply early for best opportunity.



**OCCUPATIONAL FIRST AID
LEVEL 1 COURSE**

SAVE THE DATE
FRIDAY MAY 22, 2026
8:30AM - 4:30PM
LUNCH IS PROVIDED!

OFA Level 1 (Occupational First Aid) is a one-day, WorkSafeBC-recognized course focusing on basic, essential life-saving skills for low-risk workplaces. Participants who successfully complete the course will receive a 3 year certification.

Applications on Career centre website under Opportunities. Do not wait to submit your application as spots will fill up! Deadline to apply May 06, 2026

TRAINING INCLUDES:

- ✓ Assess scene safety
- ✓ Perform CPR
- ✓ Use an AED
- ✓ Treat bleeding and wounds
- ✓ Handle minor burns

COURSE FEE:

Discounted rate of \$95 (typically \$150+)

ELIGIBILITY:

Must be 16 years old at the time of the course

APPLY:

Online or talk to your counselor
Applications are due Wednesday May 6, 2026

ANY QUESTIONS REACH OUT TO MRINDAHL@SD43.BC.CA

**SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE
 1080 WINSLOW AVE, COQUITLAM, BC V3J 0M6**

Looking for a Job?



ROCKY POINT ICE CREAM

HIRING FAIR!

SUNDAY, FEBRUARY 22ND | 10 AM - 2 PM
LOCATION: 2920 Murray St, Port Moody
Applications available at:
www.rockypointicecream.com

- Join the Scoop Team!
- We're hiring for all locations: Port Moody, New Westminster, Port Coquitlam, and Coquitlam.
- Sunday, February 22nd from 10am - 2pm
- The Canteen & Creamery 2920 Murray Street, Port Moody
- We are looking for energetic Scoopers!
- How to apply:
- Download the application form on the website.
- Fill it out completely.
- Bring it with you to our Hiring Fair along with your resume!
- See you on Sunday, February 22nd!