



FRIDAY

March 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.



HERITAGE WOODS PRESENTS:

THE LIGHTNING THIEF

THE MUSICAL

FEB 26, 27, 28, MAR 6, 7 - 7:30 PM

\$15 ADULTS

\$13 STUDENT/SENIOR

Musical Director

**Hayley
Perkins**

**Director &
Choreographer**

**Julia
MacLean**

Artistic Director

**Shanda
Walters**

604 461 8679

1300 David Avenue

Book by Joe Tracz Music & Lyrics by Rob Rokicki Adapted from the book The Lightning Thief by Rick Riordan

THE LIGHTNING THIEF IS PRESENTED BY ARRANGEMENT WITH CONCORD THEATRICALS www.concordtheatricals.com

March Spirit Week



Tuesday

Grade 10 & 12 Students wear **BLUE**

Wednesday

Dress like a **GREEK GOD**

Thursday

Grade 9 & 11 Students wear **BLUE**

Friday

Wear **KODIAK** Gear!!!

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

Science Co-op 2027



Please check room 315 to see if your name is on the applicant list.

Come pick up an application form!

All application forms due BEFORE spring break.

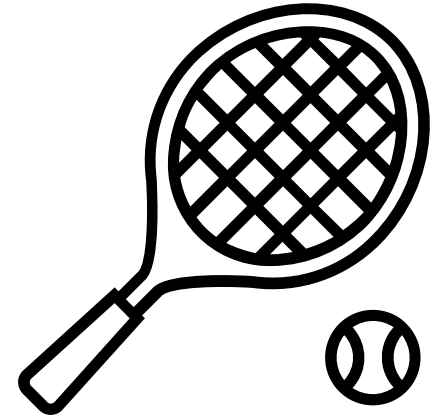
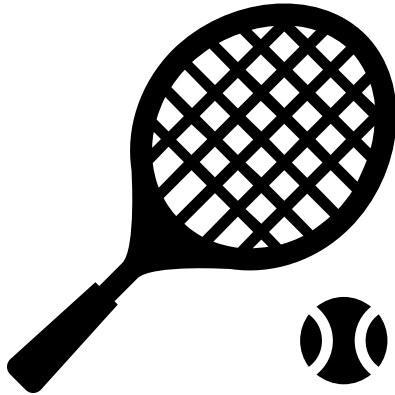
Please speak to WILSON if you would like your name added to the list.

KODIAK ATHLETICS



Tennis team sign up!

HWSS TENNIS 2026



Court times to be announced...

CAREER CENTER



HERTIAGE WOODS

SCHOOL SPIRIT NIGHT



MARCH 6TH | 7:00 PM

**POIRIER SPORT
& LEISURE COMPLEX**

PRESENTED BY
SME | STRATEGY
MANAGEMENT CONSULTING



\$5,000 Scholarship Opportunity
Coquitlam Express
High School Spirit Night

Here it's the link for students to fill out
for FREE tickets:

<https://express.ticketsnap.ca/claim/a8e80d02-590a-4e1e-830c-eb8558e071e7>

CONNEST
CONTRACTING



BUILDING TOMORROW YOUTH TRADES FAIR

MARCH 10, 2026
4:00 PM - 7:30 PM

SCHOLARSHIP APPLICATIONS
NOW OPEN
OVER \$5000 TO BE AWARDED



RSVP HERE



SCHOLARSHIP
FORM



 **IL CENTRO ITALIAN CULTURAL CENTRE**
3075 SLOCAN ST, VANCOUVER BC

ITALIANCULTURALCENTRE.CA
CONWESTCONTRACTING.COM
CONWEST.COM

Mar 10

**FREE EVENT -
STUDENTS & PARENTS**

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.



INTERESTED IN FASHION?

WANT TO BECOME A FASHION DESIGNER?

WANT TO EXPLORE POST-GRAD PROGRAMS?

Learn more about the Fashion Design and Technology program at Wilson School of Design with *alumni guest speakers!*

Sign up for **FLEX** with **Ms. J. Lee** in the Textiles room on
Monday March 9th

COMMUNITY



community • Advocate • Make change



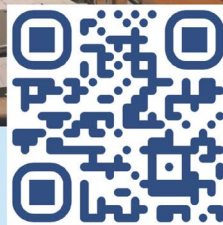
Youth
Serving Youth

Applications open for the

32nd Fraser Youth Parliament

March 27-29 • Coquitlam City Hall

Lead in your community • Advocate • Ma



Apply here by March 21st



or at <https://bcyp.org/fyp>

CALL FOR YOUTH ARTISTS

True Colours

Youth Pride Art Exhibition



YOUTH ARTISTS AGES 12-19

OPEN TO 2SLGBTQI+ AND ALLIES

ALL ART MEDIUMS WELCOME

SHOW ART AT POMO YOUTH PRIDE FESTIVAL

APPLY BY
APRIL 19, 2026



2425 St. Johns Street, Port Moody
pomoarts.ca | 604 931 2008 | @pomoarts



KidSport Sale: Equipment and Volunteers still needed



Spring Equipment Sale!

March 7, 2026

10:00am to 1:00pm

Riverside Secondary School

KidSport Tri-Cities is holding another legendary Used Sporting Goods Sale!

This amazing sale only happens twice a year and we are excited to extend this special invitation to you!

Saturday, March 7, 2026 from 10:00am until 1:00pm

**Riverside Secondary School – across the street from Gates Park
2215 Reeve St. Port Coquitlam**

Admission is by donation or item(s) for the SHARE Food Bank
Save Money and Help the Community at the Same Time!

Open to everyone! If you or your family is in to sports, we will save you money! A huge variety of high quality used sporting goods at incredible prices. Everything from bikes and hockey gear to fitness equipment and wetsuits and everything in between. You can outfit a child for hockey (including skates and a helmet) for \$100. Lacrosse (including a stick and helmet) for \$90. Plus, there's **no tax**. Cash and Credit Cards accepted. You can see some of our incredible prices here - **[KidSport Sale Price List](#)**
All proceeds subsidize registration fees for kids from families who are struggling financially. Save a ton of \$\$\$ and help your community at the same time. More than 2,000 people attended last sale and trust us.....

YOU DON'T WANT TO MISS THIS SALE!

Equipment still needed! To make this event a success KidSport needs equipment! Families are encouraged to donate and drop off their **gently used** sporting goods of any kind from February 21 thru March 6 at the following locations:

- Port Coquitlam Community Centre - Arena 3
- Port Moody Rec Centre – front desk
- Poirier Sport and Leisure Complex – front desk

Equipment Drop Off Information

If you have gently used equipment (less than 6 years old please) taking up space in your garage or basement, this is a great opportunity to free up some space, donate the equipment (including bikes) and make a great contribution to our community. We greatly appreciate and rely on donations but please ensure the equipment is clean and usable. Please remember to also come by the sale for some amazing deals and tell your friends!

We really need more volunteers for this event, so if you can help, please email:
Chris Wilson, KidSport Tri-Cities - cwilson630@gmail.com

Please feel free to forward and share this email to anyone who may be interested in our sale. Thank you.

KidSport Tricities extends our deepest gratitude and heartfelt thanks to all our volunteers and donors. It goes without saying, we would not be able to do this without you!!!