



MONDAY

March 9, 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



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.



Thank you for your cooperation!



**Please be respectful
and refrain from
parking in the
handicap spots
located at the back
of the school.
Unauthorized
vehicles may be
towed at the owner's
expense.**



Competitive Robotics Application

If you applied for Competitive
Robotics for next year, please fill
out the application form





PURE POP ENERGY!!!

HWSS MUSIC DEPARTMENT POPS CONCERT

Date: March 11th, 2026 (WED)

Time: 7 – 8:30PM

ADMISSION BY DONATION



Calling All Singers—grade 12's

If you're interested in **Singing** for your own
Grad the ceremony



Meeting in the music room at **lunch** – room 103

Monday, March 9 and **Wednesday, March 11**

Don't miss out!! Time to make Memories!!

Rehearsals start following Spring Break!!!

Don't Miss Out!!!



School District 43 Mountain Bike Team Registration 2026



Society of Academic Philanthropists

NEED A TUTOR?

Email/Request on Instagram
or drop by HW Help!

✉ **hwsoaptutor@gmail.com**

📷 **@hwsoaptutoring**

HW Help is everyday except
Tuesday in Room 231!



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

CAREER CENTER





UNIVERSITY OF
CALGARY

COME **SAY HI!**

A member of the Student Recruitment Team will be visiting your school. Learn about university life, programs, admission requirements, awards and more.

When:

Monday March 09

Where:

Table in the Grand Hall



LEARN MORE

ucalgary.ca/future-students/undergraduate

start something.



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



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.

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

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

COMMUNITY



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

