



**TUESDAY**

**March 10, 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



# 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.**





# AP Calculus Exam

If you have signed up to write the AP Calculus AB or BC exam in May, make sure you log on to the AP College Board and verify your information is correct. Exams will be ordered this week based on the information you have provided. If you have not paid the exam fee, you will be automatically removed from the list. If you have questions, please email/see Ms. Mazzucco.

# 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 11<sup>th</sup>, 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

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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!

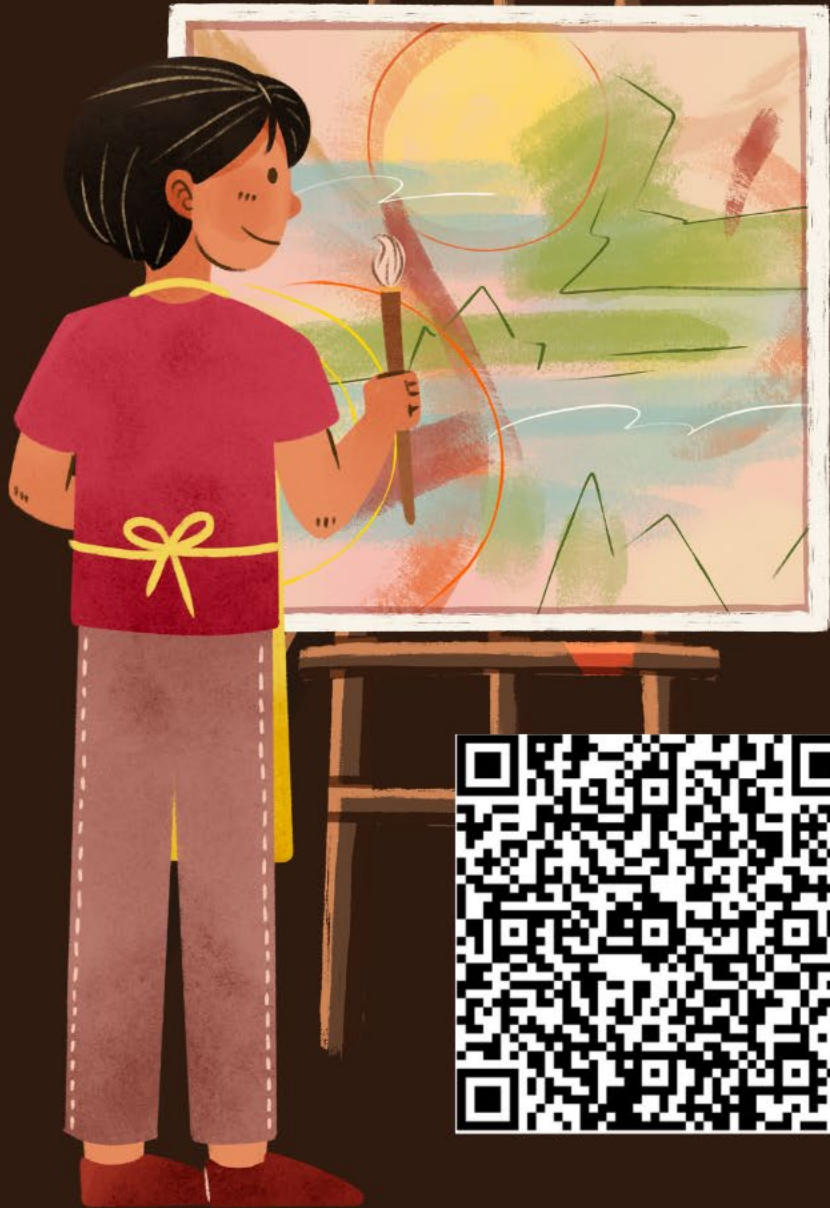


# Student Art Council

“Together Through Time”

A Community Mural Painting Event

In collaboration with the City of Coquitlam & SD43



When

- March 18 & 19, 2026
- First week of Spring Break



Your Role

- Choose a seasonal section
- Paint 3-5 leaves in your own style
- Each session is 2 hours



Where

- Summit Community Centre Hallway
- (Summit Middle School )

# 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](http://www.eftours.ca/2988675WN)**

*Questions? Please see Ms. Kim in room 303 or send an email to [ekim@sd43.bc.ca](mailto: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.

# CLUBS



**Pet Pals Club**  
**Rabbit Shelter**  
**Earn Volunteer hours !**

**Date: March 25**

**Location: 9231 No. 6 Rd, Richmond, BC**

**Time: 1:00-3:00 PM**



**Deadline is March 11,  
Sign up ASAP!**



# Bisexual

Bisexuality is the **attraction to both men and women**. This can also mean a person is attracted to more genders (agender, genderfluid), but often this type of attraction is called pansexuality. Whether a person identifies as **bisexual or pansexual is subjective to every individual**. Attraction to both men and women does not imply attraction to every single person, just as heterosexuality does not imply that either.

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

# CAREER CENTER



**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 29<sup>th</sup> - May 1<sup>st</sup>

**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](mailto: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.

**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

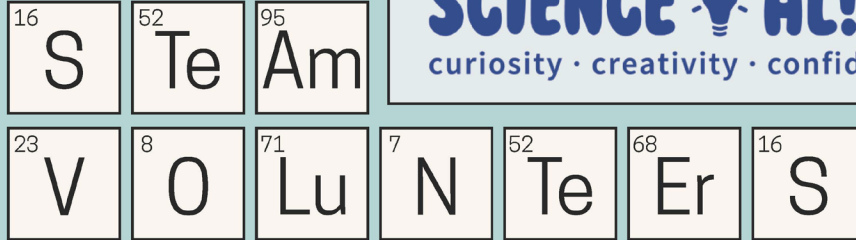
SHOW ART AT POMO YOUTH PRIDE FESTIVAL

APPLY BY  
APRIL 19, 2026



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





### WE ARE LOOKING FOR VOLUNTEERS

Have a passion in **STEAM** (Science, Technology, Engineering, Art&Design, Maths)?

Looking for volunteer experience working with **kids**?

**Science ALIVE's Summer Academy** is looking for highschool **summer volunteers** to help support our summer camp programs!

### ROLE OVERVIEW

- Part-time or full-time hours available
- Flexible weekly commitment — choose the weeks you want to volunteer
- Training provided before you start

### APPLICATION INFO

- **Deadline** to apply is **March 20**
- Selected applicants will be invited for an in-person group interview on an ongoing basis

### APPLY HERE

Apply on our website:

[bit.ly/SFUvolunteers](https://bit.ly/SFUvolunteers)

