



THURSDAY
APRIL 23, 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.



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.**



Happy Earth Week

Kodiaks

- **Monday, April 20- Save Water** - Avoid AI use, take shorter showers, close taps, stop water leaks
- **Tuesday, April 21 - Reduce, Reuse & Recycle** - Wear thrifted clothes, recycle, compost, use a reusable mug and utencils
- **Wednesday, April 22 (EARTH DAY) - Save Energy** - Turn off lights, carpool or use public transport, walk
- **Thursday, April 23 - Get Outside!** - forest walk, beach walk, teachers can schedule outdoor classes



Announcement

Celebrate Earth week From April 20 to April 24 by Dressing Sustainably!

HOW?

Your choices are to wear Eco-friendly clothes like Cotton, Wool or Silk.

Do you know Why?

- **Uses minimum energy**
- **Releases low microplastic pollution**
- **It is Biodegradable**
- **Renewable within 3-12 months**

We invite everyone to show our love for the planet Earth. Every small choice will make a big difference.



GET OUTSIDE

Thursday, April 23

Take a walk in the forest

Spend the afternoon at a park

Walk along the beach

Grade 9
meetings
this week
in the
theatre at
FLEX

Tuesday

LAST NAME O-Z

Wednesday

LAST NAME A-G

Thursday

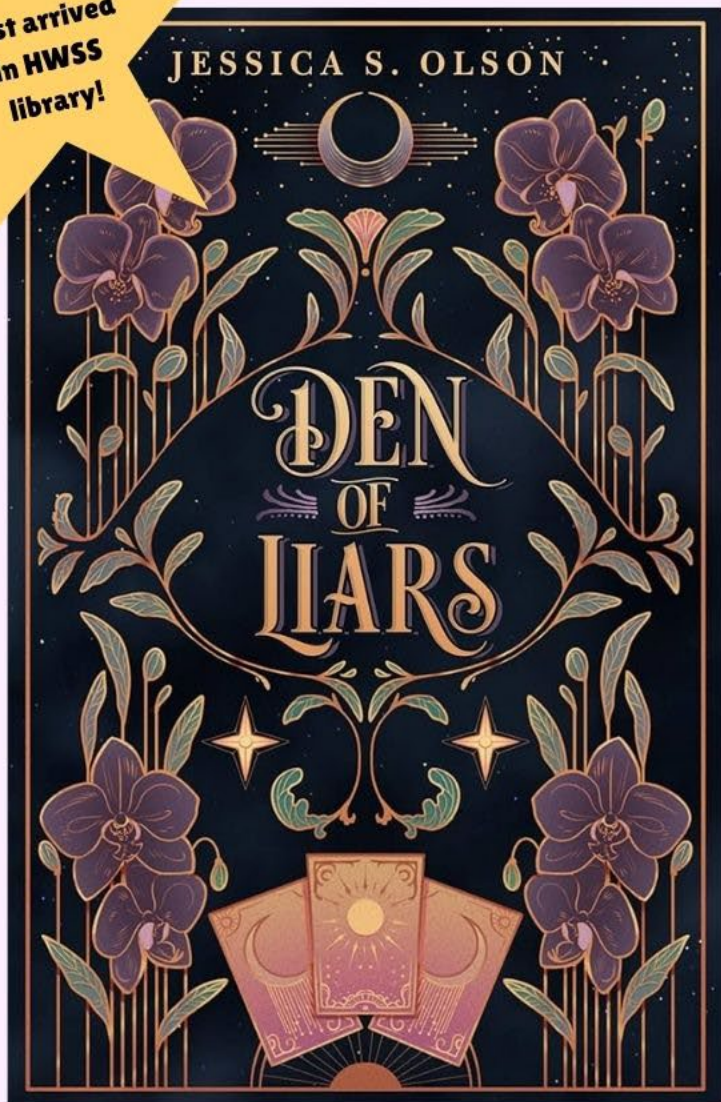
LAST NAME H-N

CLC 11 FLEX MEETINGS

- **Mr. Aitken –Tues. April 21st - Room 240**
- **Mr. Baldus – TBA- watch for an email**
- **Ms. Jarvis – Wed. Apr. 29th– Theatre**
- **Ms. Kong – Wed. Apr. 29th- Library**
- **Mr. Luong – Wed. Apr.29th – Steam Room Library**
- **Ms. Lee –Tues. April 21st - Room 244**
- **Ms. Paisley –Tues. Apr. 28th– Room 232**
- **Ms. Ross –TBA Watch for an email**
- **Ms. Saloustros –Fri. May 1st- Theatre**
- **Mr. Smith –Thurs. Apr.30th– Room 213**
- **Ms. Wiebe –Tues. Apr.28th– Room 305**
-

*** If you can not make your CLC meeting please email your teacher.**

Just arrived
in HWSS
library!



Den of Liars

Jessica S. Olson

A young thief attempting a **daring casino heist** during a high-stakes tournament is **torn between two warring brothers**.

Lola St. James is the world's best kept secret. When her father's loss in the Liar's Dice Tournament—a **high-stakes competition where players are forced to gamble with their deepest secrets**—made her a target, she was rescued by the Thief, the notorious leader of the Tentacles. In the years that followed, she and the Thief formed a bond like no other, able to feel each other's emotions because of their shared heart.

When a critical heist goes sideways, the only way forward is for Lola to compete in the Liar's Dice Tournament herself. Lola is confident in her ability to pull off any heist, but the Thief's mysterious brother, the Liar, runs the game and he turns out to be more than she bargained for. She will be forced to confront the secrets of her past, the truth of the brothers' shared history, and the lies she tells herself.

Hello!

Like meeting new people?

Want an excuse to meet someone
new?

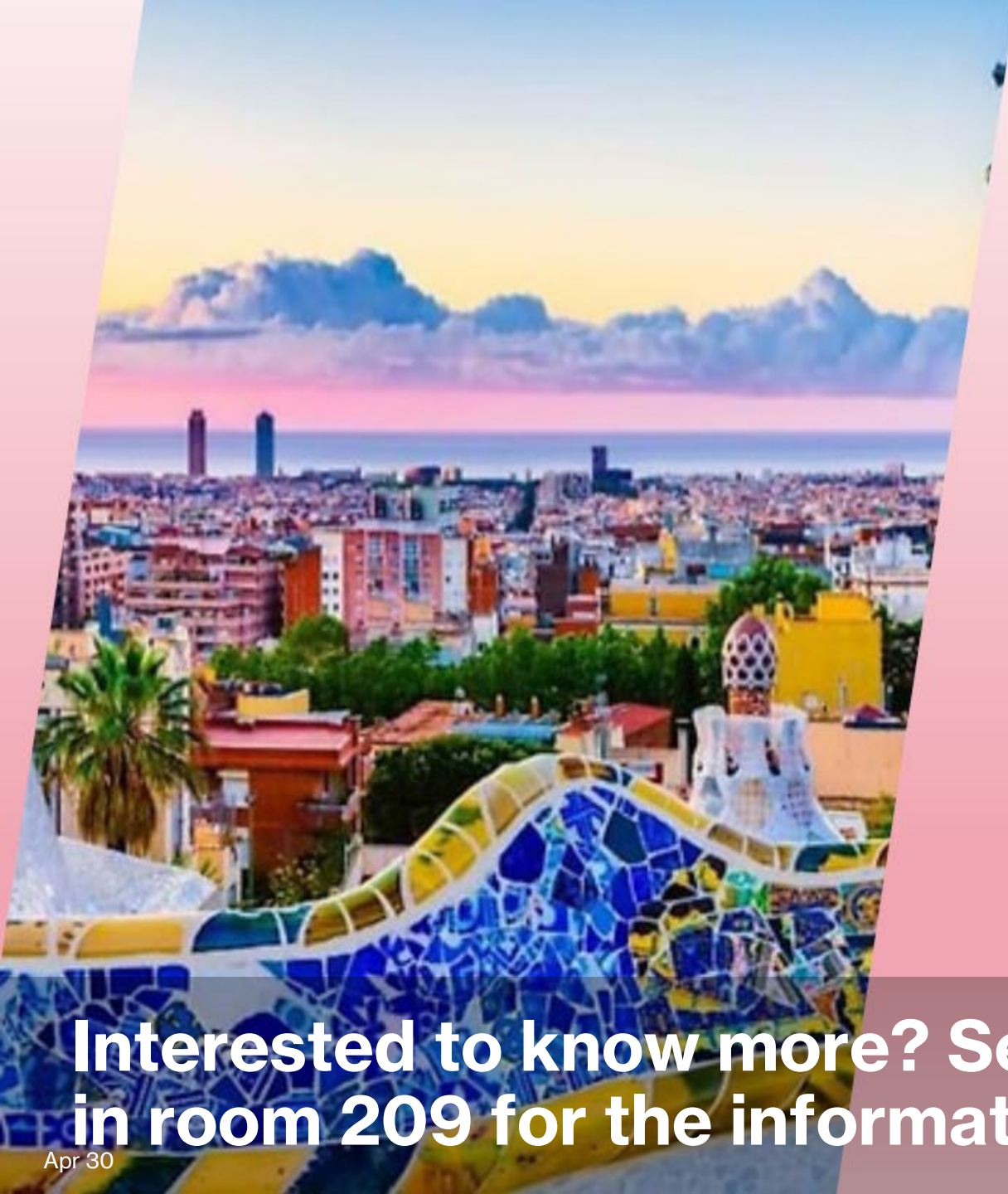
Pick up your “Hello Card”, say ‘hello’
to someone, pass along the card, and
possibly win a prize.

April 21st – May 1st

Pick up your “Hello Card” from Room
314

PLO – April 21-May 1





Europe Spring Break 2027

**Switzerland and the
Mediterranean**

**Interested to know more? See Ms. Pavan
in room 209 for the information package.**

OUR ITINERARY: MARCH 15-25TH



GALAPAGOS TRIP

SPRING BREAK 2027

2027 called. It wants
you in the Galapagos.



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

CLUBS




Quilting Club

NEW MEMBERS WELCOME!

We'll be starting a new quilt this week. Learn the first steps!

THURSDAY @ LUNCH
Room 202





Art Club

COME JOIN US TO TODAY AT

CREATE A

LUNCH @ RM

214

PROMOTIONAL

POSTER

TEAM CODE: HYBSCAB

Apr 23



HWSS **Pride Club's**
WORD OF THE WEEK

Gender

A Gender describes how a person identifies, this often relates to a person's pronouns.

Romantic Orientation

A person's romantic orientation refers to the gender(s) they are attracted to romantically. One can have a different sexuality and romantic orientation.

Sexuality

A Person's sexuality is the gender(s) that they are attracted to physically.

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

Society of Academic Philanthropists Club

BECOME A TUTOR!

YOU WILL BE ABLE TO:

- ✓ Earn volunteer hours
- ✓ Gain teaching experience
- ✓ Contribute to school community
- ✓ Tutor your peers
- ✓ Connect with likedminded people
- ✓ Build your resume

BE A ONE-ON-ONE OR HW HELP TUTOR!

HOMEWORK HELP:

WHEN: Tuesdays & Wedensdays

WHERE: HWSS room 231 (Resource room)

WHEN: 3:30–5:00PM

WHO: Gr 9–12

Assist students with homework in the resource room for **volunteer** hours!

CONTACTS:

Email –

hwsoaptutor@gmail.com

Insta – @hwsoaptutoring

Teams code – of98s6s

CAREER CENTER



Have more questions for U of T? Attend an info session in either Victoria or Vancouver.

Join us for our University of Toronto Information Session

Friday April 24
6:00 pm – 7:30 pm

St. Michaels University School
3400 Richmond Road, Victoria

Step into the world of Canada's flagship university and connect with our team to learn more about the opportunities awaiting you.



Join us for our University of Toronto Information Session

Sunday April 26
11:00 am – 12:30 pm

Fairmont Waterfront
900 Canada Pl, Vancouver

Step into the world of Canada's flagship university and connect with our team to learn more about the opportunities awaiting you.



Emily Carr University of Art + Design (ECU), in partnership with Surrey Schools, the Vancouver School Board, and School District No. 43 (Coquitlam), is proud to support the next generation of artists and designers as they begin their journey to post-secondary education. Through the Head Start in Art dual credit pathway, selected high school students have the opportunity to take a first-year university course at ECU. While still in high school, students can earn both university credit toward an undergraduate degree and high school credit toward graduation, gaining early exposure to the creative learning environment at ECU.

WHO IS THIS PROGRAM FOR?

The Head Start in Art program is for students who:

- Are currently in grade 11 or 12 or are recent graduates from the secondary schools in the following school districts: Surrey Schools, Coquitlam School District, Vancouver School Board
- Are considering post-secondary studies in visual art, media art or design.
- Want to get a jumpstart on their post-secondary education and earn **dual credit** before officially beginning undergraduate studies.

The course will particularly benefit students developing a portfolio for admission to post-secondary programs.

COURSE DETAILS

Foundation 108 – Creative Processes (3 credits)

Dates: Fall Semester 2026
Day + Time: Saturdays, 9:30am - noon
Location: Emily Carr University

In this course, students will:

- Be introduced to the methods, materials, and concepts of drawing as a visual language and as a tool for enhancing perceptual awareness.
- Begin to acquire the skills to translate immediate observation and ideas into two-dimensional form while investigating processes and developing a critical vocabulary.
- Gain hands-on experience with in-class projects and assignments encompassing various aspects of drawing.
- Explore contemporary and historical art and design ideas through visual presentations and class discussions in a supportive, inclusive environment.

Space is limited.

ADMISSION REQUIREMENTS

As this is a **university-level course**, students must meet all the following ECU academic admission requirements:

- English 11 or 12 (minimum "C" grade)
- Two other grade 11 or 12 academic courses
- Two grade 11 or 12 electives (Visual Art 11 or 12 recommended)
- Overall grade point average of 2.5 ("C+" or 67%)

APPLICATIONS

In order for your application to be complete, you must submit the following:

- An Application Form (signed)
- Diploma Verification Form OR transcript of grades
Note: Students may apply having only completed English 11; however, English 12 and Grade 12 academic and elective classes are the final requirements for future admission to Emily Carr University.
- A Recommendation Letter from your home school's art teacher (or equivalent)
- Consent form (signed)

Applicant materials must be submitted to the appropriate Career Department at each school district.

Application forms are available through the high school Career Center or on the School District's websites.

TUITION AND FEES

Tuition for the course is paid by the school district. Students are responsible for the Head Start program fee, which includes the capital refresh, technology, materials and learning access fees. For a full breakdown of ECU mandatory fees, please visit: <https://ecuad.ca/tuition-fees-undergrad>

Tuition: \$471.06
Head Start program fee: \$195.51

This program is open to domestic (Canadian) students only.

For application visit career
centre website or email
bking@sd43.bc.ca
If interested let Mr. King know
before May 08 so he knows
numbers. Email Mr. King if
you have questions.

NEW Dual credit Nursing Prep Program

Interested students email bking@sd43.bc.ca ASAP

SD43 DUAL CREDIT NURSING PREP PROGRAM



SD43 is offering a **Dual Credit NURSING PREP PROGRAM** in partnership with Kwantlen Polytechnic University commencing **September 2026**.

Dual Credit allows students to take post-secondary courses while still in high school. For every course taken, the student receives both the high school credit and the post-secondary credit. It's a **2 for 1!** All Dual Credit courses are **tuition free!**

To qualify for Dual Credit, students must be:

- registered and currently attending a school in the Coquitlam School District.
- Be 18 or younger on June 30 of application year.
- have not graduated from high school before starting the program.
- in a position to graduate from high school June 2027.
- Canadian citizen or permanent resident.

Here's how it works

Students who register in the Dual Credit program will become part of a cohort on a special semester schedule.

SD43/KPU Nursing Prep Schedule

(NOTE: classes at KPU run during spring break and on pro-d days)

| | |
|--|---|
| Fall Semester (September to January) @Home school <ul style="list-style-type: none"> ➢ English 12 ➢ Anatomy and Physiology 12 ➢ CLC/Capstone ➢ Psychology 12 (or other elective if not available at home school) | Winter Semester (February to April) @KPU Langley <ul style="list-style-type: none"> ➢ Biology 1150 (Anatomy and Physiology I) ➢ Psychology 1100 (Intro to Psych: Basic Processes) |
| Spring Semester (May to July) @KPU Langley <ul style="list-style-type: none"> ➢ Biology 1250 (Anatomy and Physiology II) ➢ English 1100 (Intro to University Writing) | Optional Spring 2026 course (May to July) @KPU Langley or virtual synchronous after school <ul style="list-style-type: none"> ➢ Health Science 1115 (Intro to Health Science) |

Note: all above Dual Credit KPU courses are tuition free and transferable to other post-secondary institutions in British Columbia. For each KPU course completed, students will also receive 4 grade 12 credits towards graduation.

Dual Credit students would need to complete another 18 credits beginning as soon as September 2027, and could apply for the Spring 2028 Bachelor of Science in Nursing intake**

What do I need to apply to Dual Credit Nursing Prep?

- ✓ successful completion of Grade 11
- ✓ B or better in Chemistry 11
- ✓ B or better in Life Science 11
- ✓ C+ or better in Language Arts 11
- ✓ Good attendance
- ✓ Strong communication skills: speaking and listening

Application Procedure

- ✓ Have a discussion with your Career Facilitator and parent/guardian to ensure program meets your needs.
- ✓ Email Benjamin King (bking@sd43.bc.ca) to obtain an application package.
- ✓ Submit the application form, resume and teacher recommendation electronically to Ben King (Bking@sd43.bc.ca) prior to agreed upon due date.
- ✓ Submit the hard copy of all documents to the Career Centre.
- ✓ If short-listed, attend an interview with the Principal of Career and Trades.
- ✓ **NOTE: Admission to this program is competitive.**

Staying on track

- ✓ Students who are accepted into the Dual Credit program must maintain good academic standing and attendance.
- ✓ Those students who fall below KPU Nursing Prep admission requirements for English 12 and Anatomy and Physiology 12 will be withdrawn from Dual Credit program.

**For Inquiries or an application package please contact:
Benjamin King, Principal Careers, Trades, and Transitions SD43 (bking@sd43.bc.ca)**

**To find out more about the full KPU Bachelor of Science in Nursing, visit:

<https://calendar.kpu.ca/programs-az/health/nursing/nursing-bsn/>

Kwantlen Polytechnic University is coming to Heritage Woods

- Thursday April 23 at lunch in the Grand Hall
- Have you applied and are wondering what to do next?
- Find out about registering for classes and more.
- Are you still thinking about applying for Fall 2026? Some programs are still open for applications.
- Considering applying for Fall 2027 and want some information about programs and scholarships?
- Great opportunity to speak 1:1 with KPU rep



STEM Fellowship & UBC Computer Science Event for Women

- **The event will include:**

- An introduction to computer science research and various research areas, presented by graduate students
- Guided tours of active research labs and workspaces
- A Q&A session with graduate students sharing their experiences and advice navigating computer science as women
- Light snacks provided

- **Sign up now!**

<https://docs.google.com/forms/d/e/1FAIpQLSeowizClAFnWTn0EKscl8voNnLP32bfeX-letEg7WLEHFSQFQ/viewform?usp=dialog>

- **Event Details:**

- Date: Friday, May 15, 2026 (Pro-D day)
- Time: 1:00 - 2:30 PM
- Location: Computer Science Building (ICICS), University of British Columbia (2366 Main Mall, Vancouver)
- Open to: Women-identifying and non-binary students in Grades 8-12 (approximately 20 spots available)
- Cost: Free
- Sign-up deadline: **April 24, 2026 11:59 PM**
- If you have questions, please reach out to ubc@stemfellowship.org.

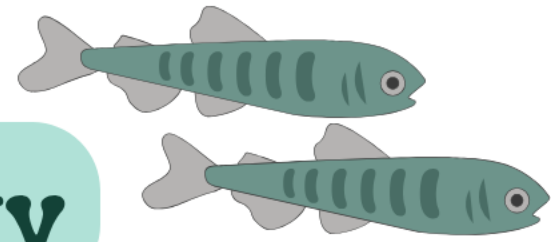
COMMUNITY



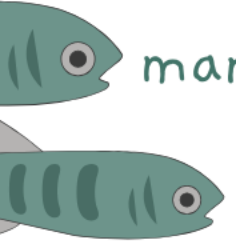


VOLUNTEER OPPORTUNITY!

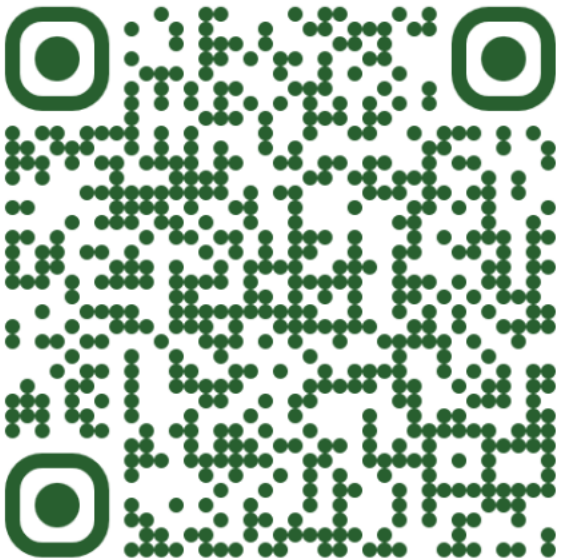
Port Moody Ecological Society



The annual Fingerling Festival brings ~5000 members of the public, and many different environmental organizations, joining us in releasing our Chum fry into Noon's Creek to begin their four-year journey.



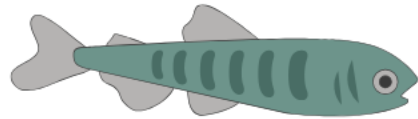
SIGN-UP/
ADDITIONAL INFO



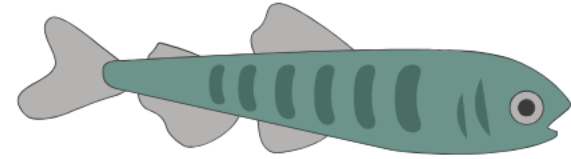
VOLUNTEERS NEEDED FOR SALMON RELEASE AND
EXHIBITOR HALL ROLES!



MUST BE 16 YEARS OR OLDER TO APPLY**



Important Dates →



Volunteer Training Day: Saturday, April 25th, 11AM - 1PM
Fingerling Festival 2026: Saturday, May 2nd, 11AM - 3PM

Anmore

COMMUNITY MARKET



We are looking for some amazing youth volunteers to make our market another success this year!

Also, we are in special need of some artistic folks that might be willing to try their hand at face painting or stenciling? We are happy to purchase the supplies!

Anmore Community Market @ Anmore HUB

May 9th, 2026 from 10 to 3pm.

Youth Volunteer form:

<https://forms.gle/2jkHtxDLZas8BheUA>

Are you looking for a job? TIM HORTON'S IS HIRING AT
THREE LOCATIONS: April 22, 23 and 28.

Tim Hortons.
**Hiring
Day**

Restaurant Address: 1450 United
Boulevard, Coquitlam, BC V3K
6Y2

Where: Tim Hortons United Blvd

When: April 22, 2026

Time: 2:00 PM to 5:00 PM

teamtimhortons@inwest.com

Tim Hortons.
**Hiring
Day**

Restaurant Address: #101-955
Austin Ave, Coquitlam, BC V3K
3N9

Where: Tim Hortons Austin

When: April 23, 2026

Time: 2:00 PM to 5:00 PM

teamtimhortons@inwest.com

Tim Hortons.
**Hiring
Day**

Restaurant Address: 1525
Lougheed Highway, Port
Coquitlam, BC, V3B 1A5

Where: Tim Hortons POCO

When: April 28, 2026

Time: 2:00 PM to 5:00 PM

teamtimhortons@inwest.com