



THURSDAY
APRIL 30, 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

FLEX ATTENDANCE

Please remember to have a Flex plan and to sign up for Flex using this QR code:



Log in info: <https://hwss.myweeklyplanner.net>,
or if students need a QR code to scan

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





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>

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.



Just arrived
in HWSS
library!

THE AMAZING GENERATION



**JONATHAN
HAIDT**

#1 New York Times Bestselling
author of *The Anxious Generation*

**CATHERINE
PRICE**

Bestselling author of
How to Break Up with Your Phone

THE AMAZING GENERATION

JOANATHAN HAIDT AND CATHERINE PRICE

Inspired by *The Anxious Generation*, this new book for kids, tweens, and teens is a comprehensive guide for **living a happy and exciting life that isn't hijacked by a smartphone.**

Whether or not kids already have smartphones or social media accounts, this guide is packed with **surprising facts**, a graphic novel, **interactive challenges**, secrets that tech leaders don't want kids to know, and **real-life anecdotes from young adults who regret getting smartphones at a young age** and want to help the next generation avoid making the same mistakes.

There is a

MANDATORY

meeting at

Flex on

Thursday

Room 237

**ATTENTION
REQUIRED**

**DID YOU SELECT
AP PSYCHOLOGY**

???????

Hello!

Like meeting new people?

Want an excuse to meet someone
new?

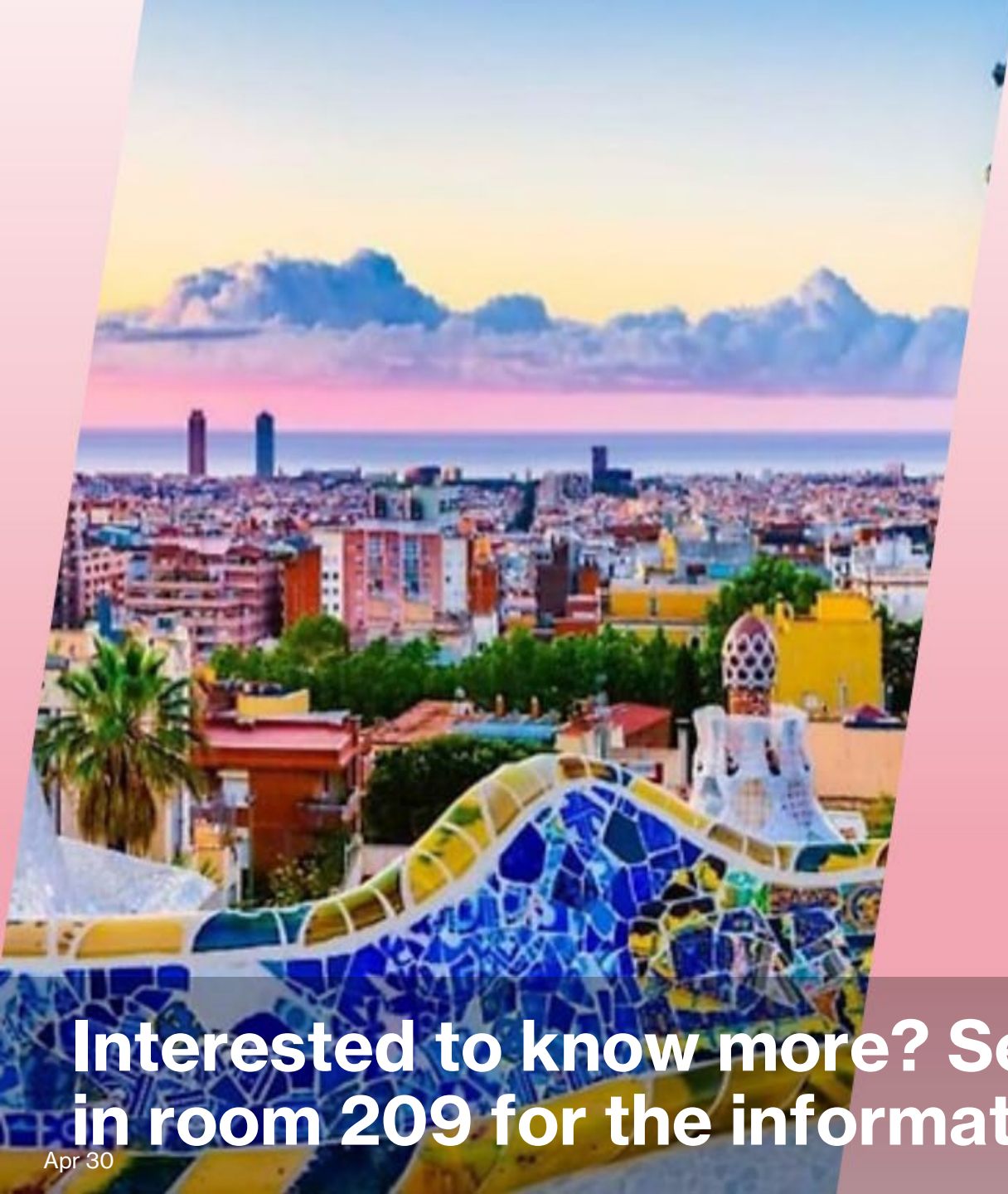
Pick up your “Hello Card”, say ‘hello’
to someone, pass along the card, and
possibly win a prize.

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



HOMWORK HELP:

WHEN: Everyday but
Tuesdays

WHERE: Room 231
(Resource room)

WHEN: 3:30–5PM

WHO: Gr 9–12

CONTACTS:

Email –

hwsoaptutor@gmail.com

Insta –

[@hwsoaptutoring](https://www.instagram.com/hwsoaptutoring)

Teams code – of98s6s

Society of Academic Philanthropists Club

BECOME A
TUTOR!

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

- ✓ Earn volunteer hours
- ✓ Gain teaching experience
- ✓ Contribute to school community
- ✓ Connect with like-minded people
- ✓ Build your resume

HWSS Pride Club's
WORD OF THE WEEK

Gay

Identifying as gay can mean that a person is **attracted to people of the same gender**. Being gay generally means that it is a man being attracted to men. The term **“gay”** can also be used as a very general term, or used as an umbrella **term**, to describe being in the **LGBTQIA2s+** community.

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

CAREER CENTER



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)**

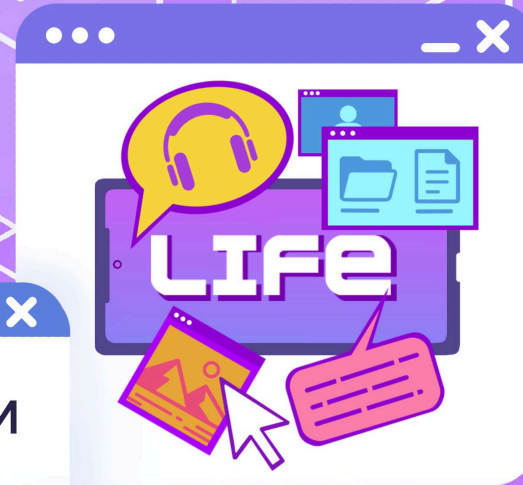
**To find out more about the full KPU Bachelor of Science in Nursing, visit:

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

COMMUNITY



UPCOMING HACKATHON YOUR LIFE



Date:
May 30-31, 9AM-6PM
Location:
BCIT Burnaby Campus
SW1 Building

Register Now!



- \$200+ worth of prizes
- Learn and connect with other students and professionals from Greater Vancouver

Early Registration Fee: \$10.00
Only until April 30th, 11:59PM
Food and Snacks Provided!



For
grades
6-12

FREE! 3-on-3 Basketball Tournament for Youth

Join us for a 3-on-3 Basketball Tournament! Teams register by division: grades 6-9 or 10-12. Winning teams earn prizes, and a free BBQ for all participants and spectators.

Fri, May 1 | 6-10pm
Recreation Complex, Gymnasium



*Spots are limited, pre-registration is required. Visit front desk, phone **604.469.4556**, or go to **portmoody.ca/signmeup** to register NOW!

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>