



**FRIDAY**  
**MAY 1st, 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

# 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.

# 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



# 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](mailto: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](mailto: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](mailto:bking@sd43.bc.ca)  
If interested let Mr. King know  
before May 08 so he knows  
numbers. Email Mr. King if  
you have questions.

# COMMUNITY



Leadership 12 Gleneagle  
Pathfinders present

# EXplore your Possibilities



A **CAREER DISCOVERY** event | There is no single right path.

**9 guest speakers** with valuable knowledge, including:

- **Mayor of Coquitlam**
- **Lawyer**
- **Surgeon**
- **Former national athlete**
- **Musician**

...and more!

LOCATION:  
**GLENEAGLE**  
**SECONDARY SCHOOL**

Light refreshments | Live music

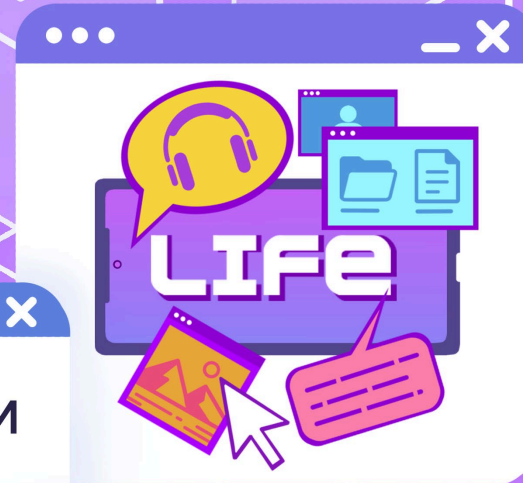
# MAY.15

**Friday, 6:00–8:30pm**

**FREE ENTRY**

FOR ALL  
GR. 9-12  
STUDENTS  
OF SD43!

# 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](http://portmoody.ca/signmeup)** to register NOW!