



WEDNESDAY

May 13, 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

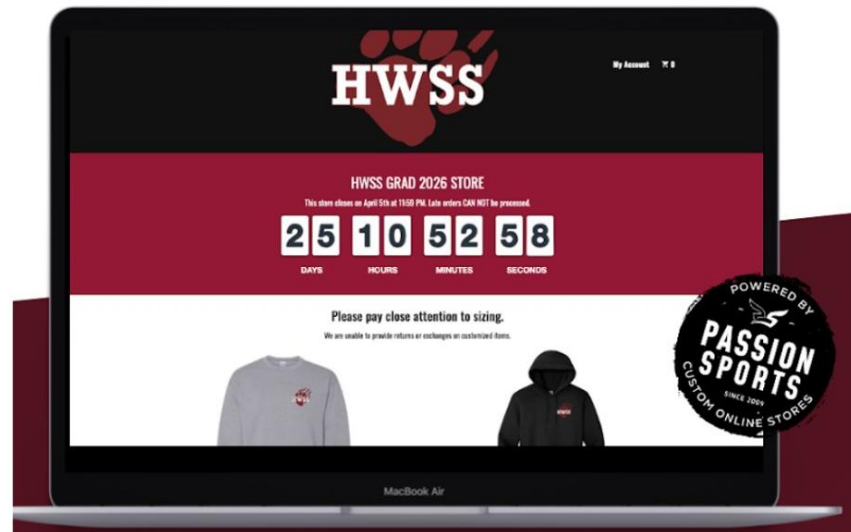
GRADWEAR

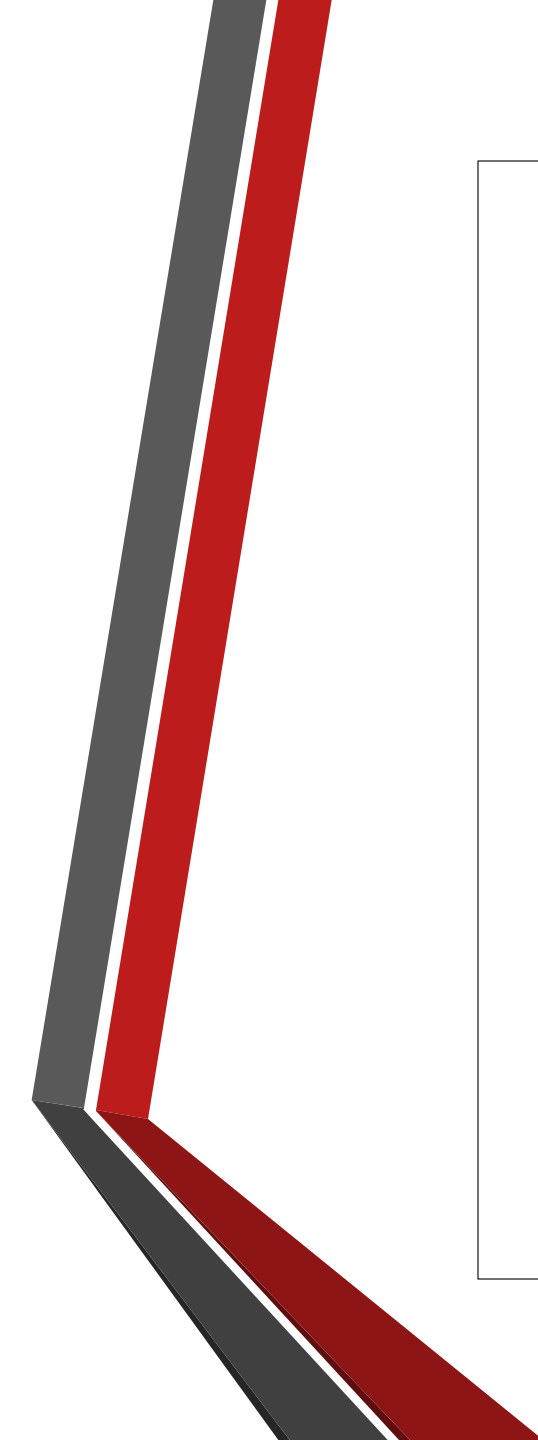
Has arrived! Please pick up
your order at the office

HWSS Grad 2026

Online Grad Apparel Store

store.passionsports.ca/hwssgrad2026





CHECKING YOUR
SCHOOL EMAIL
EVERYDAY

Ensures YOU don't miss

IMPORTANT
INFORMATION!

FLEX ATTENDANCE

Please remember to have a Flex plan for the week!

Use this QR code:



Or Log in : <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





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; should be hung from rear view mirror.

***Please remember when parking in the back lot, park from the electric charger back to the caretaker's house.**



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.





May 14

NO STUDENT PARKING at school

- On May 14th we will be conducting a district wide Emergency Release drill
- The front parking lot will be closed to all parking all day to allow for parents to park and pick up students during the drill
- Due to limited parking, only staff will be permitted to park in the back parking lot and tennis court parking lot on that day

Please make alternate arrangements for travelling to school on this day

CLC 11 FLEX MEETINGS

- Mr. Aitken –Wed. May 20th - Room 240
- Mr. Baldus – TBA- watch for an email
- Ms. Jarvis – Tues. May 12th– Theatre
- Ms. Kong – Wed. May 13th- Library
- Mr. Luong – Wed. May 13th – Steam Room Library
- Ms. Lee –TBA Watch for an email
- Ms. Paisley –Tues. May 12th– Room 232
- Ms. Ross –Wed. May 13th Room 238
- Ms. Saloustros –Thurs. May 14th- Theatre
- Mr. Smith – Wed. May 13th– Room 213
- Ms. Wiebe –Mon. May 11th Room 305
-

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



Heritage Woods Secondary

ATHLETICS BANQUET

Celebrating Excellence and Achievement

Thursday, June 11

*Tickets can be purchased on SchoolCash Online
Please complete by May 15th

Happiness in Every Bite



Buy 2 for a chance to
win a \$25 A&W gift card



\$4.50 each

Buy 2 for \$8



May 12-13

Grandhall @lunch

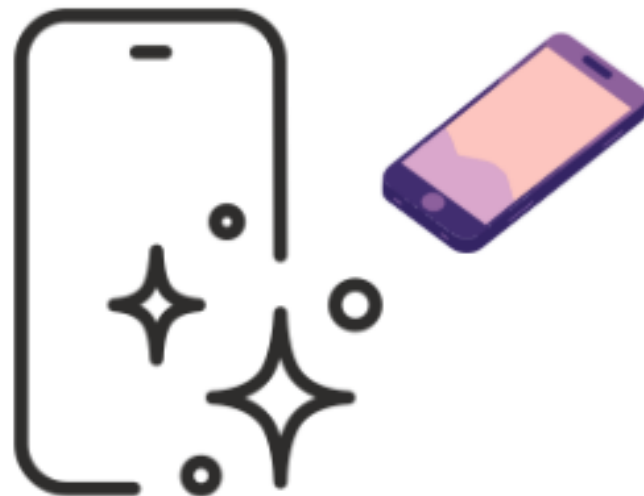
May 13

10% Donating to
SPCA

Clean Screen Go

SALE IN GRAND
HALL MAY 12TH &
13TH

COUPONS
AND
PRIZES
INCLUDED



\$5 PER
KIT
\$8 FOR
TWO

YOUR PHONE IS DIRTY,
CLEAN IT WITH CLEAN
SCREEN GO

QUICK & EASY!!!



ECO-SQUEEZE



TOYS

**10% OF THE PROFITS GO TO
ISSOFBC!**

**Big Squeeze: \$3.
Small Squeeze: \$2.**



**Squeeze toys with
various textures!
No chemical
ingredients used!**

GRAND HALL ON MAY 12-13 DURING LUNCH

 [hwss_ecosqueeze](https://www.hwss_ecosqueeze.com)

AZ'S HAIRCARE — Grand Hall Sale

BARBER APPROVED. STYLING

STYLE IT. OWN IT. EVERY DAY.



Premium hair products made for real results.

- VOLUME & TEXTURE**
Natural lift and long-lasting hold.
- BEACHY & MESSY LOOK**
Effortless, matte finish that lasts all day.
- LIGHTWEIGHT & EASY**
Won't weigh your hair down.
- SUSTAINABLE CHOICE**
Good for your hair, good for the planet.

Az's HAIRCARE
HAIR POWDER
100% RECYCLED PLASTIC
HIGH HOLD, MATTE FINISH
10g / 0.35 oz

Az's HAIRCARE
SEA SALT SPRAY
100% RECYCLED PLASTIC
BEACHY TEXTURE
TEXTURE & VOLUME
NATURAL, EFFORTLESS LOOK
150ml / 5.07 fl. oz.

HAIR POWDER & SEA SALT SPRAY
PERFECT TOGETHER



LOCATION

- Grand Hall
- Easy to find and accessible
- May 12-13th



HAIR POWDER (Red Bottle)

- Adds volume and texture
- Creates hold and definition
- Perfect for Straight/Wavy hair



SEA SALT SPRAY (Blue Bottle)

- Enhances natural texture and waves
- Beach-ready finish
- Lightweight feel



SALE DETAILS

- Enter raffle for free haircut from BlendedByAz
- Get discounts from KadenBlendz
- Receive discount from DD Labs Detailing



HOW TO FIND US

- Look for our display in the Grand Hall
- Follow @haircarebyaz on social media
- Check hallway posters for updates

ecoblob

SQUEEZE. RELAX. PROTECT.



ECO FRIENDLY



NON TOXIC



REDUCE WATER



STRESS RELIEF

\$3



WHAT IS OOBLECK?

Oobleck is a mixture of cornstarch and water. It acts like a liquid... and a solid!



10% OF EVERY SALE GOES TO KIDS' SPORT CHARITY!

Helping kids play, grow and thrive.

SQUEEZE. RELAX. PROTECT. ♥

JOIN US!
MAY
12-13

PROUDLY SPONSORED BY:

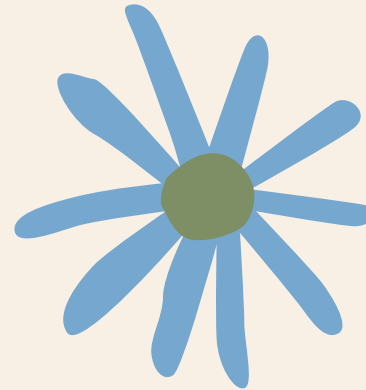
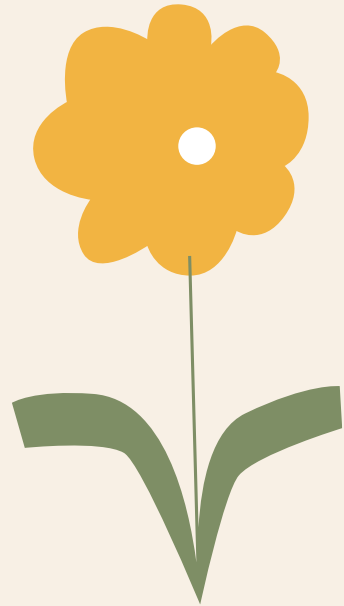


@SOAPLY_HWSS

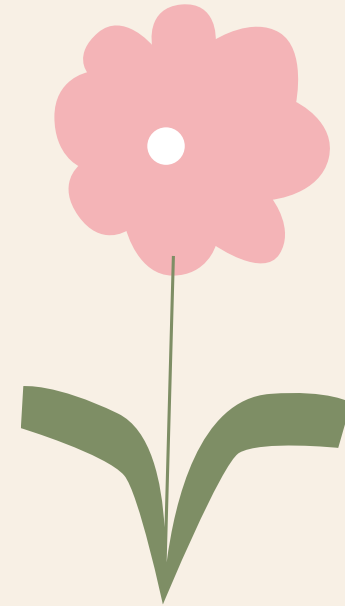


BEAUTIFUL SCENTS

- LAVENDER
- TEA TREE
- CEDARWOOD
- VANILLA
- ROSE



ACNE TREATING
 MOISTURIZING
 GENTLE
 SUSTAINABLE
 AFFORDABLE



10% OF PROFITS GO TO RCHF

GRAND HALL

SOAPLY

MAY 12TH / 13TH

HANDMADE SOAPS

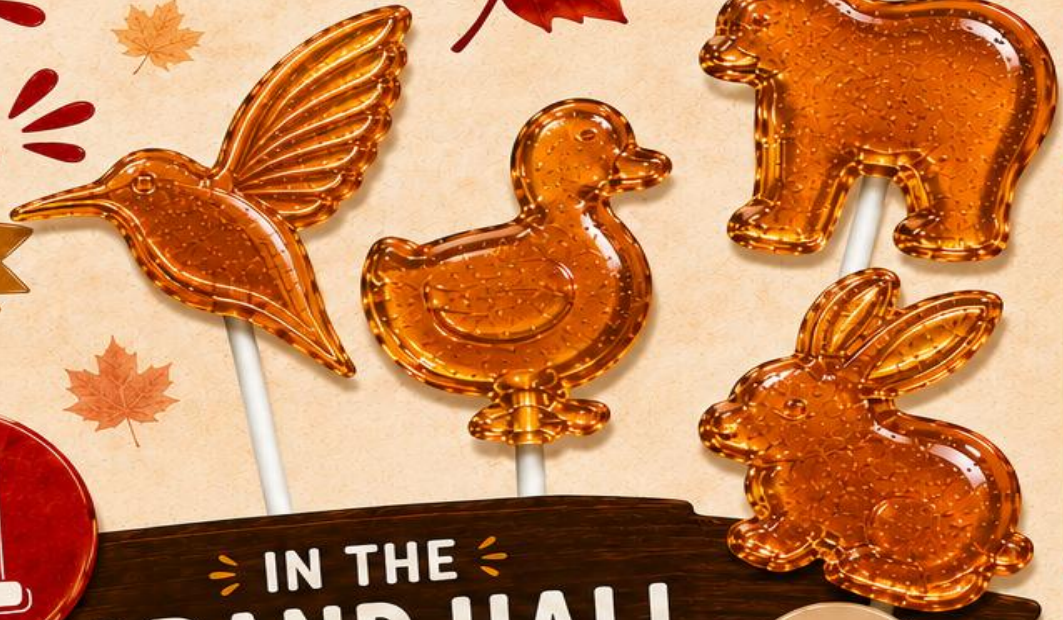
SPONSORED BY - PORTMOODYFLOWERS



HWSS

SWEET STROKE

MADE WITH REAL MAPLE SYRUP!



FOLLOW US!



WHAT'S BEING SOLD

HANDCRAFTED MAPLE SYRUP LOLLIPOPS IN FUN ANIMAL & BIRD SHAPES!



PRICE

\$1 EACH



NAME

SWEET STROKE



DATE

MAY 12



WHERE

HERITAGE WOODS SECONDARY SCHOOL IN THE GRAND HALL AT LUNCH!

\$1

IN THE GRAND HALL AT LUNCH!

SIMPLE. SWEET. SPECTACULAR.

SPONSORS



MASTER HE MAO HU
MASTER AT THIS CRAFT



MASTER SHI YE ZHANG
MASTER AT THIS CRAFT

CHARITY PARTNER



TERRY FOX
FOUNDATION

PROCEEDS WILL SUPPORT THE TERRY FOX FOUNDATION AND THE FIGHT AGAINST CANCER.

Sale Overview

**WHEN: MAY 12 – 13TH
@ LUNCH**

WHERE: GRAND HALL

WHO: EVERYONE

Contacts

EMAIL: POWERBITEBUSINESS@GMAIL.COM

INSTAGRAM: POWER_BITE_HWSS

Sponsored by



Donating 10% Profit To:



20 GRAMS PROTEIN

Energy for Everyday – Protein Bites

\$3.99

Purpose Candles HWSS

MAY 12TH-13TH IN THE
GRAND HALL, \$5-\$10
GIFT CARDS AND OTHER PRIZES!

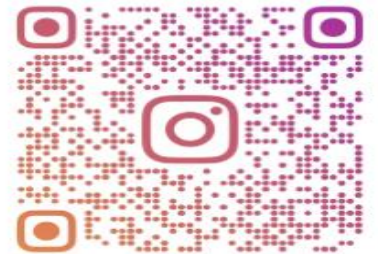
HELPS WITH STUDYING AND STRESS RELIEF
JAPANESE MAGNOLIA AND PEPPERMINT FLAVOUR

10% OF PROFITS GOES TO CANADIAN MENTAL HEALTH ORGANIZATION

ECO-FRIENDLY, VEGAN AND ETHICALY SOURCED PRODUCT



FREE HAIRCUTS TO WIN
BY M.A.R BLENDZ



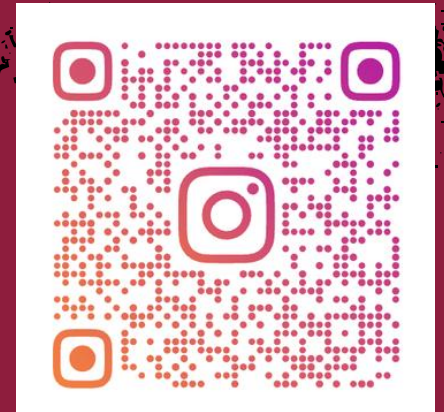
_M.A.R.BLENDZ

PROJECT REUP

10% OF PROFIT
TO KIDS SPORT



Grand Hall @
Lunch
May 12TH - 13TH



Follow our Instagram page for
more info



**GET A CHANCE TO WIN
AN ARCTERYX BEANIE**

MORE SHIRTS YOU BUY
MORE CHANCE OF WINNING



\$12 - 15 per
shirt

May 13

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

KODIAK ATHLETICS





GOLF TEAM

- Meeting in the Mat Room at Lunch TODAY

CAREER CENTER



Rise and Shine



Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit?
Rise and Shine is back for the Summer!

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

**Rise and Shine will take place via
Zoom from 10-11:30am PST:**

Monday, July 27th : Welcome &
Opening Circle

Tuesday, July 28th Self-Awareness

Wednesday, July 29th : Boundary-
Setting

Thursday, July 30th: Navigating
Challenging Feelings

Friday, July 31st: Practicing Self-
Compassion & Closing



Apply today!



**Applications close
July 23rd**

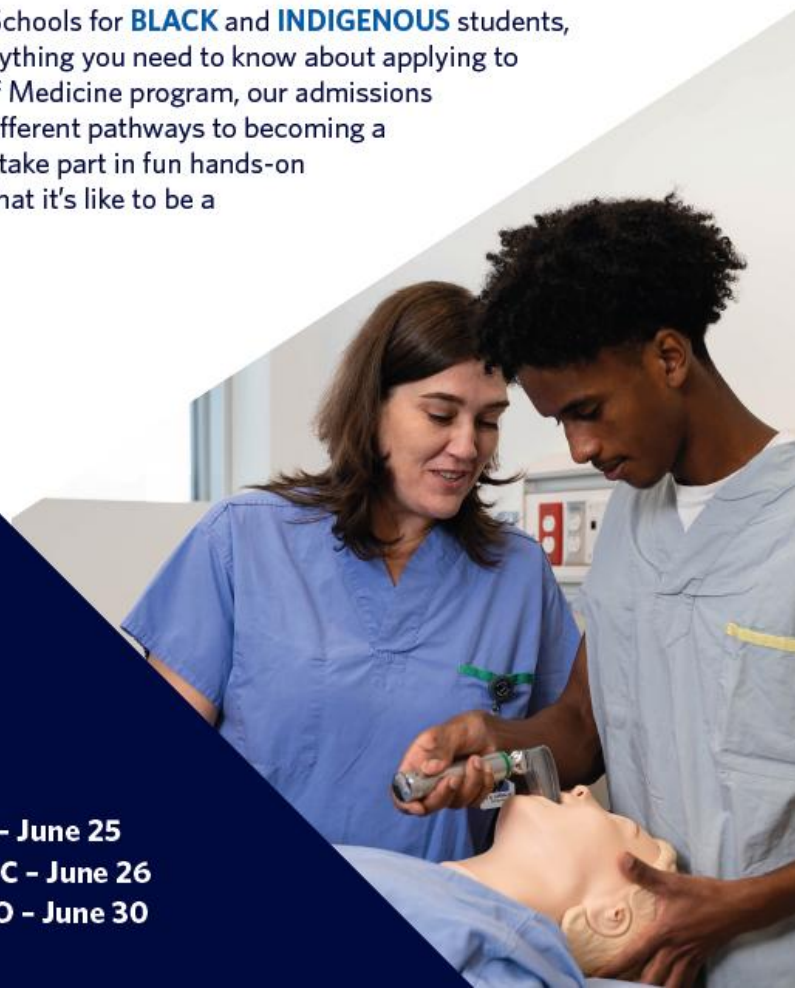
2026 UBC MINI MED SCHOOLS

At our Mini Med Schools for **BLACK** and **INDIGENOUS** students, you will learn everything you need to know about applying to the UBC Doctor of Medicine program, our admissions process and the different pathways to becoming a doctor. You'll also take part in fun hands-on activities to see what it's like to be a doctor for a day!

LEARN
MORE &
REGISTER
BY JUNE 11



Victoria @ UVic - June 25
Vancouver @ UBC - June 26
Kelowna @ UBCO - June 30





INDIGENOUS MD ADMISSIONS WORKSHOP

JULY 8-10, 2026

The 23rd annual Indigenous MD Admissions Workshop will take place on the unceded territory of the Lheidli T'enneh at the Northern Medical Program, located on the University of Northern British Columbia campus in Prince George, BC.

EXPLORE A FUTURE IN MEDICINE

If you are thinking about pursuing a future in medicine, this is a unique opportunity to learn how UBC can support you in your studies and connect with an inclusive, caring community of medical practitioners, students, and faculty.

Our annual pre-admissions workshop for Indigenous pre-med students isn't just for those already in university. Prospective students, including post-secondary and high school students can explore what it means to attend university and embark on a journey to becoming a healthcare professional.

JOIN A CARING COMMUNITY

Being part of a community is important—it helps people feel connected to traditions and knowledge unique to them. At the UBC Faculty of Medicine, we are a community that celebrates our students' diverse perspectives on healthcare and Indigenous ways of knowing.

For twenty-three years we've been providing the Indigenous MD Admissions Workshop dedicated to welcoming Indigenous people into our faculty and supporting you as you make a commitment to study medicine. We know that our annual workshop will give you an introduction to our community and help you feel more confident about your decision to study medicine.

WHY ATTEND?

To learn

- Find out about prerequisites, course planning, and get a preview of the medical curriculum and residency programs.
- Get an overview of the Medical College Admissions Test (MCAT), and learn about the UBC interview process by participating in mock interviews.
- Gain familiarity with the application process and admission requirements.

Meet faculty & staff

- Hear stories from doctors and faculty who chose UBC.
- Learn about student supports from a member of the Student Affairs team.
- Get the facts about your financial options from the Faculty of Medicine's Student Financial Assistance Officer.

Feel supported

- Learn about preparing your application from our Indigenous Initiatives team.
- Better understand specific Indigenous resources and support for students with Indigenous ancestry, including First Nations, Métis & Inuit peoples.
- Hear from a local Elder during the opening and closing remarks.
- Ask questions of Indigenous medical students and residents to learn about their experiences.
- Find out more about what pursuing a career in medicine entails.



If you're feeling apprehensive about pursuing a medical degree, our workshop is one of the best ways to reduce your doubts, fears, or anxieties about pursuing your goal of becoming a medical doctor. You'll gain personal insights and guidance about your choice to study medicine with us.

We are excited about the remarkable students, alumni, and faculty who will be presenting and advising over all three days of the workshop and we hope you'll join us in July 2026.

WE'VE GOT YOU COVERED

There is *no cost* to attend the workshop.

The workshop will take place in person in Prince George. The university will cover your accommodations and meals, however travel to/from the workshop will be your responsibility.

If public health guidelines change, the workshop may need to shift to a virtual gathering. This will be communicated as soon as a decision is made. Successful applicants will be notified by email.

NEXT STEPS: YOUR WORKSHOP APPLICATION

Apply online at:
https://ubc.ca/1.qualtrics.com/jfe/form/SV_0D4S4HRDke8seKV

Along with your application, you'll need to prepare and submit:

- A 500-word autobiographical essay, including who you are and why you want to become a doctor.
- A copy of your most recent transcripts or report card.
- A copy of your proof of ancestry such as status, treaty and Métis membership cards. We also accept written letters of support from your Band, Inuit and Métis organizations.

We encourage you to get your application in as soon as possible. If you have any questions about the workshop, please reach out to us.

CONTACT US

Meghan MacGillivray
Indigenous Student Initiatives Manager
indigenous.md@ubc.ca
604-822-8291

✉ indigenous.md@ubc.ca

🌐 facebook.com/UBCmed

🌐 mdprogram.med.ubc.ca/admissions

📍 @UBCmedicine



PRE- ADMISSIONS WORKSHOP FOR BLACK STUDENTS

July 8-10, 2026

The Black Student Pre-Admissions Workshop will take place in Prince George at the University of Northern British Columbia and at the University Hospital of Northern British Columbia.

EXPLORE A FUTURE IN MEDICINE

If you are thinking about pursuing a future in medicine, this is a unique opportunity to learn how UBC can support you in your studies and connect you with an inclusive, caring community of medical practitioners, students, and faculty.

Our inaugural pre-admissions workshop for Black students is open to postsecondary and high school students as a way to explore what it means to embark on a journey to becoming a healthcare professional.

JOIN A CARING COMMUNITY

Feeling part of a community is essential when you're taking the first step on an exciting new path like studying medicine. Our two-day workshop will help you feel connected to a caring network of support and introduce you to a thriving community of faculty, staff, Black physicians, and students.

At the UBC Faculty of Medicine we celebrate our students' diverse perspectives on healthcare and our hope is that you will have an opportunity to experience this sense of inclusivity during our immersive workshop dedicated to welcoming students into our faculty. We hope that by attending this workshop, you'll gain more certainty and confidence about your decision to study medicine with us.



WHY ATTEND?

To learn

- Find out about prerequisites, course planning and get a preview of the medical curriculum and residency programs.
- Get an overview of the Medical College Admissions Test (MCAT), and learn more about the multiple mini interviews (MMI) at UBC.
- Gain familiarity with the application process and admission requirements.
- Access case-based and hands-on learning opportunities via the simulation lab.

Meet faculty & staff

- Hear stories from doctors and faculty who chose UBC.
- Learn about student supports from our Student Affairs team.
- Explore financial options for funding your studies.

Feel supported

- Find what pursuing a career in medicine entails.
- Learn about preparing your application from our Black Student Initiatives Manager.
- Connect with other prospective applicants interested in pursuing a medical education.
- Learn about the specific supports available to Black UBC medical students both at UBC and in the broader community.

If you're feeling apprehensive about pursuing a medical degree, our workshop is one of the best ways to reduce your doubts, fears, or anxieties about achieving your goal of becoming a medical doctor. You'll gain personal insights and guidance about your choice to study medicine with us.

We are excited about the remarkable students, alumni, and faculty who will be presenting and advising over both days of the workshop and we hope to see you on campus this July.

WE'VE GOT YOU COVERED

There is no cost to attend the workshop. The university will cover accommodations and meals, however travel to and from the workshop will be the applicant's responsibility.

NEXT STEPS: YOUR WORKSHOP APPLICATION

Apply online at: https://ubc.ca1.qualtrics.com/jfe/form/SV_6g9wQFvSyNvkoeY

Along with your application, you'll need to prepare and submit:

- A copy of your most recent unofficial transcripts or report card,
- An essay indicating why you would like to partake in the workshop and how you think it will help you pursue an education in medicine.

We encourage you to get your application in as soon as possible. If you have any questions about the workshop, please reach out to us by email at BlackPathway.MD@ubc.ca.

CONTACT US

MD Admissions Black Pathway
Donneil McNab, Black Student Initiatives Manager

BlackPathway.MD@ubc.ca


facebook.com/UBCmed

mdprogram.med.ubc.ca/admissions

[@UBCmedicine](https://twitter.com/UBCmedicine)

COMMUNITY





Looking for summer volunteer or work opportunities

- New opportunities added regularly to the HWSS volunteer page on the career centre website
- <https://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/default.aspx#/=>
- NEW: volunteer at Art Camp at Place des Arts
- NEW: volunteer at Port Moody or Coquitlam Farmers Markets
- NEW: City of Port Moody and Coquitlam looking for auxiliary park labourers

Want to volunteer? Like to be outdoors?

- TORCA X-Country Mountain Bike race needs volunteers
- Tuesday May 12 @ Bert Flinn
- Meet at HWSS at 5:30pm
- Volunteers will have spots along the race, working as course marshals, keeping racers on course
- Done by 7:30pm



- TORCA MTB Festival
- Sat. June 06 @ Eagle Mtn Park
- Shifts are 9 – 1 or 1 – 4 or can stay entire day if you want
- Will be given food, drink and t-shirt to volunteer
- To volunteer for either contact Kristin Marvin kristin@torca.ca or 819-230-0863 call/text



SD43 SKILLED
TRADES
EXPO

CENTENNIAL SECONDARY
570 POIRIER ST. COQ

WED, JUNE 3RD 5-7PM

**SCAN FOR
UPDATED LIST**



**OF WHO'S
COMING**

**EXPLORE TRADES
CAREERS
&
POST-SEC TRADES
PROGRAMS**

MEET TRADES EMPLOYERS

FIND JOB OPPORTUNITIES

OR GO TO:



43CAREERS.COM & CLICK 'READ MORE'



Nominations are now open for Port Moody's
2026 Youth Sports Award!

Help us recognize a youth aged 12 to 19 who has made an exceptional contribution to sport! Nominate a deserving candidate who is reaching new heights, inspiring others, and making a positive difference by June 1, 2026 at

portmoody.ca/civicawards



◀ Scan to read full nomination criteria

PORT MOODY
CITY OF THE ARTS

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!

The \$3,000 Dr. Hal Weinberg Scholarship is awarded annually to a Grade 12 student who is a resident of Anmore and has demonstrated exceptional commitment to their community and is planning to continue their education at a post-secondary institution.



Application deadline is MAY 19, 2026

- Submit your completed application **by the deadline**:
 - apply via online application form on anmore.com
 - emailing completed application to esin.gozukara@anmore.com
 - drop off or mail completed application to 2697 Sunnyside Road, Anmore BC, V3H 5G9
Hours of operation: 8:30 a.m. - 4 p.m. Monday - Friday

SCHOLARSHIP CRITERIA

Eligibility Requirements:

- Must be a Grade 12 student residing in Anmore and graduating from high school.
- Must have plans to pursue post-secondary education. Recipients must enroll in a post-secondary institution within one year and provide proof of enrollment to receive the scholarship.

Community Service:

- Applicants should demonstrate exceptional community service in Anmore, including volunteer hours. Volunteering specifically within Anmore or with the Anmore Youth Group is highly valued.
- Nominees must demonstrate proof of their academic achievements as well as their extra-curricular activities.

Application Must Include:

- A personal letter outlining how you meet the scholarship criteria, your future plans and how you would utilize the scholarship
- A letter of reference from the applicant's school, verifying your qualifications.
- A copy of the applicant's interim transcript, covering both Grade 11 and Grade 12. If your interim transcript is not available, please submit the most up-to-date school records and report cards.
- A completed application form, detailing all necessary personal and academic information.

APPLICATION CONSIDERATION

Scholarship applications received by **Tuesday, May 19, 2026** will be selected by Council in a Closed Meeting following the application deadline. Council may decide not to award the scholarship in a given year, or to divide the scholarship between multiple recipients. Only successful applicants will be contacted.