



**TUESDAY**  
**May 19, 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

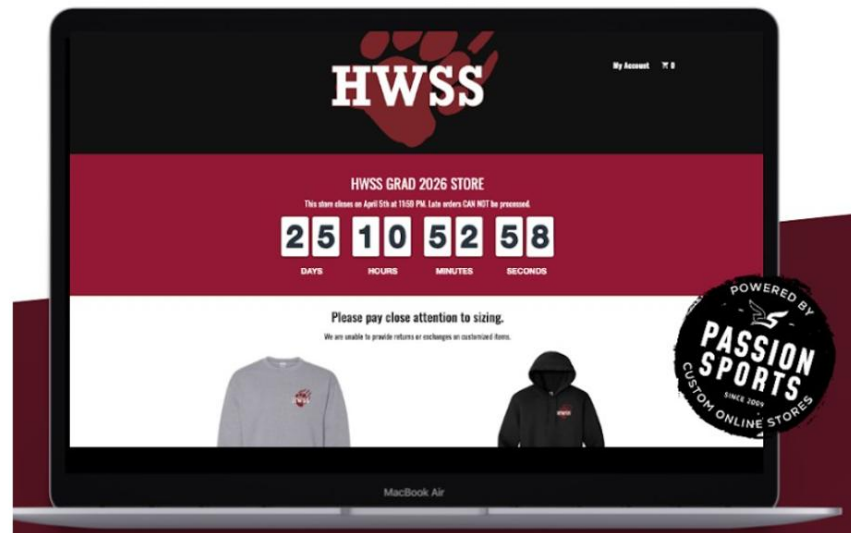
# GRADWEAR

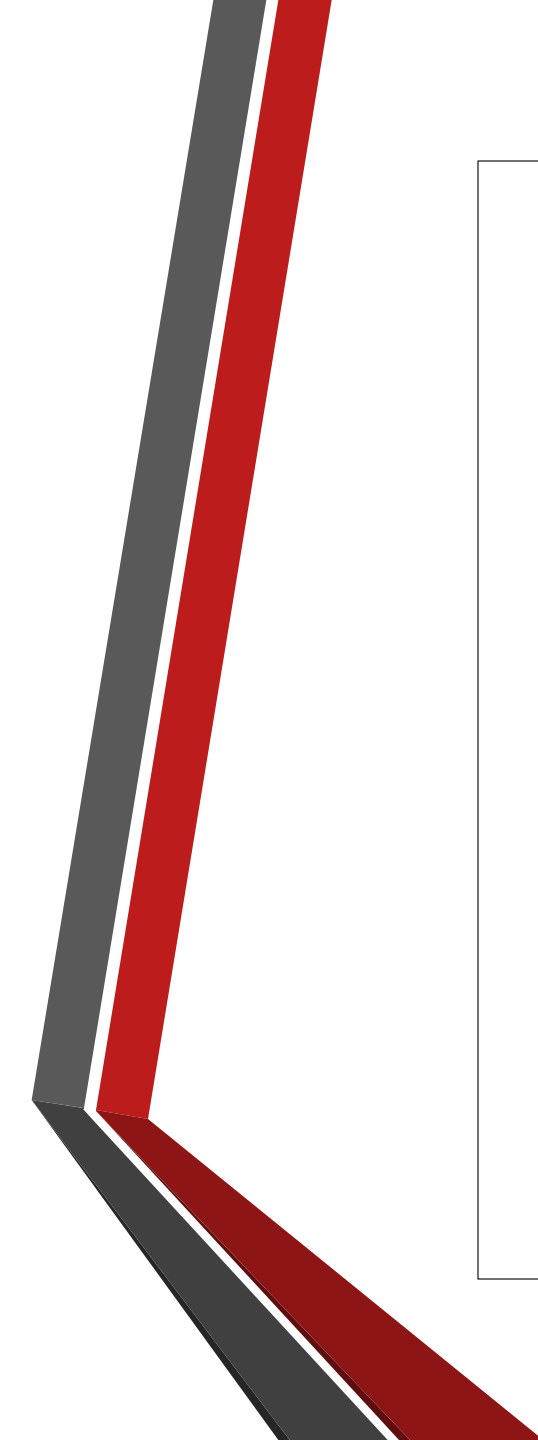
Has arrived! Please pick up  
your order at the office

**HWSS Grad 2026**

Online Grad Apparel Store

[store.passionsports.ca/hwssgrad2026](https://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.



# 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 13<sup>th</sup> 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.**



# Grade 12 Scholarship

- The McEwan Family Award is a significant Scholarship awarded to a HWSS student who has been admitted to and accepted their offer of admission to the UBC Faculty of Applied Science (Engineering) for 2026-2027
- Applications for this Scholarship are **due prior to May 19<sup>th</sup> to Ms. Butler in the Career Center**
- Criteria:
  - Outstanding achievement in Calculus 12 and Ap Calculus 12 at Heritage Woods
  - Must have accepted an offer of admission to the UBC Faculty of Applied Science (Engineering) for 2026-2027
- Submit a one-page personal statement outlining:
  - Significant achievements
  - How this scholarship will support your post secondary studies
  - What you plan to do with your Engineering degree

Just arrived  
in HWSS  
library!



Graphic novel

Romance

Asian author

LGBTQIA+

# Angelica and the Bear Prince

Trung Le Nguyen

At her lowest point, a teen girl finds solace and a **potential crush** in her local theater's mascot's DMs, sparking a quest to **uncover the true identity** of this mysterious figure. From the bestselling author of **The Magic Fish** comes a **new fairy tale romance with a twist.**

After burning out last year, Angelica is ready to get her life back together. Thankfully she has amazing friends to support her...including Peri the Bear, the mascot of her town's local theater. At her lowest moments, Angelica found comfort in private messaging Peri's social media account, and well, she might have a bit of a crush.

Now, Angelica is interning at the local theater in the hopes of finding the person behind the account and thanking them. Who was this mysterious stranger and why did they help her out? Was it just caring for a stranger...or did they feel the same connection that Angelica felt?

# 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

# CAREER CENTER



# Study in Ontario presentation May 20 at lunch in Room 109



Niagara Falls

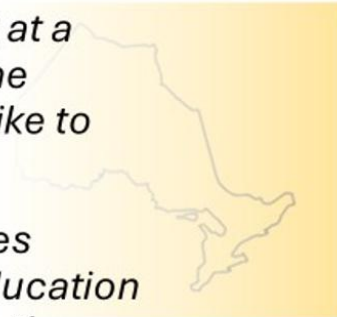


Parliament Hill, Ottawa



Lake On

- *Are you thinking about studying at a university outside of BC? Join the conversation to learn what it's like to live and study in Ontario!*
- *You'll learn about key differences between the BC and Ontario education systems, course equivalencies, the application process through the Ontario Universities' Application Centre (OUAC), and get helpful tips to start your research. Plus, receive a checklist to make the most of conversations with university representatives at the Canadian Universities Event (CUE) this fall!*



Algonquin Provincial Park



Cheltenham Bad



Rideau Canal, Ottawa

National Park

# 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**

# \$5,000 Rebel with a Cause Scholarships for women

<https://opterus.scholarshipscanada.com/>

- **Opterus Helen Rose STEM Award - \$5,000**
- To apply for the Helen Rose STEM Award, you must be a woman between the ages of 18-26 and plan on pursuing an education in STEM (Science, Technology, Engineering, Math) at an accredited Canadian university or college. The student we are looking to fund is pursuing a field of study that will help them in the future to create or contribute to a new mindset for a better world.
- Example programs: Nursing, Mathematics, Physics, Computer Science, etc.
- **Opterus Valerie Ann Arts Award - \$5,000**
- To apply for the Valerie Ann Arts Award, you must be a woman between the ages of 18-26 and pursuing an education in the Arts at an accredited Canadian university or college. The student we are looking to fund is pursuing a field of study that will help them in the future to create or contribute to a new mindset for a better world.
- Example programs: Painting, Musical Theatre, Dance, Animation, etc.
- **Applications open until June 12, 2026.**

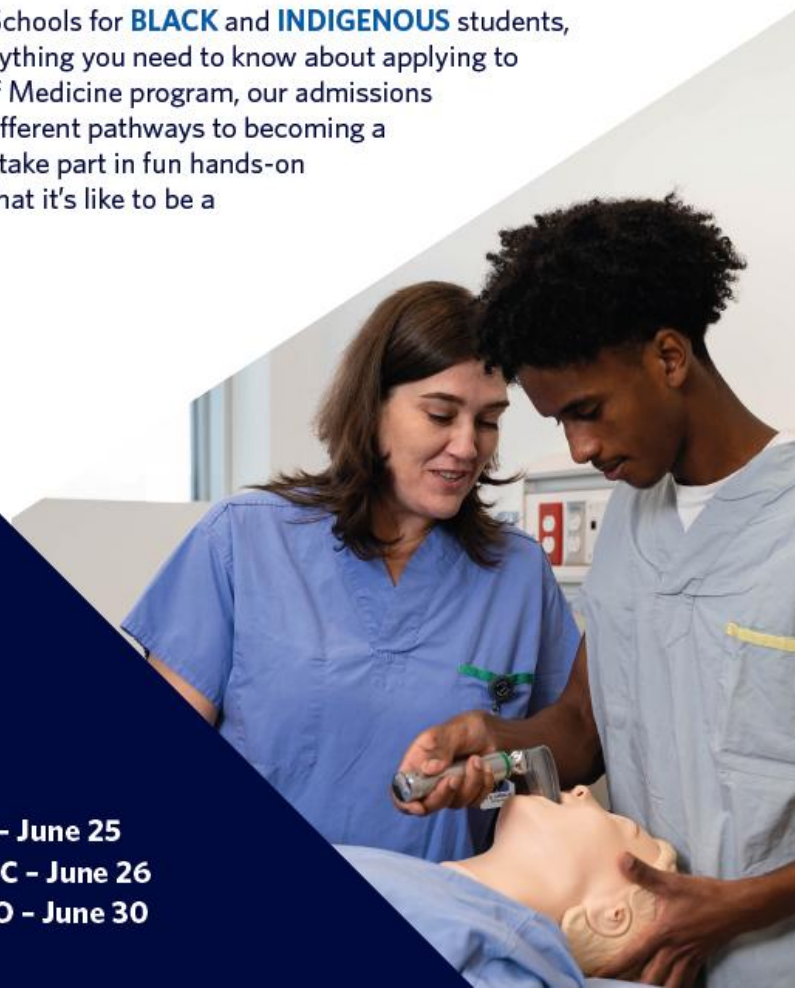
# 2026 UBC MINI MED SCHOOLS

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 23<sup>rd</sup> 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](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.

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#### NEXT STEPS: YOUR WORKSHOP APPLICATION

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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](mailto:BlackPathway.MD@ubc.ca).

### CONTACT US

MD Admissions Black Pathway  
Donneil McNab, Black Student Initiatives Manager

[BlackPathway.MD@ubc.ca](mailto:BlackPathway.MD@ubc.ca)


[facebook.com/UBCmed](https://facebook.com/UBCmed)

[mdprogram.med.ubc.ca/admissions](https://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

SD43 SKILLED  
**TRADES**  
**EXPO**

**CENTENNIAL SECONDARY**  
**570 POIRIER ST. COQ**

**WED, JUNE 3<sup>RD</sup> 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

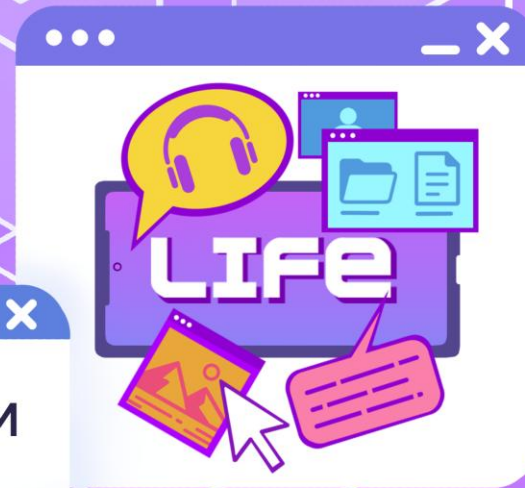
**[portmoody.ca/civicawards](https://portmoody.ca/civicawards)**



◀ Scan to read full nomination criteria

**PORT MOODY**  
CITY OF THE ARTS

# 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!

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](http://anmore.com)
  - emailing completed application to [esin.gozukara@anmore.com](mailto: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.