



Welcome Back!!

**Monday,  
April 1, 2019**



# BELL SCHEDULE

| <b>MONDAY</b>          | <b>TUESDAY</b>         | <b>WEDNESDAY</b>       | <b>THURSDAY</b>        | <b>FRIDAY</b>          |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| Block 1<br>8:00-9:12   | Block 1<br>8:00-9:12   | Block 1<br>8:00-9:12   | Block 1<br>8:00-9:12   | Block 1<br>8:00-9:12   |
| Block 2<br>9:16-10:28  | Block 2<br>9:16-10:28  | Block 2<br>9:16-10:28  | Block 2<br>9:16-10:28  | Block 2<br>9:16-10:28  |
| FLEX<br>10:28-10:57    | FLEX<br>10:28-10:57    | FLEX<br>10:28-10:57    | FLEX<br>10:28-10:57    | FLEX<br>10:28-10:57    |
| Block 3<br>11:01-12:13 | Block 3<br>11:01-12:13 | Block 3<br>11:01-12:13 | Block 3<br>11:01-12:13 | Block 3<br>11:01-12:13 |
| LUNCH<br>12:13-12:53   | LUNCH<br>12:13-12:53   | LUNCH<br>12:13-12:53   | LUNCH<br>12:13-12:53   | LUNCH<br>12:13-12:53   |
| Block 4<br>12:57-2:09  | Block 4<br>12:57-2:09  | Block 4<br>12:57-2:09  | Block 4<br>12:57-2:09  | Block 4<br>12:57-2:09  |
| Block 5<br>2:13-3:25   | Block 5<br>2:13-3:25   | Block 5<br>2:13-3:25   | Block 5<br>2:13-3:25   | Block 5<br>2:13-3:25   |



**Start your day in a relaxing way.  
Come to Room 231 Monday to Friday  
8:30 am – 9:15 am.  
Coffee! Tea! Food!**



**Come listen to music and relax before  
class.**

Interested in writing the Physics CAP High School Prize Exam?

Sign-up with Mr. Khalili in room 304 during FLEX.

Contest Date: Tuesday April 9<sup>th</sup> 2019.



# Deadline to purchase **DINNER DANCE** & **AFTER GRAD TICKETS . . .**



**Dinner Dance tickets and After Grad tickets are available to purchase ONLINE OR from the main office - cash or cheque only - until Thursday, April 18<sup>th</sup>**

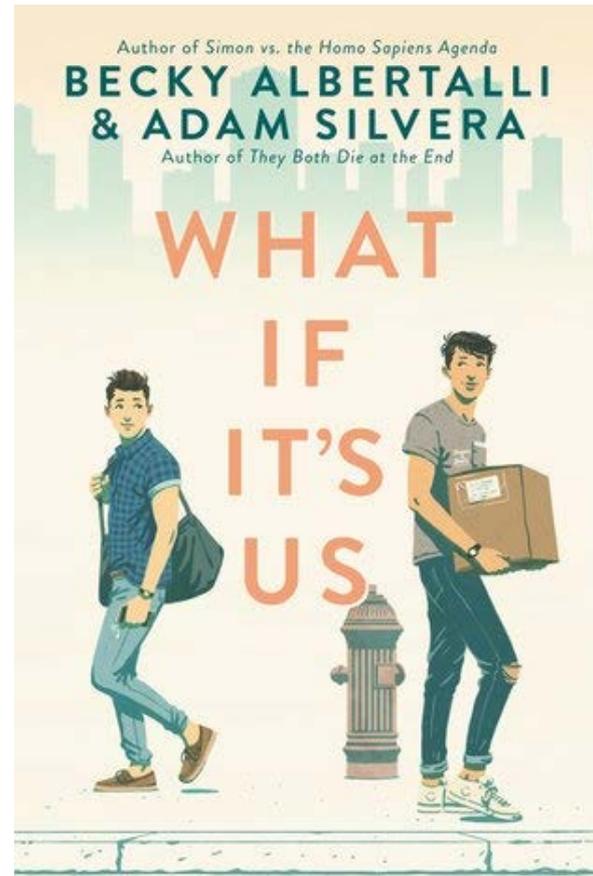
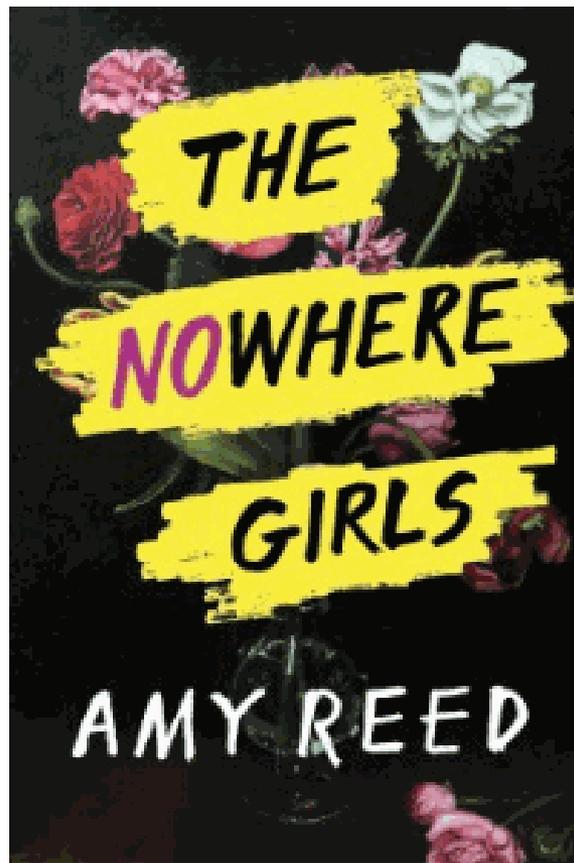
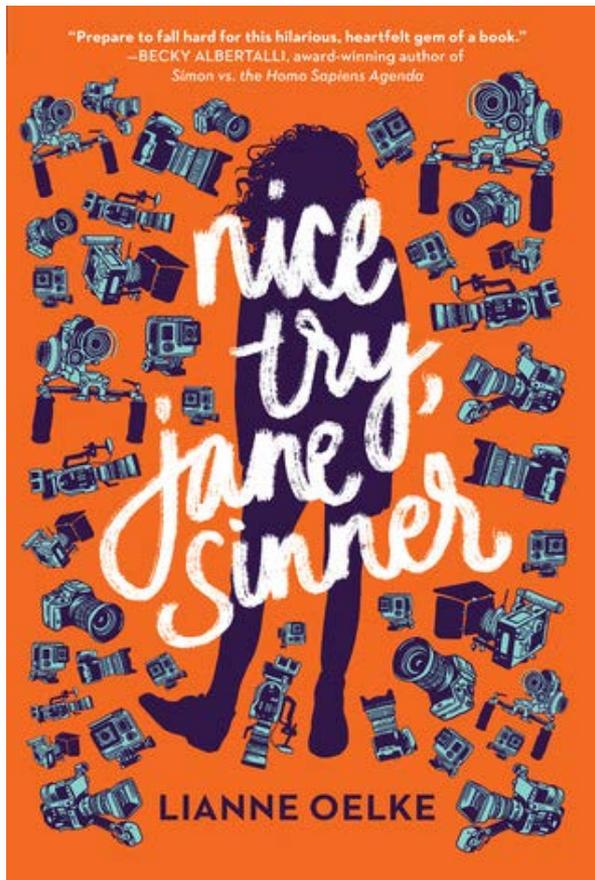
- **NOTE:** ALL outstanding fees must be paid or cleared before buying your tickets.

**KWAP IS  
COLLECTING  
NEW AND  
GENTLY USED  
SHOES!**

**PUT YOUR SHOES  
IN THE BOX  
RIGHT IN FRONT  
OF THE OFFICE!**



**KWAP**



# New Library Books

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# PEDALHEADS®

## bike, swim, & sport programs for kids

For Summer, we are looking for students in grades 10-12 to apply with us as paid instructors (Must be turning at least 16 by December 31). We are also seeking volunteers from grades 8-10.

- Instruct children from the beginner biking stage all the way to more advanced skill levels (road riding and mountain biking)
- If students are able to ride a bike there will be a place for them to work as instructors (They do not have to be experts!)
- Must be available to work all of July
- Must be available from – each day
- First Aid is a major asset
- Must have access to a bike and helmet

<https://www.jotform.com/AtlantisandPedalheads/2019GVRDInstructorApplication>

# **PAJO'S ROCKY POINT PARK – Port Moody – PT Job Opportunity**

**Pajo's at Rocky Point is looking for PT employees beginning during spring break. Potential to work FT during the summer if desired.**

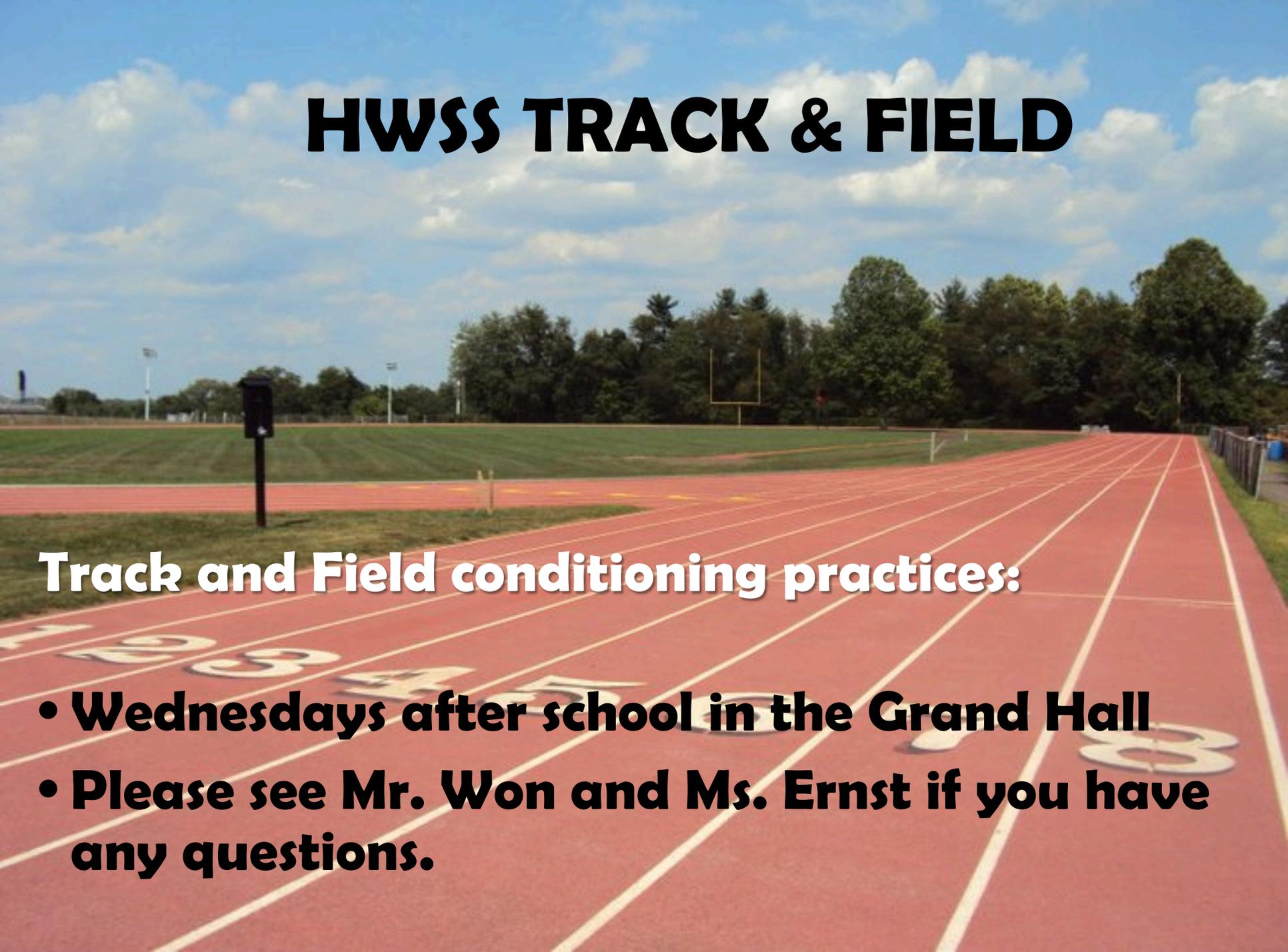
- Need good customer service and people skills. On site training will be provided.**
- Minimum wage to begin with pay advancements available.**
- Drop your resume at Pajo's. Ask for Lois Graham and you could get an on the spot interview.**
- For more information call 604-469-2289.**

# KODIAK ATHLETICS

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# **HWSS TRACK & FIELD**



## **Track and Field conditioning practices:**

- **Wednesdays after school in the Grand Hall**
- **Please see Mr. Won and Ms. Ernst if you have any questions.**

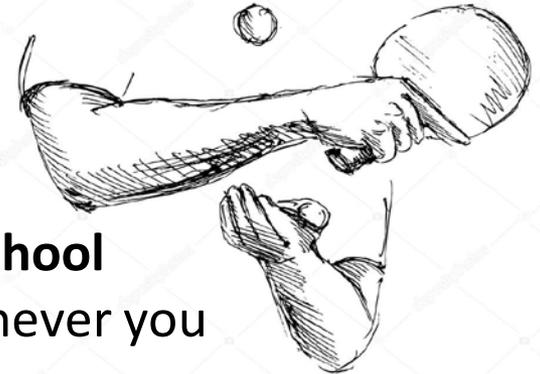
# KODIAK CLUBS





# ***Table Tennis Club now looking for new members***

**When: Monday/Wednesday After School  
Stay till 5pm (Not mandatory, leave whenever you  
want)  
Go to Room 234 Thursday during flex in order to sign  
up!**



# CHESS CLUB 2018

- All levels welcome! (Beginners and Seniors)
- Drop in @ lunch to play every day
- Room 308
- Compete, Play, and Learn.
- You're welcome to come and just watch



Some people think that if their opponent plays a beautiful game, it's OK to lose. I don't. You have to be merciless.

— Magnus Carlsen —



Chess  
is the  
art  
which  
expresses  
the Science  
of Logic

# CAREER CENTER





# HERITAGE WOODS SCHOLARSHIP PACKAGE IS OUT!!!

The HWSS local scholarship package is available and we want you to apply. You can find all the necessary forms either in the career centre or career centre online. All group 1 scholarship require the package to be completed. Group 2 are separate application forms. If you are applying for anything requiring financial need you **MUST** complete a financial need form.

<http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx>

- You require a reference letter from someone other than a teacher, your SIN, a copy of your transcripts and a personal letter. Also, please ensure you complete the application fully (including name on each page). We need to know who you are and how you meet scholarship criteria. Give details.
- For District Authority Awards – you may apply for as many as you are qualified but you can only win one. You require a separate page for each DAA you wish to apply for and each page requires its own specialty area nominator. Extra pages are on the website too.

**Deadline for completed packages is 3:30pm Friday April 12, 2019 to Ms. Butler.** Late or incomplete applications will **not** be considered.



The upcoming sessions are as follows:

- March 25<sup>th</sup>, 1:00 pm-2:30 pm

Additional information about each session and registration to attend can be found at the following link:

[sauderundergraduateoffice.eventbrite.com](https://sauderundergraduateoffice.eventbrite.com).

Upcoming Spring BCom Information Sessions at the UBC Sauder School of Business.

These small gatherings provide a casual setting for prospective students in grades 8-12 to visit the UBC Vancouver campus, learn more about the BCom curriculum, tour UBC Sauder's teaching facilities, and hear from our incredible faculty. We encourage students to take advantage of this opportunity to explore their career possibilities in business.



# BCIT Pathway to Success Scholarships

**SD43 has 3 scholarships valued at \$3,000 each available for students applying to programs at BCIT. All programs qualify except apprenticeship programs.**

- **For more information and to access the application please visit the Career Centre webpage under Finances/Awards, Entrance (Post-Secondary sponsored)**
- **<http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx>**

**→ Completed applications must be submitted to Ms. Butler or Mrs. Martin no later than 3:30pm on April 1, 2019.**



Grade 10 and 11 students are invited to discover everything the University of Alberta has to offer! Explore your options — right in your city!

We'll be in Vancouver for the University of Alberta Info Night on Wednesday, April 17. Students will have the chance to:

- Explore program options at faculty booths
- Get their admissions questions answered
- Enjoy food and beverages
- Win prizes and more!

**Date:** Wednesday, April 17 at 7 p.m.

**Location:** Four Seasons Hotel Vancouver, Arbutus Room, ([791 W Georgia Street](#))

Friends and family are welcome.

Students can RSVP at [uab.ca/van](http://uab.ca/van)

**Did you apply to The University of Calgary? Have you received an offer or are you still waiting to hear from them? Are you considering if this is the place for you?**



**UNIVERSITY OF  
CALGARY**

**Please come and visit Ms. Butler in the Career Centre as she just got back from a visit to U of Calgary and might be able to answer your questions and help with decision making. You can either drop in during flex or lunch or email to make an appointment [dbutler@sd43.bc.ca](mailto:dbutler@sd43.bc.ca)**



## Once you have been admitted to UBC/UBCO check out these events for future students:

UBCO:

Destination UBC (**May 10–12**) is a full-weekend program for high school students who have been admitted to the Okanagan campus. Participants will connect with the UBC community and start preparing for life as a UBC student. Students travelling from outside the Okanagan Valley are eligible for a travel reimbursement.

- Admitted high school students who self-identify as First nations, Metis or Inuit are also invited to the Indigenous Welcome (**May 9**).
- UBC Vancouver:
- **UBC Welcomes You (April 27)** is a half-day informational event designed for all students who have been admitted to the Vancouver campus. Students will connect with the UBC community and start preparing for life as a UBC student. Travel reimbursements are not available for this program, but any admitted students who will be in Vancouver that weekend are welcome to attend.
- High school students who have been admitted to the Vancouver campus and who self-identify as First Nations, Metis or Inuit are invited to the [Destination UBC Aboriginal Student Welcome \(April 26–28\)](#) and are eligible for a travel reimbursement.

Click on the link to register:

- [https://you.ubc.ca/tours-info-sessions/campus-tours-events/on-campus-events/?utm\\_campaign=UBC%20Updates%3A%20March%202019%20-%20BC&utm\\_medium=email&utm\\_source=Eloqua#welcome](https://you.ubc.ca/tours-info-sessions/campus-tours-events/on-campus-events/?utm_campaign=UBC%20Updates%3A%20March%202019%20-%20BC&utm_medium=email&utm_source=Eloqua#welcome)

# Headstart In Art



Who: Grade 11 or 12  
pursuing a career in art

What: \*First year University Art course  
\*1<sup>st</sup> year university credit

When: Sept. 10 - Dec. 10 Tuesday evenings 6 - 9

Where: Gleneagle Secondary

How: See Ms. Tompkins in April or go to ECU online for  
the Head Start application. Due in May.



# REPEAT NOTICES



**Lost & Found - if you recognize any of these items please come to the main office to identify/claim.**



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# GIRLS

EXPLORING



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS



## DISCOVERY DAYS

**CALLING ALL GIRLS IN GRADES 8 TO 10!**

Please join Science Alive at Simon Fraser University's Burnaby Campus for Discovery Days to explore STEM fields and learn more about the different options available at the post-secondary level.

### When?

March 18 - Environment Day

March 20 - Earth Science Day

March 25 - Computing Day

March 29 - Engineering Day

### Where?

Simon Fraser University's Burnaby Campus

### Time?

10:15am to 2:00pm

### Cost?

\$10 for the first day and \$5 for any additional days, however, bursaries are available should cost be a barrier.

Visit [www.sciencealive.ca](http://www.sciencealive.ca) to register today!

SkillsFor Hope Foundation



Developing Skills Changing Lives

**SCIENCE ALIVE**  
curiosity · creativity · confidence



**W WEST**

West Coast Women in Engineering,  
Science and Technology



# FIRE RESCUE

# CAMP IGNITE

MENTORSHIP PROGRAM

AUGUST 8 - 11 2019

[www.campignite.com](http://www.campignite.com)



Camp Ignite is a program that is organized and run by women in the BC Fire Service, and is an annual Firefighter Mentorship Program for **female students in Grade 11 & 12** (ages 16-18 years.) Each participant is provided with a four-day opportunity to learn about health and fitness, focus on team-building, challenge themselves, AND learn about the firefighting profession.

This year's Camp Ignite runs from August 8-11, 2019. It is a FREE PROGRAM! – there are no costs or barriers to participate, as it is paid for by sponsors and local Fire Departments.

- **Applications are available on the Career Centre website.** Each applicant must complete the application appropriate to their community and return it in the appropriate way for the community in which they live by the appropriate application deadline.

**Coquitlam Deadline May 27, 2019 to:**

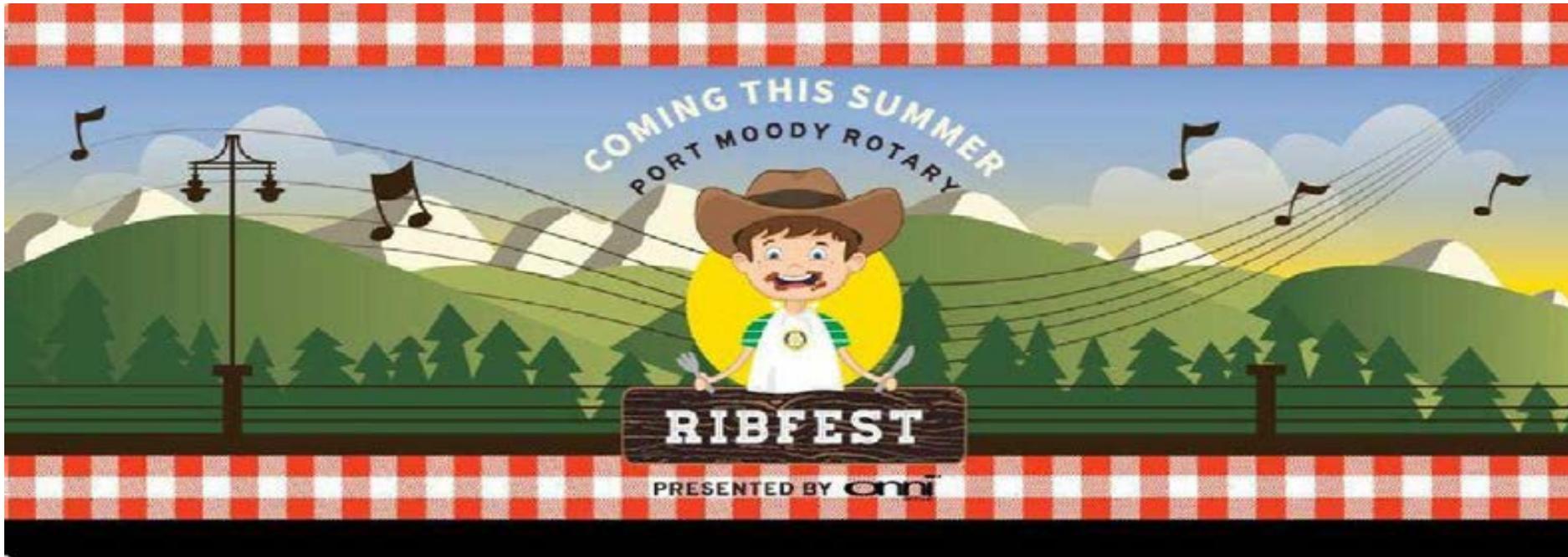
- *Coquitlam Fire/Rescue – Town Centre Fire Hall*
- *1300 Pinetree Way*
- *Coquitlam, BC, V3B 7S4*
- *Attn: Denise Ziebart, Fire Prevention Division*

**Port Moody Deadline June 01, 2019 to:**

- [Nhayton@portmoody.ca](mailto:Nhayton@portmoody.ca)

**Anmore/Belcarra deadline June 01 to:**

- [Jay.sharpe@anmore.com](mailto:Jay.sharpe@anmore.com)



- The RIBFEST committee is now working on **PORT MOODY ROTARY RIBFEST 2019** and we would like to invite you to again be a part of this exciting event.
- This years dates are: **JULY 19, 20, & 21 2019.**
- We have our brand **NEW volunteer signup website open** and encourage you to sign up **now** so you can get the times and places you would like to work.
- Please click this link: Rotary RIBFEST Volunteer Signups and choose
- the blue SignUpGenius Sheet for the area you would like to work and
- register for your volunteer shifts.
- If you have any questions or concerns please contact Linda Balzer at: **604-341-4387.**