

BELL SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
Block 1 8:00-9:12	Block 1 8:00-9:12	Block 1 8:00-9:12
Block 2 9:16-10:28	Block 2 9:16-10:28	Block 2 9:16-10:28
FLEX (Period 3) 10:28-10:57	FLEX (Period 4) 10:28-10:57	FLEX (Period 5) 10:28-10:57
Block 3 11:01-12:13	Block 3 11:01-12:13	Block 3 11:01-12:13
LUNCH 12:13-12:53	LUNCH 12:13-12:53	LUNCH 12:13-12:53
Block 4 12:57-2:09	Block 4 12:57-2:09	Block 4 12:57-2:09
Block 5 2:13-3:25	Block 5 2:13-3:25	Block 5 2:13-3:25

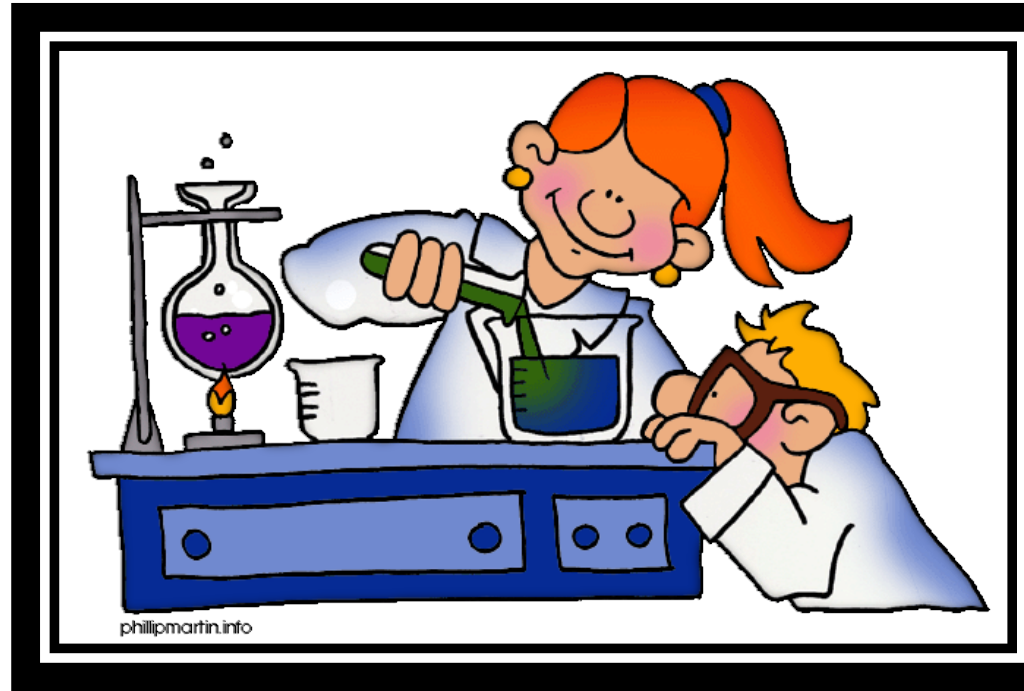
ASSIGNED FLEX THIS WEEK . . .

Wednesday, January 29th	Students report to Period 3 for FLEX
Thursday, January 30th	Students report to Period 4 for FLEX
Friday, January 31st	Students report to Period 5 for FLEX

SCIENCE CO-OP 2021

Grade 10's who are interested in signing up for Science co-op next year, there is a parent information meeting happening on **Wednesday February 5th** at 6 pm in the library.

See Mr. Baldus or M.s Wilson (in room 315) for more info.



Business Case Studies and Contest

- Case Study Series: Guest Presenters from **UBC**
- Sessions run **Jan. 30, Feb. 4, Feb. 11** during Bl. 4 and/or 5. You must have permission from your teacher to participate!
- Winners move on to compete at **Sauder School of Business Case Competition Feb. 29**
- See Mr. Sather at lunch Jan. 28 or 29 for details

Heritage Woods Assistance Dog

Brie our Heritage Woods Assistance Dog will be here on **Wednesday's** at **LUNCH** in the counselling area. Come down and say "Hi"!



Textiles Students from First Semester:

Please pick up your garments from
Ms. Wood in room 202.



PHOTO CONTEST

Theme:

WE ARE KODIAKS

Submit one photo to
pkhalili@sd43.bc.ca
by March 13 2020

1st Place: **\$75** 2nd Place: **\$50** 3rd Place: **\$25**

Interested in Traveling to COSTA RICA Feb 2021?



**Volcanoes
Kayaking
Hot Springs
Waterfalls
Ziplining
Snorkeling
Hiking
Beaches**



Coast to Coast COSTA RICA 2021 INFORMATION MEETING



When: Thursday January 30th at Lunch (12:20).

Where: Room 310

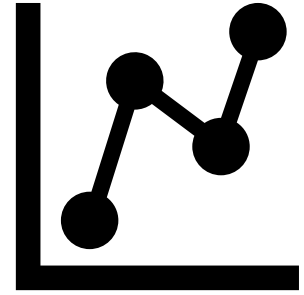
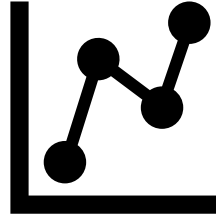
**See Ms Prosperi-Porta, Mr Baldus or Mr Ross
for information if you can't attend.**

Europe Trip Sign-up Deadline THIS FRIDAY

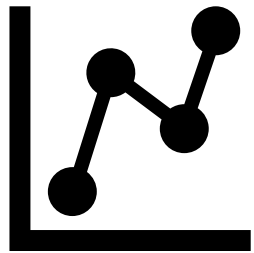
- Thinking about joining this year's Europe Trip in May? Deadline for signing up is this Friday Jan. 31.
- Don't miss out! Come see the sights with us!
- See Mr. Chaffee in room 235 if you have any questions.



**There are
still some
spots
available to
write the
AMC 10 on
Feb 5th**



**AMC 10
Math Contest**



**Gr.9/10's,
Please see
Ms. Paisley
in Rm 232
to sign up.
Cost is \$10**

UPCOMING MATH
CONTESTS!

SIGN UP IN RM 232
by Friday Feb 7th

What is it:

25 Multiple Choice Questions

60 minutes

Calculator Permitted

Cost: \$7

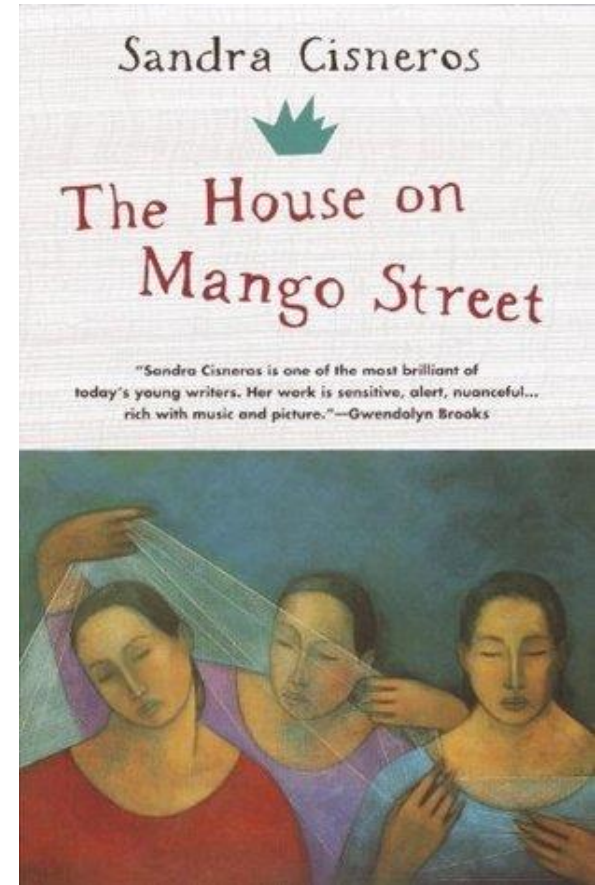
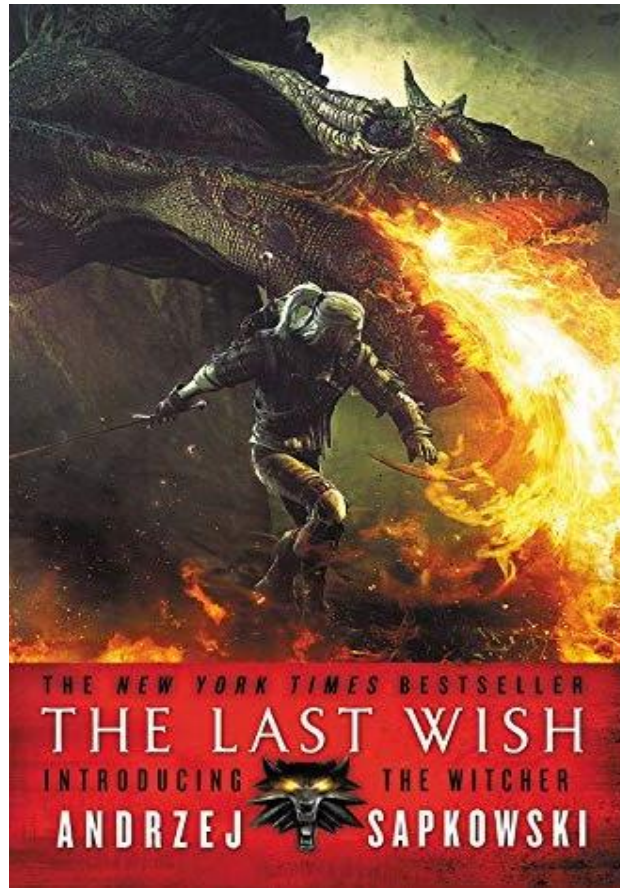
Contest Date: February 25th

Where: Library in P3

Sign Up Sign Up Sign Up Sign Up
Sign Up

PASCAL Grade 9
CAYLEY Grade 10
FERMAT Grade 11

Sign Up Sign Up Sign up Sign up
Sign Up



**Come and check out the new books at the
HWSS Library**

OPERATION MED SCHOOL IS OPENED FOR REGISTRATION

<https://operationmedschool.com/>

March 8th 8:30 – 5:30 at Robert H. Lee Alumni Centre, University of British Columbia

- Operation Med School (OMS) is a non-profit, student-run organization that hosts one-day conferences in Canada and the USA to educate youth about the journey of a medical career. Our goal is to inspire, inform and encourage students to follow their medical dreams and head bravely into their future endeavors.

OMS was started by a group of high school students in Vancouver, BC in 2012. Each conference gives students a new approach to medical careers through activities and lectures by medical experts. It is the perfect chance for high school students to explore the medical field, meet peers who share the same passion, and speak with knowledgeable medical professionals.

OMS has been creating an opportunity for youth to gain valuable leadership and event management skills since it began in 2012 as a conference *for* high school students *from* high school students. As the organization has grown, each city conference continues to be organized by a team of local high school students.

Want to train like a Mountie for a week?

National Youth Engagement Week is a unique opportunity to experience five days at [Depot, the RCMP's training academy](#) in Regina. A select group of Grade 12 students (secondaire 5 in Quebec) from across Canada will experience what it's like to be a cadet in training.

If chosen, you'll get the opportunity to interact with police officers from various RCMP units. Activities may include:

- a fitness session
- drill class
- driving simulation
- police defensive tactics
- a tour of the [RCMP Heritage Centre](#)
- and much more

What you need to know

- **Date:** March 23–27, 2020
- **Location:** RCMP Depot Division in Regina, Saskatchewan
- **Cost:** FREE! Travel, accommodation and meals will be provided by the RCMP.

Are you eligible?

To be considered, you must:

- interested in a law enforcement career
- a Grade 12 student (secondaire 5 in Quebec)
- proficient in English and/or French
- a Canadian citizen or have permanent resident status in Canada

For an application package please see Ms. Butler in the Career Centre OR

http://da.srce.ca/sites/default/files/RCMP%20Training%20Academy%20Application%20Form_ENG_FINALE-1.pdf



Join the Vancouver Aquarium Youth Team!

Volunteer Opportunities for Ages 14-18

Build your leadership , public speaking, and customer service skills while expanding your knowledge of marine life and conservation in a fun filled environment as an

Animal Interpreter Share animal stories and information through conversations, engaging props, and live animal handling

Children's Interpreter Paint faces, make crafts, and facilitate live animal handling in order to build connections between the Aquarium's youngest visitors and the animals in our care

Visitor & Gallery Assistant Deliver a personal and memorable experience to visitors from the moment they arrive. Assisting with admissions, guest services and visitor interactions throughout the facility, including live animal handling.

YouthToSea Spring & Summer Leadership Youth in the program will volunteer in our AquaCamps at the Vancouver Aquarium during our Spring or Summer sessions working with children. Youth volunteers will expand their social network, increase their marine conservation knowledge, connect with their community and gain employment skills.

Commitment dates & times will vary by position

Apply online today

<https://www.vanaqua.org/join/volunteer/work-experience>

workexperience@ocean.org





**GROUNDS CREW
HIRING
FAIR**

WEDNESDAY FEBRUARY 5, 2020

4:00 PM TO 8:00 PM
DROP IN - EVERYONE WELCOME

3251 PLATEAU BVD, COQUITLAM, BC

HWSS LANYARDS For Sale

Please come to the main office to purchase.

COST: \$5.00



KODIAK ATHLETICS



GIRLS RUGBY

ANYONE INTERESTED IN PLAYING RUGBY THIS YEAR, PLEASE ATTEND A QUICK MEETING WITH MR. SCHELLENBERG ON FRIDAY.

- WHAT: GIRLS RUGBY MEETING
- WHEN: BEGINNING OF LUNCH, FRI. JAN 31ST
- WHERE: GYM

CLUBS



* ROOM CHANGE: 315 → 207

MEETINGS IN ROOM 207 ON
WEDNESDAYS AT LUNCH

JOIN WYNS CLUB!!!



Do **YOU** want to help the community?

- Volunteer hours
- Fundraising
- Looks fantastic on University Applications!!!
- Partnered with Eagle Ridge Hospital
- Helping kids with medical conditions and providing for those in need



FITNESS CLUB

- **NO LONGER TUESDAY AFTER SCHOOL.**
- **MOVED TO FRIDAY!**

JOIN THE HSEO CLUB

-INTERESTED IN JOINING **SCIENCE
COMPETITIONS** TO BOOST YOUR RESUME?

-WANT TO EARN **PRESTIGIOUS AWARDS**
FROM BIG UNIVERSITIES LIKE UBC AND U OF T?

NEXT MEETING:

**WEDNESDAY @ LUNCH IN
ROOM 316 (September
25th)**





HWSS
ANIMATION

HWSS Animation Club

Meetings Every Wednesday at Lunch
ROOM 210

See Mr. Strudwick for details



SKI & SNOWBOARD CLUB

Sign Up in
Room 314

Next Trip:

SKI & SNOWBOARD CLUB

Want to shred at Whistler?



Space is becoming limited...

Feb. 8 – FULL - waitlist started

Mar. 7 – 1 or 2 spots remaining

Attention Ski/Snowboard Club Members



Apex Trip has been cancelled.

See Mr. Moretti for details. If you submitted a permission form and cheque, please pick them up in Room 314.

CAREER CENTER





Archimedes Talks



- Archimedes Talks is a speaker series aimed at talented high school students in Vancouver interested in mathematics and engineering. Our goal is to provide promising students with opportunities to explore different aspects of math and applied science in an engaging environment.
- Once a month during the semester, students come to the University of British Columbia's main Vancouver campus. Every session includes two expert speakers, a tour of an interesting location on campus, and lunch.
- Students are nominated to participate by their teachers. Interested students and teachers should visit the "apply" section for more information.
- [Archimedes](#) lived in ancient Greece. He made many important discoveries in mathematics and physics and was also a gifted inventor and engineer.

- **Schedule**

- Registration will start at 10:10 am. All talks are in the Irving K Barber Learning Centre, UBC Point Grey campus.
- Bring something to write with and on.

- **Spring, 2020**

- Date: Saturday, February 8, 2020
- Location: IBLC 261
 - [Yusuf Altintas](#)
UBC Mechanical Engineering
- Date: Saturday, March 7, 2020
- Location: IBLC 261
 - 10:30 -- 11:30
TBD
 - 12:15-1:15
TBD
- Date: Saturday, April 4, 2020
- Location: IBLC 261
 - UBC Engineering Teams:
 - [Mars Colony](#)
 - [Unmanned Aircraft Systems](#)
 - [Orbit Satellite Design Team](#)

Could you be our 2020 award winner?

Other people talk about making the world better. You actually did something.

Presented annually, the *Weston Youth Innovation Award* was created to encourage and recognize young Canadian innovators. It provides students aged 14 to 18 a unique way to share their ideas and get the word out to a much larger audience! Interested? Why not tell us about your accomplishments? You could be the next Weston Youth Innovation Award winner.

Who is eligible?

- We look for individuals or groups who:
- are between the ages of 14 and 18,
- have used science and/or technology as the basis for developing creative and innovative ideas aimed at solving real-world problems,
- put their ideas into action and as a result, have had a positive impact either in their own community or on a broader scale.

For more information on how to apply visit: <https://www.ontariosciencecentre.ca/innovationaward/#howtoapply>

- \$15,000 first-place prize
- \$8,500 second-place prize
- \$3,500 each for up to three additional finalists
- Your project featured in an Ontario Science Centre exhibit

Application deadline: February 07, 2020

REPEAT NOTICES



FOUND – In the Grand Hall on January 14, 2020

If you lost your retainer in the Grand Hall at lunch on Tuesday, please come to the main office to claim.





VOLUNTEER

with Port Coquitlam Recreation!

WINTER 2020 OPPORTUNITIES FOR YOUTH

PORT COQUITLAM RECREATION

WHY VOLUNTEER?

- Gain work experience hours for graduation
- Develop your leadership skills
- Build your resume and earn a reference letter
- Make a difference in your community
- Explore career opportunities in Recreation

Apply now! Application deadlines are January 3rd for Winter Programs and March 5th for Spring Break Camps.

HOW DO I GET STARTED?

1. Visit www.portcoquitlam.ca/volunteer
2. Select your area of interest and click "Apply Now!"
3. Fill out an Application Form.
4. All volunteers will be required to complete an Interview, Criminal Record Check and Orientation

CHILDREN SERVICES

AFTERSCHOOL PROGRAMS

Have fun and help kids keep healthy and active with Afterschool Active at Hyde Creek Rec Centre or Beyond the Bell at local elementary schools! Programs include Art Attack, Soccer, Basketball, Sports & Games and more!

Commitment: 2 hours/week for 8 weeks (16 hours)

Requirements:

- Must be 15 years of age or older
- Empathetic and enthusiastic
- Enjoy working with children

SPRING BREAK CAMPS

Make the most of your Spring Break with our *amazing* Spring Break camps, including Sneakers and Jr. Sneakers Children's Camps, Children's Art Camps, and more. Assist with games, craft activities, out trips and more!

Commitment: 40 hours/week for 1 week (40 hours)

Requirements:

- Must be 15 years of age or older
- Empathetic and enthusiastic
- Enjoy working with others

SKATING & BIKE PROGRAMS

SKATE LESSON ASSISTANT

Have fun and gain experience assisting Learn to Skate Instructors teach children ages 2 to 13 basic skating and hockey skills in a fun and supportive program.

Commitment: 2.5 to 4 hours/week for 8 weeks

Requirements:

- Must be 14 years of age or older
- Empathetic and enthusiastic
- Able to skate forward and backward with good balance and control

AQUATICS

SWIM LESSON ASSISTANT

Gain lifeguarding experience by assisting Water Safety Instructors in the delivery of the Red Cross Water Safety Programs to participants of all ages.

Commitment: 2 hours/week for 10 weeks (20 hours)

Requirements:

- Must be 13 years of age or older with Bronze Cross and Youth Aquatics Volunteer Training OR 15 years of age with Water Safety Instructor training
- Experience working with children an asset

LEISURE BUDDIES

Provide one-on-one support to a child or youth facing barriers to participation in skating lessons, swimming lessons, camps and other programs. Assist participants in focusing on tasks, encouraging participation, providing additional instruction or helping with language barriers.

Commitment: Average of 1-2 hours/week for 8 weeks (Varies by program)

Requirements:

- Must be 13 years of age or older
- Empathetic and enthusiastic
- Enjoy working with others

ADOPT A SPOT

Adopt a Street, Park or Trail in Port Coquitlam. Perform litter clean-ups at least once per month and report any issues to the City. Set your own schedule and gain volunteer hours while helping to keep Port Coquitlam clean, green and beautiful.

Commitment: Minimum 1 clean up/month for 1 year

Requirements:

- Must be 16 years of age or older OR 13 years of age with a parent or guardian
- Comfortable working independently outdoors