

BELL SCHEDULE

FRIDAY

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



Ms. Saloustros Class

Career Life Connections 12

WHAT DAY AND TIME IS YOUR CAPSTONE MEETING WITH MRS.SALOUSTROS??

IF YOU DON'T KNOW, OR DID NOT SIGN UP FOR ONE, PLEASE CONTACT MRS.S RIGHT AWAY.

LSALOUSTROS@SD43.BC.CA

MANDARORY CLASS MEETING

THURSDAY FEB. 13TH IN THE THEATRE FLEX

SD43 STUDENT LEADERSHIP COUNCIL PRESENTS

STUDENT LEADERSHIP CONFERENCE



OPEN TO MIDDLE AND
SECONDARY
STUDENTS!

FEB 28, 2020

8:30AM-2:30PM

SCOTT CREEK MIDDLE

COST - \$15 (LUNCH + SWAG BAG)

SCAN QR CODE TO
SIGN UP!



FOUND

Have you lost a watch. Please come to the main office to claim.

→ Be prepared to give a description ←





HWSS Student Council

YOUTH EMPOWERMENT SHOWCASE

Themes: Self-love, empowerment, kindness



HWSS Theatre
Lunch

FEBRUARY 26TH 2020
PINK SHIRT DAY

info meeting time: Tuesday, Feb 11
place: TBD

**We are looking for
performances! (e.g. slam
poetry, speech, song etc.)**

February is Black History Month!

Marsha P. Johnson

- Lived 1945-1992
- Marsha was a transgender woman most famous for throwing one of the first bricks at the Stonewall riot in 1969
- She was also an activist for social and economic justice, fought on behalf of homeless youth, and advocated for AIDS patients



Keep an eye on the Kodiak for more slides about influential activists and heroes to celebrate this important month!

Brought to you by Kodiak Pride

KODIAK PRIDE



Want to get involved and fight for equality in both the school and the community?

- Fundraisers
- Initiatives
- Fun community
- Snacks!



Meetings
Wednesdays at lunch
Room 307



EUROPE 2021 - Italy and Greece
Meeting on Thursday, Feb. 13th in Room 213.



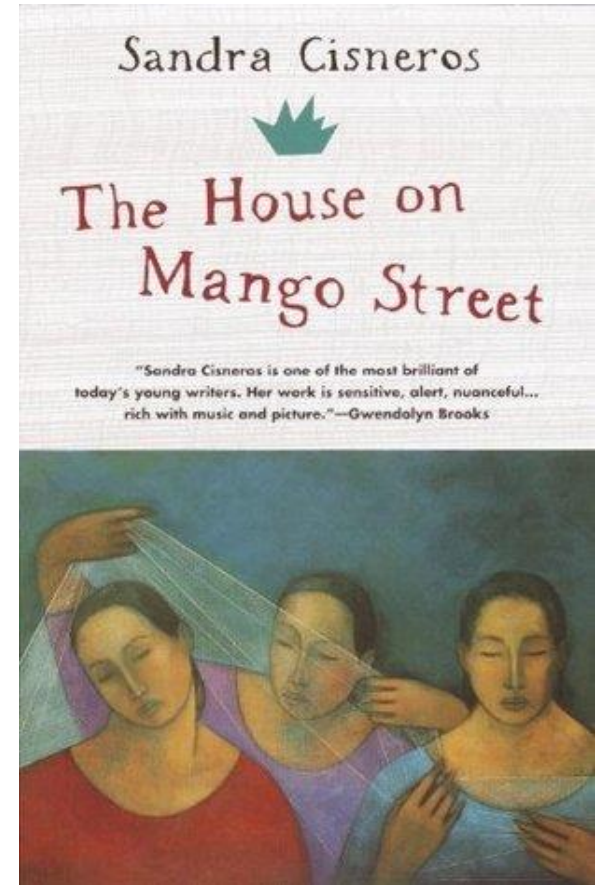
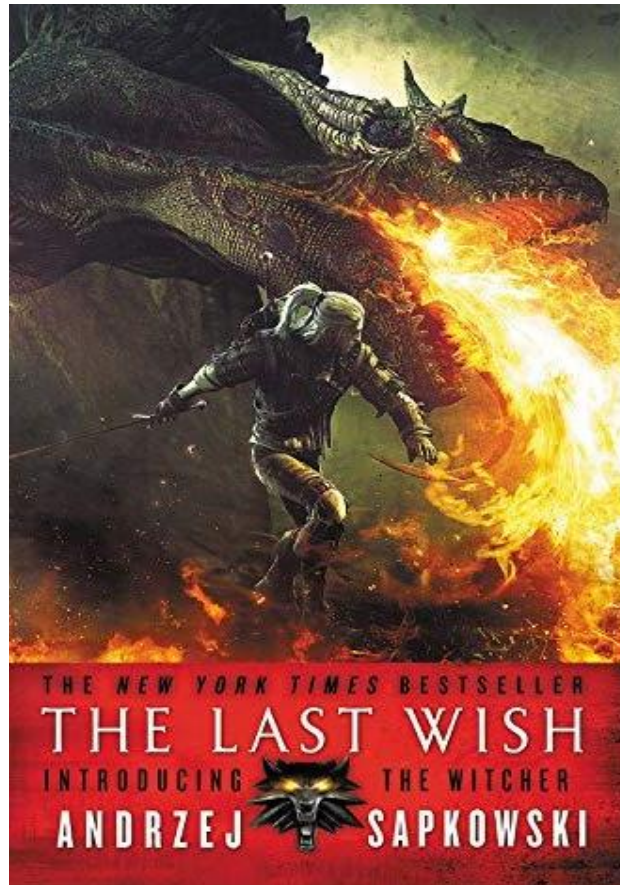
PHOTO CONTEST

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**



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

HWSS LANYARDS For Sale

Please come to the main office to purchase.

COST: \$5.00



KODIAK ATHLETICS



Gr. 9 Boys Basketball Players



- If you are interested in playing Spring League basketball this year, meeting:
 - Friday, Feb. 7th
 - Beginning of lunch
 - Weight room



CLUBS



FITNESS CLUB

- **INTERESTED IN LEARNING ABOUT FITNESS AND NUTRITION?**
- **DO YOU WORK OUT ALREADY AND INTERESTED IN SCHOOL WORKOUTS?**
- **NO EXPERIENCE NECESSARY!
ALWAYS TIME TO START AND LEARN!**



- **SEE MR. CIARDULLO FOR MORE INFORMATION! (ROOM 309)**
- **WHEN: FRIDAY @ 3:40 PM**
- **WHERE: WEIGHT ROOM**
- **WHAT: GYM STRIP MANDATORY,
WATER BOTTLE**

RELAX & CROCHET

*Friday's @ Lunch in the
Office Conference Room*



Join us & learn a new relaxing skill in a fun atmosphere! You don't need to bring anything except for your lunch & a good attitude!



Basketball Stats Club

- ◆ Want To Create Your Dream Fantasy Basketball Team?
- ◆ Earn Points And Compete Against Your Peers?
- ◆ First Meeting Friday @ Lunch In Room 205.
- ◆ Open To All Grades!
- ◆ Bring Your Friends!
- ◆ **BIG PRIZE FOR THE WINNER**

GIRLS CAN TALK
SOCIETY

H W S S

Meeting Every
FRIDAY in Room
235

- **B.C. student-led non-profit organization**
- **Discuss relevant current issues regarding women's rights**
- **Participate in fundraisers to support various charities**
- **Help promote equality throughout the school**
- **Looks great on university applications!**

Volunteer Hours!

Leadership Opportunities!

ME TO WE

The graphic features the words 'ME TO WE' in a bold, sans-serif font. 'ME' and 'TO' are in blue, while 'WE' is in white. A large blue arrow points from the 'ME' section to the 'WE' section. The 'WE' is set against a solid blue rectangular background.

Meeting Friday at Lunch (Room 203)

Come join our club!

HWSS Pottery Club

The HWSS Pottery Club will meet Friday's after school in room 214 (art room) from 3:30 – 4:40 pm. Members only.

QUESTIONS: Please see Mr. Ting.





SKI & SNOWBOARD CLUB

Sign Up in
Room 314

Next Trip:
February 8

SKI & SNOWBOARD CLUB

Want to shred at Whistler?



Space is becoming limited...

Feb. 8 – 1 or 2 spots remaining

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



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



GREEN COLLAR FUTURES

Career Conference for Grades 10–12 Students

The “green economy” is changing the workplace in BC. Learn about exciting and endless career opportunities.

MORE than a career fair, this conference connects you with dynamic people thriving in a green collar career.

You have a chance to win a \$500 and \$250 scholarship

Lunch and Prizes

Free to Attend

Over 30 careers will be represented including chemical engineer, architect, developer, hydrologist, environmental lawyer, financial advisor, landscape designer, robotics engineer, and many more!

Event Details

9:00am- 2:30pm
Saturday February 8th, 2020

Hilton Metrotown
6083 McKay Avenue, Burnaby

Registration is very limited and a school limit may apply. Register at:
www.greenbricks.ca/conference-registration

THANK YOU to:

Hamber Foundation, Retread Solutions, Kane Consulting, BC Building Science, John Holland, Tatton Developments, Geopacific, Cassels Brock lawyers, Associated Engineering, Read Jones Christoffersen, BubbleDeck Canada, Rocky Point Engineering, GBL Architects, Iredale Architecture, Green Core Consulting and Green Bricks members!





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](#)

SCIENCE WORLD EXTRAVAGANT EVENING FOR TEENS (SWEET)

For Youth 13–18.

Join us at Science World on Valentine's Day for our next **FREE Science World Extravagant Evening for Teens (SWEET)**, and experience some friendly competition between post-secondary institutions!

- Make liquid nitrogen ice cream, and carry out experiments and demonstrations in psychology, physics, chemistry, kinesiology and more! Galleries will be open to explore!

Featuring:

- Over 10 guest exhibitors and presenters from UBC, Langara, KPU, Vancouver Community College, Douglas College, BCIT, Genome BC and Science World's *Future Science Leaders*!

A live demo-off with demos presented by:

- UBC School of Biomedical Engineering
- Langara Department of Chemistry
- Douglas College Department of Physics and Astronomy
- UBC Sensorimotor Lab at the School of Kinesiology



This year, the guest presenters will be challenged to create Valentine's Day-themed demonstrations, so don't miss out!

Registration is required. More info in link.

<https://www.scienceworld.ca/event/sweet-faculty-faceoff-2/>

UBC ENGINEERING Upcoming Events for Girls

UBC Engineering Upcoming Events for Girls

Changing the World: Engineering the Future

Saturday, March 28, 2020

Grades 10-12

Explore why engineering is an amazing career for women who want to change the world, help improve the lives of others and the environment around us, and who like teamwork and problem-solving. Solve real engineering challenges, learn about different types of engineering, talk to current students, hear from recent alumni and tour the campus.

Engineering Explorations 11:

ECE & the Future of Tech

Saturday, February 1, 2020

Grade 11

As technology continues to expand its presence in our daily lives, engineering allows us to leverage new technologies for more applications.

Engineering Explorations 10:

Sustainability for Our Future

Saturday, February 22, 2020

Grade 10

Using the engineering design cycle and a focus on environmental engineering, you'll ideate new solutions to an engineering problem that many countries face today.

Engineering Explorations 8:

The Variety of Engineering

Saturday, March 14, 2020

Grade 8

Debunk your perceptions of engineering and experience what engineers do everyday!



Technovation Girls

February 7, March 6, or April 17

Ages 10-18

Build an app to solve a problem you identify within your community. Offered through UBC Geering Up.

Girl Powered Design Club

Saturdays starting January 25

Grades 8-10

It includes activities from all streams of STEM (Science, Technology, Engineering, and Math) in the form of hands-on activities, engineering design projects, and student competitions.

To RSVP or learn more: women.engineering.ubc.ca/events



THE UNIVERSITY OF BRITISH COLUMBIA

Engineering



UBC Geering Up
Engineering Outreach

APPLICATION DEADLINE: MAY 1, 2020. PLEASE RETURN YOUR APPLICATION
TO: campaignitebc@gmail.com
If you have questions feel free to see Ms. Butler for more information.

CAMP IGNITE 2020

August 6 - 9

*Applications available
at CAMPIGNITE.COM*



REPEAT NOTICES



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

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





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

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

