



# BELL SCHEDULE

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

# Random Acts of Caring Week



## CELEBRATE RAC!

Real Acts of Caring Week  
February 9 - 15, 2020

*It feels  
good!*

*Do something kind  
for another without  
expecting anything  
in return!*



Promoted by:  
Students in **RAC**

Enter to win \$100-\$300 for your school to support RAC!  
See our website at [www.realactsofcaring.org](http://www.realactsofcaring.org) for details

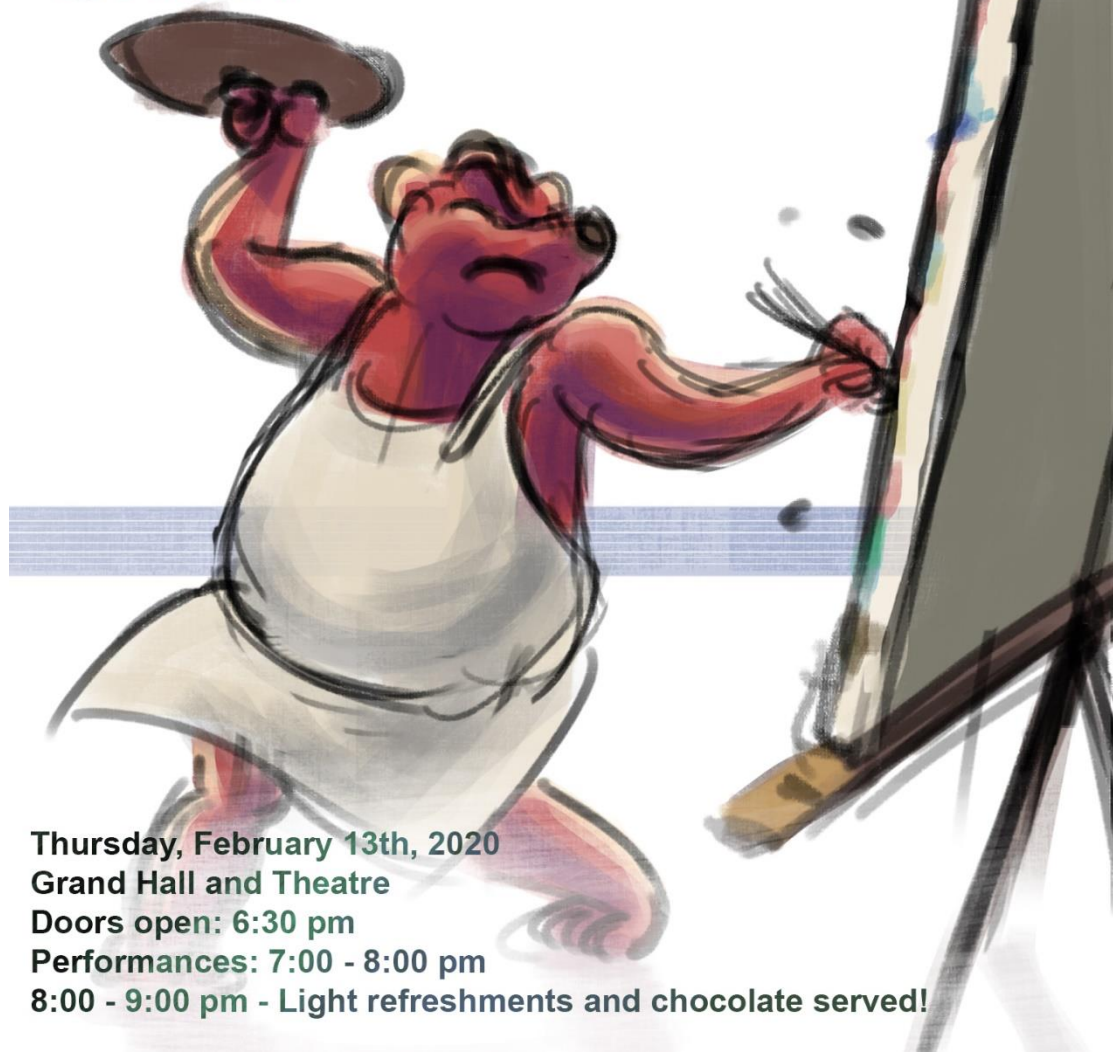


Design by Patti Webb, printed by **RICOH** Leading. Color. and supported by the Shaw Kindness Sticks Youth Grant





# HWSS Visual and Performing Arts Show



Thursday, February 13th, 2020  
Grand Hall and Theatre  
Doors open: 6:30 pm  
Performances: 7:00 - 8:00 pm  
8:00 - 9:00 pm - Light refreshments and chocolate served!



# Interested in Traveling to COSTA RICA Feb 2021?



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





# Coast to Coast COSTA RICA 2021

## A Caribbean to Pacific Adventure

Early enrollment  
discount of \$300  
for the month of  
February.

See [Ms Prosperi-Porta](#), [Mr Baldus](#), [Ms Hughes](#) or [Mr Ross](#) for information.



# February is Black History Month!

## Mae C. Jemison

- Mae became the first African-American woman to fly to space in 1992
- Jemison wanted to be used as an example of how women and people of minorities can make a difference if given the opportunity
- Also had a career as a medical doctor and worked in the Peace Corps



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

# KODIAK PRIDE



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

- Fundraisers
- Initiatives
- Fun community
- Snacks!



Meetings  
Wednesdays at lunch  
Room 307







# Mrs. 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](mailto:LSALOUSTROS@SD43.BC.CA)

MANDARORY CLASS MEETING

THURSDAY FEB. 13TH IN THE THEATRE FLEX



**Ms. Wood's  
Class**



**Career Life Connections 12**

**TUESDAY FEBRUARY 11TH  
ROOM 202**





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.)**

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 ←**





EUROPE 2021 ~ Italy and Greece  
Meeting on Thursday, Feb. 13<sup>th</sup> at LUNCH  
in Room 213.  
Any questions, please see Mr. Castonguay.





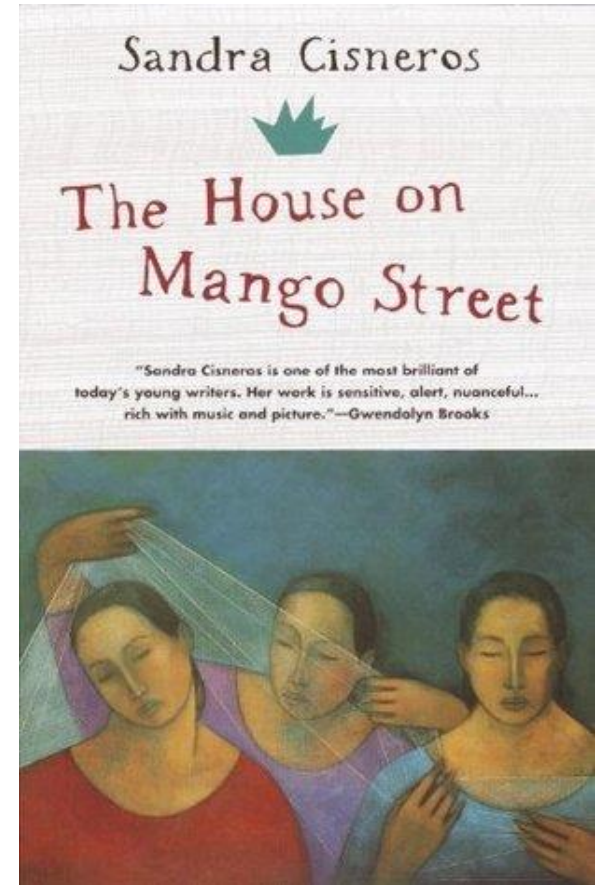
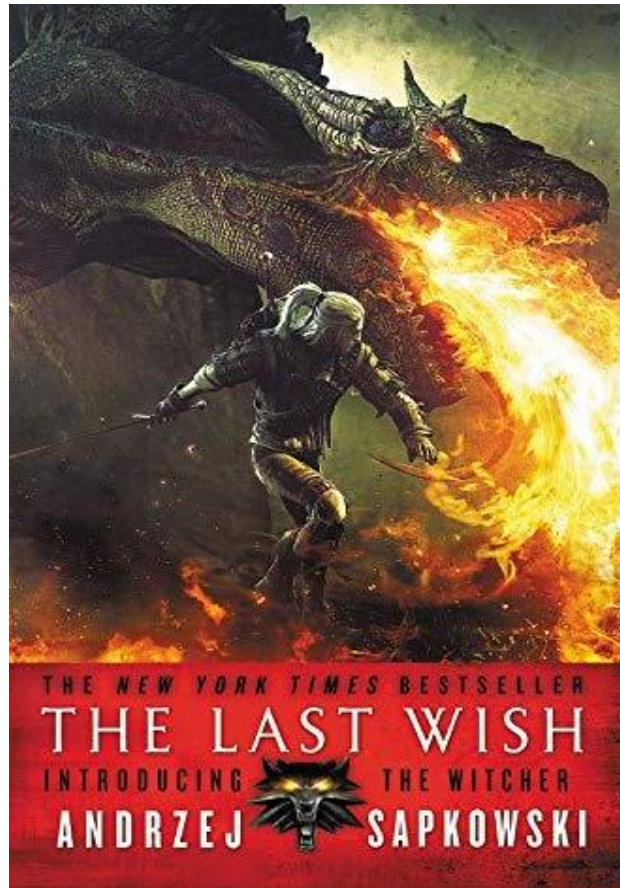
# PHOTO CONTEST

*Theme:*

**WE ARE KODIAKS**

Submit one photo to  
**[pkhalili@sd43.bc.ca](mailto:pkhalili@sd43.bc.ca)**  
by March 13 2020

1<sup>st</sup> Place: **\$75**    2<sup>nd</sup> Place: **\$50**    3<sup>rd</sup> 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



# CLUBS



# PHYSICS CLUB

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**WHO:**

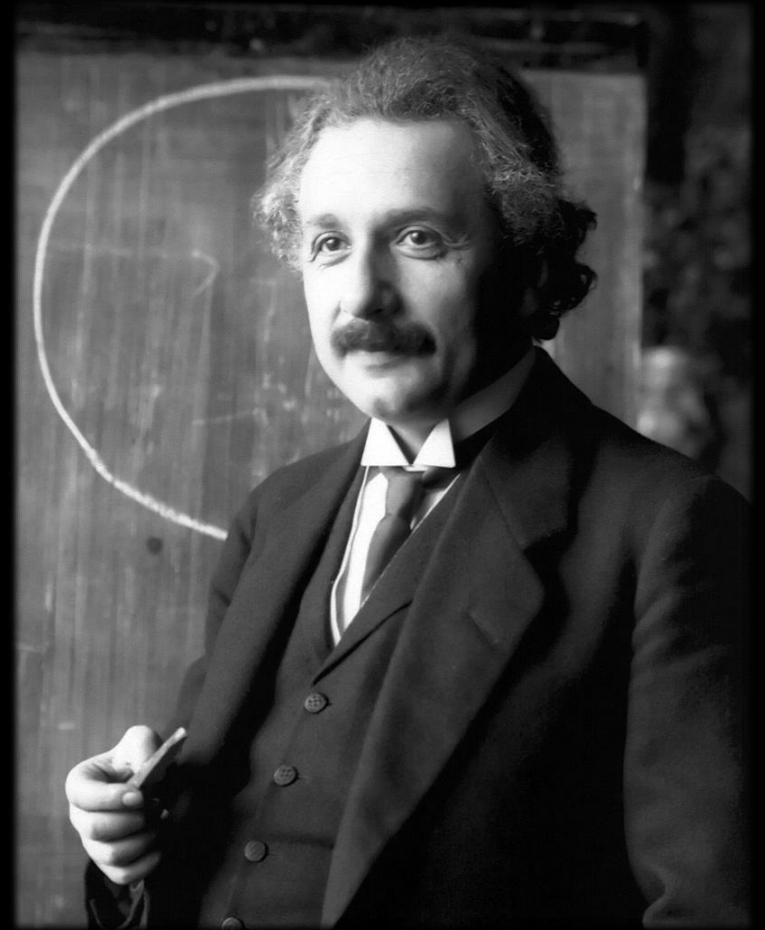
All physics enthusiasts

**WHEN:**

Mondays 3:30pm-4:30pm

**WHERE:**

Room 304



“I have no special talents,  
I am only passionately curious”



[pkhalili@sd43.bc.ca](mailto:pkhalili@sd43.bc.ca)



# Join Model UN!



Mondays at Lunch in 235

email [hwssmodelun@gmail.com](mailto:hwssmodelun@gmail.com) or just walk on in

Debate! Looks good on uni applications!  
Write papers! Go to conferences!

A WHOLE LOAD OF GOOD TIMES!  
Bring your friends.



# **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](http://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](https://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](mailto: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](http://CAMPIGNITE.COM)*



# REPEAT NOTICES





# Interested in Traveling to COSTA RICA Feb 2021?



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





# Coast to Coast COSTA RICA 2021

Early enrollment  
discount of \$300  
for the month of  
February.

See [Ms Prosperi-Porta](#), [Mr Baldus](#), [Ms Hughes](#) or [Mr Ross](#) for information.



UPCOMING MATH  
CONTESTS!

SIGN UP IN RM 232  
by Friday Feb 7<sup>th</sup>

What is it:

25 Multiple Choice Questions

60 minutes

Calculator Permitted

Cost: \$7

Contest Date: February 25<sup>th</sup>

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](mailto: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 3<sup>rd</sup> for Winter Programs and March 5<sup>th</sup> for Spring Break Camps.

### HOW DO I GET STARTED?

1. Visit [www.portcoquitlam.ca/volunteer](http://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 8<sup>th</sup> 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](http://da.srce.ca/sites/default/files/RCMP%20Training%20Academy%20Application%20Form_ENG_FINALE-1.pdf)

