



**Wednesday,
February 19, 2020**

BELL SCHEDULE

WEDNESDAY

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

THURSDAY

CAPSTONE DAY

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

Thursday, Feb. 20th is Capstone Day at Heritage Woods

- **Thursday, February 20th** is a very special day at Heritage Woods. This is the day that ALL 350+ Grade 12 students do their individual Capstone Presentations to a panel of community members and staff in the Heritage Woods Grand Hall. As a result, Grade 9 students have an altered schedule and unique curricular activities. The focus for Grade 9's on this day is the PHE Curriculum for Healthy Decision Making, Social Network Safety and Digital Learning 10. All Grade 9's are required to attend as outlined below.

Grade 9 Schedule

- 9:15-10:15 Healthy Decision Making - by Advisory (Room assignments posted later)
- 10:30-12:15 Jesse Miller - Heritage Woods Theatre [Jesse Miller/mediatedreality](http://JesseMiller/mediatedreality)

Grade 10 Students

- Students who have not completed all previously assigned learning activities for Digital Learning 10 will remain until up-to-date. Students are encouraged to complete outstanding Digital Learning assignments prior to February 20th.

Please email Vice Principal Jill Reid if you have any questions jreid@sd43.bc.ca



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.)**

Heritage Woods Assistance Dog

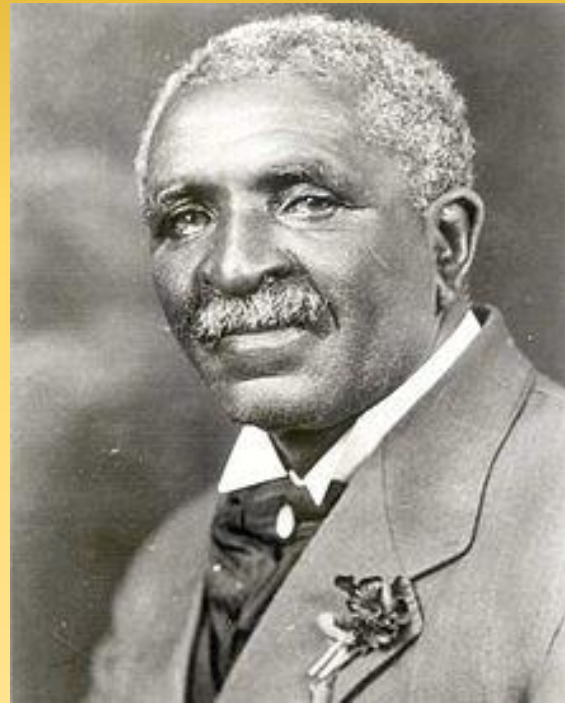
Brie our Heritage Woods Assistance Dog will be here on **Wednesday's** at **LUNCH** in the counselling area. Come down and say "Hi"!



February is Black History Month!

George Washington Carver

- Carver was born into slavery in 1864 and later became one of the most prominent scientists and inventors of his time
- Used his platform to speak out about the possibilities of racial harmony
- Became the first African-American person to have a national monument



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



THE CAFETERIA HAS GONE GREEN!

Exciting news Kodiaks!

ALL utensils and containers
from the cafeteria are NOW
COMPOSTABLE!

Make sure you throw your
waste in the correct bin!

*plastic around
cookies/muffins goes in
garbage



Brought to you by the Environmental and Outdoors Club



IMPORTANT Announcement for International Students:

*International Students who are up for renewal: The deadline for International students to pay program fees for the 2020-2021 school year is **March 1, 2020**. Students are not guaranteed their place in our school after this date. The International Education office at 1100 Winslow Avenue will be open this Friday February 14 for those wishing to pay their program fees in person.*

SD43 STUDENT LEADERSHIP COUNCIL PRESENTS

STUDENT LEADERSHIP CONFERENCE



OPEN TO MIDDLE AND
SECONDARY
STUDENTS!

SCAN QR CODE TO
SIGN UP!

FEB 28, 2020

8:30AM-2:30PM

SCOTT CREEK MIDDLE

COST - \$15 (LUNCH + SWAG BAG)

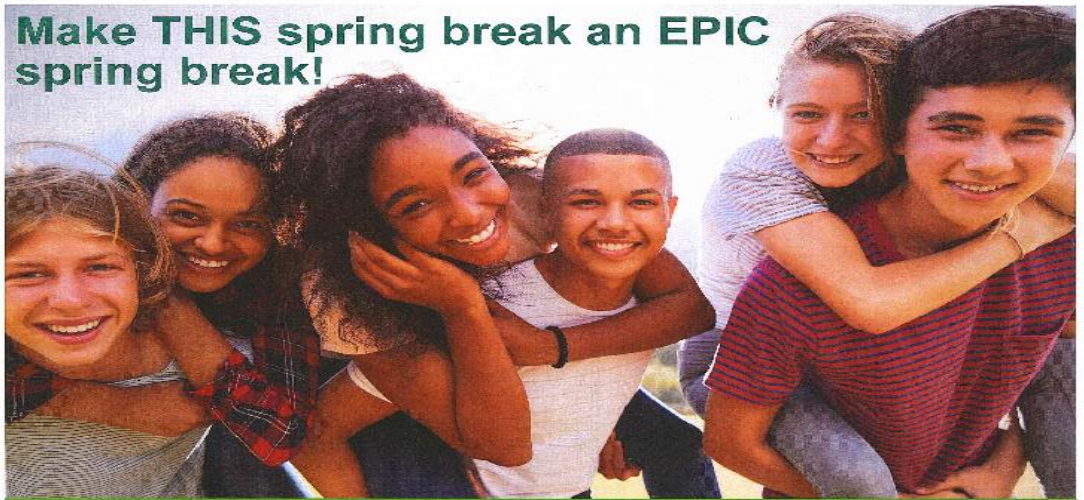


AP CALCULUS EXAM

- Any students interested in writing the AP Calculus exam must pay their exam fee (\$135) online or at the office before **March 6 deadline**.
- If you are not taking AP Calculus this semester and you wish to write the exam, see Ms. Riczu at the office for payment.
- If you have any questions, email Ms. Rai (mrai@sd43.bc.ca).

PORT MOODY REC COMPLEX

Make THIS spring break an EPIC
spring break!



Activities may include trips to:

- Extreme Air Park
- Apex Adventure Plex
- Sports
- Watermania
- Swimming - CCAC
- Lazer Tag

Out trips subject to change without notice.

Spring Break camps run:

Mon-Fri Mar.16-20 9am-4pm

Mon-Fri Mar.23-27 9am-4pm

Register at portmoody.ca | 604.469.4556



For youth in
grades 6-12



Port Moody Recreation Complex
300 Ioco Road, Port Moody, BC | 604.469.4556 | www.portmoody.ca

PORT MOODY
CITY OF THE ARTS



ATLAS Masterclass

Saturday, April 4 2020
8:30 AM to 4:15 PM
FREE

Each year more than **10,000 high school students** from **50 different countries** visit a nearby university or research center in order to unravel the **mysteries of particle physics**. Students will learn about research methods and topics, analyze real experimental data, and share results with other sites over a videoconference.

Connect

Participate in international videoconferences with the **ATLAS control room** and other students.

Learn

Participate in lectures from active scientists about the **fundamentals of physics** and research.

Experience

Perform measurements on real data from the **ATLAS detector** in the **CERN Large Hadron Collider**.

Explore

Tour **leading universities** and **research centres** with the world-class researchers who work there.

More info and registration:
triumf.ca/atlas-masterclass

For one of three locations TRIUMF, SFU or UVIC

TRIUMF— 4004 Wesbrook Mall
Vancouver BC V6T 2A3

physicsmasterclasses.org



See the latest animation projects from Vancouver Film School. Learn how you could get started in 3D & VFX.

Vancouver Film School invites you to a special event where you'll be able to see the latest creations from our 3D Animation & Visual Effects students.

- Come see these unique projects before anyone else.
 - Get the opportunity talk to the creators about their experience at VFS.
 - Learn what a year in 3D Animation & Visual Effects looks like and get career tips and advice from faculty members including Colin Giles, VFS's Head of Animation.
 - Ask questions about what it takes to succeed in the animation & VFX industry and how VFS can get you there.
- Want to know how to get started, watch brand new animated projects, and earn exclusive VFS swag? This special event is for you. Space is limited. Save your spot today.

Event details

Date: Thursday, Feb. 20, 6 p.m. – 8 p.m. (info session: 6 p.m. / screenings 6:30 – 8 p.m.)

Location: VFS Animation Campus, 151 West Cordova St., Vancouver, BC

Cost: Free (registration is required)

About VFS 3D Animation & Visual Effects

Vancouver Film School graduates are some of the most successful professionals in the animation and visual effects industry. In 2019, VFS alumni were credited on 17 of the 20 highest grossing films and on 6 of the 10 best-selling video games worldwide, in a global industry set to generate US\$2.3 trillion in revenues in 2020.

FREE to attend but you must register.

<https://vfs3dprogrampreview.eventbrite.ca/?aff=Outreach>



Interested in joining our adventure to COSTA RICA in Feb 2021?



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



**See Ms Prosperi-Porta,
Mr Baldus, Ms Hughes or
Mr Ross for information.**

Coast to Coast COSTA RICA 2021

A Caribbean to Pacific Adventure

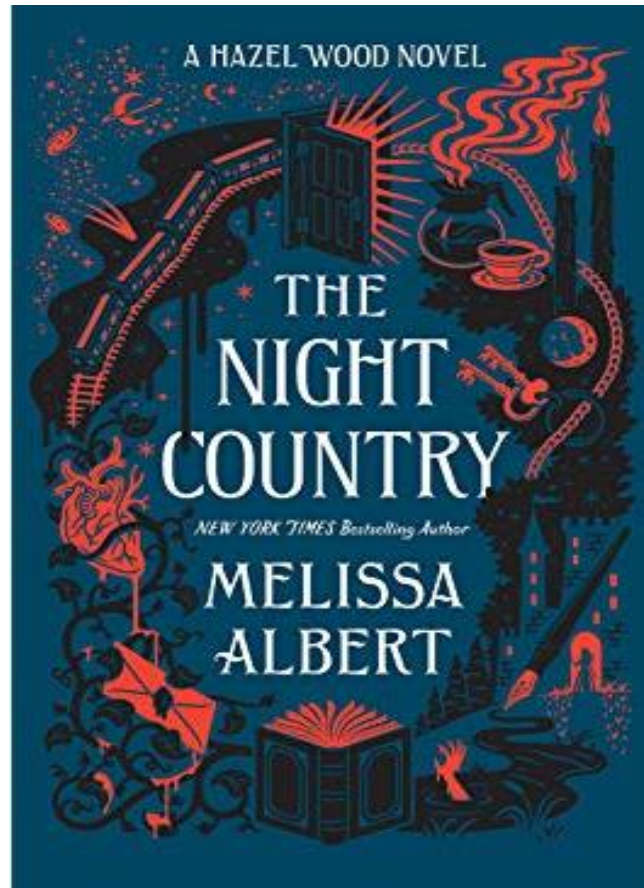
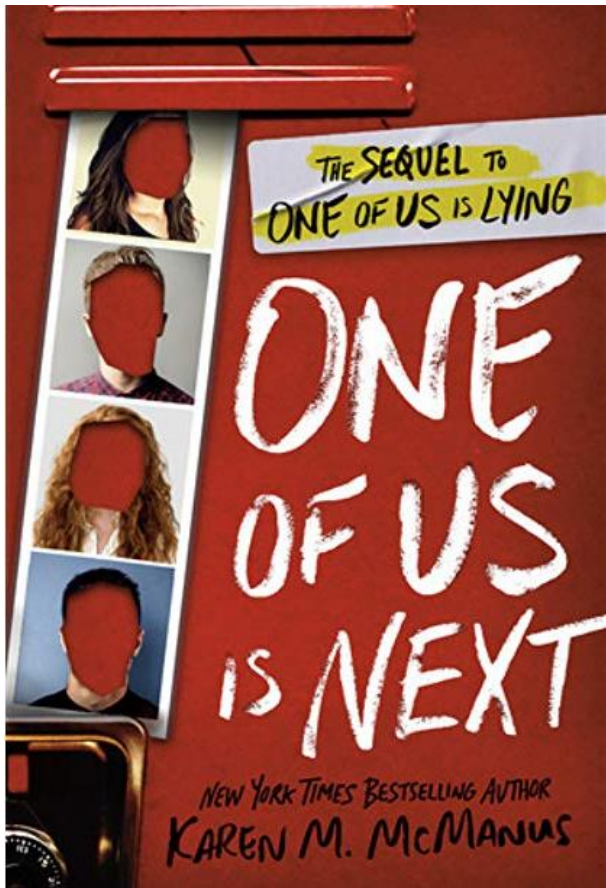
Early enrollment
discount of \$300
for the month of
February.

BONUS!!!

Enroll **NOW** to be
entered in a draw for
\$500 in travel
voucher giveaways.



See Ms Prosperi-Porta for info.



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

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**

HWSS LANYARDS For Sale

Please come to the main office to purchase.

COST: \$5.00



KODIAK ATHLETICS



HWSS Girls Senior Soccer Team



All female soccer players interested in coming out for either the Junior or Senior Soccer teams, there is a meeting **TODAY** - Wednesday, February 19 at the start of lunch in the mat room.



HWSS TRACK & FIELD



Track and Field - Mandatory First Meeting

- Anyone who is interested in signing up for the Track and Field this season is required to attend this meeting on Wednesday, February 19 @ room 240 at lunch.

BADMINTON TRYOUTS

Please come with proper gym clothing and shoes – you will not be eligible to play if you are not prepared.

Note: There is only ONE senior team this year. All grades are eligible to try out!

You must be available on Mondays and Tuesdays after school!

Try out dates:

Feb 25th 5:30 – 7:00



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



Kodiaks Konversations

Connect with our EAL students!



MEETINGS
EVERY
WED. AT
FLEX IN
ROOM 243

- *Gain volunteer hours while having fun*
- *Snack while you chat and play games*
- *Meet new people*
- *Learn about other cultures*

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:
March 7

SKI & SNOWBOARD CLUB

Want to shred at Whistler?



Space is becoming limited...

Mar. 7 – 1 or 2 spots remaining

CAREER CENTER



Thinking about Law School?



**WEST POINT GREY ACADEMY
INVITES YOU TO MEET
LEADING UK LAW SCHOOLS AT**

A LAW EVENING

**Open to all lower mainland Grade 9 - 12
students interested in studying law
with a focus on studying law at
UK Universities.**

The evening features:

- **Presentations**
- **Law debate case study**
- **Law school fair**

CYPRESS CAFE

4125 WEST 8TH AVE.
VANCOUVER, BC V6R 4P9

MAR • 4 • 2020

4 - 6 PM

REMINDER: VIUF FAIR

1- 4PM
SUNDAY, APRIL 19, 2020 @
VANCOUVER CONVENTION CTR. (E)

PRE-REGISTER HERE: <https://tinyurl.com/yx38zn9g>

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

SAVE THE DATE!
FREE ADMISSION

2020 VANCOUVER INTERNATIONAL UNIVERSITIES FAIR

April 19, 2020 | 1 p.m. – 4 p.m.
Vancouver Convention Centre — East Building
Vancouver, BC, Canada

Including Universities from across Canada and the World

For more information, visit www.nacacfairs.org/vancouver



NACAC
National Association for
College Admission Counseling



NACAC

National Association for
College Admission Counseling
1900 N Highland Blvd
Suite 400
Princeton, NJ 08540

The 2019 Vancouver International Universities Fair saw universities from Australia, Canada, China, France, Germany, Greece, Ireland, Italy, Japan, Spain, Switzerland, the United Kingdom and the United States.



SAVE THE DATE!

The 2020 Vancouver International Universities Fair, Sunday, April 19, is the collective effort of the National Association for College Admission Counseling and the International Association for College Admission Counseling. We work in collaboration for the benefit of our student and parent communities.

Many Canadian students seek postsecondary education in Canada, the United States, the United Kingdom, as well as other countries.

To receive additional information and updates about this fair, join the mailing list at www.nacacfairs.org/vancouver.



For additional information about the 2020 Vancouver International Universities Fair, contact Nancy Cromarty at ncromarty@wpga.ca or Kel McDowell at kmcdowell@wpga.ca.

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

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*



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

