

**October, 2020**



# Bell Schedule

*take a pic with your phone*

- Grade 9/10's
- P1 7:55-9:10
- P2 9:15-11:15
- FLEX 11:15-11:45
- LUNCH 11:45-12:15
- P4 12:20-2:20\*\*
- FLEX 2:20-2:50

\*\*P4 Mon/Thurs students A-L  
Tues/Fri students M-Z

- Grade 11/12's
- P1 7:55-9:10
- BREAK 9:10-9:25
- P2 9:30-11:30
- FLEX 11:30-12:00
- LUNCH 12-12:30
- P4 12:35-2:35\*\*
- FLEX 2:35-3:05

\*\*P4 Mon/Thurs students A-L  
Tues/Fri students M-Z



# SCHOOL PHOTOS



## **Hello Heritage Woods Students and Families, HW Staff:**

Thank you for participating in the recent School Photo Day portrait sessions on October 8th and 9th! Your gallery is now live for viewing!

- **Visit Gallery Link:** <https://vando.imagequix.com/N9X659C>

or,

- **Scan the QR code on slip of paper you received when you had your photo taken.**
- **Your Access Code is your Student ID Number**
- **\*ID Number?** Your Student ID Number is on your ID card and is the same number every year. You can also find this number displayed on the information sheet given out on photo day from GradsBC.

**Order Deadline: Monday, October 26th, 1:00pm**

## **Retakes?**

- We're positive you rocked your first photo session... but just in case you decide to have a retake, or you were absent on the photo days, retakes will occur...

**Monday, October 19<sup>th</sup> during block 4 (12:20 to 2:30)**



# REMINDER TO STAFF & STUDENTS

THERE IS TO  
BE NO FOOD  
IN THE  
GRAND  
HALL.

NO EATING IN  
THE GRAND  
HALL.



# MOVE4MANA



It's almost that time of the year again... get ready to join MOVE4MANA'S

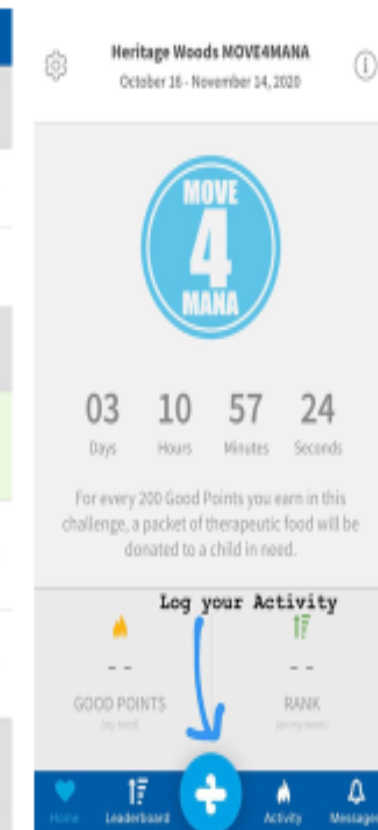
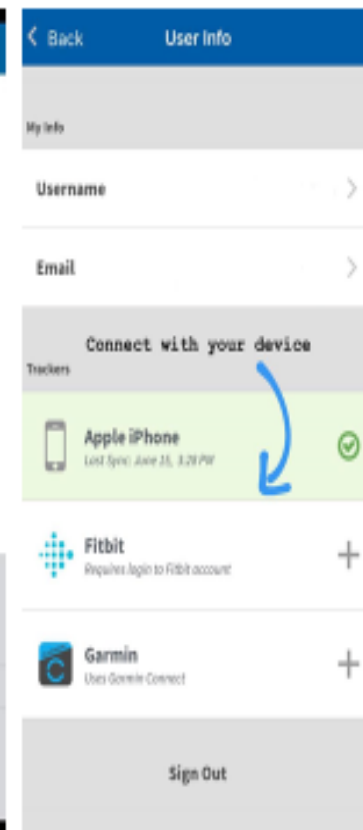
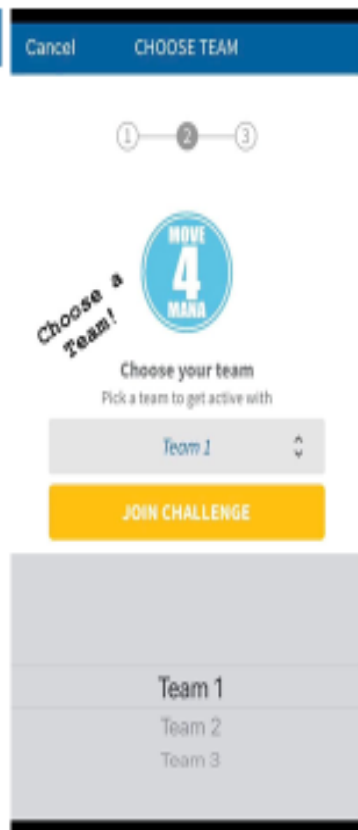
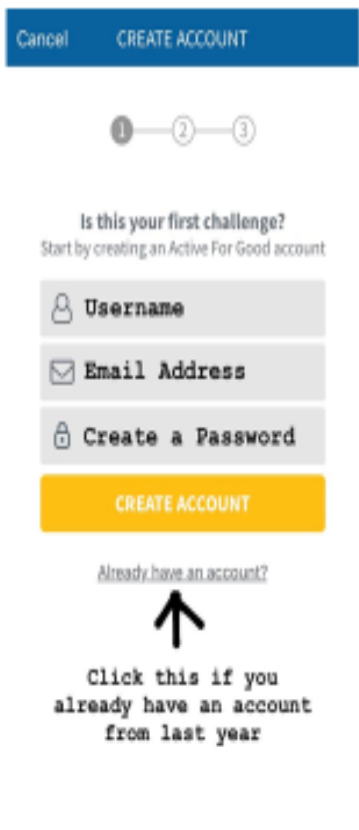
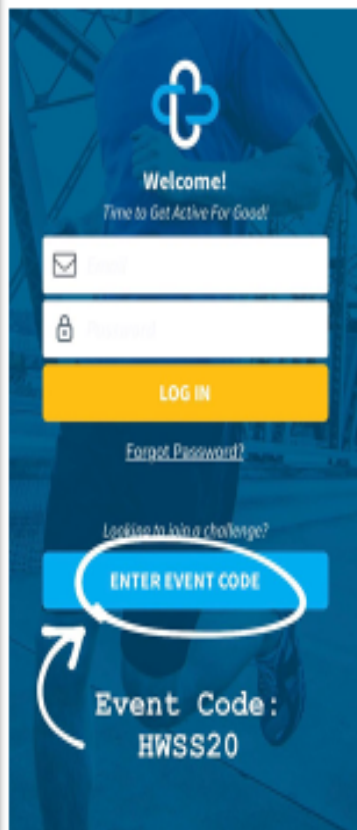


We launch October 16th on World Food's Day! Have your phones out, sign up, and get active!

# MOVE4MANA



## How to use the "Active For Good" app



1. Download the "Active For Good" app & enter the event code

2. Create an account w/ your SCHOOL email/ log into your old account

3. Join your Block 4 Period 1 Class's Team

4. Connect with your device

5. Start logging your activities!



# Digital Learning 10

Hey grade 9s (last names A-D)!

A friendly reminder:

Next Tutorial: Wed Oct 21<sup>st</sup>!

Assignment 4 Due: Wed Oct 28<sup>th</sup> !

Extra Support: Lunch everyday room 303



# District Student Leadership Council

Are you interested in being part of the District Student Leadership Council and connecting with youth at other schools?

- This is the opportunity for you! There is a criteria for the selection process. Please email Ms. Rai if you would like more information.
- [mrai@sd43.bc.ca](mailto:mrai@sd43.bc.ca)



**HARVEST MOON**

**VIRTUAL FAMILY NIGHT**



SD#43 Indigenous Education &  
Spirit of the Children Society



# Harvest Moon

Pow wow Dancer

Story Teller

Gift cards

Facebook Live Raffle

# Virtual Family Night

When: Thursday, October 22nd, 2020

Where: <https://www.facebook.com/sotcs>

Time: 5:30 pm start with FB Live Raffle

RSVP by: Tuesday, October 13, 2020, to reserve your gift card and be eligible for the live Facebook raffle. Limited gift cards available

Email: [abedinfo@sd43.bc.ca](mailto:abedinfo@sd43.bc.ca) or Phone 604-945-7386



# Language Challenge Exams

Download the application package directly from the website – Read ALL instructions and **fill out the application online BEFORE printing off:**

<https://www.deltasd.bc.ca/schools/secondary/challenge-exams/>

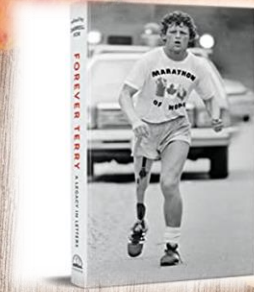
Exams are available for the following:

- French 11/12
  - Korean 11/12
  - Japanese 11/12
  - Mandarin 11/12  
(simplified or traditional)
  - Punjabi 11/12
  - Spanish 11/12
- ❖ Email Ms. Leeden to make an appointment to review your eligibility and application form (or if you have any questions AFTER reading all the info)
  - ❖ Submit final completed application and cheque to Ms. Leeden by **NOVEMBER 6, 2020**
  - ❖ Ms. Leeden: [kleeden@sd43.bc.ca](mailto:kleeden@sd43.bc.ca)



# Terry Fox Class Donation Drive

## --October 5<sup>th</sup> -October 16<sup>th</sup>



- Senior Leadership Students will be coming around on **Monday October 5<sup>th</sup>** during **block 2** to drop off envelopes for each class.
- Senior Leadership Students will stop by on the following dates over the next two weeks to collect donations, count and return your class envelopes.

### • **Friday, October 16<sup>th</sup> Block 2**

- There will be a small prize given to the winning class that totals the largest donation total at the end of the two weeks donation period



# Y Mind Teen

Y Minds is a program that supports youth who are wanting to learn about and practice healthy coping strategies.

Our next online programs are starting in October 2020. To learn more, contact [ymind@gv.ymca.ca](mailto:ymind@gv.ymca.ca) or 604.673.6182.

Or see your school counsellor for more information 😊

NEED SOME HELP JUGGLING LIFE'S STRESSORS?

EVER FEEL FRUSTRATED WITH HOW THINGS ARE?

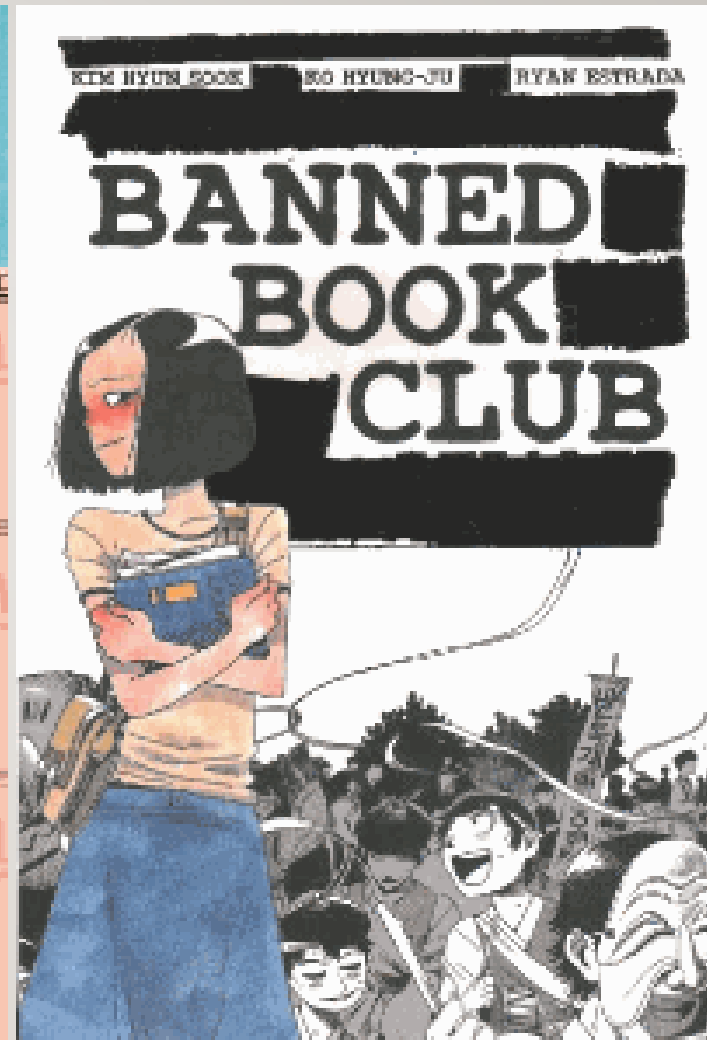
ARE YOU TAKING CARE OF YOURSELF AS WELL AS YOU CAN?

SELF-DOUBT SOMETIMES PLAY GAMES WITH YOUR MIND?



NEW LIBRARY  
BOOKS –  
COME AND  
CHECK THEM  
OUT!

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# KODIAK ATHLETICS





# **GR. 9 BOYS BASKETBALL PLAYERS**

**If you are interested in playing on the Gr. 9 Boys Basketball team this year, you must attend the following meeting:**

- Who: Gr. 9 Boys**
- What: Basketball info meeting**
- Where: Gym**
- When: Thursday, Oct. 22<sup>nd</sup> @ 11:30AM**

# **SR. BOYS BASKETBALL PLAYERS**

**If you are interested in playing on the Sr. Boys Basketball team this year, you must attend the following meeting:**

- Who: Gr. 11/12 Boys**
- What: Basketball info meeting**
- Where: Gym**
- When: Wednesday, Oct. 21<sup>st</sup> @ 11:30AM**

# CLUBS







# VIRTUAL CLUBS

If you are interested in forming a club, you must find a sponsor teacher.

- All club meetings must occur virtually (ie on TEAMS)
- Questions: Please email Ms. Rai, VP [mrai@sd43.bc.ca](mailto:mrai@sd43.bc.ca)



Do you have a  
hearing loss?  
If so...

Welcome to the  
**COCO CLUB**



Starts Wednesday, October 14th  
Every Wednesday at 11:30 am  
Room 109

Come by for some  
hot cocoa!

# HWSOAP TUTORING

Contact [hwsaptutor@gmail.com](mailto:hwsaptutor@gmail.com) for free  
online peer tutoring in all school subjects!





VIRTUAL MEETINGS ON TUESDAYS

# GARDENBANK SOCIETY

Interested in nurturing nature and fighting food shortages?

- Food Drives
- Planting school gardens
- Fundraisers
- Recycling
- Community events
- Volunteer hours
- Excellent on university applications

SCAN HERE:



# JOIN YOU AND I CLUB



<http://bit.ly/youandihwss>



## WHO WE ARE

A student-led non-profit organization that seeks to raise awareness towards youth about cultural diversity and racial injustice.



## OUR MISSION

Educate youth on prevalent issues through informational posts on social media and to fundraise to support charities involved with racial prejudice.



## SIGN UP

Fill out a form on our Instagram

@you\_and\_i\_hwss to sign up! (Link is in the bio)



## VIRTUAL MEETINGS

Meetings every Thursdays

3:30 pm.



# HWSS HOST CLUB

For Volunteering  
Opportunities  
Join Host Club  
Now!

Volunteering opportunities from Photo day,  
commencemnt , Capstone Day.. and many more!

If interested use the QR  
code below or fill the form in  
IG: @hwsshhostclub bio!





# BLENDER 3D CLUB

Learn to make  
3D models,  
animations, and  
renders on free  
software

Contact:

[Elia@neotrux.com](mailto:Elia@neotrux.com)

[127-esheikhbahaie@sd43.bc.ca](mailto:127-esheikhbahaie@sd43.bc.ca)



SIGN UP HERE → [bit.ly/335Bc00](https://bit.ly/335Bc00)

VIRTUAL MEETING DATES TBA

# JOIN WYNS CLUB!!!



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


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



2020

# KODIAK TIMES *High!*

Interested in **literature/journalism**?  
Want to write about what's going on around our school?

Join **HWSS Newspaper Club - Kodiak Times!** 

Go to **bit.ly/kodiaktimes2020** and fill out the **sign-up form** to join our club.

**NO IN-PERSON MEETINGS FOR NOW**

To find more about our club, please visit **kodiaktimes.com**.  
You can also reach us via **email** or on **Instagram**.

 **KODIAKSTIMES@GMAIL.COM**  **@HWSS.KODIAK\_TIMES**

vol. 0 no. 0

# CAREER CENTER







**Ticket Cost**  
Free for high school  
/ CEGEP students

**Interested in studying STEM in  
university or college?  
Register for SheBiz 2020!**



**Have you been thinking about studying Business, Science, Technology, Engineering or Mathematics after high school but not sure where to start? SheBiz 2020 is the perfect opportunity to learn more about careers in Finance from current university students and professionals in the industry.**

**We'll have representatives from some of Canada's largest financial institutions and universities that you'll be able to talk to and learn from directly.**

**Don't miss out on this exciting event, tell your friends and make sure to register before it's too late!**

**Wednesday, November 25, 2020**

**12:30PM - 3:30PM EST**

**Virtual on Hopin**

# SFU – Beedie School of Business



**Are you interested in attending the SFU Beedie School of Business?**

- **Webinars**

- We will be hosting webinars on Wednesdays at 4pm. All are welcome to attend, and registration can be made at [beedie.sfu.ca/bachelor-of-business-administration-webinars](https://beedie.sfu.ca/bachelor-of-business-administration-webinars)

- **Interactive Viewbook**

- Our interactive viewbook, complete with stats, student testimonials, and video content is now available! Go to bottom of the page on [beedie.sfu.ca/bba](https://beedie.sfu.ca/bba) to take a look.

- **Connect with a Current Student or Advisor**

- Do you have questions about the SFU experience? Are you interested in tips on how to make a successful transition to university from someone who's already done it? Book a video conference chat with a current SFU Beedie student or one of our advisors at [sfubeedie.janeapp.com](https://sfubeedie.janeapp.com).
- If all advisor slots are booked, send us an email at [bsb\\_admit@sfu.ca](mailto:bsb_admit@sfu.ca) to set up a time.

# UBC

**Attend an information session to learn more about life and learning at UBC.**

**All about UBC for Indigenous students from SD #43 – Coquitlam**

**Date: October 21, 2020**

**Time: 5:00 pm to 6:00 pm**

**Location: Online (Zoom)**

**To register, please send an email to:  
*kristen.davis@ubc.ca***

**UBC STUDENT RECRUITMENT AND ADVISING**

**OKANAGAN**

Phone +1.250.807.8521

Toll-free +1.877.807.8521

**VANCOUVER**

Phone +1.604.822.9836

Toll-free +1.877.272.1422

**Tour campus with a student ambassador**

[you.ubc.ca/campustours](http://you.ubc.ca/campustours)

**Find answers to common questions**

[you.ubc.ca/admissions/blog](http://you.ubc.ca/admissions/blog)

**Connect with advisors through direct message**

 [m.me/youbc](https://m.me/youbc)

 [twitter.com/youbc](https://twitter.com/youbc)

**Get a glimpse of UBC life**

 [instagram.com/youbcpic](https://instagram.com/youbcpic)

 [youbcsnaps](https://www.snapchat.com/add/youbc)

 [facebook.com/youbc](https://facebook.com/youbc)

 [youtube.com/youbcvideo](https://youtube.com/youbcvideo)



THE UNIVERSITY OF BRITISH COLUMBIA  
CANADA VANCOUVER OKANAGAN

 [you.ubc.ca](http://you.ubc.ca)



# HIGH SCHOOL MENTORSHIP

2020-2021 PROGRAM INFORMATION



## SUMMARY

We match young women, Two-Spirit, trans and non-binary youth (mentees) in Grades 11 and 12 across Metro Vancouver with a mentor to better prepare for their futures. Mentor-mentee matches are based on career and education goals, hobbies, and the level of support required. A mentor can help you explore your academic and professional interests, support you in your transition to university and help nurture your leadership ability!

**\*Please Note: To keep mentees and mentors safe during COVID-19, regular in-person programming will be moved onto an online platform for the time being.**

## MENTEES WHO WILL BENEFIT MOST

- Know what they want out of the relationship and are able to express their needs to their mentor
- Take initiative and are not afraid to ask questions, make suggestions and express their opinions
- Are committed, motivated, flexible and open!

## YOUR RESPONSIBILITIES

- Maintain regular and frequent contact with your mentor, schedule monthly online or phone meetings from November to June
- Maintain contact with the YWCA Program Coordinator via email, send in monthly journals and attend YWCA events/workshops

## OUR MENTORS

- Are empathetic graduate students or professional women, Two-Spirit, trans and non-binary individuals
- Are positive role models that are easy to talk to who will share their knowledge and encourage you to explore your career and education interests
- Will connect you with others in the community to grow your network

## WHAT DO MATCHES DO TOGETHER?

Some examples are:

- Chat about career/education interests and goals over the phone or online
- Virtually explore a university campus, office tour or job shadow, attend a virtual art class or work out session!
- Attend free monthly online YWCA Workshops on topics related to career exploration, stress reduction, university prep, leadership and more!

## APPLICATION & PROGRAM TIMELINE

- Complete - the online application (link below, by October 6th 5pm PST) and a 15-minute Zoom Interview
- Attend - online Orientation & Training Session and a Meet & Greet event with your mentor in November/December
- Meet-up with your mentor 1 to 2 times a month from December to June

**Apply here: <https://bit.ly/3betynH>**

## WANT TO LEARN MORE?

### JOIN AN INFORMATION SESSION!

Drop-in Info Sessions Dates:

September 23rd & October 1st 5:00pm-6:30pm PST

Join with Zoom link: <https://us02web.zoom.us/j/82205083044>

## ACCESSIBILITY & SUPPORT


Please email [mentorship@ywcavan.org](mailto:mentorship@ywcavan.org) if you have no/limited access to a computer, laptop or mobile device and internet connection. The YWCA program staff will do our best to support you.

**To learn more about the program, visit our website: <https://ywcavan.org/programs/mentorship/high-school->**

**DEADLINE:  
has been  
extended to  
October 18<sup>th</sup>.**

# Upcoming SD43 virtual Info sessions:

- Monday October 19 6:30 pm -University of Victoria: <https://uvic.zoom.us/j/82802090399>
  - Tuesday October 20 6 pm SFU:  
<https://sfu.zoom.us/j/83518573880?pwd=aHdtdDVpdIUvUWx5N1lDUGk0OG1zZz09> Meeting ID: 835 1857 3880 Password: 984176
  - Thursday October 22 6 pm UBC : Save the date - link not yet available \*for HWSS students ONLY
  - Monday October 26 4 pm Vancouver Film School: Save the date - link not yet available
  - Tuesday October 27 6 pm University of Toronto: <https://apply.adm.utoronto.ca/register/?id=8a893c73-c85f-40eb-bbe1-39811bb5a05f> \*\*registration is open NOW
  - Tuesday October 27 4 pm <https://zoom.us/j/99539684225> Meeting ID: 995 3968 4225
  - Monday November 02 6 pm University of Toronto: <https://apply.adm.utoronto.ca/register/?id=25fddd4a-fc02-4cf0-bb74-fd13eae95fb6> \*\*registration is open NOW
  - Tuesday November 03 4pm UBC Sauder School of Business: Save the date link not yet available
- \*for HWSS students ONLY  
\*NOTE: this is a student-led session by current Sauder students\*
- Thursday November 26 4 pm Ryerson University: Save the date - link not yet available



# Upcoming SD43 Virtual Info Sessions continued . . .

➤ PSBC Tri-Cities Fairs:

Wednesday November 4<sup>th</sup> 2 – 6 pm

Thursday November 5<sup>th</sup> 3 – 7 pm

➤ Community Fairs open to anyone

Wednesday, October 21 3:00 – 7:00 pm

Saturday, November 14 Noon – 4:00 pm

Wednesday, December 2 3:00 – 7:00 pm

➤ PSBC Registration link:

<https://postsecondarybcvirtualfair.easyvirtualfair.com>



# Lester B. Pearson International Scholarship Program

The Lester B. Pearson International Scholarship Program at the University of Toronto is intended to recognize international students who demonstrate exceptional academic achievement and creativity and who are recognized as leaders within their school. A special emphasis is placed on the impact the student has had on the life of their school and community, and their future potential to contribute positively to the global community. Awarded annually, these scholarships recognize outstanding students from around the world, including international students studying at Canadian high schools. This is U of T's most prestigious and competitive scholarship for international students. Each year approximately 37 students will be named Lester B. Pearson Scholars.

## Eligibility:

- an international student (i.e. a non-Canadian requiring a study permit)
- an original and creative thinker committed to school and community
- a high achiever in academic and creative pursuits
- enthusiastic about learning and intellectual exploration
- have demonstrated strong leadership skills
- currently in their final year of secondary school
- intending to begin university in the upcoming academic year
- **If you are interested in being considered for nomination for the Lester B Pearson International Scholarship please return the completed fillable pdf application to Ms. Butler no later than 12:30 pm on Thursday October 30. One student can be nominated. No late applications will be accepted.**

For more information visit <https://future.utoronto.ca/pearson/about/>

- The application can also be located on the career centre website – Finances & Awards - Entrance.  
<http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx#/=>

# Post-Secondary BC Events: Registration information not yet available but will be soon.

<https://www.postsecondarybc.ca/events/>

[https://www.youtube.com/watch?v=t7-Ath\\_mH2E](https://www.youtube.com/watch?v=t7-Ath_mH2E)

- Wednesday, November 4                      2:00-6:00                      Tri-Cities
- Thursday, November 5                      3:00-7:00                      Tri-Cities
- Saturday, November 14                      12:00-4:00                      Community  
Event
- Wednesday, December 2                      3:00-7:00                      Community  
Event

**\*this event will feature the 25 BC post-secondaries**

# SFU / UVIC / UBC / U OF T

## **SFU:**

- <https://www.sfu.ca/students/admission/campus-tours.html>
- Prospective Undergrad students

## **UVIC:**

- October 27, November 12, 17, 24
- <https://www.uvic.ca/undergraduate/tours-events/events/index.php>

## **UBC:**

- **Future students Live Virtual Vancouver Campus tours throughout September and October, listed on the Undergraduate Future Student Portal:**
- <https://account.you.ubc.ca/s/events>

## **U of Toronto:**

[U of T Webinar for Prospective Students](#)  
Monday, October 26 at 8:30 AM

- [U of T Webinar for Prospective Students](#)  
Monday, November 2 at 6:00 PM
- [U of T Webinar for Prospective Students](#)  
Monday, November 9 at 8:30 AM
- [U of T Webinar Prospective Students](#)  
Monday, November 16 at 6:00 PM
- [U of T Webinar for Prospective Students](#)  
Monday, November 23 at 8:30 AM

- **This is just a small sample of the events happening.**
- **For virtual information session schedules at other universities please log on to the school admissions website to find information.**
- **We are also in the process of scheduling some HWSS or SD43 specific information sessions. Stay tuned for those!**



# Grade 12 students: Scholarships!!

Please see the link for a power point presentation with information on some upcoming major scholarship opportunities.

- You will find links to these plus other scholarships on the career centre webpage under the Finances/Awards tab.
- This PPT is also located on the front page of the Finances/Awards page.
- <http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/career/Pages/FinancialAid.aspx#/=>
- Scholarships are listed by due date. Most are external but some are entrance/school specific so check both places.
- Please remember to check back to that page regularly. It is updated as information is released for 2021 scholarship deadlines and procedures.

If you have questions about scholarships please email Ms. Butler  
[dbutler@sd43.bc.ca](mailto:dbutler@sd43.bc.ca)

# TD SCHOLARSHIPS FOR COMMUNITY LEADERSHIP

Community heroes do good work because they are inspired to, not for the recognition.

TD is committed to opening doors for a more inclusive and sustainable tomorrow, creating conditions so everyone has the chance to succeed in a changing world. Unique in Canada, the TD Scholarships for Community Leadership are offered to students who, like TD, help support change, nurture progress and contribute to making the world a better place. Have you shown exceptional initiative in making a meaningful and lasting difference in your community? Then we want to hear from you, as you may qualify for one of our Community Scholarships. It's not just about marks in the classroom, but rather the marks you have made on your community.

- We're interested in hearing from students who have demonstrated consistent and outstanding dedication to solving a community problem or making their community a better place. For example, you may be cleaning up the environment, promoting social justice, or fighting child poverty.

**Applications are now open. Deadline to apply November 13, 2020**

- <https://www.td.com/ca/en/personal-banking/solutions/student-banking/community-leadership-scholarship-for-canadians/?cid=DFA:24400322:2951408:277133729:135942033>

# REPEAT NOTICES

