

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 19th during block 4 (12:20 to 2:30)

In the Grand Hall

ONLINE GRADE 9 ADVISORY – WEDNESDAY, OCTOBER 21ST @ 11:00 AM

- WE WILL BE HAVING AN **ONLINE GRADE 9 ADVISORY** MEETING ON **WEDNESDAY, OCTOBER 21ST AT 11:00AM** THAT WILL LAST APPROXIMATELY 20 MINUTES. STUDENTS WILL ATTEND THROUGH TEAMS IN A VIDEO CHAT THAT WILL BE HOSTED BY OUR SENIOR MENTORS.
- THE MENTORS WILL BE BUILDING COMMUNITY WITH OUR GRADE 9S BY ASKING THE GRADE 9S TO COMPLETE **A SURVEY**, PLAYING SOME GAMES, AND RELAYING SOME SCHOOL-RELATED INFO. THERE MIGHT EVEN BE SOME PRIZES!

**THE FOLLOWING STUDENTS HAVE MAIL TO P/U
FROM THE HWSS MAIN OFFICE:**

JAMES – JEONGWOO LEE

DONALD – CHUNGHOI WONG

IZIAK KWAN

REMINDER TO STAFF & STUDENTS

THERE IS TO
BE NO FOOD
IN THE
GRAND
HALL.

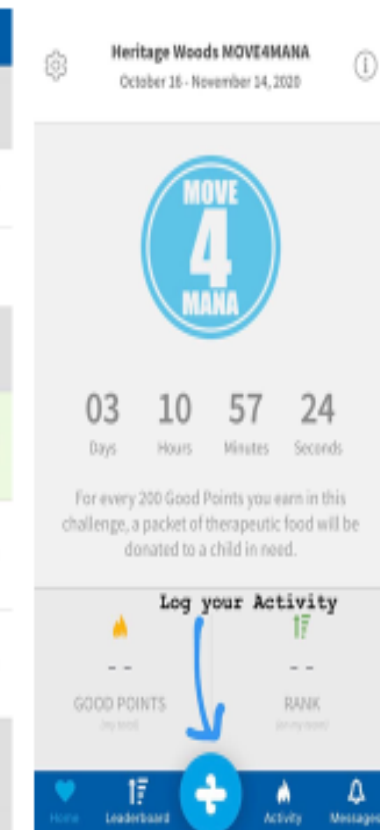
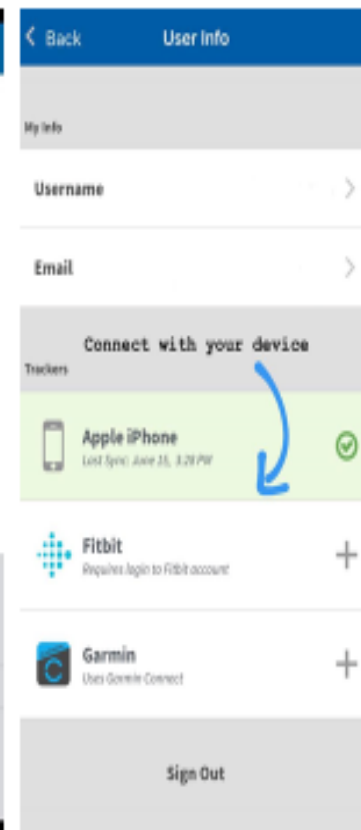
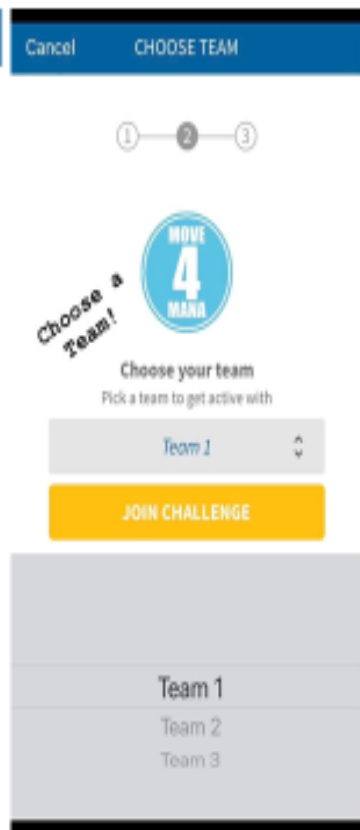
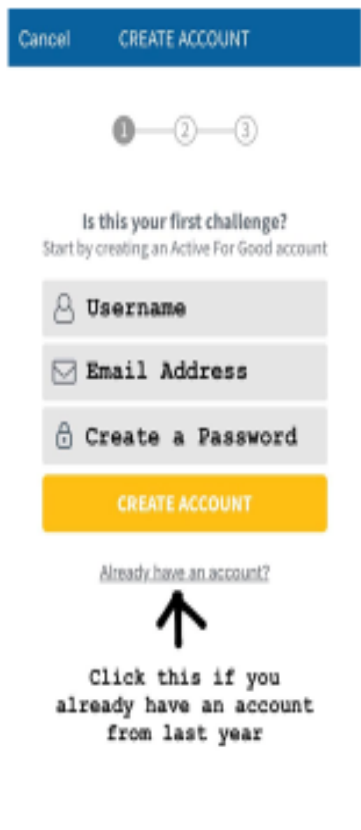
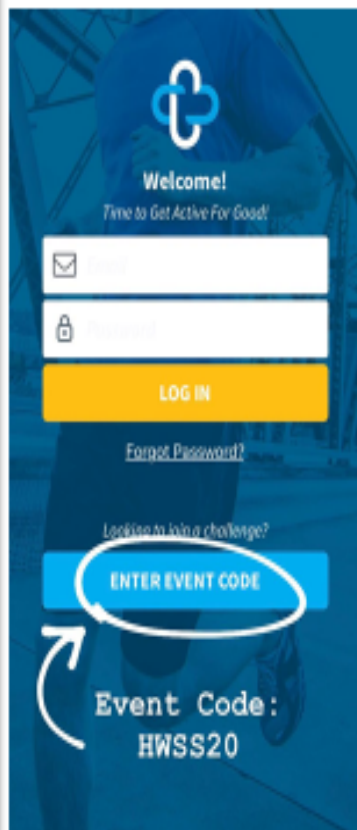
NO EATING IN
THE GRAND
HALL.



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!

MOVE4MANA



We have several prizes coming for in future events!



JOIN MOVE4MANA CHALLENGES TO WIN PRIZES!

**Have a look at our prizes on the
display cabinet beside Mrs.
Nunn's room!!**

**Prizes range from Apple Watches, Giftcards,
Speakers, and more, so stay tuned!**

MOVE4MANA



We have several prizes coming for in future events!



JOIN MOVE4MANA CHALLENGES TO WIN PRIZES!

**Have a look at our prizes on the
display cabinet beside Mrs.
Nunn's room!!**

**Prizes range from Apple Watches, Giftcards,
Speakers, and more, so stay tuned!**

Digital Learning 10

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

A friendly reminder:

Next Tutorial: Wed Oct 21st!

Assignment 4 Due: Wed Oct 28th !

Extra Support: Lunch everyday room 303



JOB OPPORTUNITY

UNCLE MOE'S DONAIR

#101 - 3242 Westwood Street Port Coquitlam

- **Looking for a helper part time and for evenings and Saturdays.**
- **Must be able to lift 50 lbs**
- **Able to receive orders by phone**
- **Give great customer service to walk-in customers**
- **Hours to start are evening at 4:15 until 8:15**
- **Wage is minimum wage to start and could increase after 3 month probation**

Please apply by email resume to: unclemoesdonair@gmail.com

Drop-In Youth Sports Port Moody Recreation Complex



Drop-in Youth Sports

Fridays 5-9pm & Saturdays 4-8pm
at the Recreation Complex

- \$12 for 45-minutes of court time
- Up to 4 players on the court at a time
- You must pre-register for your session
- Registration opens 24 hours in advance
- Register at portmoody.ca/signmeup or 604.469.4556
- For youth in grades 6-12

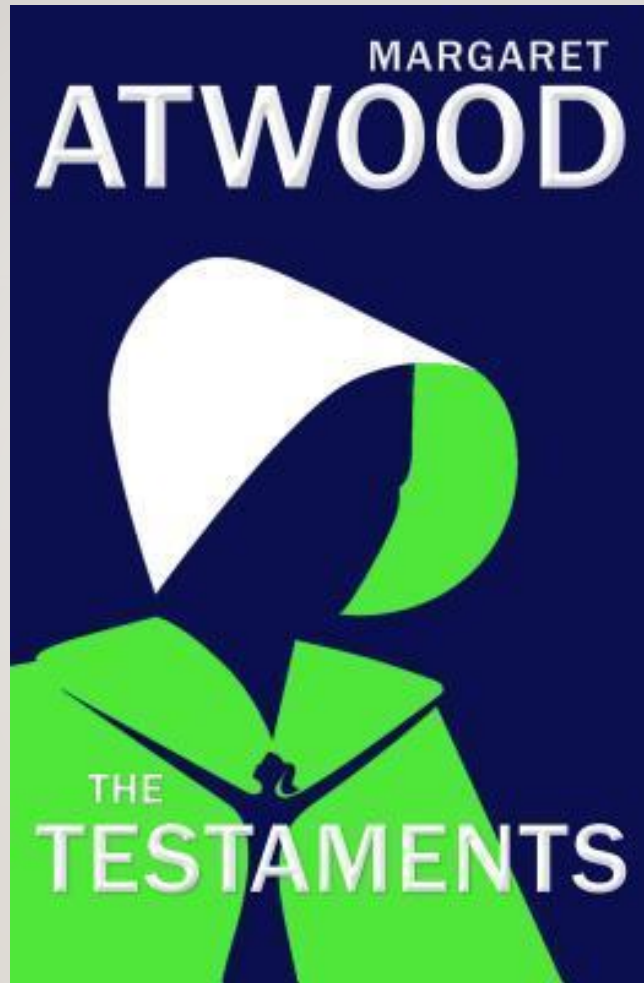
 @pomoyouth

Special measures will be in place to help prevent the spread of COVID-19, including extra cleaning of indoor areas, limited class sizes, and physical distancing when possible.

portmoody.ca/youth | 604.469.4556

PORT MOODY
CITY OF THE ARTS

NEW LIBRARY
BOOKS –
COME AND
CHECK THEM
OUT!



KODIAK ATHLETICS



GR. 9/10 GIRLS BASKETBALL PLAYERS

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

- Who: Gr. 9/10 Girls**
- What: Basketball info meeting**
- Where: Gym**
- When: Tuesday, Oct. 20th @ 11:30AM**

SENIOR 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. 21st @ 11:30AM**

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. 22nd @ 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

HWSOAP TUTORING

Contact 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

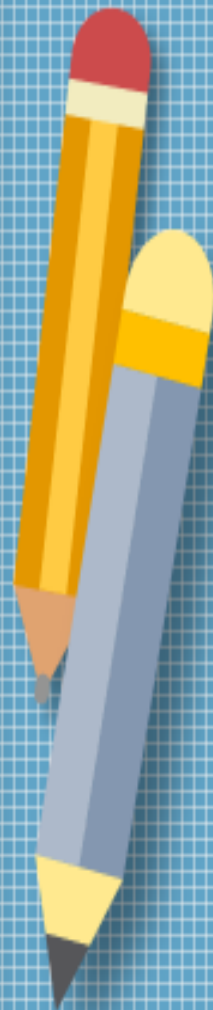
@you_and_i_hwss to sign up! (Link is in the bio)



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:

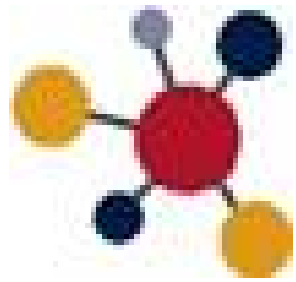
Elia@neotrux.com

127-esheikhbahaie@sd43.bc.ca



CAREER CENTER





CANADIAN MEDICAL HALL OF FAME DISCOVERY DAYS IN HEALTH SCIENCES NOVEMBER 17, 2020

QR code →



Our modified virtual half day program comprises a keynote lecture, an interactive workshop and a career panel discussion. As always, participants will have the opportunity to select their own workshop. Please note that, although our delivery model has been adapted temporarily, the program is still considered an individual learning opportunity and workshop spaces continue to be limited.

- **Grade 10 – 12 students: Applications to be considered for Discovery Days in Health Science**

are due no later than: **Tuesday October 20 11:15 am.**

- <https://forms.office.com/Pages/ResponsePage.aspx?id=74xl2ZICUkKZJWRC3iSkS12gtRqqkPhHgSV4d06Pfd1UMjJZNUpQR1pZVU02UzVOSkZSWkE2OFNUVy4u>

<https://www.cdnmedhall.org/bcchri2020>



ARE YOU UP TO THE CHALLENGE

FUTURE BUSINESS LEADERS VIRTUAL CONFERENCE
FALL 2020

FRIDAY NOV 13, 5:00PM-7:30PM

&

SATURDAY NOV 14, 10:00AM-4:00PM

Are you a Future Business Leader?

- KPU is hosting a two-day business conference for Grade 11/12 high school students. Winners of the competition will be given an Entrance Scholarship to KPU's School of Business and will be crowned the Future Business Leaders of 2020.



ARE YOU UP TO THE CHALLENGE

Benefits for Students

- KPU scholarships for the winning team
- Win the title of "Future Business Leaders of 2020"
- Mentorship from KPU Business Faculty
- Gain university-level business skills
- Network with industry professionals

2020 Prizes for Students

1st Place Team: \$1000 tuition award + \$50 Visa Gift card for each member of the team

2nd Place Team: \$50 Visa Gift card for each member of the team

3rd Place Team: \$25 Visa Gift card for each member of the team



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

- **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 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.
- If all advisor slots are booked, send us an email at 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

Find answers to common questions

you.ubc.ca/admissions/blog

Connect with advisors through direct message

 m.me/youbc

 twitter.com/youbc

Get a glimpse of UBC life

 instagram.com/youbcpic

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

 facebook.com/youbc

 youtube.com/youbcvideo



THE UNIVERSITY OF BRITISH COLUMBIA
CANADA VANCOUVER OKANAGAN

 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 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 18th.**

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=aHdtdDVpdIUvUWx5N1lDUGk00G1zZz09>
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: Meeting ID: 810 7735 1347 Passcode: 171473
<https://vancouverfilmschool.zoom.us/j/81077351347?pwd=eGdtdmxxN29KYTJyNjAzZ3A3eXlwdz09>
- ▶ 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***
- ▶ Wednesday November 18 6 pm
SFU: <https://sfu.zoom.us/j/89231081304?pwd=aXhaZXQ3aytKM2pqNHA2MUFSZ2p2QT09>
Meeting ID: 892 3108 1304 Password: 620941
- ▶ Thursday November 19 4 pm - University of Calgary: save the date, link not yet available
- ▶ Wednesday November 25 4 pm - University of Calgary: save the date, link not yet available
- ▶ Thursday November 26 4 pm Ryerson University: Save the date
<https://ryerson.zoom.us/j/99862028623?pwd=bVpDR0dBTEJwVSt0aU52dXhRK2puZz09> Passcode: 496262



Upcoming SD43 Virtual Info Sessions continued . . .

➤ PSBC Tri-Cities Fairs:

Wednesday November 4th 2 – 6 pm

Thursday November 5th 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

- 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

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



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 or Phone 604-945-7386

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 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?

