

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



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!

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



MATH LEAGUE IS BACK!

CONTEST #1 IS THURSDAY OCT 22ND

PLEASE EMAIL MS. WEINKAM TO RECIEVE INFORMATION ON HOW TO
REGISTER FOR THE CONTEST ON-LINE.

LWEINKAM@SD43.BC.CA

MOVE4MANA



**Do you have an off block?
You can still sign up! Join the
team: "Off block Allstars"**



**#ACTIVE
FOR GOOD**

MOVE4MANA



MAKE SURE TO FOLLOW US ON SOCIAL MEDIA!



@hwssmove4mana

*ALMOST ALL EVENT INFORMATION WILL
BE ANNOUNCED ON OUR INSTAGRAM, SO
DON'T MISS OUT!*

**#ACTIVE
FOR GOOD**



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



This week's challenge is... The Picture Challenge!

We're posting a list
of pictures on
Instagram
(@hwssmove4mana)



The first one to
email their pictures
to M4Mevents2020
@gmail.com wins...
**A BLUETOOTH
SPEAKER!**

Keep updated with our social media and get ready
to **MOVE4MANA!**

Terry Fox Class Donation Drive

**IT'S NOT HOW FAR HE GOT,
IT'S HOW FAR HE GOT US.**

- The Senior Leadership Class has just finished totaling up money collected for our Terry Fox Class Donation Drive.
- Over the past two weeks, our wonderful classes, here at our school, have raised a total of \$1294.10
- Also, a big shout out of CONGRATULATIONS to Mr. Ross's class for their fundraising dedication, bringing in a class total of \$479.90.
- On behalf of the Leadership Class we would like to thank you again for your time, effort and support with the Terry Fox Class Donation Drive.



THE TERRY FOX
FOUNDATION

Ms. Saloustros' CLC 12

There is a mandatory meeting this Thursday Oct. 22nd during flex 11:30am in the theatre.

SCHOOL PHOTOS



Hello Heritage Woods Students and Families, HW Staff:

Your photo gallery is now live for viewing!

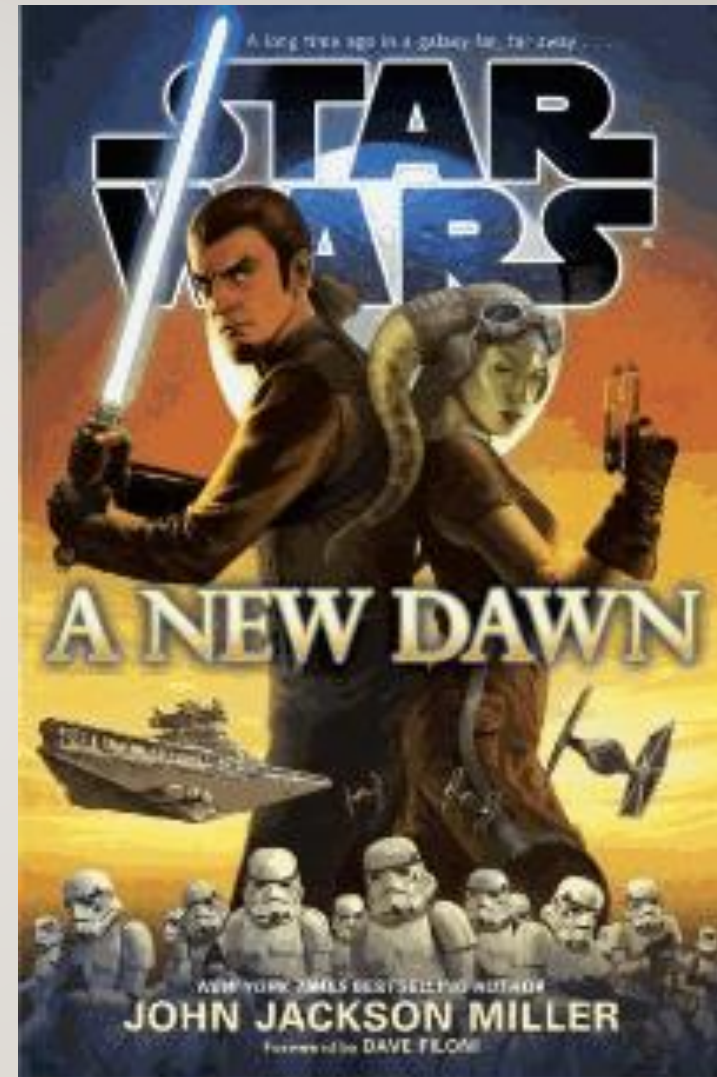
- **Visit Gallery Link:** <https://vando.imagequix.com/N9X659C>

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**

NEW LIBRARY
BOOKS –
COME AND
CHECK THEM
OUT!



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

KODIAK ATHLETICS



HWSS CROSS COUNTRY RUNNERS

We will be participating in the BC School Sports Virtual Cross Country Pandemic Challenge.

Interested students can participate in a 3.5 km or 5.5 km virtual race. If you are interested please contact Coach Castonguay at lcastonguay@sd43.bc.ca using your district e-mail.

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

ABORIGINAL YOUTH LEADERSHIP CLUB (AYLC)

The Aboriginal Youth Leadership Club (AYLC) is starting once again. The aim of the AYLC is to explore and celebrate Indigenous cultures and perspectives while developing leadership skills, confidence and sense of belonging. In the past there have been such activities as canoeing, weaving, nature walks for medicines and cultural teachings such as Medicine wheel, and as well, opportunities for youth to do volunteer activities for our community events. Meetings will be monthly, and the duration will be 90 mins. For those interested in joining the AYLC, please send your name to awaunch@sd43.bc.ca Space will be limited due to Covid restrictions and as set out by the Provincial Health Authority.

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

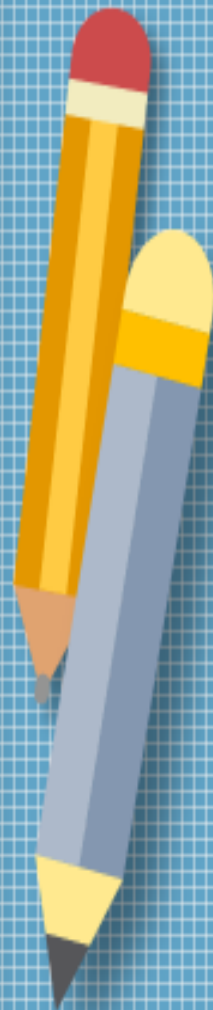
@you_and_i_hwss to sign up! (Link is in the bio)



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: @hwsshostclub 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



Due to the pandemic this year, the 2020 Gairdner High School symposium has been cancelled but we will be hosting virtual live BCCHR trainee sessions with four trainees (graduate students/ postdocs) via Zoom for grade 10-12 students. This event will take place on **Monday, October 26th 10-11am**. High school students will have the opportunity to meet trainees working in BCCHR research labs and ask them questions in a chat room.

Topics include: lab experiment demo, personal journey into science, what drew them to UBC, challenges they have overcome in the pursuit of their love of science – the list is almost endless!

A registration form and more information can be found at <https://cmmmt.ubc.ca/2020/01/28/2020-international-gairdner-symposium/>

2020 GAIRDNER TRAINEE LAB SESSIONS

Monday, October 26, 2020 10:00 a.m.- 11:00 a.m. PST

Zoom: <https://ubc.zoom.us/join>

Meeting ID and password shared after registration

For questions or more information: jshum@cmmmt.ubc.ca

Trainees:

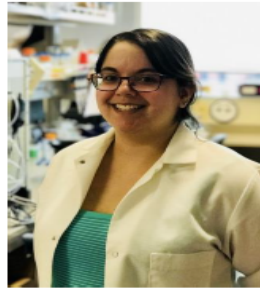


Fanny Lemarié, PhD

Postdoctoral Fellow – Hayden Lab

Lipids in Brain diseases - Check your fats

Lipids are not just a source of energy for the body, their role in cells is far more complex. For example, fatty acids can be attached to proteins in cells, changing the functions of the modified proteins. This process is called "fatty acylation". We will see how abnormalities in protein fatty acylation contribute to brain diseases such as Alzheimer or Huntington's disease.



Alyssa Kirlin, MSc

UBC PhD Candidate – Kobor Lab

At-Home DNA Extraction

I will be demonstrating how to extract DNA using a piece of fruit, and explaining how the audience can follow along to do it themselves using stuff you'd typically find at home in the kitchen or bathroom. I will also show examples of how the same principles are used in the lab on a smaller scale to extract DNA from yeast and human cells and talk about what scientists do with the DNA we extract.

...And more!

NATIONAL SPONSORS



B.C. SPONSORS



Blomaker solutions for health care.
- Solutions en soins de santé.



PROVIDENCE HEALTH CARE
Research Institute

Pursuing real life health solutions.



XENON

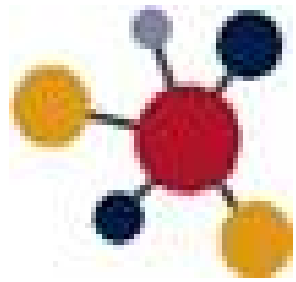


MERCK
INVENTING FOR LIFE



Centre for Molecular Medicine and Therapeutics

THE UNIVERSITY OF BRITISH COLUMBIA



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

OOO NATIONAL PORTFOLIO DAY

**SET
YOUR ART
APART**
↔



FREE + ONLINE PORTFOLIO REVIEWS

Events

For High School students and High School graduates

- Saturday October 24
- Sunday November 1
- Sunday November 8
- Sunday November 15
- Saturday November 21
- Sunday November 22
- Saturday December 5
- <https://nationalportfolioday.org/schedule/>
- Register now at <http://nationalportfolioday.live>



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

Upcoming SD43 virtual Info sessions:

- 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
- Wednesday October 28 3:30 pm Emily Carr University of Art & Design:
<https://zoom.us/j/95099892912> Meeting ID: 950 9989 2912 Passcode: 569187
- 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:
https://ucalgary.zoom.us/meeting/register/tJAvd0yhrD8rG91b08GUTj0DfCdfmrws1_9k Registration is open NOW
- 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?

