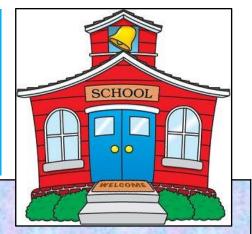


## **Q3 BELL SCHEDULE**



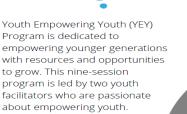
## Take a pic with your phone

GRADE 9/10's	GRADE 11/12's		
P1 7:55 – 9:10 am	P1 7:55 – 9:10 am		
P2 9:15 – 11:15	BREAK 9:10 – 9:25 am		
FLEX 11:15 – 11:45 am	P2 9:30 – 11:30 am		
LUNCH 11:45 am – 12:15 pm	FLEX 11:30 AM – 12:00 pm		
P4 12:20 – 2:20 pm**	LUNCH 12 – 12:30 pm		
FLEX 2:20 – 2:50 pm	P4 12:35 – 2:35 pm**		
The share and the share and the share and	FLEX 2:35 – 3:05 pm		
**P2 Mon/Thurs students A-L	**P2 Mon/Thurs students A-L		
Tues/Fri students M-Z	Tues/Fri students M-Z		

you would like to incorporate this program as par Registration for the next two Youth Empowering Youth (YEY) Program has with is included below and and May. More program. can discuss in April this tree online information av, YEY Wednesd the We April this on program please contact me and tor and one-page information sheet program and how to register we have openings starting in share 5th 9 on Monday, March time 2 are welcome some you have đ ates of your class or school Currently about the hobe find youth you work with start d between attached you will and we opened with more detail. information All youth orogram

Youth EMPOWERING youth

#### Free Youth Leadership Program



#### Missi@n

To create a safe environment for youth to cultivate a sense of security, confidence and self-assurance within themselves.

#### **Visi©n**

We inspire youth to be accountable for their own thoughts, feelings and actions; helping them become responsible citizens in this world. Our vision is to help communities across the world create a culture that empowers, strengthens and develops leaders for the next generation.

Register in the program at https://linktr.ee/youthempoweringyouth



FOGRAM

The principles

shared during

this program

	A

The online version of the program is 90-minute sessions over Zoom and encourages student participation.



We all have unique gifts and intrinsic value to offer to the world. The YEY program will serve as a catalyst to help youth explore their talents and contribute to the community in a powerful, positive and meaningful way.



Upon graduation of this program, youth have the opportunity to apply to facilitate future programs and be part of empowering more youth.

#### **Connect With Us**

https://linktr.ee/youthempoweringyouth shawna@lowentropy.org 604-314-6102

## **Volunteer** Opportunity

#### Good Dog Ranch Volunteer Program

A program to share our 3 pillars of strength in leadership, compassion and respect with youth in our community. Good Dog Ranch offers opportunities to participate in dog care at our new 6000 square foot facility with over an acre and a half of adventure park for our furry friends.

Working with animals, our volunteers learn valuable life skills in responsibility, consistent effort and accountability. We take dog care seriously and have a team of outstanding dog care experts for our volunteers to learn from.

Learning about dog communication and training is one of the many benefits of volunteering for Good Dog and many of our previous employees have become professionals in the pet care industry from veterinarians to dog trainers.

We take volunteers from as young as 15 and we hope that, as our volunteers will grow with us, they will one day apply to work with us when we are hiring.

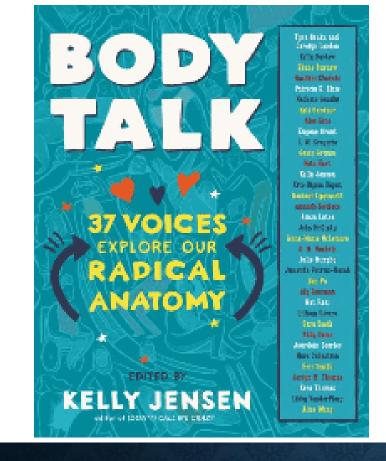
Example shifts: Monday to Friday and weekend shifts available Common Shift Hours: 8am to 12pm, 12pm to 4pm, 3:00pm to 7:00pm

We have many new hires who have graduated from our local high schools and to accommodate our high school age volunteers we can craft shifts around their class times, rides from family members and school work.

Good Dog is located just around the corner from Fremont Village at 331 Laurier Ave in Port Coquitlam.

Laura Doyle leads the Good Dog volunteer program and has been a college teacher for Vancouver Film School for 20 years. She has a deep passion for educating young people and helping them learn valuable life skills. Contact: <u>Laura@gooddog.ca</u>

#### Next Volunteer Training on Friday March 19th from 6pm to 8pm





## **NEW LIBRARY BOOKS**

# KODIAK ATHLETICS



## Moresports BC Youth Leadership Program

Moresports youth leaders come from diverse backgrounds and/or sport experience, but they all share a passion for working with and helping kids. Mentorship is a win-win and through Moresports, our leaders not only become key role models in their community, they inspire new ones! Join us for Free and Low cost training – then share your new skills and knowledge at our future after school programs & camps (when it is safe to do so)

Sign up here to get started:

https://forms.gle/MoresportsBCLeader



## **Female Strong Series**

#### Join us as we discuss the Power of Sports to make a Female Strong

Discover how participation has helped Women reach their goals, learn about their personal strengths and provide them with resilience. Let's gather together and share our stories of strengths and weakness and learn about resilience too<sup>~</sup> from one another!

#### https://dowhatuluv.ca/program/FemaleStrong

Come learn from Keani who discovered how participating in afterschool programs with Moresports has led her to a career she is excited about. Hear how Sandra (Tri Cities Local) started her sport as a teen and is now on Team Canada. Discover how sport can build relationships with other team-mates but also for Mom's and Daughters!





#### HWSS GardenBank "Green Carpet #4"





## The Salmonberry

(Rubus spectabilis)

The Salmonberry is a berry native to the west coast, reaching as far up as Alaska and as far down as California. They have wooden stems, covered in prickles, and will occasionally have berries.

- During the early spring to early summer it will have small, pink, five-petal flowers.
- From early may to late June (depending on climate) the shrub may have shiny, yellow to orange to red berries.

- Were used by First Nations to tell when the salmon would come back because they would come into season the same time as the salmon. - Salmonberries are edible and have the same structure as a raspberry.

- They can be found in the wild and are not normally grown, many forests near here will have them.



# HWSOAP TUTORING

Contact <u>hwsoaptutor@gmail.com</u> for free online peer tutoring in all school subjects!



# CAREER CENTER



# SFU SCHOOL OF BUSINESS

Hey Grade 11 and 12s – are you interested in being part of a pilot project involving business skills and film?

- We are looking for business-minded students (those who might be tracking for business school after graduation preferred) to be part of an innovative SFU Beedie project involving budgeting, marketing and management skills.
- The Lights, Camera, Action! Innovation Simulation is an online educational simulation that enables participants to experience the exciting challenges of a multidisciplinary innovation process in a consequence-free learning environment.
- During Lights, Camera, Action!, teams of 6-7 students work together as independent film studios to create a 2-minute trailer for release at the end-of-simulation Toronto International Film Festival (TIFF) Showcase. Participants take on a variety of managerial and creative roles to identify and analyze market needs; identify and cast appropriate star talent; select filming locations; manage a budget and financial forecasts; and create a compelling movie trailer for viewing at the end of simulation TIFF Showcase.

If you think this sounds like your skill set, please see Mr. Sather ASAP. He will be collecting names to form teams of 7. Expected date for this ALL DAY event is March 6 or 7. Need more information? See Ms. Butler in the career centre.



#### Are you a high school student considering a career in Civil Engineering?

## Come and discover what is Civil Engineering and explore Civil Engineering education at BCIT!

BCIT Civil Engineering Faculty and Civil Engineer, **Phyllis Chong, MASc, PEng**, will do a short presentation about the program and share possible career paths for civil engineers and technologists, followed by an open Q&A.

The highly regarded, full-time BCIT Civil Engineering degree program provides a path that allows students to earn dual credentials. All students who successfully complete the first two years of the program receive a Diploma in Civil Engineering, while students who meet the continuation requirements and successfully complete the entire four-year program also earn a nationally-accredited Bachelor of Engineering in Civil Engineering. These credentials prepare graduates for professional practice in this popular and diverse field as either civil technologists or as civil engineers, and also provide a path to further studies.

We are accepting applications for the September 2021 intake until April 15, 2021.

If you have questions related to the registration for these sessions, <u>contact Maggie Lau</u>. For more information about the Civil Engineering program and program contacts, visit the <u>BCIT Civil Engineering web page</u>.

Zoom details will be emailed to registrants.

Sign up for one of the **BCIT Civil Engineering Online Info Sessions** for High School Students on

- <u>Tuesday, March 9, 2021 from 4:00 pm to 5:00 pm</u>
- Monday, March 15, 2021 from 4:00 pm to 5:00 pm

## **ARE YOU IN GRADE 12?**

#### HAVE YOU APPLIED TO POST-SECONDARY – ANY TYPE (COLLEGE, TRADE SCHOOL, UNIVERSITY) IN CANADA, US OR ABROAD? You must give all schools permission to receive your final transcripts through the student transcript service

AFTER YOU CREATE YOUR BCEID THEN YOU SELECT THE SCHOOLS YOU HAVE APPLIED TO SO THEY CAN RECEIVE YOUR FINAL TRANSCRIPTS.

THE CORRECT SEND OPTION IS AUTO-SELECTED. DO NOT CHANGE IT.

DO NOT CHOOSE SEND TRANSCRIPT NOW.

YOU NEED TO MAKE THESE SELECTIONS IN ORDER FOR SCHOOLS TO RECEIVE YOUR FINAL MARKS IN JULY. WITHOUT THOSE MARKS THEY CANNOT CONFIRM YOUR CONDITIONAL OFFER.

QUESTIONS? THERE IS A PPT ON THE CAREER CENTRE WEBSITE WITH INSTRUCTIONS: <u>http://www.sd43.bc.ca/school/heritagewoods/programsservices/career/pages/post-secondary.aspx#/=</u>

STILL UNSURE IF YOU DID IT CORRECTLY? CONTACT MS. BUTLER FOR ASSISTANCE DBUTLER@SD43.BC.CA

## 0 **Stit** oin Valley Nicola Vpo tion oerience 4

## perience

Want to learn more about Nicola Valley Institute of Technology? Attend info sessions with the Department Heads of our programs!

Attend injo sessions with the Department Heads of our programs:					
	February 22	February 23	February 24		
	Health Care Assistant:	Environmental Resource	Culinary Arts: Presented by		
		Technology:			
	Presented by	Presented by Tom	Andrew George &		
	lvy McRae	Willms & Margaret Hohner	Margaret Hohner		
	February 25	February 26	March 1		
	Bachelor of Social	Chemical	Meet the Elders:		
	Work:	Addictions Worker:	Presented by		
	Presented by	Presented by	Merritt and Burnaby		
	Ursula Katic	Jessica Stepp	Campus Elders		
	March 2	March 3	March 4		
	University Transfer	Office Admin. and	Business and		
	Programs (General Arts, Criminology, and First	Executive Assistant:	Trades Programs:		
	Nations Studies):	Presented by Beverly	Presented by		
	Presented by Lara	Currie-Mclean &	John Chenoweth &		
	Condello & Margaret Hohner	Margaret Hohner	Margaret Hohner		
	Holliel				
	March 5	March 8	March 9		
	Renewable Energies		Indigenous		
	Technology:	College Readiness:	Language Fluency		
	Presented by	Presented by	Program:		
	Brandon Williams &	Mil Juricic	Presented by		
	Margaret Hohner		Mandy Jimmie		
			THE OWNER OF THE OWNER OF		
	March 10	March 11	March 12		
	Access to Practical	Community and	Indigenous Human		
	Nursing:	Public Safety	Services:		
	Presented by	Professional:	Presented by		
	Heather Klatt	Presented by	Rae Porterfield		
		Kelly Donaldson			
Attend to have a chance to WIN A \$20 GIFT CARD!					
Guaranteed 5 PRIZE WINNERS each day!					

The event will be held virtually online, between 12:00pm-1:00pm each N day. To attend, please register at <u>www.nvit.ca/experiencenvit.htm</u> to receive an emailed link to the event. For more information, please contact <u>recruitment@nvit.bc.ca</u>



# RS IN LAW /OUTH

#### YOUTH LEADERS IN LAW

## 2021 HIGH School Virtual Conference

Learn about medical, criminal, family and corporate fields of law through case studies and panel discussions with our esteemed lawyers!

COME JOIN US, FREE OF CHARGE MARCH 20 10 AM - 1 PM MDT REGISTER ONLINE @YOUTHLEADERSNLAW WWW.YOUTHLEADERSINLAW.COM







SFU Camps & Youth Programs #110 Lorne Davies Complex 8888 University Drive Burnaby, BC, Canada V5A 1S6 Tel: 778 782 4307 Fax: 778 782 3425 Email: camps\_volunteer@sfu.ca Website: camps.sfu.ca

NOW HIRING

CAMPS.SFU.CA

VOLUNTEER

#### SUMMER CAMP VOLUNTEER

Position Title: Summer Camp Volunteer

#### Position Summary:

Simon Fraser University Summer Camp Volunteers are responsible for helping to provide a safe, fun environment for camp participants and for being a role model to camp participants. Specific duties include assisting instructors with the supervision of campers and coordination of activities. Volunteers may also be responsible for assisting with the supervision of camp participants during lunch, pre or post care. Volunteers should be flexible in their areas of placements as positions may change throughout the summer. Successful candidates will be mature, responsible, and willing to try new activities.

#### Duties and Responsibilities:

- General supervision and head counts of camp participants on campus and during field trips off campus.
- Assist instructors with games, activities, set up, and clean up.
- Participate in all camp specific activities including any recreation games, sports, and hiking.
- Assist with the supervision of lunchtime duties and recreation time.
- · Provide a safe and welcoming camp environment to camp participants and their families.
- Maintain a high level of respect and professionalism when interacting with camp participants, parents, instructors, volunteers, and camp administration.
- Be a role model by demonstrating positive, enthusiastic, and respectful attitudes and behaviour.
- · Effectively communicate absences and tardiness with camp administration and instructors.
- Attend mandatory before and after camp volunteer meetings.
- Adhere to all policies and procedures set out by camp administration.
- Additional duties as directed by camp administration.

#### Requirements:

- At least 14 years old by July 5th, 2021.
- Ability to commit to a minimum of 2 weeks of volunteering (Non-consecutive weeks is acceptable).
- Attend volunteer training.
- A Criminal Record Check (free of charge) will be required upon accepting a position with SFU Camps.

#### Qualifications:

- A desire to work in a positive environment with children.
- Positive attitude, strong work ethic, flexibility, and willingness to try new activities.
- Responsible and reliable.
- Professionalism.

## SFU CAMPS SD43 VOLUNTEER

 Applications are open. Students can check out our website and apply: <a href="http://www.sfu.ca/camps/opportunities.html">http://www.sfu.ca/camps/opportunities.html</a>.

The application deadline is April 25th, 2021 at 11:59 PM

#### FEBRUARY IST, 2021 - JULY 3IST, 2021 **EBRUARY IST**, 2021

#### **ERA's 2nd Scholarship Competition**

• - Win up to \$10,000

#### Are you eligible?

 Must be a full -time/part-time student in Canada. For those participants which are outside our operating areas (Vancouver, Calgary, Edmonton, Saskatoon, Winnipeg, Toronto, and Montreal) there will be adjusted requirements. See FAQ below.

#### Why is ERA holding this competition?

• ERA likes to get the community involved in many ways throughout the year. This competition gives students the opportunity to gain experience, build their resume, and if they are motivated enough to win this scholarship, would be a great help financially with schooling.

#### What are we looking for?

We need you to come up with a marketing plan and host an e-waste collection event in your area. You
will manage every detail of this event from the planning and promoting to the execution! We want to
see how creative students can get with marketing the event and reaching out to your community and
local businesses to ensure the event is well attended. How will you implement your ideas to raise
awareness and get your networks involved? After you have followed through with the event, the team at
ERA will evaluate your work after the deadline and pick the winner!

#### What items do we accept?

 Cell phones, tablets, laptops, computers, servers, monitors, networking equipment, gaming consoles and similar electronics. \*\*No household or personal electronics

This competition will start on February 1<sup>st</sup> and runs until July 31<sup>st,</sup> 2021. For more information and to enter please visit: <u>https://www.electronicrecyclingassociation.ca/2021-era-scholarship/</u>

## **Port Moody Youth Scholarship Program**

If you're in Grade 12 and intend to pursue a post-secondary education after you graduate, you can apply to the Port Moody Youth Scholarship Program. Each year, we award a \$1,000 scholarship to a student in our city.

If selected, we will present you with a cheque after you provide proof of registration at a recognized post-secondary institution.

#### Deadline for applications is April 6, 2021.

#### **Eligibility requirements**

You must be a Port Moody resident, or a student attending a Port Moody school, who's enrolled in Grade 12 to apply.

#### **Evaluation criteria**

- The goal of the Program to recognize and honour a student who has acted in a leadership role and made significant contributions to the community.
- You must demonstrate:
- leadership in, and contribute to, your school and community;
- excellence in academics, athletics, arts or technical education; and
- good academic standing (letter grade average of B or better).

Apply online at: <u>https://www.portmoody.ca/en/city-services/port-moody-youth-scholarship-program.aspx</u>

## BCIT Entrance Awards



#### ENTRANCE AWARDS FOR INCOMING STUDENTS

More than \$336,000 of awards are available for incoming students. Get rewarded for your hard work.

Application deadlines August 5, 2021

for programs starting between April and November 2021

January 6, 2022 for programs starting between December 2021 and March 2022

sam more at boit ca/finald



BCIT is pleased to announce that the following Entrance Awards are available to students who are planning to attend our institute commencing *April 1, 2021 to March 31, 2022*.

Up to 25 BCIT President's Entrance Awards, available only to current High School students

- Valued up to \$4,000 each.
- Deadline: August 5, 2021

Over 100 additional BCIT Entrance Awards

- Valued up to \$6,000 each.
- Deadlines: August 5, 2021 and/or January 6, 2022

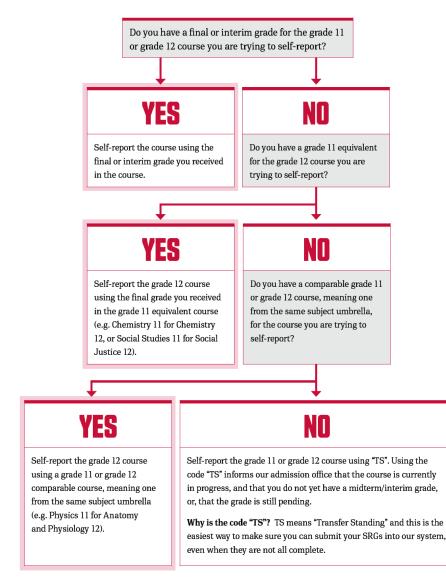
More information about BCIT Entrance Awards and the application forms can be found at <u>bcit.ca/finaid</u>.

#### EPORT You mu to com

2021

You must report all approved grade 11 and 12 courses to complete your application to SFU.

Visit www.sfu.ca/students/admission/admission-requirements/approved-courses for a list of all approved grade 11 and grade 12 courses, and their subject umbrellas.



Simon Fraser University

Additionally, we are offering Applicant Information Sessions, which include a self reporting grades tutorial, throughout February. Students can register here: https://www.sfu.ca/stude nts/admission/campustours/applicant-infosession/sessions.html

### Did you miss the Jan. 15 deadline to apply to UBC? It might not be too late. Some faculties are still accepting applications.

#### Apply to UBC

- Applications for the 2021/2022 academic year has now closed for most programs. Below are
  programs that are still currently accepting applications. If you are interested in applying to
  any of these programs, <u>we recommend applying as soon as possible as they may close at
  any time</u>.
- UBC Vancouver:

Bachelor of Music Bachelor of Science in Natural Resources Conservation Bachelor of Science in Wood Products Processing Bachelor of Science in Forestry Bachelor of Science in Forest Sciences Bachelor of Science in Forest Bioeconomy Sciences and Technology Bachelor of Urban Forestry Vantage One Bachelor of Arts Vantage One Bachelor of Science Vantage One Bachelor of Applied Science

#### • UBC Okanagan:

Bachelor of Applied Science Bachelor of Arts Bachelor of Fine Arts Bachelor of Human Kinetics Bachelor of Management Bachelor of Media Studies Bachelor of Science

For more information visit:

https://ssc.adm.ubc.ca/sscportal/apply.xhtml



## SUPPORTING YOUR FINANCIAL WELLNESS: SCOTIABANK & MYBLUEPRINT HAVE PARTNERED. SCOTIABANK HAS INVESTED \$30,000 TO SUPPORT STUDENT POST-SECONDARY ASPIRATIONS. FIND DETAILS ON CRITERIA / DEADLINES AND HOW TO APPLY FOR ALL OPPORTUNITIES THROUGH YOUR MYBLUEPRINT ACCOUNT.

FOUR (4) WINNERS X \$3,750 FINANCIAL WELLNESS SCHOLARSHIP



STEM SCHOLARSHIP FOUR (4) WINNERS X \$3,750

THE FOUR REGIONS FOR THESE SCHOLARSHIPS ARE:

→ATLANTIC CANADA → BRITISH COLUMBIA/YUKON →ONTARIO → PRAIRIES/NORTH WEST TERRITORIES/NUNAVUT



Are you considering Software Engineering? Do you know about the program at TRU? We have an exciting 2 minute video for Grade 11 and Grade 12 students presented by one of our current final year students in the BEng in Software Engineering Program at TRU! Lorelei highlights her discovery of Software Engineering, her successful COOP experience, the NEW PHYSICS 11 requirements and the benefits of the program at TRU. Combined, all these experiences have helped shaped her engineering career so she can make today's world a better tomorrow!

- Video Link: <u>https://youtu.be/SIR-gJMMOF0</u>
- Applications are currently open and there are limited seats so students MUST APPLY NOW! to secure a spot in the program
- Students can click here to: <u>APPLY NOW</u>

## 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.
- <u>http://www.sd43.bc.ca/school/heritagewoods/ProgramsServices/care</u> <u>er/Pages/FinancialAid.aspx#/=</u>
- 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.

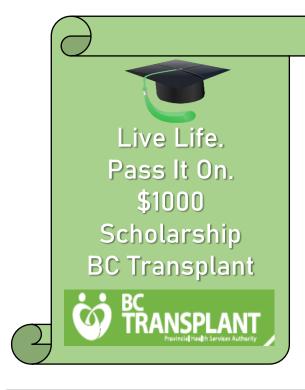
If you have questions about scholarships please email Ms. Butler <a href="https://dbutler@sd43.bc.ca">dbutler@sd43.bc.ca</a>

## **Upcoming Virtual Info Sessions:**

University of Northern BC (UNBC) Future Students Information Session – SD 43

## Thursday, Mar 25<sup>th</sup>, 4:30 – 5:30 pm

- Register in advance for this webinar:
- https://ca01web.zoom.us/webinar/register/WN\_7tGZQjlRQ1ewvORKZ9CutA



Wednesday, April 7, 2021 What is **Green Shirt** 







## Did you apply to York University?

## Enter for a chance to win FREE TUITION for a year! <u>https://www.yorku.ca/rightthefuture/#entry-form-1</u>



### Virtual Law March Break Week Law YSP March 15 – March 19, 2021

Even at this time of physical distancing, we look forward to continuing to connect our participants and their deep curiosity, passion and enthusiasm for law!

Want more information? Take a look at our website.

ysp.law@utoronto.ca

Registration opens: Wednesday, December 16, 2020 at 10:00 am Eastern Time!

# **SFU** Have you applied to SFU but have some questions about what to do now?

Here is a handy video on self-reporting your grades: https://vimeo.com/488612555/a1d5f1a3cc

If you have questions – please email Ms. Butler to schedule an appointment <u>dbutler@sd43.bc.ca</u>

Live Support

- Have a question about self-reporting grades? We are offering Live Zoom Support during these times:
- Monday, 3:30–4:30pm PST Thursday, 3:30–4:30pm PST

https://www.sfu.ca/students/admission/apply/applied/fall.html

## **Summer STEM Institute**

#### Making research and mentorship accessible to high school students.

The Summer STEM Institute (SSI) is a 6-week virtual summer program from June 20 to August 1, 2021. SSI is an international program that provides academically talented and highly motivated students the opportunity to learn through a data science and research bootcamp, a Masterclass lecture series, weekend challenges, and a mentored research project.

- Bootcamp: learn how to design and conduct a data science research project.
- Pursuing research in high school is difficult. Many students are scientifically curious and are eager to conduct research but often lack the right training to do so. The SSI Bootcamp empowers motivated high school students with the training to conduct data science research projects.
- The Summer STEM Institute (SSI) program was started last summer by educators, students, and graduates from Stanford, Harvard, and MIT. Last year, SSI received over 2,450 applications from students in 78 different countries.

Many students who attended the program said SSI changed their lives and asked for the team to continue running SSI in future years. Applications for SSI 2021 have just opened.

The program consists of three main parts:

- Research and data science bootcamp: Students learn how to design and conduct data science research projects. Students learn
  about the research process and how to apply statistical and machine learning methods to address scientific questions with realworld impact.
- Masterclass lecture series: Students are connected to accomplished young adults around the world. Students have the opportunity to learn about entrepreneurship from Forbes 30 Under 30 recipients, science research from International Science and Engineering Fair (ISEF) grand prize winners, and other topics from speakers with diverse backgrounds and experiences.
- Mentored research project: Students complete a research project through a rigorous, hands-on learning experience under the guidance of mentors. Previously, students have worked in a variety of fields, from computational biology to quantum physics.

Students and families can learn more about SSI and apply on our website here: <u>https://www.summersteminstitute.org/</u> and here:

# REPEAT NOTICES



## Advice on making friends? Study tips? Conflict resolution Highschool questions? ideas? Mobile Mentops Need advice on highschool issues? Just DM our Instagram or email us to

speak to an experienced grade 12 mentor confidentially.

## @hwssmobilementors hwssmobilementors@gmail.com