



FRIDAY

October 13, 2023

Heritage Woods Secondary

"WE ARE KODIAKS"



Bell Schedule



Block 1	8:00 – 9:12
Block 2	9:16 – 10:28
FLEX	10:28 – 10:57
Block 3	11:01 – 12:13
LUNCH	12:13 – 12:53
Block 4	12:57 – 2:09
Block 5	2:13 – 3:25



Food is no longer
allowed in the
library or library
computer lab.

Calling All Cadets

- ▶ If you are in Cadets (any branch) and would like to participate in this year's Remembrance Day ceremony, please see Mr. Aitken in Room 240.



CLUBS



PET PALS CLUB

DON'T HAVE TIME TO WALK YOUR DOG?

BIG DOG | SMALL DOG | ANY SIZE

**Don't worry! We are here to help
you and your dog out!**

**PET PALS DOG WALKING SERVICE
CONTACTS**

127-SZHANG@SD43.BC.CA

127-LAHMED@SD43.BC.CA



Fitness Club

Fitness Club is a great opportunity to learn about diet and exercise.

All backgrounds and levels of expertise welcome!

When: TUESDAY'S after school in the weight room beginning OCTOBER 17th!

What do you need to bring: gym strip and water bottle



*See CIARDULLO for more details

KODIAK ATHLETICS



CAREER CENTER



Upcoming Post-Secondary Info Sessions

- Friday Oct. 06 University of Victoria at lunch in library lab
- Monday Oct. 16 SFU at lunch in the library
- Wednesday Oct. 18 U Alberta at lunch in library lab
- Monday Oct. 23 SFU Beedie business at lunch in library lab
- Tuesday Oct. 24 UVic Gustavson business at lunch in library lab
- Wednesday Nov. 01 Post Secondary BC Mini Fair 9 – 11 am in Grand Hall
- Thursday Nov. 02 U Waterloo at 3:30 pm in the library