



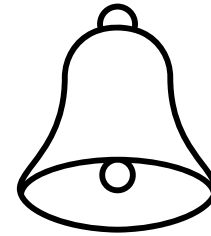
Wednesday
December 06, 2023

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



Last-Minute-Love

NO TIME? NO PROBLEM, WE GOT YOU COVERED!

Our "last-minute" **care packages** are the perfect Christmas gift for family and friends!

Small - \$6
Large - \$10

PREORDER NOW to increase your chances of winning our **raffle!**

10% of our profits will be donated to the Seniors Service Society of BC



@last_minute_love_



MEET AND GREET WITH THE 2023/24 STUDENT COUNCIL

Come meet this year's student council this Thursday at lunch
in the Grand Hall, close to the theater.

We will be answering questions, and listening to all your
concerns and suggestions!

*There may be candy too ;)





International/ELL Student Field Trip to Grouse Mountain



Date: 15th November (Friday)

Time: 8:30 AM – 3:30 PM



Activities: Snowshoeing, Hiwas First Nations Feasthouse Presentation, Peak of Christmas experience, gondola ride

Cost: \$25!

Limited spots available

Deadline for signup: 11th Dec

See Ms. Lee if interested.



Attention Grade 12s!

The Grad Wear store is open until Dec. 22nd!

<https://store.passionsports.ca/hwssgrad2024>

Sizing samples will be available in the Grand Hall next Wednesday and Thursday during Flex.





2023 Winter Formal



—||— Masquerade ball —||—



December **20th**, 6:30-9:00
Grand hall
Grade 12's only



Semi-formal + masquerade mask
(only covering half of face, masks must be
removable and in the style pictured here)

Early bird Nov 15th-30th
\$25
Late rate Dec 1st-18th
\$30

Pay through office or school cash online



Brought to you by the HWSS grad council

CLUBS



PET PALS COUB

BEST CHRISTMAS GIFT FOR YOUR PET!

PRE ORDER 

Christmas pet collars

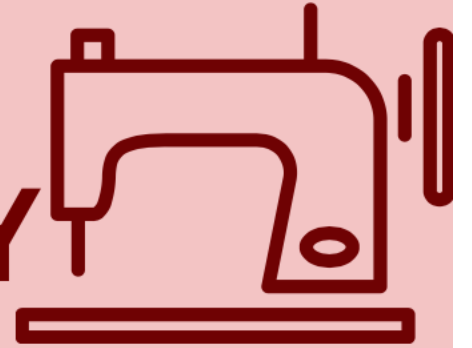
\$3 per cats, \$4 per small dogs,
\$5 per big dogs





ALL QUILTING CLUB MEMBERS

MEETING THIS THURSDAY



Meeting this Thursday December 7th at lunch in room 202.

Club yearbook photos too on
December 7th!

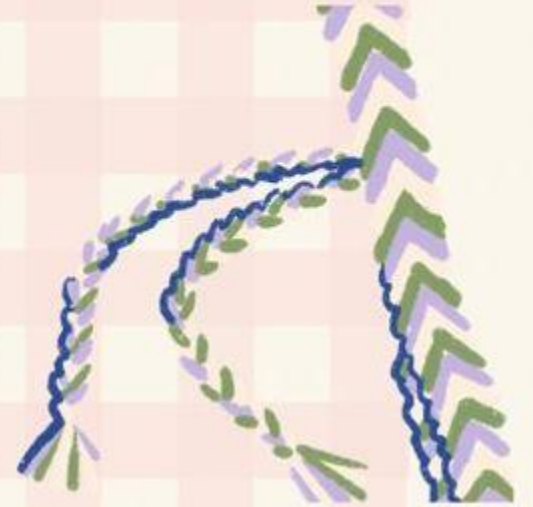


FRIENDSHIP BRACELET CLUB

- No experience necessary!
- Learn and teach bracelet patterns
- Improve fine motor skills
- Make bracelets to possibly donate to charity

**Meet @ lunch on Wednesdays in
Room 202 (Textiles Room)**

Scan to join!



127-abertoncello@sd43.bc.ca

&

127-lchoi@sd43.bc.ca

KWAP WINTER CLOTHING DRIVE

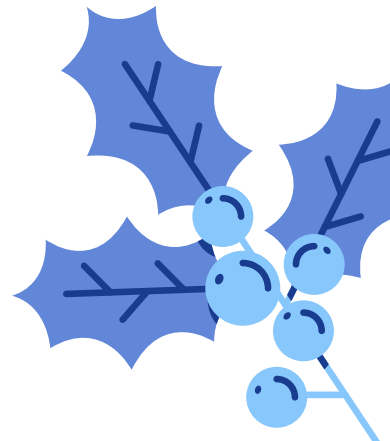
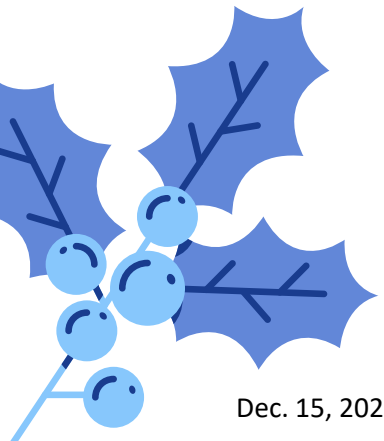
NOV 27TH - DEC 15TH

What we are looking for:

-Winter clothing of all sizes

Drop off: Infront of theatre

Helping our homeless community in need these
holidays



KODIAK ATHLETICS





Congratulations to the wrestling team on their results at the Fraser Valley Novice Wrestling Tournament held at Pinetree Secondary on Fri, Dec 1, 2023

Tavia L. - Gold

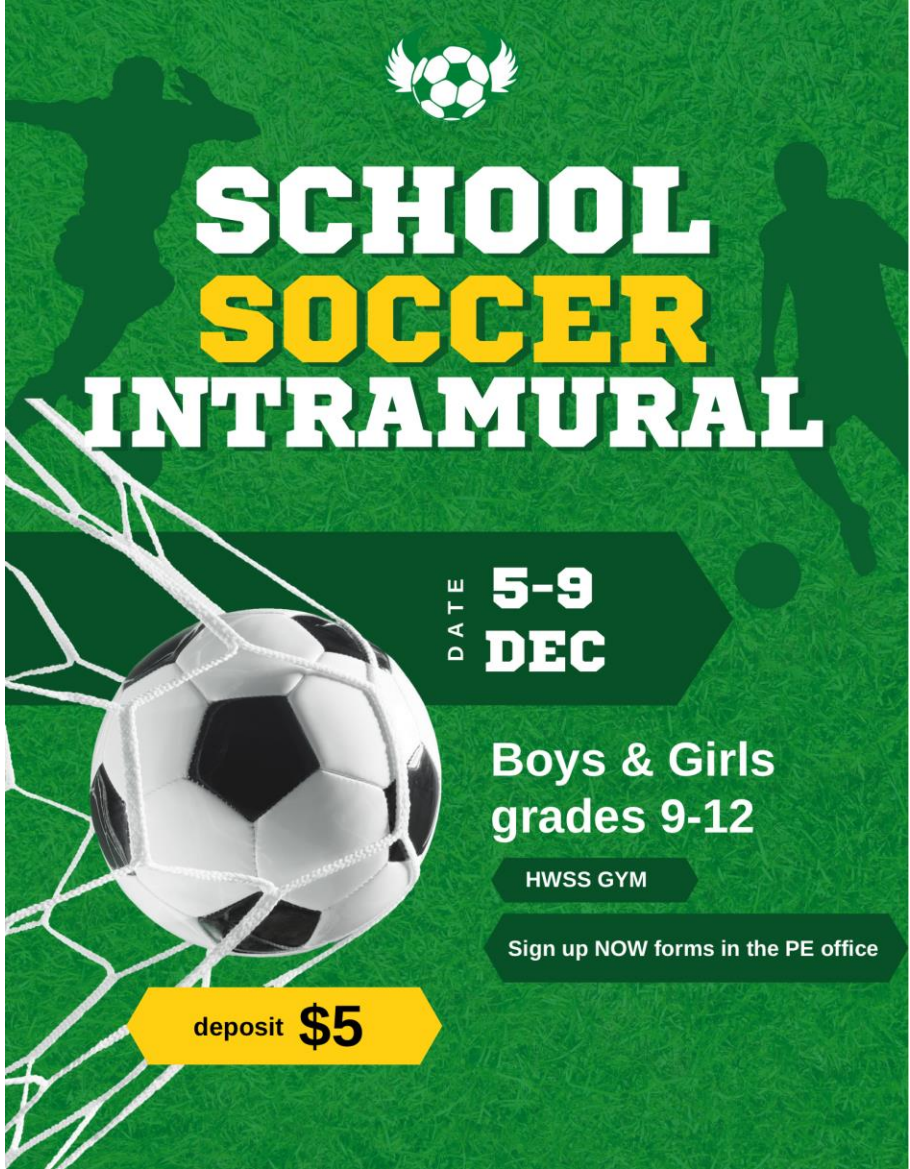
Aaran I. - Gold

Shane A. - Gold

Isabel O.- Silver

Jayden B. - Bronze

Edward B. - 5th

A promotional poster for school soccer intramurals. The background is a vibrant green with a subtle soccer field pattern. At the top center is a white soccer ball icon with wings. Below it, the words "SCHOOL SOCCER INTRAMURAL" are written in large, bold, white and yellow letters. Silhouettes of soccer players are visible in the background. In the lower-left foreground, a soccer ball is shown hitting a goal net. To the right of the ball, a dark green arrow-shaped box contains the text "DATE 5-9 DEC". Below this, another dark green box says "Boys & Girls grades 9-12". A smaller dark green box below that says "HWSS GYM". At the bottom, a yellow arrow-shaped box contains the text "deposit \$5". A final dark green box at the bottom right says "Sign up NOW forms in the PE office".

**SCHOOL
SOCCER
INTRAMURAL**

DATE **5-9
DEC**

Boys & Girls
grades 9-12

HWSS GYM

Sign up NOW forms in the PE office

deposit **\$5**

CAREER CENTER



Technovation Girls British Columbia



SIGN UP FOR FREE

SIGN UP **MORE INFO**

REGISTRATION	October 2023 - January 2024
PROGRAM KICKOFF	January 2024
REAL PROBLEMS, DIGITAL SOLUTIONS	January 2024
WEEKLY COACHING	February - April 2024
LOW CODE MOBILE APP COURSE	January - April 2024
THINKABLE WORKSHOP	February 2024
APP INVENTOR WORKSHOP	February 2024
CAREER EXPLORATION DAY	February 2024
PITCH HACKATHON	April 2024

CODE YOUR FUTURE DESIGN YOUR WORLD

- Team up with friends to find a **real problem** you want to solve
- Learn how to **design and develop** an app or AI prototype that solves the problem
- Learn how to **start a business** & pitch your ideas
- Connect and **get advice** from industry mentors.
- Attend exclusive **events & workshops**.
- Submit your project for a chance to **win a scholarship** in a global competition
- Receive **post-secondary course credits**.



Technovation GirlsBC – Free Programs

- Technovation GirlsBC is a non-profit technology entrepreneurship competition where young women and girls* aged 8-18 work in teams to develop a mobile app or AI project that tackles real-world problems in the community.
- Work with volunteer mentors, complete weekly curriculum, and attend workshops & much more!
- <https://my.technovationchallenge.org/signup#/>
- **Pre-Season Events**
- **Getting Started with Technovation GirlsBC**
- **Dec 14, 2024 | 6:30 pm - 8:00 pm | Online (Zoom) | Beginner, Junior, and Senior Division**
- Registration: Mark your calendar! By registering for the [Technovation GirlsBC 2024 Program](#) you will automatically receive an invitation to this workshop.
- Join Technovation GirlsBC with our pre-season workshop on getting started with the program.
- During this event, we'll go over where to find key resources and how you can get started with curriculum and planning before the program kickoff in January.
- We'll discuss finding or creating a team and matching with a mentor and finally wrap up with an ideation presentation and activity.

HAND IN APPS



2024 Junior Firefighter Programs

School District No. 43 is partnering with **both** Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2024.

These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits.

EDUCATIONAL COMPONENT

Tests knowledge of firefighting equipment and fire behavior

PRACTICAL COMPONENT

Tests endurance and teamwork skills



Applications are open Nov. 1–Dec. 8, 2023

Scan the QR code or go to 43careers.com

- ▶ The Coquitlam academy runs out of 1300 Pinetree Way.
- ▶ The Port Moody academy runs out of 150 Newport Drive.



BY FRIDAY DEC 8

Occupational First Aid Level 1

Occupational First Aid (OFA) – Level 1

Occupational First Aid (OFA) Level 1 is a **one-day course** designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

Course information:

- time: **8.30am and runs until 4.30pm**
 - with appropriate coffee and lunch breaks... bring your own food or there is a fast-food restaurant nearby
- age: **must be at least 16 years old** at the time of the course
- advertised as \$90 (\$120 to non-members), but after district discount, cost will be \$80 + GST (**\$84 total**)... so great savings!
- location: Universal Health & Safety at **#201 - 4199 Lougheed Hwy, Burnaby**
 - 10-minute walk from Gilmore Skytrain station
- **Main topics covered include:**
 - Basic Life Support (CPR - A) -- CPR with Automated Defibrillator Training
 - Small Wound Management
 - Critical Airway, breathing and circulation interventions with C-spine management
- In order to be successful, participants must **demonstrate practical skill competency and achieve 70% on a multiple choice exam**. On successful completion of the course, participants receive a 3-year certification.
- certification: **government-issued photo ID** is required to receive a certificate (ex: driver's license, passport, NEXUS, BCID,...)

- Want to register for one of the training sessions listed below?
- To receive the reduced workshop fee, you will need to use this Online Registration and Payment link:
https://www.sd43.bc.ca/CareerPrograms/0Documentation/OFA1_ICBA.docx
- You will need a credit card to complete the registration process.
- **Next training dates:**
 - December 8 (Fri) - reg is open
 - December 23 (Sat) - reg is open
 - January 12 (Fri), 2024 - reg is open
 - January 27 (Sat) - reg is open
 - February 9 (Fri) - reg is open
 - March 8 (Fri) - opening soon (for this date and below)
 - March 23 (Sat), April 12 (Fri), April 27 (Sat), May 11 (Sat)
 - May 24 (Fri)

Winter Brunch Volunteers Needed



Friendly Forest Preschool is looking for volunteers to help with our annual Winter Brunch holiday event.

Date: Saturday December 9th

Volunteer shift: 8:30am-2:30pm - 6 hours

Event time: 11am - 1pm

Location: Anmore Elementary School

All volunteers will receive a break with brunch included and proof of volunteer hours completed.

To sign up please send your current resume or contact information via email to:

social@friendlyforestpreschool.com



Looking for enthusiastic volunteers to help spread holiday cheer and assist with the following tasks:

Set up: tables/chairs/holiday decor

Reception: greet guests

Craft station: engage kids in creative activities

Food: help with serving, clearing plates

Cleanup: after the event



Douglas College is coming to HWSS

-
- Thursday December 07
 - Lunch in library computer lab
 - Did you know HWSS is the chosen place to begin post-secondary for a large number of HWSS grads?
 - Learn all there is to know about Douglas –a great place to start or to complete your post-secondary education

