



Friday
January 26, 2024

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



The cafeteria will be
CLOSED this week

January 22-26, 2024



ATTN: All CLC12 students
Meeting in the Theatre Feb. 6th during flex

Mrs. Saloustros CLC class meeting in Computer Lab during flex Thursday Feb. 1st



Langara College Entrance Scholarship for International Students

International students can be rewarded for their exceptional academic performance with the President's International Entrance Scholarship (PIES).

Two students from Coquitlam could win \$7 500 scholarships to the college for September 2024. The deadline for applications is the end of January.

Please see Ms. Lee if interested in applying.



CELEBRATE RAC!

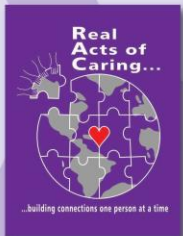
Real Acts Of Caring (RAC)

with a Mental Health & Wellness Focus

February 11 - 17, 2024



*Do something caring
and kind for another,
our environment
and yourself!*



Promoted by: Students in RAC

Are you looking for a great way to promote positive leadership in your school community?

Set up a RAC Club! This year, the RAC Steering Committee will be forwarding any RAC donations to Mental Health and Wellness workers. Email us at hchang@sd43.bc.ca to share your high resolution RAC photos and story explaining how you celebrated RAC Week February 11-17, 2024 and we will share what you have done on our RAC website at www.realactsofcaring.org.

RAC Week is February 11-17, 2024

RAC was created by grade 4 and 5 students in the Coquitlam School District in 2005 and is doing something caring and kind and not expecting anything back.

SD43 leadership students are lobbying with local and provincial governments to have RAC Week recognized in our community. RAC has spread all over BC and beyond. This year the focus of RAC Week is Mental Health and Wellness and we are encouraging as many students as possible to get involved in supporting this goal.

Leadership students are also encouraging students to wear the colour PURPLE during RAC Week.

Please see our RAC website for more information about RAC and how to get involved <http://www.realactsofcaring.org>.



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CLUBS



A top-down view of a desk setup. On the left, a black laptop is open, showing a blank white screen. To its right is a white ceramic coffee cup filled with black coffee, sitting on a light brown wooden coaster. In the top left corner, there is a white ceramic vase containing dried, light-colored flowers. The background is a plain, light-colored surface.

SOAP CLUB HOMEWORK HELP

Tuesday and Wednesday

3:30-5

OPEN TO ALL GRADES
ROOM 231

insia- @HWSSOAP
email- hwsoapitutor@gmail.com

CAREER CENTER



SD43 TRADES PROGRAMS

OPEN HOUSE



Tuesday,
February 13th, 2024



Centennial Secondary
570 Poirier St. Coquitlam



6 - 8pm (presentation in
theatre will start at 6pm)



HEAR ABOUT SERVICES & SUPPORTS FOR STUDENTS

ICBA (Independent Contractors & Businesses Association) * STEP BC (Skilled Trades Employment Program) * ACCESS BC (Aboriginal Community Career Employment Services Society) * BCCWITT (BC Centre for Women in Trades Training) * Skilled Trades BC



LEARN ABOUT LEVEL 1 TRAIN IN TRADES PROGRAMS

Meet Post-Sec. Instructors

- BCIT
- KPU & others

Meet SD43 Program Instructors

- Auto Service Technician
- Carpenter
- Professional Cook
- Electrician



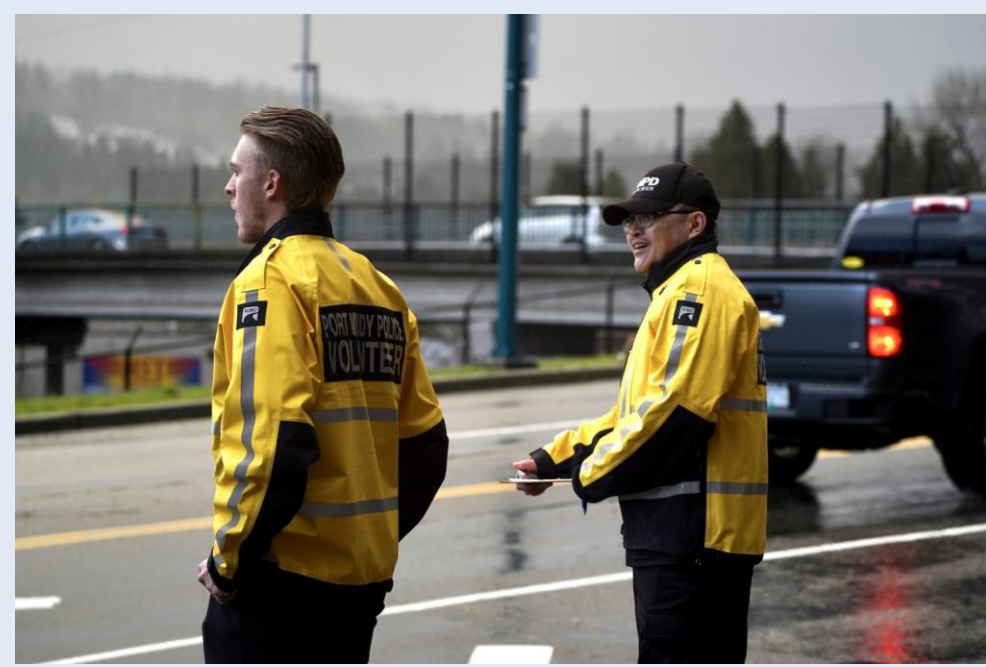
SD43 CAREER & TRADES PROGRAMS

43careers.com • careerprograms@sd43.bc.ca

24+ Tuition-Free Level 1 Programs

Interested in Policing?

- The Port Moody Police Department is hosting a free program for youth in Grades 11-12.
- The program is designed to introduce students to policing as a career and will allow students to earn volunteer credits (30 hours) that you can apply towards graduation.
- The program will be run out of the Port Moody Police Department on St. John's Street
- See Mr. Aitken in Room 240 or Mrs. Pavan in Room 209 for more information and to pick up an application sheet. Application deadline is February 28th, 2024



UBC

Application Deadline

Extended

~~January 15, 2024~~
January 31, 2024
(deadline extended)
(11:59 p.m. PST)

Applications due

- Deadline to apply for Winter Session (September 2024 to April 2025).
- Deadline to apply for Summer Session (May to August 2024), unless you're a visiting, unclassified, or Access Studies student.

<https://you.ubc.ca/applying-ubc/dates-deadlines/>