



Tuesday
March 12, 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

Interested in First Responders?

Find more about what we
do and how to join at our
info meeting!

When: During lunch next
Wednesday, March 13th

Where: Room 304



Last week
to submit
your
story!



Spring Writing Contest!

What happened to Mr. Campbell?

Come up with a creative,
original story prompted by this
picture.

Junior: 300 words

Senior: 500 words

Prizes for the most engaging
stories at each level

**Submit to your English teacher by
March 15, 2024 (before spring break)**

Canadian Chemistry Competition

If you are currently in chem 12 or have taken chem 12 and are interested in taking part in this competition, see Mr. Baldus in room 315 by Wednesday, March 13th





CLC12

All Grade 12's Mandatory Capstone Meeting
in the Theatre Friday April 5th during flex.

Please let your CLC teacher know
if you can not make it.

The Coquitlam School District will be hosting a 3-day Trades Sampler for SD43 Indigenous Students.

As a part of this experience, students will be building "buddy benches" for Hazel Trembath Elementary. Students will learn basic skills in Carpentry, Welding and CNC Machining. Other program highlights include;

- Presentation from ACCESS B.C.
- Connecting with Elders
- Breakfast and Lunch included
- Student Gift -- backpack, T-shirt and more!
- Connecting cultures with trades
- Developing friendships with other SD43 students

Registration deadline:
March 14, 2024

INDIGENOUS STUDENTS TRADES SAMPLER

PORT MOODY SECONDARY APRIL 10-12TH



REGISTER HERE



**OPEN TO INDIGENOUS STUDNETS GRADES 10-12.
NO TRADES EXPERIENCE REQUIRED.**

Program Details:

- April 10-12th at Port Moody Secondary
- 3- day experience where students will build benches for Hazel Trembath and get the opportunity to try Carpentry, Welding and CNC Machining
- Breakfast & Lunch Provided all 3-days
- Presentations from experts in the industry & Elders
- Discover a blend of Trades & Indigenous Culture

LOCATIONS:

RJ Kent The Residences

Aspira Mayfair Terrace
Retirement Living

Shaughnessy Seniors
Community



VOLUNTEERING OPPORTUNITY!

SIGN UP
NOW!



VISITING SENIORS HOMES!

Join us to play games, garden, and chat
with some of our local seniors!



2024 Junior Mountie Police Academy

The annual Junior Mountie Police Academy is back!

Coquitlam RCMP is hosting our Junior Mountie Police Academy, a fun week-long summer camp, from July 15 - July 19 of this year. The last day of the program culminates in a Show n' Shine event that is open to the public, involving public safety exhibitions such as police cars, a fire truck, an ambulance, and other family-friendly demonstrations.

We invite youth ages 10-14 who are interested in policing to apply. The camp is offered at no charge to residents of Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, and kwikwəłəm (Kwikwetlem) First Nations. Interested participants must complete an application form (linked below) and submit any required corresponding materials by April 19.

Applicants will be notified of whether they are accepted into the academy by early May. Historically, the number of applications received exceeds the number of spaces available. Camp attendees are selected by a lottery system.

Location: Poirier Sport and Leisure Complex (633 Poirier St, Coquitlam, BC)

Dates: July 15 - July 19, 2024

Applications are accepted until Friday, April 19th, 2024.

<https://bc-cb.rcmp-grc.gc.ca/ViewPage.action?siteNodId=314&languageId=1&contentId=83135>

A composite image featuring a group of young women on the left and a dog on the right. The women are dressed in tropical, colorful shirts and hats, some holding cameras, suggesting a vacation or travel theme. The dog is a small, light-colored breed, possibly a Shih Tzu, wearing a pink visor, large purple sunglasses, and a colorful floral shirt. It is also wearing a purple and red polka-dot hat with a purple face. The background is a mix of a blue sky and a white wall.

March 12th
Tacky Tourist
Tuesday

Musical Chairs For Grade 10 students
@ Lunch in the Grand Hall



Western Wednesday

March 13th

Gr.11s meet in the grand hall at
lunch for musical chairs



Must be wearing
cowboy attire to
participate



Throwback Thursday

Attention Heritage Students: March 14th is Throwback Thursday! Wear throwback-themed outfits (80s, 00s) for grade 12's to compete in a musical chairs game at lunch in the grand hall.



Spirit Week: Friday, March 15th

St. Patrick's Day

- WEAR GREEN!!!

STAFF musical chairs in the grand hall @ lunch
Teachers compete to win a prize for your block 4
or 5 class!

CLUBS



come to



HWSS EVENT COUNCIL & HOST CLUB

General Meeting

Date: March 13

Time: 12:15-12:45 (Lunch)

Location: Main Library



Mandatory meeting for all club members

Homework Help

BY SOAP CLUB

WHEN Tuesdays AND Wednesdays
 3:30 pm - 5:00 pm

WHERE HWSS Room 231 (Resource Room)

WHO Grade 9-12

CONTACT

@ HWSSOAP
HWSOAP TUTOR@GMAIL.COM

**DROP BY THE
RESOURCE ROOM
AND GET HELP IN
ANY SUBJECTS
FROM OUR TUTORS
FOR FREE!**




Student Peer Tutoring

SOAP CLUB

Wanting to improve your grades and acquire support for school? The SOAP club got you! We provide tutors for a variety of subjects AT NO COST (FREE!!!)

Email us at: hwssoaptutor@gmail.com OR DM us on Instagram at: [@hwssoap](https://www.instagram.com/hwssoap)



CAREER CENTER



Exciting Volunteer Opportunities with Athletix Spring Break Camp & Afterschool Program!

We are happy to announce the Athletix Spring Break Camp at Town Centre Park and our Afterschool Program at Pinetree Way Elementary School offering enriching sports and recreational activities for children.

Athletix Spring Break Camp Details:

Dates: March 25th to 29th

Time: 8:30 am to 4:00 pm, Monday through Friday

Location: Town Centre Park

Athletix Afterschool Program Details:

Season: April 8th to June 12th

Activities: Soccer and Basketball

Time: 2:45 pm to 4:30 pm

Location: Pinetree Way Elementary

Volunteer Opportunities:

Spring Break Camp Volunteer:

Full-Day Sessions: 8:30 am - 4:00 pm

Half-Day Sessions: 8:30 am - 12:30 pm or 12:00 pm - 4:00 pm As a camp volunteer, you'll assist in setting up the program area, supporting in sports games, leading art and craft activities, and ensuring a fun and safe environment for our participants. Whether you prefer engaging with the kids throughout the full day or during our half-day sessions, your contribution will be invaluable to the camp's success.

Afterschool Program Volunteer:

Schedule: April - June, 2:45 pm - 4:30 pm Our afterschool program focuses on soccer and basketball, aiming to develop skills, teamwork, and a love for sports among elementary school children. Volunteers will assist in organizing the activities, coaching, and mentoring the students to foster a positive and active after-school environment.

Why Volunteer with Us? Volunteering with Athletix is not just about supporting our programs; it's about creating lasting memories and impacts on the lives of young athletes. You'll have the chance to develop leadership skills, connect with like-minded individuals, and contribute to a nurturing and active community.

Interested? Your support is crucial for the success of our camp and afterschool program. We'd love to know which time slots during the Spring Break camp work best for you and if you're interested in contributing to our afterschool activities. Please respond at your earliest convenience with your availability and any questions you might have to Lara Thompson at info@sheplaysoccer.com

We are looking forward to possibly having you on our team and contributing to a fun, active Spring Break and a vibrant afterschool program for the kids at Town Centre Park. Let's make this season unforgettable for everyone involved!