



# Bell Schedule

Block 1	8:00 - 9:12
Block 2	9:16 – 10:28
FLEX	10:28 – 10:59
Block 3	11:03 – 12:15
LUNCH	12:15 – 12:55
Block 4	12:59 – 2:11
Block 5	2:15 – 3:27

### **P**wsativity Project

Are you looking for treats for your dogs?

The Heritage Pawsativity Project is a joint initiative between the Inclusion Support team and Leadership Classes. The project involves a yearlong fundraising campaign benefiting the Coquitlam Animal shelter through the sales of dog treats.

The dog treat ingredients are organic pumpkin, whole wheat flour, eggs and peanut butter.

The sale starts on Nov.28<sup>th</sup> at lunch outside classroom 134.

1 - 4 OZ bag \$3.00

2 - 4 OZ bags \$5.00

The Plateau Village IGA is kindly donating ingredients for the treats.



## SKI/SNOWBOARD TEAM

Meeting at lunch on Tuesday
November 29<sup>th</sup> in room 310. All
team members <u>MUST</u> attend.
See Mr Baldus for more info



### KODIAK CLOTHING/GEAR

We will notify the students when the KODIAK CLOTHING/GEAR arrives in the office.
The clothing should arrive the week of December 5, 2022.

# FLEXpectations

FLEX is instructional time, not a break!



- Attend one of the classes in your current schedule
- Library (limited space for QUIET work)
  - \* NOT a space for groups to hang out
- Grade 12s ONLY in the Grand Hall

No homework? Read, Study, Review



### UPCOMING GRAD EVENT

## WINTER FORMAL

### Info:

- Semi-Formal Dress Code
- 6:30-9:00pm(6:15 doors open)
- DJ
- Food
- Grade 12s only



Blue Silver

White

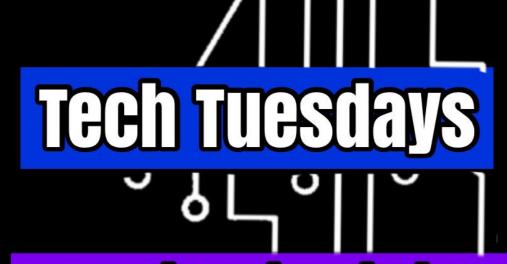


### Cost:

\$25 early bird (Nov 21-30) \$30 late rate

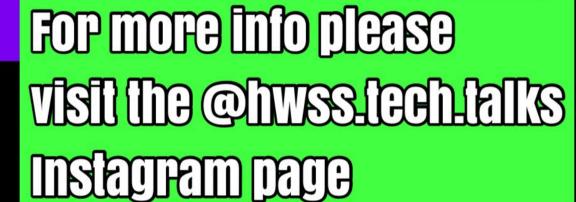
Payment through the office or school cash online

## December 13th



# Tips for good digital communication

- 1. Be clear in what you want to say— simplicity is key
- 2. Break up your text
- 3. Provide thorough responses
- 4. Use reflective responding





## Fragrance Free

Reminder to all that SD43 is Scent Aware, and as such the district is asking for cooperation towards a scent reduced environment.

All staff, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives.



Could the following students please come to the office to see Ms. Hall

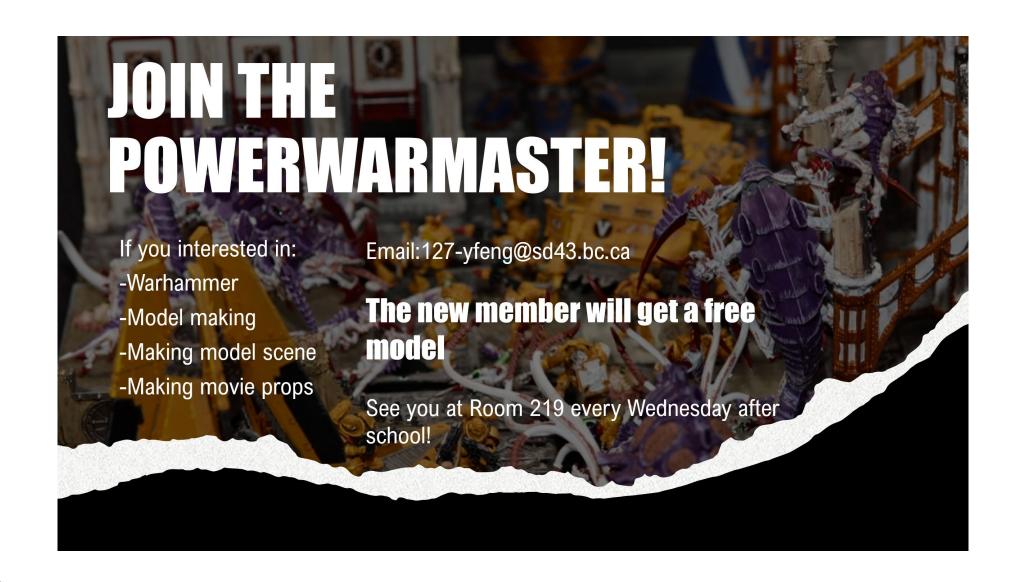
- Kai H.-Student Card
- Andrea A.-Student Card
- Eric-Euncheol L.-Student Card
- Shayan B.-Student Card

- Dylan E.-Student Card & Transcript
- Siena P.-Student Card
- Matthew B.-Student Card

Eagle Mountain Middle is looking for volunteer math tutors to work with Grade 8 students.

If interested, let Mr. Clerkson know.





# CLUBS



### **CHEER**

Meeting for anyone interested in joining CHEER on Tuesday, November 29, 2022, at FLEX in the MAT ROOM!!



HELPING HANDS SOCIETY

# TOY DRIVE

November 15-December 15th

- Toys will be donated to less fortunate children for Christmas
- Please bring toys In good condition
- There will be a box next to the theatre for the toys



### Kodiak Klassic White out!

Make sure to wear white for first ever Kodiak Klassic White out!

When? – December 1<sup>st</sup> @ 1:45 Where? – Heritage Woods Gym

Note\*\* Class schedules will be altered for the Kodiak Klassic.



# CAREER CENTER





# 2023 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 2023.

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. 2, 2022 Scan the QR code or go to 43 careers.com

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









### November Info Sessions For Students:

Nov 30 – U Alberta at lunch in library computer lab