



THURSDAY
September 24, 2026

Heritage Woods Secondary

“WE ARE KODIAKS”



Bell Schedule

Block 1	8:00 – 9:12
Block 2	9:16 – 10:28
FLEX	10:28 – 10:59
Block 3	11:01 – 12:13
LUNCH	12:13 – 12:53
Block 4	12:57 – 2:09
Block 5	2:13 – 3:25

CHECKING YOUR
SCHOOL EMAIL
EVERYDAY

Ensures YOU don't miss

IMPORTANT
INFORMATION!



My Weekly Planner Flex Booking System

Follow the link below (also found on HWSS) website

Log in with your student number and password

Enter numbers only for your student number

Your default password is your student number

Set new password on first log in

Instructions to book your flex space were emailed to you

<https://hwss.myweeklyplanner.net>

FLEX ATTENDANCE

Please remember to have a Flex plan for the week!

Use this QR code:



Or Log in : <https://hwss.myweeklyplanner.net>

FLEXpectations



- Attend one of your 4 classes
- The Grand Hall is for Grade 12's only
- The Library is a place for quiet work and is for Grade 11's & 12's only
- Flex is less than 30 minutes, and you are to remain in one class
 - Flex is instructional time = Cell phones stored



HWSS Policy re: Micromobility Vehicles

Students must dismount once on school grounds.

You are responsible for the security of your own vehicle.

Micromobility vehicles include:

- Bicycles
- Electric Bicycles
- Scooters
- Electric Scooters
- etc.

Respect others and the environment when riding.

Be safe!
Have fun



16+

In British Columbia, you must be 16 years or older to legally operate an e-scooter.

You also need to be in a community that allows e-scooters.



Check your municipality's rules before buying or riding.



How to ride safely



Always wear a properly fitted helmet

It's the best way to protect your head.



Stay alert and avoid distractions such as phones and headphones

Keep your full attention on the road and your surroundings.



Ride one person per scooter

Scooters are designed for one rider.



Use lights and reflective gear

It helps others see you.



Slow down, especially on uneven or wet surfaces

Go slower to stay in control and avoid falls.



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 ALL fragranced products, and to replace them with unscented alternatives.

STUDENT PARKING PASSES

Reminder to students who are driving to school and parking in the school parking lots.

Please come to the HWSS main office to register your vehicle and receive a PARKING PASS to be displayed in vehicle; should be hung from rear view mirror.

*Please remember when parking in the back lot, park from the electric charger back to the caretaker's house.



Thank you for your cooperation!



Please be respectful
and refrain from
parking in the
handicap spots
located at the back
of the school.
Unauthorized
vehicles may be
towed at the owner's
expense.





Oct 2

TERRY FOX RUN

FRIDAY, OCTOBER 2

AFTER PERIOD 3 / BEFORE LUNCH



THIS YEAR OUR GOAL IS... \$3000

Help raise money for Cancer Research!





Coupon Book Music Fundraiser!

\$40 for over \$7500 coupon money!

Funds raised help support the
HWSS music department

How to Order Coupon Books

1. Purchase on SchoolCashOnline
2. Books can be collected at the
HWSS Office



Please take pride in our
school and keep it
clean!



CLC 12 FLEX MEETINGS

- Mr. Aitken – Wed. Sept. 23rd – Room 240
- Ms. Jarvis – Wed. Sept. 23rd – Theatre
- Mr. Jong- Wed. Sept. 23rd – Room 206
- Ms. Kong – Wed. Sept. 23rd- Room 307
- Mr. Luong – Thurs. Sept. 24th – Room 109
- Ms. Lee – Wed. Sept. 23rd – Room 244
- Ms. Paisley – Wed. Sept. 23rd Room 232
- Ms. Perkins- Tues. Sept. 22nd- Room 316
- Kathy Ross – Wed. Sept. 23rd- Room 238
- Jason Ross- Thurs. Sept. 24th- Room 211
- Ms. Saloustros – Thurs. Sept. 24th- Theatre
- Mr. Smith – Wed. Sept. 23rd– Room 213
- Ms. Wiebe –Wed. Sept.23rd -Room 305
- Ms. Wilson- Thurs. Sept. 24th- Room 315

*** If you can not make your CLC meeting please email your teacher.**

GALAPAGOS & ECUADOR

**SPRING BREAK
MARCH 14-27 2027**

There is still space in this
once-in-a-lifetime trip!

**Lunch Meeting Thurs Sept 24
Room 300. See you there!**



↖ More Info

Questions? Please see Ms. Kim in room 303 (ekim@sd43.bc.ca)

Europe 2027

**11-day Tour of Switzerland,
Italy, France and Spain**



Spring Break: March 15-25, 2027

**Lucerne, Lake Como, Cinque Terre, Cote d'Azur,
Monaco, Eze, Provence, Barcelona**

Spots still available!
Come to Room 209 for more info

Ms Pavan, Ms Vickerson, Ms Nezil, Mr Aitken

BUY YOUR YEARBOOK

- Available on School Cash Online
 - We sold out last year, so don't miss out!
- No extra copies will be ordered
 - You must have all school fees paid in order to pick up your book

ONLY \$60



STARBUCKS CUPS DO NOT GO INTO THE REFUNDABLE BIN

To keep a clean environment
please clean the cups and put
them into the recycling bin



KODIAK ATHLETICS



Wrestling team

Pre-season practices

Begins Monday Oct 5, 2026, in the mat room at 3:45 pm

All new and returning wrestlers are welcome!

Bring running shoes and wrestling shoes to the practices

If you have any questions, feel free to contact

Mr. Naidu in his office



SENIOR BOYS BASKETBALL TRYOUT

OCTOBER 5TH

4:30 - 5:45 PM
AT EAGLE MOUNTAIN
MIDDLE SCHOOL

OCTOBER 6TH

6:45 - 7:45 AM
AT HWSS BEFORE SCHOOL

OCTOBER 7TH

6:45 - 7:45 AM
AT HWSS BEFORE SCHOOL

Senior Boys Soccer



**Meeting today at
Lunch in the Mat Room**

MUSIC



Singing/Karaoke Club

Do you like singing?

Do you like performing?

This could be the club for you!

First Meeting, Thurs. Oct. 24
in Grand Hall
in front of theatre

Check out TEAMS for those that
have signed up.



CLUBS



Trivia CLUB

Trivia helps with?

- a) Boosting memory retention
- b) Social connection
- c) Critical thinking
- d) Knowledge growth
- e) All of the above

Answer: e) All of the above

Science, History, Geography, Music, Film, Math, Gaming



Our Emails:
127-Mli
127-Dmitten



hwss.trivia.club

SCIENCE CLUB

LAB EXPLORERS

MONTHLY MEETING IN ROOM 308



TEAMS CODE

343GUT8

**COME AND JOIN US
FOR HANDS-ON
EXPERIMENTS AND
EXCITING
DISCOVERIES!!!**

Join us for fun experiments

**FEEL FREE TO EMAIL 127-KLEE5@SD43.BC.CA
IF YOU HAVE ANY QUESTIONS**

Quilting Club

NEW MEMBERS WELCOME!

No experience required!

Make great quilts for local charities & **earn volunteer hours.**

**Thursday, Sept 24 @ Lunch,
Rm 202**



Join Model United Nations!



- Overnight conferences
- Meet friends and network
- No experience needed
- Develop speaking skills
- Great for university applications
- Find us on Clubs Day!

diplomacy is not a spectator sport

First Meeting: Tuesday Sept 29 at lunch - Room 235 - BE THERE!

Art Club

Design your portfolio!

Learn New Art Skills!

Opportunities!

Build Leadership

Beginners are welcomed!

Make life-long friendships

Come see us at CLUBS DAY!

♥ Team Code

x3qa7zg

♀ Questions?

127-ndeng@sd43.bc.ca

127-sshi@sd43.bc.ca

"Art comes from the Heart" - Mr. Ting



Interested in any sort of
literature? Join the book club!

New members are welcome

Teams code

amk9qg9

Questions?

Email 127-schui@sd43.bc.ca

Sep 30

MAKE A POSITIVE IMPACT ON THE ENVIRONMENT!

Join HWSS Environmental Club



- ✓ Volunteer hours
- ✓ Improve environment in school & community
- ✓ Fun events!

Teams



Any questions,
email 127-rlin@sd43.bc.ca

First Meeting

Tuesday, Sept 29
Lunch
@Room 311

Fundraising Club

*Lets spread warmth beyond our candles.
Every fundraiser helps support causes that matter to
our community.*

First Meeting

Wednesday

OCT

07

@ ROOM

231

(It can be changed)

@ LUNCH

What to Expect:

- 🎁 Fun activities and creative fundraising ideas
- 🕯️ Planning events to support meaningful causes



Insta:
@fundraiseclub.hwss

✉️ Email:

127-clee@sd43.bc.ca
127-cleung@sd43.bc.ca

WOODWORKING CLUB

Interested in developing your woodworking skills further and creating awesome passion projects / working on projects that go towards the school? Join Woodworking Club!!

WOODWORKING CLUB MEETING
TODAY @ LUNCH IN ROOM 219!

COMMUNITY





Youth Drop-in Gym Girls Only

A dedicated drop-in gym time for girls. Come get active, play sports, connect with friends, and enjoy some gym time in a welcoming and supportive environment.

Thursdays, 6-7:45pm
Sep 24-Dec 17

Grades
6-12

\$2.35 drop-in fee collected at the front desk at check-in.
Go-card required for proof of grade.

CAREER CENTER



Fall Into Creativity

This fall, dive into the world of art and design through unique courses and programs and take advantage of opportunities to connect with artists and other young creatives.

Coming Up:

- Register now for [Teen Art Group \(TAG\)](#) for ages 15–18. Starting October 15.
- Learn more about [Youth Art + Culture Lab \(YACL\)](#) for ages 12–14. Starting November 1.
- View [Fall Youth Courses](#). Explore painting, illustration, portfolio development and more.

Please see HWSS Career Centre Teams Page for more information



SIMON FRASER
UNIVERSITY

FACULTY OF ENVIRONMENT

**SFU: Faculty of Environment
Info-Table: September 24th, at Lunch
In the *Grand Hall***

MINI MED SCHOOL 2026



INSIDE THE HUMAN BODY



MINI MED SCHOOL 2026

REGISTER FORM OPENS: Monday, Sept. 28 at 9am to Sunday, Oct. 2nd, 12pm.



Visit with up to 50 Universities from across Canada in one place!!!!

Upcoming Events

CUE is hosting two public events this fall and you're invited! Register for an account, then RSVP to an event to chat with university representatives on either:

- **Hilton Metrotown - Burnaby / Monday, October 5th / 6:00PM - 8:00PM**
- **Westfield Country Club - Surrey / Wednesday, October 7th / 6:00PM - 8:00PM**