



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



Please pick up your Student Cards ASAP:

Nico Z.

Please pick up your Kodiak Kash (for your recent good deed!):

Shaya F.

Oli M.

Talia S.

ALL GRADE 11 STUDENTS

CLC11 MEETING TIMES

BALDUS- Tuesday, May 14th, Flex, in room 315

CAMPBELL- Wednesday, May 15th, Flex in room 215

DURAND-Thursday, May 9th, Flex in room 201

GAY- Wednesday, May 15th, Flex room 103(choir/guitar)

JARVIS/SALOUSTROS Wednesday, May 15th , Flex in the Theatre

LEE- Tuesday, May 21st, Flex in room 244

PAISLEY- Wednesday, May 15th, Flex in room 23

ROSS-Wednesday, May 15st, Flex in room 238

TING- Wednesday, May 15th, Flex in room 214

WOOD- Tuesday, May 14th, Flex in room 202 (textiles)

**Please email your toachers if you have any conflicts of questions

Grad Dinner Dance: Music Request



Grade 12 Grads Use the following link or QR to submit your request(s) for music for

Saturday's Dinner Dance – Deadline to Respond is May 22nd, 2024

https://forms.office.com/r/ZzZueGKQLh

HERITAGE WOODS SECONDARY PRESENTS:

THE GARBAGE FASHION SHOW

2024
Entrance Fee: \$5.00
May 11th at 6:00pm
May 12th Avenue
1300 David Avenue







CLUBS



BRACELET CONTEST

• CREATE 1 SUMMER THEMED FRIENDSHIP BRACELET

• 1ST: \$25 GIFT CARD

• 2ND: \$15 GIFT CARD

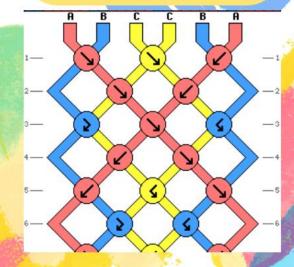


- Winner voted by club members/participants
- Everyone is welcomed!
- Supplies provided (@216B, every WED, Lunch)
- beads, charms, creative finishes for extra points!

DUE: MAY 29
@ROOM 216B
LUNCH



min # of string possible



127-Ichoi@sd43.bc.ca

HWSS HELPING HANDS

EXECUTIVE APPLICATIONS!

APPLY NOW!



Who are we?

We are a non-profit organization that focuses on fundraisers, visiting senior homes, and making care packages:)



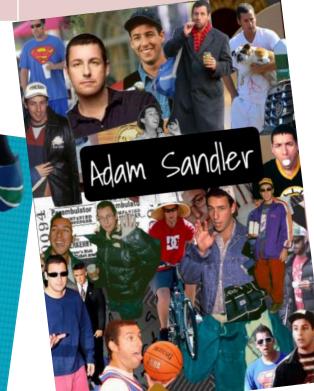
Spirit Days of May!

May 6	May 7	May 8	May 9	May 10
Monochrome	Twin Day	Beach Day	Jersey Day	Adam Sandler Day
Monday	Tuesday	Wednesday	Thursday	Friday









May 10, 2024



Adam Sandler Day!!

FRIDAY, MAY 10TH
OPEN GYM BBALL @
LUNCH IN THE GYM!!





HWSS SOAP NEWS

Thursday, 03 May 2024

HWSS SOAP 2-Limit Tutor Opportunity Changed

The 2-limit tutoring opportunity policy to 3-limit tutoring opportunities!!

[No Title]

From now on, all tutors will be allowed to take on up to 3 (voluntary) requests! Some tutors may be asked by an executive member directly to help take on unclaimed requests, these requests do no count into their 3 tutoring request.

If you have any questions, ask on Teams, or email us at hwsoaptutor@gmail.com

HWSS SOAP NEWS

Thursday, 03 May 2024

HWSS SOAP HOMEWORK HELP Dates Changed

Homework Help sessions will ONLY RUN ON TUESDAYS from 3:30pm-5pm, starting next week (Tuesday, May 7, 2024)!!!

This is also a reminder to sign up to tutor at Homework Help. It is a great way for you SOAP club tutors to obtain volunteer hours and support your peers in an academic aspect!

If you have any questions, ask on Teams, or email us at hwsoaptutor@gmail.com

KODIAK ATHLETICS



Kodiaks Athletics Banquet 2024

- The Athletics Banquet is Thursday, June 13th at HWSS!
- TIME: TBA (after 5pm)
- Join us for a fun night of Dinner, Athletic Awards, Photo Booth and Games
- Dress to impress! Theme: Over the Hollywood Hills at Heritage
- Please pay your ticket/ Banquet Fee on SchoolCash Online by Wednesday May 29th.
- Ticket Distribution will take place Thursday May 30th and 31st in the Grand Hall
- If you are wanting to gain volunteer hours, please see Ms. Rampuri in the PE office.

<u>Athletic Fee's</u>

- Please pay your Athletic Fee's if they are outstanding on SchoolCash Online!
- Students who have not paid their Athletic Fee will not be able to attend the Athletics Banquet on June 13.

2024 Badminton Senior FRASER NORTH Success!

Girls Doubles – 2nd Mixed Doubles – 5th





Great Job to Michelle and Harrison in their mixed doubles!

And an amazing job to Michelle and Hannah for their 2nd place finish while being super star team leaders for the entire season!

CAREER





ADULTING 101: PERSONAL FINANCE FOR STUDENTS PREPARING FOR COLLEGE & UNIVERSITY

A Zoom-based financial literacy workshop for grade 9 to 12 students from UVIC's Gustavson School of Business

<u>Surveys</u> routinely show Canadians <u>struggle</u> with their finances—over half <u>are within \$200</u> of not being able to cover their bills and debt payments.

High school and university students particularly face struggles. <u>Rising student debt</u>, increasing housing costs, and surging inflation are barriers to success. *Generation Z* not only faces the burdens of climate change, the pandemic, and global uncertainty—but costs alone are a barrier to progress in careers and life.

So, how can students prepare for the costs of "adulting" and identify opportunities while at university?

The Gustavson School of Business at UVic invites students to join a free financial literacy workshop. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you a taste of Gustavson and finance through a fun and engaging session.

This workshop is a good fit if one or more of these apply to you:

- . You are in grade 9 to 12, and/or are an international student hoping to study in Canada.
- You want to take responsibility for your financial life, starting with mobile banking and day-to-day spending, and are curious about where to start.
- You have questions about your credit score and how it is used to evaluate you for: mobile phone, credit card, apartment rental, summer job, car loan, and much more.
- You want to build up savings and start investing in stocks, bonds, ETFs...
- · You are interested in what a university class might be like

The workshop will be delivered on Zoom, and there are two dates to choose from:

Monday, May 27th or Tuesday May 28th

CLICK HERE TO REGISTER FOR THE SESSION

Contact Recruitment Manager, Daniel Nair, at bizrecruit@uvic.ca for more information







TRI-CITIES MENTORSHIP PROJECT – ALUMNI PANEL SERIES



Are you curious about what different degrees/programs have to offer? Want to learn more about how to get into a particular field? Join us for a VIRTUAL panel series where SD43 alumni will discuss their high school & post-secondary journeys

and answer your questions!

Medical School: Thu, May 16 (7-8 PM)

Bachelor of Arts: Thu, May 23 (7-8 PM)

Business: Thu, May 30 (7-8 PM)

RSVP here: <u>bit.ly/tricitiesalumnipanels</u>

Medical Students Panel

Thursday, May 16 @ 7-8 PM

SD43 alumni from different undergraduate programs discuss their journey into UBC medical school!



- Pinetree '19
- UBC BSc (Major in Integrated Science: Physiopharmacology and Public Health)
- . Currently: entering UBC Med Year 3



- Gleneagle '20
- McMaster BHSc (Health Sciences) '23
- . Currently: entering UBC Med Year 2



- . Dr Charles Best '18
- McGill BSc '22 (Honours Neuroscience (Computational), Minor in Computer Science)
- . Currently: entering UBC Med Year 2

RSVP here!



bit.ly/tricitiesalumnipanels





Thursday, May 30 @ 7-8 PM

SD43 alumni from different business programs discuss their experiences and how it's shaped their career path!



- Dr Charles Best '18
- UBC Sauder BCom '23 (Operations and Logistics, Business Analytics concentration)
- . Currently: Buyer @ PCL



- · Pinetree '17
- Western Ivey HBA '22, Western BASc '22 (Major in Mechatronics Engineering)
- Currently: Strategic Sourcing Engineer @ Microsoft



 Check back later to learn more about our third panelist!

RSVP here!



bit.ly/tricitiesalumnipanels



Business Panel

Thursday, May 30 @ 7-8 PM

SD43 alumni from different business programs discuss their experiences and how it's shaped their career path!



- Dr Charles Best '18
- UBC Sauder BCom '23 (Operations and Logistics, Business Analytics concentration)
- . Currently: Buyer@ PCL
- Pinetree '17
- Selina
- Western Ivey HBA '22, Western BASc '22 (Major in Mechatronics Engineering)
- Currently: Strategic Sourcing Engineer @ Microsoft



 Check back later to learn more about our third panelist!

RSVP here!



bit.ly/tricitiesalumnipanels



SD43 Trades Hiring Fair



Looking for a job?



- Wednesday
 June 5th
- (5-7pm
- Centennial Sec. (foyer & gym) 570 Poirier St. Coquitlam

Bring your resume

Meet employers from a variety of skilled trades such as:
carpentry * plumbing * electrical * mechanics * sheet
metal * welding * landscaping * ironworking

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