

HANEY HAPPENINGS

Friday, January 29, 2021

February 1

- Last day of Quarter 2

February 2

- Flex Learning Day
- TA at 2pm via TEAMS

February 3

- Health & Safety Orientation Day – Q3

February 4

- First Day of Quarter 3



“Just shoot! You’re thinking about it too much!!!”

TA will be scheduled for Tuesday, Feb. 2 @2pm for a set TA check in for Quarter 3. This TA will be via TEAMS.

Last Chance...

THSS Clothing and THSS Grad Hoodies are on sale. This will be the last order this school year. Do not miss out. All orders must be made and paid for through the Parent Portal. Friday, February 12, 2021 is the last day to place your order.



You're Invited to a Fishing Open House! Friday January 29th Block 4 (2pm -3pm) in the Science Great Hall. Come by to check out all our cool gear, ask questions and try tying some flies. Our 30 eyed eggs have now arrived and we will be releasing them into Kanaka Creek in April. All are welcome! For more information, message Danielle Gray on Teams or via email Danielle_Gray@sd42.ca Fun Fact: Fish are so smart, they swim in schools.

If you requested Ready Player Two, please pop down and ask a teacher-librarian for it. It has arrived but the piece of paper with your name on it mysteriously disappeared.



The prequel to The Hate U Give has arrived! This is the story of Maverick as a teenager in the 1990s. As well, if you liked One of Us is Lying, the author's newest mystery, The Cousins, is here! Come down to the library, message Mrs. Fulgueras on Teams, or visit to thsslibrary.com to place a hold on these and many other books.



Grads, we need your height so that we can order you a custom grad gown. Make sure you take 2 minutes to see Mr. Clutchey in room 1121 (at the back of Math Great Hall) to be measured. **He is only available to do this on Tuesdays, Wednesdays and Thursdays from 12:30 – 2:30 pm.** Masks and social distancing required. **The final deadline for this is Thursday, February 11.** If you have any questions, email Drew.Clutchey@sd42.ca



The Fabulous Wellness Club's mission is to help support the overall health and well-being of the THSS community. Each week, we post a workout for those who would like to get moving, as well as resources for mindfulness to help keep us grounded. If you're interested, contact Ms. Jennings (now Mrs. Oldham) or Ms. Dimmock.

carrolyn_oldham@sd42.ca
sim_dimmock@sd42.ca

ZUMBA: This is a great option for working out and getting moving in a fun and upbeat way. There is an awesome Zumba studio here in town that would be great to do a few drop-in classes at, once restrictions lift. Until then, there are numerous Zumba videos online that offer routines you can do in your own home.

ZUMBA fitness cardio workout full video:

<https://www.youtube.com/watch?v=GV2qtlOrMgs>

Nature Rx: "In our busy and crowded world, it's easy to forget the value of getting outdoors. Rather than further diagnosing the problem, **how people become materially more wealthy, but personally less happy**, Nature Rx wants to offer simple and easy solutions, to meet people where they are today with the right balance of humor and good sense. Nature Rx suggests just **giving it a try: spend more time in nature today, a little bit more when you can, and see what happens**. Sure, the weather may not always be perfect, but get out there anyways. There is literally so much to discover about yourself and the world around you when you step outdoors and into nature. Just remember to leave it better than you found it. Always pick up after yourself and try to avoid disturbing plants and animals that are better off wild."

Part 1: <https://youtu.be/Bf5TqVRGND4>

Part 2: <https://youtu.be/TQ8H4EK2vt4>

Part 3: https://youtu.be/Bsh_8qxUfDY



Attention Grade 12 students: We have added fillable application forms to the THSS Career Centre website. Please go to the **Scholarship Info and News** tab and then go to **SD 42 District Scholarships** drop down to find these forms.

A reminder to Grade 12 students that the deadline to apply to SFU and UVIC is January 31st!

Attention Grade 11 students: **TRADES APPLICATIONS** are now open! The Career Centre at THSS can help you apply for a variety of programs for your Grade 12 year. We are open Mondays, Wednesdays, and every other Friday. If you have a completed application, bring it in ASAP as programs fill up fast. Not sure if you want to do a trade? Check out the **Apprenticeship.Sd42.ca** website to learn what is available.

The Alouette River Management Society is looking for volunteers to assist with our spring break eco-camps, from 9am -2:30pm, for kids who love being outdoors in nature. Interested in volunteering for 1 week or more? Contact Sophie by email sophie@alouetteriver.org or see the bulletin board outside the career centre for more information



Aboriginal Education

Metis Beading Legacy Project, you can join anytime!

12:45-2:45 in the Textiles room on the following dates:

Monday February 8

Monday March 1, 8, 29

Monday April 12, 19

Aboriginal Ed Leadership Lunch: Friday February 5th 1:00pm in the Rotunda (we will be following covid rules with sign-up sheet and sitting 6 feet apart). We will be meeting for lunch and to brainstorm for upcoming activities. New students welcome! Registration mandatory- please rsvp to: natalie_robertson@sd42.ca



Lunch Menu

Friday: Thai Curry Prawn Bowl with Basmati Rice

Charcuterie is available every Friday!

