

# HANEY HAPPENINGS

## Wednesday, February 3, 2021

### February 3

- Health & Safety Orientation Day – Q3

### February 4

- First Day of Quarter 3

### February 9





- Report Cards released in MyClass

### February 11

- Grad Gown Sizing Due



“Runners to your mark. Get set. Go! ... OK, come get your T-shirts.”

	<p>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.</p>
	<p>Book club members: Please check in with our Teams page and join the discussion about which books we will read next! If you are interested in joining our student book club, please contact Mrs. Fulgueras to be added to the group.</p> <p>February is Black History Month. Come down to the library to check out a book from our Black History Month collection!</p>
	<p>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. <b>He is only available to do this on Tuesdays, Wednesdays and Thursdays from 12:30 – 2:30 pm.</b> Masks and social distancing required. <b>The final deadline for this is Thursday, February 11.</b> If you have any questions, email <a href="mailto:Drew_Clutchey@sd42.ca">Drew_Clutchey@sd42.ca</a></p>
	<p>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. <a href="mailto:carrolyn_oldham@sd42.ca">carrolyn_oldham@sd42.ca</a> <a href="mailto:sim_dimmock@sd42.ca">sim_dimmock@sd42.ca</a> <b>ZUMBA:</b> 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. <b>ZUMBA fitness cardio workout full video:</b> <a href="https://www.youtube.com/watch?v=GV2qtlOrMgs">https://www.youtube.com/watch?v=GV2qtlOrMgs</a></p>

**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/Bf5TgVRGND4>

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

Part 3: [https://youtu.be/Bsh\\_8qxUfDY](https://youtu.be/Bsh_8qxUfDY)



**School District 42 is hosting virtual Trades / Apprenticeship** information sessions starting the week of February 8, 2021. All interested students and parents are encouraged to attend one or all the sessions. **Please use the following link to register for the orientation sessions.** <https://apprenticeship.sd42.ca/2021-2022-virtual-trades-information-session>

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](mailto: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](mailto:natalie_robertson@sd42.ca)



*Teaching Kitchen Closed*