



HANEY HAPPENINGS



Monday, February 8, 2021

February 9

- Report Cards released in MyClass

February 11

- Grad Gown Sizing Due





February 15

- Family Day

February 16

- Non-Instructional Day (School Based)



	<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. 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</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. carolyn_oldham@sd42.ca sim_dimmock@sd42.ca</p> <p>Pilates: A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. It is designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Lottie Murphy has a great YouTube channel with numerous Pilates' videos. She has a variety of playlists: Pilates for Beginners, Full Body Pilates, 24 days of Pilates, Pilates for the upper body, calming Pilates, Pilates for posture, Pilates for glutes and legs, etc.</p> <p>Everyday Pilates Fundamentals For A Healthy Body: https://www.youtube.com/watch?v=Sw6sy8NZCSY</p> <p>Sleep: Get 8 hours of sleep but still tired? We all need to rest our bodies, but sometimes we forget to think about the quality of sleep we're getting each night. Without good quality sleep, our mood, behavior, thinking, academic</p>

performance, athletic performance, and interactions with others can be affected negatively. Check out this great resource that offers easy useful tips on how we can improve our sleep hygiene:

<https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Teen-Handout.pdf>

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>

Tuesday February 9

6:00pm - Residential Carpentry

7:00pm - Automotive Service Technician

Wednesday February 10

6:00 pm - Professional Cook 1 (Culinary Arts)

7:00 pm - Metal Fabrication

Thursday February 11

6:00 pm - Plumbing / Pipe Fitting

7:00 pm - Construction Electrician

Wednesday February 17

6:00pm - Masonry / Brick Laying

7:00 pm - Landscape Horticulture

Thursday February 18

6:00pm – Hairstylist



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



Aboriginal
Education

♡ Lunch Menu

Monday: Thunder Breakfast Wraps with Potato Pancakes

Tuesday: Grilled Chicken Burger with Caesar Salad

Wednesday: Bento Box, miso soup, salad, sushi, wings, spring rolls

Thursday: Bruchetta Bowl with Italian Sausage

Friday: Pulled Pork Sandwich with Wedge Fries

Please email Chef Karen regarding charcuterie Fridays!

There will be extra love put into Valentine's charcuterie boards (Feb. 12)



