



HANEY HAPPENINGS



Thursday, February 11, 2021

February 11

- Last day for grad gown sizing

February 12

- Last day to order THSS clothing and grad hoodies on the Portal





February 15

- Family Day (school closed)

February 16

- Non-Instructional Day (no classes)



	<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>If you have books from the second quarter that you are no longer using, please return them to the library as soon as possible. If you have an overdue book and would like to keep it longer, contact Mrs. Fulgueras on Teams to have it renewed. There is no rush to get it back if you're still reading or if you're using it for a project! February is Black History Month! Come by the library or check out thsslibrary.com to find some amazing books by Black authors. Blind Date With a Book has arrived! Come by the library to choose a mystery book. Submit a review and you'll be entered to win a prize!</p>
	<p>Attention grade 12 students: if you're interested in applying for a District Authority scholarship (Dogwood scholarship), see Mrs. Sekhon in the career centre by Monday, February 22 to find out more about the application process. Grads, take 2 minutes to see Mr. Clutchey in room 1121 to be measured on either Tuesday, Wednesday or Thursday from 12:30 – 2:30 pm. Masks and social distancing required. Be sure to get measured by this 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. carrolyn_oldham@sd42.ca sim_dimmock@sd42.ca</p> <p>The Body Project: This is a great free website (www.teambodyproject.com) and YouTube channel if you are looking for low impact workouts that are sustainable and realistic workouts for "every BODY". Their website states "we are not fitness models and we don't exercise for 2 or 3 hours a day; we don't have the time. Our workouts are real workouts for real people and taking part in the body project will help you develop a relationship with movement that changes the way you think and feel about exercising".</p>

30 minute home workout for beginners. Achievable, low impact results:

https://www.youtube.com/watch?v=qC_L9qAHVJ8

Soundtrack: “It has been generally accepted that both listening to and creating music can have various positive effects on mood and mental health.” Music tends to guide us in times when we need to be uplifted, or simply need a companion during dark or intense times. Check out this resource about the benefits of music, and try to come up with a playlist for your long weekend!

<https://au.reachout.com/articles/how-to-use-music-for-mental-health>

Attention grade 12 students: Any students interested in applying for District Authority scholarships (Dogwood). Please see Mrs. Sekhon in the career centre by Monday February 22 to find out more about the application process.

The ACT Arts Council offers \$1500 scholarships to grade 12 students in visual/media arts, theatre, music, literary arts or dance. **Students do not need to be continuing in the arts discipline they audition/interview in. Deadline for applications is April 1, 2021. Scholarships and Awards — The ACT Arts Centre (theactmapleridge.org)** Please contact Lori Ceaser: 604-476-2792 or loric@mract.org or see Mrs. Sekhon in the career centre.

Attention Grade 11 and 12 students: BCIT would like to offer a Virtual Zoom Info session for our senior students. Please come to the career centre if you are interested in attending this event.

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>

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



Aboriginal
Education

THSS Ab Ed Leadership Conference March 1st

All day- Rotunda

- Katie First Nation guest speaker Len Pierre via zoom
- Indigenous artist Jeska Slater providing cultural activities
- snacks and lunch included
- counts as volunteer hours
- all Ab Ed students are welcome

-sign up in 1109 or email natalie_robertson@sd42.ca



♡ Lunch Menu

Thursday: Bruschetta 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)

