

HANEY HAPPENINGS

Monday, February 22, 2021

February 24

- Pink Shirt Day





March 15

- Spring Break

March 29

- School Reopens after Spring Break



	<p>Student Transfer Phase 1 is now open and will remain open until March 8, 2021. Students applying in Transfer Phase 1 must phone 604-463-2001, ext 57661 or email joanne_chessa@sd42.ca, to request a transfer form. Be sure to complete all required information (including obtaining a parent/guardian signature) and return it by email to joanne_chessa@sd42.ca. For phase 1, requests must be submitted by March 8, 2021. The best chance to transfer schools is during Transfer Phase 1. Successful Transfer Phase 1 applicants will be contacted by March 12, 2021.</p>
	<p>February is Black History Month! Come by the library or check out thsslibrary.com to find some amazing books by Black authors.</p> <p>Blind Date With a Book is still happening! Come by the library to choose a mystery book. Submit a review and you'll be entered to win a prize!</p> <p>Book club: This round of book club, we are dividing into two groups. One book club has chosen to read Little Women and the other group picked They Both Die at The End. We have a couple of extra copies of each so, if you'd like to sign up, please see or message Mrs. Fulgueras.</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.</p> <p>carrolyn_oldham@sd42.ca sim_dimmock@sd42.ca https://au.reachout.com/articles/how-to-use-music-for-mental-health</p> <p>Stretching: Stretching is of course important to include into your daily fitness and exercise routine, but it is also beneficial all on its own. Stretching keeps your muscles flexible, strong and healthy and we need that flexibility to maintain a range of motion in our joints.</p>

Stretching can improve posture, range of motion, decrease back pain, prevent injury and decrease muscle soreness. There are numerous stretching and flexibility videos online, so find the one that works best for you and try to get some stretching incorporated into your daily or at least weekly routine.

15 Minute Beginner Flexibility Routine! (FOLLOW ALONG):
https://www.youtube.com/watch?v=L_xrDATyKMI

Anxiety: We all feel anxious at times but might not be able to understand and manage the feelings. This video is a great resource that not only helps us to understand feelings of anxiety, but also positive ways in which we can respond to them.
[The Science of Anxiety](#)

Attention Grade 12 students: The following post-secondary schools have an **application** deadline of Mar 1: KPU, UNBC, and TRU. UFV and CapU's **scholarship** deadline is also Mar 1.

Stacey Levitt Award: Apply from now to February 28, 2021 to be considered for this annual award that provides a \$2,500 bursary to the winning entry. <https://parachute.ca/en/program/stacey-levitt-award/>

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 \(theactmapleridge.org\)](http://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.



Aboriginal Education

THSS Ab Ed Leadership Conference March 1st

*** 8:30-12:30- 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

Monday: BLT sandwich with wedge fries

Tuesday: Thai Pork Curry Rice Bowl

Wednesday: Chicken Enchiladas with Mixed Green Salad

Thursday: Shrimp/Chorizo Paella Bowl

Friday: Croque Madame (Fried Egg Sandwich with Ham and Cheese)



Thunder to Go Meal is February 24th! Order and payment due Feb. 22!
Ramen Asian Noodle Soup with Pork and Assorted Veggies and Garnishes (vegetarian option available)
Dessert – Chef Smith's famous "Cronuts" with coconut cream (part doughnut, part croissant and all delicious 😊)

Charcuterie Fridays! Order your board Thursday for pick up Friday!

