

HANEY HAPPENINGS

Friday, February 26, 2021

March 15

- Spring Break

March 29

- School Reopens after Spring Break



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.



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 is still happening! Come by the library to choose a mystery book. Submit a review and you'll be entered to win a prize!

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.



Calisthenics: These are workouts that include exercises that use your body weight, along with gravity, as resistance in strength exercises, rather than free weights or machines. Calisthenics exercises range from very simple (like squats) to more difficult (like muscle ups). There are tons of calisthenics workouts online and on YouTube, but we have listed a beginner one below for you to try and see if it is a type of exercise you enjoy.

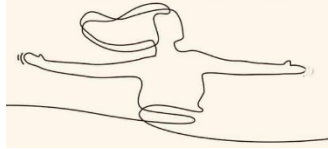
Beginner Full Body Calisthenics Workout – No Equipment:

<https://www.youtube.com/watch?v=sun3DOU99gg>

Simple Movements: Sometimes the simplest action can help reset us when we're feeling uneasy. Here are some movements that have benefits for overall health. Give them a try, and you might find yourself working them into your daily mindfulness routine:

The next time you're **worried and stressed out - swing your arms.**

When we're **worried** or **anxious**, we'll **cross our arms, slouch or curl up in a ball**. It's a natural reaction that a lot of animals have - **because it's protective**. But by **forcing yourself to adopt carefree body language**, your brain gets the message that there's **nothing to fear**.



DID YOU KNOW?

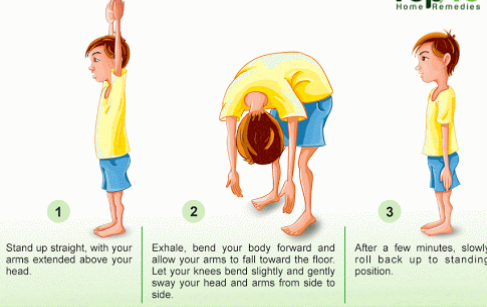
PUTTING YOUR LEGS UP THE WALL FOR A FEW MINUTES PER DAY...



THIS IS A POWERFUL AND RESTORATIVE POSE THAT HELPS WITH SENDING BLOOD FLOW TO YOUR CORE, EASES STRESS, HELPS YOU SLEEP, CALMS YOUR NERVES, RELIEVES SWOLLEN ANKLES, RELIEVES VARICOSE VEINS, RELIEVES HEADACHES, AND IMPROVES DIGESTION

Rag Doll Pose (Uttanasana)

Top 10
Home Remedies



Attention grade 12 students: SD 42 scholarship book is added to the career centre website. Thssccareer.sd42.ca. Any students planning to apply for these scholarships need to bring the application packages to the career centre by **March 08**.

For District Authority (Dogwood) scholarship you will complete online application by **April 02**. You may get more information from Mrs. Sekhon in the career centre or through an email: Inderjit_sekhon@sd42.ca



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.



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

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