

HANEY HAPPENINGS

Wednesday, March 3, 2021




March 15

- Spring Break

March 29

- School Reopens after Spring Break



	<p>Attention all tennis players! Mr. Faa and Mr. Green will be running a tennis club this year which will be starting up after Spring Break. No experience is necessary. For anyone interested there will be a meeting at lunch in Room 1118 on Tue. Mar. 9th. Hope to see you then!</p> <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>
	



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.

Rag Doll Pose (Uttanasana)

Top 10 Home Remedies

1. Stand up straight, with your arms extended above your head.

2. Exhale, bend your body forward and allow your arms to fall toward the floor. Let your knees bend slightly and gently sway your head and arms from side to side.

3. After a few minutes, slowly roll back up to standing position.

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

REMINDER!! It the District Scholarship packages (Categories A, B, D, and E) are due into the Career Centre by Monday, March 8th!



Attention Grade 12 students: The Coast Capital Youth Education Awards application is opening on March 1. You must have overcome a challenge or adversity in your life. The deadline to bring your completed application package to the Career Centre is Wed Mar 31. Apply at coastcapitalsavings.com/awards or see the Career Centre.

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



Aboriginal Education

~Lunch Menu~

Wednesday: Asian Pork Noodle Bowl

Thursday: Thunder Beef Burgers with Wedge Fries

Friday: Linguini Carbonara



~Dinner To Go! ~ Wednesday March 3rd

Chicken Enchiladas with Double Chocolate Brownies for dessert 😊