

# HANEY HAPPENINGS

## Friday, March 5, 2021

March 8

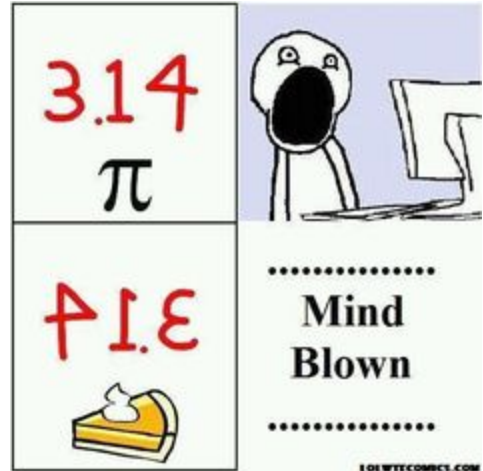
- District Scholarship packages are due in the career center

March 15

- Spring Break

March 29

- School Reopens after Spring Break



It's that time of year again when leadership is running our annual spirit week! Though this year may look a bit different, we are still wanting to see you participate! This year's spirit week themes are:  
 Monday 8th – Morning wear Monday  
 Tuesday 9th - Twin Tuesday  
 Wednesday 10th - Waikiki Wednesday  
 Thursday 11th - Throwback Thursday  
 Friday 12th - House Colours Friday  
 \*\*Please ask your TA if you are unsure of what colour you are for Friday!

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. 9<sup>th</sup>. Hope to see you then!

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](mailto: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](mailto: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](http://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.





This week's Wellness resources:

**HIIT (High-intensity Interval Training):** HIIT is when you alternate between high and low intensity exercise(s) or between high intensity exercise and a short period of rest. For example, a short sprint up a flight of stairs followed by a walk back down is interval training. You can find various HIIT workouts on YouTube of every length and level but one awesome channel with all types of workouts and exercises is SELF. They have lots of different exercise and fitness videos as well as this awesome section that is called "Body Stories" where different people (and some celebrities) talk about their personal body stories.

**30-Minute HIIT Cardio Workout with Warm Up – No Equipment at Home – SELF:**

<https://www.youtube.com/watch?v=ml6cT4AZdql>

**Mindful Colouring:** Colouring has been recognized as a form of therapy, and there are endless options when it comes to colouring books these days! Some benefits of colouring are:

1. Your brain can experience relief by entering a meditative state
2. Stress and anxiety levels have the potential to be lowered
3. Negative thoughts are expelled as you take in positivity
4. Focusing on the present helps you achieve mindfulness
5. Unplugging from technology promotes creation over consumption
6. Coloring can be done by anyone, not just artists or creative types
7. It's a hobby that can be taken with you wherever you go

(Source: <https://www.colorit.com/blogs/news/85320388-amazing-benefits-of-coloring-for-adults>)

Try to take some time to do some colouring this week for a mindful activity. Here are some resources where you can find colouring pages, or you can head down to room 1123 for some printed pages:

<https://www.crayola.com/featured/free-coloring-pages/>

<https://mondaymandala.com/m>

<https://www.edupics.com/>

\*Don't have colouring utensils? No problem! You can create different shades using just one pencil by just using different angles and pressures!



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



Aboriginal Education

**This is the last couple of months to make a beaded flower!  
If you have started one, please come finish up:**

**Monday March 8, 29**

**Monday April 12, 19**



~Lunch Menu~

Friday: Linguini Carbonara

THUNDER TO GO MEAL - Wednesday March 10<sup>th</sup> Order Monday March 8  
BBQ Baby Back Ribs with Double Stuffed Potatoes 😊

Charcuterie is available on Friday! Order by Thursday