

# HANEY HAPPENINGS

Tuesday, March 9, 2021

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:

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!

Hey Art and Tech Students! THSS Eco-Action is hosting an Earth Day Art Contest! Submit a piece of original artwork of any medium, including digital art, and you could win some eco-friendly prizes! Artwork should preferably depict the environment in some form. The deadline is April 22nd, 2021. Submit artwork to [thssecoaction@gmail.com](mailto:thssecoaction@gmail.com) or dm to [thss\\_ecoaction](https://www.instagram.com/thss_ecoaction) on Instagram.

THSS Golf Team – Two more driving range days and then we are set for our games after Spring Break. Please see Ms. Gawehns this week for the schedule.



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!



Book Club: The votes are in and members have picked our first meeting dates for our current books!

They Both Die at The End book club: You will meet on Friday, March 12th at 1pm in the library or on our Teams page (I'll project Teams for those who can't come in person)

Little Women book club: You will meet on Friday, March 12th at 2pm in the library or on our Teams page (I'll project Teams for those who can't come in person)

As book club is a non-cohorted event, please remember to bring a mask and we will be seated at a distance from one another.

Come by the library to check out books for Spring Break!



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!



Aboriginal Education

**This is the last couple of months to make a beaded flower!**

**If you have started one, please come finish up:**

**Monday April 12, 19**



## ~Lunch Menu~

Tuesday: Thunder Lunchables (assorted snacks)

Wednesday: Teriyaki Chicken Rice Bowl

Thursday / Friday: Kitchen closed for cleaning

**THUNDER TO GO MEAL** – Wednesday March 10<sup>th</sup>

BBQ Baby Back Ribs with Double Stuffed Potatoes 😊

Charcuterie is available on Friday! Order by Thursday