

# HANEY HAPPENINGS

Thursday, March 11, 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:

Thursday 11th - Throwback Thursday

Friday 12th - House Colours Friday

**\*\*Please ask your TA if you are unsure of what colour you are for Friday!**

## **THSS Clothing and THSS Grad Hoodies**

The second THSS Clothing and Grad Hoodie orders have arrived. The clothing will be available Thursday, March 11 and Friday, March 12 at the front of the school from 11:45-12:15 each day.

## Message from THSS student Maeva Tremblay

My name is Maëva Tremblay I have been fundraising money for the Canadian Mental Health Association Fraser- Vancouver since February 2nd. To raise awareness, on Thursday March 11, the students (during their PE block only) will be running around the field. During lunch, I will be running 4 km around the school. Come and cheer me on from your classroom. On Sunday March 14th at 2 at MRSS, I will be running a half marathon. Everyone is invited on Sunday to support me. Thank you, I am very excited for Thursday and Sunday

To donate: <https://my.charitableimpact.com/groups/canadian-mental-health-association-maeva-s-mental-run>

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 [thsscoaction@gmail.com](mailto:thsscoaction@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.



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)



	<p>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.</p> <p>Come by the library to check out books for Spring Break!</p>
	
	<p><b>Cardio:</b> Most people think of cardio as a long, slow distance activity like running or biking. Those are cardio activities, but cardio is really any form of exercise: long, slow distance is cardio, weight training is cardio; boot camps are cardio. Cardio is ANYTHING that raises your heart rate and makes you breathe heavy, you must engage the major muscle groups – for example, your arms or legs or both. When you involve the large muscles in the body, they need more oxygen, which increases your respiration and heart rate. To get the maximum benefit from cardio, try to do it at least three days a week. So, head out and go for a walk, run, bike, swim or you can do an at home cardio workout like the video posted below.</p> <p><b>15 MIN BEGINNER CARDIO Workout (At Home No Equipment):</b></p> <p><a href="https://www.youtube.com/watch?v=VWj8ZxCxYk">https://www.youtube.com/watch?v=VWj8ZxCxYk</a></p> <p><b>Five Senses Exercise:</b> The “Five Senses Exercise” is a grounding technique that uses all five senses to root down and feel entirely centered in the body. It encourages the brain to refocus from ruminating thought to right-now happenings.</p> <p><b>FEEL</b> – Name 5 sensations that you can feel in your body. For example, my shirt against my skin, the chair pressing into my heel, or an itch behind my shoulder.</p> <p><b>HEAR</b> – Name 4 things you can hear. For example, a dog barking nearby, the sound of cars passing or the air conditioning running.</p> <p><b>SEE</b> – Name 3 things that you can see. For example, a red dog leash, a lavender bush, or an office desktop.</p> <p><b>SMELL</b> – Name 2 things you can smell. For example, fresh air, wooded trees, or asphalt.</p> <p><b>TASTE</b> – Name one thing you can taste. For example, leftover cookie crumbs, toothpaste, or morning breath.</p> <p>Remember that nothing you name here is wrong. This is not a test but instead an activity that can help guide you back to the present!</p> <p>(Source: <a href="https://chillchief.com/mindfulness-activities-for-adults/#five-senses">https://chillchief.com/mindfulness-activities-for-adults/#five-senses</a>)</p>
	



Aboriginal Education

**Métis beading with Lisa Shepherd:** Final 3 sessions are March 29, April 12, 19 from 12:45-2:45 Come finish up! The completed medallions will be secured on to an Elk hide and displayed in the school for years to come. Be part of the Legacy.

**Spring Activity Session:** Paint and/or wood-burn on a bird house! Schedule a time in room 1109 March 29, 30 April 1. Contact Natalie Robertson in 1109 or through Microsoft teams. Space is limited.

**Ab Ed Leadership-Spring 2021:** Volunteer to help prepare and plant Indigenous herbs and foods! These will be used for educational purposes as well as for Medicines and teas. All students are welcome to help out. Reach out to Ms. Stanford in room 1109 or at [jennifer\\_stanford@sd42.ca](mailto:jennifer_stanford@sd42.ca) to sign up.

**TBA...Carving Circle:** The Aboriginal Ed department at THSS is looking into having a guest local Métis Carver to teach paddle carving in an outdoor setting this spring. Stay tuned for more info!



~Lunch Menu~

Thursday / Friday: Kitchen closed for cleaning

Charcuterie is available on Friday!!

# THSS Girls Club & THSS Boys Club

## Bottle Drive! (Pandemic Edition)



### DID YOU KNOW:

All pop cans and other refundables can be donated to support the THSS Girls & Boys Club this year? Just mention our code 964 or label it on your bags when you drop them off at any Return-It Depot!

**NOW YOU KNOW!**



Contact Mr. McAlister or Mr. Chow for more information