## HANEY HAPPENINGS

## Thursday, March 11, 2021

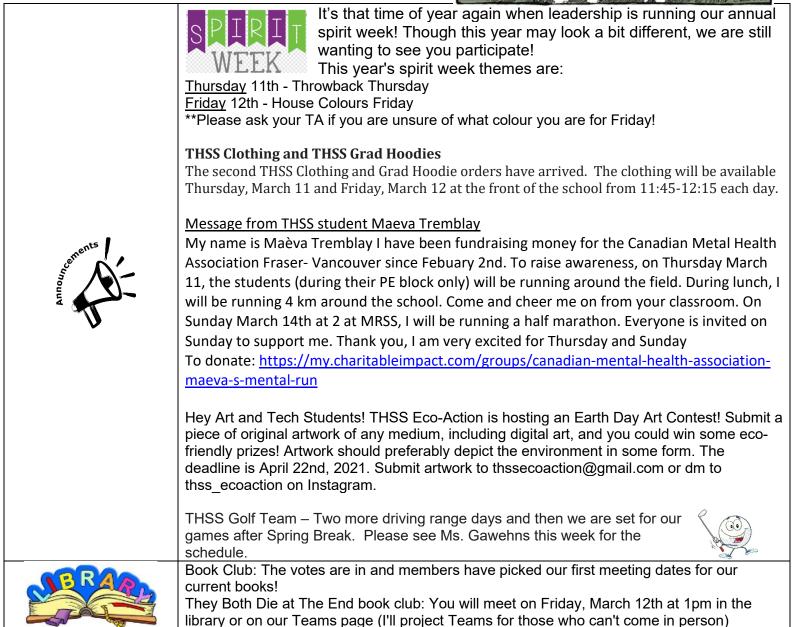
## March 15

• Spring Break

## March 29

• School Reopens after Spring Break

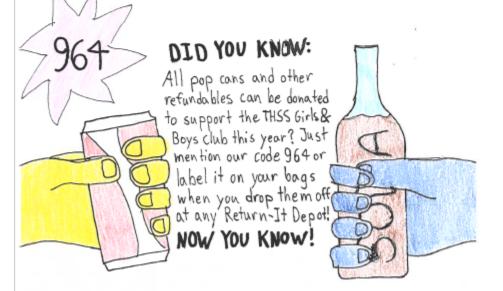




Class of 2021	Little Women book club: You will meet on Friday, March 12th at 2pm in the library or on our Teams page (I'll project Teams for those who can't come in person) As book club is a non-cohorted event, please remember to bring a mask and we will be seated at a distance from one another. Come by the library to check out books for Spring Break!
THE SES JEINESS CLUB	<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.
	<ul> <li>15 MIN BEGINNER CARDIO Workout (At Home No Equipment): https://www.youtube.com/watch?v=VWj8ZxCxrYk</li> <li>Five Senses Exercise: 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.</li> </ul>
	<ul> <li>FEEL – 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.</li> <li>HEAR – Name 4 things you can hear. For example, a dog barking nearby, the sound of cars passing or the air conditioning running.</li> <li>SEE – Name 3 things that you can see. For example, a red dog leash, a lavender bush, or an office desktop.</li> <li>SMELL Name 2 things you can small. For example, fresh air wooded trees, or</li> </ul>
	<ul> <li>SMELL – Name 2 things you can smell. For example, fresh air, wooded trees, or asphalt.</li> <li>TASTE – Name one thing you can taste. For example, leftover cookie crumbs, toothpaste, or morning breath.</li> </ul>
	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! (Source: https://chillchief.com/mindfulness-activities-for-adults/#five-senses)
Career	

<b>Aboriginal Education</b>	<b>Métis beading with Lisa Shepherd:</b> 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.
	<b>Spring Activity Session:</b> 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.
	<b>Ab Ed Leadership-Spring 2021:</b> 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 to sign up.
	<b>TBACarving Circle:</b> 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~
	<u>Thursday / Friday:</u> Kitchen closed for cleaning
	Charcuterie is available on Friday!!





Contact Mr. McAlister or Mr. Chow for more information