

# HANEY HAPPENINGS

## Monday, April 12, 2021

April 21

- Last Day of classes Q3

April 22

- Flex Learning Day Q3

April 23

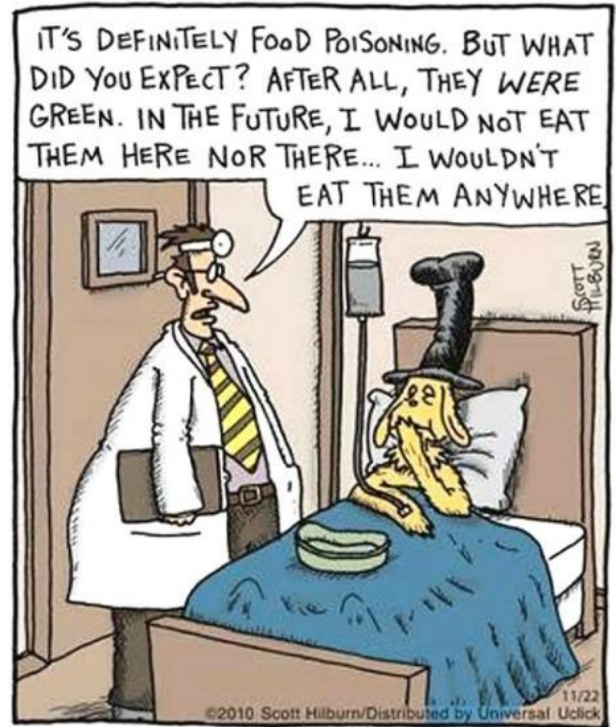
- Health and Safety Orientation Day Q4






April 26

- First Day of Q4

April 27

- Report Cards Released in MyClass



	<p>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. <b>The deadline is April 22nd, 2021.</b> Submit artwork to thssecoaction@gmail.com or dm to thss_ecoaction on Instagram.</p> 
	<p><b>Library news:</b> As Quarter 3 wraps up, please remember to return your books to the library! If you have overdue books from a previous quarter (or school year), please bring those back too. We will be sending out bills for missing books at the end of the year.</p>
	<p><b>May 3: Grad Valedictorian Assembly via Zoom</b></p>
	<p><b>Resistance/Strength/Weight Training:</b> This type of training increases muscle strength by making your muscles work against a weight or force, it improves muscular strength and endurance. There are many different forms of resistance training and it can include free weights, weight machines, resistance bands or your own body weight. There is a common misconception that using weights will make you bulk up, resistance training does not make you bulkier, it will make your muscles more defined and will make your muscles look tighter and more sculpted. Weight training may increase your weight slightly, but muscle mass is denser than fat mass and takes up less space so even though your body weight may increase, your body size may shrink. In addition, muscle helps you maintain a healthy metabolism because muscle burns more calories than fat.</p> <p><b>20 Min Beginner Weight Training for Beginners Workout Strength Training Dumbbell Workouts Women Men:</b>  <a href="https://www.youtube.com/watch?v=zwBsioR4qCs">https://www.youtube.com/watch?v=zwBsioR4qCs</a></p>

**Nutrition – SUGAR:** Nutrition plays a key role in our overall health and we get most of the nutrients our bodies need from the foods we eat. While it’s great to treat ourselves with foods that might not be nutrient dense, it is important to be informed about the amount of sugar we consume. Though it is the main ingredient in the delicious Cadbury Mini Eggs many of us consumed this weekend, processed sugar is something we should eat in moderation: “While sugar is easy to spot in candy, soft drinks and ice cream, it also hides out in foods you might not expect — including peanut butter, pasta sauce and even bologna! Robert Lustig decodes confusing labels and sugar’s many aliases to help determine just how much of that sweet carbohydrate makes its way into our diets.” Check out this TED Ed video to learn about sugar and the role it plays in our nutrition:  
[https://www.ted.com/talks/robert\\_lustig\\_sugar\\_hiding\\_in\\_plain\\_sight?utm\\_source=tedcomshare&utm\\_medium=social&utm\\_campaign=tedsread](https://www.ted.com/talks/robert_lustig_sugar_hiding_in_plain_sight?utm_source=tedcomshare&utm_medium=social&utm_campaign=tedsread)



Attention Grade 12 students: There are 8 \$1, 000 scholarships available to grade 12 students whose parents/grandparents/guardians have spent \$2, 000 with Otter Co-op in the prior fiscal year. Please go on line at [www.otterco-op.crs](http://www.otterco-op.crs) and fill out an application and have it sent to [mmcauley@otter-coop.com](mailto:mmcauley@otter-coop.com)



Aboriginal Education

**Métis beading with Lisa Shepherd:** Final 3 sessions are **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.



~Lunch Menu~  
 Monday: Cobb Salad  
 Tuesday: Donairs  
 Wednesday: Gnocchi  
 Thursday: Thai Prawn Curry Bowl  
 Friday: Calzones

~Wednesday Meal to Go!~  
 Chicken Wellington with Herbed Mash Potatoes and Double Chocolate Ganache Cake

~Charcuterie Friday ~ Please order and pay by Thursday