

HANEY HAPPENINGS

Thursday, April 15, 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>The Thunder Caf will be open for Q4! Snacks for sale from 1-2pm every day!</p> <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. The deadline is April 22nd, 2021. Submit artwork to thssecosaction@gmail.com or dm to thss_ecoaction on Instagram.</p> 
	<p>Library news: 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>May 3: Grad Valedictorian Assembly via Zoom</p>
	<p>Dance: Another great option for getting your heart rate up and your daily fitness is to DANCE! The great thing about dancing is that you can do it anywhere and to any music you want. Put on your favourite playlist and move your body! Even if you are just jumping around to the music, your heart rate will rise, and you will get your daily physical activity in (and hopefully brighten your mood as well if you dance to music that makes you happy). If you prefer something a bit more structured, we have included 2 different dance fitness videos below for you to try.</p> <p>30-Minute Hip-Hop Fit Workout:</p> <p>https://www.youtube.com/watch?v=ZWk19OVon2k</p>

30-Minute All-Levels Cardio Dance Workout:

<https://www.youtube.com/watch?v=aBtP7008EfA>

An Interview with Myself: Self-reflection is a key part of self-awareness and understanding our capacities to grow. One way to do this is to interview yourself; here's how you can do it:

First, sit yourself down wherever you like to sit. Get coffee or your drink of choice. Turn off the distractions and take it seriously. (Wouldn't you take another interview seriously?)

Then you can open the conversation like this:

Dear self, you are x years old. As you look back on your life, what are you most proud of, what do you regret, and how do you feel about each of those things? Here are a few follow-ups:

- *What's next, self?*
- *Why do you do the things you do every day?*
- *What do you really believe in? (What do you know to be true?)*
- *Where do you find your security?*
- *What bothers you, and what are you doing about it?*
- *What worries you?*
- *How will you spend the next year of your life?*

Of course, when you interview yourself, you can customize the interview however you see fit. The point is self-reflection and to connect to yourself.

<https://chrisguillebeau.com/an-interview-with-yourself/>



Attention Grade 12 students: If any student has received a scholarship from a post-secondary school or from any other organizations, please send an email to Mrs. Gilbert or Mrs. Sekhon.

Val_gilbert@sd42.ca Inderjit_sekhon@sd42.ca

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 and fill out an application and have it sent to mmcauley@otter-coop.com



Aboriginal Education

KAHOOT TRIVIA NIGHT!! April 28 6:30pm

The Ab Ed Department is hosting a family event for the students and families registered with Aboriginal Education in SD42. There will be 4 Indigenous themed games and **\$GiftCard\$** prizes for 1st, 2nd and 3rd place! Check the teams page or your emails to register.

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 to sign up.



~Lunch Menu~

Thursday: Thai Prawn Curry Bowl

Friday: BLT' & Fries

~Charcuterie Friday ~

Please order and pay by Thursday

