



Wellness

Wednesday #5

March 20, 2019

Location	Wellness Session	Session leaders	Other info
Auditorium	Movie – <i>Incredibles 2</i>	SRC	
Cafeteria	Cool Colouring , relaxing music and healthy snacks	Rory & Bailee	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Soccer	Matt & Evan	No spectators, only participants Limit of 35 students.
Library	Harbour View Reads!		Bring your favourite novel!
Lecture Theatre	TV Show – “That ‘70’S Show”	Jocelyn	Get ready to laugh!!!!
Room 221	How to “Henna”!!!	Meghan	Learn the art of body painting with Henna.
Room 321	Origami Tea Party	Kim	Learn the art of origami.
Room 305	Free Thought	Declan & Amelia	Topic for discussion: <i>Is banning single use plastics a good solution for climate change?</i>
Room 315	Dungeons & Dragons	Nathanial	Max 20 students
Fitness Room 128	“Pump It Up”	Ryan	Working out in the Fitness Room – let’s get ripped!!!
Room 121	Intro to Boxing	Alex & Mr. Matt Wallace (Former HV teacher)	Mr. Wallace is NCCP level 2 competitive coach & Chief Provincial Official in NB
Room 131 “The Dungeon”!!	“Shop Til You Drop!” <small>(Clothing and gift donations are welcome to Juliette Poziomka room HR 224)</small>	Juliette	Check out the newly organized “Thrifs & Gifts” store!!!!. Gently used clothing and small gift items. \$2.00. per item.
Room 122	Friendship bracelet making	Kristen & Mariah	Make a friend a friendship bracelet for a special friend.

Location	Wellness Session	Session Leaders	Other Info
Fitness Room – Mat Room	Fencing! NEW	Lochlan & Fundy Fencing Club	“On guard!!” Want to try out a new activity? Coaches from Fundy Fencing will be here to demonstrate Fencing. Come and give it a try.
Room 209	Card Games: Poker, President, crazy 8’s, etc	Gerry & Ethan	Grab a friend and come and play some “good ole card games”!!
Lab 301	Gamers Club		“Get your game face on!!”
Room 202	Bullet Journaling – NEW!	Lucy	Bullet journaling is a very personal way of keeping your life organized in a “pretty” way... it’s making an agenda or plan for the future.
Room 308	Offline Games	Nathan	Can you avoid the exploding kitten? Can you Blokus out your opponents? Ever wonder what a Qwerkie is? Come to Offline Board Games and check out some new and nifty games.
Room 3?? Cul tech	Mystery meal making	Caitlyn & Bianca (see Caitlyn to sign up – Maximum 12 participants)	4 groups of 3. Each group will receive a mystery box of food and will plan and prepare a healthy snack to share with the other groups!! (MAX 12 students)
Room 305	Comics and graphics group NEW!	Jacob M	Who is your favourite superhero? Bring your favourite comic or come and discuss!
Room 223	Furry Friends #1	Amily & Micheline	Rabbits and bunnies galore!!!! 2 adult rabbits and 5 cute little bunnies ! and a dog??
Room 313	Furry Friends #2	Brandon & Abigail	“Rat Central!!” Meet “Monster” the friendly RAT!! and “Algernon” and Henry” the cute and cuddly RATS!!! EEEEK!
Room ???	Furry Friends #3	Clara & Derek	Meet “Gram” an adorable pug “Daisy” and handsome lab.
Room 200E	Furry Friends #4	Olivia & Sarah	Meet Gigi! Adorable poodle puppy and “Mindy” a mini Australian Shepard
Room 208	Furry Friends #5	Sydney & Stephanie	Meet “Ozzie” the loveable & not so little Bernese Mountain dog
Room 216	Guitar Club	John	Beginners to Rock Stars welcome
Room 300	Rugby Ready!		Are you planning to play Rugby this Spring? This Information session is for new rugby players.
Gym at lunch (Thurs)	Volleyball - Teacher vs HV team players Wednesday at lunch	Matina	Sign up outside PE office. See Matina Dick for questions.

