



Wellness

Wednesday #2

Nov 21, 2018

Location	Activity	Session leaders	Other info
Auditorium	Fun & Games – audience participation needed.	Jon, Hannah, Jacob	“Laughter is the best medicine!” Free Smoothies as prizes!!!!
Cafeteria	Cool Colouring , relaxing music and healthy snacks!	Rory, Bailee	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Bench Ball	Matt, Evan	No spectators, only participants Limit of 35 students.
Library	Harbour View Reads!		Bring your favourite novel!
Room 130	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	Chloe	Learn the art of origami.
Room 305	Free Thought	Declan, Jaxon, Amelia	Topic for discussion: <i>“Should we pursue artificial intelligence??”</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!!!
Fitness Room (mat room)	Intro to Boxing	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!” (Clothing Donations are welcome to Juliette Poziomka room HR 224)	Juliette	Check out the newly organized “Vikings’ Closet”!!!!. All items only \$2.00.

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Room 209	Card Games: Poker, President, crazy 8's, etc	Jon, Ethan	Grab a friend and come and play some "good ole card games"!!
Computer lab 301	Gamers Club		"Get your game face on!!"
Room 202	Bullet Journaling		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? Would you like to try a cooperative game with your friends? Come to Offline Board Games and check out some new and nifty games.
Room 223	Anime	Thomas	Drawing, watching videos and discussion.
Room 225	Furry Friends #1	Amily	Meet "Thor" the cutest ever cat!!
Room 313	Furry Friends #2	Caylynn, Brandon	Meet "Noodle" a Jack Russel Terrier puppy and "Monster" the friendly RAT!! Eek!!
Room 120	Furry Friends #3	Aiden	Meet "Ciring" a cute Belonka dog.
Room 325	Furry Friends #4	Luke	Meet "Fiji", an adorable Pug dog
Room 216	Guitar Club	John	Beginners to Rock Stars welcome!!
Room 300	Chess Club	Alex, Caleb	Blitz chess tournament!!



