



Wellness

Wednesday #1

Feb. 12 – 16

Location	Activity	Supervisor	Other info
Cafeteria	Cool Colouring , relaxing music and healthy snacks!	Mme. Clark	Cool pics, pencil crayons and healthy snacks provided!!!
Library	Harbour View Reads!	Mrs. Vickers Ms. McDonald	Bring your favourite novel!
Gym	Dodgeball	Mrs. Titus	No spectators, only participants
Lecture Theatre	“Fuller House” – Season 1, episode 1 & 2	Mr. O’Connell Ms. O’Connell	Get ready to laugh!!!!
Auditorium	Fun & Games – audience participation needed.	Mme. Brown Mme. Searle-Roy	“Laughter is the best medicine!”
Room 304	Magic Club	Mrs. Tunney	Magic wands provided ☺
Room 322	Creative Writing #1 & Make up	Mr. Scott	A weird combination but it’s going to be super fun & creative!!!
Room 203	Learn how to speak “German”	Mr. Sprague-Haye	Learn key vocabulary to survive if travelling in Germany!! (or to meet that cute guy or girl ☺)
Room 325	Creative Writing #2	Ms. Oram	A quieter atmosphere with some creative topics to write about!! Get your creativity hat on!!
Room 315	Dungeons & Dragons	Mr. Barrieau	Max 20 students, Sign up on door.
Room 129 Mat room	Boxing Clinic	Mr. Palmer	Wear comfortable clothing ie. Sweatpants/yoga pants/T-shirts
Fitness Room 128	Six Pack Abs!!!!	Mr. Palmer	Core Training – let’s get ripped!!!
Room 240	Free Thought	Mr. Carson	Bring your “Point of View”!
Room 302	Coding	Ms. Wilson	Learn how to develop various programs/software!

Computer lab 301	Gamers Club	Mr. Nice	"Get your game face on!!"
Computer lab 313	R & R (Read & Relaxation, or study!!)	Mrs. LeRoy	Read & Relax, or Study!! Heck do whatever makes you feel "Well"!!
Room 127	Furry Friends #1	Mrs. Butler	Meet "Ozzie" the loveable, "not so little!!!" Bernese Mountain Dog
Room 230	Furry Friends #2	Ms. Moran	Meet "Sammie" the Golden Doodle loveable dog.
Room 204	Furry Friends #3	Mme. Chevarie	Meet "Archimedes" the amazing hedgehog!!!
Room 200E	Furry Friends #4	Ms. Sanderson	Meet "Rosie" the dashound & "Coco" the cute little Cockapoo!
Room 216	Guitar Club	Mr. Casey	Beginners to Rock Stars welcome!!
Room 218	"Exploding Kittens" – card game	Mr. Spragg	Limit of 20 people – sign up on door 218
Room 300	Chess Club	Mr. Bidgood	Blitz chess tournament with prizes!!!
Lunch	3 on 3 Basketball tournament	Teachers on duty	Get your game face on!!



