



# Wellness

## Wednesday #2

### Mar. 19 - 23

Location	Activity	Supervisor	Other info
Cafeteria	<b>Cool Colouring</b> , relaxing music and healthy snacks!	Mme. Clark	Cool pics, pencil crayons and <b>healthy snacks</b> provided!!!
Library	<b>Harbour View Reads!</b>	Mrs. Vickers Ms. McDonald	Bring your favourite novel!
Gym	<b>Dodgeball</b>	Mrs. Titus	No spectators, only participants Limit of 50 students
Lecture Theatre	<b>"Fuller House" – Season 1, episode 3 &amp; 4</b>	Mr. O'Connell Ms. O'Connell	Get ready to laugh!!!!
Auditorium	<b>Fun &amp; Games</b> – audience participation needed.	Mme. Brown Mme. Searle-Roy	"Laughter is the best medicine!" <b>Free Smoothies</b> as prizes!!!!
Room 304	<b>Magic Club</b>	Mrs. Tunney	Magic wands provided ☺
Room 300	<b>"Rugby Ready!"</b>	Mr. Bidgood	For boys and girls who haven't played rugby before to get to know the rules of the game!! Please "come along!!"
Room 121	<b>Seed Planting!</b>	Ms. Lennon	Spring has Sprung!! Time to start planting seeds for our school greenhouse/garden.
Room 240	<b>Free Thought</b>	Mr. Carson	Bring your "point of view"! Topic of discussion: <b>Gun Control.</b>
Room 315	<b>Dungeons &amp; Dragons</b>	Mr. Barrieau	Max 20 students, Sign up on door.
Room 129 Mat room	<b>Boxing Clinic</b>	Mr. Palmer	Wear comfortable clothing ie. Sweatpants/yoga pants/T-shirts
Fitness Room 128	<b>"Pump It Up"</b>	Mr. Palmer	Working out in the Fitness Room – let's get ripped!!!
Room 131 "The Dungeon!"	<b>"Shop til you drop" (Gently used clothing, and footwear)</b>	Mrs. P. Titus	Check out the newly organized "Dungeon Store". All items only \$2.00. Treats provided!!
Room 302	<b>Coding</b>	Ms. Wilson	Learn how to develop various programs/software!
Computer lab 301	<b>Gamers Club</b>	Mr. Nice	"Get your game face on!!"
Room 313	<b>R &amp; R (Read &amp; Relaxation, or study!!)</b>	Mrs. LeRoy	<b>Read &amp; Relax</b> , or Study!! Heck do whatever makes you feel "Well"!! (Quiet environment)



