



# HVHS Wellness Week #6 Activities



## Feb 29 – March 4

		MON FEB 29	TUES MAR1	WED MAR 2	THURS MAR 3	FRI MAR 4
<b>Gym</b>	8:45 – 9:10	<b>Ultimate Frisbee</b> Supervisors: Mr. Palmer	<b>Dodgeball</b> Supervisor: Mr. Scott	<b>ZUMBA</b> Instructor: Tammy Moore Supervisor: Mrs. Scott	<b>Soccer</b> Supervisor: Mrs. Lennon	<b>Dodgeball: Teachers vs Students</b> Supervisor: Mrs. Scott
<b>Room 122</b>		<b>Cooking Breakfast 101</b> Supervisors: Mrs. Scott Miss Lennon Menu this month: French toast, strawberries, yogurt, juice  <b>16 students max</b>  Sign up necessary room 122				
<b>Lecture Theatre</b>	8:45 – 9:10		<b>Career Talks – Law Enforcement/Crime investigation</b> Guest: Mr. Kevin Bennett  <b>Sign up necessary Lecture Theatre door</b> Supervisor: Mrs. Scott		<b>Sexual Jeopardy</b> Instructor: Ms. Linda Williams, School Sexual Health Nurse  Supervisor: Mrs. Scott	
<b>Room 209</b>	8:45 – 9:10		<b>Team Trivia Tournament</b> Leader/Supervisor: Mr. Sprague-Hay			

<b>Fitness Room</b>	8:45 – 9:10		<b>Pumping It Up!!</b> Supervisor: Ms. Lennon		<b>Pumping It Up!!</b> Supervisor: Mr. Palmer	
<b>Room 128</b>			<b>Furry Friends: SPCA</b> Supervisor: Mrs. Wiggins			<b>Furry Friends: Meet Mrs. Vickers Dog</b> Supervisor: Mrs. Wiggins
<b>Room 304</b>	8:45 – 9:10		<b>Magic Club</b> Supervisor: Mrs. Tunney		<b>Magic Club</b> Supervisor: Mrs. Tunney	
<b>Room 222</b>	8:45 – 9:10		<b>Anime Club</b> Supervisor: Mr. Smith	<b>Computer club - Gaming</b> Supervisor: Mr. Smith	<b>Anime Club</b> Supervisor: Mr. Smith	<b>Computer club - Gaming</b> Supervisor: Mr. Smith
<b>Room 320</b>	8:45 – 9:10		<b>Hemp Necklace making</b> Supervisor: Mr. Maloney	<b>Knitting Club:</b> Learn to knit an infinity scarf! Supervisor: Mr. Maloney	<b>Hemp Necklace making</b> Supervisor: Mr. Maloney	<b>Knitting Club:</b> Learn how to knit an infinity scarf Supervisor: Mr. Maloney
<b>Room 326</b>	8:45 – 9:10		<b>Chess Club</b> Supervisor: Mr. Bidgood	<b>Chess Club</b> Supervisor: Mr. Bidgood	<b>Chess Club</b> Supervisor: Mr. Bidgood	
<b>Room 216</b>	8:45 – 9:10		<b>Guitar Club</b> Supervisor: Mrs. Chevarie-MacNeil	<b>Guitar Club</b> Supervisor: Mr. Corey Casey	<b>Guitar Club</b> Supervisor: Mrs. Chevarie-MacNeil	<b>Guitar Club</b> Supervisor: Ms. Trofimencoff
<b>Room 204</b>	8:45 – 9:10	<b>FREE THOUGHT</b> Supervisor: Mr. Carson		<b>FREE THOUGHT</b> Supervisor: Mr. Carson		<b>FREE THOUGHT</b> Supervisor: Mr. Carson
<b>Auditorium</b>	8:45 – 9:10		<b>YOGA</b> Instructors: Ms. Hodgin, Mrs. Tomilson, Mrs. Wiggins.		<b>YOGA</b> Instructors: Ms. Hodgin, Mrs. Tomilson, Mrs. Wiggins.	
<b>Room 129</b>	8:45 – 9:10			<b>INSPIRATIONAL VIDEOS</b> Leader/Supervisor: Mrs. Doucette		<b>INSPIRATIONAL VIDEOS</b> Leader/Supervisor: Mrs. Doucette
<b>Room 208</b>	8:45 – 9:10	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler
	8:45 – 9:10	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram
<b>???????????????</b>	8:45 – 9:10	<b>Your</b>	<b>session</b>	<b>could</b>	<b>be</b>	<b>here</b>