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| HVHS Wellness Week #2 Activities NOVEMBER 2-6 |
|  |  | MON NOV 2 | TUES NOV 3 | WED NOV 4 | THURS NOV 5 | FRI NOV 6 |
| **Gym** | 8:45 – 9:10 | **ZUMBA**Supervisor: Mrs. Scott | **YOGA**Instructors: Mrs. Hodgin, Mrs. Wiggins, Mrs. Tomilson | **Dodgeball**Supervisor: Mr. Scott | **Ultimate Frisbee**Supervisor: Mrs. Scott | **Dodgeball**: Teachers vs StudentsSupervisor: Mrs. Scott |
| **Lecture Theatre** | 8:45 – 9:10 |   | **Career Talks**Mechanical Engineer, (NBCC Engineering Technology Instructor)Chemical Engineer, Irving OilGeological Engineer, Irving OilMechanical Engineer, Dillon Engineering**Sign up necessary Lecture Theatre door** | **Simply For Life** (nutrition)Guest: Melissa RussellTopic: The Perfect Lunch BoxRecipe: Mexican beef taco lettuce wrapSupervisor: Mrs. Scott**Sign up necessary Lecture Theatre door** |  |  |
| **Room 224 (Viking Centre)** | 8:45 – 9:10 | **Zentangle Art**: Cool ColouringLeader: Mrs. Tomilson |  | **Zentangle Art**: Cool ColouringLeader: Mrs. Tomilson |  | **Zentangle Art**: Cool ColouringLeader: Mrs. Tomilson |
| **Room 209** | 8:45 – 9:10 | **Team Trivia Tournament**Leader/Supervisor: Mr. Sprague-Hay |  |  |  |  |
| **Fitness Room** | 8:45 – 9:10 | **Pumping It Up!!**Supervisor: Mr. Palmer |  | **Pumping It Up!!**Supervisor Mr. Palmer |  | **Pumping It Up!!**Supervisor: Mr. Palmer |
| **Outside/inside****(meet outside room 107)** | 8:45 – 9:10 |  | **Walking Club**Leader/Supervisor: Mrs. Titus |  | **Walking Club**Leader/Supervisor: Mrs. Titus |  |
| **Room 128** |  |  | **Furry Friends: SPCA**Supervisor: Mrs. Wiggins |  |  |  |
| **Room 121/HVHS Garden/Fallsview Park** | 8:45 – 9:10 | **Gardening**Leader: Ms. Lennon | **Mountain Biking Club** (biking at Fallsview Park or watching biking videos)Supervisor: Ms. Lennon | **Gardening**Leader: Ms. Lennon | **Mountain Biking Club** (biking at Fallsview Park or watching biking videos)Supervisor: Ms. Lennon |  |
| **Room 203** | 8:45 – 9:10 | **Fly Tying Club**Supervisor: Mrs. Roy-Searle |  | **Fly Tying Club**Supervisor: Mrs. Roy-Searle |  | **Fly Tying Club**Supervisor: Mrs. Roy Searle |
| **Room 304** | 8:45 – 9:10 |  | **Magic Club**Supervisor: Mrs. Tunney |  | **Magic Club**Supervisor: Mrs. Tunney |   |
| **Room 127** | 8:45 – 9:10 | **Fun with ART!**Supervisor: Ms. Worden |  | **Fun with ART!**Supervisor: Ms. Worden |  | **Fun with ART!**Supervisor: Ms. Worden |
| **Room 223** | 8:45 – 9:10 | **Photography club**Supervisor: Mrs. McDevitt |  | **Photography club**Supervisor: Mrs. McDevitt |  | **Photography club**Supervisor: Mrs. McDevitt |
| **Room 306** | 8:45 – 9:10 |  | **Intro to Drumming**Supervisor: Ms. Wilson |  | **Intro to Drumming**Supervisor: Ms. Wilson |  |
| **Room 218 & 217** | 8:45 – 9:10 | **Learn Conversational German (218)**Supervisor: Ms. Power | **Fun with Media** (computers) **(Room 217**Supervisor: Ms. Power | **Learn Conversational Spanish (Room 218)**Supervisor: Ms. Power | **Fun with Media** (computers) **(Room 217)**Supervisor: Ms. Power |  |
| **Room 222** | 8:45 – 9:10 | **Computer club - Gaming**Supervisor: Mr. Smith | **Anime Club**Supervisor: Mr. Smith | **Computer club - Gaming**Supervisor: Mr. Smith | **Anime Club**Supervisor: Mr. Smith | **Computer club - Gaming**Supervisor: Mr. Smith |
| **Room 305** | 8:45 – 9:10 | **Funny YouTube Videos**Supervisor: Mrs. LeRoy |  | **Funny YouTube Videos**Supervisor: Mrs. LeRoy |  | **Funny YouTube Videos**Supervisor: Mrs. LeRoy |
| **Room 320** | 8:45 – 9:10 | **Knitting Club:** Learn to knit an infinity scarf!Supervisor: Mr. Maloney | **Hemp Necklace making**Supervisor: Mr. Maloney | **Knitting Club:**  Learn to knit an infinity scarf!Supervisor: Mr. Maloney | **Hemp Necklace making**Supervisor: Mr. Maloney | **Knitting Club**Supervisor: Mr. Maloney |
| **Room 326** | 8:45 – 9:10 | **Chess Club**Supervisor: Mr. Bidgood | **Chess Club**Supervisor: Mr. Bidgood | **Chess Club**Supervisor: Mr. Bidgood | **Chess Club**Supervisor: Mr. Bidgood | **Chess Club**Supervisor: Mr. Bidgood |
| **Room 216** | 8:45 – 9:10 | **Guitar Club**Supervisor: Ms. Trofimencoff | **Guitar Club**Supervisor: Mrs. Chevarie-MacNeil | **Guitar Club**Supervisor: Mr. Corey Casey | **Guitar Club**Supervisor: Mrs. Chevarie-MacNeil | **Guitar Club**Supervisor: Ms. Trofimencoff |
| **Room 200** | 8:45 – 9:10 | **Learn Sign Language**Supervisor: Miss Clark |  | **Learn Sign Language**Supervisor: Miss Clark |  |  |
| **Room 204** | 8:45 – 9:10 | **FREE THOUGHT**Supervisor: Mr. Carson |  | **FREE THOUGHT**Supervisor: Mr. Carson |  | **FREE THOUGHT**Supervisor: Mr. Carson |
| **Room 308** | 8:45 – 9:10 |  | **Card Making Club**Supervisors: Ms. Hodgin Mrs. Pitman |  | **Card Making Club**Supervisors: Ms. Hodgin Mrs. Pitman |  |
| **Cafeteria** | 8:45 – 9:10 |  | **Dance**Supervisor: Mrs. Beamish |  | **Dance**Supervisor: Mrs. Beamish |  |
| **Room** |  | **Your session could be here**(See Mrs. Scott to sign up) |  |  |  |  |