

Wellness Week

We have had a great week at Harbour View! Thanks to our Wellness Committee for organizing a week full of wellness activities and making healthy food available to our entire HVHS school community. The free harvest lunch on Thursday - salad and soup made from our garden and prepared by our Culinary Tech classes – was fantastic! Today is Maroon Madness...such a positive way to end a great week.

Purse Your Passion

On Thursday, most of our grade 11 and 12 students had the opportunity to participate in Health Canada's *Pursue Your Passion* tour. It was a very engaging, interactive session where students explored the impact cannabis use can have on brain functioning, response times, etc. The website associated with the tour has great resources you could explore at home. In particular, under the Activity Zones section, there is a 360° Brain area where you can learn about the impact cannabis has on each area of the brain: pursueyourpassion.ca

Community Hockey

Attached is information about the community hockey league for those who may be interested. Hockey letter - 09Oct2018 PDF.pdf

UPEI Wind Symphony & HVHS Bands in Concert

UPEI Wind Symphony & HVHS Bands in Concert
HVHS Auditorium
Saturday, November 3rd
7:30pm
Free Will Offering

The UPEI Wind Symphony under the direction of Dr. Karem Simon will be performing at Harbour View High School on Saturday, November 3rd at 7:30pm. This concert will feature an eclectic variety of high level wind band music including the stunning *Concertino for Four Percussion*. A wind bands of this caliber on our stage is rare treat! Harbour View alumni, Hayley Johnson ('17), is also a member of this ensemble. Harbour View's Grade 10 Band and Senior Band will be opening the concert. Admission is a free will offering. All proceeds will go to support the HVHS Music Program and the UPEI Wind Symphony.

Forensic Science

Megan Watson visited the forensic science class today to discuss forensic dentistry and how it relates to legal investigations. The focus of her talk involved how offenders are identified by

comparing dental records to a bite mark left on the victim or at the scene and on how human remains are identified based on dental records.

Forensic Science is one of several courses only available at Harbour View!

Field Hockey

Good luck to our Field Hockey team who play tomorrow morning to earn a spot in provincials. They ended the regular season in first place in the Southern Conference!

Have a great weekend!