

HARRY MILLER HAPPENINGS



October 21- October 25

	<p>Thursday, October 24</p> <ul style="list-style-type: none"> Library, 12:05pm (Quiet work) Grade 6 Badminton tryouts, 12:05pm Art Club, 12:30pm Tech Club, 12:30pm Book Club, Room 27, 12:30pm Stress Buster Strategies, 12:30pm Cafeteria Hang out, 12:30pm Grade 7/8 Band, 3-4:30pm
<p>Monday, October 21</p> <ul style="list-style-type: none"> Library, 12:05pm (Quiet work) Renaissance, Room 2, 12:05pm Go Girls, 12:05 (Select Students) Grade 6 Badminton tryouts, 12:05pm Art Club, 12:30pm Tech Club, 12:30pm Music Club, 12:30pm 	<p>Friday, October 25</p> <ul style="list-style-type: none"> Grade 6 Badminton tryouts, 12:05pm Lego Club, Portable 1, 12:05pm Art Club, 12:30pm Tech Club, 12:30pm Music Club, 12:30pm Open Guidance Office, 12:30pm Cafeteria Hang out, 12:30pm Dungeons & Dragons, 3-5pm
<p>Tuesday, October 22</p> <ul style="list-style-type: none"> Teen Driving Safety Presentation (gr 8) Grade 6 Badminton tryouts, 12:05pm Bears Who Care, Room 10, 12:30pm Art Club, 12:30pm Tech Club, 12:30pm Music Club, 12:30pm Girls' Club (Guidance Office), 12:30pm Cafeteria Hang out, 12:30pm Grade 6 Band, 3-4:30pm PSSC, 6:30pm 	
<p>Wednesday, October 23</p> <ul style="list-style-type: none"> Grade 7 Immunization Clinic Library, 12:05pm (Quiet work) Go Girls, 12:05 (Select Students) Grade 6 Badminton tryouts, 12:05pm Art Club, 12:30pm Tech Club, 12:30pm Music Club, 12:30pm 	<p>Looking Ahead</p> <ul style="list-style-type: none"> ➤ Celebrate Assembly and Birthdays, October 31 ➤ Professional Learning for Staff, November 8th Schools are closed to students Remembrance Day Ceremony, November 7th ➤ Remembrance Day, November 11th Schools are closed <p>See below for a Self-Care activity for the whole family!</p>

Respect

Responsibility

Right Choices

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Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none">__ watch a good movie__ write each other positive notes__ verbalize and talk about feelings__ draw self portraits__ Say "I love you"__ spend time writing__ have a sing-a-long__ tell jokes__ try a new craft	<p><i>physical</i></p> <ul style="list-style-type: none">__ dance party__ go for a walk__ family bike ride__ take a hike__ play kickball__ tag__ roller skating__ go to the pool__ jumprope__ kids yoga__ wii fit games	<p><i>spiritual</i></p> <ul style="list-style-type: none">__ a gratitude list__ go outside__ talk about forgiveness__ write thank you's__ volunteer__ spend time outside or with nature__ practice positive self-talk__ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none">__ read together__ draw or write stories__ kids meditation__ find shapes in clouds__ practice belly breaths__ go on a walk to find new things__ make vision boards__ try Headspace for kids__ create mandalas__ make mindfulness jars__ play mind strength games like memory	<p><i>practical</i></p> <ul style="list-style-type: none">__ clean up__ declutter old toys__ assign chores__ make a grocery list together__ learn about money__ make a weekly budget check-in__ make a weekly cleaning check-in__ homework/study__ have a morning & night routine	<p><i>social</i></p> <ul style="list-style-type: none">__ play in the park__ call or visit relatives__ have family dinner__ play boardgames__ host a sleepover__ invite friends over__ plan a bbq__ join a team__ do a neighborhood food drive__ have talks about friendship and how to be a friend.

just stay curious