



Wellness Wednesday #6 May 1, 2019

Location	Wellness Session	Session leaders	Other info
Auditorium	Fun and Games – Audience participation needed	SRC leaders – Hannah & Jon	“Laughter is the best medicine!” Free Smoothies as prizes!!!! Who gives a “Kahoot”????
Cafeteria	Cool Colouring , relaxing music and healthy snacks	Rory & Bailee	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Soccer	Matt	No spectators, only participants Limit of 35 students.
Library	Harbour View Reads!		Bring your favourite novel!
Lecture Theatre	TV Show – “That ‘70’S Show”	Jocelyn	Get ready to laugh!!!!
Room 221	How to “Henna”!!!	Meghan & Rayanne	Learn the art of body painting with Henna.
Room 321	Origami Tea Party	Kim	Learn the art of origami.
Room 305	Free Thought	Declan & Amelia	Topic for discussion: <i>“Should drug testing in schools be mandatory?”</i>
Room 315	Dungeons & Dragons	Nathanial	Max 20 students
Fitness Room 128	“Pump It Up”	Ryan	Working out in the Fitness Room – let’s get ripped!!!
Fitness Room 129	Intro to Boxing	Alex & Mr. Matt Wallace (Former HV teacher)	Mr. Wallace is NCCP level 2 competitive coach & Chief Provincial Official in NB

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Room 131 "The Dungeon"!!	"Shop Til You Drop!" (Clothing and gift donations are welcome to Juliette Poziomka room HR 224)	Juliette	Check out the newly organized "Thriffs & Gifts" store!!!!. Gently used clothing and small gift items. \$2.00. per item
Room 207 room	Balloon Animals NEW!!!!	Ryker	Learn how to make some cool balloon animals.
Room 209	Card Games: Poker, President, crazy 8's, etc	Gerry & Ethan	Grab a friend and come and play some "good ole card games"!!
Lab 301	Gamers Club		"Get your game face on!!"
Room 122	Friendship bracelet making	Kristen & Mariah	Make a friendship bracelet for a special friend.
Greenhouse	Get the Greenhouse Growing!!! NEW!!!		Clearing out the greenhouse and preparing to plant seeds
Room 319 Cul tech	Making healthy food and eating it!!! NEW!! Menu: Regular fries Curry dusted fries Spicy fries	Caitlyn & Paige	3 groups of 4
Room 203	Furry Friends #1	Calvin & Abby	Rat Central: Meet "Audrey", "Wilson" and "Algernon" the lovely, friendly, adorable RATS!!!
Room 108	Furry Friends #2	Caylynn & Reanna	Back by popular demand, "Noodle" the cute little Jack Russell Terrier. And his friend "Canyon" a Shepard/Huskey mix.
Room 223	Furry Friends #3	Clara	Meet "Zena" a sweet Doberman Pinscher
Room 325	Furry Friends #4	Luke & Kial	Pug city!! Meet "Fiji" and "Graham" two adorable pugs.
Room 208	Furry Friends #5	Sydney & Stephanie	Meet "Ozzie" the loveable & not so little Bernese Mountain dog
Room 320	Furry Friend #6	Brayden	Meet "Arnold" a very stubborn but oh sooo cute Bassett Hound
Room 216	Guitar Club	John	Beginners to Rock Stars welcome
Gym at lunch (WED)	Volleyball - Teacher vs HV team players Wednesday at lunch	Matina	Sign up outside PE office. See Matina Dick for questions.

