



Wellness

Wednesday #4

Feb 20, 2019

Location	Wellness Session	Session leaders	Other info
Auditorium	Fun & Games – audience participation needed.	Jacob M	“Laughter is the best medicine!” Free Smoothies as prizes!!!!
Cafeteria	Cool Colouring , relaxing music and healthy snacks!	Rory W & Bailee F	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Soccer	Matt P & Evan O	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 B	Get ready to laugh!!!!!!
Room 221	How to “Henna”!!!	Meghan G	Learn the art of body painting with Henna.
Room 321	Origami Tea Party	Kim Q	Learn the art of origami.
Room 305	Free Thought	Declan H & Amelia W	Topic for discussion: “Should patients with terminal illness be prioritized for surgery??”
Room 322	Dungeons & Dragons	Nathanial R	Max 20 students
Fitness Room 128	“Pump It Up”	Ryan S	Working out in the Fitness Room – let’s get ripped!!!
Fitness Room (mat room)	Intro to Boxing	Mr. Wallace	Mr. Wallace is NCCP level 2 competitive coach & Chief Provincial Official in NB
Room 131 “The Dungeon”!!	“Shop Til You Drop!” <small>(Clothing and gift donations are welcome to Juliette Poziomka room HR 224)</small>	Juliette P	Check out the newly organized “Thriffs & Gifts” store”!!!!. In the “dungeon”. Gently used clothing and new small gift items. All items only \$2.00.
Room 122	Friendship bracelet making NEW!!	Kristen A & Mariah J	Make a friend a friendship bracelet for Valentine’s Day!!

Location	Wellness Session	Session Leaders	Other Info
Room 330	KARAOKE – NEW!!	Lexi K & Catherine M	Time to “let loose” and Sing your little heart out with karaoke machine.
Room 209	Card Games: Poker, President, crazy 8’s, etc	Jon B & Ethan C	Grab a friend and come and play some “good ole card games”!!
Computer lab 301	Gamers Club		“Get your game face on!!”
Room 202	Bullet Journaling – NEW!	Lucy G	Bullet journaling is a very personal way of keeping your life organized in a “pretty” way... it’s making an agenda or plan for the future.
Room 308	Offline Games	Nathan D	Can you avoid the exploding kitten? Can you Blokus out your opponents? Ever wonder what a Qwerkie is? Would you like to try a cooperative game with your friends? Come to Offline Board Games and check out some new and nifty games.
Room 324	Makers Minds! – NEW!	Jaxon G	Do you make something cool but can’t bring to school? Come and discuss your hidden talents with others.
Room 304	Historical Happenings – NEW!	Drae M	Learn and discuss various historical events from around the world in a friendly environment.
Room 223	Furry Friends #1	Clara L	Meet “Gram” am adorable pug!
Room 313	Furry Friends #2	Brandon C, Caylynn M, & Nigel D	Meet “Monster” the friendly RAT!! Eek!! And “Noodle” the cute little Russel Terrier. <i>(back by popular demand!)</i>
Room 127	Furry Friends #3	Abigail E	Meet “Algernon” and “Henry” the cute and cuddly !!!!! RATS!
Room 309	Furry Friends #4	Eli L	Meet “Cash” the not so little, Bernese Mountain dog.
Room 208	Furry Friends #5	Sydney P & Stephanie L	Meet “Ozzie” the loveable & not so little Bernese Mountain dog
Room 216	Guitar Club	John S	Beginners to Rock Stars welcome!!
Room 300	Chess Club	Alex B & Caleb W	Staff vs Student chess challenge – no ability necessary!
Gym at lunch	Ball Hockey – Thurs & Fri at lunch.	Matina D	Sing up outside main office or PE office. 3 -5 people per team. See Matina for questions.

