



Wellness

Wednesday #3

April 18, 2018

Location	Activity	Session leaders	Supervisor	Other info
Cafeteria	Cool Colouring , relaxing music and healthy snacks!	Laura Hannah	Mme. Clark	Cool pics, pencil crayons and healthy snacks provided!!!
Library	Harbour View Reads!		Mrs. Vickers Ms. McDonald	Bring your favourite novel!
Gym	King of the Court Soccer	Alexandre John Matt	Mrs. Titus	No spectators, only participants Limit of 50 students
Lecture Theatre	"Fuller House" – Season 1, episode 5 & 6		Mr. O'Connell Ms. O'Connell	Get ready to laugh!!!!
Auditorium	Fun & Games – audience participation needed.	Jenna & friends	Mme. Brown Mme. Searle-Roy	"Laughter is the best medicine!" Free Smoothies as prizes!!!!
Room 304	Magic Club	Devon	Mrs. Tunney	Magic wands provided ☺
Room 300	Rugby clinic		Mr. Bidgood	For team players and those who want to know about the game. Please "come along!!"
Room 121	Trans Planting!	Emily Isaac	Ms. Lennon	Spring has Sprung!! Time to start planting seeds for our school greenhouse/garden.
Room 240	Free Thought	David	Mr. Carson	Bring your "point of view"! Topic of discussion: LGBTQ+
Room 315	Dungeons & Dragons	Ethan Alex	Mr. Barrieau	Max 20 students, Sign up on door.
Room 129 Mat room	Boxing Clinic	Julia Braydon	Mr. Palmer	Wear comfortable clothing ie. Sweatpants/yoga pants/T-shirts
Fitness Room 128	"Pump It Up"	Ryan Riley	Mr. Palmer	Working out in the Fitness Room – let's get ripped!!!
Room 131 "The Dungeon!"	"Shop Til You Drop!" (Donations are welcome to Juliette Poziomka room HR 121)	Juliette Abby Abbey	Ms. Craft	Check out the newly organized "Dungeon Store". All items only \$2.00. Treats provided!!

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Room 302	Coding	Spencer Taylor	Ms. Wilson	Learn how to develop various programs/software!
Computer lab 301	Gamers Club	Emily	Mr. Nice	"Get your game face on!!"
Room 313	R & R (Read & Relaxation, or study!!)	Emily Carley	Mrs. LeRoy	Read & Relax, or Study!! Heck do whatever makes you feel "Well"!! (Quiet environment)
Room	Furry Friends #1	Sydney Natisha	Mrs. Butler	Meet "Ozzie" the loveable, "not so little!!!" Bernese Mountain Dog
Room 230	Furry Friends #2	Kimberly Isabelle	Miss Moran	Meet "Sammy and "Maple" two loveable and adoreable Golden Doodles.
Room 101	Furry Friends #3	Chris Michael	Mr. King	Meet "Bailey" a cute little mutleze dog!
Room 200E	Furry Friends #4	Sarah	Ms. Sanderson	Meet "Mindy" a mini Australian Shepard dog.
Room 203	Furry Friends #5	Kameron	Mr. Sprague Haye	Meet "Jax" a 5 month old black lab.
Room 325	Board Games		Ms. Oram	Games provided! Or bring your faviourite game to play.
Room 216	Guitar Club	Evan	Mr. Casey	Beginners to Rock Stars welcome!!
Room 218	"Exploding Kittens" – card game	Nathan	Mr. Spragg	Limit of 20 people – sign up on door 218
Room 221	Chess Club	Caleb Alex	Ms. McDevitt	Blitz chess tournament!!
Lunch Wed, & Thurs.	Teacher vs team volleyball players	Matina	Teachers on duty	Get your game face on! Sign up outside Athletic Director's Office. Spectators welcome!!!

Have a wonderful "Wellness Wednesday"!!!



