



# HVHS Wellness Week #7 Activities



## April 11 - 15

		MON Apr 11	TUES Apr 12	WED Apr 13	THURS Apr 14	FRI Apr 15
<b>Gym</b>	8:45 to 9:10	<b>ZUMBA</b> Instructor: Tammy Moore Supervisor: Mrs. Scott	<b>Dodgeball</b> Supervisor: Mr. Scott	<b>Frisbee</b> Supervisors: Mr. Palmer	<b>Soccer</b> Supervisor: Mrs. Lennon	<b>Dodgeball: Teachers vs Students</b> Supervisor: Mrs. Scott
<b>Lecture Theatre</b>	8:45 to 9:10				<b>Sexual Jeopardy</b> Instructor: Ms. Linda Williams, School Sexual Health Nurse  Supervisor: Mrs. Scott	
<b>Room 209</b>	8:45 to 9:10		<b>Team Trivia Tournament</b> Leader/Supervisor: Mr. Sprague-Hay			
<b>Fitness Room</b>	8:45 to 9:10		<b>Pumping It Up!!</b> Supervisor: Ms. Lennon		<b>Pumping It Up!!</b> Supervisor: Mr. Palmer	
<b>Room 128</b>			<b>Furry Friends: SPCA</b> Supervisor: Mrs. Wiggins		<b>Furry Friends: SPCA</b> Meet "Sarafina" the cat Supervisor: Mrs. Wiggins	
<b>Room 304</b>	8:45 to 9:10		<b>Magic Club</b> Supervisor: Mrs. Tunney		<b>Magic Club</b> Supervisor: Mrs. Tunney	
<b>Room 222</b>	8:45 to 9:10		<b>Anime Club</b> Supervisor: Mr. Smith	<b>Computer club - Gaming</b> Supervisor: Mr. Smith	<b>Anime Club</b> Supervisor: Mr. Smith	<b>Computer club - Gaming</b> Supervisor: Mr. Smith
<b>Room 320</b>	8:45 to 9:10		<b>Hemp Necklace making</b> Supervisor: Mr. Maloney	<b>Knitting Club:</b> Learn to knit an infinity scarf! Supervisor: Mr. Maloney	<b>Hemp Necklace making</b> Supervisor: Mr. Maloney	<b>Knitting Club:</b> Learn how to knit an infinity scarf Supervisor: Mr. Maloney

<b>Room 326</b>	8:45 to 9:10	<b>Chess Club</b> Supervisor: Mr. Bidgood	<b>Rugby Ready!!!</b> Laws/positions/tactics Boys & girls welcome Supervisor: Mr. Bidgood	<b>Chess Club</b> Supervisor: Mr. Bidgood	<b>Rugby Ready!!!</b> Laws/positions/tactics Boys & girls welcome Supervisor: Mr. Bidgood	<b>Chess Club</b> Supervisor: Mr. Bidgood
<b>Room 216</b>	8:45 to 9:10		<b>Guitar Club</b> Supervisor: Mrs. Chevarie-MacNeil	<b>Guitar Club</b> Supervisor: Mr. Corey Casey	<b>Guitar Club</b> Supervisor: Mrs. Chevarie-MacNeil	<b>Guitar Club</b> Supervisor: Ms. Trofimencoff
<b>Room 204</b>	8:45 to 9:10	<b>FREE THOUGHT</b> Supervisor: Mr. Carson		<b>FREE THOUGHT</b> Supervisor: Mr. Carson		<b>FREE THOUGHT</b> Supervisor: Mr. Carson
<b>Room 128</b>	8:45 to 9:10			<b>YOGA</b> Instructors: Ms. Hodgin, Mrs. Tomilson, Mrs. Wiggins.		<b>YOGA</b> Instructors: Ms. Hodgin, Mrs. Tomilson, Mrs. Wiggins.
<b>Room 129</b>	8:45 to 9:10			<b>INSPIRATIONAL VIDEOS</b> Leader/Supervisor: Mrs. Doucette		<b>INSPIRATIONAL VIDEOS</b> Leader/Supervisor: Mrs. Doucette
<b>Room 224</b>	8:45 to 9:10		<b>Zentangle Art</b> Supervisor: Mrs. Tomilson		<b>Zentangle Art</b> Supervisor: Mrs. Tomilson	
<b>Room 208</b>	8:45 to 9:10	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler	<b>Cool Colouring</b> (with relaxing music) Supervisor: Mrs. Butler
	8:45 to 9:10	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram	<b>Board Games</b> Supervisor: Ms. Oram
<b>GYM at lunch</b>	12:45 – 1:15			<b>Teachers vs HVHS basketball team players</b>		