



HVHS Wellness Week #8



May 9 – 13

| | | MON May 9 | TUES May 10 | WED May 11 | THURS May 12 | FRI May 13 |
|---------------------|-------------|---|---|---|--|--|
| Gym | 8:45 – 9:10 | ZUMBA Instructor: Tammy Moore Supervisor: Mrs. Scott | Dodgeball Supervisor: Mr. Scott | Frisbee Supervisors: Mr. Palmer | Soccer Supervisor: Mrs. Lennon | Dodgeball: Teachers vs Students Supervisor: Mrs. Scott |
| Room 209 | 8:45 – 9:10 | | Team Trivia Tournament Leader/Supervisor: Mr. Sprague-Hay | | | |
| Fitness Room | 8:45 – 9:10 | Z | Pumping It Up!! Supervisor: Ms. Lennon | | Pumping It Up!! Supervisor: Mr. Palmer | |
| Room 128 | 8:45 – 9:10 | U | Furry Friends: SPCA Supervisor: Mrs. Wiggins | | Furry Friends: Meet Dr. Garey's Dog friend Supervisor: Mrs. Wiggins | |
| Room 129 | 8:45 – 9:10 | M | | Furry Friends: Meet Sierra's cats: Ebony & Ivory Supervisor: Mrs. Doucette | | |
| Room 304 | 8:45 – 9:10 | B | Magic Club Supervisor: Mrs. Tunney | | Magic Club Supervisor: Mrs. Tunney | |
| Room 222 | 8:45 – 9:10 | A | Anime Club Supervisor: Mr. Smith | Computer club - Gaming Supervisor: Mr. Smith | Anime Club Supervisor: Mr. Smith | Computer club – Gaming Supervisor: Mr. Smith |
| Room 320 | 8:45 – 9:10 | | Hemp Necklace making Supervisor: Mr. Maloney | Knitting Club: Learn to knit an infinity scarf! Supervisor: Mr. Maloney | Hemp Necklace making Supervisor: Mr. Maloney | Knitting Club: Learn how to knit an infinity scarf Supervisor: Mr. Maloney |

Thank You to everyone who participated in Wellness Activities this year. So much fun!!!

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| Room 326 | 8:45 – 9:10 | Chess Club Supervisor: Mr. Bidgood | Rugby Ready!!! Laws/positions/tactics Boys & girls welcome Supervisor: Mr. Bidgood | Chess Club Supervisor: Mr. Bidgood | Rugby Ready!!! Laws/positions/tactics Boys & girls welcome Supervisor: Mr. Bidgood | Chess Club Supervisor: Mr. Bidgood |
| Room 121 | 8:45 – 9:10 | Garden Club Supervisor: Ms. Lennon | | Garden Club Supervisor: Ms. Lennon | | |
| Room 216 | 8:45 – 9:10 | | Guitar Club Supervisor: Mrs. Chevarie-MacNeil | Guitar Club Supervisor: Mr. Corey Casey | Guitar Club Supervisor: Mrs. Chevarie-MacNeil | |
| Room 204 | 8:45 – 9:10 | FREE THOUGHT Supervisor: Mr. Carson | | FREE THOUGHT Supervisor: Mr. Carson | | FREE THOUGHT Supervisor: Mr. Carson |
| Room 128 | 8:45 – 9:10 | | | YOGA Instructors: Ms. Hodgkin, Mrs. Tomilson, Mrs. Wiggins. | | YOGA Instructors: Ms. Hodgkin, Mrs. Tomilson, Mrs. Wiggins. |
| Room 129 | 8:45 – 9:10 | | | | Inspirational videos Leader/Supervisor: Mrs. Doucette | Inspirational videos Leader/Supervisor: Mrs. Doucette |
| Room 305 | 8:45 – 9:10 | Funny YouTube videos Supervisor: Mrs. LeRoy | | Funny YouTube videos Supervisor: Mrs. LeRoy | | Funny YouTube videos Supervisor: Mrs. LeRoy |
| Room 224 | | | Zentangle Art Supervisor: Mrs. Tomilson | | Zentangle Art Supervisor: Mrs. Tomilson | |
| Room 208 | 8:45 - 9:10 | Cool Colouring : (with relaxing music) Supervisor: Mrs. Butler | Cool Colouring : (with relaxing music) Supervisor: Mrs. Butler | Cool Colouring (with relaxing music) Supervisor: Mrs. Butler | Cool Colouring (with relaxing music) Supervisor: Mrs. Butler | Cool Colouring: (with relaxing music) Supervisor: Mrs. Butler |
| | 8:45 – 9:10 | Board Games Supervisor: Ms. Oram | Board Games Supervisor: Ms. Oram | Board Games Supervisor: Ms. Oram | Board Games Supervisor: Ms. Oram | Board Games Supervisor: Ms. Oram |
| BBQ at lunch | 12:45 – 1:15 | | | Surf & Turf Wellness Wrapup BBQ Menu – Burgers, BBQ maple flavoured salmon skewers, salads, fruit, yogurt Cost: Free (accepting donations to Relay for life) | | |