



Good Knight Day

Wednesday November 28th, 2018

Success Days are an opportunity for students at Bluevale to seek out extra help, complete and/or hand in outstanding assignments, or work on current assignments. We accomplish this by modifying the timetable. All classes will occur during the morning of Wednesday, November 28th with lunch happening from 11:30 to 12:20. This is our last Good Knight Day prior to summatives and exams. Students do not need to sign up for academic support. Students not needing extra help have an opportunity to take part in wellness activities. Wellness is a key indicator for student achievement. See below for the various Wellness Sessions. Students who want to participate in the Mindfulness and Relaxation Workshop or the Seasonal Mason Jar Workshop will need to sign up via the website. The rest of the Wellness Activities are open based on a first come, first serve basis.

Time					
A Block 8:15-9:00	Regular Classroom Instruction				
B Block 9:05-9:50	Regular Classroom Instruction				
C Block 9:55-10:40	Regular Classroom Instruction				
D Block 10:45-11:30	Regular Classroom Instruction				
Lunch 11:30-12:20					
Wellness 1 12:20-1:20	Mindfulness & Relaxation: Find Your Focus Fitness Room	Learning to Save Room 2403	Seasonal Mason Jar Craft Room 3412	Game On Cafeteria	Thinking Forward..Prepping for Sem 1 Final Exams Room 1117
	Departments that are offering Academic Support:		Math, English, Languages, Geography, Phys Ed., Tech, Student Success & Special Education		
Wellness 2 1:25-2:25	C2L Campfire Bootcamp Library Computers	Knit2gether Room 1749	Stress Busters Cafeteria	Recreational Games in the Gym 1	Thinking Forward..Prepping for Sem 1 Final Exams Room 1117
	Departments that are offering Academic Support:		Science, History, Business, Coop, Family Studies, Music, Visual Arts, Student Success & Special Education		

Wellness Workshop Descriptions

Mindfulness & Relaxation--Find Your Focus: Come out and learn about mindfulness and relaxation, and learn skills to improve your focus and productivity, reduce your anxiety, calm your thoughts and improve your perspective. Try skills like visualization, breathing techniques, and progressive muscular relaxation, as well as look at some available apps. Optional: Bring a blanket.

This session does require you to sign up and register. Space is limited to the first 30 participants.

Seasonal Mason Jar Votive Craft: Come out to create your own Seasonal Mason Jar Votive with Mrs. Kominar and Ms. Divell in room 3412. **This session does require you to sign up and register.** Space is limited to the first 30 participants.

Game On: Help chase off your stress and connect in person with your peers over a board game in the caf. Mr. Wetstein, Ms. Patterson, and Mr. Okum.

Growing My Bank Account: "One in two Canadians report that money is the number one cause of stress in their life! This workshop led by Mr. Moogk will focus on strategies to accelerate meeting your savings goals, choosing the best investment opportunities (with emphasis on TFSA's, GIC's, and mutual funds), and the proper way to use a credit card to build your personal credit score. This workshop is intended for students in all grades...because it's never too early to start saving for the future!" Come out to Room 2403 with Mr. Moogk.

Thinking Forward...Prepping for Your Semester 1 Final Examinations: This workshop is designed to help you prepare for your upcoming final exams. It will provide meaningful tips and resources for exam preparation. You will learn that you can't prep in the same manner for all your subject areas. Teachers from Math, English, Science, and the Social Sciences will be offering helpful tips and tricks that will help you feel more confident moving into exams.

Knit2gether: Got a knitting project on the go, or have a desired interested to learn how to knit, come out to this session led by our keen staff knitters, We outgrew our last space so will be working with Mrs. Martin and Mrs. Werner in Room 1749.

Stress Busters: Looking for some simple ways to decompress in your day? Here is an opportunity to chill with a puzzle or colour therapy. You also have the opportunity to make your own stress ball. Come out to the caf to participate in these activities.

C2L Campfire Bootcamp: If you are a C2L student in grade 10/11/12 come out to the library computer area and take the opportunity of some dedicated time to work on and complete your Adventurous Journey Report. Mrs. Kemperman

Recreational Gym

Gym 1	Dodgeball/ GLO	Wolf	30 Students
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Sign up for Mindfulness & Relaxation Workshop and/or the Seasonal Mason Jar Votive Craft via

<https://bci.wrdsb.ca/> and then go to "Good Knight Day" Info.