



# Good Knight Day

Wednesday, November 27th, 2019

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. There are 2 days set aside in each semester: one around Parent Teacher conferences and another before we enter summatives. Students not needing extra help have an opportunity to take part in wellness activities. Wellness is a key indicator for student achievement. All classes will occur during the morning of Wednesday, November 27th as well as the various Wellness Workshops that will be offered.

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	<b>Recreational Gym Activities</b> (Gym)	<b>Let's Eat Healthy!</b> (3113) <b>*starts at 11:30</b>	<b>Come Paint With Us!</b> (2113)	<b>Holiday Sing-Along</b> (2606)	<b>Chillin' in the Caf</b> (cafeteria)	<b>String Art</b> (3412)	<b>Outdoor run</b> (gym hall)	<b>Tutorial Support / Individual Assignment Completion</b>
<b>Departments that are offering Academic Support:</b>		Math, English, Languages, Geography, Phys Ed., Tech, Student Success & Special Education						
Wellness 2 1:25-2:25	<b>Recreational Gym Activities</b> (Gym)	<b>Study Smarter Not Harder</b> (1119)	<b>Cookie Decorating</b> (1207 - Breakfast Club room)	<b>Reading Room</b> (Library Seminar Room)	<b>Chillin' in the Caf</b> (cafeteria)	<b>String Art</b> (3412)	<b>Yoga</b> (2201)	<b>Tutorial Support / Individual Assignment Completion</b>
<b>Departments that are offering Academic Support:</b>		Science, History, Business, Coop, Family Studies, Music, Visual Arts, Student Success & Special Education						

**Let's Eat Healthy:** Come out to learn how to prepare a flattened chicken with roasted potatoes and veggies. While everything is baking we'll prepare a salad and Alabama white sauce for dipping. The session will begin during lunch and continue into the afternoon so we can eat together. If you have any food allergies please let Mr. Ashley or Ms. Schindelheim know ahead of time. **This session does require you to sign up on the sheet posted on the door of room 3113.** Space is limited to the first 20 participants.

**Come Paint With Us!:** Want to create some artwork and use it as a gift this holiday season? Or perhaps you want to de-stress in a calm, relaxing atmosphere. Come join Mrs. Moffatt and Mrs. Stewart for a winter-themed paint session in room 2113. **This session does require you to sign up and register using this link:** <https://forms.gle/u6zJH85F2C6c3EKv6>. Space is limited to the first 15 participants.

**Chillin' In The Caf:** Come out to the cafeteria to connect with your peers over a puzzle, a giant Connect 4 game, Apples to Apples, or study with peers. Facilitators: Miss Sparks, Miss Drummond, Mrs. Miller, and Mr. Serviss.

**Cookie Decorating:** You can still smell the baked cookies in room 1207. Come out and join in on the yummy fun and decorate your own cookie...and eat it too! Facilitator: Ms. Patterson

**Hammer It Out:** Create your own mini string-art masterpiece and/or tin can votive in 3412 with Ms. Kominar and Mrs. Tuma. All materials and supplies will be provided as well as inspirational designs. Come for one session or stay for two!

**Study Smarter, Not Harder:** Interested in building your confidence before exams? Come out to room 1119 learn some easy study tips and tricks for a variety of courses with Mr. Kumar and Mrs. Schmuck.

**Reading Room:** Come to the library seminar room to chill out on a bean bag chair while you read. Just finished your latest book? Luckily, you're in the library and Mrs. Rampelt can always help you track down just what you're looking for.

**Outdoor Run:** Are you looking to burn off some stress? Meet Mr. Kemperman outside the gyms at 12:15 for an outdoor run (weather permitting). Staff and students are encouraged to dress for the weather....and don't forget to bring your water!

**Recreational Gym:** Drop by the gym to get your body moving for open gym time or games of low organization. Facilitator: Mr. Robertson.

**Holiday Sing-Along:** It's beginning to look a lot like Christmas, so why not get in the holiday spirit?! Students and staff are invited to come on out to Room 2606 for a Holiday Sing-Along, where we'll sing a variety of festive classics along with a selection of pop favourites (if you have song requests, see or email Mr. Lacoste). No musical experience is necessary, just a desire to raise the roof!

**Yoga:** This 60 minute class places focus on a series of postures that work to strengthen the body and build endurance. Designed for all ability levels as we start from the ground up - literally. All you need is a body that moves. There is no flexibility requirement. Accommodations will be provided for a variety of ability levels. The session will run in the fitness room (2201) from 1:25-2:25. Yoga Instructor: Ms. Polak