Good Knight Day

Nov. 27, 2019

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Wed. Nov. 27th

- Come out to one of our wellness activities in the afternoon (unless not seeking academic support…)

- Activities *designed* for YOU to provide some **stress relief** and ideas how to bring *balance* to your life.

Good Knight Day

Let's Eat Healthy!

- Come out to learn how to prepare a flattened chicken with roasted potatoes, veggies and a salad.

- 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.

Good Knight Day

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!

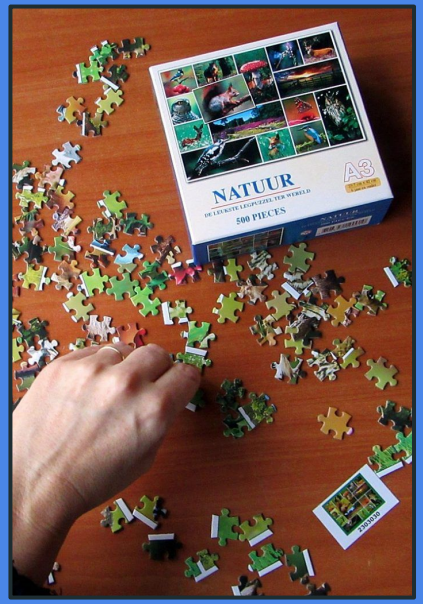
Good Knight Day

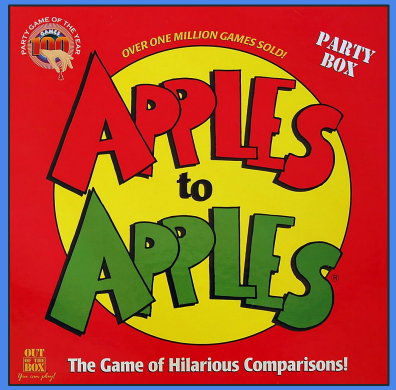
Come Paint With Us!

- 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 from 12:20 pm-1:20 pm.
- Space is limited to 15 people. **Sign up using this link: https://forms.gle/u6zJH85F2C6c3EKv6.**

Good Knight Day

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**.
- 12:20 pm-2:25 pm
- Facilitators: Miss Sparks, Miss Drummond, Mr. Serviss and Mrs. Miller

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!

- Join Ms. Patterson in the room 1207 (Breakfast Club room) from 1:25 pm - 2:25 pm.

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Recreational Gym Activities

A variety of recreational gym activities are available for you to participate in from 12:20-2:25. Come out and join in the fun with Mr. Robertson in the gym.

Reading Room

Come to the **library seminar room** to **relax 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.

1:25 pm-2:25 pm

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Yoga

- **Want to build your endurance and strength?**
- Join Ms. Polak in the fitness room (2201) from 1:25-2:25
- Designed for all ability levels, there is no flexibility requirement!
- Accommodations will be provided for a variety of ability levels.

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 a well as inspirational designs. Come for one session or stay two!

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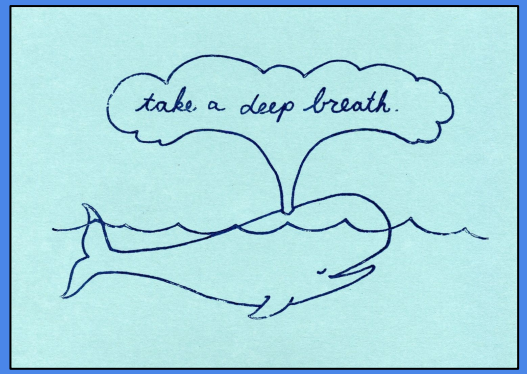
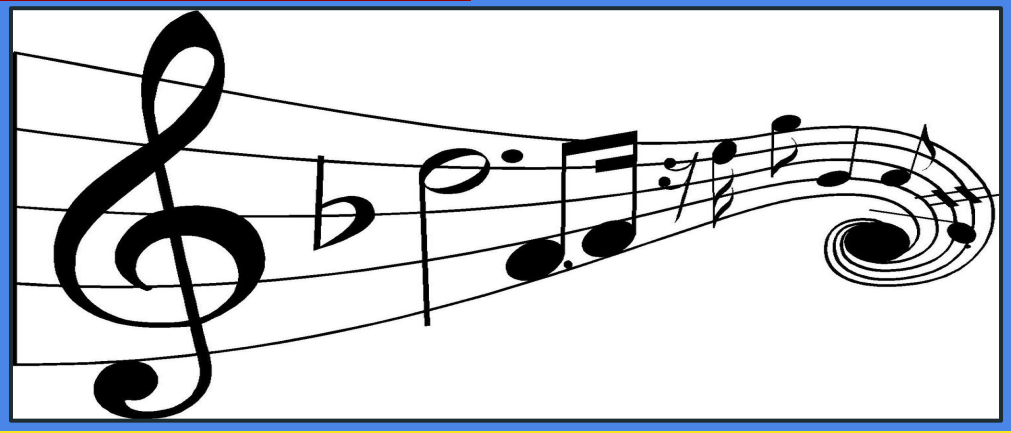
Study Smarter, Not Harder

- **Interested in building your confidence** before exams? Want to **learn strategies for managing test anxiety**?
- Come out to room 1119 learn some easy study tips and tricks for a variety of courses with Mr. Kumar and Mrs. Schmuck.
- **1:25 pm-2:25 pm**



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 from 12:20-1:20 for a Holiday Sing-Along
- 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!



Tutorial Support/Individual Assignment Completion

- Seek out extra help/support from classroom teacher;
- Complete/hand in outstanding assignments;
- Work individually or with peers on assignments/homework

Focus on your overall Well-being.

- Well-being is a positive sense of self, spirit and belonging that we feel when our cognitive, emotional, social and physical needs are being met.

- Here at BCI we want you to learn to become resilient, so that you can make positive and healthy choices to support learning and achievement both now and in your future.