



# Good Knight Day

Thursday, March 21, 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. All classes will occur during the morning with lunch happening from 11:30 to 12:20. Students do not need to sign up for academic support. Some teachers may request students to come in for academic support. If so, this is where you need to be. We are also going to offer another session for students who want further practice/instruction around the OSSLT during the second Wellness Session. 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 which 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	<b>Paint Knight Presents</b>	<b>Yoga 1</b>	<b>Recreational Gym</b>	<b>Empathy, Self-Esteem, Body Image and Healthy Relationships</b>	
	<b>Room 3412</b>	<b>Room 2201</b>	<b>Gym</b>	<b>Library Seminar Room</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>Lit Test Prep for Gr. 10 Students</b>	<b>Restorative Yoga</b>	<b>Get Your Game on</b>	<b>Recreational Gym</b>	
	<b>Room 2113</b>	<b>Room 2201</b>	<b>Cafeteria</b>	<b>Gym</b>	
	<b>Departments that are offering Academic Support:</b>		Science, History, Business, Coop, Family Studies, Music, Visual Arts, Student Success & Special Education		

Please take advantage of the time provided to you this afternoon. This day was a designed with your overall achievement and well-being in mind.

# Wellness Workshop Descriptions

## **Paint Knight Presents: The Joy of Painting**

Put on your best Bob Ross beard and wig as you paint along with Mr. Okum to create an artistic creation that you will proudly display for years to come. Let's build a happy little cloud. Let's build some happy little trees. Supplies are provided. and all you need to bring is a positive attitude and a sunny disposition. Remember, there are no mistakes, just happy accidents. Room 3412 is the place to be.

## **Additional OSSLT Prep**

Attention all Grade 10 students! If you would like an opportunity to prepare more for the upcoming Ontario Secondary School Literacy Test (OSSLT), consider this session! Teachers will be on hand to provide more practice questions and to give you feedback. Come out to room 2113.

## **Yoga 1**

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. Session will run in the fitness room (2201). Yoga Instructor: Ms. Polak

## **Restorative Yoga**

Bring your blankie and a pillow (or two) for a 60 minute peaceful rest-filled restorative yoga class. Take this opportunity to release stress and tension while finding some beautiful moments of peace. Accessible to all bodies. Session will run in the fitness room (2201). Yoga Instructor: Ms. Polak

**Game On:** Help chase off your stress and connect in person with your peers over a board game in the caf.

Facilitator: Mr. Wetstein, Ms. Patterson

## **A Student Lead Interactive Presentation on Empathy, Self-Esteem, Body Image and Healthy Relationships:**

Student leaders will engage students in icebreakers, discussions and activities as they educate them about Empathy, Self-Esteem, Body Image and Healthy Relationships. Session facilitated by: Sydney Grishow, Tyler Robinson, Dylan Snider, Ainslie Unruh and Mrs. Boucher. Session will be held in the Library Seminar Room.

## **Recreational Gym**

Drop by the gym to get your body moving for open gym time or depending on the numbers games of low organization.

Facilitator: Mr. Wolf