

WELLNESS WEDNESDAY

Event Schedule

May 8, 2019

Modified
Time Table!

TIME

EVENT

12:18-1:18
WELLNESS #1

****Trail Ride - Meet outside Tassie**

Grab your bike and hit the trails with Mrs. Evans, Mr. Schell and Mr. Huarte as you ride the rail trail through Cambridge. *This session does require you to register!* Space is limited to the first 15 participants.

Spirit Cheer - Tassie Hall

Have you got spirit? We want you! Come join Ms. Colvin in learning a new GCI cheer so we can be loud and proud at all upcoming events. The more the merrier, join us in Tassie Hall.

Fibre Arts Projects - Room 414

Do you have a project you are working on but have trouble finding the time to complete it? Knitting, sewing, crocheting, needle point? Bring them with you and work on them in with Mrs. Hardie in room 414.

Weights - Weight Room

We want to Pump YOU up! Come join Mr. Dietrich, Mrs. Bowler and Mrs. Wood-Salomon to work out, learn how to use weights or start a program in our Flex.

**** Nailed It! - Room 405**

Like to be creative, work with your hands? Come join Mrs. Perrin in room 405 for a picture frame project. All supplies provided. *This session does require you to register!* Space is limited to the first 25 participants.

Basketball - Big Gym

Mr. Dunning will be in the gym to play one of your favourite games. Come on down to the double gym for some fun B-Ball.

Historic Colouring - Room 310/311

Come to rooms 310 and 311 to colour your way through history with Madame Watson and Mrs. Hewitt.

****Healthy Snacks - Room 407**

Hungry? Make some healthy snack options that you can add to your weekly menu with Mrs. Long in room 407. *This session does require you to register!* Space is limited to the first 30 participants.

Science

Art

Geography

Business

English

Languages

Tech

*** Please Note: Registration is Required for space-limited wellness activities. Registration is via Google Form. Links will be emailed to all students' WRDSB email accounts on May 3rd.*

12:18-1:18
**ACADEMIC
SUPPORT #1**

1:25-2:25
WELLNESS #2

****Trail Ride Continues**

Beach Volleyball - Outside Courts

Come out to the side court for some fun in the sun and sand. Beach Volleyball with Mrs. Klie, Ms. Mullin. In case of rain, volleyball will move in doors to the small gym.

Dance / Yoga

Have a little meditative moment with yoga or dance yourself silly. Either way come relieve some stress in the cardio room with Ms. Pauze and Ms. Vuong.

Karaoke - Room 318

Love to sing your heart out but can't always remember the words? Come on your own, come with a friend, or come as a group. Mrs. McWilliams will have the lyrics and music for you to sing along with.

**** Nailed It! Continues**

Top 10 Things You Should Know About Money - Rm 112

Join Ms. Keller in room 112 for fascinating information that will be sure to make you're richer than you think! Save now for your future freedom.

Game On!

Do you like board games and puzzles? Join Mrs. Little and Ms. Ropp in rooms 118 and 119 for Game On!

1:25-2:25
**ACADEMIC
SUPPORT #2**

Family Studies

Math

History / Co-op

Music

ESL

Phys Ed

Student Success