












Be Well Bethune Week April 2019 Small Changes = Big Rewards

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	Monday, April 15
<i>Mindful Monday</i>	<i>Talk Tuesday</i>	<i>Wellness Wednesday</i>	<i>Taking Care Thursday</i>	<i>Friendship/Facetime Friday</i>	
<p>Assembly Schedule</p> <p>Kick Off Assembly with Chris Vollum Period 1</p>  <p>Mindfulness Practice over PA <i>after anthem</i></p> <p>Glitter Jar Making and CALM App Teaching area in Library @ lunch</p>	<p>Assembly Schedule Tedx Talk Period 2</p> <p><u>Lunch Period</u></p> <p>“My Small Changes” white board activity</p> 	<p><u>Lunch Period</u></p> <p>Dance in T102/Weight Room/Gym</p>  <p>Open Gym at Lunch</p>  <p>Walking/Running Group (Open to teachers and students)</p>	<p><u>Lunch Period</u></p> <p>Stress Ball making (Healthy Schools)</p> <p>Colouring Books/Sheets (Healthy Schools)</p> <p>Jenga (PE Class)</p> <p>Chess (Board Games Club)</p>  <p>Nail Painting (PE Class)</p> <p>Hand Massage (PE Class)</p> <p>Art Therapy (Art Council)</p>	<p><u>Lunch Period</u></p> <p>Cafe in Commons <u>Menu:</u> tea hot chocolate snacks for a small donation (Breakfast Club)</p>  <p>“Do THIS not THAT” Comic Slide Show</p> <p>Water Bar (BEAT)</p> <p>Photo booth (Healthy Schools)</p>  <p>Cafe Performers (Jazz choir and various students)</p> <p>MUSIC by BLAZE</p>	<p><u>Lunch Period</u></p> <p>Therapy Dogs in Commons</p>  

Everyday Activities - Daily Announcements, Selling T-Shirts and Bracelets - Healthy Schools to sell and set-up