

Hillcrest

Daily Announcements

Wednesday, November 02, 2022

Attention **grade 8 girls Volleyball** team, there will be a mandatory meeting in Mr. Perry's room at Nutrition Break to discuss rides.

Grade 6/7 intramurals will start today! We have the Gassy Buritos versus Wendy's Whoppers on court one. Then, over on court two, we have Frank Bobby Joe versus Jellyfish Army. Intramurals will begin at 12:40 today. Unfortunately NO SPECTATORS ALLOWED. There will not be enough room in the gym.

Chill Zone - Do you want to have better focus and concentration for school, sports, or some other activity? Do you sometimes roll in your thoughts at night when all you want to do is sleep? Do you spend too much time ruminating on what happened in the past or what may happen in the future. Maybe you feel you don't have a tool to help you deal with challenging emotions. Perhaps you just want to feel a little more 'Chill'.

If you are interested in taking steps to becoming the master of your mind and want a quiet space to learn some breathing exercises which could help you navigate the ups and downs of life. Come to Mr. Wiskar's room tomorrow from 8:20-8:35 and experience the Chill Zone! Please meet him at his exterior door near the portables. Please do not enter the school. You will only be let in through the back door of the classroom.

A reminder to students who are registered in the first rotation of **supper club** that it starts tomorrow after-school. Didn't make it into this round of supper club? No worries as the club will run all year. The next rotation will start in January, listen to announcements for more details.