

# Hillcrest

# Daily Announcements

Tuesday, September 20, 2022

Good morning.

We'll be back in 30 seconds with your morning announcements.

Here are your announcements:

At long last, it's time for the 1st meeting of the Hillcrest **D&D Club**.

No experience playing Dungeons & Dragons is needed. We'll even provide those sweet 20-sided dice for you!

The meeting starts at 12:40 pm, after lunch eating time, in Mr. Holbrook's room - that's room 120 across from the Multi-Purpose Room. Join us. Adventure awaits!

**Minecraft Coding Club** is starting on Wednesday at 12:40 in the learning commons. In this club you will learn how to write simple and complex codes to help build mini games in the Minecraft universe. Bring your pickaxe and device and get ready to have a great time!

## **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 from 8:20-8:35 on Tuesday and Thursdays and experience the Chill Zone! We will start this Thursday.

Please meet Mr. Wiskar 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.