

Hillcrest

Daily Announcements

Monday, November 07, 2022

Grade 7 Volleyball meeting today at Nut Break in the music room.

Grade 8 Volleyball players, a reminder that today's practice is cancelled because of our staff meeting.

Have you heard the news? **Chess club** is starting today in the Learning Commons at 12:40. If you are interested in playing chess, come and check it out.

Hillcrest MasterChef Competition- Today is the day! If you have a signature recipe or a passion for cooking, then this competition is for you! Any interested students on the Jays (Blue) Team should come to the Home Ec room Block A after morning attendance today.

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.