



Spirit of Healthy Kids School Program

JANUARY 28 to FEBRUARY 11



Our school is excited to participate in the Prince George Cougars Spirit of Healthy Kids School program! This program emphasizes the significance of education, philanthropy, physical health, and mental well-being. To participate in this program, every student must complete the student activity tracking log for two weeks and get it signed by a parent to contribute to the total school count. If the entire school achieves the full tally for a two-week period, we will qualify to win one of five \$1,000 cash prizes and a grand prize of \$5,000! The activity log will keep track of each student's daily progress, including 15 minutes of reading, 30 minutes of physical activity, and acts of kindness or giving. The activity logs are being sent home in your child's backpack today. The form will also be available on the last page of Branches. Thank you for your participation in this program.



We have added to our stock of HCS Wildcats athletic apparel available at the school office. Come in and check out our selection. Who doesn't love to show their school spirit with these cozy crewnecks and hoodies!?

What's happening at HCS ?

- January 29 (Monday)
 - No School for **High School Only**
- January 30 (Tuesday)
 - Skating for Grade 11/12 at 1:15 pm
 - Skating for Grade 4/5/6 at 2:00 pm
- February 2 (Friday)
 - Cross-country Skiing for Grade 7/8
- February 5 (Monday)
 - Last day for West Coast Seeds orders

IMPORTANT ANNOUNCEMENTS

If you have visited HCS recently, you may have spotted a sign that says "Welcome! All visitors must check-in at the office." When visitors arrive at the office, they will now be asked to provide their name and phone number and will be given a visitor badge. We have implemented this procedure for two purposes: firstly, in an emergency, it is essential to have a definite list of everyone in the building for their safety in case of an evacuation; secondly, to ensure that all staff can easily identify visitors who have checked in at the office by their visitor badge. Our school community has grown in recent years and so these measures will better help us to provide increased safety for everyone at HCS. Our staff, school leaders, and the school board take this responsibility very seriously. We appreciate your understanding and commitment to safety as we work together to "Educate, Engage, and Equip... to the glory of God."



West Coast Seeds

**Only One
Week Left to
Get Your
Orders In!!!**

**ALL SEEDS CAN BE ORDERED
ON THE FUNDRAISING SITE:**

fundraising.westcoastseeds.com



Our students have been absolutely beaming with smiles, laughter, and creativity during these snowy days. From kids enthusiastically mastering cross-country skiing, building elaborate forts, and gracefully gliding across the ice, our students have truly embraced the joy of winter.

If you want to know when your child's class is skating at the arena, click [here](#) for the full season schedule.





Spirit of Healthy Kids School Program Student Activity Sheet

January 28 to February 11

Name: _____ Class: _____ Age: _____

Physical Activity							
Day	Activity	Minutes	Parent Initial	Day	Activity	Minutes	Parent Initial
1				8			
2				9			
3				10			
4				11			
5				12			
6				13			
7				14			

Reading							
Day	Book Title	Minutes	Parent Initial	Day	Book Title	Minutes	Parent Initial
1				8			
2				9			
3				10			
4				11			
5				12			
6				13			
7				14			

Describe the Healthy Choices You Make and How You Choose to Give Back and Be Kind							
Day	Healthy Choices/ Kindness	Minutes	Parent Initial	Day	Healthy Choices/ Kindness	Minutes	Parent Initial
1				8			
2				9			
3				10			
4				11			
5				12			
6				13			
7				14			

Please include activities related to philanthropy (giving back and acts of kindness) Mental Wellness, Physical Activity, Safety & Injury Prevention, Healthy Eating, Tobacco & Vape Reduction, and Dental Health.