



HASBROUCK HEIGHTS JUNIOR AVIATORS

How many times have we said to ourselves, “I wish I could spend more time with my family... or better manage my stress... or gain more flexibility within my schedule?” BUT as we all know, in the fast-moving whirlwind of life, we are just never able to act on it?

It is from this idea that we’ve created **Wellness Weekends** at Hasbrouck Heights Middle School! The plan is very simple: during our designated **Wellness Weekend**, there will be NO homework assigned to our students and there will be NO due dates, projects, or assessments scheduled for the following Monday. The spirit of **Wellness Weekend** is not simply to provide students with a “no homework” weekend, but rather, to truly encourage our students and their families to take this opportunity to do those things that we always wish we could do!

Our very first **Wellness Weekend** will be from **Wednesday, November 6th through Sunday, November 10th, 2019.**

Again, no due dates, assessments, or projects will be due on Monday, November 11th! Please make it a point to plan something fun and exciting to do as a family and give yourself the chance to rejuvenate your mind and body as part of our **Junior Aviator Wellness Weekend!**

“We have two lives, and the second begins when we realize we only have one.” – Confucius

Some ideas to plan for your Wellness Weekend:

- ◆ Pumpkin/ Apple Picking with family;
 - ◆ Family visit to the Zoo;
- ◆ Exercise, play a sport, or go for a hike;
 - ◆ Go to a Movie/ Drive-In Movie;
- ◆ Play board games at night with your family;
 - ◆ Volunteer at a Food Drive;
 - ◆ Quiet reading time with family!

-- The Hasbrouck Heights Middle School Team

HEIGHTS: Where tradition and innovation take flight!