



HASBROUCK HEIGHTS JUNIOR AVIATORS

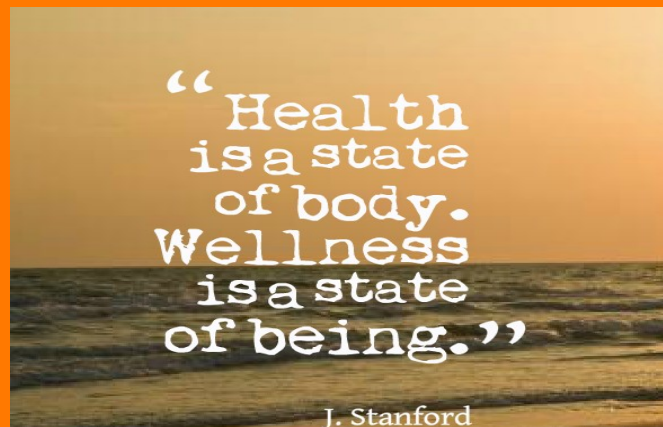
WHO CAN'T USE A *WELLNESS WEEKEND* RIGHT ABOUT NOW?!?!?

Wellness Weekend at HHMS! **Friday, March 19th– Monday, March 22nd**

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 (3/22). The spirit of *Wellness Weekend* is simply to encourage our Junior Aviators and their families to take this opportunity to take a break from schoolwork and do something fun and relaxing over the weekend!

Some ideas to plan for your Wellness Weekend:

- ◆ Cross-country skiing;
 - ◆ Snow tubing;
- ◆ Exercise, play a sport, or go for a hike;
 - ◆ Family Movie Night;
- ◆ Play board games at night with your family;
- ◆ Bake a cake or favorite dessert as a family;
 - ◆ Quiet reading time with family!



-- The Hasbrouck Heights Middle School Team

HEIGHTS: Where tradition and innovation take flight!