



HASBROUCK HEIGHTS JUNIOR AVIATORS

How many times have we said, “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 have instituted **Wellness Weekend's** at Hasbrouck Heights Middle School! The plan is very simple: during any 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 this idea is not simply to provide students with a “no homework” weekend. We are essentially encouraging our students and their families to take the opportunity to do things that we always talk about doing!

Wellness Weekend, Part II will take place from **Friday, January 25th through Monday, January 28th**. Again, no due dates, assessments, or projects will be due on Monday, 1/28! Please make it a point to plan something fun and exciting to do with your family and give yourself a chance to rejuvenate your mind and body as part of our **Wellness Weekend Part II!**

Some ideas to plan for Wellness Weekend, Part II:

- ◆ Go to a Movie with your family;
 - ◆ Go to a Museum;
 - ◆ Go Ice Skating;
- ◆ Go Sleigh Riding/Build a snowman;
- ◆ Play board games at night as a family;
- ◆ Volunteer together at a Food Drive;
- ◆ Quiet reading time with family!

“Do something today that your future self will thank you for!”-- Anonymous

-- The Hasbrouck Heights Middle School Team

HEIGHTS: Where tradition and innovation take flight!