



# HASBROUCK HEIGHTS JUNIOR AVIATORS

**Wellness Weekend at HHMS!**  
**Wednesday, Nov. 27th– Monday, Dec. 2nd**

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

**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 (12/2). The spirit of *Wellness Weekend* is simply to encourage our Junior Aviators and their families to take a break from schoolwork and do something relaxing and enjoyable over the weekend!

### **Some ideas to plan for your Wellness Weekend:**

- Get the Turkey ready! :-)
- Apple picking
- Exercise, play a sport, or go for a hike!
- Family Movie Night/ Play board games with your family!
- Bake a cake or favorite dessert as a family (Mr. Mastro loves pumpkin pie!)
- Quiet reading time with family!
- Watch Mr. Mastro's Philadelphia Eagles!

