



HASBROUCK HEIGHTS JUNIOR AVIATORS

Wellness Weekend at HHMS!

Friday, October 29th- Monday, November 1st

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 (11/1). 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 rejuvenating over the weekend!

Some ideas to plan for your Wellness Weekend:

- GO 'TRICK OR TREATING!' (Mr. Mastro's Favorite! :)
 - Apple picking/Pumpkin Picking!
 - Carve a Pumpkin!
 - 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!

