

FEB 2022

PHEKSA PRESENTS ISSUE #5 FEB 2022

COACH'S CORNER

photo taken by Angela Shih



photo taken by Angela Shih

Editor's Note

Welcome back to campus, KIN!

While some of us are returning to campus, the constant transitions can seem overwhelming - I definitely feel this way. Here is a reminder to take deep breaths and to navigate life one step at a time. Do what makes you happy, and remember to take at least five minutes each day to connect with yourself.

There are lots of great things happening next month - I hope that these issues have been helpful for you to discover new things & connect with what is happening in the faculty!

lots of love,

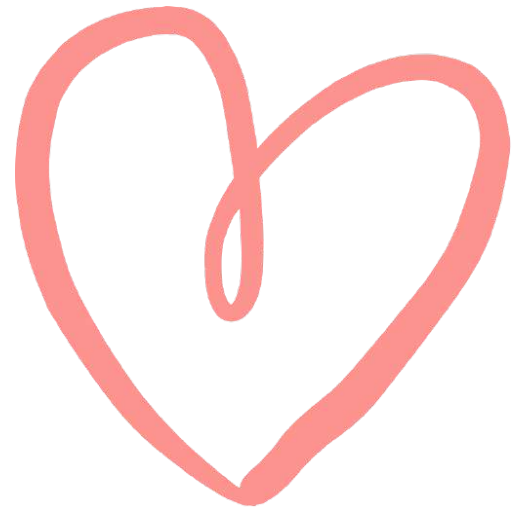
Angela Shih

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UPCOMING:

**NEXT
MONTH**



SKHS AWARDS APPLICATION

Due: Friday, March 4th at 4:30 p.m.

ALUMNI PANEL #2

March 9th

COFFEE WITH THE PROFS

March 15th




The SKHS Career Committee invites you to attend the 1st session of their 2-part Virtual Alumni Panel Series


SKHS 'JUNIOR' ALUMNI PANEL

Hear from 5 recent SKHS graduates on their education & career paths after undergrad and how their experiences in SKHS impacted where they are now!

 Wednesday, February 16th, 2022

 6:00 - 7:30PM (EST)

 Zoom

 Free!

[DON'T FORGET TO REGISTER](#)

OUR PANELISTS



HLTH '14
Stephanie Ko

Senior Epidemiologist,
Indigenous Services Canada
Master of Public Health



KIN '19
Jamie Gray

Physiotherapist
MSc Physical Therapy



HLTH '17
Mijal Vonderwalde

Occupational Therapist
Manager, Truanta Inc.
MScOT



KIN '17
Noah Liberman

Family Medicine Resident
MD



HLTH '21
Amanda Gimera

Business Development
AlayaCare

SKHS gift baskets will be randomly awarded to 2 students who attend!

Thank you to all the panelists, staff and students that made this alumni panel possible! It was truly insightful and was such an amazing learning opportunity. Don't worry if you missed this one, there will be another alumni panel on March 9th!

THIS MONTH:

MIDTERM CARE PACKAGES

To recharge everyone's energy during Midterms, PHEKSA's Outreach Commissioners, Sarah and Michelle, along with PHEKSA execs prepared these amazing care packages for KIN!

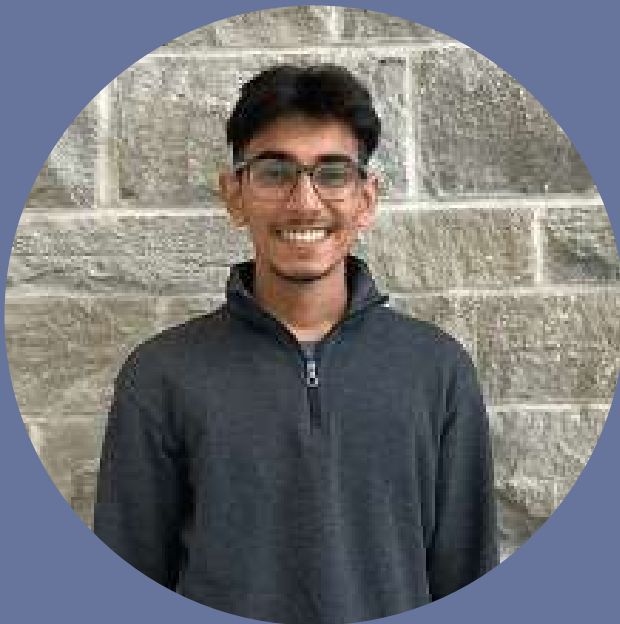


These will be delivered to students the first week back from reading break, we can't wait to see what is inside the packages!

HOW TO STAY ACTIVE DURING ONLINE SCHOOL

During online schools it can be hard to stay active or to get out of the house. We are here to share some ideas and tips so you can keep up with your physical activity during this time!

VARUN



AVA

PHEKSA Jr. Athletics Commissioners

coach's corner

FEBRUARY 2022

TIP #1

Go out for walks with your friends and family or even walk your dogs on a daily basis!



TIP #2

Go skiing or snowboarding since hills are now open!



TIP #3

Make outdoor skating a new tradition with your friends! Springer Market Square rink downtown is open!



WORDLE - COACH EDITION

Try to solve the Wordle on the next page!
Here are the rules if you haven't played before! The answer key is displayed on the last page of the issue. Best of luck!



Guess the **WORDLE** in six tries.

Each guess must be a valid five-letter word. Hit the enter button to submit.

After each guess, the color of the tiles will change to show how close your guess was to the word.

Examples

W E A R Y

The letter **W** is in the word and in the correct spot.

P **I** L L S

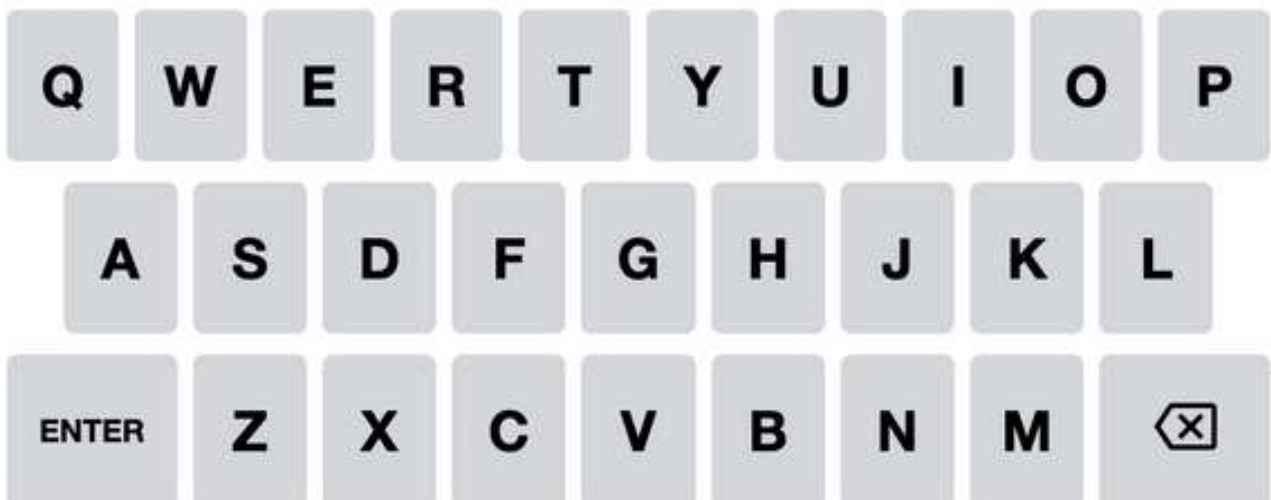
The letter **I** is in the word but in the wrong spot.

V A G **U** E

The letter **U** is not in the word in any spot.

WORDLE - COACH EDITION

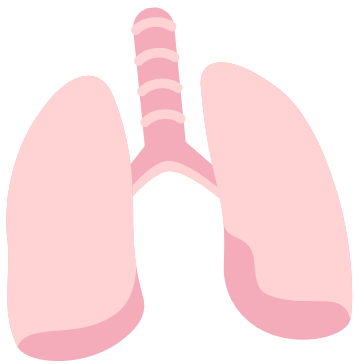
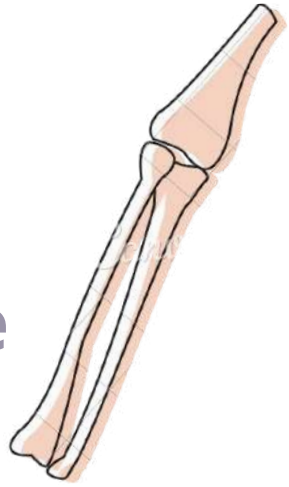
T	O	R	C	H
A	N	G	E	R
S	A	D	L	Y
Q	U	I	C	K



HAPPY VALENTINE'S DAY!

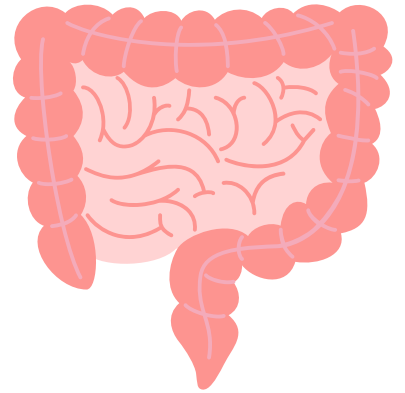
I **ulna** be with you

I want **tibia** your valentine



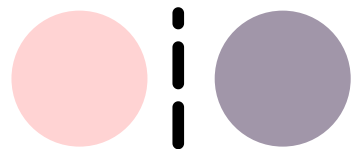
we **be-lung** together

I love you **villi** much



I **kneed** you

I love you to **Log₂N** (bits)!



WELCOME
BACK!

