

WELLNESS WEEK Feb 26 – Mar 1, 2024

	Theme Day	Lunch Activities	Guest speakers <i>*To sign up your class for a session, email Olga Vancic by Friday, Feb 23</i>
Monday	Mindfulness Monday <i>(day 2)</i>	<input type="checkbox"/> Meditation & Mindfulness w/ Mr. Exume (room 232) <input type="checkbox"/> Meal Prep Monday - Healthy Lunch prep w/ Ms. Greenside (room 329) <input type="checkbox"/> Music/Karaoke in the Multi	<input type="checkbox"/> Jack.org speaker – Mental health related topic, presenter has lived experience. <ul style="list-style-type: none"> • Period 6 (library) • Period 8 (library)
Tuesday	Tech Free Tuesday <i>(day 1)</i>	<input type="checkbox"/> Disconnect & Decompress w/ Hot Chocolate/Tea, Music & Board Games (Library@ lunch) <input type="checkbox"/> Poetry Workshop w/ Ms. Green (room 319)	<input type="checkbox"/> “Healthy Relationships” presentation - by Ryan McLean and/or Paul Sandhu <ul style="list-style-type: none"> • Period 1 • Period 2 <input type="checkbox"/> “Medicine Wheel Teachings Workshop”- Indigenous Perspectives on Wellness, presented by Naomi Narcisse <ul style="list-style-type: none"> • Period 3 (library)
Wednesday	Workout Wednesday <i>(day 2)</i>	<input type="checkbox"/> Yoga - small gym (Dato) <input type="checkbox"/> Pilates –mat room (Greenside) <input type="checkbox"/> Boxing Fitness – L. Gym <input type="checkbox"/> Mindfulness-Guided Mediation w/Ms. Chow (Dance room, 112)	<input type="checkbox"/> “Healthy Relationships” – by Ryan and Paul <ul style="list-style-type: none"> • Period 5 • Period 6 <input type="checkbox"/> PADS dogs visits (room 114) <ul style="list-style-type: none"> • Period 7 - classes can sign up for a 20-minute time slot
Thursday	Animal Therapy Thursday <i>(day 1)</i>	<input type="checkbox"/> Time Management Tips w/ Mrs. Dato (Library @ lunch) <input type="checkbox"/> Building Minds with Lego w/ Ms. Langille (room 322)	<input type="checkbox"/> Animal visits <ul style="list-style-type: none"> • Puppies - periods 2 and 3 (room TBD) • Bunnies - periods 3 and 4 (room 105) • Guinea pigs – all day, periods 1-4 (Portable 2 + others) <input type="checkbox"/> “Introduction to Indigenous Worldview” – by Leanne Ellis <ul style="list-style-type: none"> • Period 1, 2 and 4 (in classroom) • Period 3 (in library)

Friday

**Fun
Friday**
(day 2)

- Soap Making Workshop w/ Mr. Sidney (Science Lab @Flex
 - Art Therapy – work on collaborative art piece w/ Shawn (@ lunch, room 114)
 - “Body Image and Self-Talk” workshop w/ Dave from Core Connector Program (library @ lunch)
- “Resilience & Stress Management” workshop – by Dave from Adam’s Apples Core Connector Program
 - Period 5 (library)
 - Period 6 (library)
 - “Youth Mental Health 101” workshop - by Shiara Dhillon
 - Period 5 and 6 (in classroom)
 - Period 7 and 8 (in library)