



PAWS 2019

(Positive Activities & Wellness Summit)

JMA ARMSTRONG HIGH SCHOOL

FEBRUARY 12, 2019 (snow date: February 13)

EVENT

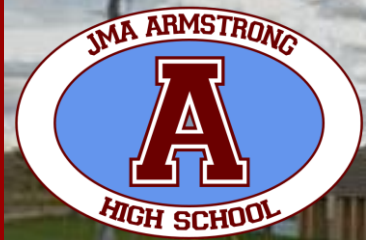
Event Location: JMA Armstrong High School, Salisbury, NB. For Students from grade eight to twelve

KEY MESSAGES:

- Youth Mental Health is a priority of JMA Armstrong High School
- JMA will hold a full day of Mental Health Education led by the Wellness Student Committee
- Engaging Youth (According to the Joint Consortium for School Health)
 - “Youth Engagement recognizes young people’s right to participate in decisions that impact them and acknowledges the great skills and strengths they bring to the table. It injects young people as valued stakeholders into creating effective and inclusive policies, programs and environments.”

PURPOSE

- Engage and Empower Youth
- Bring together Community and School
- Establish a Voice in Schools For Mental Health



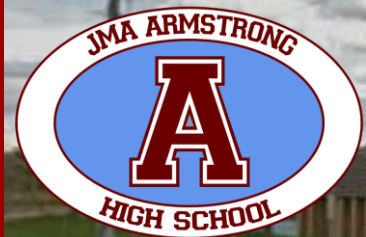
EVENT DETAIL

COMMITTEE MEMBERS

Sarah Wilson G.9	Prabhlin Kaur G.12	Hannah Melanson G.10
Cassandra Bannister G.10	Mackenzey Armstrong G.10	Gracie Jones G.9
Livy Campbell G. 9	Nadia Campbell G. 12	Lauren Killam G. 11
Mackenzie Insoire G. 9	Leah Black G. 9	Mr. John Hammond
Mrs. Stultz	Mrs. Constantine	Mrs. Roy MacAdam

AGENDA FOR THE DAY

Homeroom Attendance / Intro (10mins)	8:20-8:30am
Presentation in Auditorium (1hr)	8:30 - 9:30am
Transition (5mins)	9:30 - 9:35am
Session 1 (45mins)	9:35 - 10:20am
Transition (10mins)	10:20 - 10:30am
Session 2 (45mins)	10:30 - 11:15am
Transition (5mins)	11:15 - 11:20am
Session 3 (45mins)	11:20am - 12:05pm
Lunch (1hr)	12:05-1:05pm
Period 4 (10mins)	1:05 - 1:15pm (Check in)
Session 4 (45mins)	1:15 - 2:00pm
Transition (10mins)	2:00 - 2:10pm
Debrief/ Exit Survey (25mins)	2:10 - 2:35pm



	Workshop	Presenter(s)	Classroom	Details
1	LGBTQ+ Awareness	Donna Dealy	2010 Max. Capacity: 20	Explore the way that social conceptions of gender affect the LGBTQ+ community. It will look at challenging limiting ideologies and practices; from toys, to washrooms, to the language we use.
2	Mindfulness Strategies	Jillian Ross-Hebb	2022 Max. Capacity: 20	Gain an introductory understanding of mindfulness, learn about how it can benefit you at home and at school, and practice different mindfulness techniques.
3	Understanding Learning Disabilities and Anxiety	Michele Gorham	1107	Anxiety is one of the most common emotional problems among children with LD and/or ADHD. This session will discuss the signs of anxiety and what we can do to help reduce students' level of anxiety.
4	Mental Health overview	Rachel Way	1106 Max. Capacity: 20	This session will discuss mood disorders like anxiety and depression and how they impact your way of life.
5	Building circles	Bev Keenan	2027 Max. Capacity: 20	In this session Community building circles, will be modeled. These types of circles are used to create a respectful classroom, develop rapport with each other, manage conflicts, establish routines and set expectations for positive behaviours.
6	Boundaries and Social Media	Jessica Taplin and Kenzie	1105 Max. Capacity: 20	We will be talking about social media and the importance of setting boundaries; in addition, we will be discussing sexting and its dangers.
7	Cannabis 101	Chantal Desroches	2007 Max. Capacity: 20	
8	Yoga 101	Cassandra Ellsmore	1045/1046 Max. Capacity: 20	



9	Sleep –Fact and Myths	Heather Stordy	2026 Max. Capacity: 20	
10	Calming Room	John Hammond	2009 Max. Capacity: 20	Welcome to the calming room where you can relax and unwind with quiet, meditative music.
11	Games for enjoyment	Stewart Fraser	Gymnasium Max. Capacity: 29	Required: Proper footwear
12	Cooking – healthy snacks	Fran Bowridge	1031 Max. Capacity: 20	
13	Cultural Diversity	Justin Ryan	2016 Max. Capacity: 20	MAGMA (Multicultural Association of the Greater Moncton Area) International
14	Snowshoeing	Holly McNeil	Cafeteria/ Outside Max. capacity: 20	Required: Proper outdoor clothing
15	Dairy Farmers Of NB; Eating Healthy	Gerry Bos	2011 Max. Capacity: 20	
16	30-minute workout	Malcolm Stewart (AM only)	Gymnasium Max. Capacity: 29	A 30-minute active workout for all ability levels. Required: Gym clothes and proper footwear
17	Self-Care & Grounding Strategies	Leila Perkins & Stephanie McPherson	2012 Max. Capacity: 20	
18	Drumming and Storytelling	Donna Augustine (PM only)	Theatre Max. Capacity: 20	