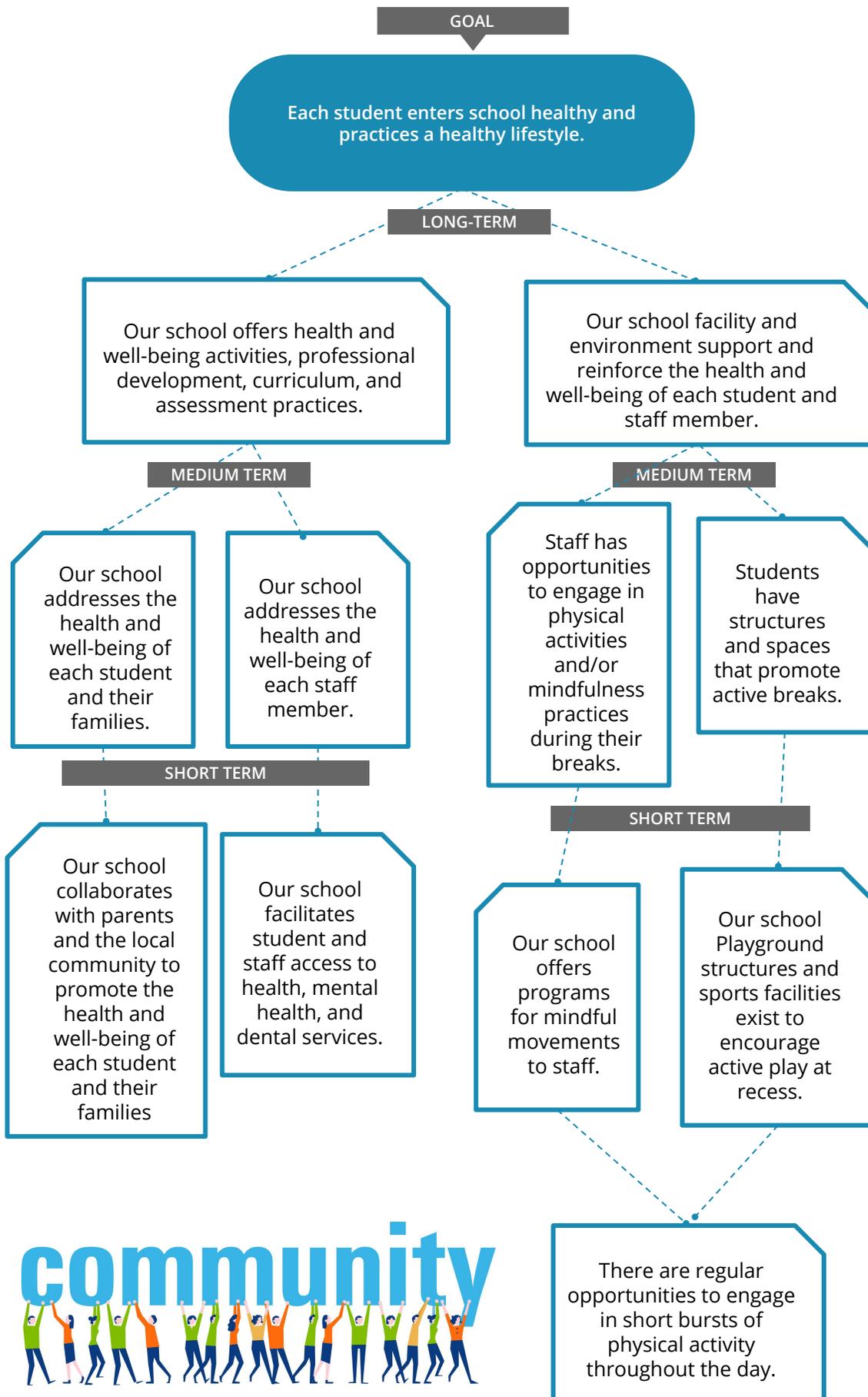


HEALTH & WELLBEING

Updated: (date)



INTERVENTIONS

- Screening day for new students in August
- Community night with partners for families
- Health and Well-Being Fair (during Science Fair)
- Offer healthy snacks and active breaks during all school events
- Online webinars (for all adults) on mental health
- Stop-Drop-Dance (like D.E.A.R.) every morning
- Create a committee to apply for schoolyard grants
- Lunchtime yoga / mindfulness classes for staff



PARTNERS

- University
- Health services
- Centre for Excellence
- Health and Well-Being Community Table
- Municipality's Sports and Rec department
- Environmental group

