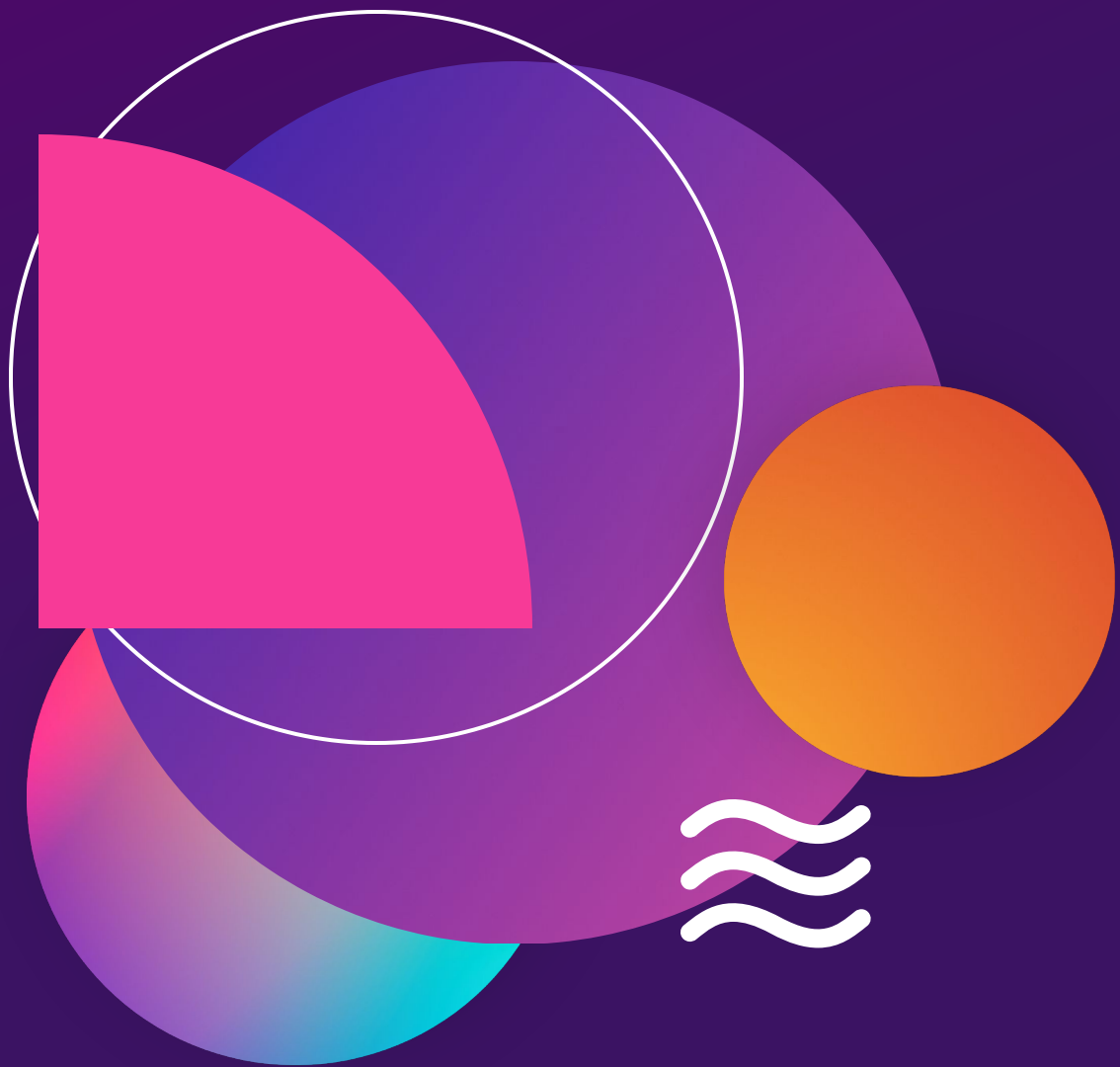


SWH WELLNESS DAY

PROGRAM GUIDE



October 6, 2022

Wellness Day 2022

Sherwood Heights is excited to host it's First Annual Wellness Day for all students that aims to focus on all domains of health and wellness. The 1-day conference-style event will be run in partnership with many community organizations.

Schedule for the Day

| Time | Event |
|-------------|--------------------------------------|
| 8:50-9:50 | Session 1 |
| 9:50-10:05 | Morning Snack |
| 10:05-11:05 | Session 2 |
| 11:05-12:05 | Session 3 |
| 12:05-1:00 | Lunch (provided by Nitza's Pizza) |
| 1:00-2:40 | Activity Session |

Remember!

Check your session descriptions for equipment you need to bring with you

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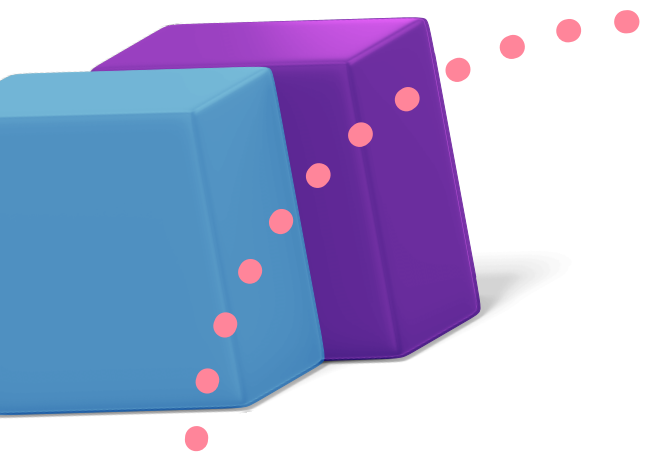
FIELD TRIP FORMS



FORMS MUST BE FILLED BY
YOUR GUARDIANS IF YOU ARE
PARTICIPATING IN WELLNESS
DAY!

Community Partners

- Shell
- Strathcona County Parks and Recreation
- Nitza's Pizza
- Booster Juice
- Strathcona Emergency Services
- Strathcona Family & Community Services and Family Resource Network
- Saffron Centre
- Revolution Cycle
- Edmonton Adaptive Sports Association
- Sherwood Park Boys and Girls Club
- Parents Empowering Parents Society
- Alberta Health Services
- Sherwood Park Sport and Spine Chiropractic
- 360 Fitness
- Elk Island Public School
- Sherwood Park Soccer Association
- RCMP and Victim's Services
- AltView
- Revolution Hockey Training
- Sin Bin
- Pasta Pantry



Block 1

01

Learning About Trauma

Presented by Saffron Center

Trauma is something that can impact everyone. This presentation discusses what trauma is, symptoms of it, and how to deal with your feelings in a healthy way. We will then talk about when to reach out for help and the importance of having a good support system.

02

Keeping Yourself and Others Safe- Basic First Aid

Presented by Strathcona Emergency Services and Community Safety Educators

Spend a session learning to work an AED(automated external defibrillator) and practice CPR skills on dummies brought in by county educators. Learning to use these devices and what to do in emergencies is a valuable skill!

03

Easy/Healthy Food Choices

Presented by Booster Juice

Interested in learning and trying out quick and healthy snack options? This session is led by our friends at Booster Juice, you will be sampling smoothies and powerballs and figure out just what goes into those Booster Juice cups!



Block 1

04

Indigenous Centered Wellness

Presented by Jeremy Alberts, Cheryl Devin, and Leah Atcheynum

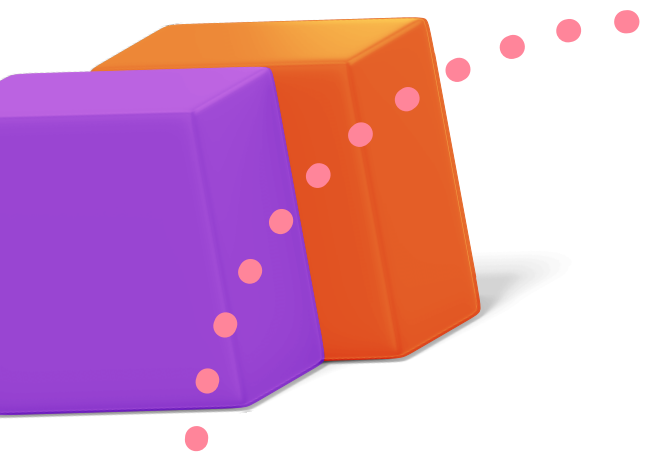
Come and learn from our First Nations, Metis, Inuit (FNMI) leaders in EIPS about health and wellness from an Indigenous lens. In this session you will participate in Traditional Indigenous Games and other stations. Weather permitting this session will be outside!

05

Drum Happy- A PLAYshop for everyone!

Hosted by Mardi Hardt

Are you tired of feeling worried? Would your brain like to have a break from being anxious, watchful and distressed? Has it been hard to pay attention in class? Are you a little grouchier lately than you'd prefer to be? Would you like to have some fun and play while you learn more about how to calm your own body and brain? (even when you are very busy surviving a pandemic??) If so, join Mardi Hardt, a mental health nurse as we use both body percussion and pool noodles to drum our nervous systems into a healthier state. No drumming experience necessary. No music experience necessary. A love of fun is (nearly) essential.



Block 1

06

Hacking your Brain...more than just being happy!

Presented by Family & Community Services

How we think and feel is so important in how we live our lives, it influences our actions and how we feel about the world around us! Come and learn about what a Growth Mindset actually is and how to change negative thoughts and behaviors into positive intentions.

07

Tour de Park-morning session

Presented by Revolution Cycle

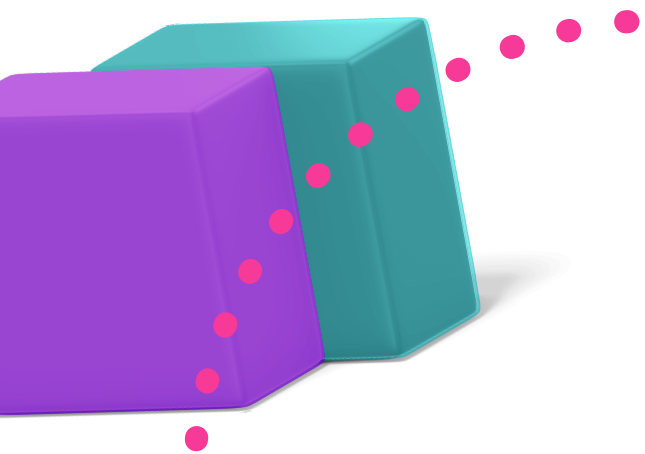
Set off on a local route to explore the area on your bikes. We will be riding on the trails and through parks around Sherwood Park. Revolution Cycle will be guiding this ride and will be here with their bike team to do basic maintenance on your bikes! YOU MUST ARRANGE FOR YOUR BIKE AND HELMET TO BE HERE THAT MORNING.

08

Music & Your Mood

Presented by Mrs. Fleck

Did you know the music you listen to can have effects on your mental health, mood, education, and sport performance? We will explore some of the science behind why wearing your airpods can be beneficial, how to make music help you, create playlists to meet our needs, and share some of our favorite songs.



Block 2

01

Loving Who You Are

Presented by AltView Foundation

In this session our friends at AltView will be talking about allyship and how to best support the LGBTQ2SIA+ community. This session would cover topics including gender identity, gender expression, statistics and some experiences of individuals in this community.

02

Totally Trivia!

Hosted by the Sherwood Park Boys and Girls Club

Join our friends at the BGC and play a huge game of trivia and get to know the people who will be running our Thursday Board Game Cafe lunch club!

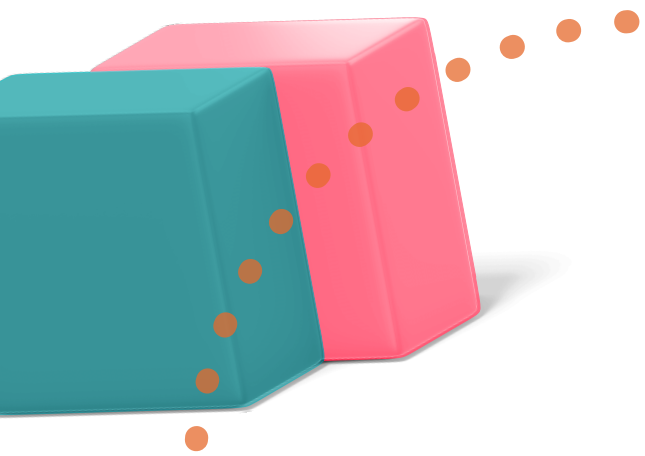
03

Zen Doodling & Tea

Hosted by Mrs. Burton

Come spend a session with the lovely Mrs. Burton. Listen to some calming music while you sip on tea/ hot chocolate and learn about what zen doodling is and add your tiles to the large college piece being put together by all the session participants.





Block 2

04

Addictions & Mental Health

Presented by Lindsey Rusnak with AHS

Learn from our community's Substance Use Therapist, she will be speaking on the effects of drugs and alcohol on the teen brain. She will outline signs and symptoms of substance use and how to best support those around you who may be using substances.

05

Speed Bump!

Presented by Family and Community Services

Life is full of speed bumps but we have the tools to bounce back when we experience them. In this workshop you will be learning about different coping strategies and tools to support self regulation and coping with challenges and stressors. You will also be talking about what resilience is and why this matters in your day to day life.

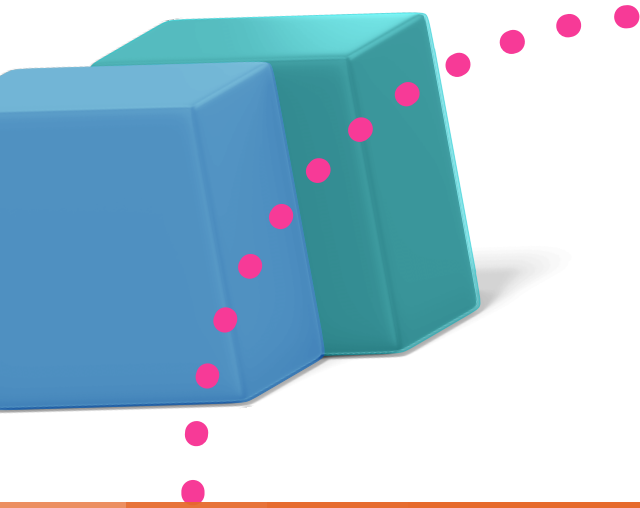
06

Sport and Spine

Presented by Sherwood Park Sport and Spine

Presented by Dr. Sedens with Sherwood Park Sport and Spine

Dr. Sedens is a Chiropractor who grew up here in Sherwood Park and played every sport he could get his hands on growing up! He wanted to continue being in the health and wellness field and keep a healthy lifestyle as a part of his life. He will be discussing what "being healthy" means and his role as a Chiropractor as a part of an active, healthy lifestyle.



Block 2

07

High Fitness Cardio

Presented by Mrs. Strachan

This session is a fun fitness class that incorporates interval training with pop music and intense easy to follow fitness choreography. Come spend your session learning new moves and having fun with Mrs. Strachan!

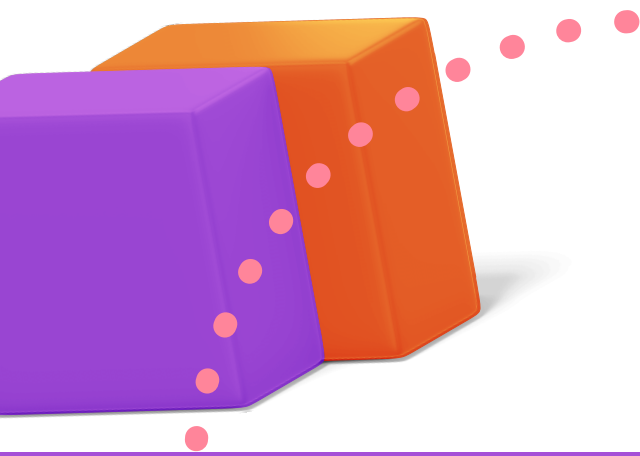
08

The Psychology of Sport

Presented by Lindsey Piper

At Mindbuffs, we bring our collective experience in athletics, business, e-sports, and coaching into our Sport and Performance Psychology practice to help you achieve your goals. We are committed to helping you enhance your performance in all areas of life and sharing our values of play, competition, authenticity, having a growth mindset, education, influencing others, and body liberation & weight inclusivity with you.





Block 3

01

Wellness Needs Connection

Presented by PEP Society

Come and listen to our friends at the U-Turn Youth Supports program to talk about substance use and support. In this session you will hear stories from youth workers and counselors who have worked and lived with experiences around substance use. Here you can have an honest discussion with adults who are trained group session leaders and ask questions from professionals who have worked with youth.

02

True Toughness

Presented by Marcus Reed

What does it mean to be resilient? How can we all find ways to get through the ups and downs of life? How can this help me as I pursue my goals in sports, academics, the arts, or my career?

This session will explore the psychology and science of what it really means to be tough. The tips and strategies in the session will hopefully help you as you work *toward* your goals and *through* the challenges of life.

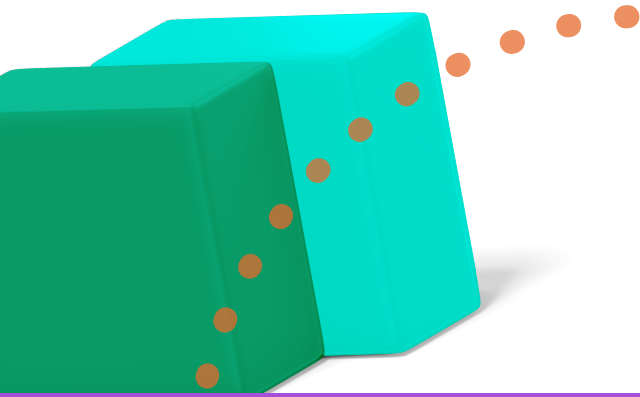
03

Brain Treats

Presented by Mrs. Malec

Learn about food that benefits your brain and a healthy body in this interactive session with Mrs. Malec. You will have the opportunity to make a healthy "brain snack" to complete the session.





Block 3

04

Art Strategies

Presented by Mme Fayed

Art can heal! Mme Fayed will be presenting you with several different ways that you can use art to help you de-stress, cope with tough emotions and relax. This workshop will allow you to try out different art techniques and explore at your own pace.

05

Questions for a Cop

Presented by Cst. Sawan and Victim's Services

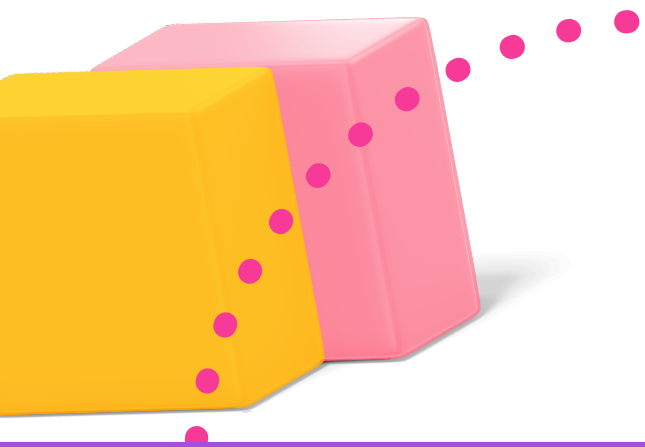
Come and hangout with our very own School Resource Officer (SRO) Cst. Sawan and Renee Cabana-Marshall with Victim Services. In this session you will learn about what an active bystander is and how to intervene in tricky situations. They will finish off this session with a question and answer time, if you've ever wanted to chat with a police member and community social worker here is your chance!

06

Wellness and Joyfulness through Massage, Reiki and Meditation

Presented by Krystal Gibson, Jessica Dinatale, and Margaret Lambert.

In this session you will learn about what Reiki is and how it adds to wellness by practicing it daily. You will also learn meditation practices and learn about how massage also helps to heal and keep your body well. There will also be conversations around other holistic practices. The women leading this session have a wide variety of skills and practices. No one will be getting massages during this session but you will come away with knowledge and skills to try out for yourself.



Block 3

07

When the Heart Hurts

Presented by Lee Andrus

In this session you will learn and discuss how to handle hard situations in life. Everyone at some point in their lives has to deal with difficult things. Lee is a Spiritual Care Counselor who works at the Cross Cancer Institute and helps families walk through hard moments in life including dealing with grief and loss. This will be an interactive lesson so be prepared to laugh and have fun and take away some really good skills at the same time.

08

JOGA

Presented by Robin from Revolution Hockey Training

At JOGA, we've hacked traditional yoga to bring you a movement system that's fun, challenging, and brings results both physically and mentally. JOGA will leave you feeling stronger, more flexible and re-energized, while giving you the tools to manage your concentration and anxiety.

09

Mini Games

Hosted by PE Dept

Come play mini yard games outside! There will be a variety of games to play with your friends: Cornhole, Kanjam, Crossnet, rampshot, and bocce ball to name a few! This event will be held outdoors, so come dressed for the weather!



Activity Block

01 Into the Woods with Uniat and Verrier

Presented by Mr. Uniat and Mr. Verrier

Come hang out in the afternoon making fires, learning about wood carving and outdoor skills. Bear Grylls has nothing on Verrier and Uniat! This session will be outside and end with S'mores. Dress for the weather!

02 360 Fitness

Presented by Jack Wheeler

Ever wonder what it might be like to work with a personal trainer? Jack and his team are going to be running a workout based session for those who are interested in learning about group fitness, there will be a warm up and cool down included in this session as well. Come and get your sweat on with some experts in the gym!

03 Soccer Clinic

Presented by Martin Dugas

Leadership, encouragement and teamwork are elements that will be talked about in this session. You will learn about the value of community activity and teamwork through the lens of soccer. This session is off site at the Sherwood Park Soccer Association. Must have indoor running shoes to participate in this session. Students will bus over to the Sherwood Park Soccer Association to take part in a soccer clinic



Activity Block

04 Free Swim!

Presented by Strathcona County & Kinsmen Pool

The pool is your oyster in this free swimming opportunity at Kinsmen Pool. No cost to participate. Students must have a swimsuit and towel to take part in this session.

05 Pickleball

Presented by PE Dept

Ever wondered about the game of pickleball and why it's so fun and popular? Paddles will be supplied. This is an easy to learn racket ball game - guaranteed fun! Dress for the weather!

06 JOGA

Presented by Robin from Revolution Hockey Training

At JOGA, we've hacked traditional yoga to bring you a movement system that's fun, challenging, and brings results both physically and mentally. JOGA will leave you feeling stronger, more flexible and re-energized, while giving you the tools to manage your concentration and anxiety.

07 Sledge Hockey

Presented by Edmonton Adaptive Sports Association

Get a one-of-a-kind opportunity to try out a unique sport that you may not have experienced before! Sledge hockey, originally designed for athletes with injuries or physical disabilities, is a fast-paced, highly physical game played on the ice on bladed sleds. If you love hockey, be sure to give this session a try! You need to bring your own hockey helmet to this session.





Activity Block

08 Disc Golf

Presented by PE Dept

Come and try out disc golf at one of Sherwood Park's disc golf courses and enjoy an afternoon outdoors. This game is easy to pick up ... and toss. Dress for the weather!

09 Street Hockey

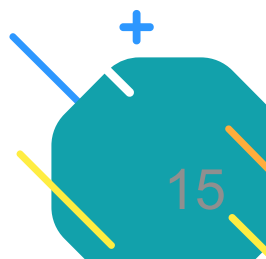
Presented by PE Dept

What's more Canadian than playing street hockey outside with your friends on a fall afternoon? Bring your own hockey stick to participate in this session and dress for the weather.

10 Basketball

Presented by SWH Staff

Shoot hoops in a casual and fun session at the school. Join in some streetball with friends on the tarmac. Teams will be made based on the amount of players who sign up and games will be played throughout the afternoon! Dress for the weather!



THANK YOU!

to our AMAZING sponsors and community
partners!

