

Primary		
Workshop	Facilitator	description
Healthy Eating, Healthy Minds ~Guess That Food	Terri Ney from Upper Grand FHT	The students will learn some ways of how to treat their body well. What food we put in can directly affect our moods and how we are prepared to battle life's daily stresses. The students will do a fruit/vegetable 'Guess the Food Game' with the opportunity to do taste tests. There will be a passport type that the students can mark off what foods they tasted.
Calming Jars	Classroom teachers	Students will create their own calming jars for using as a calming tool when having strong emotions.
Zumba	Sarah Schleen	Zumba can positively affect people's physical and mental health by helping cope with stress, staying physically fit, improving self- esteem, and having fun. The students will attend a Zumba session.
Stress Balls	Classroom teachers	Students will create their own stress ball from different filling options; playdoh, beans or water beads.
Art	CW Students	Centre Wellington Gr. 11 General Health class will be leading the students in a collaborative workshop in which the students will create their own fabric square that will be sewn together to make banners for the school halls. There will also be murals for students to colour and decorate.
Storytime	Classroom teachers	The students will be read 'In My Heart' by Jo Witek that has been donated to EPS by #GetInTouchForHutch organization. This supports the student's emotion regulation learning.

Junior		
Workshop	Facilitator	description
Healthy Eating, Healthy Minds ~How It Grows	Tania Tolfo from Be Well	The students will find out how to they can treat a body well. What food we put in can directly affect our moods and how we are prepared to battle life's daily stresses. Discussing the importance of maintaining a healthy microbiome (bacterial terrain) and its link to mental health.
What Are Your Worries?	Canadian Mental Health Association	Social workers from CMHA will teach students about anxiety and some healthy coping strategies that students can use when faced with these emotions.

Boot Camp	CW students	Students will participate in a bootcamp style workout as physical fitness is proven to reduce stress in children and adults.
Speak Up!	Donna Starling	Students will be playing games while answering questions that will get them thinking (and talking) about who they are, what is important to them in the world and how to show who they are to others. They will also be thinking about how we can encourage others to be who they are without judgement.
Yoga/Mindfulness	Meredith Balaban	Students will get to try yoga. Yoga is a mind-body exercise effective for reducing stress, anxiety and depression and improving brain function and mental health. Yoga is a practice of poses and breathing techniques designed to strengthen and balance the body and the mind.
	Steph Toohill from Elora Centre for the Arts	Students will create their own calming pouch for emotion management.

Intermediate		
Workshop	Facilitator	description
Healthy Eating, Healthy Minds ~	Ann Fougere from Upper Grand FHT	What food we put in can directly affect our moods and how we are prepared to battle life's daily stresses. Students will make guacamole and discuss how much sugar is in sugar sweetened beverages.
Hip Hop Dance	Cassandra Ford from Grand River Dance Academy	Students will learn the moves that will keep them fit, and having fun. Cassandra from Grand River Dance Academy will be here to teach how to move and look like a pro!
Relaxation Station	Cora and Kailey, Specialized Mental Health Interventionists from the UGDSB	Math, homework, parents, friends, chores, sports... students have a lot on their mind! The students will learn about mindfulness, "paying attention to what's going on right here, right now inside of us or outside of us". Workshop activities will include 'mindful taste', create stressballs for relaxation and a strategy for relaxing muscles.
Virtual Reality	Jen, Inclusion Technology Coach from the UGDSB	Students will use their problem-solving creativity and collaboration skills to not only build their own scene but to build ideas of how they can apply this tool to use in their classrooms. For students that want to extend their learning there is an opportunity to make their scene come to life using Blockly block based coding or JavaScript.

Abstract Art	Kris May	Creativity involves carefully observing, identifying problems, seeing possibilities (imagination), taking risks, making mistakes, rethinking, trying a new solution with versatile building materials. Experiment with materials in new ways to create a fun & easy painting on canvas led by an experienced and qualified art instructor, Kris.
Graffiti Art	Arthur from SoulPhyr Art	The students will get vinyl records (45's) which have been sprayed various multicoloured backgrounds. The youth pick their record & Arthur guides them through a brief history of the art & art lesson on how to decorate and personalise them with their names or a power word. It fosters self expression and confidence. Arthur does a lot of work with youth and works closely with the Guelph Police to help prevent 'bad' graffiti.
Yoga	Tania and Miranda from Awareness Yoga	Yoga is a mind-body exercise effective for reducing stress, anxiety and depression and improving brain function and mental health. ... Yoga is a practice of poses and breathing techniques designed to strengthen and balance the body and the mind.
Teen Boot Camp	Mr. K	Our very own Mr. K offers a Teen Boot Camp. The students will get a taste of what type of workouts can clear your mind and keep your body healthy.
Teen Mental Health 101	Canadian Mental Health Association	This workshop will explore general mental health affecting young teens today. It will help teens to identify signs and symptoms and clarify any myths or misinformation that may be misunderstood by teens. We will talk about healthy coping strategies and self-care. Students will have the opportunity to come up with a "My Personal Safety Plan" using helpful websites and app's.
Healthy Relationships	Jessica from Women In Crisis	This workshop will explore what a healthy relationship should look and feel like. This workshop will also help students to understand what LOVE should be and what it should NOT be when they are entering into relationships. It is an interactive workshop that will allow for discussions that help outline what is a healthy vs unhealthy relationship.
Drug Addictions	Portage	Portage will provide an interactive workshop where students will have the opportunity to listen to personal and meaningful stories of teens who have experienced addictions. What lead them to their addictions and what they are doing to overcome them
21st Century Tools	Yvonne, Inclusion Technology Coach from the UGDSB	Students will come and play with some programs and tools that allow them to make the most of their time when working on an assignment and find out about

		AWESOME technology tools that we can use to transform our work from average to AMAZING! Google Apps and Extensions can open up a world of possibilities.
Gaming	Jen, Inclusion Technology Coach from the UGDSB	An interactive workshop that explores the blurred boundaries of video gaming. Through discussion and investigation, participants gain relevant information regarding the impacts of technology, online risks and appropriate harm reduction strategies. Practical Advice for Gamers by Jane McGonigal Reality is Broken explains the science behind why games are good for us--why they make us happier, more creative, more resilient, and better able to lead others in world-changing efforts. But some games are better for us than others, and there is too much of a good thing.
You Are Amazing	Carley Leatham from Kids Help Phone	Do you look in the mirror and say negative things to yourself? Do you only think mostly about the things you want to change and not what you LOVE about yourself? In this workshop we will discuss and think of some ways to try and change the language within and show yourself a little love
THINK~Online Safety	Wellington OPP	THINK – TRUE, HURTFUL, ILLEGAL, NECESSARY and KIND. The OPP will teach how to students can keep themselves and others safe online. The officers will give tips and information on the safety, bullying and security of being online.
PRIDE 101	CW GSA	Pride 101 is brought to you by CWDHS students from the Gender Sexuality Alliance, GSA Club. Everyone should feel welcome and included at school. The students will learn about some experiences and stories from the high school GSA perspective. Using the Genderbread person, we will talk about sexuality, identity and appropriate pronouns. This is an opportunity to learn from students, ask questions and maybe learn some things about what to expect at high school.