

## Beaver Brae's activity and learning day focused on wellness



By Marney Blunt, Kenora Daily Miner and News  
Saturday, June 1, 2013 5:22:57 EDT PM



Students and teachers learn to zumba dance during Beaver Brae's Community Wellness Day on May 31, 2013.  
MARNEY BLUNT/Daily Miner and News

Beaver Brae Secondary School is prepared for anything, including a downpour on their scheduled Community Wellness Day.

"When we realized during the week that there was going to be a very good chance of pouring rain, we actually made another schedule and moved everything around in the gym," said Jodi Hall, a Beaver Brae teacher and one of the coordinators of Friday's event. "Learn to Golf is now inside and the floor hockey we moved into the gym. The only events we had to cancel was the balloon burst and softball because the field was too wet and dangerous."

"So far the day's going great. Lots of student excitement and staff excitement and lots of activities going on all over the school."

Students from Grade 9 to 12 went from activity to activity throughout the day with a smile on their face. Some of those activities included floor hockey in the gymnasium and a learn to golf workshop. In the morning students did a classroom demonstration to show their lifesaving skills that they learned in physical education class about CPR and how to use a defibrillator as part of a lifesaving training program from the Advanced Coronary Treatment (ACT) Foundation.

There were also activity stations where students learned to make homemade bannock topped off with strawberries and whipped cream as well as homemade pizza. There was even an activity where students made fancy little cupcakes that resembled a mini-hamburger. There were activities where they create their own hippie-style tie dye shirts, while others participated in making their own beautiful dream catchers. Some of the students got their workout with zumba dancing while others mastered their hip hop moves down to a tee. There was even a coffeehouse available in the cafeteria where students could sit down and listen to live music from their classmates. For those who were feeling the crunch before final exams, there was a study hall where they could receive some quiet time to prepare for finals. They were also treated with a free lunch in the cafeteria and prizes at the closing ceremony at the end of the day.

"It's a wrap up to our Mental Health Month," explained Kristen Roulston, also a teacher and event coordinator at Beaver Brae. Roulston added it was a good way for students to de-stress before final exams and participate in some physical activities. The majority of the workshops or activities were run by teachers who wanted to share one of their strengths or activities with the students. Roulston also noted all the activities were supplied to the students at no cost, but staff and organizers encouraged students to donate to a few charities. Some of the teachers and event coordinators wore a little pin in the shape of a pink shirt with several different coloured bows on them to represent the different charities, including MADD, Suicide Prevention, Safe and Healthy Relationships, and Ontario Children's Mental Health, and the pink shirt to represent anti-bullying.