



# Good Knight Day

Wednesday May 1, 2019

Success Days are an opportunity for students at Bluevale to seek out extra help, complete and/or hand in outstanding assignments, or work on current assignments. We accomplish this by modifying the timetable. All classes will occur during the morning with lunch happening from 11:30 to 12:20. Students do not need to sign up for academic support. Some teachers may request students to come in for academic support. If so, this is where you need to be. This Wednesday, students in the wellness sessions will be provided with the opportunity to start to think about their future pathways. Two workshops are specifically designed around planning for Life After High School. Still need a summer job then check out Conestoga College's Youth Job Connections Summer Program. Also back are sessions around preparing for your semester two exams. Wellness is a key indicator for student achievement. See below for the various Wellness Sessions which are open based on a first come, first serve basis.

Time					
A Block 8:15-9:00	Regular Classroom Instruction				
B Block 9:05-9:50	Regular Classroom Instruction				
C Block 9:55-10:40	Regular Classroom Instruction				
D Block 10:45-11:30	Regular Classroom Instruction				
Lunch 11:30-12:20 African Caribbean Black Identifying (ACBi) Student Meeting Room 2113					
Wellness 1 12:20-1:20	<b>"Life in First Year"--WLU Presentation</b>	<b>Prepping for Sem 2 Exams</b>	<b>Movies and Smoothies</b>	<b>Youth Job Connection Summer Program</b>	<b>Recreational Gym</b>
	<b>Library</b>	<b>TBD</b>	<b>Caf</b>	<b>Room 1117</b>	<b>Large Gym</b>
<b>Departments that are offering Academic Support:</b>			Math, English, Languages, Geography, Phys Ed., Tech, Student Success, Special Education, & Visual Arts		
Wellness 2 1:25-2:25	<b>Preparation for Life After High School</b>	<b>Prepping for Sem 2 Exams</b>	<b>Movies and Smoothies</b>	<b>Digital Detox</b>	
	<b>Library</b>	<b>TBD</b>	<b>Caf</b>	<b>Small Gym</b>	
<b>Departments that are offering Academic Support:</b>			Science, History, Business, Coop, Family Studies, Music, Phys Ed. Student Success & Special Education		

Please take advantage of the time provided to you this afternoon. This day was a designed with your overall achievement and well-being in mind.

## Wellness Workshop Descriptions

### **Life in First Year: WLU Presentation**

The workshop is aimed at Grade 11 Students. The purpose of this presentation is to talk about common misconceptions about university and to provide high school students the opportunity to ask questions of students who are living the experience. Presenters: Emily Ferguson and Dennis Linn from WLU.

### **Preparation for Life After High School**

Grade 11 students planning for Post Secondary education (apprenticeships, college, and university) will learn all about timelines for application, preparing for scholarships, options for post-secondary and financing education.

Presenter: Mr. Moffatt

### **Conestoga Career Centre-- Youth Job Connection Summer Program**

Come out and hear about this FREE youth program that includes paid workshops, activities, and workplace certifications as well as PAID work placement with a local employer. If you're between the ages of 15-18 and want some help finding a part-time or full-time summer job, this program is for you.

Presenter: Dani Prosser

### **Thinking Forward...Prepping for Your Semester 2 Final Examinations:**

This workshop is designed to help you prepare for your upcoming final exams. It will provide meaningful tips and resources for exam preparation. You will learn that you can't prep in the same manner for all your subject areas. Teachers from Math, English, Science, and the Social Sciences will be offering helpful tips and tricks that will help you feel more confident moving into exams.

### **Movies and Smoothies**

Come out to the caf beginning at 12:20 to learn how to make a healthy smoothie, then enjoy the movie, *Inside Out*. This movie helps us to think about the various emotions--joy, sadness, fear, anger, stress--we may experience, and how to navigate these emotions. You can always be working on your studies as you watch the movie as well.

### **Digital Detox**

Digital tools provide a convenient way to communicate with friends and family but sometimes we just need to get out from behind that screen! You're invited to this session to connect and network with people through simple games and letter writing. **\*Please come with the mailing address of someone in your life who could use a smile!**

Facilitator: Mrs. Moffatt

### **Recreational Gym**

Drop by the gym to get your body moving for open gym time or depending on the numbers games of low organization.

Facilitator: Mr. Wolf