



Sabres' Success Day

Tuesday April 30, 2019

Our first ever Sabres Success Day will be an opportunity for students at Southwood to seek out extra help, complete and hand in outstanding assignments, work on current assignments and/or participate in wellness workshops. We will accomplish this by modifying the timetable (see below). Students may choose to seek academic support in the afternoon or alternatively may also choose to take part in one of the many wellness activities we have arranged in two separate afternoon sessions. Wellness is a key indicator for student achievement, one of the operational goals for the Waterloo Region District School Board and is highly valued at Southwood. See the included descriptions of the various Wellness sessions; all of which will be open on a first come, first served basis.

| Time | Activity | | | | | |
|-------------------------------------|---|-----------------------------------|--------------------------------|---|----------------------------------|---|
| 8:15 - 9:00 | A Block Class | | | | | |
| 9:05 - 9:50 | B Block Class | | | | | |
| 9:55 - 10:40 | D Block Class | | | | | |
| 10:45 - 11:30 | C Block Class | | | | | |
| 11:30 - 12:20 | LUNCH | | | | | |
| Success Session ONE 12:20 - 1:20 | Gym Time Workshop (Main Gym) | Makerspace Workshop (Library) | Cafe Camp Workshop (Cafeteria) | Healthy Cooking, Healthy Eating (Room 201) | MyBlueprint Workshop (room 104) | Switchtasking & Multitasking (room 112) |
| | Departments offering academic support → | | | Student Success, Special Education, Guidance, Math, Business, Languages, Geography, Phys Ed, Tech | | |
| Success Session TWO 1:25 - 2:25 | Gym Time Workshop (Main Gym) | Jigsaw Puzzles Workshop (Library) | Cafe Camp Workshop (Cafeteria) | Healthy Cooking, Healthy Eating (Room 201) | Healthy Relationships (Room 104) | Device Management (room 215) |
| | Departments offering academic support → | | | Student Success, Special Education, Guidance, Science, History, English, Co-op, Family Studies, Music, Visual Art | | |

Workshop Descriptions

Gym Time Workshop - Active living is one of the best remedies for a stressed out mind. Join us in the main gym for some organized physical recreation!

Makerspace Workshop - So much of our school life now is focused on achievement measured by success on standardized tests or through the grades we earn. This can have a negative impact on our attitude towards learning with impacts such as giving up on mastering challenging work, failing to recognize the link between effort and success, and unwillingness to tackle complicated theories and ideas. Research has indicated that a great way to help learners overcome these roadblocks is maker activities. Maker spaces help learners build a more positive relationship with learning by exploring creative projects they are personally interested in, without worrying about getting the “wrong” answer or product. Students are free to experiment with the materials available, and there is no one “right way” to complete the project. Materials and resources will be available to allow students to create a small paracord project, such as a retrieving toy, keychain or survival bracelet. *****Limited to the first 15 arrivals.*****

Jigsaw Puzzles Workshop - Life can get pretty crazy these days. Clarity of mind can be a key to success and well-being, and a great way to clear your mind is working on a puzzle. Research has shown that working on a jigsaw puzzle encourages the production of dopamine, which is the brain chemical that helps to keep us happy and healthy. Working on a jigsaw puzzle offers the following wellness benefits: increases concentration; improves memory; brings a sense of calm and serenity; encourages creativity; encourages positive collaboration; lowers heart rate and blood pressure; releases stress and tension; and brings mental relaxation. Come join us in the library to jigsaw yourself calm! *****Limited to the first 40 arrivals*****

Cafe Camp Workshop - Join our Grade 12 Leadership students for activities in the cafeteria. *****Limited to the first 40 arrivals*****

Healthy Cooking, Healthy Eating Workshop - Come...prepare...and...eat a meal that provides nutrition for Health and Wellness. Canada's new Food Guide encourages a half plate of fruits and veggies; a quarter plate of protein foods; and a quarter plate of whole grains, all prepared in your home kitchen and eaten with friends. Come and see how Pita Pizzas fit into this design and reap the success of healthy eating.

MyBlueprint Workshop - Are you feeling confused and overwhelmed about your future? Post-secondary planning can be a daunting task! MyBlueprint is an easy to use and comprehensive planning tool that can get you on the right path. If you're confused about what career path to follow or don't even know where to start, meet us in room 104. Chromebooks will be available if you don't have your own device.

Switchtasking & Multitasking Workshop - Reduce stress and anxiety created from external distractions by building strategies to become more productive with digital technology.

Device Management Workshop - Do you ever feel worn down after using technology? Sore, Tired, Headaches, Sad, Stressed? Childrenshealth.com states that “Teens who use technology for more than an hour or two a day are more likely to report feeling depressed, lonely or anxious.” If this sounds familiar then this is the workshop for you. We will discuss why and how technology wears us down and what we can do about it. Simple tools will be presented as well as discussion and problem solving amongst the group.

Healthy Relationships Workshop - Join Southwood's Social Worker and Child & Youth Worker to learn about and discuss the elements of healthy relationships.