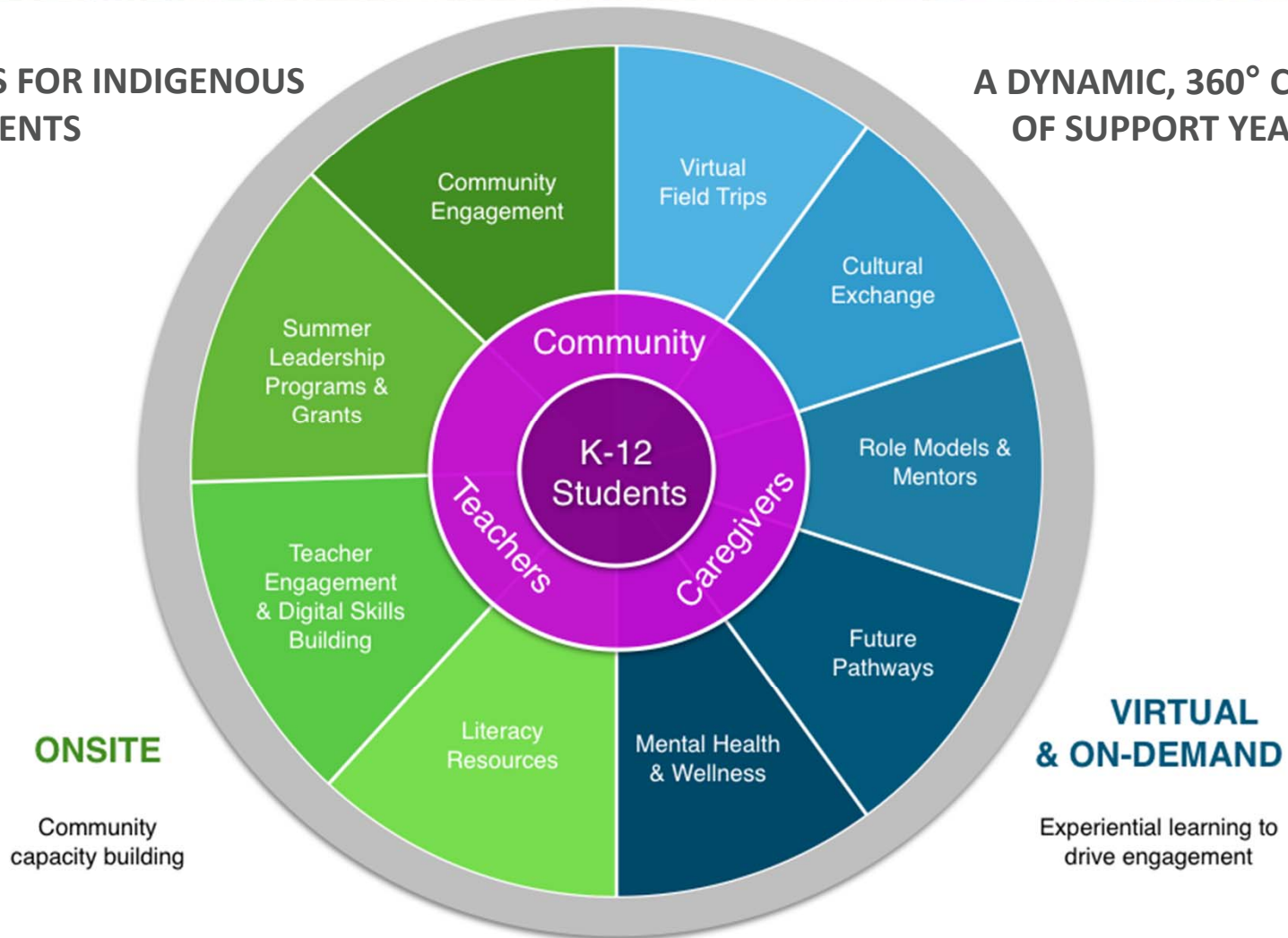


Connected North
TRANSFORMING LIVES THROUGH TECHNOLOGY



BETTER OUTCOMES FOR INDIGENOUS STUDENTS

A DYNAMIC, 360° CONTINUUM OF SUPPORT YEAR ROUND





Culture, Language & Identity



Arts & Recreation



Food & Nutrition



Relationships with Peers / Students



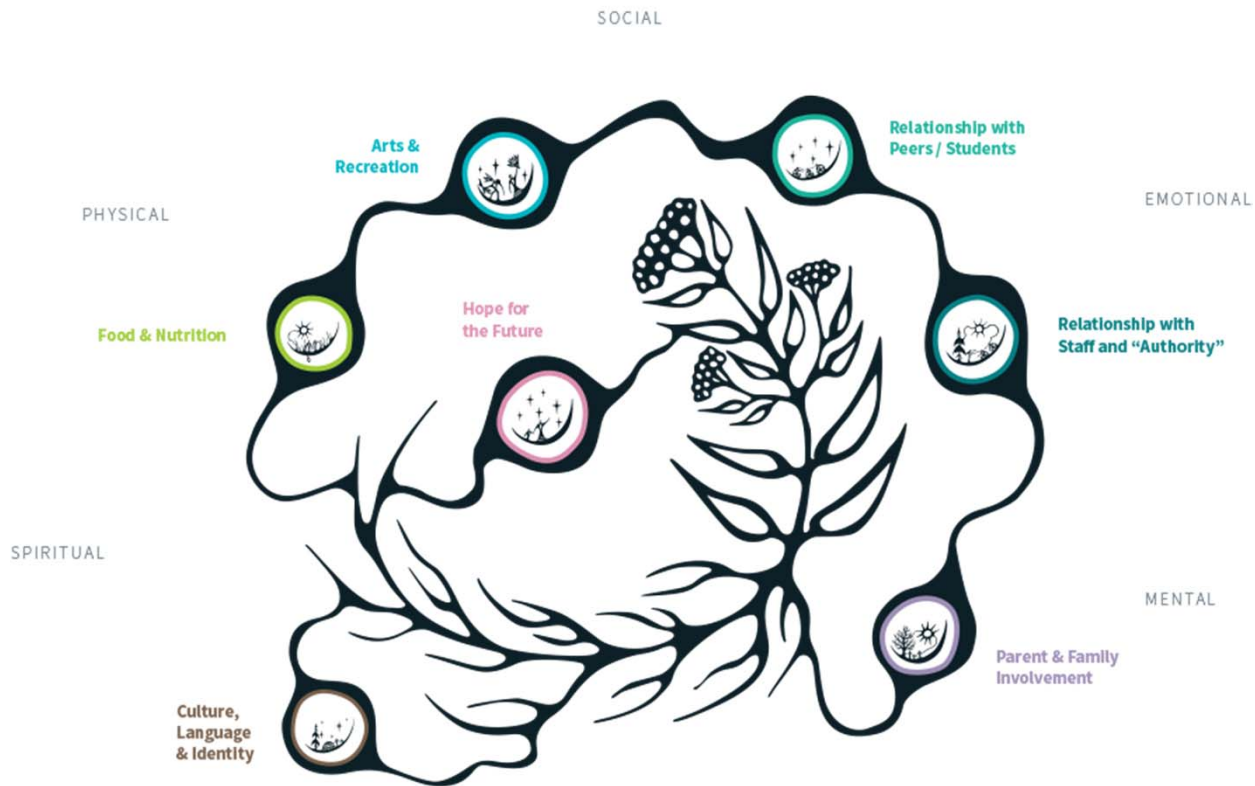
Relationships with Staff & 'Authority'



Parent & Family Involvement



Hope for the Future





Connected North

Welcome Package

&

Session Menu

Mental Health and Well-Being



ANTI-BULLYING - HOW TO DEAL WITH SOMEONE WHEN THEY ARE NOT TREATING YOU RIGHT

with *Teaching Awareness Through Puppetry*

We all want to be included and feel safe with our friends. Students can suffer academically if they don't feel safe or welcome at school. Students will learn about how to be a good friend and how to deal with people who aren't treating you right, through the engaging art of table top puppetry. Students will see a puppet performance then have a chance to talk about what they saw and learn strategies to deal with everyday situations by engaging in a rich question and answer discussion. Each workshop can be tailored for the audience.



THE POWER OF A TEAM

with *Hockey Hall of Fame*

There are many characteristics necessary in the making of a successful team, from sharing a common goal to relying on the differences of others. Success is not solely measured by scoring more goals than an opponent. Using photos, videos and artifacts from the Hockey Hall of Fame's vast and acclaimed archives, as well as drawing from the sport's robust and colourful history, the approach will be interactive, entertaining and empowering, using hockey as the example to give students the necessary tools to parallel the team concept and its journey through victory and adversity with that of everyday life.



SPORTS MEDICINE CADAVER DEMONSTRATION

with *Ray Vollmer from St Louis University*

The musculoskeletal system consists of muscles, bones and connective tissue. During physical activity these components work in unison to move the body. Injury to the components of this system can often result in limited range of motion or pain during movement. Muscle strengthening, stretching and proper technique can help to reduce the incidence of sports related injury. With knowledge of common sports related injuries, participating students will better understand the significance of careful training, and proper technique for injury prevention.



YOU ARE WHAT YOU EAT: SERIOUSLY, YOU ARE!

with *Cleveland Museum of Natural History*

Nutrition is a science that combines biology and chemistry. How do different foods affect how you feel and function? What's the story behind all these food groups, labels, and serving sizes? Work your way through the process of digestion and identify the nutrients various foods contain. Create healthy meals based on the new "ChooseMyPlate" guidelines and dig into the mystery of calorie content. Programs with older students investigate the information on nutrition labels, and some of the diet-related health issues humans may face.

OTHER SESSION IDEAS:

- Anatomy of the Brain with *St. Louis University*
- Beyond the Basics: Reproductive Health Information for Teens with *Cleveland Museum of Natural History*
- BFF- Body Friendly Foods with *McMillen Health*
- Growing Up and Liking It with *Cleveland Museum of Natural History*
- Leaders and Groundbreakers with *Hockey Hall of Fame*
- Learning to Identify Emotions & Feelings - Going on an Adventure with *Teaching Awareness Through Puppetry*
- UR Stressing Me Out with *Cleveland Museum of Natural History*
- What is Yoga? An Introduction to Yoga and Mindfulness with *Vinyasa Yoga*
- Yoga and Mindfulness for Managing Everyday Stress with *Vinyasa Yoga*

