

You're invited to.....

Tiger Jeet Singh Public School's

FAMILY WELLNESS NIGHT

Wednesday May 3rd, 2017 6:00-8:30pm

\$2.00 registration fee per family

(Babysitting is available for Children under 10 years of age. Children 10 or older are encouraged to attend the workshop)

6:00-6:30pm – Welcome:

Keynote Speakers - Tali Aikenhead, Social Worker and HDSB Student Services Project Lead; **Amanda Marlow**, TJS Teacher; **Natalie Tuitman**, TJS Child and Youth Counsellor

- √ Outlining the important role that all caring adults play in the healthy development of youth.
- √ Discuss the unique opportunity schools have to promote student mental health and well-being.

6:40-8:30pm – Ensuring Health and Wellness:

Session A – Mindfulness - Cate Mistruzzi (OCT, Whiteoaks S.S.)

- √ Help both you and your children better handle daily challenges

Session B – Yoga: Daniela Defrancesca from Moksha Yoga Milton

- √ Shape young minds and bodies

Session C – Nutrition: Karolina Otto, Registered Dietician from the Milton Superstore

- √ Will demonstrate easy lunch and snack recipes to build a healthy lunchbox

TJS Family Wellness Night

Please return form by April 27, 2017 to your homeroom teacher.

Payment Options - \$2.00 per family: CASHLESS Receipt # _____

CASH

of Adults attending: _____ # of Children attending: _____ # of Children requiring babysitting: _____

Names of Adults attending: _____

Names of Children attending: _____