

# FEATURE of the WEEK

## Wellness Fest



On Thursday, March 14th, École Lorette Immersion (ELI) held its 2nd Annual Wellness Fest. Students were able to choose 4 different sessions to participate in which exercised their minds and bodies. They invited community members, parents, and CLC high school students to help facilitate sessions which included Taekwondo, Indigenous Art, dance, yoga, rock painting, gardening, soccer, basketball, yarn crafting, Lego building, ball hockey, and gratitude journaling. The ELI Parent Advisory Council was able to provide a healthy snack for each participant.



Their goal was to provide students with the chance to experience different physical and mental activities that are available within the community of Lorette. They aimed to raise awareness about the importance of maintaining good physical and mental health through this initiative. Students were able to take risks, try new things, and connect with like-minded individuals, creating a sense of belonging and pride.



One parent volunteer commented on how her children were excited to go to school for this event because there was no 'regular learning.' Tracey Kirby-Savard, ELI's Resource & Guidance Learning Support Teacher replied, "What they don't realize is that they are learning valuable life skills, coping mechanisms, and healthy decision-making skills without even knowing it!"

We are grateful for all the volunteers who contributed in making this event a wonderful success! We appreciate your hard work and dedication.

HONESTY

EMPATHY

RESPECT

