Our Safe and Caring Schools Committee welcomes Four Villages Community Health Care Centre to HPAS and ASPS.

They will be visiting our schools on May 2nd and May 3rd to deliver workshops to our students with a focus on mental health and well-being.

Students will be participating in physical activity and yoga, please remind them to wear clothing they can be active in.

Below are some of the workshops they will present:

- **Zumba (Gym)** - JK/SK/Primary students
- **Nordic Pole Walking (Gym/Ravina Park)** - Junior/Intermediate students will participate in Nordic Pole walking.
- **Nutrition Activity (Lunch Room)** - JK/SK: Healthy eating activity, the Four Villages team will visit individual classrooms.
- **Primary/Junior/Intermediate** - Healthy snack activity in the lunchroom