



The Four Villages

Community Health Centre



Working Together for Whole Health

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