Daystrom School Advisory Family Wellness Night May 2, 2023

The Family Wellness Night began with hundreds of parents and students.

Our guest speaker Karl Subban focussed his theme on “I make a difference” He engaged the audience using life stories that emphasized a sense of belonging and how a sense of belonging impacts lives in positive ways.

After the opening remarks, parents and students were given directions to the three sessions:

* Yoga
* Mental Health
* Gym activities

At the conclusion of the above sessions, students and their families returned to the South Gym for the drawing of Raffle tickets. Everyone participated with great enthusiasm. Several prizes were won including bicycles, food hampers, yoga mats and a children’s book. At the end of the giveaways each family had the opportunity to leave with a bag of healthy treats. Families expressed their thanks to staff and the administrators.