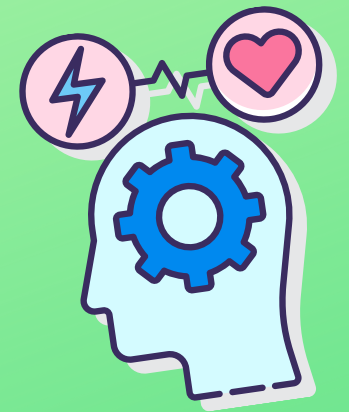




STRESS EDUCATION WEEK

JAN 16- 20

LOCATION - LIBRARY



The following presentations will take place at lunch

MONDAY

Study Skills and
Test Taking
Strategies

TUESDAY

Bounce Back
How to Cope with
Stress and
Anxiety?

WEDNESDAY

Wellness
Participate in a
wellness activity

THURSDAY

Supports
Where/How to
access supports in
the school and
community?

FRIDAY

Q & A
Ask Senior
students about
EXAMS!

**Note - Academic
Support will be offered
daily by staff and peer
tutors. Please come to
the library if you would
like support in any of
your classes.**