



Turner Fenton Secondary School

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Principal:
John Staba

Vice-Principal :
Judith Ritchie

Vice-Principal:
Paul Hamilton

Vice-Principal:
Sandra Ziemniak

Office Manager:
Leslie Gagne

Dear Parent/Guardian:

A youth in your household has an opportunity to participate in Turner Fenton Secondary School's Health and Wellness Symposium – **BeYOUtiful** on the afternoon of Thursday April 18, 2019. Please indicate your interest in having your child participate by completing the permission form attached and returning it to **the Guidance Office**.

Students will participate in an afternoon event that includes motivational guest speakers including speakers from CAMH, breakout sessions, and small group workshops on a variety of topics. Students can choose from sessions such as, "Mindfulness," "Yoga," "Art Therapy," "Pet Therapy" and more.

The conference is open to all students interested in participating, there are only 80 spots for the afternoon sessions, so please have your son /daughter sign-up for a breakout session and return the form as soon as possible.

Our goal is to bring greater awareness and perception of health and wellness in addition to providing students with strategies to manage mental health and wellness situations in their own lives.

By taking a pro-active approach we hope that students recognize that they are not alone when exploring their personal health & wellness.

Students will be able to select sessions online by:

1. Going to TurnerFenton.com
2. Click on Student Web (Right Side Bar)
3. Then Login (Left Side Bar) Be sure to *follow the Login Instructions carefully*.
4. Once in the program, go to the Conference, "BeYOUtiful" (Left Side Bar).
5. You will select **ONE Wellness Session** from the Drop-down lists provided. All Wellness Sessions run at the *SAME TIME* – Please *DO NOT* Submit more than *ONE* session request from the menu provided.
6. Be sure to submit your **signed permission form** to the **Guidance Office by Monday April 15, 2019 at 3pm**.

If you have any questions regarding registration or details about the conference, please contact Ms. Ritchie at (905) 453-9220 ext. 613, Ms. Zilli at (905) 453-9220 ext. 606.

Thank you,

Ms. J. Ritchie
Vice Principal

Ms. A. Zilli
Guidance Counsellor
Conference Coordinator
Mental Health Pillar Chair



Turner Fenton Secondary School



#beYOUtiful

I give permission for: (Please Print)

_____ (First Name)

_____ (Last Name)

_____ (Student #)

to participate in the *BeYOUtiful* Health & Wellness Symposium at Turner Fenton Secondary School from 12:00pm - 2:44pm, on Thursday April 18th, 2019.

Date: _____

Parent Signature: _____

(If under 18 years of Age)

Student Signature: _____

*****Please return this completed & signed permission form to *The Guidance Office* by Monday April 15, 2019 @ 3pm. *****