



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD
Lighting the Way ~ Rejoicing in Our Journey

MEDIA RELEASE: FOR IMMEDIATE RELEASE

Wednesday, October 12, 2016

Catholic Education Centre
420 Creek Street
Wallaceburg, ON N8A 4C4
Telephone: 519-627-6762
Facsimile: 519-627-8230
Website: www.st-clair.net

Director of Education
Dan Parr
519-627-6762, ext. 10241
E-mail: media@st-clair.net

Chair of the Board
John Van Heck
519-627-2908

*For further information regarding
this release, please contact:*

**Superintendent of
Education**
Deb Crawford
519-627-6762, ext. 10227

Mental Health Lead
Christine Preece
519-627-6762, ext. 10291

**Supervisor –
Communications and
Community Relations**
Todd Lozon
519-627-6762, ext. 10243
E-mail:
todd.lozon@st-clair.net

ST. CLAIR CATHOLIC ELEMENTARY AND SECONDARY STUDENTS PARTICIPATE IN WELLNESS CONFERENCES

Giving students a voice in promoting mental health and wellbeing in their schools is the theme of two Student Wellness Conferences, scheduled for this month.

“Our students have an important role to play in helping to make our schools places of wellness,” says Deb Crawford, Superintendent of Education for the St. Clair Catholic District School Board. “We want to hear from them as we develop ways in which to promote wellness and healthy living in our schools.”

Two Wellness Conferences – one for secondary students and another for elementary students – will be held this month. Both events will feature former St. Christopher Catholic Secondary School graduate Dan Edwards, who suffered a spinal cord injury, which left him paralyzed. Edwards is a motivational speaker, whose profound message for students is that the world is filled with opportunities to help make a difference in the lives of other people.

In addition, a representative from *UNITY Charity* will participate in the days’ events. *UNITY Charity* engages and empowers youth to be role models and leaders in their communities. The organization works with young people to implement school and community programs, which help them to positively express their feelings and develop skills for success, leading to safer schools and healthier communities.

“Throughout the day, our students will provide thoughts on wellbeing and then create an action plan for their schools,” says Christine Preece, Mental Health Lead for St. Clair Catholic and organizer of the day’s events. “We are excited to hear what they have to say!”

The St. Clair Catholic Student Wellness Conferences will be held:

- ***Secondary Students – Thursday, October 13, Sacred Heart Church Hall, John Street, Port Lambton from 9:00 a.m. until 1:15 p.m.***
- ***Elementary Students – Thursday, October 27, Sacred Heart Church Hall, John Street, Port Lambton from 9:45 a.m. until 2:30 p.m.***

Members of the media are welcome.