

Wellbeing Wednesday Lunch and Learn Schedule Spring 2023

The DAA HS Counseling Office will be launching ***Wellbeing Wednesday Lunch & Learn Sessions*** to help support your wellbeing. These sessions will highlight specific topics indicated below.

You can bring your lunch, and light refreshments will be provided. These sessions will be held in person in the High School Library and will **not** be recorded.

The topics will be held over both lunches on the dates below.

Lunch 1 Timings: 11:15 - 12:00

Lunch 2 Timings: 12:45 - 1:30

****Ramadan Timing* Lunch 1 10:20-10:50 and Lunch 2 11:25-11:55***

Date (Wednesdays Lunch 1 & 2)	Topic	Suitable for Grade Levels
March 22	Stress Management: Signs/Symptoms, Relaxation Techniques, and more! Do you know the difference between stress, eustress and anxiety? Have you or a friend ever felt overwhelmed? Has there been a point in time that things seem a bit unmanageable. Did you know that stress can be a positive driving force in our success and is not always negative? This session is full of helpful advice which can be used by yourself or to support your friends!	9, 10, 11 & 12
April 12 <i>*Ramadan Timing*</i>	Time Management/Study Strategies	9, 10, 11 & 12
April 26	Transition: Overcoming Loss & Difficulties All people experience transitions in their lives. Some can be joyful and some not. Come and learn about how to move through change and understand the stages of change better. You might also like to come to this to help support one of your friends.	9, 10, 11 & 12
May 10 <i>Location Change:</i> <i>Lunch 1: T80</i>	Communication: Healthy Relationship Tips Have you ever faced a situation where you were in disagreement with a friend, parent, or teacher? Have you ever felt like no matter how much you explained something the other person just didn't understand? Join us to discover	9, 10, 11 & 12

Mrs. Bolshakova's classroom <i>Lunch 2: T81</i> Mrs. Henderson's classroom	tips on how to improve communication!	
May 24	Semester Exam Preparation: Test Taking Strategies and More! Have you ever felt like no matter how much you study you can't seem to remember enough? Do you feel like there is never enough time to study everything? Have you ever felt like you immediately forget everything the moment you start taking a test? Join us to discover new strategies to prepare for your final exams!	9, 10, 11 & 12

We look forward to welcoming you to the Wellbeing Wednesday Lunch & Learn Sessions.

Sincerely,

DAA HS Counseling Team