



# Board of Education

## Media Information

May 12, 2008

### **First Wellness Day at Springvalley Middle School A Fantastic Variety of Activities for Students**

**Kelowna, BC:** On May 14, Springvalley Middle School students will have the opportunity to do more in a single day than some people do in a lifetime! From hiphop to roadhockey with the Kelowna Rockets, pizza-making to guitar lessons, and yoga to bootcamp, students at Springvalley Middle School will discover that health takes on many forms at Wellness Day. The day begins at 8:30 with a healthy breakfast generously donated by the Kiwanis Club. Next, from 10:10am to 12:30pm, students can sample a variety of sports and other activities including:

- Roadhockey with Kelowna Rockets players
- Theatre of Sports and fashion/modelling workshops led by Rutland Secondary students
- Pizza-making sessions for 90 students (ingredients and instruction provided by Papa Murphy's)
- 'Jam' sessions for school guitarists hosted by the Kelowna Rock School
- Yoga classes led by instructors from LuLu Lemon
- Marital Arts training sessions with Chris Rowe
- Bootcamp exercise classes by The Women's Place
- Free hiphop classes in the Deschners Dance studio
- Football with Rawle James from Kelowna Minor Football, Ray Warbrough an OKM football coach, and Okanagan Sun players
- Esthetician classes taught by the Marvel School
- Drawing workshops with Annilee Guy
- Watercolor art demonstrations by Evelynn MacMillian
- Mountain biking, hiking, singing, and soccer

In the afternoon, the entire school will walk to support the Stephen Lewis Foundation. Students are encouraged to bring a loonie and wear a hat to support the Foundation. Some of the proceeds will also be used to purchase gifts for children at the Kelowna General Hospital. The walk is a result of the inspiration and organizational efforts of two students: Stephanie Kainth and Talor Osberg. These Grade 9 students decided to raise money for people suffering from AIDS in Africa after watching a Stephen Lewis documentary entitled, "The Man Who Couldn't Sleep".

"The girls have done an amazing job at our school to raise awareness of this issue," says Hope Voykin, a Springvalley Middle School teacher and key organizer. "Stephe and Talor have been selling 'Every 13 Seconds' bracelets at SMS and are now selling them to other schools as well. The girls will raise a banner and lead the walk, which is approximately three kilometres around Springvalley Middle School and Mission Creek area."

In addition to activities and a fundraising walk, there will be a slideshow presentation featuring the numerous community and international projects that the school has participated in this year. “Springvalley Middle is a school that cares about others and realizes that together we can make a difference in the world,” says Voykin.

The students and staff at Springvalley Middle School would like to thank the many community organizations and businesses listed above that are participating in Wellness Day. As well, a number of others have kindly donated gift certificates, food, time and more including Central Spa, the Okanagan Natural Care Centre, Speciality Bakery, and Jude Brunt from the Builders Club, a middle school leadership group that is sponsored by Kiwanis Club.

The best time for media to attend is between 10:10am and 12:30pm.

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For comments, please contact:

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