

Helping Your Teen Become Their Best Self

Queen Charlotte Intermediate School (Grades 7-9 school population: ~500)
2015-2016

President: Allie Keedwell (email: ajkeedwell@gmail.com)

Principal: Parker Grimmer

Queen Charlotte Intermediate Home and School invited students, staff and parents to be a part of and lead roundtable discussions on self image, health, physical activity and leadership.

The project benefitted:

- ✚ **PARENTS** who shared knowledge and experience with students.
- ✚ **STUDENTS** who facilitated discussions on topics they identified.
- ✚ **THE SCHOOL COMMUNITY** who learned that we all need support and to be supported.

How were the parents encouraged to attend?

- ✚ The event was promoted through school newsletter and website.

Webstory:

Modern student life is challenging – balancing academics, sports, after school activities, relationships and self image can take a toll on your teen. The parents, students and administrators at Queen Charlotte saw that many students were struggling, and created an evening of open discussion, dialogue and sharing including both parents and students in roundtable discussions. Parents with expertise in nutrition, health and guidance along with 2 concerned and engaged students lead the discussions on self image and nutrition, holistic health, physical activity and leadership. Everyone felt empowered by the information shared, and recognized the importance of taking care of ourselves, and to engage in community in order to build positive self concepts. The sharing didn't stop after the roundtable! Lively discussion were had at the reception following the event – this add on was a big success, especially for new parents and school members. It certainly highlighted the key message of the evening: Making connections with your community is a key component to leading a balanced life.