

Lillian Osborne High School – Peer2Peer – Youth Conference Final Report

On February 10th, 2014 the Lillian Osborne Peer2Peer made up of 8 students and two staff attended the *Healthy Me, Healthy You, Healthy Us!* Wellness Professional Learning Day. The conference began at 8:30a.m. and concluded at 3:30p.m. The Peer2Peer group spent the large portion of their day attending workshops on the following topics: comprehensive school health, healthy relationships, healthy eating, engaging the student voice, and creating a healthy school environment. Each of the workshops were designed to engage both the students and staff representing various schools to share ideas on how to engage students and create an overall healthy school environment. During the breaks between sessions and over the lunch break the Peer2Peer group was able to network with other conference participants as well as visit various booths that were set up by various organizations that support school wellness.

In the afternoon, three members of the Peer2Peer group, Matthew Fok, Nina Ni and Alex Dupree represented Peer2Peer2 on a student panel. The panel were asked a series of questions by a moderator in regards to the initiatives that they are currently involved in at their schools and that have been successful. They also fielded questions from the conference participants on how similar initiatives would work in their schools. At the end of the session, the panel members and conference participants worked in small table groups on how to take the knowledge that was learned throughout the day and make it relevant to their schools. The following [link](#) gives a photo overview of the events that the group participated in throughout the day.

Overall Peer2Peer found the Wellness day to be a great learning opportunity as well as an effective forum to share the work that they are doing at Lillian Osborne and make a difference in the community. The \$500 prize that was awarded to the group was used to cover the registration fee of \$50 for each of the group members and staff that attended the conference. The initial payment for the fees was paid for by Lillian Osborne High School and the prize will be used to reimburse the school.

In a separate email, we will send you a scanned copy of the receipt for each of the \$50 participant fees for a total of 500\$. Please let me know if there is anything else you require.

Thank you for supporting students in promoting health and well being!

Sincerely,

Nina Ni
Student Grade 12