

SHS and OMS Health and Wellness Fair - 2024
April 24, 2024 - Stoughton High School
3pm-7pm with special event for parents at 7pm

Schedule of Events

Time	What's Happening?	Where?	Incentives
3pm	Doors Open	Stoughton High	
3:15	Student Workshop with Dr. Randi Schuster and Grad Students from Harvard Medical School	Auditorium	1 attendance buyback (SHS)
	Vendor Tables and Activities Comfort Dogs (Roaming Around)	Cafeteria, Gym, Outside	Earn attendance buybacks by visiting most of the activities / tables Earn raffle tix for prizes
3:45 - 7pm	Short Workshops 4:15 - Yoga (A225) 4:45 - Healthy Relationships (Counseling Center Conference Room) 5:15 - Yoga (A225) 5:45 - Healthy Relationships (Counseling Center Conference Room) 6:15 - Yoga (A225) Ongoing (drop in) - Shifting Gears (A216)	2nd floor classrooms	2 workshops = 1 attendance buyback
	Food Trucks - Cheesy Chicks, Deag's & Sweet 16 Ice Cream	Outside in bus lanes	
6-7pm	Hidden In Plain Sight (Adults only)	Conference Room off Cafeteria	
7pm	Approaching Teen Substance Use from a Frame of Compassion and Curiosity A Talk for Parents, Guardians and other Caring Adults with Dr. Randi Schuster, Harvard Medical School	Auditorium	Earn credit towards a buyback if your parent / guardian or other caring adult attends

Middle school students can earn attendance recovery and positive recognition cards!

Shifting Gears - visit <https://www.nfkda.com/peerleadership.html>
1) watch the Shifting Gears video
2) complete the Shifting gears quiz
3) Get your stamp



Activity List

	ORGANIZATION	TITLE
1	Stoughton Recreation Department	Mindful Slime Creations
2	Stoughton Public Schools PE & Health	Take a Break: Outdoor Fun & Games
3	Argus	Wander Mindfulness Corner
4	Boston Children's Hospital	Sleep Health
5	Mass General Brigham	Sports Performance and Athleticism
6	Old Colony Y	The Truth About Vapes
7	HOSA	HOSA Poster Session
8	MGH Center for Addiction Medicine	Self-Care Goal Setting (+ Raffle!)
9	SHS Peer Mediation Program	The Negative Effects of Unresolved Conflict
10	Be Inspired Counseling	What Inspires You?
11	Be Inspired Together	Spreading Postivity
12	YMCA	Spin the Wheel for Fitness
13	Norfolk Sheriff's Office	Driving Safety and the Perils of Operating Under the Influence
14	MAXX Gym	Self Defense
15	Wrestling Team	Wrestling for Better Overall Health
16	OASIS	The Truth about Substance Misuse
17	Stoughton Youth Commission	Grounding for Mental Health
18	Samaritans Southcoast	Mental Health Awareness and Suicide Prevention
19	BAMSI All Things Possible - Young Adult Access Center	ZenDoodle Coloring & Self-care Trivia
20	MA Safe Routes to School	Bike Safety
21	MA Behavioral Health Line	Resources for Your Mental Health
23	Stoughton Fire	Obstacle Course
24	MA General Brigham Concussion	Brain Health and Concussions
25	SDIO	What Does Inclusion Mean To You?