

## RELATED FOUNDATIONS:

- Social & Physical Environments

## RESOURCES:

- [Example: Multicultural Family Events](#)
- Promotional items: posters, newsletters
- Community partners
- [Food safety guidelines if serving food or beverages](#)

## Family Nights & Events

**ACTIVITY GOAL:** To promote positive relationships with families and increase the connection between school and home.

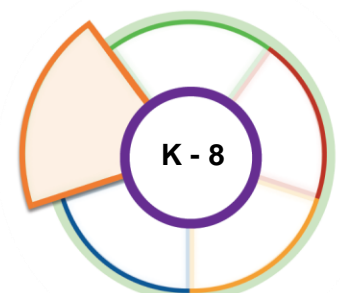
### ACTIVITY INSTRUCTIONS:

Fun family nights or family events can promote community connectedness.

1. Include staff, students, school committees, community partners and families in the planning and implementation of the event.
2. Determine the theme for the evening.
3. Discuss how the event will run (e.g., interactive stations, activities, guest speakers or informal gatherings of families).
4. Communicate details of the event clearly to staff, students and families to generate excitement and encourage attendance.
5. Consider offering door prizes related to the event.
6. See the next page for examples.

### Curriculum Connections:

- FDK: OE3 Social skills; OE4 Problem solving in social contexts
- Grade 1: D2.3 Caring and exploitative behaviours and feelings
- Grade 2: D3.1 Relating to others
- Grade 3: D1.5 Physical and social-emotional development
- Grade 4: D1.5 Puberty – changes; emotional and social impact
- Grade 5: D2.6 How to help others, when to seek help
- Grade 6: D3.2 Responsibilities, risks – care for self and others
- Grade 7: D1.6 Mental health
- Grade 8: D2.4 Routines and habits for mental health
- Other Connections: Social Studies, Grade 2



## Activities

## Potential Partners

## Things to Consider

### Cooking and Eating

- Prepare a recipe (e.g., guacamole, hummus, yogurt parfaits, decorate apple donuts)
- Set up a smoothie station
- Have students build school lunches
- Celebrate with food (e.g., decorating clementines for Halloween, creating an artful veggie tray)
- Host a family or community meal

- Secondary or postsecondary students/programs
- Parent/community volunteers
- School council or Home & School associations
- Student councils or committees
- Local grocery store

- *Offer foods that align with Canada's Food Guide*
- *Avoid labelling foods healthy/unhealthy*
- *Tasting or eating should be optional for everyone*
- *Apply principles of food safety*
- *Celebrate food from different cultures*
- *Have water available to drink*
- *Ensure handwashing stations are accessible*

### Moving and Playing

- Giant or garden games (e.g., corn hole, Jenga, snakes & ladders, connect four)
- Board, card, or educational classroom games
- Offer a yoga or dance class
- Run a team sport night (e.g., dodgeball, volleyball)
- Have open gym or playground games available

- Local library
- YMCA
- Family Centre
- Physical education teachers
- Qualified volunteers
- Parents/caregivers

- *Offer a variety of movement opportunities*
- *Provide options that are non-competitive, fun, and accessible*
- *Find activities that engage and include the whole family, providing opportunities for connection*



### Boost your event by...

- Having an entry passport to encourage participation in all stations
- Using an exit ticket to get feedback at the end of the event



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## Activities

## Potential Partners

## Things to Consider

### Planting and Gardening

- Have a planting station for vegetable or herb seeds (e.g., green beans, cilantro)
- Plant a flower or vegetable garden at the school

- Local farm/greenhouse
- Horticultural club
- Secondary or postsecondary students/programs

- *Ensure handwashing stations are accessible*

### Mental Health and Mindfulness

- Invite therapy dogs
- Facilitate a craft station (e.g., mindful jars, stress balls)
- Colouring (giant mandala or individual)
- Yoga and stretching
- Invite a guest speaker on mental health topic

- St. John's Ambulance Therapy Dogs
- CMHA Thames Valley Addiction and Mental Health Services
- Settlement Service Agencies

- *Cooking, gardening, art, and movement activities are also great components of a mental health event*
- *Have accessible handwashing stations if having therapy dogs*
- *Consider partnering for a shared event with nearby elementary and secondary schools*

### Art and Creativity

- Offer rock painting
- Plan a paint night
- Create a school banner or mural
- Host a sing-along or group music session

- Music Teachers
- Parent or community volunteers
- Local Artists
- Cultural Centres