

## Robert F. Hall hosts Grade 8 mental health and wellness conference

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Robert F. Hall Catholic Secondary School recently hosted a health and wellness conference for Grade 8 students who will be going to the high school, to better prepare them for the next stage in their life.

The event took place at St. Cornelius School this past Tuesday (May 8), where a majority of the Grade eights will be attending the high school right beside them.

“There's definitely a need for more awareness, advocacy and action for mental health and wellness,” says Josephine Marcolla, organizer of the event and a teacher at Robert F. Hall. “Especially the kids as they hit adolescence, and as they transition to high school.”

Sessions held throughout the day included fun-filled activities such as yoga, meditation, wellness walk, art, nutrition, and drama, which will help to get rid of the stigma surrounding mental health.

“Just to give them that sense of continuity, and also, to make them feel like this transition isn't going to be as rough as they think,” says Ms. Marcolla.

She explained that part of the sessions deal with action and advocacy, so the students can feel welcomed and less stressful going into high school. “You want to know that there's people there to support you...we introduce them to our support staff.”

Another session dealt with conflict resolution. “Even with their friends, with their parents, how to come up with strategies to get over those hurdles, because that's a tough one.”

Ms. Marcolla added that it ties in with Catholic education week. “We're very proud of our catholic school system, and it's distinct.”