

## Health Fair 2013 – Bringing Health, Fun and Facts.

On March 25th – 27th, 2013 a group of twenty alumni journeyed to Jamaica on a mission of love to our school on the hill to host our third Health Fair. We were embraced by many of our own chapter members living locally and many other alumni who came out to assist.

### Our Theme :A Pathway to Wellness



This year we invited the parents of the Mt. Alvernia students and Grade 9 & 10 Cornwall College students to participate at the fair. The opening ceremony featured our guest speaker - Sr. Mary Andrew F.M.S who motivated students who are faced with the many stresses of life. She involved all the current and cultural trends that students could relate to. She encouraged students to seek positive role models, and inspired them to practice emulating the ones they select. She also emphasized the importance of making smart choices when selecting a beverage and avoiding sodas at all costs.

Over the three days we offered screenings - blood sugar, blood pressure, body mass Index, demonstrations on breast self-examinations, C.P.R.; the Heimlich maneuver, discussion groups, brochures, mentoring and edutainment. Panel discussions were led by an alumna, Gail Reid (with support of “Eve for Life Foundation”), a representative from the National Council on Drug Abuse, a Clinical Psychologist and a spokeswoman who contracted HIV as a teenager. Discussions were opened up on current issues of HIV and drug abuse amongst the youth. Each contributor was instrumental in helping students make wise decisions. Likewise, the students were very engaged as they participated in asking and answering questions throughout the presentation. Soon a competition ensued, boys trying to outdo the girls, all raising the bar of awareness amongst their peers.

Our group enjoyed every moment spent on campus. Most of all each discussion group helped open our eyes and hearts to the realities of our little sisters. There was a lot of meaningful information shared and we plan to meet and present our findings at our upcoming board meeting. As a chapter, we will report to our Principal all identified outcomes and address their proposed findings.



Caribbean Producers provided a variety of juices and slush to the students, staff, volunteers and families at the Health Fair. Many commented on the variety of tasty choices “the Pina-colada and strawberry slush were among the favourites.” Staff and students were most appreciative of this treat. The Caribbean producers also donated gallons of Cariburst flavours of syrup towards our snow cone treats. This helped us serve more than 1,800 snow cones over the three day period.



Our "vision board " presentation, made by Judith Falloon- Reid another talented alumna, was an excellent concept, empowering students to set personal goals and envision their dreams by cutting and pasting images and words on a “board.” Students enjoyed this simple “hands on” workshop and they now have the opportunity to create their own " vision board "for life. We were truly impressed and believe that this exercise will bring tremendous value to each student. This groundbreaking activity will expose their unlimited potential and outline an effective road map to help them attain their goals. It was an invaluable workshop with tremendous positive feedback.



The generosity of so many friends and alumni allowed us to make a dream come true for more than 100 graduating seniors in need of a dress for their senior prom. This group of young ladies were most appreciative and expressed their deepest gratitude to all who donated. Their smiles spoke volumes as their eyes sparkled with joy. This experience was truly a big sister connection that made it even more special.



The finale ! Our alumni led devotion and in keeping with the spirit of Easter we performed a skit depicting "the Resurrection of Christ." A unique entertaining group, A.S.H.E. stole the show and kept all engaged, and most of all ensured that the strong message was delivered and

received – on Sexual Health & Reproductive Health Issues – “Are your choices Safe, Stupid or What?”



In showing their gratitude, our MAHS little sisters hosted a spectacular show. Once again we were in awe of the talent they displayed. The dance troupe, MACC singers, poet(s), violinist, pianist and hoola hoop performers shared their gratitude with us and we thoroughly enjoyed and appreciated each act. We commend the teachers and students for taking the opportunity to explore each student’s creative potential while imparting skills such as teamwork and self discipline in every performance.

We hope this Health Fair helped to stimulate, enhance and motivate all to create a balance between their physical, emotional, social, intellectual and spiritual wellbeing. We look forward to great outcomes and to the development of meaningful programs to help enhance each student. Thanks to our Principal Mrs. Cherian, staff, Food for the Poor, Father Clark, volunteers and donors/sponsors. We could not have achieved this success without their help.