

WELL-BEING FOR
WELL-DOING

HEALTHY MINDS

A NORTH
CENTRAL MA
COLLABORATION

APRIL 14, 2021



VIRTUAL EVENT WEDNESDAY, APRIL 14, 2021 10 AM-2 PM

Living and learning during the Coronavirus pandemic is hard! We are separated from others, learning to learn in new ways, and often frustrated by societal injustice.

WHY DID WE CREATE THIS EVENT?

It's hard to connect with students while school is remote and many local organizations have great resources to share. This year we have learned so much from students, teachers, and parents about how they'd like to see school re-imagined through our **Portrait of a Graduate** grant work. We may not be able to see students in person, but want them to know they are not alone and they are heard. Some of the ideas students shared about their ideal school will be tried out during this event!

WHAT DO WE MEAN BY "HEALTHY"?

Healthy is a little different for everyone. For some it might refer to nutrition or fitness. For others, it might be coping with stress and loneliness. And for others, it might be picking up new skills and habits that set up for a successful adult life, like learning how to keep a healthy budget or discovering fulfilling career paths.

WHAT IS "WELL-DOING"?

Well-doing simply refers to doing good things for others and our community. You might describe it as community service, volunteering, helping, care-giving, or social entrepreneurship. Whatever you call it, it means you are giving of your time and talents to help others. And in order to be effective as possible in helping others, we all need to start by caring for ourselves first.

THIS WILL NOT BE A TYPICAL SCHOOL DAY!

Instead, students will pick breakout session topics that spark personal interest, satisfy curiosity, and help them plan for a future of their design.

*We believe young people
can make a difference.
We believe it is possible to
not just survive this crazy
time, but to
THRIVE!*

Healthy Minds Organizers

Growing Places

HEAL Winchendon

LUK, Inc.

Making Opportunity Count (MOC)

Mount Wachusett Community College
Changemakers
GEAR UP

Talent Search

Portrait of a Graduate

United Way Youth Venture

Upward Bound Math & Science

United Way North Central MA

**CONTACT UWYV@MWCC.MASS.EDU
FOR GENERAL INQUIRIES**

Funded in part with grant support from:



North Central
Massachusetts

STUDENT REGISTRATION

Students will be able to pre-select sessions based on options appropriate for their age.

Options will be labeled with "tracks" to help students find topics that match their interests.

Written & video tutorials will be shared so students can practice navigating the virtual event before it starts.



SPEAKERS & FACILITATORS

We will have hundreds of students with varied ages and interests--we need a large variety of **passionate** speakers to share their wisdom or facilitate shared wisdom through group dialogue.

Sessions run from 15 to 40 minutes depending on type and can be pre-recorded or live streaming.

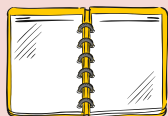
Our team of event organizers will help train speakers for this unique presentation experience.

Propose your own topic or take on one we've already identified. Sign up to become a speaker at **this link by March 1.**

SIGN UP NOW

SPECIAL FEATURES

Students will be equipped with note-catchers to reinforce good study habits and encourage students to follow through on committed actions.



Before, during and after Healthy Minds, students will be able to join challenges aimed to increase engagement and excitement.



The Healthy Minds event space on Whova makes connecting easy and safe. Moderated community spaces will enable students to meet up virtually to share ideas and socialize.



Draft Schedule

10:00 Welcome & Keynote
10:15 Well-Being Breakout
11:00 Brain Break
11:15 Get Moving! Session
Choose from 10+ physical activities



11:45 Musical Lunch w/ DJ
or
11:45 15-Minute Healthy Cooking A
or
11:55 Healthy Eating Trivia
or
12:00 15-Minute Healthy Cooking B

12:15 Exploration Time
(visit exhibitor booths, talk to speakers, connect with peers in chat and breakout video networking/community area of event, reflect, play in event challenges, etc.)

1:00 Well-Doing Breakout
How can young people make a difference? What do they need to know? What issues do they care about?

1:45 Event Wrap-up

2:00 Live Event Concludes

Event site remains open for 6 months with student access to resources uploaded for event!

MODERATORS & VOLUNTEERS

Much of the success of this event will be reliant on effective moderation. Students will be muted during live sessions unless a moderator calls on them. Students will engage in writing via session chat, Q & A, live polls, and community areas. Moderators will watch and approve this activity.

Volunteers will be assigned specific sessions/times. They may:

- Be paired with a presenter to serve as their eyes and ears
- Facilitate a live dialogue
- Approve uploaded photos or comments
- Respond to attendee questions or help with event wayfinding

All moderators will be trained and placed in roles where they feel comfortable.

Sign up here to learn more and help before or during the event.

SIGN UP NOW

DONATIONS



Consider donating funds or materials to go into student activity kits.

Kits will be distributed for three age levels: elementary, middle & high school

We also need attention-grabbing prizes for the many challenges happening throughout the event.

EXHIBITORS & SPONSORS

Businesses and organizations: we have a captive and curious audience for not just four hours, but six months of access!

Use the virtual Exhibit Hall as a chance to show students how you can support them and where they can access critical resources--now and as they become young adults. Students will compete for prizes during the Passport Challenge.

Use "promo" buttons, schedule live demos/conversations, share documents, post videos, and reply to student inquiries.

