

Press Release

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A Symposium on Wellness for and by the Support Staff of Conseil scolaire public du Nord-Est de l'Ontario : a First in Ontario!

Northeastern Ontario, November 22, 2010 – The support staff of the *Conseil scolaire public du Nord-Est de l'Ontario* (CSPNE) took part in a Symposium on Wellness offered in North Bay on November 5, and in Timmins on November 15.

This first Symposium on Wellness was part of a training and development project for the support staff. Its main objective was to allow support staff to acquire the necessary tools to maintain a healthy physical, mental, emotional and spiritual lifestyle.

With the financial support of the Ontario Education Services Corporation (OESC), this Symposium on Wellness was organized by and for the support staff of CSPNE : A first in the province! It was an opportunity for the organizing committee to be fully involved in the management of a project or initiative. During the Symposium, members of the support staff had a chance to participate in various activities and gather information on a wide range of subjects, from mental health to good physical condition. The highlight of the day was, without a doubt, a presentation by the renowned speaker and motivator Martin Latulippe, entitled "Awaken the Invisible to Achieve the Impossible". The Symposium also offered workshops on healthy lifestyles, work ergonomics, team-building as well as violence and harassment in the work place.

"Based on an innovative approach for sharing winning wellness practices, this first Symposium allowed the Board to target some clear objectives for the continued development of its support staff, and to highlight and recognize the strong contribution of our support staff to our students' success, said Roch Gallien, Director of Education.

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Conseil scolaire public du Nord-Est de l'Ontario
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c'est comme ça !**