



Rayonnement à Opitciwan: a week of well-being reveals the power of partnerships

The First Nations Education Council (FNEC) is honoured to bring you a glowing account of the well-being promotion week at Opitciwan, an exceptional celebration made possible by our valued partnerships.



It is with deep humility that we wish to highlight the decisive involvement of an FNEC school well-being promotion advisor. Her invaluable commitment and dedication made this week possible, and it proved to be a holistic, enriching, and diversified experience for young people and teaching staff alike. The FNEC also contributed by offering workshops on various themes: Minecraft, the eclipse, art and self-esteem, providing the youth with a rich educational experience. We salute a dedicated teacher who took charge of classes and organized various activities, lending the week a unique and inspiring touch.

We would also like to express our sincere gratitude to our other partners. The FNQLHSSC generously offered workshops for teachers, addressing their wellness needs and those of the school community. It also provided Pilates, posture and meditation workshops for staff and students, as well as play and physical activity sessions. **La Tablee des Chefs** donated a kitchen accessories kit to promote food autonomy among high school students. The **New Pathways Foundation** team, renowned for its legendary flair, prepared a 2 km course for the young people. What a memorable experience, crowned with a tribute and a medal at the finish! **Filleactive's** energy and passion also brightened the week for students at the community's two schools, while **Nancy Drolet** of **Jouez gagnant** instilled in them the joy of motivation and success with her inspiring talks about staying school.



The treatments provided by massage therapist Martin Calvé during the **FNQLHSSC** workshops did a world of good for the participants, from welcome relief for some to deep relaxation for others. The **RBC Centre d'expertise universitaire en santé mentale**, for its part, offered wellness workshops to teachers and stress management sessions to some classes, contributing in its own way to the mental health of the school community.

Our partners from the community, the **Elders**, enriched our collective experience by sharing their ancestral knowledge with young and old alike. The leadership staff and educational advisors, our invaluable guides along the way, masterfully handled the complex logistics of the event and the evening activities. We would also like to express our deep gratitude to the **Sécurité publique d'Opitciwan** police forces who ensured the safety of the route, and to the **band council** and the **childcare centre (CPE)** for their essential support in providing accommodation to welcome participants. We are also enormously grateful to the young graduates for their exemplary commitment and dedication. Their hard work in raising funds for the graduation ball – in addition to preparing the hall, dinner meal, and serving the guests - is more than worthy of mention.



Together, through our unwavering partnerships and collective dedication to the community's well-being, we gave Opitciwan the gift of an unforgettable week. Much more than just a series of activities, the event brought us a myriad of moments where love, support, and human relationships shone through. Every smile exchanged, every moment shared, every act of generosity forged an indelible bond between us. These combined efforts not only enriched the experience of our participants, but they also demonstrated that by joining forces, we can go further, strengthen the fabric of our community, and transform individual activities into collective successes.