



Golf



Tai Chi



Google 360 Degree Cameras

ACCESS Adventure Curriculum ... Learning Beyond the Classroom!

February 1, 2018

The ACCESS Centre is wrapping up its first semester of the Adventure Curriculum. Students were eligible to earn two credits as they moved their learning beyond the classroom and went out into the community. Sharon Maisonneuve, Vice Principal of the ACCESS Centre noted, "For many students the most powerful learning comes from 'doing' – not from sitting in desks and reading about different subjects." Students went out into the community and participated in a variety of activities, such as Tai Chi, aerial yoga, cross country skiing, golf, cooking lessons, and fitness exercises in a local gym to experience a range of health related activities. Added in were workshops related to moving past traumatic events, maintaining wellbeing, coping with grief, learning self-acceptance, and maintaining healthy relationships. Then students reflected on these experiences to create their own personal wellness plans.

"The only requirement for students was to remain open to trying a range of activities. No one needed to have any prior experience – the goal was to provide community connected learning experiences that were 'hands on' to allow students to discover the joy of learning and to realize their potential as successful students," explained Mrs. Maisonneuve.

As part of the Adventure Curriculum Program, students toured Northern College of Applied Arts and Technology, the Ministry of Advanced Education and Skills Development office, and participated in a workshop to learn about recent changes to OSAP (Ontario Student Assistance program) related to increased funding to enable students to attend post secondary education after high school. Mrs. Maisonneuve added, "Post secondary education is for everyone. This includes apprenticeship, university studies or college studies. The labour market trends are changing as a result of increased automation. Society has reached a point where we can shop without retail sales people – instead, we can scan our purchases ourselves or order items online and have them delivered to our homes. So, there

is a renewed importance on education to provide the skills and knowledge that students need to participate meaningfully in our community and to enjoy rewarding careers.”

The Adventure Curriculum – Part II begins in February. For more information about registering at ACCESS, please contact Sharon Maisonneuve at (705) 531-3075 extension 3507.



Exercise Sessions



Cross Country Skiing



College Tour



Cooking Classes



Aerial Yoga



Art Workshop