

Park Plains East Local 31 Teachers Make a Difference

On Sunday, May 6, 2012, teachers from Park Plains East Local 31 gathered together to promote positive mental health in a fun and unique way. Members of the Alberta Teachers' Association within Park Plains East Local 31, were asked to form teams who would then run an "Amazing Teacher Activity" race developed through the Mental Health Capacity Teams of VIBE and WOW. The teams were split between Vermilion and Wainwright depending on their geographical location, and all started the race respectively at 4pm. The groups then had to perform various tasks which included assembling and disassembling a tent while wearing oven mitts, catching water balloons hands slathered in lotion, designing a positive mental health logo in chalk, and creating a team dance with choreographed poses when they heard the words "jungle" or "village" in the song. The final clue within each town lead them to Riverdale Min-Park where they completed their last leg of the race in front of family and friends who were there participating in activities of their own. There was a BBQ following the activities of the day, for all present. Donations were accepted for the local Habitat for Humanity organizations and much fun was had by all. It was a wonderful day to celebrate being part of the teaching profession. The day built awareness of mental health, local charity, the teaching profession, and camaraderie amongst teachers within the Park Plains East Local 31, which includes the Buffalo Trail Public Schools and East Central Alberta Catholic Schools.





The teams wore team hats or outfits to promote Hats on for Mental Health. The Superhero's won best dressed for their "I teach...What's Your Superhero" themed team dress.

