



April 22nd ~ Bloom-Carroll Middle School

SCHEDULE

8:30AM Meet & Greet with Mentor

**9:00AM Opening Ceremony & Guest Speaker
Olympic Luger ~ Ashley Farquharson**

9:25AM Move Your Body

10:20AM Breakout Sessions

- **Stand Strong: The Power of Confidence**
- **Fear is a LIAR**
- **Everyday Help for Your Mental Health**
- **Find Your Strong**
- **Let Your True Colors Shine Through Leadership**
- **Junior High 101: Navigating Social Media**

12:05PM LUNCH

12:40PM Concurrent Sessions:

- **5th/6th - Expressing Gratitude through the Art of Card Making**
- **7th/8th - Basics of Self-Defense**

2:00PM 5th/6th Concurrent Sessions:

- **5th/6th - Basics of Self-Defense**
- **7th/8th - Expressing Gratitude through the Art of Card Making**

3:10PM Closing Ceremony

3:30PM Pick Up Time