

September 20, 2024

Dear Parents/Guardians,

As we return from summer break, we would like to take the opportunity to introduce ourselves. Our names are Sarah English and Prince Opara, and we are second year nursing students with the Trent/Fleming School of Nursing. As a part of our Health in the Community course, we will be completing our placements at Kawartha Heights, and we are beyond excited to work with the students and staff.

We will be at Kawartha Heights from September 19th – November 29th. During this time, we will be interacting with students and aiding teachers in teaching lessons around health. As a part of our curriculum, we will be completing a Health Promotion project aimed at educating students about healthy lifestyles and well-being. This project will take place over the next 9 weeks and will cover topics such as nutrition and healthy eating, personal safety, handwashing and self-care, and mental health and well-being. We will be hosting “You’re the Chef” and “Handwashing and Germs” workshops in partnership with Peterborough Public Health, where students can participate in a hands-on learning experience. We will also be giving presentations around health promotion at various times throughout the fall term.

We would like to thank the community at Kawartha Heights for having us, and we are so excited for this learning opportunity!

Thank you!

Sarah English and Prince Opara

Trent University