

Hello!

Just touching base about the Body Science workshops we are offering at schools in the 2020-2021 school year. Due to uncertainty around the Covid-19 situation as well as school district protocols around guest speakers, we cannot offer in-person workshops at this time. We hope that changes soon, but are pleased to offer 3 online delivery options for your school community to choose from in the meantime:

1) **Live Zoom workshops for parents and students.**

A live Zoom evening workshop for parents is followed by live Zoom sessions for students in their classroom featuring prerecorded videos of Saleema's Body Science workshops. Maximum of two classes per student session so that we are able to effectively manage a Q & A session in each workshop. No participant limit in parent workshop.

**Cost:**

\$900 plus gst for parent workshop and one (1) day with students

\$1450 plus gst for parent workshop and two (2) days with students (needed for schools with more than one class per grade)

*Additional days with students may be needed at larger schools.*

It's important that Body Science workshops are accessible to your entire school community, and we recognize that not all parents and students will be able to participate in live zoom workshops. **For this reason, we will provide 30-day access to Body Science Online for your whole school community free of charge when booking a live zoom workshop package.** Body Science Online is our learning platform featuring prerecorded, animated videos of Saleema delivering 5 separate workshops for:

- Parents
- Preschool-Grade 1 students
- Grade 2-3 students
- Grade 4-5 students
- Grade 6-7 students

Also included:

- Answers to most common questions in each age group and
- Downloadable resources for parents

Here's a sneak peek at Body Science Online:

[https://www.youtube.com/watch?v=\\_qlwVQgOWw8&list=UUM-bDj6oOd2VWFXXuki6M\\_g&index=2](https://www.youtube.com/watch?v=_qlwVQgOWw8&list=UUM-bDj6oOd2VWFXXuki6M_g&index=2)

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*Smart decisions start here.*

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Recommended schedule for student sessions (can be repeated for as many days as needed):

K and/or Gr.1: 9-9:30am (30 mins.)  
Gr. 2 and/or Gr. 3: 9:35-10:15 (40 mins.)  
RECESS  
Gr. 4 and/or Gr. 5: 11:00am-12:00pm (60 mins.)  
LUNCH  
Gr. 6 and/or Gr. 7: 1:00-2:15pm (75 mins.)

\*Grade 4s and 5s can be addressed in two separate sessions at elementary schools where grade 6s and 7s are not present.

\*\*timing of sessions may be adjusted to work with staggered school start times, recess and lunch.

**2) Body Science Online in class followed by live Zoom Q and A session for students.**

A live Zoom evening workshop for parents is followed by teachers sharing age appropriate videos with students in their classroom at a time that is convenient. Teachers collect questions from students intermittently throughout recorded presentation (or immediately after) and then Saleema (or the educator presenting at that school) joins via live Zoom at a pre-determined time for a Q and A session soon after the video presentation. We can accommodate two classes at a time for the live Q and A session. No participant limit in parent workshop.

**Cost** (varies according to number of Q and A sessions requested):

\$350 plus gst for parent workshop

\$550 plus gst for each full day of Q and A sessions with students (\$350 plus gst for half day)

*30-day access to Body Science Online for whole school community included (value \$1200).*

Recommended duration each Q and A session: 30 minutes (max. 6 per day)

**3) Just Body Science Online.**

**Cost:**

\$1200 plus gst for 30-day access, \$2000 for 90-day access.

Please let me know if you have any questions or would like more information. Hope to see you soon!

Saleema and team 😊

P.S. If Covid-19 causes plans to change, we will, of course, cancel your booking at no cost to you.

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