

Workshop Formats

We are pleased to offer three Body Science workshop delivery options to choose from in the 2022-2023 school year:

1. In-person Workshops

A 90-minute live Zoom parent workshop is followed by in-person workshops for students.

Cost: \$350 plus gst for parent workshop

\$575 plus gst per full day with students

\$375 plus gst per half day with students

Cost varies with size of school. For schools with one class per grade, one day with students is enough. For schools with more than one class per grade, two or more days with students are needed. Please note that ideal group size is two classes per workshop. Go to <https://www.saleemanoon.com/body-science-at-school/> for workshop outlines.

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.



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

A live Zoom evening workshop for parents is followed by teachers sharing Body Science Online videos with students in their classroom during a specified week. Teachers collect questions from students (throughout recorded presentation and/or immediately after) and then Saleema or one of her team members join in-person or via live Zoom (or Microsoft Teams) at a pre-determined time for a 30-minute Q and A session soon after the video presentation.

Cost: \$350 plus gst for parent workshop

\$575 plus gst for each full day of Q and A sessions with students

\$375 plus gst for half day of Q and A with students

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

Q and A session 1: 9-9:30am

Q and A session 2: 9:40-10:10

- RECESS -

Q and A session 3: 10:50am-11:20pm

Q and A session 4: 11:30am-12pm

- LUNCH -

Q and A session 5: 1:05-1:25pm

Q and A session 6: 1:30-2:00pm

Maximum six Q and A sessions per day. Cost varies with size of school. Please note that ideal group size is two classes per workshop. Go to <https://www.saleemanoon.com/body-science-at-school/> for workshop outlines. Zoom or Microsoft Teams may be used for online Q and A sessions.

For more information and a sneak peek at Body Science Online go to <https://learn.saleemanoon.com/pl/2147552250>

3. Just Body Science Online

Teachers and parents receive unlimited 30- or 60-day access to Body Science Online learning platform featuring pre-recorded, 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

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

This is a self-directed program with no participation from our educators. Live Zoom parent workshop not included.

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

Saleema and team 😎

