

Media Release



FOR IMMEDIATE RELEASE

Jan. 29, 2025

RE: Summit Trails Online High School hosts Wellness Summit open to Alberta students

High school students across Alberta are invited to participate in the fourth annual online Wellness Summit, hosted by Summit Trails Online High School and supported by Rocky View Schools (RVS). The event will take place from 9 a.m.-2:30 p.m. on March 5 through Zoom.

Featuring keynote speaker Phil Herman and presenters from RVS, Hull Services, Peer Mediation and Skills Training, the Mental Health Commission of Canada, Boys and Girls Club and more, the online Wellness Summit will offer a venue for students to learn and reflect on their health, habits and overall wellbeing.

“The annual Wellness Summit has become a signature event on our school calendar,” said Summit Trails Principal, Dave Smith. “We have found this event, along with other mental health strategies in the school, has helped students understand themselves and those around them better. We are excited to offer this summit not only to RVS students but also students across the province.”

RVS is the public school division serving communities to the west, north and east of Calgary. Summit Trails, one of RVS’ 53 schools, was established in 2021 and educates students across Alberta.

The online Wellness Summit is available for free to students at all RVS high schools. Individual Grade 10-12 students anywhere outside the division can take part for \$20. Schools interested in a group rate for their students can email summitevents@rvschools.ab.ca. More information and individual registration for the 2025 Wellness Summit is available on the [event webpage](#).

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