

Forever 15: Tragedy on the Water

PARENT-STUDENT WORKSHOP AGENDA

29 Feb 2012

5:30 p.m.

- I. Welcome – purpose of workshop (Mrs. Mynarcik)
- II. Introduction of facilitators, parents and students (Mrs. Mynarcik)
- III. Pre-Test (Randall McCartney)
- IV. Explanation of program (All)
- V. Explanation of swimming evaluation (Elizabeth Anderson)
- VI. Discuss obituary activity - due date (Mrs. Mynarcik)
- VII. Distribute and explain permission slips and releases (Mrs. Mynarcik)
- VIII. Collect all signed forms (Mrs. Mynarcik)
- IX. Conclusion
- X. Questions

Swimming Evaluation

- 50-meter non-stop swim
- 10-minute tread
- Swim underwater to bottom of pool and pick up brick, bring brick to the surface, bring the brick to edge of pool
- Rehearse the mock drowning
- Post test

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MOCK OBITUARY

The student obituaries are created by the student and parent participants to convey the loss of life, dreams, and potential as a result of accidental drowning. The activity also encourages parents and teens to talk about the consequences of risky behaviors. All students participating in the mock drowning scene will need an obituary describing their family, interests and shattered dreams. This will be read as part of the funeral activity, posted in the classrooms and at the mock memorial assembly.

SAMPLE TEXT

STUDENT'S LAST NAME: _____

Student's full name: _____ Age: _____

Drowning accident on _____ [date].

(S)he is survived by [list family members] _____

_____.

_____ [name of student] was a _____ [7th or 8th grader] at _____ [school name] where (s)he was involved in _____ [list honors, extracurricular activities, etc.]. _____

[rosary, visitation or other event] will be held at _____ [time and date] at _____ [name of church, synagogue, mosque or funeral home].

_____ [funeral mass, church service or memorial service] will be held at _____ [time] at _____ [name of church, synagogue or mosque].

Interment will follow at _____ [name of cemetery].

Services under the direction of _____ [name of funeral home].

The family requests donations to _____ [name of charity] in lieu of flowers.