

Parents, students getting lessons in social networking

Whitchurch-Stouffville's Roman Catholic schools are joining forces to help their students and parents deal with social networking issues this week.

Parents as Partners is a program the St. Brigid Catholic Elementary School Council is launching this year after receiving a grant from the province.

The Parents Reaching Out grant is designed to help parents support improved student achievement and well-being.

The program will launch Thursday with guest speaker Paul Davis of socialnetworkingsafety.net updating Stouffville residents on the latest information in social networking safety at St. Brigid. Mr. Davis is a parent himself, with 22 years of IT experience.

Mr. Davis will be speaking to students in grades 4 to 7 during the day. In the evening, Mr. Davis will speak to parents only about teen texting and emerging Internet use by

young people. Topics will include cyber-bullying and Facebook safety.

St. Mark Catholic Elementary School students and parents have been invited to take part in the sessions.

During the evening session, babysitting programs for youngsters and movies for older students are being offered.

For more information, call 905-640-8281.

Adult skaters hitting ice

The Stouffville Adult Skating Group begins a new season of pleasure skating Nov. 1 at the Stouffville Arena.

"Come out for some great aerobic exercise and meet a friendly group, which welcomes adult skaters at all levels," said spokesperson Jill McWhinnie.

Participants skate to a mix of old time and contemporary music.

Refreshments are served on holidays.

Admission is \$6 at the door.

The weekly Tuesday sessions begin at 7:30 p.m.

EXCLUSIVELY at yorkregion.com



DON'T WAIT FOR NEXT WEEK

Part 2 of our series runs in paper next week. You can read the entire series now at yorkregion.com

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NEW you

Chiropractic medicine: a solution for your back

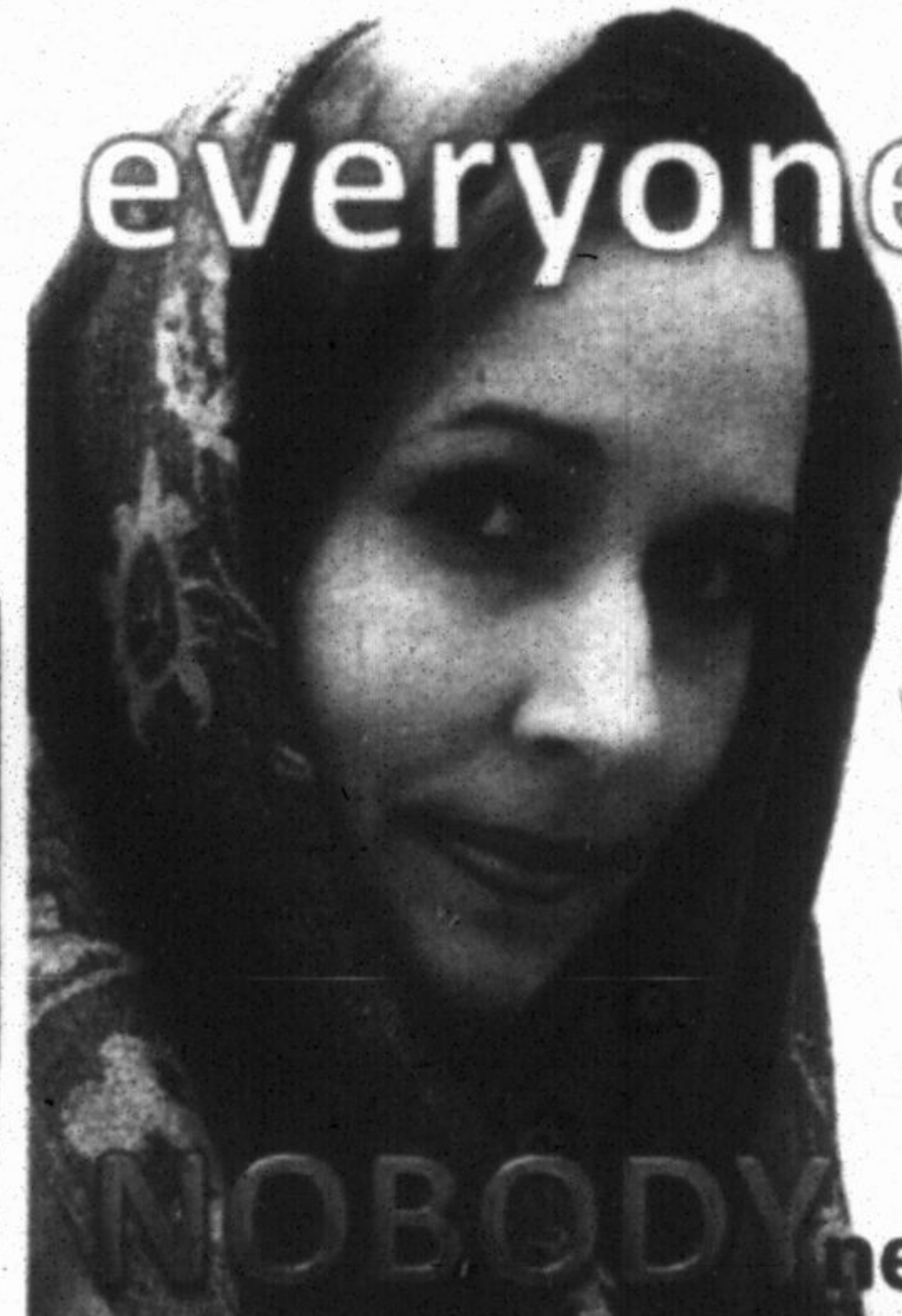
Favouring non-medicated treatment, chiropractors conduct exhaustive evaluations of their patients in order to shed light on the links between cause and effect, or, in this case, between the pain being felt and the misalignment of the musculoskeletal system. In order to restore the body to its homeostatic state, these specialists develop personalized treatment plans for clients that are based on chiropractic adjustments that generally consist of manipulations along the spine, neck, and extremities. Each patient receives a gradual and personalized treatment and follow-up. Treatments given by chiropractors are usually accompanied by exercises

to be done at home and that help to re-establish and maintain good physical fitness. Needless to say, relief is always welcomed by people suffering from chronic pain!



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