

Factual Entertainment - 6 X 60 mins.
Format and finished programs available



Too Cool for School?

All else has failed.
Time for change!

13 WEEKS
9 TROUBLED TEENS
5 EXPERTS
AND THE CHANCE TO TURN
THEIR LIVES AROUND.

Too Cool for School? is nine teens – aged 13 to 15 – on the edge of academic failure embark on an incredible three-month life makeover with the help of a “swat team” of health and wellness experts. Each week, these five professionals (a psychologist, fitness trainer, medical doctor, nutritionist and remedial educator) will guide the teens while giving them the necessary tools to achieve scholastic success. The challenge will certainly not be easy, as our young participants must face their health and wellness program head-on if they wish to change their future. At the end of the 13 weeks, having learned the importance of uniting mind, body and soul, the group will also produce a show to dazzle their fellow schoolmates.

**WILL OUR TEENS FIND THE STRENGTH TO SUCCEED OR
WILL THEY STILL BELIEVE THEY ARE “TOO COOL FOR SCHOOL”?**

Too Cool for School?

Episode 1: INTRODUCTIONS

9 teens on the verge of dropping out, 5 health and wellness experts to guide them and 13 weeks to turn their lives around! Although they each have their own reasons for wanting to be part of the group, the teens have one thing in common: if they don't shake things up, there's a real possibility they won't graduate from high school. As we get to know the group, conflicts arise and some of the teens' reluctance to change becomes clear. The experts quickly realize this 13-week adventure won't be as simple as they previously thought...

Episode 2: STRESS MANAGEMENT

As the group learns to use sports as an aid to stress management, we discover a bit more about the teens' lives in and out of school. ADHD, Tourette's syndrome, poverty, broken homes—the list of problems is long and varied. To help them work as a group, two surprise guests (a well-known comedian and a rapper) challenge the teens to organize a school show at the end of the 13 weeks. Will they make it or will they choke under pressure?

Episode 3: AUTONOMY AND PRIORITIES

Can our interdisciplinary team of experts' approach help the kids be more independent? As the weeks go by, we learn just how difficult it is for our group to set priorities and to do what is asked of them. Since a change in diet could help, the group meet Stefano Faita, a famous chef and TV personality who will show them how to prepare delicious and nutritious meals. And since a sound mind is just as important as a sound body, they also learn meditation techniques.

Episode 4: MOTIVATION

Midway through their adventure, are the teens still motivated? Some want to give up, even though there are still quite a few challenges to meet. To help them push through, two special guests visit them: a fellow teen who just completed her first marathon and Pierre Lavoie, a fantastic amateur athlete who rides thousands of miles every year on his bicycle to encourage young people to adopt healthy life habits. Will this be enough to help our group get motivated?



Episode 5: ULTIMATUMS

As the end of the adventure draws near, the experts are faced with a difficult situation. Motivation is at an all time low and the teens have become uncooperative. Since these teens want to be treated as adults, it's time for a bit of tough love—and time for an ultimatum: in or out, continue or leave! How many will persevere and how many will leave the group? One thing's for sure; it's their last chance to prove they have what it takes to be part of the group.

Episode 6: THE FINALE

It's the last day of this incredible adventure—and it's showtime for the kids! They are just a few hours away from the school show and stress levels are high. While they do all the last minute preparations, each of the (now) eight participants reflects on their 13-week adventure. Have their grades gone up or are they still "Too Cool for School"?

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