

Moving *and* Choosing

SEATCA
2019

9:00 - 10:00 AM

B371

Desirea Agar - AHS

TOOLS FOR A CALM CLASSROOM

This session will showcase easy-to-use resources to teach stress awareness, self-calming techniques and calming brain break ideas for all division levels.

1:00 - 2:00 PM

S107

Marcia Stodalka - AHS

TAKING A BITE OUT OF NUTRITION MYTHS 2019

Find out the facts about common nutrition myths to enhance your personal wellness. An AHS Dietitian will help you and your students learn about tips and tools to eat healthy.

1:00 - 2:00 PM

F160

Kayla Repas - Be Fit For Life

INJURY PREVENTION WARM UP

Learn what neuromuscular training is and how teachers, coaches and leaders across Alberta have been implementing it as a warm-up in the first 10 minutes of physical activity.

1:00 - 3:30 PM

Elkwater

Jamie Corbett - YMCA

OUTDOOR EDUCATION AT YMCA CAMP ELKWATER

Participants will meet at the moving and choosing booth where we will get on a bus and head to YMCA camp Elkwater to see the site and all the different outdoor programs we offer. Then there will be a chance to try out our high ropes course for yourselves. We will be gone all afternoon and in the outdoors so dress accordingly. To reserve a spot, please PRE-REGISTER by emailing jamie.corbett@medicinehatymca.ca.

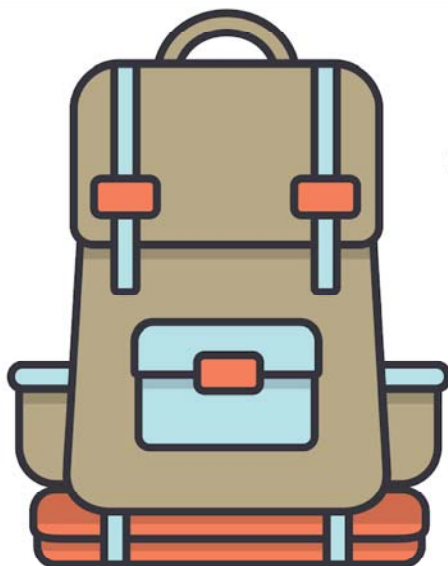
1:00 - 3:30 PM

E171/172

Ray Neary - CHHS

WORKSHOP PE ASSESSMENT, REPORTING AND PLANNING

Workshop - Improving outcomes based assessments and reporting practices in Physical Education. Sharing what we have done so far, and working together to make improvements.



VIT RETREAT: FROM TEACHERS FOR TEACHERS - ROOM G109

Personal wellness tips and tricks from teachers for teachers.

Health Champions stop by to receive a thank-you gift from Moving and Choosing and to enter in to win a resource package!

STOP BY THE MOVING AND CHOOSING BOOTH

February 21-22 - Medicine Hat College

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Moving *and* Choosing

SEATCA
2019

9:00 - 11:30 AM

E171/172

Ever Active Schools

GAMES & ACTIVITIES TO OPTIMIZE SELF-REGULATION

When children and youth have the opportunity to develop the skills needed for self-regulation, they are better suited to make healthy choices that affect them and their classmates. Join Ever Active Schools as we explore how classrooms and gymnasiums are the optimal settings to promote these skills through fun, creative and original activities.

10:30 - 11:30 AM

S103

Desirea Agar - AHS

A CONVERSATION ON CREATING CALM CLASSROOMS

Join our conversation as we explore stress-awareness and self-calming techniques for students of all ages. Come prepared to share what has and hasn't worked in your classroom.

1:00 - 2:00 PM

E171/172

Ever Active Schools

SO YOU HAVE TO TEACH HEALTH & LIFE SKILLS...

Health is a keystone to success for all students, and this session aims to support teachers in feeling more confident to deliver the Health & Life Skills curriculum.

1:00 - 2:00 PM

F 160 (Crowfoot)

Kayla Repas - Be Fit For Life

ORANGE MARKS THE SPOT

A fun way to introduce outdoor adventure skills to participants aged 5-12 years. The Alberta Orienteering Association and the Be Fit for Life Network have partnered to create Orange Marks the Spot as a fun way to introduce outdoor adventure skills to participants ages 5-12 year.

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FILL YOUR BACKPACK WITH HEALTHY SCHOOL KNOWLEDGE

February 21-22

Medicine Hat College

www.movingandchoosing.com



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