

# SHAPING THE FUTURE

A HEALTH PROMOTING SCHOOLS CONFERENCE

PRESENTED BY



IN PARTNERSHIP WITH



Welcome to Ever Active Schools' **Shaping the Future** Conference!  
Thank you for taking time out of your busy schedule to join your colleagues working to promote and build healthy school communities. We have endeavored to put together an innovative and engaging conference that brings together those people who have a vested interest in the assessment, planning and implementation of the Health Promoting Schools approach. We hope you will find sessions to renew yourself, inspire those around you and empower the school communities you work with!

Special thanks to our conference partners: the Alberta Sport, Recreation, Parks and Wildlife Foundation for the grant to get things started; the Alberta Coalition for Healthy School Communities for their support and contributions; the Alberta Healthy School Community Wellness Fund for their support of conference delegates and the Health and Physical Education Council for helping to bring Silken Laumann as our dinner speaker.

In addition to the Ever Active staff team, we have also had a dedicated team of volunteers that helped to make this event a reality. Thanks to:

Meg Irwin	Chris Shaw	Lorna Muise
Rhonda Patton	Rhonda Chartrand	Sheila Tyminski
Nadine Hein	Carrie Harfield	Holly McPherson
Libby Coldbeck		

Enjoy the conference!

*Doug Gleddie*

## Keynote Speakers

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### David Irvine

As the Leader's Navigator™, David is a connector and a communicator. He has dedicated his life to building productive, engaging and vital cultures through authentic leadership. He has a unique ability to create a trusting learning environment through the power of his authentic presence. David inspires and guides leaders in all walks of life to connect with their authentic self, so they may, in turn, inspire and guide those they serve and love to find their authentic voice, thus enabling greatness within the culture around them.

[www.davidirvine.com](http://www.davidirvine.com)

### Silken Laumann

Silken is a sought-after speaker who connects with audiences on a personal level, whether giving the keynote address to a thousand executives, or chatting informally to a classroom full of elementary school students. She has spoken to hundreds of organizations in government, education, health, sales, human resources, and private business. Silken takes her listeners on the journey of a lifetime, as she shares her courageous story, from broken bones and shredded muscles to Olympic glory. She reaches out and connects with people's struggles, their doubt and their pain. And she provides strategies that help listeners tap into their own well of personal courage and leave with a strong feeling of empowerment and possibility.

[www.silkenlaumann.com](http://www.silkenlaumann.com)



## Conference Socials

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### Thursday, January 14<sup>th</sup> – Registration Reception (4:00 – 6:00 pm)

- Register for the conference, have some wine or punch, munch some tortilla chips and salsa as you catch up with colleagues.

### Friday, January 15<sup>th</sup> – Pedometer Challenge (4:15 - 5:15 pm)

- Cruise the mall, count your steps and win fabulous prizes! Meet Tracy at the registration table at 4:15 to participate!

### Friday, January 15<sup>th</sup> – Dinner and Dance (6:15 pm - 1:00 am)

- Semi-formal Dinner and Dance: a "black and white" theme (this means wear black and white...); an Italian Buffet Dinner; a post-dinner address by Silken Laumann, author of *Child's Play*; a dance lesson featuring the *merengue* with Paul Marlett (world renowned dancer and teacher) – all in all a fabulous night of dancing and socializing!

# Conference at a Glance

**FRIDAY, January 15<sup>th</sup>, 2010**



8:00 – 9:00 am	Registration and light breakfast					
9:00 – 9:55 am	Welcome – EAS Opening Comments – Janice Sarich, Parliamentary Assistant to the Honourable Dave Hancock, Minister of Education Opening Activities - Active Leadership For Healthy School Communities – Doug Gleddie					
10:00 – 11:15 am	Keynote: David Irvine – ROOM 6					
11:30 am – 12:00 pm	Reverse Lunch Activities	<b>ROOM 5</b> Capoeira with Kendra Harper		<b>ROOM 9</b> HPEC RR Activity Smorgasbord	<b>ROOM 10</b> Games with Chris Shaw	<b>ROOM 12</b> Exercise Bands with the Be Fit for Life Centre
12:00 – 1:00 pm	Reverse Lunch Eating: ROOM 6					
1:00 – 2:15 pm	<b>Concurrent Session #1</b>	<b>ROOM 5</b> Partnerships: working together - <i>AHS</i>	<b>ROOM 6</b> An evaluation informing school health policy and practice - <i>REAL Kids Alberta</i>	<b>ROOM 9</b> Teaming up for healthy learners – <i>Calgary Board of Education</i>	<b>ROOM 10</b> Making nutrition education come alive - <i>APPLE</i>	<b>ROOM 12</b> Lessons learned: a critical hours physical activity program – <i>University of Alberta</i>
2:30 – 3:45 pm	<b>Concurrent Session #2</b>	<b>ROOM 5</b> Framework for K-12 Wellness Education – <i>AEd &amp; AHW</i>	<b>ROOM 6</b> Experience and bring healthy living to your school – <i>West Lethbridge Healthy Living Pilot / Bridging the G.A.P. to Healthy Living</i>	<b>ROOM 9</b> AISI wellness: body, mind and spirit – <i>Edmonton Catholic SD</i>	<b>ROOM 10</b> Allergy Policy: Practices and training opportunities for Alberta schools – <i>AEd and Anaphylaxis Canada</i>	<b>ROOM 12</b> Integrating eating disorder and obesity prevention in school communities through shared risk factors – <i>University of Calgary</i>
4:00 – 4:30 pm	Alberta Coalition for Healthy School Communities AGM: <b>Room 12</b>					
4:15 – 5:15 pm	Pedometer Challenge!!! (West Edmonton Mall)					
6:15 – 8:00 pm	Dinner and Speaker - <b>Silken Laumann</b> – ROOM 6					
8:00 pm-1:00 am	Dance featuring the Merengue Circle Dance with <b>Paul Marlett</b>					

# Conference at a Glance

SATURDAY, January 16<sup>th</sup>, 2010



8:00 – 8:45 am	Light Breakfast					
8:45 – 10:00 am	<b>Concurrent Session #3</b>	<b>ROOM 5</b> CSH in action: mental health capacity building project in Taber – <i>Family Connections</i>	<b>ROOM 6</b> An active, healthy Ever Active School – <i>Foundations for the Future Charter Academy</i>	<b>ROOM 9</b> P.H.A.T. – Healthy choices – <i>Calgary Catholic SD and Be Fit for Life - Calgary</i>	<b>ROOM 10</b> Adventure education and HPS – <i>Westmount Charter</i>	<b>ROOM 12</b> A bullying prevention initiative (BPI) – <i>Wolf Creek SD</i>
10:15 – 11:45 am	Panel Session: <b>Shaping the Future of Healthy Schools in Alberta</b> <ul style="list-style-type: none"> <li>• Students: Nicolette Bernardin &amp; Alison Buchanan, Westmount Charter School (Calgary)</li> <li>• Parent: Kim Rae, Medicine Hat Catholic</li> <li>• Principal: Paul Wozny, Blackgold School Division</li> <li>• Assistant Superintendent: Wanda Christensen, Wolf Creek School Division</li> <li>• Trustee: Patricia Zeniuk, Battle River School Board</li> </ul>					
11:45 – 12:10 pm	<b>Reverse Lunch Activities</b>	<b>ROOM 5</b> Capoeira with Kendra Harper		<b>ROOM 9</b> Get Groovin and Movin' with Kim Hordal	<b>ROOM 10</b> Games with Chris Shaw	<b>ROOM 12</b> Exercise Bands with the Be Fit for Life Centre
12:10 – 1:00 pm	Reverse Lunch Eating					
1:00 – 2:15 pm	<b>Concurrent Session #4</b>	<b>ROOM 5</b> Policy and practice: lessons from the Battle River Project – <i>Battle River School Division</i>	<b>ROOM 6</b> TBD	<b>ROOM 9</b> Success at accessing parents with health education – <i>Ecole Parkdale</i>	<b>ROOM 10</b> So what happens now? Our funding runs out this June – <i>Chinooks Edge SD</i>	<b>ROOM 12</b> Curriculum links (Div 3) that have been developed – <i>Wolf Creek SD</i>
2:20 – 3:00 pm	Wrap-up and large group re-connect					

## Session Descriptors

### Friday, January 15<sup>th</sup> – Reverse Lunch Activity Sessions (11:30 am – 12:00 pm)

Location	Activity Title & Description	Presenter
Room #5	<p><b>Capoeira</b> Capoeira was a fight/dance created by the African slaves of Brazil to overthrow their masters. Today it is practiced around the world as an activity that uses rhythm, strength, speed, agility, music and some acrobatics. Experience some basic movements and attack-escape combinations during this active session.</p>	Kendra Harper
Room #9	<p><b>HPEC Smorgasbord</b> This session will include a number of practical activities that you can implement directly into your healthy school program Monday. The activities will be geared towards all ages, and may be utilized outside, in the classroom, hallway or gymnasium.</p>	HPEC Regional Representatives
Room #10	<p><b>Games</b> Attack, invade, score!!!! Spend some time tactically planning your method of attack, invading and scoring on your opponent. This will be 30 minutes of activity as you experience some creative progressive lead up games in the invasion and territory category of teaching games for understanding. Don't forget your running shoes and your playbook!!!</p>	Chris Shaw
Room #12	<p><b>Exercise Bands</b> Resistance bands are a versatile tool that can be used to support active learning in the classroom, gym and across subject areas. Discover how to use resistance bands to get your students and yourself moving.</p>	Lyndsay Wright - Be Fit For Life Centre

### Friday, January 15<sup>th</sup> - Concurrent Session #1 (1:00 – 2:15 pm)

Location	Session Title & Description	Presenter
Room #5	<p><b>Partnerships: Working Together</b> Through this interactive session aimed at Health Practitioners and Educators, participants will have the opportunity to "experience" how the Comprehensive School Health Team has successfully engaged a number of school divisions in Central Alberta. You will participate in hands on learning activities while hearing motivating stories and ideas for collaborating with school partners. Finally, you will have the opportunity to share and discuss challenges and opportunities for partnering with school divisions in your own community.</p> <p><b>By the end of the session, participants will</b> understand how to engage partners in a comprehensive approach to school health (with an emphasis on communication and relationship building).</p>	<p>Lorna Scarlett Muise</p> <p>Alberta Health Services</p>
Room #6	<p><b>REAL Kids Alberta: An evaluation informing school health policy and practice</b> How do you assess the health of your students and school? Join us to discuss how one evaluation has informed change in school health policy and practice. The Raising healthy Eating Active Living (REAL) Kids Alberta evaluation is a joint project of the School of Public Health, University of Alberta and Alberta Health and Wellness.</p> <p><b>By the end of the session, participants will,</b></p> <ul style="list-style-type: none"> <li>• Understand one method of evaluation at a provincial population health level by exploring REAL Kids Alberta findings.</li> <li>• Explore how evaluation findings can support the process and outcomes for school health policy and practice</li> <li>• Hear stories of schools who have used the REAL Kids Alberta findings to support their school health activities</li> <li>• Provide feedback to researchers about how findings could be shared more effectively</li> <li>• Understand the potential importance of partnerships between researchers and policy/decision makers</li> </ul>	<p>Megan Purcell</p> <p>University of Alberta, School of Public Health, Population Health Intervention Research Unit</p>

<b>Room #9</b>	<p><b>Teaming Up 4 Healthy Learners</b>  Teaming Up 4 Healthy Learners is the Comprehensive School Health Strategy for the Calgary Board of Education, a school district with 240 elementary and secondary schools. In this session, we will share the many challenges, strategies and rewards experienced since this grassroots initiative formally began 3 years ago. By highlighting the process of developing and implementing a system-wide initiative, we will also provide insight into the project's framework and individual school hurdles and successes. For further information on Teaming up 4 Healthy Learners, please access:  <a href="http://projects.cbe.ab.ca/sss/teamingup/index.html">http://projects.cbe.ab.ca/sss/teamingup/index.html</a>.</p> <p><b>By the end of the session, participants will</b> come away with an understanding of how to mobilize a school system, community partners, and school based teams to support the implementation of a Comprehensive School Health model.</p>	<p><b>Lauren Lailey</b>   <b>Calgary Board of Education</b></p>
<b>Room #10</b>	<p><b>Making Nutrition Education Come Alive</b>  Looking for ways to liven up the nutrition portion of your curriculum? Want some quick and easy ways to keep kids engaged? Come and participate in a Nutrition Circuit! Created by Dietitians and some creative Nutrition students from the U of A. This session will provide you some examples of stations that can be set up as a circuit to help provide engaging lessons for students in Grade 4-6. We will also provide opportunities for participants to share other successful strategies they may have used.</p> <p><b>By the end of the workshop, participants will</b> have a clear understanding of how to engage students in interactive learning about various aspects of nutrition.</p>	<p><b>Kristi Rokosh</b>  <b>Marg Schwartz</b>   <b>APPLE Schools</b></p>
<b>Room #12</b>	<p><b>Lessons Learned: A critical hours physical activity program</b>  'Critical hours' physical activity programs have the potential to reach youth within a school context. These programs can extend beyond physical education providing a safe place for youth after school. Lessons learned will be examined through the discussion of the challenges and successes associated with running a 'critical hours' program.</p> <p><b>By the end of the session, participants will be able to</b>, identify the challenges and successes associated with 'critical hours' physical activity programs.</p>	<p><b>Lisa Tink</b>  <b>Bethan Kingsley</b>   <b>U of A</b></p>

**Friday January 15<sup>th</sup> - Concurrent Session #2 (2:30 -3:45 pm)**

Location	Session Title & Description	Presenter
<b>Room # 5</b>	<p><b>Framework for K–12 Wellness Education</b>  Comprehensive school health is an internationally recognized approach for supporting student learning while addressing school health in a planned, integrated and holistic manner. This presentation will include information and discussion on the Framework for K-12 Wellness Education and other current healthy school initiatives. Participants will have an opportunity to share success stories that support healthy schools and student wellness.</p> <p><b>By the end of the session, participants will be able to</b>, articulate what they are currently doing to support wellness education through a comprehensive school health approach and the supports necessary to enhance the implementation of wellness-related programs of study.</p>	<p><b>Jeff Bath</b>   <b>Alberta Education</b>   <b>Gail Diachuk</b>   <b>Alberta Education</b>  <b>Alberta Health and Wellness</b></p>
<b>Room #6</b>	<p><b>Experience and Bring Healthy Living to your School</b>  Healthy Lifestyle Teachers from the West Lethbridge Healthy Living Pilot and Bridging the GAP to Healthy Living Pilot invite you to an interactive session which will outline their program that has been running over the past 2 years. Participate in a Health Hustle, Tasting Tuesdays and more. See you there!</p> <p><b>By the end of the session, participants will be able to</b>, take away new ideas about integrating activity and healthy choices into their schools.</p>	<p><b>Tara Yagos</b>  <b>Tamara VanCleave</b>  <b>Mackenzie Carriere</b>   <b>West Lethbridge</b>  <b>Healthy Living</b>  <b>Pilot/Bridging the</b>  <b>G.A.P. to Healthy</b>  <b>Living</b></p>

<b>Room # 9</b>	<p><b>AISI Wellness: Body, Mind and Spirit</b>  This innovative project promotes the creation of school environments through authentic experiences that engage students in various activities that promote wellness and healthy choices / lifestyles for students in Edmonton Catholic Schools. Nutrition, physical activity, mental health promotion, and spiritual connection are the key areas that are targeted through the project. School champions and Wellness teams in collaboration with various partnerships help steer this project in a positive direction!</p> <p><b>By the end of the session, participants will</b> have a wealth of information that they will be able to take back to their school and share with their school staff / administration / students and parents.</p>	<p><b>Cheryl Shinkaruk &amp; Teacher Champions from Edmonton Catholic Schools</b></p> <p><b>Edmonton Catholic School District</b></p>
<b>Room # 10</b>	<p><b>Allergy Policy, Practices and Training Opportunities for Alberta Schools</b>  Allergy awareness with solid policies and procedures support a safe learning environment. What type of policy and procedures can be created to ensure that members of the school community know how to prevent, react to, and treat someone suffering from an anaphylactic reaction? What training initiatives are available?</p> <p><b>By the end of the session, participants will be able to,</b>  utilize the necessary resources and apply them to their unique setting in order to create an "Allergy Aware" community that has the necessary training to support those who suffer from allergies.</p>	<p><b>Michael Hauptman</b></p> <p><b>Alberta Education/ Anaphylaxis Canada</b></p>
<b>Room #12</b>	<p><b>Integrating eating disorder and obesity prevention in school communities through shared risk factors</b>  Concurrently preventing both obesity (OB) and eating disorders (EDs) by focusing on shared risk factors optimizes the delivery of the healthy eating/active living messages (OB prevention) without triggering weight and shape preoccupation (ED prevention). Five shared risk factors are targeted: dieting, media, body image, teasing/discrimination, and self-esteem. Interventions align with the Alberta Health Curriculum.</p> <p><b>By the end of the workshop, participants will be able to,</b></p> <ul style="list-style-type: none"> <li>• Understand how attempts at prevention of eating disorders (EDs) and obesity (OB) have inadequately addressed the connections between eating/exercise behaviours, the attitudes/feelings youth have about their bodies, and the context within which these behaviours take place (i.e. school communities).</li> <li>• See that the co-occurrence of increasing EDs and OB is problematic but is also an opportunity to address the continuum of weight-related issues in a complimentary way.</li> <li>• Identify the five shared risk factors and understand them within an integrative school-based ecological approach to the prevention of weight-related issues.</li> </ul>	<p><b>Shelley Russell-Mayhew</b></p> <p><b>University of Calgary</b></p>

**Saturday January 16<sup>th</sup> - Concurrent Session #3 (8:45 – 10:00 am)**

<b>Location</b>	<b>Session Title &amp; Description</b>	<b>Presenter</b>
<b>Room # 5</b>	<p><b>Comprehensive School Health in Action!</b>  As part of the Mental Health Capacity Building projects across the province, Family Connections has embarked on a journey of supporting children, youth and families in the Taber area. Our comprehensive school health model covers healthy eating, active living and positive social environments (mental health). This highly interactive session will cover several of our promising practices from the FRIENDS for Life program (resiliency), Cook Up a Story (healthy cooking) and our Healthy Habits Challenge (active living).</p> <p><b>By the end of the session, participants will be able to,</b></p> <ul style="list-style-type: none"> <li>• Identify the impact anxiety has on the health of our children</li> <li>• Understand the FRIENDS program and the basics of how it is delivered</li> <li>• Have activities and book ideas they can take back to use in their school and communities</li> <li>• Interact with and observe some of our comprehensive school health promising practices</li> </ul>	<p><b>Jodi McKay</b></p> <p><b>Family Connections Horizon School Division</b></p>



<b>Room #6</b>	<p><b>An Active, Healthy, Ever Active School</b> Come listen to and participate in activities FFCA - SWE Campus implements to promote a Healthy Active School Community. Special events and initiatives that will be shared will include: active living months, Ever Active Leader program, dump your junk campagin, family activity evenings, character kilometre club, and spirit medallion reward system.</p> <p><b>By the end of the session, participants will be able to</b>, identify different special events and initiatives they can incorporate into their school community to promote a healthy active school vision. Participants will also see the impact of a positive healthy school wide reward system.</p>	<p><b>Sonia Sheehan</b>  <b>Foundations for the Future Charter Academy</b> <b>SWE Campus Calgary</b></p>
<b>Room # 9</b>	<p><b>P.H.A.T. Healthy Choices</b> Discover how Calgary Catholic School District has teamed up with Be Fit for Life Centres (U of C) to establish Wellness Teams in ten district schools. We will actively model from inception to fruition the process of involving all stakeholders in creating centres of Wellness. We will share the tools used for assessment, teacher, student and parent surveys, teacher networking and school champion involvement.</p> <p><b>By the end of the session, participants will</b> have new tools available to them for mobilizing their plans for school wellness teams.</p>	<p><b>Jessica Badzgon</b> <b>Calgary Catholic School District</b></p> <p><b>Leah Bell</b> <b>Be Fit For Life Center</b> <b>Calgary</b></p>
<b>Room #10</b>	<p><b>Adventure Education and Health Promoting Schools</b> This presentation will provide a brief rationale for the Adventure Education model in supporting the goals for health promoting school initiatives that address the major areas of active living, healthy eating and mental health. The remainder of the presentation will address strategies and provide examples that resulted in successful initiatives. Specifically, student and teacher presenters will collaboratively present the results of their two major projects thus far; Challenge Day and planning an outdoor education conference.</p> <p><b>By the end of the session, participants will</b></p> <ol style="list-style-type: none"> <li>1) Have a few ideas to introduce adventure into schools</li> <li>2) Be aware of some strategies that help improve school health</li> <li>3) Understand the impact that Adventure Education has upon improving health in schools.</li> </ol>	<p><b>Chris Hooper</b> <b>Murphy McMaster</b></p> <p><b>Leadership Students</b></p> <p><b>Westmount Charter School Calgary</b></p>
<b>Room #12</b>	<p><b>A bullying prevention initiative (BPI)</b> Participants will have an opportunity to learn about the Bullying Prevention Initiative happening in Wolf Creek Public Schools and how it both coincides and compliments Comprehensive School Health. Participants will also be informed of funding sources available for such initiatives, as well as best practices for both assessing and responding to bullying behavior in schools will be discussed. Participants will have an opportunity to participate in a demonstration of an actual Roots of Empathy classroom visit, complete with students, mom, baby and an actual Roots of Empathy Facilitator.</p> <p><b>By the end of the session, participants will</b> know where to apply for funding for their bullying prevention initiatives, best practices for assessing and responding to bullying, as well as be familiar with the Roots of Empathy Program, the Virtues Program and the Dare to Care Program.</p>	<p><b>Carla Heintz</b> <b>MaryDawn Eggleton</b></p> <p><b>Wolf Creek Public Schools</b></p>

**Saturday, January 16<sup>th</sup> – Panel Session**

<b>Room #6</b>	<p><b>Shaping the Future of Healthy Schools in Alberta</b></p> <p><b>Participants:</b></p> <ul style="list-style-type: none"> <li>• Students: Nicolette Bernardin &amp; Alison Buchanan, Westmount Charter School (Calgary)</li> <li>• Parent: Kim Rae, Medicine Hat Catholic</li> <li>• Principal: Paul Wozny, Blackgold School Division</li> <li>• Assistant Superintendent: Wanda Christensen, Wolf Creek School Division</li> <li>• Trustee: Patricia Zeniuk, Battle River School Board</li> </ul>
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**Reverse Lunch Activities 11:45 – 12:10pm**

<b>Location</b>	<b>Activity Title &amp; Description</b>	<b>Presenter</b>
<b>Room #5</b>	<p><b>Capoeria</b>                      Capoeria was a fight/dance created by the African slaves of Brazil to overthrow their masters. Today it is practiced around the world as an activity that uses rhythm, strength, speed, agility, music and some acrobatics. Experience some basic movements and attack-escape combinations during this active session.</p>	<b>Kendra Harper</b>
<b>Room #9</b>	<p><b>‘Get Groovin and Movin’</b>                      Are you ready to move your hips and get your groove on? If so this active session is just for you. From hip hop to cumbia to salsa you will learn some great moves that will get you movin’ but also all of those around you. During this session you will be introduced to new music as well that you can then use in your own area of work whether it be the office, the classroom or even in your own home!</p>	<b>Kim Hordal</b>
<b>Room #10</b>	<p><b>Games</b>                      Attack, invade, score!!!! Spend some time tactically planning your method of attack, invading and scoring on your opponent. This will be 30 minutes of activity as you experience some creative progressive lead up games in the invasion and territory category of teaching games for understanding. Don't forget your running shoes and your playbook!!!</p>	<b>Chris Shaw</b>
<b>Room #12</b>	<p><b>Exercise Bands</b>                      Resistance bands are a versatile tool that can be used to support active learning in the classroom, gym and across subject areas. Discover how to use resistance bands to get your students and yourself moving.</p>	<b>Be Fit For Life Centre</b>

**Session #4 – Saturday January 16<sup>th</sup>, 2010 1:00 – 2:15 pm**

<b>Location</b>	<b>Session Title &amp; Description</b>	<b>Presenter</b>
<b>Room #5</b>	<p><b>Building Healthy School Communities and Workplaces: It’s not all Puppy Dogs and Lollipops!</b>                      How does a school division assist employees and students to make positive health-related choices and changes? Currently in Year 3 of the Health Promoting Schools project, Battle River School Division, in partnership with Ever Active Schools and Alberta Health Services, is working to positively link learning with three key areas of wellness—mental well-being, physical activity and healthy eating. The process of raising awareness, building commitment, and implementing sustainable change creates both engagement and challenge for any organization.</p> <p><b>By the end of the session participants will:</b></p> <ul style="list-style-type: none"> <li>• Learn about the Battle River Project model, capacity-building process, and some of the research findings</li> <li>• Engage in role-based discussions on issues related to developing and implementing healthy school communities and workplaces policy</li> <li>• Consider the balance of top-down and bottom-up support required to effectively bring about changes in behaviours and practices.</li> </ul>	<p><b>Maureen Parker</b>  <b>Patricia Zeniuk</b>  <b>Shannon Horricks</b></p> <p><b>Battle River School Division / Ever Active Schools</b></p>
<b>Room #9</b>	<p><b>Success at Accessing Parents with Health Education</b>                      This presentation will review how a school in the town of Wetaskiwin successfully accessed a large cross section of its parent population for a presentation on healthy eating. While the school chose nutrition for its high needs population, we will show how this can be used for any topic.</p> <p><b>By the end of the session, participants will</b> see how many of the traditional approaches to accessing the parents miss the mark and how they could be improved on.</p>	<p><b>Mervin Leibel</b>  <b>Monica Williams</b></p> <p><b>Ecole Parkdale Elementary School</b></p> <p><b>Wetaskiwin Community Health Centre</b></p>

<b>Room #10</b>	<p><b>So what happens now? Our funding runs out this June</b>          Creating Sustainable Active Leadership (CSAL) is an innovative provincial award winning project in Chinook's Edge School Division. Our challenge? To fully integrate into the School Division as our project funding ends. Share the celebration as we use technology, policy development, and outside the box thinking to respond to the needs of students and teachers.</p> <p><b>By the end of the session, participants will</b> understand some of the solutions and challenges of moving forward from "project" to "how we do business"</p>	<p><b>Lorraine Uloth          Kory Sholdice          Corinne Hansen</b></p> <p><b>Chinooks Edge          School Division</b></p>
<b>Room #12</b>	<p><b>Curriculum Links (Div 3)</b>          Through this session, participants will be exposed to over 100 lesson plans that link Healthy Eating, Active Living, and Positive Social Environments to the core subject areas. Those in attendance will have the opportunity to participate in a sample lesson plan, debrief and discuss the lesson and examine additional applications for classroom use.</p> <p><b>By the end of the session, participants will be able to</b>, recognize the value of infusing healthy living messages into all areas of the curriculum.</p>	<p><b>Rebecca Krauss</b></p> <p><b>Wolf Creek School          Division</b></p>

## **Sponsors**

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Thanks to the following sponsors for their contributions to the *Shaping the Future Conference*:

Reverse Lunch Activities supported by **School Specialty / SPARK PE**

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## **Displayers**

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