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SHAPING
the
FUTURE

January 28th to 30th, 2016

Kananaskis, AB



2016

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Shaping the Future 2016 Program

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Message from Ever Active Schools

Welcome to the seventh-annual Shaping the Future Conference!

The 2016 conference brings together individuals from school communities and organizations across Alberta and beyond working to achieve optimal health, wellness and ideal learning environments for all students. This year's conference theme - to Share, Grow & Ignite - builds upon the positive, caring and collaborative efforts occurring in school communities. A specific focus this year is on learning from Indigenous teachings, including being outdoors in our natural environment.

Shaping the Future provides a platform for leaders to come together and discuss many aspects of comprehensive school health. Ever Active Schools strives to connect all delegates by disseminating knowledge in a variety of interactive formats: pre-conferences, workshops, keynote speakers, concurrent sessions, outdoor sessions, research posters, success stories and networking opportunities with exhibitors and sponsors.

Shaping the Future always includes daily wellness and physical active breaks, which allow delegates to engage in activities such as snowshoeing, ice hockey, walking, running and cross-country skiing in the beautiful Rocky Mountains. Please take time to enjoy the beautiful surroundings of Stoney Nakoda land.

Enjoy the conference. We thank you for the time and energy you put into creating safe, resilient, and healthy learning environments for children and youth.

Sincerely,

Brian Torrance
Director, Ever Active Schools

Hayley Degaust
Chair, Shaping the Future

Meet the Team!

We want to ensure your experience at Shaping the Future is the best it can be!
Have a question or want to connect? Find one of the Ever Active Schools' team members!



Brian Torrance
Director



Hayley Degaust
Provincial Projects
Coordinator



Kerri Murray
Director of Projects



Chris Fenlon-MacDonald
Provincial Education
Coordinator



Katelynn Theal
Provincial Projects
Coordinator



Rhonda Schilberg
Administrative Assistant



Megan McKinlay
Knowledge Translation
Coordinator



Ryan Fahey
School Health Facilitator



Chesa Corisato
Educational Assistant



Tam Rosnau
Administrative Assistant



Melissa Tierney
Resiliency Coordinator



Margaux McWatt
Communications Coordinator

Greetings from the Honourable David Eggen Minister of Education and Culture and Tourism

It is a pleasure to extend greetings to all attendees of the 2016 Shaping the Future conference, Empowering Healthy School Communities.

Our government is committed to supporting and enhancing the health and learning outcomes of all students -but we can't do this alone. Creating and maintaining a culture of wellness in schools across Alberta requires the hard work and dedication of the whole community.

The fact that you are all coming together to improve the health and learning outcomes for our children and youth is highly commendable. I wish you a successful conference filled with good discussions focused on the health of our children and youth.

David Eggen
Minister of Education
and Culture and Tourism
January 2016

Message from the Honourable Sarah Hoffman Minister of Health

Our experiences at school often stay with us for life. That's why it's so important to ensure schools have the necessary tools to support student health and wellness. The Government of Alberta is a proud supporter of the 2016 Shaping the Future conference for we believe that a healthy learning environment plays a key role in setting our youth up for success.

Each of you is here because you understand the value of coming together to celebrate and share your achievements, approaches and best practices. I admire your commitment to fostering positive health and learning outcomes for Alberta students and thank you for your continued efforts.

The Government of Alberta is committed to working collaboratively across all departments and with our community partners to ensure children and youth have every opportunity to learn about healthy eating, physical activity and positive mental health.

Our children are our future, and we want to give them the knowledge and resources they need to live healthy and productive lives. Thank you to Ever Active Schools for hosting this annual event and to all delegates for participating in the conference. Your ongoing commitment to supporting comprehensive school health helps promote student wellness through the development of healthy, active lifestyles in safe and caring school environments.

Working together, we can ensure a brighter future for Alberta children and youth!

Sarah Hoffman
Minister of Health

Message from the Honourable Kathleen Ganley Minister of Aboriginal Relations

On behalf of the Government of Alberta, I would like to welcome all delegates to the seventh annual "Shaping the Future" conference, hosted by Ever Active Schools (EAS). This year's theme, "Empowering Healthy School Communities," speaks to the essential role that education plays in the success and empowerment of all Albertans.

Alberta government ministries are working together to advance the access and quality of education for Indigenous youth. This is an integral part of our commitment to implementing the objectives and principles of the United Nations Declaration on the Rights of Indigenous Peoples. This commitment also stems from a new spirit of respect, trust and reconciliation that is guiding our actions and redefining our relationship with Indigenous people.

Our government's ambitious agenda could not be implemented without the involvement and support of dedicated organizations like EAS. I was especially pleased to hear about the pre-conference resiliency workshop that teaches delegates how to empower Indigenous youth in supporting their school communities. Through programs and workshops like this, and by organizing conferences like "Shaping the Future," you are leading the way to a bright future for Indigenous communities in Alberta.

I wish you positive discussions and hope you will have an opportunity to enjoy all the beautiful sights that Kananaskis Country has to offer.

Kathleen Ganley
Minister of Aboriginal Relations

Keynote Speakers



Dr. Mike Evans is known worldwide for his work in innovative health messaging to the public, speaking widely about innovation, patient engagement, creativity and best health. He is a staff physician at St. Michael's Hospital, an Associate Professor of Family Medicine, and a Scientist at the Li Ka Shing Knowledge Institute.

His work has been profiled in a wide range of publications from JAMA to the BMJ to Walrus to Readers' Digest, and the hit Netflix series Orange is the New Black. Recent awards include being chosen as the top 10 innovators in health by the Canadian Medical Association, top 45 Canadians over 45, and the Gold medal in Social media at the Web Health Awards.

He lives in the Annex neighbourhood of Toronto with his family of five who all play hockey.



Dr. Alan Warner is a trained teacher and professor in Community Development and Environmental and Sustainability Studies at Acadia University in Wolfville, Nova Scotia. He has been designing, leading and evaluating award-winning, outdoor and environmental education programs for children and youth for more than 30 years in partnership with the Halifax Regional Adventure Earth Centre and local school boards and non-profit organizations.

Currently, he is leading the Re-Connecting with Nature leadership training process in Nova Scotia with the support of the Nova Scotia Department of Health and Wellness and Hike Nova Scotia. He was recognized as the outstanding environmental educator of the year in 2007 by the Canadian Network for Environmental Education and Communication (EECOM). He has authored numerous books and articles in the professional and academic literature.



Dr. Jon McGavock is an associate professor in the Department of Paediatrics and Child Health within the Faculty of Health Sciences at the University of Manitoba. He is currently the co-leader of the DREAM Theme at the Children's Hospital Research Institute of Manitoba and has a CIHR Applied Public Health Chair in Resiliency.

He has a Bachelor's Degree in Physical Education from the University of Manitoba, a Master's Degree in Exercise Physiology at McGill University and a PhD in Exercise Science at the University of Alberta. He's currently conducting a research program on the prevention and management of type 2 diabetes in youth, with a focus on resiliency and the Circle of Courage in First Nations Communities.



Selena Young Pine is from the Kainai First Nation. Currently in the 10th Grade attending Kainai High School, she has a great love of all sports, with a passion for basketball and volleyball.

She was awarded Athlete of the Year and was recipient of the Top Female Academic Award in the 9th Grade. She has been involved in the Kainai Cadet Corps, Kainai Troop 2384 for the past 5 years. Her hobbies include riding her horse, Misty and writing. She hopes to one day write a novel.

Thursday January 28th, 2016

Pre-conference

- 9:00 am - 12:00 pm
 - Mindfulness and Mental Health
Presented by the Alberta School Board Association
- 9:30 am - 4:00 pm
 - Re-Connecting Students and Schools with Nature: Leadership in Outdoor Settings Presented by Dr. Alan Warner
- 10:00 am - 4:00 pm
 - Physical Activity: The Basis of Learning and Student Wellbeing
Presented by Ever Active Schools
 - Vitamin (D)irt: Active Outdoor Play
Presented by Ever Active Schools and Be Fit For Life
- 12:00 pm - 5:00 pm
 - A Strategic Approach to Creating a Culture of Wellness
Presented by the Alberta Healthy School Community Wellness Fund
- 5:30 pm - 7:00 pm
 - Cocktails and Exhibitor Marketplace
- 7:30 pm - 8:45 pm
 - An evening with Dr. Mike Evans

Friday January 29th, 2016

- 6:30 am - 7:15 am
 - AMA Youth Run Club Run
 - Yoga With Chesa
- 7:30 am - 8:00 am
 - Continental Breakfast in Workshop Rooms
- 8:00 am - 10:00 am
 - 21st Century Spaces for the 21st Century Learner
Presented by Ever Active Schools and VIVO
- Workshops**
 - Let your Ideas Take Flight! Idea Readiness for Employee Wellness in Alberta Schools: Presented by the Alberta School Employee Benefit Plan
 - Creating a Collaborative Environment for Learning by Focusing on Wellness
Presented by the Alberta Healthy School Community Wellness Fund
 - The Learning Grounds
- 10:00 am - 10:20am
 - Wellness Break, Visit Exhibitor Tables
- 10:20 am - 10:40 am
 - Welcome
- 10:40 am - 11:00 am
 - Student Keynote Address: Selena Young Pine
- 11:00 am - 12:00 pm
 - Keynote Address - Dr. Jon McGavock: Presented by RBC Learn to Play
- 12:00 pm - 1:00 pm
 - LUNCH
- 12:00 pm - 1:50 pm
 - The Wisdom in the Room: an ongoing conversation among division level leaders Presented by AHS Health Promotion Coordinators

Friday January 29th, 2016 Cont'd

Concurrent Session 1

Experiential

1:00 pm- 1:50 pm

- Move and Play the Inclusive Way
Presented by Lindsay Wright & Amanda Ebert
- Kids Have Stress, Too- Tools for helping kids learn to manage stress
Presented by Tracy Johnson
- The Ripple Effect of Staff Wellness Presented by Joyce Sunada
- Start the Day Right- The School Breakfast Program Toolkit
Presented by Charity Alcocer, Marv Leibel
- The Academy for Tobacco Prevention: An interactive teacher resource with cooperative card game
Presented by Kathy Haight, Chrysta Bell, Daniel Bladerson, Tanaka Mutikani
- Practical Strategies for Promoting Positive School Environments for EVERYBODY
Presented by Dr. Angela Alberga, Alana Ireland, Dr. Angela Grace and Dr. Shelly Russell-Mayhew

Concurrent Session 2

Research

2:10 pm - 3:00 pm

- Comprehensive School Health: A Teacher Preparation Perspective
Presented by Michelle Tkachuk, Dr. Shelly Russell-Mayhew
- Weight Bias in Educational Settings
Presented by Dr. Shelly Russell-Mayhew, Dr. Angela Alberga, Alana Ireland
- POWER UP! Policy Opportunity Windows, Enhancing Research Uptake in Practice: The School Setting Presented by Kayla Atkey
- Making Healthy Vending a Reality Presented by Alyssa Flatt
- Barriers and Facilitation of First Nation School Nutrition Policy Adoption
Presented by Kris Murray
- The meaning of culture, sport and community for Aboriginal Youth
Presented by Dr. Tara-Leigh McHugh
- Planning Physical Education Courses that celebrate Wellness
Presented by Dr. Daniel Balderson
- Healthy After School Initiative Presented by Dr. Kate Storey
- Preventing Sport and Recreational Injuries: Involving Community Partners in Research Presented by Nicole Romanow & Megan McKinlay
- RPAD Micro-Grant
- Wellness Break - Get outside and get active!
- Poster Presentations, cash bar, networking

2:10 pm - 3:20 pm

3:00 pm - 5:45 pm

5:45 pm - 7:00 pm

7:00 pm - 8:30 pm

- The Honorable David Eggen's Address & Dinner: Olympic Ballroom

8:30 pm - 1:00 am

- Social/Dance - Olympic Ballroom

Program at a Glance

Saturday January 30th, 2016

6:30 am - 7:15 am

- AMA Youth Run Club Run
- Yoga with Chesa

7:30 am - 8:30 am

- Breakfast - Olympic Ballroom
- AMA Youth Run Club Breakfast - Rockies Room

Concurrent Session 3

Experiential

8:30 am- 9:20 am

- Social Emotional Learning in the Classroom: A Pilot Project at Hanna Primary School Presented by Samantha Wilson, Andrea Olsen
- Physical Literacy: Movement Outside of the Classroom Presented by Miranda Niebergall

- Building Your Toolbox: Mindfulness for Self-Care, Parenting and Professional Growth Presented by Adrienne Lawlor

- Making Healthy Schools a Reality: Ophea's Healthy Schools Certificate Presented by OPHEA

- Effective Collaborative Practices to Improve School Connectedness Presented by Wellness Fund With...

- The W Project at Robert Thirsk Carla Hamilton, Isabella Lau, Jennifer Edmonson-Neily, Kate Love

- Breaking Down the Barriers of Health and Wellness in Rural Schools Presented by Stephanie Fleming

9:20 am- 9:35 am

- Wellness Break

9:35 am- 10:30am

- Keynote Address: Dr. Alan Warner

10:30 am- 10:50 am

- Wellness Break and open time to "checkout"

Concurrent Session 4

Rapid Fire

10:50am - 11:25 am

- Healthy Living School: A Multi-Sector Collaboration Presented by Dr. Dwayne Sheehan, Jennifer Gray, Leigh DeLong

- Community Outreach Initiatives Presented by Amanda Ebert

- A Slice of Advice: APPLE Schools in a Nutshell Presented by Jenn Flynn

- Physical Literacy Through Circus Arts Presented by Felicia Ochs

- A Zone Approach to School Wellness Presented by Lorna Muise & Darlene Ferris

- District Engagement at its Finest! Presented by Jacqui Currie & Sandy Axmann

- Tips for going far, together Presented by Carol Breitreutz

- Improving School Grounds for PE, Active Play and Nature Connections Presented by Kim Sanderson

Saturday January 30th, 2016

Rapid Fire Cont'd

- | | |
|--------------------|---|
| 10:50am - 11:25 am | <ul style="list-style-type: none"> ▪ Outdoor Learning and the Palisades Centre in Jasper National Park
Presented by Barbara Schmidt ▪ Creating a 21st Century Learning Environment: My adventures in piloting a desk-free classroom! Presented by Melissa Mathieson |
| | <ul style="list-style-type: none"> ▪ An integrated Approach to supporting school health
Presented by Gillian Bowerman & Kitt Chanthaboune ▪ The Fire Within Us: Supporting Youth Mental Health
Presented by Janelle Sebedee & Tricia Labrie |
| | <ul style="list-style-type: none"> ▪ Stay to Play! lessons from the BC After School Sports and Arts Initiative
Presented by Daniel Naiman & Rebecca Harber |
| 10:50 am-12:25pm | <ul style="list-style-type: none"> ▪ RBC Learn to play - Fostering Comprehensive Youth Health Through the Implementation of a National Physical Literacy Granting Program |
| 11:25 am- 11:35am | <ul style="list-style-type: none"> ▪ Wellness Break |

Concurrent Session 5
Experiential

- | | |
|--------------------|--|
| 11:35 am - 12:25pm | <ul style="list-style-type: none"> ▪ The Wellness Sandbox LIVE
Presented by Leanne Keyko, Megan Hunter, Krista Sheehan ▪ TEAM: Together Everyone Achieves More Presented by Lorna Muise |
| | <ul style="list-style-type: none"> ▪ Building a Wellness and Sustainability Culture in School
Presented by Angela Takla & Adam Robb ▪ Strong Foundations: Physical Literacy in the early years
Presented by Leah Yardley |
| | <ul style="list-style-type: none"> ▪ School Bullying and the Alberta Education Act; Putting Research and Policy into Practice
Presented by Crystal Dittrick, Velerie William & Chris Pawluk ▪ Using the 5-Why Model to effectively address root causes of concerning behaviors Presented by Terri Dauter |
| 12:25 pm - 1:15 pm | <ul style="list-style-type: none"> ▪ LUNCH: Closing and Celebrate! |

Thursday, January 28, 2016

Pre-conference

9:00 am- 12:00 pm

Mindfulness and Mental Health

Presented by the Alberta School Board Association

Building upon last years successful pre-conference, Ever Active Schools, and presenting partner, the Alberta Schools Boards Association, will bring together delegates to discuss student mental health and mindfulness. This Shaping the Future pre-conference is tailored to trustees and senior school administration who are looking for strategies to support their boards in promoting positive mental health within school environments. This will be an engaging and informative session on the mental health of our students. We will hear from experts in the field, research and teachers on how they are supporting student mental health within their own schools. There will also be an opportunity to learn about resources and supports that are available to support resiliency and wellness within a school environment. You will leave the session empowered and informed to support the mental health and wellness of students and the broader school community.

9:30 am- 4:00 pm

Re-Connecting Students and Schools with Nature- Leadership in Outdoor Settings

Presented by Dr. Alan Warner

The natural world, even if it is just a small patch of trees, is an amazing resource for improving, health, physical activity and environmental learning, yet it is frequently under-utilized by teachers and schools. This can be due to teachers lacking knowledge of appropriate activities, being concerned with their abilities to manage classes in outdoor settings and/or the procedures required for embarking on activities beyond the playground. This experiential workshop will provide participants with hands-on nature activity ideas and leadership skills for environmental learning with children and youth in natural areas. The workshop will present a conceptual framework for working with students in the outdoors as well as an opportunity for educators to brainstorm how they can incorporate outdoor learning in their teaching practices on an individualized basis. Participants will receive an electronic version of the workshop resource manual as a follow up. This workshop will include of hands-on activities outside and participants must expect and be dressed and prepared to spend a couple of hours at a stretch outdoors in the middle of winter.

10:00 am- 4:00 pm

Physical Activity: The Basis of Learning and Student Wellbeing

Presented by Ever Active Schools

Are you interested in intentionally utilizing physical activity to support student academic achievement and improve cognitive functioning while promoting lasting health benefits? Join Chloe Bedard, a graduate student under the supervision of Dr. John Cairney in the Health Research Methodology Program in the Department of Clinical Epidemiology and Biostatistics at McMaster University and Chris Fenlon-MacDonald, Ever Active Schools Provincial Education Coordinator, as they explore the far reaching benefits of physical activity on academic performance and childhood brain development. This interactive session will examine how specific physical activity interventions, games and improved physical literacy, can target cognitive ability, and specifically student executive functioning.

10:00 am- 4:00 pm

Vitamin (D)irt

Presented by Ever Active Schools and Be Fit For Life

Not unlike Vitamin D, outdoor active play is essential for healthy child development. This preconference will focus on the importance of outdoor active play and how a school community can embrace it. Participants will be provided with information and practical applications around structured play, nature play, and risky play. It's dirty, it's risky but most of all it's fun. Participants in this session will investigate what an active outdoor classroom can look like in Alberta through all seasons, including winter!

12:00 pm- 5:00pm

A Strategic Approach to Creating a Culture of Wellness

Presented by the Alberta Healthy School Community Wellness Fund

The Wellness Fund is delighted to host an afternoon pre-conference session focused on a strategic approach to wellness. A range of speakers will deliver interactive presentations to inform a change of practice at both the district and school level. Topics will include a transdisciplinary approach to wellness; facilitated conversations on the benefits of social networks to promote interdisciplinary collaboration; how to strategically embed the seven dimensions of wellness and how to engage disengaged students and teachers to create an inclusive environment. The afternoon will offer an opportunity to hear and share key learnings and practices from past Wellness Fund recipients on how data is used to inform and change practice at both the district and school level.

Friday, January 29, 2016

Workshops

8:00 am - 10:00 am

**21st Century Spaces for the 21st Century Learners
Ever Active Schools and VIVO**

Are you interested in discovering how the physical environments of classrooms, schools and play spaces impact health and learning outcomes? The physical spaces of our learning environments shape staff and student behaviours in meaningful ways. Join Vivo and Ever Active Schools as we explore activity permissive learning environments with initiatives such as “Don’t Walk in the Hallway” and “Don’t Sit Still in Class.” Participants will ideate, tinker and test strategies and will hop, skip and jump away with tools they can take back to their schools to promote healthier learning environments.

8:00 am - 10:00 am

**Let your Ideas Take Flight! Idea Readiness for
Employee Wellness in Alberta Schools**

**Dr. Candace Nykiforuk, PLACE Research Lab,
University of Alberta School of Public Health and
ASEBP Health Advisors**

Feeling excited about employee wellness? Have an idea you want to launch? Not sure where to start? We’ve got you covered! This workshop is for anyone looking to get an idea off the ground. Join this interactive session to discover an/a new Idea Readiness Tool, connect with other inspired individuals and share experiences to support wellness in your workplace. Also, learn about how to stay connected and continue the conversation after the conference!

8:00 am - 10:00 am

**Creating a Colaborative Environment for Learning
by Focusing on Wellness**

**The Alberta Healthy School Community Wellness
Fund**

“Health is not simply the absence of illness and disease, but as something we build with our families, schools, communities and workplaces, in our parks and playgrounds, the places we live, the air we breathe, the water we drink and the choices we make.” (Government of Alberta, 2013) 7 Dimensions of Wellness The Alberta’s

Strategic Approach to Wellness has recognized seven dimensions of wellness that are affected by the communities in which we live and teach, and are part of our everyday lives. (social, physical, emotional, occupational, intellectual, environmental and spiritual). This interactive workshop will allow participants to explore each dimension of wellness while sharing a variety of approaches to create inclusive environments where all stakeholders feel welcome, connected, valued, safe and accepted. Discussions will include how to integrate the dimensions into the 4 components of comprehensive school health to impact the whole school community.

8:00 am - 10:00 am

The Learning Grounds

Join community members from **Stoney Nakoda** and explore the surrounding natural environments. Gain a better understanding of the Stoney Nakoda land, its land and its strengths from an indigenous lens.

Concurrent Session 1

1:00 pm - 1:50 pm

**Move and Play the Inclusive Way
Lindsay Wright & Amanda Ebert**

In order to promote a coordinated effort in Physical Literacy leader training in Alberta, the Be Fit For Life Network looked for support from provincial partners, The Steadward Centre for Personal & Physical Achievement and Special Olympics Alberta. It was identified that teachers and community leaders are not receiving the inclusive training opportunities and resources they require to support children and youth experiencing disability into their physical literacy programs. The Move and Play - The Inclusive Way! cards supplement the Move & Play through Physical Literacy cards by providing basic background theory, cueing, tips and tricks to inclusion, and examples on how to instruct and adapt fundamental movement skills for children living with a wide range of physical, sensory or developmental impairment. These cards include disability related fundamental movement skills including wheeling. The Move & Play through Physical Literacy cards serve as a starting point to integrate inclusive learning opportunities that will support current workshop offerings.

Friday, January 29, 2016 cont'd

Concurrent Session 1

1:00 pm - 1:50 pm

Kids Have Stress Too - Tools for helping kids learn to manage stress

Tracy Johnson

While stress is a normal part of everyday life for all of us, too much stress, or not having the coping strategies to deal with stressors, can be destructive. This facilitated workshop will focus on strategies school professionals can use to help children and youth learn to recognize and deal with stress and build capacity for self-regulation and resiliency. Free online resources are specific to children in grades 1-9 but all school professionals welcome.

1:00 pm - 1:50 pm

The Ripple Effect of Staff Wellness

Joyce Sunada

As an Educator your wellness impacts your school community, it can have a very positive or extremely detrimental result. In this session, you will explore the Ripple Effect of your wellness through stories, inquiry and strategy sharing. Presenter Joyce Sunada will also share the consequences of ignoring her wellness as a teacher and school administrator.

1:00 pm - 1:50 pm

Start the Day Right -

The School Breakfast Program Toolkit

Charity Alcocer, Marv Leibel

By eating a healthy breakfast, students are more prepared to learn. The new AHS School Breakfast Program Toolkit serves as a practical guide to help start or improve your breakfast program. You will be guided through the toolkit with activities that highlight how to select a program delivery that best fits your school, guidelines for food safety, meal planning, funding options and more.

1:00 pm - 1:50 pm

The Academy for Tobacco Prevention:

An interactive teacher resource with cooperative card game

Kathy Haight, Chrysta Bell, Dr. Daniel Bladerson, Tanaka Mutikani

Welcome to The Academy for Tobacco Prevention! This presentation will highlight a recently launched school-based tobacco prevention resource that was developed in partnership with Alberta Health Services, University of Lethbridge, Alberta teachers, and other stakeholders.

The purpose is to support the delivery of current tobacco prevention content in Grades 4-6 classrooms across the province. This resource is innovative, grounded in evidence, and based on best practice in prevention education. There are two components to this resource.

- The Academy for Tobacco Prevention is a creative theme intended to provide context for the resource. A sequence of 5 lessons per grade will provide factual information, promote understanding of the risks associated with tobacco use, identify ways for youth to recognize negative social influences, and develop problem-solving skills required to resist pressure to use tobacco products.
- The Shadows of the Academy is a fun and engaging cooperative card game intended to foster a learning environment where students can utilize effective communication skills, build confidence in recognizing and resisting negative peer pressure, and nurture a cooperative sense of purpose when working together to achieving a common goal. The card game is the 5th lesson in the resource. This resource is aligned with Alberta Education's Health and Life Skills specific outcomes (2002). Best practice suggests the need for continuous reinforcement of key tobacco prevention messages with increased emphasis on complex social influences as youth mature; therefore, the resource is strategically levelled across the grades. To enhance delivery and promote the development of resiliency skills in the classroom the resource includes grade specific detailed lesson plans, interactive presentations, discussion facilitation material, and pre-developed activities.

1:00 pm - 1:50 pm

Practical Strategies for Promoting Positive School Environments for EveryBODY

Dr. Angela Alberga, Alana Ireland, Dr. Angela Grace and Dr. Shelly Russell-Mayhew

Healthy students make better learners. However, there are so many conflicting messages about health that it becomes difficult for teachers and students to know what are helpful practices and what practices could be harmful. How do you teach about nutrition without promoting unhealthy preoccupations with food and body size? How do you promote physical activity without focusing on body weight? How do you talk about mental health without stigmatizing? This workshop will offer practical tips on how to address health in a more holistic and inclusive way. Join us in learning how to teach and promote healthy practices related to physical activity, nutrition, mental health and wellbeing in your classroom and more broadly in the school community.

Friday, January 29, 2016 cont'd

Concurrent Session 2

Research

2:10 pm - 3:00 pm

Comprehensive School Health: A Teacher Preparation Perspective

Michelle Tkachuk, Dr. Shelly Russell-Mayhew

This study explored bachelor of education student's (N=226) beliefs and behaviours about health and weight. Participant's self-reported height, weight, body satisfaction, health behaviours, weight bias, and weight loss and muscle gain attempts were assessed. Results demonstrated many pre-service teachers are ill prepared to teach and model health to their students. We will explore professional development targeting (a) body satisfaction, (b) weight bias, (c) exercise behaviour, and (d) stress management and make recommendations for changes to teacher preparation programs.

2:10 pm - 3:00 pm

Weight Bias in Educational Settings

Dr. Shelly Russell-Mayhew, Dr. Angela Alberga, Alana Ireland

The education system is not immune to how the media and the public portray and discuss body weight, obesity, and eating disorders. Schools are often seen as important sites to 'combat' poor health. However, these mediatized discussions are often not taken up in consistent or evidence-based ways and actions taken in schools in the name of health may be misleading, misguided, and even potentially harmful. As such, weight bias and stigma is a problem in classrooms, schools, and the other educational spaces that influence practice and policy. Teachers and school professionals may not know how common and how harmful weight bias is in the school setting. Research results on (a) a series of professional development opportunities aimed at sensitizing pre-service teachers to their own attitudes and beliefs regarding body weight, and (b) environmental scans of Bachelor of Education (university) and Health and Physical Education (K-12) Curricula across Canada will help demonstrate the need for attending to weight bias in schools. Coordinated and cooperative change across levels of education (i.e., K-12, post-secondary, educational ministries) is needed to address weight bias in educational settings.

2:10 pm - 3:00 pm

POWER UP! Policy Opportunity Windows, Enhancing Research Uptake in Practice: The School Setting

Kayla Atkey

POWER UP! stands for Policy Opportunity Windows - Enhancing Research Uptake in Practice. POWER UP! is a team of researchers, practitioners, and policy makers who have come together to gather and share evidence on chronic disease prevention with Canadians. In this presentation, participants will explore a range of evidence-based resources developed by the POWER UP! project that can be used to support the development of sustainable healthy school communities at the policy level. During the presentation, participants will learn how Daily Physical Activity policies spread across Canadian jurisdictions and hear about the latest data on the knowledge, attitudes, and beliefs of policy influencers and the public in Alberta as they relate to physical activity, nutrition, and the school setting. The presentation will also explore results from Alberta's 2015 Report Card on Healthy Food Environments and Nutrition for Children and Youth, as well as highlight policy toolkits that can be used to promote access to healthier food in schools and the wider school community. Throughout the presentation, an emphasis will be placed on how the resources and tools discussed can assist members of the school community in supporting the adoption and implementation of healthy school policy.

2:10 pm - 3:00 pm

Making Healthy Vending a Reality

Alyssa Flatt

Did you know that a person will make over 200 food decisions in a day? Make the healthy eating choice be the easy choice. Vending machines are a fixture in most schools and provide a great opportunity to improve the healthy eating environment for staff, students and customers. Yet many schools experience challenges in making changes to healthier options. The new AHS Healthy Vending Toolkit outlines the steps to making healthy vending possible in your organization. In this presentation, you will get a walkthrough of the best-practice toolkit with a look at the tools, templates and guidelines to help you implement a successful healthy vending program, including a discussion on revenue, marketing and finding healthy products.

Friday, January 29, 2016 cont'd

Concurrent Session 2

2:10 pm - 3:00 pm

Barriers and Facilitation of First Nation School Nutrition Policy Adoption

Kris Murray

The objective of this study was to understand the barriers and facilitators of implementing a school nutrition policy in a First Nation community school in central Alberta. School nutrition policies are implemented to ensure a healthy and nutritious environment for students and staff, yet there is little research regarding the contextual differences in implementation that arise in an Aboriginal community setting. This was an exploratory case study. Using staff surveys and individual semi-qualitative interviews with staff members, we explored the barriers and facilitating factors that influenced school nutrition policy implementation in a First Nation school. Findings indicated barriers included that school staff members felt the policy was too restrictive and unrealistic, particularly considering that the First Nation community has few locations to purchase healthy foods. Not all staff members supported, promoted, or enforced the school nutrition policy. Facilitating factors in policy adoption included the gradual change in the school nutrition environment and mentality of school staff to support healthy eating, as well as a change in the school food environment to support healthy eating. Findings will be reviewed by the community's research committee and could be used to increase parent and community awareness of the school nutrition policy, as well as to amend the policy for clearer staff roles and guidelines. Our study demonstrates the important contextual considerations that need to be made for successful implementation and adoption of a school nutrition policy in a First Nation school. This was Community-Based Participatory Research completed in collaboration with the local Community Research Committee. In addition, the work presented in this presentation will touch on the many important considerations when working with a First Nation community and the CBPR approach used in our research. The

workings of the Community Research Committee are admirable in their integration of research into community life and community influence on research practices. The guiding principles adhered to by the Committee, made up of key community stakeholders and a variety of researchers from the University of Alberta, reflect a community health-focused mandate and an effective and efficient participatory approach to community research

2:10 pm - 3:00 pm

The meaning of culture, sport and community for Aboriginal Youth

Dr. Tara-Leigh McHugh

Sport opportunities can provide an important avenue for improving quality of life among Aboriginal youth. Recognizing the many benefits of sport, Sport Canada's Policy on Aboriginal Peoples' Participation in Sport seeks to enhance Aboriginal peoples' access to, and experience of, sport. This presentation will provide an overview of findings from research that explored Aboriginal peoples' meanings of 'sport', 'community', and 'culture'. Findings from this research contribute to knowledge that is necessary to enhance Aboriginal peoples' participation in sport.

2:10 pm - 3:00 pm

Planning Physical Education Courses that celebrate Wellness

Dr. Daniel Balderson

The physical education setting is prime territory to teach and promote all areas of student wellness (McKenzie & Lounsbery, 2009). Teachers can take a lead and support Healthy School Policy by the approach that they take in Physical Education class. Too often, however, teachers are unaware of implementation ideas as they attempt to adequately address less common and understood outcomes. For example, a teacher may find outcomes related to body image, stress management, and nutrition difficult to implement in a physical education setting. This presentation will provide practical ideas for planning physical education courses that effectively address these types of outcomes.

Friday, January 29, 2016 cont'd

Concurrent Session 2

2:10 pm - 3:00 pm

Healthy After School Initiative

Dr. Kate Story

Research has shown that unhealthy eating, physical inactivity and obesity are on the rise and are unacceptably high in Canadian children; and are more common among vulnerable children. Our current social and physical environments make it easy for children and youth to lead inactive lives and develop unhealthy eating patterns.

Behaviours formed in childhood carry over into adulthood, leading to future chronic diseases and detracting from quality of life. Childhood is a critical stage of life to establish healthy habits. After-school (3:00-6:00 p.m.) is a crucial time during the day for physical activity and healthy eating, and is a setting in which all children, including those most at-risk for unhealthy behaviours, are reached. Many children spend the after school hours in after-school programs that do not provide enough health promoting opportunities.

This presentation will highlight an ongoing study that aims to evaluate the expansion of Ever Active School's "School's Out...Let's Move" program, which is based on a comprehensive school health (CSH) framework. "School's Out...Let's Move is an after-school program that provides training, resources, and support to after-school care providers to:

1) improve children's physical activity and eating behaviours and reduce health inequalities; 2) change the environment of the after-school care setting to become more health promoting (increased opportunities for physical activity and healthy eating); and 3) improve after-school care providers ability to provide health promoting practices. This presentation will describe both the implementation and evaluation of School's Out...Let's Move and will share learnings on how this knowledge can be used to enhance current after-school programming in order to improve health outcome and reduce health inequalities among children and youth."

Preventing Sport and Recreational Injuries:
Involving Community Partners in Research

Nicole Romanow & Megan McKinlay
The University of Calgary Sport Injury Prevention Research Centre (SIPRC) is one of nine International Research Centres for the Prevention of Injury and Protection of Athlete Health supported by the International Olympic Committee. In collaboration with community partners, SIPRC aims to develop and implement injury prevention strategies, with the goal of promoting healthy, lifelong physical activity participation. Join Ever Active Schools and SIPRC to learn about how school communities have partnered on the development of a warm up program to reduce injuries in junior high school students. We will highlight other examples of successful collaborations, such as working with the hockey community to bring evidence-informed policy change related to body-checking.

2:10 pm - 3:00 pm

JCSH Positive Mental Health Toolkit

Joint Consortium for School Health

JCSH Katherine Kelly

The Positive Mental Health Toolkit was designed to promote school health practices and perspectives within the school environment. The toolkit is designed to facilitate a shift in practice and to set in motion and to set in process for engaging school and community strengths in fostering the positive growth and development of children and youth.

This session will engage participants in a hands on evaluative review of the Positive Mental Health Toolkit - the e-book. This session will be interactive with opportunities for participants to learn more about the toolkit and also provide feedback for future versions of this valuable school positive mental health resource.

2:10 pm - 3:20 pm

RPAD Micro-Grant

The Recreation & Physical Activity Division of Alberta Culture & Tourism has selected the top three applicants to present their project proposal for a grant up to \$25,000. An expert panel of sector representatives will review these presentations and adjudicate to determine the recipient(s) for the funds available. In this presentation you will view the three projects, interact with the presenters during the panel adjudication and hear the panel's review and final decision on the winning recipient(s).

Saturday, January 30, 2016

Concurrent Session 3

Experiential

8:30 am- 9:20 am

Social Emotional Learning in the Classroom: A Pilot Project at Hanna Primary School

Samantha Wilson, Andrea Olsen

Samantha and Andrea will share many practical activities and resources you can implement into your classroom right away! They will discuss some of the lunch time and after school programs that improve SEL within the school culture.

8:30 am- 9:20 am

Physical Literacy: Movement Outside of the Classroom

Miranda Niebergall

This presentation will be a two-part presentation. The first, PLAYParkland, a new program started in Parkland School Division, where students spend one afternoon, every second Thursday, at the local recreational facility, building their physical literacy skills on land, in the water, and on the ice. This is a community partnership between Parkland School Division, the Tri-Leisure Centre, Aerials Gymnastics, and Parkland Water Polo Club. Cross curricular ties for grades 5 and 6 will be shared. The second, shows how PSD70's Recreational-Environmental Wellness program has been re-designed to become a year-long grade 6 curricular program, focusing on physical literacy, while tying in grade 6 Science, Social Studies, Language Arts, Math, Art, and Music outcomes. You have to see it to believe it!!!

8:30 am- 9:20 am

Building Your Toolbox: Mindfulness for Self-Care, Parenting and Professional Growth

Adrienne Lawlor

This session invites attendees to follow our ongoing journey of incorporating mindfulness into our school division's culture of wellness. In a time when "mindfulness" and "self-regulation" are buzzwords in the health and education worlds, we will draw upon our own frontline experience to explore definitions, neurobiology, research, as well as available school-based programs and resources. We will lead attendees on their own mindfulness journey to explore activities and strategies to add to their self-care, parenting and/or professional toolboxes.

8:30 am- 9:20 am

Making Healthy Schools a Reality: Ophea's Healthy Schools Certification

OPHEA

This interactive session builds upon the successes and key learnings from Ophea's extensive experience in supporting the development of healthy school communities in Ontario. Find out how Ophea's Healthy

Schools Certification, which is based on the 6-step Healthy Schools process, is flexible and adaptable to meet the needs of each school community. Learn about successful healthy schools strategies, practical tools, and resources to build and sustain your healthy school community.

8:30 am- 9:20 am

Effective Collaborative Practices to Improve School Connectedness With...The W Project at Robert Thirsk Wellness Fund, Carla Christie Hamilton, Isabella Lau, Jennifer Edmonson-Neily, Kate Love

A healthy school community is one in which all stakeholders collaborate to create a culture of wellness to ensure that everyone feels welcome, connected, valued, safe and accepted. It is not just what happens in the classroom rather it encompasses the whole school environment and the wider community. This interactive session will showcase the many different collaborative practices taking place in Alberta school communities and the strategies being used to create sustainable change. Data will include Social Network Analysis from high school wellness projects as well as key promising practices for greater engagement and more effective collaboration in all school communities. Participants will discuss what they feel is truly valued within their own school communities and identify what initiatives and activities encourage sustainable change. With..... As a new High School in our 3rd Year with the CBE we are fortunate to be part of the Comprehensive School Health initiative. Our school goals are focused on helping every student "thrive" with in their life/work/education, "connecting" them with a mentor advocate throughout their High School experience, and to "personalize" in order to meet their learning needs in achieving their Learning Plan Goals. Since our inception "The W Project" has expanded into a whole school cross-disciplinary initiative. The goal of this initiative is to deepen the outcomes of CALM into dimensions of wellness and comprehensive school health through the development of a multi-graded and layered approach to the Comprehensive School Health Framework while focusing on the further development of the Inspiring Education Competencies. Our focus is to expand a student's attitudes, skills and knowledge of self/social awareness, responsible decision-making, healthy relationship skills, and self-management. As this initiative evolves The W Project is becoming a student-led model in which the outcomes of CALM are delivered in a more authentic and transdisciplinary approach to learning while incorporating the main purpose of our school goals the Comprehensive School Health pillars and High School Redesign principles. Our presentation will outline where we are in this process and the potential for what we want The W Project to become.

Saturday, January 30, 2016 cont'd

Concurrent Session 3

8:30 am - 9:20 am

Breaking Down the Barriers of Health and Wellness in Rural Schools

Stephanie Fleming

In this presentation we will be talking about and posing the questions with solutions to the following: 1. Socio-economic Status vs Wellness in Rural Schools - Low parentally involvement and buy in 2. Low School Funds - Transient Population 3. Limited Pool of volunteers and participants 4. Mental Health Stigma 5. Decline in female sports in rural communities 6. Lack of options and specialist. 7. Expense on taking the students to an expert or bring an expert out We want to address this issues and provide and learn strategies that we can use to provide healthy and well schools across the province and nation.

Concurrent Session 4

10:50 am - 11:25 am

Rapid Fire

Healthy Living School: A Multi-Sector Collaboration

Dwayne Sheehan, Jennifer Gray, Leigh DeLong

Immersed in an innovative and collaborative environment, Healthy Living School (HLS) at Vivo for Healthier Generations sparks students to discover, explore and embody health and wellness. Part of the Campus Calgary/Open Minds program, HLS is not a field trip, but an opportunity for teachers and students to move their classroom to work alongside experts in a vibrant community setting for a week long interdisciplinary study. Teachers begin the journey with an inquiry that is embedded in their year and the week on site becomes a catalyst for deep and rich learning that is connected to all curricular areas.

10:50 am - 11:25 am

Community Outreach Initiatives

Amanda Ebert

This session will provide a snapshot of a "community outreach" model that has been growing in popularity in Edmonton. The Steadward Centre's Free2BME program has been working with numerous schools from EPSB to provide hands on professional development for teachers and educational assistants while at the same time delivering high

quality physical literacy oriented programs for children and youth. This model can be adopted by many schools and has given teachers access to the tools and activities they need to delivery high quality physical education for all students.

10:50 am - 11:25 am

A Slice of Advice- APPLE Schools in a Nutshell

Aurelie Smith

Looking for practical ways to promote health in your school community? This rapid fire presentation will highlight promising practices to increase physical activity, healthy eating and mental well-being in schools. Come learn practical tips, ideas and resources to create a healthy culture in your school, classroom and community. You will leave this session empowered to be a change agent for healthy kids in healthy schools.

10:50 am - 11:25 am

Physical Literacy Through Circus Arts

Felicia Ochs

The National Circus School, located in Montreal, has worked closely with the University of Manitoba to research how well the social circus arts engage students. They've discovered that circus is a highly inclusive, socially-playful intervention to nurture movement and skill development in children and youth. Parkland School Division is piloting a project of training teachers and engaging the whole community to increase physical literacy and overall student well being.

10:50 am - 11:25 am

Creating a 21st Century Learning Environment: My adventures in piloting a desk-free classroom!

Melissa Mathieson

The focus of this session would be to introduce educators to some of the ideas and rationale behind transforming a traditional classroom space into a 21st Century Learning Environment. Through sharing my adventures in piloting a desk-free classroom, I will get people thinking about how a more effective physical space can be used as a tool to inspire better teaching practices, increase student productivity/motivation, promote active learning strategies and even improve classroom management...gasp!

Saturday, January 30, 2016

Concurrent Session 4

Rapid Fire cont'd

10:50 am - 11:25 am

A Zone Approach to School Wellness

Lorna Muise & Darlene Ferris

Imagine having the opportunity to sit with peers from multiple schools / jurisdictions to have in-depth conversations about promoting and supporting school wellness. The Zone 4 School Health Team has coordinated such conversations twice annually for jurisdiction and school leaders for the past four years. During this presentation you will hear how and why the team was formed. We will share information about the conversations, how jurisdictions are supporting each other, and offer some creative ways to replicate our efforts. You will leave inspired to work with other jurisdictions in your local area of the province.

10:50 am - 11:25 am

District Engagement at its Finest!

Jacqui Currie & Sandy Axmann

This rapid fire presentation will quickly take you through the evolution of building a successful district wellness initiative that is sustainable and effective. Three short years ago Grande Yellowhead Public School Division, apprehensively, applied for an Alberta Healthy School Community Wellness Fund Grant and today they are a leading district in the province, demonstrating a strong commitment and support to student and staff wellness. This presentation will give a quick synopsis of how the district used a Comprehensive School Health Approach and followed a process model to developing a healthy school community to create a thriving health and wellness initiative.

10:50 am - 11:25 am

Tips for going far, together

Carol Breitreutz

If you want to go fast, go alone. If you want to go far, go together." This African proverb summarizes a collaborative approach used to support comprehensive school health in school communities. During this rapid fire session, participants will hear concrete examples of partnerships that have been established with the University of Alberta, physicians and other health care professionals, the City of Camrose, community service organizations, the Chamber of Commerce, Rotary Clubs, and local businesses. Through these partnerships schools are better able to leverage supports and services from the community to enhance school wellness and student learning.

10:50 am - 11:25 am

Improving School Grounds for PE, Active Play and Nature Connections

Kim Sanderson

There is currently little in the way of policy incentive for improving school grounds to support student development in the outdoors. Grounds remain for the most part 'bald prairie'. And yet these sites represent huge, untapped potential for enhancing student outcomes both during and out-of school time. In this session we'll look at how one Edmonton school systematically set out to transform their grounds to accommodate PE curriculum, active play and nature connections. Included is a new mogul soccer field with wacky goal posts! Take-home tools and innovations used for this effort will be shared.

10:50 am - 11:25 am

Outdoor Learning and the Palisades Centre in Jasper National Park

Barbara Schmidt

"The Palisades Stewardship Education Centre is the result of a unique partnership between Parks Canada and Grande Yellowhead Public School Division. At this session, join the centre's education liaison and learn about the many ways that active, outdoor learning can benefit students. Key resources will be presented. The school programs offered at the Palisades Stewardship Education Centre will be highlighted. The staff and programming at the centre can support you and your grade 7-12 students. The programming blends mountain recreation with experiential education. The vision is that "Canadian youth will share a passion and appreciation for Canada's National Parks and National Historic Sites; through personal connection they will develop a sense of place and belonging. Youth will move beyond participation towards active ambassadorship". Come learn about the exciting programs that provide real world learning opportunities that connect students to their environment. The competencies outlined in Inspiring Education are inherent in the programs. Through communication, teamwork, stewardship and mountain recreation, students are connected to their natural environment and become lifelong ambassadors. Problem solving, collaboration and leadership skills will be enhanced as students work and learn in cooperative groups, solve challenges and explore concepts in an alternative outdoor environment. All equipment and instruction is included and students learn in a safe environment. In addition to full CTS and locally developed courses such as Winter Travel and Water Experience, some of the programs offered include: canoeing, kayaking, cross country skiing, snow shoeing, geo-caching, mountain biking, hiking, and survival skills. Programming at the centre is available in French as well and there are videoconferencing opportunities. Adult groups are also welcome and teacher professional development programs are available. The Palisades Stewardship Education Centre is a place for the development of physical and ecological literacy for all!

Saturday, January 30, 2016

Concurrent Session 4

Rapid Fire cont'd

10:50am - 11:25 am

An integrated Approach to supporting school health

Gillian Bowerman, Kitt Chanthaboune

Our presentation will provide a brief overview of how the ISSP model is structured and how we feel this achieves a comprehensive approach to school health and overall education. We focus on fitness, nutrition, mental health & social-emotional well-being, learning and creating a strong & safe community. With our multiple partners we provide our ISSP schools with the resources to address these needs using a holistic approach.

10:50am - 11:25 am

The Fire Within Us: Supporting Youth Mental Health

Janelle Sebedee, Tricia Labrie

This presentation will share our journey involving local middle and high school students in conversations, knowledge exchange, and action around promoting mental wellness in our school communities. Our model brings together a student team from each middle and secondary school in School District No. 23 to attend a Youth Summit and to engage in conversations and knowledge exchange around positive mental health. These students then participate in a process of analyzing their school environment and developing an inquiry question that activates an action plan around supporting student well-being in each school setting. Our goal is to move from a problem-focused approach around mental health to an approach for well-being that explores positive factors present within our students and school environments that can contribute to positive growth and development.

10:50am - 11:25 am

Stay to Play!: lessons from the BC after school sports and arts initiative

Daniel Naiman, Rebecca Harber

The BC After School Sport and Arts Initiative (ASSAI) is a partnership for the provision of fun, accessible, safe, and high-quality afterschool sport and arts programming. The initiative supports school districts to deliver programming to K-8 students who face barriers to participation (e.g. financial, geographical). This presentation will outline the unique aspects of the ASSAI, stories from participants, and supportive tools that have contributed to the success of the initiative.

10:50 am-12:25pm

RBC Learn to play - Fostering Comprehensive Youth Health Through the Implementation of a National Physical Literacy Granting Program

The RBC Learn to Play program provides grants to local organizations and communities in support of building the physical literacy of Canada's kids and youth. In line with its objective to increase a child's motivation, confidence, and competence to participate in sport, the RBC Learn to Play program highlights the importance of physical literacy in enabling a child to be engaged in physical activity for life. The presentation will include an overview of the granting program, including the components of a quality application, the sharing of results and success stories from year 1 grantees, as well as a discussion on the importance of physical literacy, and the many ways in which communities, schools, and organizations can partner with one another in order to build the physical literacy of their youth. Presentation Outline (50 minutes): 1. RBC Learn to Play Overview: How a comprehensive granting program can positively impact communities (10 minutes) 2. The importance of physical literacy (10 minutes) a. New definition b. Role in sport participation and health promotion 3. First year results (10 minutes) 4. Story sharing: Examples from first year grant recipients (2-3 grantees - 15 minutes) 5. What's next - How this cross sector partnership and granting model can inform future programs (5 minutes)

Saturday, January 30, 2016

Concurrent Session 5

Experiential

11:35 am - 12:25pm

The Wellness Sandbox LIVE

Leanne Keyko, Megan Hunter, Krista Sheehan

Are you looking for ideas to promote employee wellness in your school or jurisdiction? It's your lucky day! Join this interactive session for your opportunity to play in The Sandbox website—your space for healthy school workplaces. The Sandbox is a joint endeavour by ASEBP with partners Alberta Health Services, the Alberta Healthy School Community Wellness Fund, APPLE Schools, Be Fit For Life Network and Ever Active Schools and is a dedicated resource for school employee wellness champions. Take the opportunity to interact with the site in real time and you're sure to spark ideas, get inspired, find resources and connect with like-minded wellness champions who share your passion for school employee health and wellness. Join us at the session, dig in, and let's play!

11:35 am - 12:25pm

TEAM: Together Everyone Achieves More

Lorna Muise

The Alberta Healthy School Community Wellness Fund has identified nine key points to consider when taking a jurisdictional approach to creating a culture of wellness (see page 2.4 of the Wellness Fund Handbook: http://wellnessfund.ualberta.ca/en/~media/abhealthyschools/Wellness_Fund_Handbook_2015-English.pdf) Education partners from across Zone 4 will share key learnings as they have worked towards creating a culture of wellness in their respective jurisdictions. We will explore how their "learnings" connect to the key points outlined by the Wellness Fund. Topics will include practices related to policy, professional development, gaining jurisdiction and school level buy-in, building partnerships, and increasing staff buy-in. You will leave this session with new ideas and resources to support your jurisdiction's journey in creating a culture of wellness.

11:35 am - 12:25pm

Building a Wellness and Sustainability Culture in School

Angela Takla, Adam Robb

This presentation will give an overview of how one large urban school managed to create a more nurturing environment for its staff and

students through the intentional focus on wellness, environmental sustainability and the interconnections that exist between the two. We will explore the key strategies that led to the development of a whole-school intentional approach to wellness as well as achieving runner-up in the Greenest School in Canada competition. Once these strategies have been outlined, participants will be challenged to look at their own school context and physical building through a different lens that we hope will encourage more of a wellness and sustainability culture at their own schools.

11:35 am - 12:25pm

Strong Foundations: Physical Literacy in the early years

Leah Yardley

In this session, you will learn about the importance of developing a strong foundation of movement in children before the age of 5 and practical ideas and activities to help support this development. Please come dressed and ready to PLAY in this FUN and interactive session.

11:35 am - 12:25pm

School Bullying and the Alberta Education Act; Putting Research and Policy into Practice

Crystal Dittrick, Velerie William, Chris Pawluk

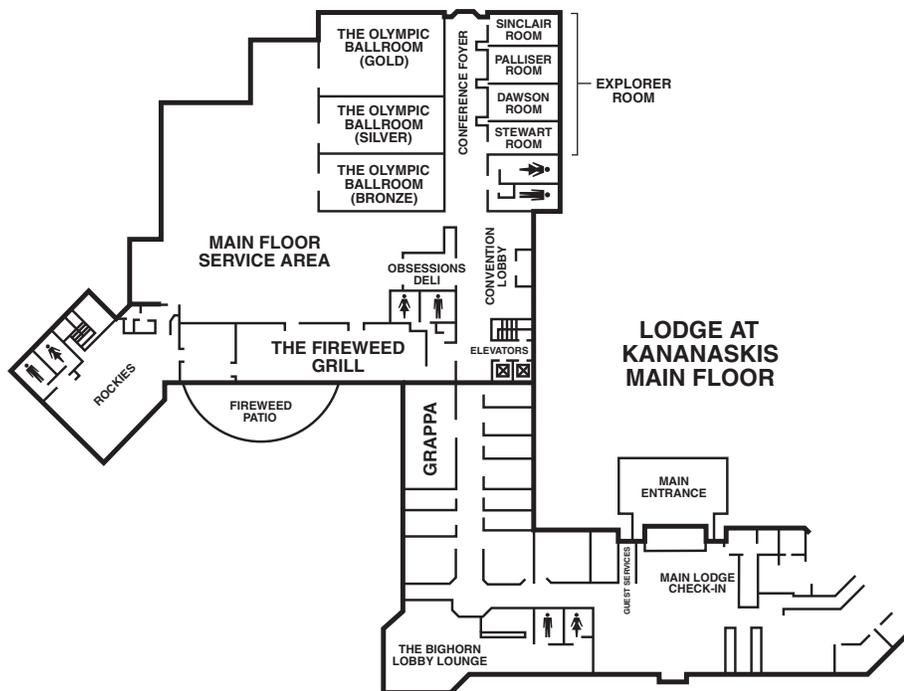
This interactive presentation will examine school-based and cyber bullying as defined in the Alberta Education Act and recent evidence-based research. We will focus on discussing practical ways to reduce bullying, as well as intervene when it happens. We will explore how to teach students ways to understand what bullying is and how it differs from other forms of aggression including conflict, relationship violence, aggression, and teasing. Examples from Rocky View Schools implemented over the last two years will be highlighted.

11:35 am - 12:25pm

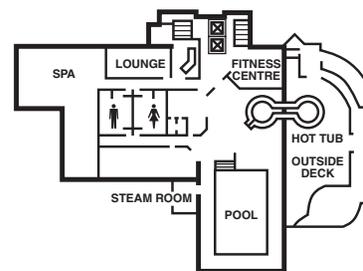
Using the 5-Why Model to effectively address root causes of concerning behaviors

Terri Dauter

Participants in this highly interactive presentation will learn the basics of utilizing a 5-why cognitive processing model to identify the root causes of a perceived negative social condition or behavior. For this workshop we will be evaluating the following topics: 1. More youth are engaging in risky sexual activity and other high risk behaviors (drug use, school refusal behaviors, etc.) 2. Our school is struggling to support an integrated wellness culture 3. Other as chosen by the group.



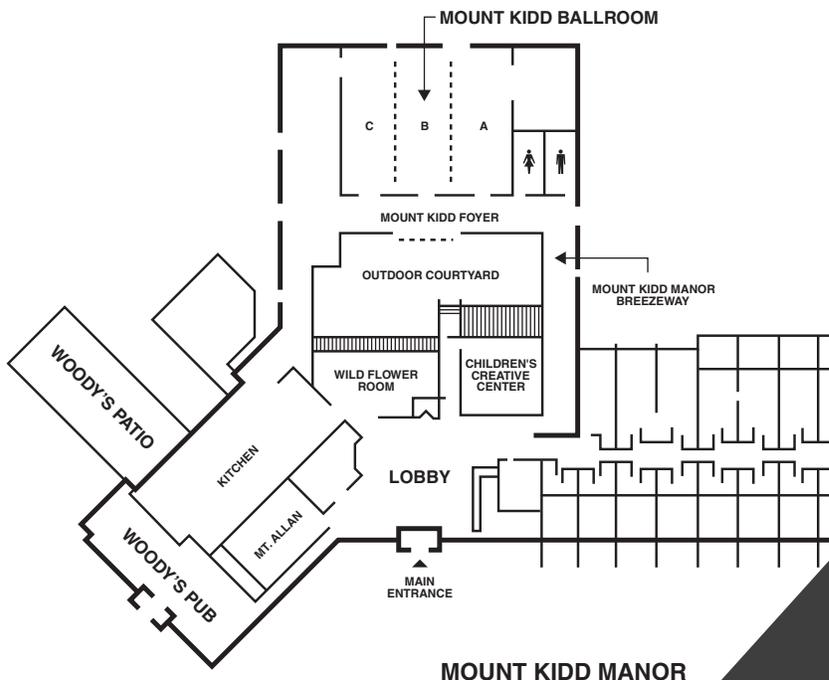
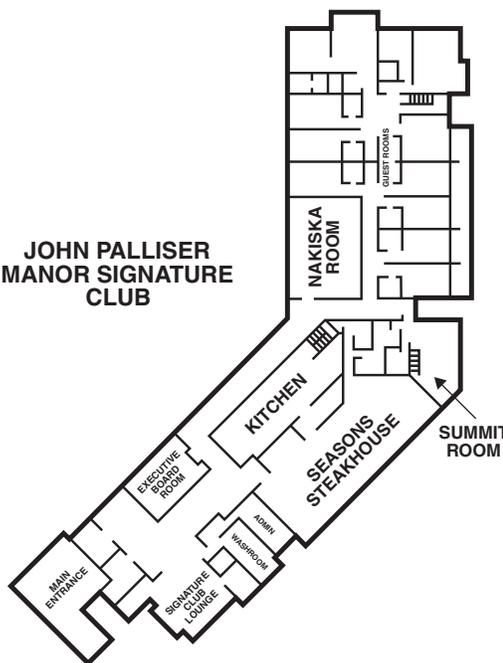
SUMMIT SPA AND FITNESS CENTRE COMPLEX LODGE LOWER LEVEL



LODGE AT KANANASKIS SECOND FLOOR MEETING ROOMS



JOHN PALLISER MANOR SIGNATURE CLUB



Friday, January 29, 2016
 5:45 pm - 7:00 pm
 Conference Foyer

First Name(s)	Last Name(s)	Institution, School or Organization	Title of Poster
Dwayne	Sheehan	Mount Royal University	Building Capacity in Undergraduate Research with Interdisciplinary Collaborations and Community Partnerships
Dwayne	Sheehan	Mount Royal University	How Physically Literate are Alberta Children?
Emily	Williams	University of Calgary- Counseling Psychology	Discourses related to responsibility of mental health in schools
Sue	Huff	Executive Director- Eating Disorder Support Network of Alberta	Executive Director- Eating Disorder Support Network of Alberta
Carla	Van Den Berg	Sport Injury Prevention Research Centre, University of Calgary	The Influence of Previous Injury History on Health & Fitness Outcomes in Junior High School Students
Rebecca	Carnduff	Sport Injury Prevention Research Centre, University of Calgary	Baseline Sport and Recreational Injury Prevention Knowledge and Beliefs in Junior High School Students
Oluwatoyosi	Owoeye	Sport Injury Prevention Research Centre, University of Calgary	Evaluating the Implementation of a Sport Injury Prevention Program in a School Setting
Krista	Strayer	Flourish Schools	Nourish the Teacher - Time to Look After You for a Change
Dr. Jon	McGavock	CIHR Applied Health Chair in Resilience & Obesity in Youth	Looking Beyond Calories When Designing Healthy School Communities
Tara-Leigh	McHugh	Faculty of Physical Education and Recreation at the University of Alberta	Sports Should be for Everyone: Enhancing the sport experiences of Aboriginal youth
Michaela	Calderwood	University of Manitoba/ Children's Hospital Research Institute of Manitoba	The Aboriginal Youth Mentorship Program

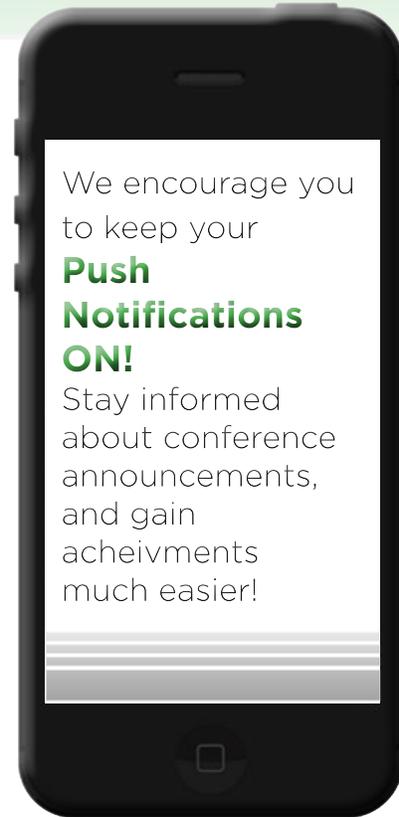
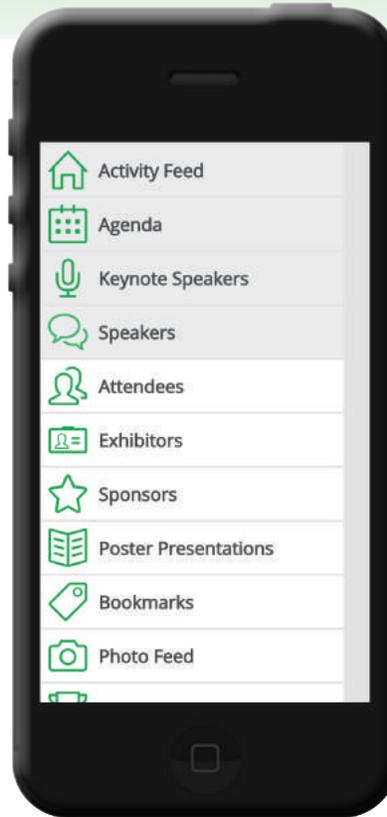
First Name(s)	Last Name(s)	Institution, School or Organization	Title of Poster
Dr. Allana	LeBlanc	ParticipACTION	The 2015 ParticipACTION Report Card on Physical Activity for Children and Youth: The Biggest Risk is Keeping Kids Indoors
Katelynn	Theal	Ever Active Schools & Alberta Schools Athletics Association	Appetite for Change: Healthy Wins Start with Healthy Menu's
Kerri	Murray	Ever Active Schools	21st Century Spaces for 21st Century Learners: Re-thinking School Design for Health & Learning
Ryan	Fahey	Ever Active Schools	Resiliency-based Approaches to Healthy First Nation School Communities
Megan	McKinlay	Ever Active Schools	Ready. Set. Run! With the AMA Youth Run Club
Carter	Cox	Centennial High School	CBE Comprehensive School Health
Ryan Andrea	Cancilla Shaffer	Central Memorial High School	CBE Comprehensive School Health
Dustin	Turner	Colonel Sanders School	CBE Comprehensive School Health
Lisa	Taylor	Lord Beaverbrook High School	CBE Comprehensive School Health
Kathryn	Tutkaluk	Mayland Heights School	CBE Comprehensive School Health
Kim Jennifer	Gosselin Schoenberger	Olympic Heights School	CBE Comprehensive School Health
Carla Christie Isabella Kate Jennifer	Hamilton Lau Love Edmonson-Neily	Robert Thirsk High School	CBE Comprehensive School Health

Thank you to all of our Poster Presenters



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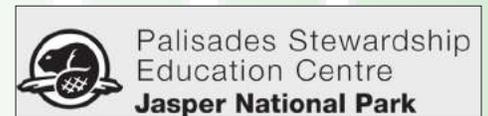
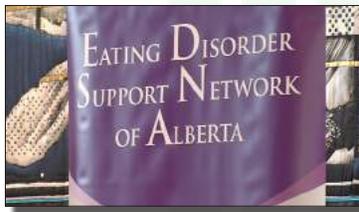


If you have any questions or concerns,
please contact: margaux@everactive.org

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