



# SHAPING *the* FUTURE

Conferece Program

## TO BE WISELY AWARE

January 26th to 28th, 2017  
Kananaskis, AB



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Thank you to the Government of Alberta  
and the Health and Physical Education Council  
for their ongoing support of  
healthy school communities in Alberta



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**Welcome** to the eighth-annual Shaping the Future Conference! The 2017 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 be Wisely Aware - honouring the experience of First Nations peoples, speaks to roles of leadership in education, health and active living to foster wisdom and awareness in youth, and conveys a message of wellbeing - body, mind and spirit.

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

Shaping the Future believes and provides daily wellness and physical activity, 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 Nakoda land. Enjoy the conference. We thank you for the time and energy you put into creating safe, welcome, caring, 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



Kerri Murray  
Director of Projects



Kim Hordal-Hlewka  
Provincial  
Comprehensive School  
Health Coordinator



Chris Fenlon-Macdonald  
Provincial Education  
Coordinator



Hayley Degaust  
Provincial Projects  
Coordinator



Katelynn Theal  
Provincial Projects  
Coordinator



Rhonda Schilberg  
Administrative  
Assistant



Scott Bailey  
School Health  
Facilitator



Ryan Fahey  
School Health  
Facilitator



Chesa Corisato  
School Health  
Facilitator



Mac Walton  
Resiliency  
Coordinator



Melissa Tierney  
Resiliency  
Coordinator



Margaux McWatt  
Communications  
Coordinator



Tam Rosnau  
Administrative  
Assistant





**Thursday January 26th, 2017**

**Ryan McMahon** is an Anishinaabe comedian, writer, media maker & community activator based out of Treaty #1 territory (Winnipeg, MB). One of the most decorated Native comedians/writers/media makers working today, McMahon's voice has become vital to both Indigenous & non-Indigenous communities - his comedic storytelling style is fast-paced, loose & irreverent as he explores the good, the bad & the ugly between Indian Country & the mainstream.

**@RMComedy**

**<http://www.rmcomedy.com/>**



**Friday January 27th, 2017**

**Laval St. Germain**

has been inspired in his childhood by the likes of Jack London, Farley Mowat, Ernest Hemingway and Antoine de Saint-Exupery. In addition the adventures of Shackleton, Messner, Dr. John Rae, Roald Amundsen, and Richard Burton kept Laval St. Germain dreaming of deserts, stormy southern oceans and high mountain peaks. Terry Fox was perhaps Laval's most poignant influence, teaching him that simple humanity, human endurance and the ability to tolerate pain are nearly boundless.

Today, Laval lives in Calgary, Alberta with his wife and children. He is currently employed as an airline pilot with Canadian North Airlines. Laval will not use his endurance, physical fitness or ability to suffer at high altitudes as a way to teach or motivate you to build a better marriage, become a better parent, or be a great educator, but he will make you laugh, give you goosebumps, impress you, entertain you, perhaps make you uncomfortable and inspire you.

**@lavalstgermain**

**<http://www.lavalstgermain.com/>**



**Saturday January 28th, 2017**

**Lisa Hilsenteger** has worked with Fort McMurray Catholic Schools for all of her 28 years of teaching. After spending the first 5 years teaching in elementary, she moved to Junior High and enjoyed all 14 years working with teenagers. The move to administration fell in her lap and she took the leap of faith spending 2 years as a vice-principal in elementary, and 3 years in high school, until she accepted the position of Principal at Father Turcotte School. She spent her 38th year anniversary of living in Fort McMurray on a yellow school bus running from the wildfire known as "The Beast". Lisa attributes her ability to make tough decisions on

that day to having built strong relationships with her staff and the school families. She is now Principal at Holy Trinity High School and continues to live in Fort McMurray with her husband and two grown children as they help to rebuild the community.



# 5 SCHEDULE

## Thursday January 26th, 2017 - Pre-conference

Time	Morning Sessions			
9:30am - 12:00pm	<b>Overcoming the Barriers to Giving Your Class More Education and Activity in Natural Outdoor Environments</b>  Presented by: the Outdoor Council of Canada  <i>Explorer/Outdoors</i> <i>*Come prepared for the weather</i>	<b>Pathways to Wellbeing: Aboriginal Youth Mentorship Program</b>  Presented by: Dr. Jon McGavock and Community Members of the AYMP Project  <i>Silver</i>	<b>Student in Mind: Trauma-informed Environmetns</b>  Presented by: the Alberta School Board Association  <i>Mt. Kidd Ballroom</i>	<b>Thriving in a 24/7 World with Peter Jensen</b>  Presented by: the Alberta School Employee Benefit Plan  <i>Gold</i>
12:00pm - 1:00pm	Lunch and Exhibitor Marketplace			
Afternoon Sessions				
1:00pm - 3:30pm <i>*Show up at Noon for lunch!</i>	<b>Addressing Prejudice and Discrimination, and Fostering Resilience in First Nations, Métis and Inuit Students</b>  Presented by: The Alberta Teachers' Association Walking Together Team  <i>Bronze</i>	<b>Learning in Motion</b>  Presented by: Ever Active Schools  <i>Mt. Kidd Ballroom</i>	<b>Re-wilding: Get them Outside!</b>  Presented by: Barbara Schmidt, Education Liaison, Palisades Stewardship Education Centre  <i>Explorer/Outdoors</i> <i>*Come prepared for the weather</i>	<b>Wisdom is in the Room: an ongoing conversation among division level leaders</b>  Hosted by: Alberta Healthy School Community Wellness Fund and Alberta Health Services <b>*THIS SESSION ENDS AT 4:00PM*</b>  <i>Gold/Silver</i>

## Thursday January 26th, 2017 - Main Conference

Time	Session
4:30pm - 6:00pm	Exhibitor Marketplace Reception - <i>Mt. Allan &amp; Wild Flower</i>
6:00pm - 7:00pm	Daring Ideas Powered by Petchakucha - <i>Olympic Ballroom</i>
7:00pm - 7:30pm	Intermission and Cocktails - <i>Olympic Ballroom</i>
7:30pm - 8:30pm	An Evening with <b>Ryan McMahon</b> - <i>Olympic Ballroom</i>

## Friday January 27th, 2017 - Main Conference

Time	Session				
6:45am - 7:15am	Alberta Medical Association Youth Run Club Run and Walk - <i>Lobby</i> Yoga with Chesa - <i>Champion</i>				
7:15am - 8:00am	Breakfast in <i>Workshop Rooms</i>				
Workshops					
8:00am - 10:00am	<b>Nutrition in any Classroom: Engaging Today's Youth</b>  Presented by : Alberta Health Services  <i>Explorer</i>	<b>Connecting to All Students: Inclusive Learning Environments</b>  Facilitated by: Ever Active Schools  <i>Gold</i>	<b>Supporting Staff Wellness Through a Comprehensive School Health Approach</b>  Presented by: Ever Active Schools & Joyce Sunada  <i>Silver/Bronze</i>	<b>Sweat until you're happy: Making the connection between physical &amp; mental health</b>  Presented by: Ever Active Schools  <i>Mt. Kidd Ballroom</i>	<b>Learning from the Land and Outdoor Environment</b>  Presented by: Ghost River Rediscovery  <i>Walker</i>

# 6 SCHEDULE

## Friday January 27th, 2017 - Main Conference (Cont'd)

10:00am - 10:20am	Break and Visit the Exhibitor Marketplace							
10:25am - 12:15pm	<p style="text-align: center;">Conference Opening and Ceremony Student Keynote Presentation Keynote Presentation - <b>Laval St. Germain</b> - <i>Olympic Ballroom</i></p>							
12:15pm - 1:15pm	Lunch and Exhibitor Marketplace							
<b>Concurrent Session #1</b>								
Rooms	Gold	Silver	Bronze	Sinclair/ Palliser	Dawson/ Stewart	Mt. Kidd A	Mt. Kidd B/C	Other
1:15pm - 2:05pm	<p>Supporting Welcoming, Caring, Respectful and Safe Learning Environments through Mentoring in Schools</p> <p><b>Presenter:</b> Caroline Missal</p> <p><b>Organization:</b> School and Community Supports for Children and Youth, Alberta Education</p>	<p>Engaging and Empowering Students to Change School Culture</p> <p><b>Presenter:</b> Joseph Dumont</p> <p><b>Organization:</b> Elk Island Catholic Schools/Holy Redeemer Catholic School</p>	<p>The F Word: Why Body Weight Has No Place in Schools</p> <p><b>Presenters:</b> Shelly Russell-Mayhew, Angela Alberga, Alana Ireland and Sarah Nutter</p> <p><b>Organization:</b> Werklund School of Education</p>	<p>Who Cares? We Do!!!</p> <p><b>Presenters:</b> Wanda Christensen, Patricia MacRae-Pasula</p> <p><b>Organizations:</b> Chinook's Edge School Division, Red Deer Catholic Regional Schools</p>	<p>Promoting Healthy Relationships in the School Setting: The Revised JCSH Positive Mental Health Toolkit</p> <p><b>Presenter:</b> Katherine Kelly</p> <p><b>Organization:</b> Pan-Canadian Joint Consortium for School Health</p>	<p>Engaging Students to Be Active Using Social Media - The #active365 Challenge!</p> <p><b>Presenter:</b> Lisa Taylor</p> <p><b>Organization:</b> Calgary Board of Education - Lord Beaverbrook High School</p>	<p>Essential conditions for the implementation of Comprehensive School Health to achieve changes in school culture and improvements in health behaviours of students</p> <p><b>Presenters:</b> Dr. Kate Storey, Genevieve Montemurro</p> <p><b>Organization:</b> School of Public Health, University of Alberta</p>	<p>Saws and Tires - Loose Parts and Adventure Play</p> <p><b>Presenters:</b> Keely Willment, Nalini Mohan</p> <p><b>Organization:</b> University of Calgary</p> <p style="text-align: right;"><i>Location:</i> Walker/Outdoors</p>
2:05pm - 2:25pm	Break and Visit the Exhibitors Marketplace							
<b>Concurrent Session #2</b>								
Rooms	Gold	Silver	Bronze	Sinclair/ Palliser	Dawson/ Stewart	Mt. Kidd A	Mt. Kidd B/C	Other
2:25pm - 3:15pm	<p>Design Thinking and 21st Century Learning Spaces</p> <p><b>Presenters:</b> Donna Gimbel, Lisa Hanson</p> <p><b>Organization:</b> Douglasdale School</p>	<p>Considerations for School-Based Extracurricular Physical Activity Programs: Is it Time for a Re-Design?</p> <p><b>Presenters:</b> Dr. Lauren Sulz, Dr. Louise Humbert; Dr. Doug Gleddie</p> <p><b>Organization:</b> University of Alberta</p>	<p>Wellness Through Student Leadership</p> <p><b>Presenters:</b> Kevin Van Lagen, Nadine Hein</p> <p><b>Organization:</b> Prarie Land Regional Division 25</p>	<p>Teaching Sexual Health with Confidence!</p> <p><b>Presenter:</b> Jennifer Munoz</p> <p><b>Organization:</b> Alberta Health Services</p>	<p>Making Space for Learning – Responding to Developmental Trauma</p> <p><b>Presenters:</b> Chelsea Hobbs, Angela Hill</p> <p><b>Organization:</b> Early Childhood Development Support Services (ECDSS)</p>	<p>Culturally Responsive Health Promotion: Strategies for inclusion</p> <p><b>Presenters:</b> Regan Holt &amp; Naima Abbas</p> <p><b>Organization:</b> Edmonton Public Schools</p>	<p>Practical Applications of Mindfulness Strategies Within a Classroom Setting</p> <p><b>Presenter:</b> Anne Daniel</p> <p><b>Organization:</b> Calgary Board of Education</p>	<p>Dip, Dive &amp; Glide - Immersing Physical Literacy in Aquatic Activities</p> <p><b>Presenters:</b> Brittney Tomin, Ryan Fahey</p> <p><b>Organization:</b> Ever Active Schools</p> <p style="text-align: right;"><i>Location:</i> Pool</p>

# 7 SCHEDULE

## Friday January 27th, 2017 - Main Conference (Cont'd)

3:30pm - 5:30pm	Afternoon Wellness Break
5:30pm - 6:30pm	Cocktail Hour and Poster Presentations - <i>Explorer</i>
6:45pm - 8:30pm	Banquet - <i>Olympic Ballroom</i>
8:30pm - 1:00am	Social & Dance - <i>Olympic Ballroom</i>

## Saturday January 28th, 2017 - Main Conference

Time	Session
6:45am - 7:15am	Alberta Medical Association Youth Run Club Run and Walk - <i>Lobby</i> Yoga with Chesa - <i>Champion</i>
7:30am - 8:30am	Conference Breakfast - <i>Olympic Ballroom</i> Alberta Medical Association Youth Run Club Breakfast - <i>Rockies</i>

### Concurrent Session #3

Rooms	Gold	Silver	Bronze	Sinclair/ Palliser	Dawson/ Stewart	Mt. Kidd A	Mt. Kidd B/C	Other
8:30am - 9:20am	<b>Practical Tools to Build Your Healthy School: The Enhanced Action Schools! BC</b>  <b>Presenters:</b> Sandra Vamos, Kathy Cassels  <b>Organization:</b> DASH BC	<b>Assessment in PE: Strategies and Practices That Motivate, Engage, and Place Students at the Centre of Their Learning</b>  <b>Presenter:</b> Josh Ogilvie  <b>Organization:</b> Burnaby School District/ Burnaby South Secondary School	<b>An Essential Condition in Comprehensive School Health - Students Leading Change</b>  <b>Presenters:</b> Landra Walker, Erin Gates  <b>Organization:</b> APPLE Schools	<b>Generation Healthy Lab Supports Community</b>  <b>Presenters:</b> Tracey Martin, Dr. Dwayne Sheehan, Jarret Hoebers & Nicole Dawe  <b>Organization:</b> VIVO for Healthier Generations	<b>Student Connectedness and Relationships - Impacts on Success in School and Beyond</b>  <b>Presenters:</b> Colleen Wright, Jazmin Bonizzoni, William Roy  <b>Organization:</b> The Alberta Healthy School Community Wellness Fund	<b>Supporting Mentor Educators and Practicum Students Through a CSH Lens</b>  <b>Presenters:</b> Dr. Lauren Sulz and Kim Hordal-Hlewka  <b>Organizations:</b> University of Alberta and Ever Active Schools	<b>Mental Illness and Recovery in Youth - Classroom Accommodations for Students</b>  <b>Presenter:</b> Tracy Johnson  <b>Organization:</b> The Canadian Mental Health Association - Edmonton Region	<b>Nature Journaling 101</b>  <i>Location:</i> <i>Walker/Outdoors</i>  <b>Presenter:</b> Antonella Bell  <b>Organization:</b> University of Alberta

9:20am - 9:40am	Break
9:40am - 10:40am	Keynote Presentation - <b>Lisa Hilsenteger</b> - <i>Olympic Ballroom</i>
10:40am - 11:10am	Break and Hotel Check Out

### Concurrent Session #4

Rooms	Gold	Silver	Bronze	Sinclair/Palliser	Dawson/ Stewart	Mt. Kidd A	Mt. Kidd B/C	Other
11:10am - 12:10pm  <b>Session 1:</b> <b>*11:10am - 11:35am*</b>	<b>ENCORE!</b> Rate all Friday Concurrent Sessions on the STF app and top two sessions will be repeated! <b>11:10am - 12:10pm</b>	<b>ENCORE!</b> Rate all Friday Concurrent Sessions on the STF app and top two sessions will be repeated! <b>11:10am - 12:10pm</b>	<b>Alberta's Nutrition Report Card on Food Environments for Children and Youth: Supporting Local School Communities in Taking Action</b>	<b>Session 1:</b> The Development of a Comprehensive School Health Course For Teacher Education	<b>Session 1:</b> Red Deer Public - Moving It	<b>Session 1:</b> Strengthening a First Nation School's Nutrition Policy by exploring the facilitators and barriers of policy implementation	<b>Session 1:</b> The combined impact of diet, physical activity, screen time and sleep on academic achievement: a prospective study of elementary school students in Nova Scotia, Canada	<b>Woga: Woods Inspired Yoga</b>  <i>Location:</i> <i>Walker/Outdoors</i>

## Saturday January 28th, 2017 - Main Conference (Cont'd)

<p>11:10am - 12:10pm</p> <p><b>Session 1:</b> *11:10am - 11:35am*</p>			<p><b>Presenters:</b> Dr. Kim Raine, Laurie Drozdowski, Kayla Atkey</p> <p><b>Organization:</b> School of Public Health, University of Alberta</p>	<p><b>Presenters:</b> Dr. Shelly Russell-Mayhew, Kerri Murray, Alana Ireland, Sarah Nutter, Angela Alberga, Tina Gabriele, Gavin Peat, Dianne Gereluk</p> <p><b>Organization:</b> University of Calgary</p>	<p><b>Presenters:</b> Jackie Tomalty, Del Lomsnes</p> <p><b>Organization:</b> Red Deer Public Schools</p>	<p><b>Presenters:</b> Christina Davey, Joanna Campiou</p> <p><b>Organizations:</b> University of Alberta, Alexander First Nation Education</p>	<p><b>Presenter:</b> Erin Faught</p> <p><b>Organization:</b> School of Public Health, University of Alberta</p>	<p><b>Presenter:</b> Shirley Jorgensen</p> <p><b>Organization:</b> Black Gold Outreach School</p>
<p>11:10pm - 12:10pm</p> <p><b>Session 2:</b> *11:45am - 12:10pm*</p>		<p>11:10am - 12:00pm</p>	<p><b>Session 2:</b> Physicians - A Natural Fit for Health Advocacy in Schools</p> <p><b>Presenter:</b> Dr. Kim Kelly</p> <p><b>Organization:</b> Belgravia School</p>	<p><b>Session 2:</b> Communication - Overcoming Geography as a Shool District Barrier to Wellness</p> <p><b>Presenters:</b> Melaney Sexsmith, Stephanie Sutherland</p> <p><b>Organization:</b> Northland School Division 61</p>	<p><b>Session 2:</b> Engaging Indigenous youth and Communities in physical activity</p> <p><b>Presenter:</b> Don Patterson</p> <p><b>Organization:</b> Every Kid Deserves a Chance Inc.</p>	<p><b>Session 2:</b> Research in school settings: Identifying and overcoming barriers to successful partnerships</p> <p><b>Presenters:</b> Carla Vandenberg, Megan McKinlay</p> <p><b>Organizations:</b> University of Calgary &amp; Ever Active Schools</p>		

Thursday, January 26, 2017

Pre-conference

9:30am - 12:00 pm

**Overcoming the barriers to giving your class more education and activity in natural outdoor environments**

**Presented by: the Outdoor Council of Canada**

Well-run programs in natural environments offer unique and powerful learning opportunities for our students, but there are many logistical, administrative, and psychosocial barriers to getting kids out of the classroom. The Outdoor Council of Canada has developed an 'affordable, accessible, and appropriate, training and certification program for teachers to help them lower costs, get the respect of risk managers, and empower themselves (and their school) to offer more high-quality low-risk outdoor educational and activity programs. This workshop will look at how the program can work for you and you will get to take part in collaborative learning exercise from the 'Field Leader' program that is focused on our personal leadership styles and how they influence learning outcomes.

**Pathways to Wellbeing: Aboriginal Youth Mentorship Program**

**Presented by: Dr. Jon McGavock and Community Members of the AYMP Project**

Join Applied Public Health Chair Dr Jon McGavock and the participating Aboriginal Youth Mentoring Program communities to share best practices and research of the initiative. Recently funded from the CIHR Pathways to Wellbeing grant, the AYMP is an afterschool intervention for youth in grade 4 that is part of a research studying looking at recreating a sense of belonging and support overall wellbeing. This initiative has also shown to be effective reducing risk of obesity and type 2 diabetes.

AYMP is an after-school program that provides physical activity, healthy snacks, games, and educational and leadership activities for children and youth. This program relies on teenage mentors to run all the activities. The program is grounded in two theories by Indigenous Scholars:

Verna Kirkness's 4 R's for teaching youth: Respect, Relevance, Reciprocity, Responsibility; and Dr. Martin Brokenleg's Circle of Courage. The mission of the program is to develop and deliver relationship-based, communal mentor programs involving children, youth and adult allies from diverse cultural backgrounds. Informed by Indigenous world views and practices, we seek to build on the strengths of racialized minority youth to build healthy inclusive communities. This session will have mentors and youth within the community tell the AYMP story.

**Student in Mind: An Upstream Approach to Student Mental Health**

**A Focus on Trauma Informed Environments**

**Presented by: the Alberta School Board Association**

What is trauma? Trauma is a response to a negative external event, which surpasses the child's ordinary coping skills. Research states that one half to two-thirds of children experience some type of trauma. Traumatic Events happen to all individuals across a lifespan. All types of trauma can have a direct and potentially overwhelming impact on the ability for a child to learn. During this pre conference we will hear from a variety of speakers who will share their own experiences when working with children and the community on areas of trauma. Through conversations, sharing of knowledge and research, and through personal experiences the delegates will begin to understand the role of trauma, its effects on students and learning, and that the school environment has an important role to play in providing stability and a safe place for all to learn and grow.

**Opening Keynote: Deepika Mittra**

**Speakers: Nathalie Reid, Chelsea Hobbs, Sarah Lees**

**Thriving in a 24/7 World with Peter Jensen**

**Presented by: the Alberta School Employee Benefit Plan**

We live in a world where the number of hours in a day has not changed, yet the sheer volume of demands we face has grown exponentially. In the face of 24/7 demands, many people turn to time management strategies to cope. The challenge with this approach is that often it is time that has control over us. Energy management, on the other hand, is within our control. By striking a balance between moments of high performance and periods of renewal, ensuring we get enough rest and recovery, and learning the moment to moment skills that allow us to better control our energy levels, we can all learn to be more resilient- and ultimately, thrive in our own 24/7 reality.

In Thriving in a 24/7 World, Peter Jensen will draw on his experience working with over 70 Olympic medal-winning athletes, their coaches and thousands of executives at Queen's Smith School of Business to provide an entertaining and interactive tour of the energy management skills that elite performers use to help transform pressure into growth.

**Over this insightful, three hour workshop, you will learn how to:**

- Monitor your 'arousal level'- the crucial diagnostic tool that allows you to gauge whether your energy level is too high or too low,
- Maintain consistent energy levels throughout the day while getting more accomplished,
- Use the ABC model to lower energy in high-pressure situations,
- Minimize the drain on your valuable energy resources, and
- Renew and energize throughout the day

Thursday, January 26, 2017

## Pre-conference

1:00pm - 3:30pm

### **Addressing Prejudice and Discrimination, and Fostering Resilience in First Nations, Métis and Inuit Students**

**Presented by The Alberta Teachers' Association Walking Together Team**

This workshop builds on the important idea that, in order to learn, all students need to feel safe in school. Unfortunately, many students experience racism, discrimination and prejudice in school, a situation that significantly diminishes their potential to learn. This workshop explores techniques that teachers can use to help all students learn to be more respectful of the culture of others. The workshop is also intended to help teachers increase the resilience of First Nations, Métis and Inuit students, thereby enhancing their chances of success. Participants will examine their school's current First Nations, Métis and Inuit policies and practices.

### **Learning in Motion**

**Presented by Ever Active Schools**

The physical spaces of our learning environments shape staff and student behaviours in meaningful ways. This session brings the evidence to life in an experiential way to reinforce the link between movement and learning, while providing participants with practical tips on how structure learning environments to not only permit movement, but to promote it.

### **Re-wilding: Get them Outside!**

**Presented by Barbara Schmidt, Education Liaison, Palisades Stewardship Education Centre Jasper National Park**

Join the Education Lead from the Palisades Stewardship Education Centre in Jasper National Park and learn how and why "outdoor learning" is a healthy, growing trend that makes an impact on youth! Current research will be highlighted but the majority of the session will be outdoors. Learn easy to use techniques and activities that will motivate youth, increase engagement, promote connection and improve the culture of your classroom or organization. Use experiential learning to harness the power of reflection. In addition to simple, easy to use games and activities that will engage youth, participants will learn how to facilitate three types of reflection:

process, cognitive, and affective. Participants, through their own experiential learning, will come to understand the value of engaging youth in outdoor learning activities. There will be time for networking and sharing. Lastly, teachers will be introduced to a variety of easy to access resources and challenged to take youth outside and create a culture of nature inside as well! Through social media, participants will continue the conversation and be encouraged to share resources in an online community.

**Wisdom is in the Room: an ongoing conversation among division level leaders** (THIS SESSION IS FROM 1:00pm to 4:00pm)

**Hosted by the Alberta Healthy School Community Wellness Fund and Alberta Health Services**

Are you in a leadership role coordinating a district-wide healthy schools initiative? Join our enthusiastic hosts from the Wellness Fund and Alberta Health Services to exchange ideas with like-minded leaders invested in building and strengthening a culture of wellness for their school communities. This pre-conference session will inspire and support you by exploring strategies to help mindfully embed wellness into your school jurisdiction. Come prepared to discuss what makes you proud of your school district, your challenges, successes, and lessons learned. This is an invaluable opportunity to network, collaborate, share and learn. You will leave with new contacts, strategies and resources to keep moving forward. The session will begin with a short presentation by the Wellness Fund, featuring provincial data related to Wellness Funded Projects, district level wellness priorities, and significant correlations from Tell Them from Me data. Participants will then have opportunities to share, celebrate, and network with numerous colleagues through a series of facilitated conversations. We will conclude the afternoon by exploring emerging trends in school health and where additional supports are needed to move this work forward at a district, regional, and provincial level. Whether you are just getting started or are an experienced health champion looking to "keep the fire burning", this session will be valuable for you.

Friday, January 27, 2017

## Workshops

8:00am - 10:00am

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### **Sweat Until You're Happy: Making the connection between physical & mental health**

**Presented by Ever Active Schools**

A happy, healthy school community is a great place to be. Join Ever Active Schools as we build upon your skills to make this a reality in your school community and explore the role of physical activity in positive mental health. Come experience a variety of practical activities, capitalize on expertise from peers in the room and workshop tangible takeaways to support your whole school community. Come prepared to sweat!

### **Supporting Staff Wellness Through a Comprehensive School Health Approach**

**Presented by Ever Active Schools and Joyce Sunada**

Join Ever Active Schools and Joyce Sunada in a deeper look at supporting staff wellness in your school community. A healthy and happy staff contributes to an overall healthy school where students and staff wellbeing is foundational to creating an ideal environment to learn. Through following a comprehensive school health approach, teachers will be better supported to address their own wellness and contribute to the wellness of the school community. The session will provide short and long term strategies with a focus on staff wellbeing.

### **Connecting to All Students: Inclusive Learning Environments**

**Facilitated by Ever Active Schools**

Imagine being a student again in this day and age. You are that student that feels that they just don't fit in for one reason or another. It just doesn't feel like you can be YOU! Maybe there is a lot going on at home, outside the classroom, or maybe you just learn differently than others around you. You are not the only student feeling this way. The bottom line is as those who work with students our goal is to meet the needs of all our students within a caring, respectful, healthy learning environment. Inclusive Learning Environments are ones in which all students are accepted, and where all students feel that they are heard regardless of their backgrounds, needs or abilities. During this workshop you will have the opportunity to take part in circle conversations, experience a personal narrative and

reflect on your own inclusive learning journey.

### **Nutrition in any Classroom: Engaging Today's Youth Presented by Alberta Health Services**

Looking for new ideas on how to teach nutrition to your Junior or Senior High students? Get fired up for some interactive fun learning how to enhance nutrition knowledge in youth. You'll move around the room to a number of different stations - each designed for a specific nutrition activity. These activities will engage your students and help increase awareness of healthy portion sizes, sugar and fat intake and many other topics. Discuss ways that each activity can be applied and expanded in the classroom to meet various curriculum outcomes. Learn about free online school nutrition resources that can be used to support these activities and enhance your knowledge of accurate nutrition information.

### **Learning from the Land and Outdoor Environment Presented by Ghost River Rediscovery**

Connect to one self through connecting to the land. Explore the gift of nature in creating community & connection by using land-based activities, sharing circles and reflection.

**Friday, January 27, 2016**

## Concurrent Session 1

1:15pm - 2:05pm

### **Supporting Welcoming, Caring, Respectful and Safe Learning Environments through Mentoring in Schools**

**Presenter:** Caroline Missal

**Organization:** School and Community Supports for Children and Youth, Alberta Education

Research shows mentoring as being an effective approach to support students socially, emotionally and academically. Mentoring can take many forms, from formal mentoring relationships to informal arrangements between students and/or classes. Mentoring contributes to a healthy, welcoming, caring, respectful, safe and environment and is a strong protective factor for children and youth particularly those we might consider vulnerable. Mentoring has also been proven to be an effective intervention for children and youth involved in bullying behavior. This session will explore different forms of mentoring as well as resources available to support this work including the Career and Technology Studies courses and the newly released Teen Mentoring Toolkit.

### **Engaging and Empowering Students to Change School Culture**

**Presenter:** Joseph Dumont

**Organizations:** Elk Island Catholic Schools/Holy Redeemer Catholic School

In this discussion, Joe will share the strategies he has used to engage and empower students to take ownership of their school community. Joe will share the details of starting a school wide student government in two school settings, a K - 6 and K - 8. Through the empowerment of student leaders, Joe has observed a positive change in the overall school culture. Through student led initiatives, Joe was able to support and promote physical and mental wellbeing activities in his school, such as intramurals, a Student Police Department, a school store, after school sports clubs, a school radio station, and video newscast team and much more. "It is always exciting to explore with students what else they may pursue to support our school community!"

### **The F Word: Why Body Weight Has No Place in Schools**

**Presenters:** Shelly Russell-Mayhew, Angela Alberga,

**Alana Ireland and Sarah Nutter**

**Organization:** Werklund School of Education

Body weight-related issues such as obesity and physical inactivity among children and youth are popular topics of discussion in school settings. Obesity prevention initiatives in schools (e.g., BMI report cards) can have harmful (although unintended) consequences for youth including anxiety, body image dissatisfaction, disordered eating, weight stigma and bullying. Because there are so many conflicting messages about body weight-related issues and health, this workshop will help teachers differentiate between helpful practices and practices that can be harmful. This workshop will offer practical tips on how to address weight-related issues in schools by promoting health in an inclusive way instead of targeted approaches to 'prevent obesity'. Join us in learning how to talk about, model, and promote physical, mental and social health in your classroom and more broadly in the school community.

### **Who Cares? We Do!!!**

**Presenters:** Wanda Christensen, Patricia MacRae-Pasula

**Organizations:** Chinook's Edge School Division and Red Deer Catholic Regional Schools

Red Deer Catholic Regional Schools and Chinook's Edge School Divisions are committed to the health and well-being of their staff and students. In recent years, both jurisdictions began to take a serious look and the mental / emotional needs of their students. With suicide rates on the rise and domestic violence reaching concerning levels - Wanda and Kathleen began to systematically and strategically guide their respective districts to new way of serving and supporting their students. During this session you will hear how these districts have worked towards building strategies and practices that have potential to impact the health and well-being of staff, students, and their families for years to come. participants will have an opportunity to share their own stories, discuss resources to support this work, and gain an understanding of how to critically review material to ensure that it is "best fit" for your school or jurisdiction.

### **Promoting Healthy Relationships in the School Setting: The Revised JCSH Positive Mental Health Toolkit**

**Presenter:** Katherine Kelly

**Organization:** Pan-Canadian Joint Consortium for School Health

The Pan-Canadian Joint >

## Friday, January 27, 2016

### Concurrent Session 1 (Cont'd)

1:15pm - 2:05pm

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Consortium for School Health (JCSH) seeks to present a workshop on its Positive Mental Health (PMH) Toolkit, newly revised in 2016-2017. JCSH has once again worked with Drs. Bill Morrison and Patricia Peterson of WMA Wellness to complete this project. The toolkit uses a Comprehensive School Health approach to help enable and improve healthy relationship development in all students as well as positive mental health in school staff.

#### Engaging Students to Be Active Using Social Media - The #active365 Challenge!

**Presenter:** Lisa Taylor

**Organization:** CBE - Lord Beaverbrook High School

Let's face it - students are hooked on their mobile devices these days, and especially to social media. In July of 2015, I thought to myself, "How can I get my students to engage in more physical activity outside of the classroom, using the social media so dear to their hearts?" The #active365 challenge was born! After two semesters of engaging in this challenge with my own classes, I have some exciting results for you! Not only does this challenge work to get students active outside of class, it has helped me to get to know my students, to build meaningful relationships, and has been a great motivator for me to engage in more positive role modelling as a Physical Education teacher. Not only will I continue to offer this opportunity to my students, I will also be using this work as the centre focus of my thesis as I work to complete my Masters of Physical Education.

#### Essential conditions for the implementation of Comprehensive School Health to achieve changes in school culture and improvements in health behaviours of students

**Presenters:** Dr. Kate Storey, Genevieve Montemurro

**Organization:** School of Public Health, University of Alberta

This presentation will share the findings of a research study that incorporated multiple stakeholder perspectives to identify the conditions essential to the implementation of Comprehensive School Health (CSH), within a successful CSH project in Alberta, Canada. Attendees will gain an understanding of core conditions, contextual conditions, and process

conditions that influence CSH implementation.

#### Dip, Dive & Glide - Immersing Physical Literacy in Aquatic Activities

**Presenters:** Brittney Tomy, Ryan

**Fahey Organization:** Ever Active Schools

Come discover one of Ever Active Schools' newest resources, exploring physical literacy in an aquatic environment. We know how important it is to develop a wide range of physical skills in multiple environments including in and on water. This enables kids (and adults!) to move with poise, confidence, competence and creativity in all environments, but at times, this can be tricky. Therefore, this resource is for those times you take your group of students, participants, or children to the pool, and wonder, "now what?" Participants are encouraged to step outside their comfort zone and come ready to dip, dive and play in the water.

## Friday, January 27, 2016

### Concurrent Session 2

2:25pm - 3:15pm

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#### Design Thinking and 21st Century Learning Spaces

**Presenters:** Donna Gimbel, Lisa Hanson

**Organization:** Douglasdale School

We invite you to share our journey ... What if ... our students entered our classroom in September and ... it was empty? Do 21st century learners always need to sit in a desk? ... Tasks require collaboration. Making requires mess and movement. Thinking and problem solving can require a quiet space to focus. Enter the design thinking cycle. We used this cycle to get our students thinking critically about the space they "live" in and identify what makes a great learning space and solve problems with current learning spaces. We made plans, discussed what might work, collected ideas and then moved furniture. As it is a work in progress, we seek feedback on a regular basis on how the space is working and iterate the ideas that are not. Someone needs their own space ... They put a name tag on a desk. We need another standing table... We make one. Together we will work through a RIG (rapid idea generation) to understand the design cycle and ▶

## Friday, January 27, 2016

### Concurrent Session 2 (Cont'd)

2:25pm - 3:15pm

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then design learning spaces that support movement, student voice and innovation. What if ... What if ... we did deep dive and didn't know the answer. What if ... we learned alongside our students. What if ... as the teacher we didn't always know the answer. What if ... we incorporated nature into our design.

#### **Considerations for School-Based Extracurricular Physical Activity Programs: Is it Time for a Re-Design?**

**Presenters:** Dr. Lauren Sulz, Dr. Louise Humbert, Dr. Doug Gleddie

**Organization:** University of Alberta

Organized extracurricular physical activities, such as intramurals and interschool sports, have the potential to be an important avenue for the promotion of physical activity in children and youth. This presentation will provide an overview of findings from research that examined the availability, participation rates, and characteristics of extracurricular physical activity programs. This information is useful in understanding the contribution of extracurricular programs on student's physical activity and identifying areas for program improvement. 'Success Stories' of Canadian schools re-designing their extracurricular programs will be discussed highlighting practical applications of research.

#### **Wellness Through Student Leadership**

**Presenters:** Kevin Van Lagen, Nadine Hein

**Organization:** Prairie Land Regional Division 25

PLRD has a strong focus on student leadership and over the past years has been building meaningful activities to create student voice in local schools and throughout the division. Student delegates attend bi-monthly principal meetings and while there use the Comprehensive School Health approach to identify issues and create initiatives to promote student leadership and health and wellness throughout the division. From this table, students requested a leadership retreat. As a result of this request a two day leadership retreat was held for 180 junior high students and about 15 high school mentor students. The two days included planning activities, physical competitions, a dance, a keynote speaker, and

more. The speakers will share the process the PLRD continues to use, practical examples of what activities are effective for student buy-in, and suggestions on how to make student leadership work in a local context.

#### **Teaching Sexual Health with Confidence!**

**Presenter:** Jennifer Munoz

**Organization:** Alberta Health Services

Whether this is your first or twentieth year of teaching, this session will increase your confidence, and ease some of your anxiety around teaching the human sexuality curriculum. Come to this interactive session and discuss innovative activities, strategies to engage students in the classroom, and best practices in teaching Human Sexuality. You will leave this session with sample lesson plans for Grade 4-CALM Human Sexuality outcomes including ideas for differentiation of lessons (et les traductions en francais, aussi!) and knowledge of the other free resources available on Teachingsexualhealth.ca, an authorized Alberta Education resource.

#### **Making Space for Learning - Responding to Developmental Trauma**

**Presenters:** Chelsea Hobbs, Angela Hill

**Organization:** Early Childhood Development Support Services (ECDSS)

Trauma is part of the human experience and professionals often engage with children and families who have experienced trauma in their lives. Trauma-informed care aims to acknowledge the prevalence of trauma within the population and provide services in ways that recognize the profound implications trauma can have on developmental and health outcomes. This workshop will explore the concept of developmental trauma and how to apply trauma-informed care within our practice.

#### **Culturally Responsive Health Promotion: Strategies for inclusion**

**Presenters:** Regan Holt, Naima Abbas

**Organization:** Edmonton Public Schools

Are contemporary school-based health promotion practices addressing the diversity within our school communities? This session is designed to be an interactive journey as participants explore the learning opportunities that students of diverse school communities can provide. Strategies will be shared that are student-identified as respectful, >

## Friday, January 27, 2016

### Concurrent Session 2 (Cont'd)

2:25pm - 3:15pm

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mindful and inclusive, and most importantly - helpful in fostering wellness and well-being. This session will also apply the dimensions of wellness to the concept of inclusive access to education.

#### **Practical Applications of Mindfulness Strategies Within a Classroom Setting**

**Presenter:** Anne Daniel

**Organization:** Calgary Board of Education

Discussion of the neuroscience behind why mindfulness works and some practical ways you can introduce mindful strategies into a class based setting. Participants will be involved with activities and strategies discussed within the presentation. Participants will also be supported with print and electronic resources they can use within their own class setting.

#### **Saws and tires - loose parts and adventure play**

**Presenters:** Keely Willment, Nalini Mohan

**Organization:** City of Calgary

Come and play as we introduce the idea of loose parts and adventure play. Learn what The City of Calgary piloted this summer with Mobile Adventure Playgrounds. We will discuss benefits, successes, challenges, and our research on parental barriers to play.

## Saturday, January 28, 2016

### Concurrent Session 3

8:30am - 9:20am

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#### **Practical Tools to Build Your Healthy School: The Enhanced Action Schools! BC**

**Presenters:** Sandra Vamos, Kathy Cassels

**Organization:** DASH BC

Is your school interested in improving the health literacy, physical literacy, and food literacy to support your learners' outcomes using a comprehensive school health (CSH) process? Learn about the enhanced

Action Schools! BC program launched Fall 2016 with strong alignment with BC's new curriculum and using a CSH approach. This interactive session will highlight updated and new resources for schools and educators. Participants will get a hands-on look at practical tools such as school action planning materials and innovative instructional strategy examples.

#### **Assessment in PE: Strategies and Practices That Motivate, Engage, and Place Students at the Centre of Their Learning**

**Presenter:** Josh Ogilvie

**Organization:** Burnaby School District/Burnaby South Secondary School

Assessment can have a tremendous influence on students in their learning and serve to encourage and motivate, or discourage and demotivate. When it comes to assessment of student learning, perhaps no other subject area has gone through the scrutiny and review of its practices than physical education. While many physical education teachers and programs have implemented contemporary approaches to assessing students, many have continued to embrace more traditional methods such as skills based and fitness testing. This presentation will: (a) explore some of the philosophical foundations in physical education that influence assessment practices; and (b) provide an overview of effective assessment practices based on research from world-wide experts and scholars. Combined, this information will help physical education teachers develop a deeper understanding about why they assess in the ways they do and how their chosen practices can either support or hinder student motivation, engagement, and learning. Resources and examples of effective assessment practices will be shared and discussed to highlight practical applications currently being used in Canadian schools.

#### **An Essential Condition in Comprehensive School Health - Students Leading Change**

**Presenters:** Landra Walker, Erin Gates

**Organization:** APPLE Schools

Need help, extra energy and new ideas? This session will provide you with a variety of strategies to empower students to mobilize and lead your school to healthy changes. We will provide evidence to show the significance of student leadership as an essential condition for success in creating a sustainable healthy school community. Come and learn about practical tools and resources to encourage student leadership and create a lasting impact at home and in the >

## Saturday, January 28, 2016

### Concurrent Session 3 (Cont'd)

#### 8:30am - 9:20am

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school environment student leadership as an essential condition for success in creating a sustainable healthy school community. Come and learn about practical tools and resources to encourage student leadership and create a lasting impact at home and in the school environment.

#### **Generation Healthy Lab supports Community**

**Presenters:** Tracey Martin, Dr. Dwayne Sheehan, Jarret Hoebers & Nicole Dawe

**Organization:** VIVO for Healthier Generations

Vivo for Healthier Generations and multi-sector partners Gen H (Generation Healthy) lab is working with organizations and communities to lead healthier lives at play, school and home by transforming supportive environments that reinforce life-long behaviors and happy and connected communities. How can the community organizations like recreation, better support Comprehensive School Health? How can we work together to achieve our hopes of healthy children and families? How can we measure making a difference together? Come play and share your ideas and insights in this co-creative lab!

#### **Student Connectedness and Relationships - Impacts on Success in School and Beyond**

**Presenters:** Colleen Wright, Jazmin Bonizzoni, William Roy

**Organization:** The Alberta Healthy School Community Wellness Fund

When considering the many factors that influence the success of students, we must envision how our students feel when they are in the classroom, and how each one of us can create and contribute to the overall connectedness of the school. School and classroom connectedness promotes positive healthy relationships as well as a positive sense of belonging, which in turn, influences students' expectations for the future. Statistical data indicates that academic and life-long successes are directly correlated to feelings of connectedness. In order to support this, schools need to encourage social emotional learning, and educators need to have a list of strategies to continually advance connectedness with all students. This facilitated interactive session will share the data

on connectedness and students' success, while also allowing time for participants to hear from and share with others key strategies to increase connectedness within the classroom, and showcase the power of caring teachers and schools.

#### **Supporting Mentor Educators and Practicum Students Through a CSH Lens**

**Presenters:** Dr. Lauren Sulz and Kim Hordal-Hlewka  
**Organization:** University of Alberta and Ever Active Schools

One of the great benefits about being an educator is the opportunity one gets as a mentor to the young up and coming educators of tomorrow. As a mentor teacher you can positively influence your practicum students in many ways and create a learning experience that builds on their own competencies, both personally and professionally. By better understanding student experiences - through the students' voice and current research - mentor teachers' can create a rich positive learning environment for our future educators. This session will discuss: (a) anecdotal experiences of practicum students; (b) research-based recommendations of strategies to improve practicum students' learning; and (c) practical ideas on embedding a CSH approach during practicum experiences.

#### **Mental Illness and Recovery in Youth - Classroom Accommodations for Students**

**Presenter:** Tracy Johnson

**Organization:** The Canadian Mental Health Association - Edmonton Region

Every year, 1 in 5 Canadians will experience a mental illness. Most mental illnesses initially present between the ages of 16-30. These disorders impact a student's ability to attend school, interact with others and can affect their ultimate success in school and later in life. In this session, learn about depression, anxiety disorders, PTSD and eating disorders and what teachers can do to accommodate junior and senior high school students' needs. Information on where to find resources about other mental illnesses will be provided.

## Saturday, January 28, 2016

### Concurrent Session 3 (Cont'd)

8:30am - 9:20am

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#### Nature Journaling 101

**Presenter:** Antonella Bell

**Organization:** University of Alberta

There is growing awareness of the importance of reconnecting children to the rest of nature, and research is beginning to show that doing so is extremely beneficial physically, mentally, emotionally and spiritually. Nature journaling is a simple and effective way of getting your students outside and making them aware of their connection with the rest of the natural world. In this hands-on workshop, you will learn how nature journaling can enhance different areas of the curriculum, in particular language arts, science, social studies, and art. You will leave inspired to make nature journaling a regular part of your weekly activities!

## Saturday, January 28, 2016

### Concurrent Session 4

\*Friday Sessions will be rated on the Conference APP (pg. ) by delegates. The winning sessions will have the opportunity to present an **ENCORE SESSION on Saturday!**\*

11:10am - 12:10pm

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**ENCORE A** - TBD

**ENCORE B** - TBD

11:10am - 12:00pm

**Alberta's Nutrition Report Card on Food Environments for Children and Youth: Supporting Local School Communities in Taking Action**

**Presenters:** Dr. Kim Raine, Laurie Drozdowski, Kayla Atkey

**Organization:** School of Public Health, University of Alberta

Alberta's Nutrition Report Card on Food Environments for Children and Youth assesses how the current food environment and nutrition policies help or hinder children's eating behaviours and health. The Report

Card collects data on indicators in 5 environments, all with relevance to school communities. The Report Card can serve as a tool to support and develop enhanced programming and policies as well as to identify areas that require further action. This workshop will engage participants in working through a Tool Kit for food environment assessment.

11:10am - 11:35am

**The Development of a Comprehensive School Health Course For Teacher Education**

**Presenters:** Dr. Shelly Russell-Mayhew, Kerri Murray, Alana Ireland, Sarah Nutter, Angela Alberga, Tina Gabriele, Gavin Peat, Dianne Gereluk

**Organization:** University of Calgary

There is growing recognition across educational institutions (i.e., K-12 and university settings) that what matters is not only producing students who are academically strong but students who are also living well in the world. In Canada, no existing Bachelor of Education (BEd) program provides mandated wellness education, yet school professionals are expected to contribute to school wellness once employed in school communities; this situation reveals a critical education-practice gap. In a nation where the importance of Comprehensive School Health in schools has been advocated (Canadian Association for School Health, [CASH], 2006), surprisingly little has been done to address how universities educate future school professionals (Bostock, Kitt, & Kitt, 2011; Lunenberg, Korthagen, & Swennen, 2007). We present a case study articulating a process by which the University of Calgary designed, and piloted a health and wellness course in the BEd program. This course is now a mandatory degree requirement in the Werklund School of Education starting in Winter 2018. CSH is an internationally recognized and empirically supported framework for school wellness (Basch, 2011; Veugelers & Schwartz, 2010) that is built on evidence that healthy children are better learners and that a student's educational success impacts lifelong wellness (Bassett-Gunter, Yessis, Manske, & Gleddie, 2015). Within the CSH framework there are four distinct but related components including, social and physical environment, healthy school policy, partnerships and services, and teaching and learning. We focus on essential conditions in the university environment over a decade such as reciprocal influence on the health of faculty members, awareness building (social and physical environments), administrative buy in, return on investment, (healthy school policy), an interdisciplinary team (partnerships and services), >

## Saturday, January 28, 2016

### Concurrent Session 4 (Cont'd)

11:10am - 12:10pm

and, evidence-based programming, and innovative teaching practice (teaching and learning). Educational institutions at all levels can benefit from approaches like CSH that consider the health and wellness of all stakeholders. The outline the development of a CSH course in a BEd program that both reflects and informs the wellness culture of educational institutions at all levels.

11:45am - 12:10pm

#### Physicians - A Natural Fit for Health Advocacy in Schools

Presenter: Dr. Kim Kelly

Organization: Belgravia School, EPSB

We have all learned that Health and Education are interdependent in a CSH approach. But how do we connect health professionals and education professionals at the school level? Dr. Kelly will discuss initiatives in Alberta that have been successful in linking physicians and medical students with school communities. We will also get your feedback and ideas on how to build on these early relationships in support of transforming school cultures to healthier ones.

11:10am - 11:35am

#### Red Deer Public - Moving It

Presenters: Jackie Tomalty, Del Lomsnes

Organization: Red Deer Public Schools

Red Deer Public Schools has developed a well-rounded approach to addressing the wellness of the entire school community. Our journey has included extensive community partnerships, dynamic Health Action Teams, and motivated School Health Champions. Senior leadership is committed to wellness as is evidenced by our approach to Staff Wellness and policies promoting wellness. During this session, participants will learn from RDPSD successes and have opportunities to share their own stories. As a group, we will explore how the CSH Model can guide and steer divisions and schools as they develop plans and strategies to address wellness.

11:45am - 12:10pm

#### Communication - Overcoming Geography as a School District Barrier to Wellness

Presenters: Melaney Sexsmith, Stephanie Sutherland

Organization: Northland School Division 61

Come learn about how one school division has been successfully tackling the barrier geography places on division wide wellness. By attending you will participate in a hands demonstration of why streamlining the communication process is important and hear about wellness successes across Northland School Division's from their Communications Coordinator.

11:10am - 11:35am

#### The combined impact of diet, physical activity, screen time and sleep on academic achievement: a prospective study of elementary school students in Nova Scotia, Canada

Presenter: Erin Faught

Organization: School of Public Health, University of Alberta

This presentation will describe the results of a research study that investigated the combined effects of lifestyle behaviours (diet, physical activity, sleep, and screen time) and body weight status with academic achievement among grade 5 students in Nova Scotia, Canada. Research findings suggest that school-based health promotion initiatives that target multiple lifestyle behaviours (e.g., those using a Comprehensive School Health approach) may have a greater effect on academic achievement than those that focus on a single behaviour.

11:45am - 12:10pm

#### Engaging Indigenous youth and Communities in physical activity

Presenter: Don Patterson

Organization: Every Kid Deserves a Chance Inc

Workshop led by Don Patterson, a volunteer and advocate for active healthy kids. Don recently led an initiative to develop a Bike Park at Enoch Cree Nation. He'll share his approach of building trust, the importance of culture, collaboration, investment by the community and outside partners. Will this model work in other communities? What barriers need to be overcome? Resources required, sustainability?

**Saturday, January 28, 2016**

## Concurrent Session 4 (Cont'd)

**11:10am - 12:10pm**

**11:10am - 11:35am**

### **Strengthening a First Nation school's nutrition policy by exploring the facilitators and barriers of policy implementation**

**Presenters:** Christina Davey, Joanna Campiou

**Organizations:** University of Alberta, Alexander First Nation Education

Alexander First Nation has implemented a school nutrition policy (SNP) as a strategy to improve nutrition for children. This community-based participatory research aims to understand the 1) students and parents' perceptions of the policy, and 2) student and family factors acting as enablers and barriers to its implementation. Both quantitative and qualitative methods will be employed to deliver a holistic understanding of these complex factors. This research aims to strengthen the current SNP by reflecting the health beliefs and perceptions of the community, while also providing recommendations for developing comprehensive school health approaches in order to promote healthy eating and weight among First Nations children in Canada.

**11:45am - 12:10pm**

### **Research in school settings: Identifying and overcoming barriers to successful partnerships**

**Presenters:** Carla Vandenberg, Megan McKinlay

**Organizations:** University of Calgary & Ever Active Schools

How can researchers and communities work together to enrich a process that includes a shared priority and goal? Ever Active Schools and the Sport Injury Prevention Research Centre will share their experience working in school communities over the past three years to reduce sport and recreational injuries. Join us as we discuss the barriers and facilitators of participation in research. We will share some tips based on our experience for both educators engaging with research, and researchers looking to navigate successful relationships with schools.

**11:45am - 12:10pm**

### **Woga: Woods Inspired Yoga**

**Presenter:** Shirley Jorgensen

**Organization:** Black Gold Outreach School

In the June 1862 issue of The Atlantic Monthly, Henry David Thoreau wrote, "I cannot preserve my health and spirits unless I spend four hours a day at least... sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements." <http://www.theatlantic.com/health/archive/2014/07/trees-good/375129/>

What would happen if we took our yoga practise outside in all seasons? This session explores the benefits of exercising in nature within the context of an accessible yoga practise. We will take our minds, bodies and spirits into the woods in a walking meditation, using the trees and rocks along the way to inspire our yoga postures. According to Go Wild: Free Your Body and Mind from the Afflictions of Civilization, authors Harvard psychiatrist Dr. John Ratey and award-winning journalist Richard Manning, becoming healthy doesn't require a personal trainer, constant calorie counting, or support groups- and I would add, the latest Lulu ensemble. While they don't advise against going to the gym, the authors propose that there's a better way to move. Your brain and body will benefit most from natural movement- outside, demanding a variety of exertion levels, and engaging your senses and mind. Anytime you get your brain involved in your workout; you realize more benefit. Don't think "exercise." Think "move." Ratey and Manning remind us why mindfulness is so good for our brains. Because it requires intent observation of our present environment and senses in the moment and learning to quiet the distractions in our heads, mindfulness mimics a hunter-gatherer state of mind. This hyperaware focus is what a person practices in mediation. Studies show that mindfulness and meditation physically change and benefit the brain. Our Woga session will take us on a 30 minute walk through the woods. We will practise basic yoga postures using our natural surroundings as props, supports and inspiration. Please dress in warm and loose layers with gloves and a toque. Outside runners with warm socks will be fine. Following our practise we will brainstorm applications to our individual environments. If the weather is brutal Alberta cold, we will take our practise inside to our mats, so please bring them just in case.

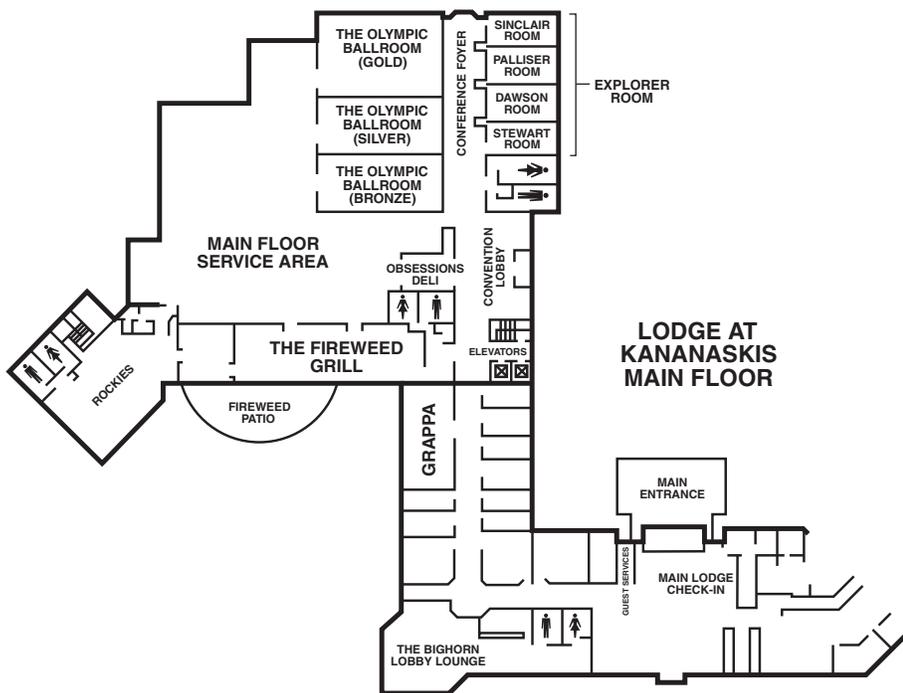
Please dress in warm and loose layers with grippy gloves and a warm toque. I like the combination of a fleece pant over long underwear. Ski wear is fine as long as you are not too slippery. Bring a walking pole or ski pole if you have one. Outside runners with warm socks work well. •

# 20 POSTER PRESENTATIONS

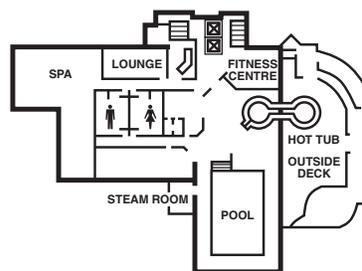
Friday, January 27, 2017  
5:30pm - 6:30pm Cocktail hour  
& Poster Presentations - Explorer

Name	Institution, School or Organization	Title of Poster
Scott Bailey	Banded Peak School (Rocky View Schools)	XChange: building community and physical literacy through creative outdoor leadership
Chantel Churcher	ChooseWell Communities	Creating Healthier Communities Through Communities ChooseWell
Leslie Conlon	University of Calgary	N/A
Dr. Kate Storey, Dr. Noreen Willows, Dr. Tara McHugh, David DyckFehderau	University of Alberta	Aboriginal Youth Mentorship Program: Tapping Indigenous Youth Abilities to promote leadership and wellness in youth
Katherine Eberl Kelly	Pan-Canadian Joint Consortium for School Health	Evaluating the Effectiveness of Comprehensive School Health on Student Achievement: Re-Development of a Core Indicators Model
Chris Fenlon-MacDonald	Ever Active Schools	Healthy Active School Symposia - Supporting Healthy School Communities through Student Leadership.
Chris Fenlon-MacDonald	Ever Active Schools	Don't Walk in the Hallway - An Ever Active Schools' 21st Century Spaces for 21st Century Learners Initiative
Elizabeth Gordon	The Duke of Edinburgh's International Award - Canada	The Duke of Edinburgh's International Award
Jodi Harding-Kuriger and Ryan Fahey	HPEC + Ever Active Schools	Physical Literacy Mentorship to Support Comprehensive School Health
Kim Hertlein	Ross Sheppard High School - EPSB	Wholistic Fitness Approach for Schools
Nicholas L. Holt and Shannon R. Pynn	University of Alberta. Faculty of Physical Education and Recreation	Changing Perceptions of Active Free Play Across Generations
Alana Ireland	Werklund School of Education	What the Beep: Should Fitness Testing be a Part of Physical Education in Schools?
Erinn Jacula	Concordia University of Edmonton	An Examination of Pedometer Use and Physical Activity Levels of Faculty, Staff and Students in a Canadian University.
Shannon Kell and Rebecca Giammarino	Mount Royal University	Unplugging in the wilderness: Student perceptions of a solo experience
Kimberley Kelly	Alberta Medical Association	Improving the Health of Alberta Grade Students Through a Provincial Run Club
Dr. Doug Klein	University of Alberta	CHANGE Adventure Camp
Dr. Lee Schaefer, Dr. Sean Lessard, Brian Lewis	McGill University	Growing Young Movers: An intergenerational Aboriginal youth mentorship model
Kyle McCallum	University of Calgary	The Impact of a Intentionally Designed Physical Literacy Program on Motor Proficiency Development of Kindergarten Children
Anna Mikolajczak	Universtiy of Calgary	Implementing fit breaks at science based summer camps: a pilot study
Oluwatoyosi Owoeye	Sport Injury Prevention Research Centre, University of Calgary	Can a Neuromuscular Training Warm-up Program Increase Students' Perceptions of Well-Being?
Carlyn Stilling	University of Calgary	School Basketball Injury Prevention Study
TBD (The Place lab)	Policy, Location and Access in Community Environments (PLACE) Research Lab	Idea Readiness Tool: Getting New Ideas Moving in your School Community
Brittney Tomin	Ever Active Schools	Dip, Dive & Glide: Immersing Physical Literacy in Aquatic Activities

# 21 FACILITY MAP



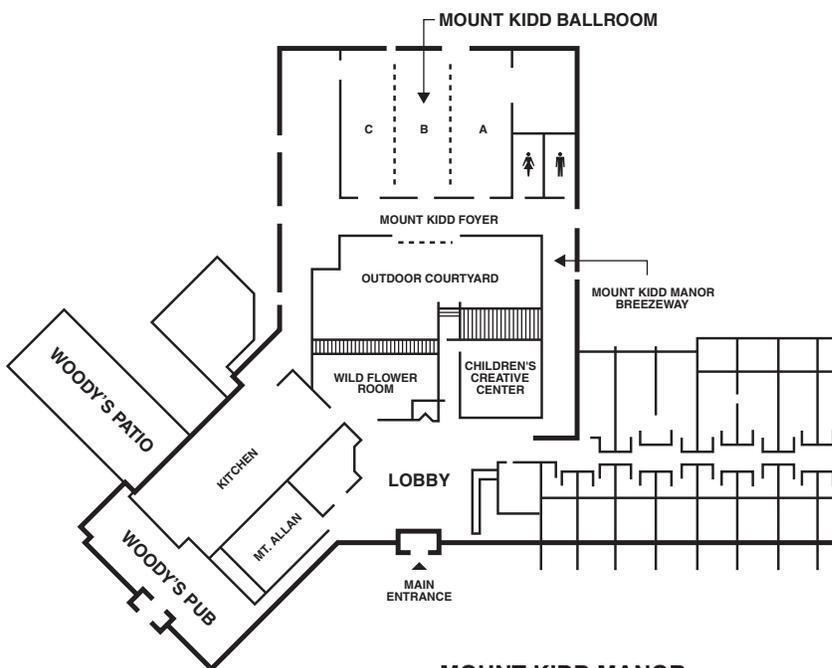
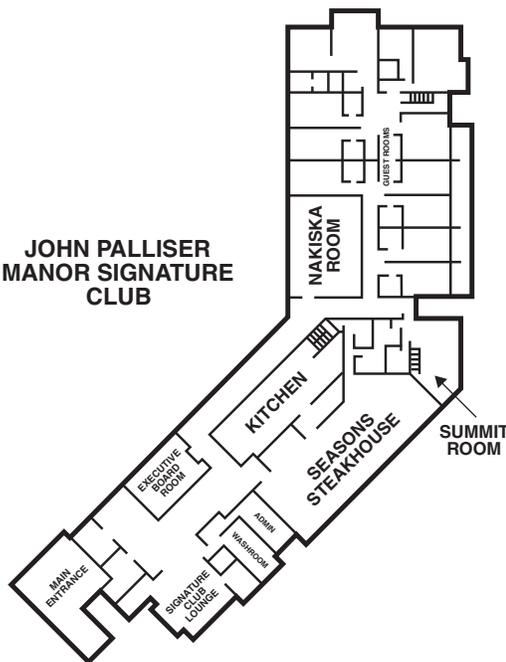
**SUMMIT SPA AND FITNESS CENTRE COMPLEX LODGE LOWER LEVEL**



**LODGE AT KANANASKIS SECOND FLOOR MEETING ROOMS**



**JOHN PALLISER MANOR SIGNATURE CLUB**

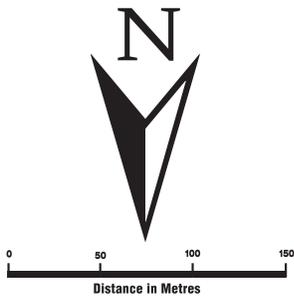
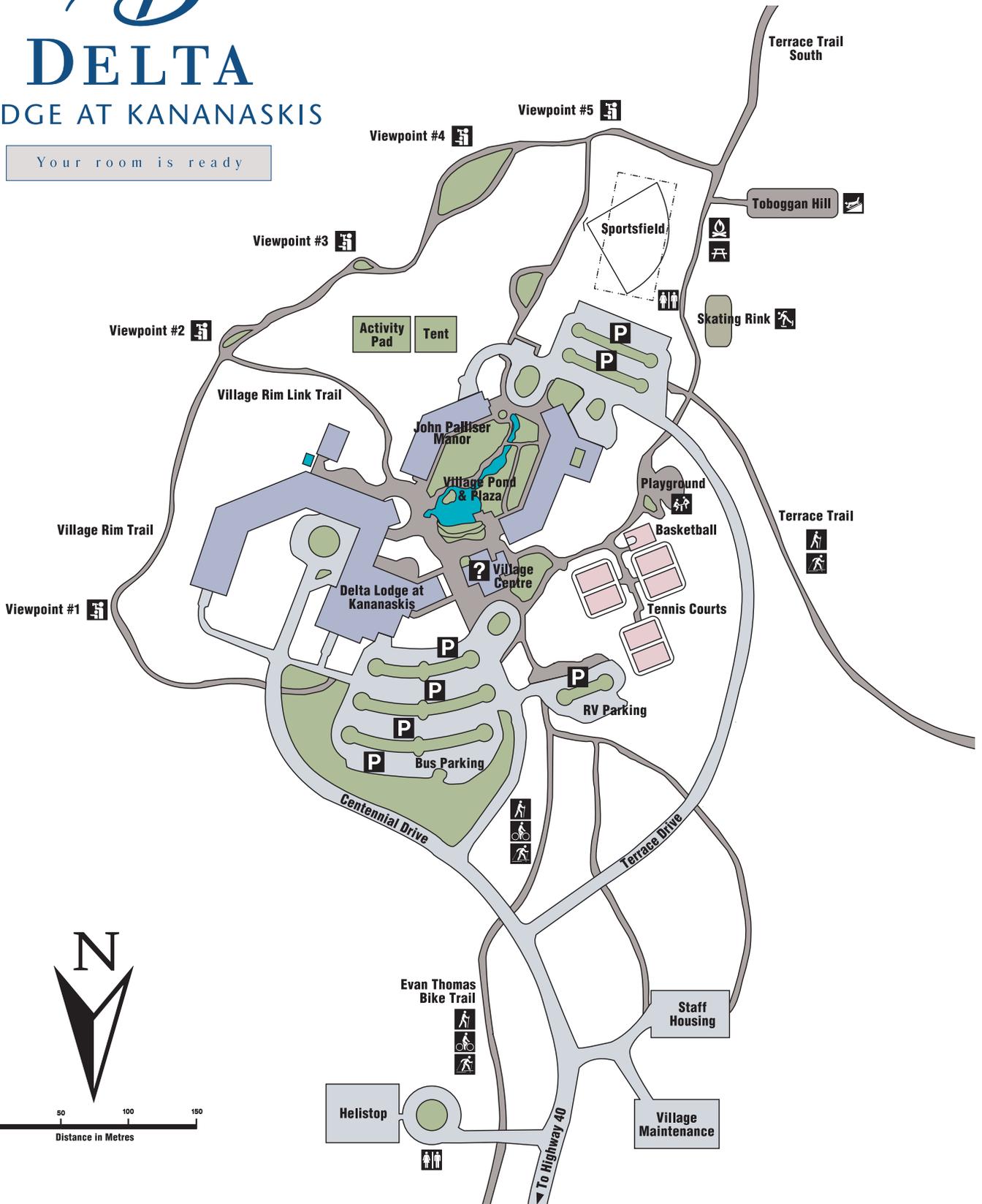


**MOUNT KIDD MANOR**

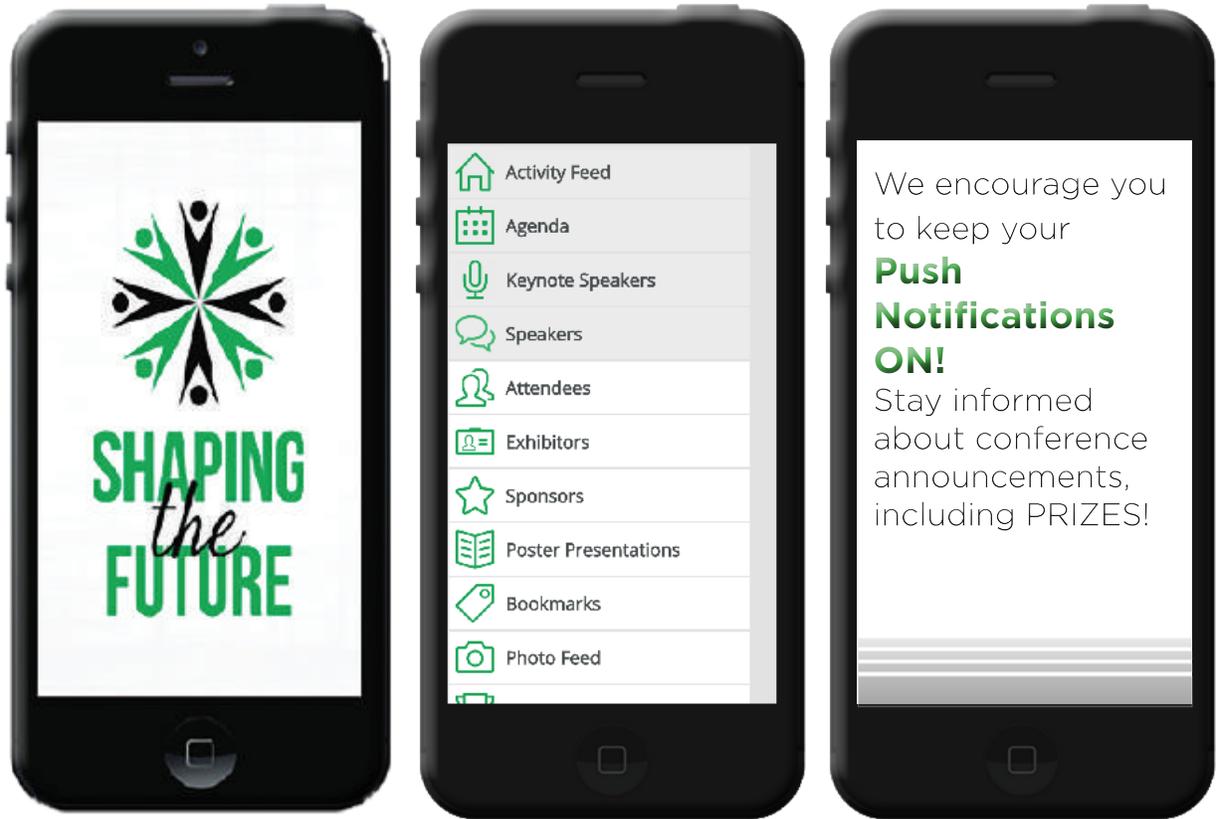


# DELTA LODGE AT KANANASKIS

Your room is ready



# Kananaskis Village



HAVE YOUR SAY AND BE ENTERED TO WIN!  
Rate sessions, decide which two will be encore presentations and you will be automatically entered to win 1 of 2 sets of the Don't Walk in the Hallway Resource Package!

- View schedules and explore sessions to add to your own agenda
- Access speakers, keynotes, exhibitors & poster presentations
- Check into specific sessions
- Oversee an entire feed of event activity including attendee updates, photos & comments
- Expand your professional network and have fun!

Shaping The Future App

Download here: <http://bit.ly/2ir8BwE>



# 22 EXHIBITORS



## Shaping the Future Exhibitor Extravaganza 2017

Follow the below steps to gain valuable resources and connections to help make your initiatives and ideas grow and prosper!

### Spin the prize wheel

Join us in the Exhibitor Marketplace and spin the prize wheel to win awesome swag prizes!

Thursday, January 26  
12:00pm - 1:00pm

### Redeem free drink ticket

Join us in the Exhibitor Market Place for light snacks and to redeem your one free drink ticket!

Thursday, January 26  
4:00pm - 5:30pm

### Snap a photo to win

Snap a photo with you and an exhibitor banner with the #STFEX17 and be entered to win a prize!

Friday, January 27  
3:00pm - 5:00pm

### Collect an extra draw prize entry

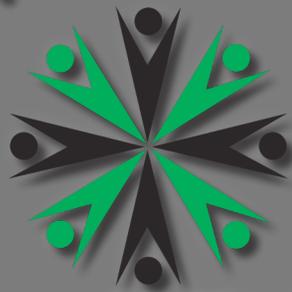
Visit the Ever Active Schools Exhibitor Booth to receive an extra entry into the prize draw!

Friday, January 27  
12:00pm - 1:00pm

Visit our Exhibitors Thursday January 26th and Friday January 27th in the Wildflower and Mt. Allan rooms!

## Exhibitors





# SHAPING *the* FUTURE

TO BE WISELY AWARE

THANK YOU FOR JOINING US

