



SHAPING THE FUTURE



2018

PAN-CANADIAN SCHOOL HEALTH SUMMIT

January 31st to February 3rd, 2018
Treaty 7 • Lake Louise, AB

PROGRAM



#EASSTF

www.everactive.org/stf

ACKNOWLEDGEMENTS

THANK YOU TO OUR SPONSORS & PARTNERS

Sponsors

PLATINUM



Jumpstart

Giving kids a sporting chance



**ALBERTA
MEDICAL
ASSOCIATION**

GOLD



BRONZE

SPORTFACTOR



National Partners



Provincial Partners



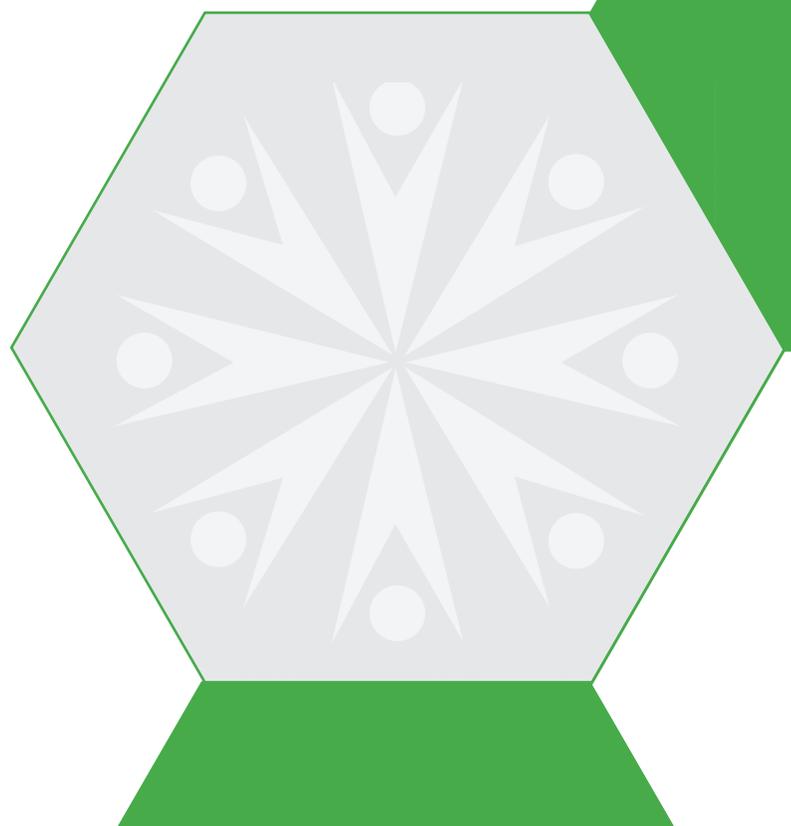
Thank you to the Government of Alberta
and the Health and Physical Education Council
for their ongoing support of
healthy school communities in Alberta



TABLE OF CONTENTS



| | |
|------------------------------|----|
| Welcome! | 1 |
| Stay Connected | 2 |
| Ministers' Messages | 4 |
| Keynote Speakers | 6 |
| Schedule | 8 |
| Session Descriptions | 12 |
| Wednesday Pre-Conferences | 12 |
| Thursday Pre-Conferences | 13 |
| Thursday Concurrent Sessions | 14 |
| Friday Workshops | 20 |
| Saturday Concurrent Sessions | 22 |
| Poster Presentations | 24 |
| Facility Maps | 25 |
| Exhibitors | 27 |





Welcome to the ninth-annual Shaping the Future Conference! This year's conference is a Pan-Canadian School Health Summit, bringing together delegates from across Canada and beyond working to achieve optimal health, wellness and ideal learning environments for all students. We aspire to make the change to work together and collectively voice the grand importance of health and well-being in our schools. A special thank you to the partnering organizations and leadership from across our country that have made considerable efforts in making this event a success. They have done so in a spirit of collaboration and friendship.

We need to have a healthy disruption as student and staff well-being is not being prioritized enough in our communities and across the country. We need to challenge our thinking and our environments and together move towards increased equity and wellness for all in our school communities. Shaping the Future provides the platform for this dialogue and through new knowledge and partnerships we hope the discussion here will be heard back in communities across Canada.

Shaping the Future is for the many amazing presenters and delegates. At the heart of our work is people and this opportunity allows people to connect, listen to each other and inspire change.

Please also take time to enjoy the beautiful surroundings of Treaty 7 land. We hope people take care of their own wellness, outdoors, appreciate the natural environment, be active and connect with new and old friends.

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

Thank you for your time and your travel to attend. You are all wonderful.

Sincerely,
Brian Torrance
Director, Ever Active Schools

Hayley Degaust
Chair, Shaping the Future



STAY CONNECTED

MY BIGGEST TAKE-AWAY
FROM SHAPING THE FUTURE IS...


 SHAPING
the
FUTURE | @everactiveab
#EASSTF
www.everactive.org

**CONFERENCE
HASHTAG:
#EASSTF**

It's important to stop, pause and reflect! We want to hear your most impactful story, shared advice, learning experience or the piece of knowledge that stood out to you.

Remember to pick up a "My Biggest Take-Away Sign" from registration and fill it out within one month prior to the conference. Snap a picture and share with us what your most impactful take away was from Shaping the Future 2018!

Tweet the picture, tag @everactiveab and you will be entered to win a mystery prize!



@everactiveab



Ever Active Schools



everactive.org





AN INVITE HAS BEEN SENT TO YOU WITH INSTRUCTIONS TO DOWNLOAD THE APP, BUT JUST INCASE YOU MISSED IT:

1. Download the App - CrowdCompass Attendee Hub
2. Once the CrowdCompass Attendee Hub App has been downloaded, search for 'Shaping the Future 2018'
3. You will be prompted to enter the event password: **EAS18STF**
4. Verify your account (an email will be sent to you)
5. Start exploring!

- View entire conference schedule and explore sessions to add to your own agenda!
- Access speakers, keynotes, exhibitors & poster presentations
- DM other delegates
- Live Q&A for presenters
- Tweet directly from the app!
- Oversee an entire feed of event activity including attendee updates, photos & comments
- Expand your professional network and have fun!

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



ALBERTA
EDUCATION

Office of the Minister

**Greetings from the Honourable David Eggen
Minister of Education**

On behalf of Premier Notley and the Government of Alberta, I would like to welcome you to the 2018 Shaping the Future conference.

Our government is committed to supporting the health and well-being of all Alberta youth. We recognize the importance of promoting and supporting positive physical and mental health so that students are ready and able to learn.

Alberta Education encourages schools to use a Comprehensive School Health framework to support students in reaching their full potential as learners and as healthy, productive members of society. We all play a part in the important work to enhance the health and learning outcomes of Alberta students.

I would like to extend my appreciation for your ongoing work and support. Best wishes for a successful conference.

David Eggen
Minister of Education

January 2018





Message from Honourable Sarah Hoffman
Minister of Health

On behalf of Premier Rachel Notley and the Government of Alberta, it is my great pleasure to welcome you to Lake Louise and to the Pan-Canadian School Health Summit hosted by Ever Active Schools.

In Alberta, we are working to create a health system focused on primary health care, ensuring those fundamental services better meet an individual's needs and are available in the community, and close to home. Student and school wellness is an integral component of this approach.

Creating and maintaining good health – mental, emotional and physical – is a lifelong endeavour. Building a solid foundation of well-being among students gives them a positive start and enables them to learn and succeed at school. This contributes to healthy school communities, and students ultimately become healthy adults. “Shaping the Future,” your conference theme, aptly describes this goal.

This summit is an important way for you to take steps toward this vision. Through this event, you have an opportunity to share best practices and practical experiences. You also have time for learning, whether it's about new research, evidence-based strategies or innovative approaches.

I hope this conference inspires you to lead by example, to seek the new and untried, and to move others, helping students and schools to become healthy in all respects.

Sarah Hoffman
Deputy Premier
Minister of Health



KEYNOTE SPEAKERS



ADAM BIENENSTOCK

Thursday February 1st
8:00pm - 9:00pm

Adam Bienenstock is an internationally acclaimed designer, builder, and researcher of nature-based play spaces, and the founder of Bienenstock Natural Playgrounds. Adam has traveled globally to advocate for children's rights and nature play and to design spectacular natural parks and playgrounds. His resume is unparalleled; highlights include creating campuses for nature play in Jakarta following attacks by ISIS and redeveloping the baby panda exhibit for the Toronto Metro Zoo.

Adam lives and works at the forefront of the movement to connect children to nature. His bold, charismatic personality sets the tone for the entire company, and he's at his happiest when he's pushing executives, municipal managers and educators out of their comfort zones. He sits on numerous advisory committees including the Canadian Standards Association Playground Safety Standard writing committee, Parliamentary Commission on Urban Conservation and the Systematic Literature Review on Risky Outdoor Play. His work is accessible, natural and fun. Known for his wit and humour as a public speaker, Adam invites us to shed our inhibitions and play in the mud. He is the proud husband of Jill Bienenstock and father of two sons, Sam and Leo. He sneaks off to northern Ontario when he needs to immerse himself in nature; he believes it's one of the most beautiful places on earth.

PANELISTS



DR. KATE STOREY is an Assistant Professor in the School of Public Health at the University of Alberta. Dr. Storey received a Bachelor of Science from Indiana University, a PhD in Nutrition and Metabolism from the University of Alberta, and completed a postdoctoral fellowship in Health Promotion. She is also a Registered Dietitian. Dr. Storey's research program SIRCLE: School-based Intervention Research through Changes in Lifestyles & Environments focuses on school- and community-based strategies to promote healthy weights and prevent chronic diseases. Her research aims to make the 'healthy choice the easy choice' where we live, work, learn and play.



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.

NOT ANOTHER BORING RESEARCH PANEL

Friday February 2nd
11:15pm - 12:15pm

Join leading researchers in Canada in a conversation on why research matters to our everyday work in school communities. In a discussion on connecting research to everyday practice in schools we will learn about why we should care about science and how it can help you become a better educator and person. This candid conversation will detail how research currently lives on a shelf but to make a real difference needs to live in our everyday classrooms. Enjoy energy, humour and a meaningful conversation with some of Canada best researchers.



LILLIAN OSBORNE HIGH SCHOOL STUDENT KEYNOTE TEAM

Friday February 2nd
6:15pm - 7:00pm

We are very fortunate to have students from Lillian Osborne High School, to perform a few of the scenes from a previous year's public performance as this year's Shaping the Future student keynote address. The student keynotes will also show video footage from their 2017 performance, highlighting the need for continued dialogue around and awareness of racism and racial discrimination in Canada past and present.

"Last year as we observed Canada's 150 years since confederation, drama students at Lillian Osborne High School in Edmonton engaged in history timeline project to reflect on the stories of this land and the peoples that live here. This six-month collaborative project with the Centre of Race and Culture worked to raise awareness of racism and racial discrimination in Canada's history and present. The project culminated in a public performance that led the audience through an interactive journey of lesser-known events and policies in Canada's history."

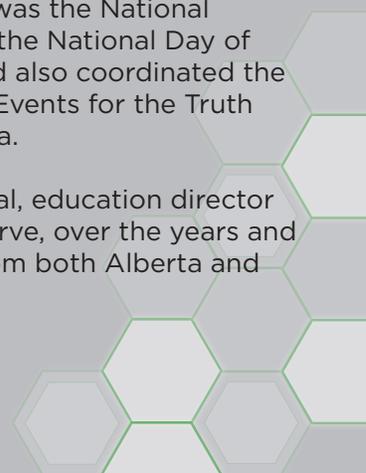


CHARLENE BEARHEAD

Saturday February 3rd
9:30am - 10:30am

Charlene Bearhead is a mother, grandmother, experienced educator and education innovator with 30 years of regional, national and international experience. Charlene currently serves as the Education Coordinator for the National Inquiry into Murdered and Missing Indigenous Women, volunteers as the co-chair of the Downie-Wenjack Fund Board of Directors and is a member of the Pathways to Education Canada Indigenous Education Advisory Circle. Ms. Bearhead also works to support the Alberta Schools Board Association and the College of Alberta School Superintendents for the Alberta Joint Commitment to Action: Education for Reconciliation. Charlene most recently served as the first Education Lead for the National Centre for Truth and Reconciliation at the University of Manitoba. Prior to that she was the National Coordinator for Project of Heart, and for the National Day of Healing and Reconciliation. Ms. Bearhead also coordinated the Education Days within the TRC National Events for the Truth and Reconciliation Commission of Canada.

Charlene has served as a teacher, principal, education director and superintendent, both on and off reserve, over the years and holds permanent teaching certificates from both Alberta and Manitoba.



WEDNESDAY January 31st, 2018

12:00PM - 1:00PM **LUNCH FOR PRE-CONFERENCE ATTENDEES** - *Heritage Hall*

1:00PM - 4:00PM **PRE-CONFERENCE SESSIONS**

The Future of Physical Education: Changing Our Minds Can Change Students' Lives - *Mt. Temple B/C*
Ever Active Schools, Dr. Guy Le Masurier, Vancouver Island University and Ted Temertzoglou, Thompson Educational Publishing Inc.

Building Meaningful Physical Activity Opportunities for Girls in a School Community - *Beehive/Lakeshore*
Ever Active Schools, Vicki Harber, University of Alberta Professor Emeritus and Lea Wiens, Canada Sport for Life

Here Comes Everyone: Teaching in the Culturally Diverse Classroom - *Plain of 6 Glaciers/Saddleback*
Nancy Luyckfassel, Alberta Teachers Association

Ski, Skate & Slide: Enhancing Physical Literacy in the Snow & Ice Environment - *Pipestone/Outdoors*
Ever Active Schools, Canadian Ski Instructors' Alliance, Spirit North, Be Fit for Life

THURSDAY February 1st, 2018

9:00AM - 12:00PM **PRE-CONFERENCE SESSIONS**

Wisdom is in the Room: An Ongoing Conversation Among School Communities and Leaders About Best Practices and Sustainability of Comprehensive School Health - *Mt. Temple B/C*
Hosted by Alberta Healthy School Community Wellness Fund and Alberta Health Services

Designing a Natural Playground - *Beehive/Lakeshore*
Adam Bienenstock and Jill Bienenstock, Bienenstock Natural Playgrounds

Supporting Student Success Through Mentoring - *Plain of 6 Glaciers/Saddleback*
Caroline Gosling, Education Manager, School and Community Supports, Alberta Education

Purposeful Health and Physical Education: Creating a National Implementation Framework - *Pipestone*
Dr. Doug Gleddie and Dr. Lauren Sulz, University of Alberta

12:00PM - 1:00PM **LUNCH FOR PRE-CONFERENCE ATTENDEES** - *Lago Ratunda (ticket required)*

1:00PM - 1:45PM **CONFERENCE OPENING (CONFERENCE BEGINS)** - *Mt. Temple Ballroom*

1:45PM - 2:00PM **BREAK**

2:00PM - 2:50PM **CONCURRENT SESSIONS**

Lessons Learned through K-12 Mandatory Physical Education in Manitoba - *Mt. Temple A*
Dr. Jon McGavock, CIHR Applied Health Chair in Obesity and Resiliency in Youth

Promoting Healthy Relationships in the School Setting: The Newly-Revised JCSH Positive Mental Health Toolkit - *Mt. Temple B*
Katherine Kelly, Pan-Canadian Joint Consortium for School Health

A School's Role in Keeping Our Kids Safe - *Mt. Temple C*
Kim Campbell, Sheldon Kennedy Child Advocacy Centre

Many Skills, Many Strategies: Physical Literacy through an Adapted Lens - *Beehive*
Megan McClelland, Christine Meikle School

Learning, Leading, and Growing by Using Our Physiology as a Compass - *Lakeshore*
Ken King, Red Deer College

Tools for Resiliency: Helping High Schoolers Learn How to Manage Life's Ups and Downs - *Plain of 6 Glaciers*
Cindy Andrew, The Psychology Foundation of Canada

Restorative Action Program (RAP) Findings of the Success Case Analysis - *Saddleback*
Winston Blake, Peer Mediation and Skills Training

Alberta's New Provincial After-School Activity Guidelines for After-School Programs: A Review and Pilot - *Pipestone*
Ever Active Schools, Erik Davidson, WizKid's AfterSchool Program, Jennifer Lehner, Boys and Girls Clubs of the Foothills, Julie Blatter, OLR Kidz Club, Jena Clarke, Groovy Kids Club

Schools in Pools, Bums in Boats - *Pool*
Lori Davis and Chuck Lee, Alberta Whitewater Association



THURSDAY February 1st, 2018 (Cont'd)

2:50PM - 3:10PM **BREAK**

3:10PM - 3:45PM **CONCURRENT SESSIONS**

Sleep in Schools? Schools as Ideal Settings for the Promotion of Healthy Sleep Among Children - *Mt. Temple A*
Dr. Kate Storey and Nomathemba Dube, University of Alberta

Shaping Good Athletes and Good People: Using School Sport and Physical Education as a Setting for Positive Development - *Mt. Temple B*
Kurtis Pankow and Nicholas Holt, University of Alberta

Reflections from Afar: Comprehensive School Health in the UK, Australia and New Zealand - *Mt. Temple C*
Antony Card, Memorial University

Care Provider's Perceptions and Their Role in Promoting Healthy Eating and Physical Activity for Children in the After-School Care Setting - *Beehive*
Pierrette Elias, University of Alberta

A Taste of Smart in Education (Stress Management and Resiliency Techniques) - *Lakeshore*
Janelle Zebedee, Tricia Penny and Vianne Kintzinger, Central Okanagan Public Schools

Research in Action - The Haysboro Nature Playground Project - *Saddleback*
Sonja Sahlen and Meg Kendall, Haysboro Community Association

Keeping Kids in the Game: Sport Injury Prevention in Physical Education Programming - *Pipestone*
Carla Vandenberg, Sport Injury Prevention Research Centre and Megan McKinlay, University of Calgary and Ever Active Schools

3:10PM - 4:35PM **Tipi Teaching: Balancing Body Mind and Spirit** - *Outdoors (Meet in the Hotel Lobby)*
TJ Skalski and Elder Phillip Campiou, Parkland School Division

3:45PM - 4:00PM **BREAK**

4:00PM - 4:35PM **CONCURRENT SESSIONS**

Small But Powerful: Challenging The Process of Community Outreach By Searching For Everyday Opportunities - *Mt. Temple A*
Jason Kupery, Madeleine Kline, Michael Schultz, Kate Laughland, Nadia Vink, Elias Grasmeyer - Palliser School Division

Healthy Educators Create Healthy School Communities - *Mt. Temple B*
Joyce Sunada, Joyful Endeavours

Developing a Tool for Evaluating the Implementation of the Essential Conditions for Comprehensive School Health - *Mt. Temple C*
Dr. Kacey Neely, Genevieve Montemurro and Dr. Kate Storey, School of Public Health, University of Alberta

Who Should be the Food Police? - *Beehive*
Lee Finell, Dairy Farmers of Canada

Alberta High School Program in Concussion Prevention and Management - *Lakeshore*
Paul Eliason, Dr. Carolyn Emery, Dr. Kathryn Schneider and Dr. Amanda Black, Sport Injury Prevention Research Centre, University of Calgary

Aboriginal HIGH FIVE: Training & Community Connections - *Plain of 6 Glaciers*
Pamela Jones and Janet Naclia, Alberta Recreation and Parks Association

Une Approche Structurée et Structurante pour une École Active. - *Saddleback*
Réseau du sport étudiant du Québec - Québec et Chaudière-Appalaches (RSEQ-QCA)

Teach Resiliency: A Whole School Approach - *Pipestone*
PHE Canada, Kim Hordal-Hlewka, Assistant Principal, Michael Phair High School

5:00PM - 6:30PM **COCKTAILS AND EXHIBITOR MARKETPLACE** - *Heritage Hall*

6:30PM - 7:45PM **DARING IDEAS! POWERED BY PECHAKUCHA** - *Mt. Temple Ballroom*

7:45PM - 8:00PM **INTERMISSION** - *Heritage Hall*

8:00PM - 9:00PM **KEYNOTE ADDRESS: ADAM BEINENSTOCK** - *Mt. Temple Ballroom*



FRIDAY February 2nd, 2018

- 7:00AM - 8:00AM** **MORNING ACTIVITY: YOGA** - *Alpine Room*
- 7:00AM - 8:00AM** **MORNING ACTIVITY: AMA YOUTH RUN CLUB WALK OR RUN** - *Meet in Hotel Lobby*
- 8:00AM - 9:00AM** **BREAKFAST** - *Heritage Hall or Lago Ratunda*
- 9:00AM - 11:00AM** **MORNING WORKSHOPS**
- How Indigenous Wellness Teachings Can Support Resilience in Schools – Lessons from Native American Community Academy** - *Mt. Temple A*
Dr. Jon McGavock, CIHR Applied Health Chair in Obesity and Resiliency in Youth
- Talking the Talk Without Putting Your Foot in Your Mouth** - *Mt. Temple B*
Panel Conversation: Sean Lessard, Growing Youth Movers, Brandi Heather, Amped 2 Play and Becky Van Tassel, University Sexual Health Centre
- Move and Play to Grade Six from Pre K** - *Beehive/Lakeshore*
Be Fit For Life
- Teaching in a 21st Century Space** - *Plain of 6 Glaciers /Saddleback*
Ever Active Schools
- Extending Curriculum Outdoors** - *Pipestone/Outdoors*
Jill Bienenstock and Adam Bienenstock, Bienenstock Natural Playgrounds
- Workplace Wellness Superheroes Unite!** - *Victoria Ballroom*
The Alberta School Employee Benefit Plan, Ever Active Schools, Alberta Healthy Schools Community Wellness Fund and other partners
- 11:00AM - 11:15AM** **BREAK**
- 11:15AM - 12:15PM** **KEYNOTE ADDRESS: NOT ANOTHER BORING RESEARCH PANEL - DR. KATE STOREY, DR. JON MCGAVOCK** - *Mt. Temple Ballroom*
- 12:15PM - 1:00PM** **LUNCH** - *Heritage Hall*
- 1:00PM - 3:00PM** **AFTERNOON WORKSHOPS**
- Through the Eyes of a Teacher: Framing the Issue of Staff Well-being** - *Mt. Temple A*
Ever Active Schools, Sheri Wnuk and Paul McArthur & Mali Bain of the McConnell Foundation
- Inclusive Recreation: Supporting LGBTQ2S Youth and Children in Physical Activity Environments** - *Mt. Temple B*
Becky Van Tassel, Calgary Sexual Health Centre
- Healthy Students Are Better Learners; Comprehensive School Health Success Stories in Alberta School Jurisdictions** - *Mt. Temple C*
Mrs. Norah Fines, Nannette Gropp, Patci Hopkins and Desirea Weninger, Alberta Health Services, Healthy Children and Youth
- Everyone is Made to Play: Adapting Physical Activity for the Inclusive Health and Physical Education Space** - *Beehive/Lakeshore*
Ever Active Schools and Brandi Heather, Amped 2 Play
- Honouring Diversity: A Localized Approach to Culture and Language In Tsuut'ina Schools** - *Plain of 6 Glaciers / Saddleback*
Steven Crowchild, Director, Tsuut'ina Gunaha Institute, and Teena Calf Robe, Tsuut'ina Curriculum Development Coordinator
- You Don't Have to Be an Expert to Teach Your Kids to Ski! Strategies for Developing Physical Literacy in the Snow and Ice Environment** - *Pipestone/Outdoors*
Ever Active Schools, Spirit North and The Be Fit for Life Network, WinSport
- This is Your Brain on Music: Community Experiences to Engage the Mind** - *Lago Ratunda*
Laurel Nikolai, Music Specialist Victoria School of Performing Arts, EPSB and Nicole Schutz, Music Specialist, Parkallen School, EPSB
- 3:00PM - 5:00PM** **WELLNESS BREAK**
- 5:00PM - 6:00PM** **COCTAILS & POSTERS** - *Heritage Hall*
- 6:15PM - 7:00PM** **STUDENT KEYNOTE ADDRESS** - *Mt. Temple Ballroom*
- 7:00PM - 8:30PM** **DINNER** - *Mt. Temple Ballroom*
- 8:30PM - 1:00AM** **DANCE AND SOCIAL** - *Mt. Temple Ballroom*



SATURDAY February 3rd, 2018

- 7:30AM - 8:30AM **MORNING ACTIVITY: YOGA** - *Alpine Room*
- 7:30AM - 8:30AM **MORNING ACTIVITY: AMA YOUTH RUN CLUB WALK OR RUN** - *Meet in Hotel Lobby*
- 7:30AM - 8:30AM **MORNING ACTIVITY: SKI WITH SCOTT** - *Meet in Hotel Lobby*
- 8:30AM - 9:30AM **BREAKFAST** - *Mt. Temple & AMA Youth Run Club Breakfast (RSVP) - Victoria Ballroom*
- 9:30AM - 10:30AM **KEYNOTE ADDRESS: CHARLENE BEARHEAD** - *Mt. Temple Ballroom*
- 10:30 - 11:00AM **BREAK AND HOTEL CHECK OUT**
- 11:00AM - 11:50AM **CONCURRENT SESSIONS**
- Food Insecurity, Health and Equity: Implications for Educators** - *Mt. Temple A*
Donald Barker, Alberta Health Services
- Fostering Sustainable Practices** - *Mt. Temple B*
Colleen Wright, Will Roy, Jazmin Bonizzoni, The Alberta Healthy School Community Wellness Fund
- Cannabis Use Among School-Children: What Will Change After July 1st 2018** - *Mt. Temple C*
Dr. Mohammed Mosli, Alberta Health Services
- Healthy Schools – Here, There and Everywhere!** - *Beehive*
Tina Skakun, Megan Axenchuk and Wanda Marsh, APPLE Schools
- Kainai High School Wellness Initiatives** - *Lakeshore*
Karla Langevin, Charlton Weasel Head, Shane Wells, Kainai High School
- Alberta Mental Health Literacy Project** - *Plain of Six Glacier*
Andrew Baxter, Alberta Health Services
- Removing Barriers: Clearing the Way to Create Your Best Program** - *Saddleback*
Carolyn Wendt, Julianne Knopp, Boys and Girls Club of Calgary
- Fuelling Your Adventure - The CHANGE Adventure Camp and the Health Benefits of Nature** - *Pipestone/ Outdoors*
Dr. Doug Klein and Dr. Clark Svrecek, University of Alberta
- 11:50AM - 1:30PM **LUNCH, CLOSING CELEBRATION AND DRAW PRIZES** - *Mt. Temple Ballroom*





WEDNESDAY JANUARY 31ST, 2018 - 1:00PM - 4:00PM

The Future of Physical Education: Changing Our Minds Can Change Students' Lives

Mt. Temple B/C

Ever Active Schools, Dr. Guy Le Masurier, Vancouver Island University and Ted Temertzoglou, Thompson Educational Publishing Inc.

The United Nations Education, Scientific, and Cultural Organization (UNESCO) identifies that an investment in quality physical education will support physical literacy and civic engagement, academic achievement, inclusion, and health. Join Ever Active Schools, Guy Le Masurier (Vancouver Island University), Ted Temertzoglou (Thompson Education Publishing), and teachers in the field, as we explore ways to make this quality investment. We'll share innovative pan-Canadian concepts that have proven successful in the latter years of a student's physical education, giving them the necessary skills to pursue healthy, active, lifestyles.

Building Meaningful Physical Activity Opportunities for Girls in a School Community

Beehive/Lakeshore

Ever Active Schools, Vicki Harber, University of Alberta Professor Emeritus and Lea Wiens, Canada Sport for Life

Less than ten percent of female students are electing to take physical education in Grade 11 and participation rates of girls in physical activity opportunities is significantly lower than boys. Everyone benefits from quality physical activity experiences, yet for girls the experiences can be life changing. Regular physical activity for girls sets the stage for numerous benefits such as healthy body weight management, positive self esteem, increased completion rates of college or university, more opportunity for higher earning jobs, reduced likelihood of engaging in "risky" behaviours such as smoking or illicit drug use, lower rates of teen pregnancy, depression and suicide. There is no other single intervention with that kind of impact, yet we can't seem to reverse the declining participation rates from physical activity and sport among girls. This interactive workshop will discuss key features of creating a positive physically active environment for girls and discuss leadership strategies to implement in your school and community.

Here Comes Everyone: Teaching in the Culturally Diverse Classroom

Plain of 6 Glaciers/Saddleback

Nancy Luyckfassel, Alberta Teachers Association

It is a fact that the demographics of Alberta's schools are changing dramatically, and this means practices and strategies need to be reviewed/adjusted in order to make students and staff feel safe, secure and happy.

This workshop explores a deeper understanding of diversity that extends beyond ethno cultural identity pieces, and includes facets such as gender identity and expression, sexual orientation, socioeconomic status, and Indigenous identities, along with those most commonly associated with the more visible diversity markers of culture and ethnicity.

Through activities and exercises, participants will examine and reflect on their own identity and the concept of culture. The work is designed to explore the opportunities and challenges of teaching in increasingly diverse environments.

Ski, Skate & Slide: Enhancing Physical Literacy in the Snow & Ice Environment

Pipestone/Outdoors

Ever Active Schools, Canadian Ski Instructors' Alliance, Spirit North, Be Fit for Life

Ski, Skate and Slide is a new Ever Active Schools initiative to support teachers and school leaders in creating valuable physical activity experiences in snow and ice alternative environments. Join our three-hour outdoor and active workshop featuring practical examples and strategies to build your confidence in leading students outdoors. Choose your experience: alpine skiing with the Canadian Ski Instructors' Alliance, cross-country skiing with Spirit North, or snowshoeing and ice games with the Be Fit for Life Network. You don't need to be an expert if you can set-up an environment and lead activities in which students can develop skills and gain confidence. Note: you should be confident in navigating the ski hill (e.g. can make parallel turns on blue runs), or the cross country trails (e.g. can travel in and out of the track on a groomed trail) to experience the activities geared for students. After the outdoor session, join Ever Active Schools for an "Apres Ski" meet-up to collaborate and share common learnings from the snow and ice!



**THURSDAY
FEBRUARY 1ST, 2018 - 9:00AM - 12:00PM**

Wisdom is in the Room: An Ongoing Conversation Among School Communities and Leaders About Best Practices and Sustainability of Comprehensive School Health

Mt. Temple B/C

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

Are you interested in healthy school initiatives? 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 Our Schools Survey data. Participants will then have opportunities to share, celebrate, and network with numerous colleagues through a series of facilitated conversations. We will conclude the morning 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.

Designing a Natural Playground

Beehive/Lakeshore

Adam Bienenstock and Jill Bienenstock, Bienenstock Natural Playgrounds

This session will cover what a natural playground is, why it is important, the most relevant data and research, and some of the best examples of natural playgrounds from around the world. Participants will create their own natural playground designs, present their models to the group and receive feedback and expert guidance throughout the entire experiential process. We will start off the design by using five basic elements; changing topography, creating pathways, adding boulders, logs and large trees. Next, natural playground components will be included in their designs to create areas that include art/creative play, dramatic play, science concepts and areas that enhance social skills and collaboration. To close out the session participants will join in a goal setting experience.

Supporting Student Success Through Mentoring

Plain of 6 Glaciers/Saddleback

Caroline Gosling, Education Manager, School and Community Supports, Alberta Education

Mentoring is an evidence based strategy that supports students’ mental health, sense of belonging and connectedness, engagement and attendance, high school completion and ultimately success in and beyond school. In addition, mentoring contributes to a welcoming, caring, respectful and safe learning environment.

Purposeful Health and Physical Education: Creating a National Implementation Framework

Pipestone

Dr. Doug Gleddie and Dr. Lauren Sulz, University of Alberta

As a response to the UNESCO Quality Physical Education Policy Project (<http://www.unesco.org/new/en/social-and-human-sciences/themes/physical-education-and-sport/policy-project/>), the University of Alberta, Ever Active Schools and OPHEA began discussions about health and physical education implementation in Canada. After a forum in Edmonton, consultations with teachers and leaders in Ontario and Alberta as well as with PHE Canada and other organizations, we are ready to move to the next stage. Building on our purpose statement, - Implementation of quality health and physical education in healthy school communities is critical to the development of healthy citizens who positively contribute to society - we will review the draft essential conditions, priorities and actions on a National level with a view towards local implementation. Come and join a variety of Provincial and National partners (practice, research and policy), share your perspective and help craft this National Framework.



THURSDAY FEBRUARY 1ST, 2018 - 2:00PM - 2:50PM

Lessons Learned through K-12 Mandatory Physical Education in Manitoba

Mt. Temple A

Dr. Jon McGavock, CIHR Applied Health Chair in Obesity and Resiliency in Youth

In fall 2008, Manitoba implemented a province-wide policy requiring a physical education (PE) credit for students in grades 11 and 12, the first of its kind in Canada. The PE curriculum requires grades 11 and 12 students to complete a minimum of 55 hours (50% of course hours) of moderate to vigorous physical activity during the school semester to achieve the course credit. The study being discussed during this session examines the impact of this PE policy on secondary school students' moderate to vigorous physical activity as a large natural experiment. Findings can provide evidence about policy features that may improve the PE policy in Manitoba and inform future PE policies in other jurisdictions.

Promoting Healthy Relationships in the School Setting: The Newly-Revised JCSH Positive Mental Health Toolkit

Mt. Temple B

Katherine Kelly, Pan-Canadian Joint Consortium for School Health

School is a place of relationships. In the years between kindergarten and high school graduation, students develop and participate in numerous relationships. School is also a place of learning, where students can develop autonomy, connectedness, and competencies – key features of self-determination.

The Pan-Canadian Joint 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 Dr. Bill Morrison and Dr. 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. Positive Mental Health and Comprehensive School Health approaches both share the perspective of moving beyond a problem-focused, interventionist approach to one of a system-wide, pro-active, prevention, self-determination lens.

A School's Role in Keeping our Kids Safe

Mt. Temple C

Kim Campbell, Sheldon Kennedy Child Advocacy Centre

Reporting suspected child abuse can be very stressful. Knowing what signs to look for, how to respond and what to expect when you report can help make this difficult situation more manageable. Prolonged exposure to traumatic events, such as abuse or neglect, can negatively impact the developing brain. A comprehensive approach to child abuse prevention and early intervention can best support all school staff to recognize and report a student's need for help.

Many Skills, Many Strategies: Physical Literacy through an Adapted Lens

Beehive

Megan McClelland, Christine Meikle School

How can physical literacy be made fun and accessible for learners with a wide variety of abilities and motivations? What strategies can you use to encourage those who are less inclined to be physically active and still motivate those who already love to move? Bring your experiences, stories, and questions to this interactive session and together we will explore how to modify things like instruction, environments, and equipment to help those with whom we work become active for life, each in their own unique way!

Learning, Leading, and Growing by Using our Physiology as a Compass

Lakeshore

Ken King, Red Deer College

This session will involve a brief overview of growth mindset and physiological factors that contribute to causing fear and an aversion from things that can actually help. All "day-to-day" reasons to feel lonely are fearful and rooted in our physiology and all solutions can be controlled if we take control of our physiology in small ways each day. This talk is a short journey from how and why we feel fear and loneliness, to how to take control of those feelings and use them to guide us. However, this is not a self help talk, this talk is about how we can control our own fear and loneliness in order to grow and spread more growth, positivity, and learning in our own individual communities that we live and work in every day.



THURSDAY FEBRUARY 1ST, 2018 - 2:00PM - 2:50PM

Tools for Resiliency: Helping High Schoolers Learn How to Manage Life's Ups and Downs

Plain of 6 Glaciers

Cindy Andrew, The Psychology Foundation of Canada

Stress management is a fundamental life skill that's key to helping youth thrive in today's world. This participatory workshop will introduce participants to a range of practical strategies and resources they can apply in classrooms and across the whole school community; all geared to helping students – and adults – be well equipped to manage through life's ups and downs.

Restorative Action Program (RAP) Findings of the Success Case Analysis

Saddleback

Winston Blake, Peer Mediation and Skills Training

The Restorative Action Program (RAP) is a community-based initiative that is hosted in high schools and sustained through the shared responsibility of multiple partners and other supportive organizations and citizens. RAP works with youth to develop and practice conflict management, relationship management and leadership skills using an approach that focuses on prevention, intervention and reconnection (PIR).

This interactive presentation will provide participants with knowledge and understanding of how to apply proven methods to work with young people. Participants will receive information that will enhance their understanding of issues facing young people within schools and the community, such as disputes, conflicts, bullying and mental health. Special focus will be given to understanding the processes needed to build capacity in the school and how to collaborate with multiple stakeholders. In addition to the broad foundations provided to build capacity to effectively work with young people, participants will also learn how to develop their own strategies based on RAP's PIR service delivery model.

Research and findings from a seven-year study on RAP's PIR service delivery model will be presented to illustrate the success of the model across ten high schools.

Alberta's New Provincial After-School Activity Guidelines for After-School Programs: A Review and Pilot

Pipestone

Ever Active Schools, Erik Davidson, WizKid's AfterSchool Program, Jennifer Lehner, Boys and Girls Clubs of the Foot-hills, Julie Blatter, OLR Kidz Club, Jena Clarke, Groovy Kids Club

Many different organizations provide after-school care and/or after-school programs across Alberta, offering an important service to young people and their families during a critical time of the day. The goals and components of each program are often influenced by the mandate of the organization, funding sources, resources available, or a combination of the three. The new Provincial After-School Activity Guidelines are a resource to support programs in offering quality after-school programs that support Alberta's children and youth to be healthy and physically active. This session will provide an overview of these guidelines and the associated implementation guide. Representatives from the four sites piloting these guidelines will also share how these guidelines impact their programs, why they were interested in being a part of the pilot, and their journey towards incorporating 30 minutes of moderate to vigorous physical activity during their after-school program sessions.

Schools in Pools, Bums in Boats

Pool

Lori Davis and Chuck Lee, Alberta Whitewater Association

Join us for a demonstration of teaching kayaking in swimming pools and learn why you need to bring this program to your community. Like other sports, the boating skills of balance, propulsion and directional control, should begin before the age of 12 to develop physical literacy skills for a lifetime in aquatic sports. Kayaks are the perfect vessel because they are small, light, maneuverable and durable. Pools are the perfect environment because they are safe, supervised, trusted and WARM. Kayaking can increase middle school students use of swimming pools and many pools seek mid-day programming opportunities. Come ready to join us in the pool or as a spectator on the pool deck.



THURSDAY FEBRUARY 1ST, 2018 - 3:10PM - 3:45PM

Sleep in Schools? Schools as Ideal Settings for the Promotion of Healthy Sleep among Children

Mt. Temple A

Dr. Kate Storey and Nomathemba Dube, University of Alberta

Sleep is an essential component of a healthy lifestyle that is crucial to children's physical and mental development. Sleep among children has been consistently declining in recent decades, and inadequate sleep is associated with a wide array of health and psychosocial problems, as well as poorer academic performance. Home and school environments are recognized as critical settings to shape children's health behaviours and as such, health promotion efforts have increasingly focused on the school setting. This session will unpack why healthy sleep among children is so important, and why schools are an ideal setting for sleep promotion. Background on the current status of children's sleep hygiene and sleep duration will be provided, with evidence from recent sleep research in Alberta and beyond.

Shaping Good Athletes and Good People: Using School Sport and Physical Education as a Setting for Positive Development

Mt. Temple B

Kurtis Pankow and Nicholas Holt, University of Alberta

In this session, key research regarding positive youth development (PYD) will be presented as a means of promoting positive youth outcomes through school sport and physical education programs. Participants will have the opportunity to share and discuss their own experiences, strategies, and successes in fostering PYD through physical education and school sport. Resources from a national research initiative (PYD SportNET) will be provided to participants for personal reference material.

Reflections from Afar: Comprehensive School Health in the UK, Australia and New Zealand

Mt. Temple C

Antony Card, Memorial University

In 2016-17, Dr. Antony Card spent a year living abroad and visiting schools, attending workshops and presentations, and meeting with researchers and health and education professionals in the U.K., Australia and New Zealand. This auto-ethnographic session will tell the story of what was new, striking, different and similar to Comprehensive School Health in Canada. The different priorities for school health in each continent will be considered and opportunities and challenges discussed. The unique approach of Health Promoting Schools (HPS) in New Zealand will be highlighted along with the recent release of New Zealand's groundbreaking evaluation on the impact of HPS on student health and well-being.

Care Provider's Perceptions and Their Role in Promoting Healthy Eating and Physical Activity for Children in the After-School Care Setting

Beehive

Pierrette Elias, University of Alberta

The after-school hours from 3-6 p.m. is an important time frame for children to engage in healthy behaviours. Care providers can have an impact on the opportunities for children in their care, notably the healthy eating (HE) and physical activity (PA) opportunities. School's Out...Let's Move (SOLMo) is an ASC intervention intended to improve HE and PA opportunities for children, and applies the evidence-based comprehensive school health framework. This study examined how SOLMo affected care provider's perceptions and explores their role in promoting HE and PA for children in an ASC setting.

**THURSDAY
FEBRUARY 1ST, 2018 - 3:10PM - 3:45PM****A Taste of Smart in Education (Stress Management and Resiliency Techniques)***Lakeshore***Janelle Zebedee, Tricia Penny and Vianne Kintzinger, Central Okanagan Public Schools**

SMART (Stress Management & Resiliency Techniques) is an evidence-based program designed to address the needs of educators (K-12) and professional support staff. The program involves experiential activity in mindfulness including: secular meditation, emotional awareness, self-regulation and movement. This course trains educators to manage stress through a greater understanding & control of emotions, as well as self-care techniques to cultivate personal and professional resilience.

This program is currently being implemented in our school district as a way to support employee well-being and is part of an ongoing research collaborative with UBC Okanagan.

Research in Action - The Haysboro Nature Playground Project*Saddleback***Sonja Sahlen and Meg Kendall, Haysboro Community Association**

How do you measure the success of a park? Wait, first you need to define park success. This symposium- is designed to leverage the evaluation of a playground revitalization project and to show how specific research strategies can be used to measure the success of future play and recreation projects.

The Haysboro Nature Playground Project is a community-driven initiative, revitalizing a City of Calgary playground into one of the first nature playgrounds in Calgary. Two research projects have evaluated the success of this playground design using different quantitative methodologies to provide insights into usage data both before and after the revitalization.

By using this project as a case study, this symposium is designed to address three key themes, making a case for nature playgrounds, benefits vs risk/maintenance as influencing factors for outdoor play space design, and demonstrating the value of research in measuring the success of a public park and recreational space.

Keeping Kids in the Game: Sport Injury Prevention in Physical Education Programming*Pipestone***Carla Vandenberg, Sport Injury Prevention Research Centre and Megan McKinlay, University of Calgary and Ever Active Schools**

Developing movement skills and physical literacy, and improving fitness levels are priorities in physical education. There is, however, another important factor to ensuring kids are able to continue to participate in physical activity and sport throughout their lives- injury prevention. Two-thirds of youth will sustain a sport or recreational activity injury this year. This session will address the rationale for developing and implementing a sport injury prevention strategy in school physical education programs, and will highlight how to incorporate these strategies in class.

Tipi Teaching: Balancing Body Mind and Spirit (3:30pm - 4:35pm)*Outdoors***TJ Skalski and Phillip Campiou, Parkland School Division**

Participants will have an opportunity to learn about the origin, history, and teachings of the tipi and their relevance and connectedness in today's society. They will also physically engage in the process of setting up and taking down a tipi.



THURSDAY FEBRUARY 1ST, 2018 - 4:00PM - 4:35PM

Small But Powerful: Challenging The Process of Community Outreach By Searching For Everyday Opportunities

Mt. Temple A

Jason Kupery, Madeleine Kline, Michael Schultz, Kate Laughland, Nadia Vink, Elias Grasmeyer - Palliser School Division

The session will begin with an explanation of the typical process of community outreach and leadership; which often takes the form of doing large scale initiatives and requires a great deal of time, energy and other resources to execute effectively. Then participants will learn how to challenge that process by searching for small but powerful everyday opportunities to make a difference. They will get a chance to discuss their barriers; identify their resources; and discover possible opportunities in their own lives. We will show how if everyone does small but powerful things, we can have a tremendous cumulative impact on improving our communities. Furthermore, how an individual being intentional about positively impacting those around them each and everyday, is what truly will make them a lifelong leader. From there we will move into talking about where the whole concept of "Small but Powerful" started, as well as some other ways in which we have been spreading our message. Finally we will conclude our session by sharing how we have applied our idea of small but powerful acts in our own lives in order to change our communities for the better.

Healthy Educators Create Healthy School Communities

Mt. Temple B

Joyce Sunada, Joyful Endeavours

The wellness of the educator is a key factor in creating a healthy school community. As individuals; "if you don't take time for your wellness, you will be forced to take time for your illness" . . . and this impacts your ability to provide a healthy environment for your students, staff and yourself. In this session we will explore strategies to maintain personal wellness and discuss the importance of doing so.

Developing a Tool for Evaluating the Implementation of the Essential Conditions for Comprehensive School Health

Mt. Temple C

Dr. Kacey Neely, Genevieve Montemurro and Dr. Kate Storey, School of Public Health, University of Alberta

Last year at Shaping the Future we presented the essential conditions for implementation of comprehensive school health (CSH). We have since evaluated the essential conditions with key stakeholders across the country, including school health champions (teachers and administrators) and individuals at the government level involved with CSH. This session will briefly highlight the modified essential conditions that hold true across Canada and then focus on our development of useful and interactive tools to support and evaluate CSH implementation based on the essential conditions.

Who Should be the Food Police?

Beehive

Lee Finell, Dairy Farmers of Canada

Come and learn about the different roles that teachers, parents and students play in optimizing healthy eating in the classroom. Find out strategies to navigate the complicated landscape of healthy eating in the classroom.

According to research:

What food to pack = Parent's job

When, how long and where to eat = School's job

How much or whether to eat = Student's job

Join and learn more!



THURSDAY FEBRUARY 1ST, 2018 - 4:00PM - 4:35PM

Alberta High School Program in Concussion Prevention and Management

Lakeshore

Paul Eliason, Dr. Carolyn Emery, Dr. Kathryn Schneider and Dr. Amanda Black, Sport Injury Prevention Research Centre, University of Calgary

SHRED Concussions (Surveillance in High schools to REDuce Concussions) is a program developed to establish concussion surveillance and education in Alberta high schools. The goal of the program is to facilitate a comprehensive approach to further understand and prevent concussion in youth sport and recreational activity. This session aims to introduce SHRED and facilitate a meaningful discussion around implementation of surveillance and concussion policy in high schools. Session attendees will gain an understanding of the global public health burden of concussion, concussion management (including return to learn and return to sport), and concussion prevention strategies.

Aboriginal HIGH FIVE: Training & Community Connections

Plain of 6 Glaciers

Pamela Jones and Janet Naclia, Alberta Recreation and Parks Association

Within the past three years, Alberta Recreation & Parks Association (ARPA) has committed to an Aboriginal HIGH FIVE® Project in collaboration with Indigenous Trainers. The aim of the project is ensure that HIGH FIVE® training is more culturally relevant in Indigenous communities and that physical literacy is emphasized in sport and recreation programs. HIGH FIVE® is Canada's quality standard for sport and recreation programs for children ages 6-12 years old. This training is utilized by schools, recreation centres, sport clubs and non-profit organizations throughout the province. In this presentation, ARPA would like to share the collaboration process between project partners and Indigenous trainers in Alberta. We would like to share information about the funding process, training involved, and how the project lead to the improvement of the cultural relevancy of HIGH FIVE® training for children and youth.

Une Approche Structurée et Structurante pour une École Active

Saddleback

Réseau du sport étudiant du Québec - Québec et Chaudière-Appalaches (RSEQ-QCA)

Pour les enfants d'âge scolaire, l'importance de bouger au quotidien est reconnue. Afin de permettre à l'ensemble d'entre eux de bénéficier des nombreux avantages que procurent le mouvement, « Actif au quotidien » propose d'outiller les différents intervenant qui gravitent autour d'eux soit l'enseignant, l'éducateur physique et à la santé et l'éducateur du service de garde. Cette approche engendre des changements de pratiques durables et permet une meilleure cohérence et complémentarité des actions dans le quotidien de l'enfant, que ce soit au préscolaire ou au 1er cycle du primaire. Par la suite, les apprentissages deviennent plus abstraits mais le besoin de bouger demeure présent. Pour y répondre, les enseignants sont soutenus dans le réaménagement de leur classe afin que les enfants puissent adopter des postures de travail et d'écoute différentes. Un aménagement de classe différent entraînant une modification de la méthode d'enseignement, ils sont aussi accompagnés dans l'adaptation de leur pédagogie pour la rendre plus différenciée.

Teach Resiliency: A Whole School Approach

Pipestone

PHE Canada, Kim Hordal-Hlewka, Assistant Principal, Michael Phair High School

With an ever-present need for trusted resources to support student and teacher mental health, PHE Canada launched Teach Resiliency. This innovative online portal provides resources and supports to promote and strengthen the well-being of educators and their students. Delegates will get a tour of the Teach Resiliency online portal to find and utilize strategies, tools, and resources (podcasts, tip sheets, videos) most meaningful to their needs.



FRIDAY

FEBRUARY 2ND, 2018 – 9:00AM – 11:00AM

**How Indigenous Wellness Teachings Can Support Resilience in Schools:
Lessons from Native American Community Academy**

Mt. Temple A

Dr. Jon McGavock, CIHR Applied Health Chair in Obesity and Resiliency in Youth

Wellness is a core concept within the Indigenous worldview of health. The Native American Community Academy has developed novel methods to incorporate wellness into the culture of the school from social work, to health/PE courses to student engagement in community. We will spend this session describing the framework that guides the team at NACA, share resources and provide practical examples of how you can incorporate these teachings into your school to promote student well-being and resilience.

Talking the Talk Without Putting Your Foot in Your Mouth

Mt. Temple B

Panel Conversation: Sean Lessard, Growing Young Movers, Brandi Heather, Amped 2 Play and Becky Van Tassel, University Sexual Health Centre

"Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble."
-Yehuda Berg

Join us as we explore the power and impact of words as they relate to a healthy social environment in school communities. Hear from our diverse panel about the potent resonance of language, but also the value of the intention behind the words that you choose. Participate in our interactive session, ask questions, and leave with tools and increased understanding to help you verbally navigate important issues such as cultural identity and gender expression so all students feel safe and welcome.

Move and Play to Grade Six from Pre K

Beehive/Lakeshore

Be Fit For Life

Join Be Fit For Life for an educational, fun and play-filled workshop where you will learn about the development of physical literacy in the first 12 years of life. This active session will provide you with knowledge and understanding around the development of physical literacy and leave you with foundational tools and resources to help develop physical competence, confidence and motivation in the children you work with.

Teaching in a 21st Century Space

Plain of 6 Glaciers/Saddleback

Ever Active Schools

Many educators have been working to make over their spaces to allow for more movement and choice among their students. This session will explore a little about why this is important, and then participants will dive into exploring, and drafting instructional strategies to support teaching in these brand new, unique spaces.

Extending Curriculum Outdoors

Pipestone/Outdoors

Jill Bienenstock and Adam Bienenstock, Bienenstock Natural Playgrounds

Nature has many lessons to offer. This workshop will focus on how to deliver curriculum outside to children of all ages and development levels. Participants will try a variety of hands-on activities that they can take back to their centres. Activities will emphasize using materials that are already present or available to child care centres and schools. We will discuss adding natural elements, simple ideas and strategies to ensure a measure of success for children. The outdoors naturally provides an environment for all children to learn and grow. Let's make sure we take advantage of it now and get outside!

Workplace Wellness Superheroes Unite!

Victoria Ballroom

The Alberta School Employee Benefit Plan, Ever Active Schools, Alberta Healthy Schools Community Wellness Fund and other partners

Have a super human interest in employee workplace wellness? Awesome. Join this session with The Sandbox crew for an opportunity to dig in and explore ideas around promoting healthy workplaces!

The Alberta School Employee Benefit Plan (ASEBP), Ever Active Schools, Alberta Healthy Schools Community Wellness Fund and other Comprehensive School Health partners want to help you to connect, share and learn more about how we can work together to create healthy workplace environments for school employees.



FRIDAY FEBRUARY 2ND, 2018 - 1:00PM - 3:00PM

Through the Eyes of a Teacher: Framing the Issue of Staff Well-being

Mt. Temple A

Ever Active Schools, Sheri Wnuk and Paul McArthur & Mali Bain of the McConnell Foundation

Well-being for teachers and school staff is an issue of ever-growing importance in the context of creating and sustaining healthy school communities. In this workshop, Sheri Wnuk will share research on staff attrition and provide insight into what teachers have identified as "sustainable moments" in the profession. Mali Bain and Paul McArthur of the WellAhead Initiative through the J.W. McConnell Foundation will outline what they have learned by convening a national conversation on staff well-being. The emphasis of the session will be on staff well-being, not as a proxy for student well-being, but for the sake of school professionals themselves. Participants will have the opportunity to share their own sustainable moments and work with partners in school health to provide a practice-level view of how this issue should be defined and framed moving forward.

Inclusive Recreation: Supporting LGBTQ2S Youth and Children in Physical Activity Environments

Mt. Temple B

Becky Van Tassel, Calgary Sexual Health Centre

This workshop explores the meaning of LGBTQ identities of our students, with a focus on how to create inclusion within recreation. We will discuss terminology and participants will gain practical strategies for creating more positive, respectful, and safe cultures within sport. This workshop will focus on inclusive language and techniques to enhance communication with students within a school environment.

Healthy Students Are Better Learners; Comprehensive School Health Success Stories in AB School Jurisdictions

Mt. Temple C

Mrs. Norah Fines, Nannette Gropp, Patci Hopkins and Desirea Weninger, Alberta Health Services, Healthy Children and Youth

This session will provide an overview of the Alberta Health Services (AHS) Comprehensive School Health (CSH) framework. AHS supports school jurisdictions across Alberta to adopt the CSH framework. Participants will be inspired by success stories from rural and urban jurisdictions, and key learnings from promoting wellness in schools across Alberta. Learning from others in CSH requires us to 'see the big picture' and to think beyond our own sphere of influence. As well as 'thinking big,' there will also be the opportunity to explore practical ideas for promoting wellness in division and school settings. Come prepared for a fun and engaging session.

Everyone is Made to Play: Adapting Physical Activity for the Inclusive Health and Physical Education Space

Beehive/Lakeshore

Ever Active Schools and Brandi Heather, Amped 2 Play

This workshop will give participants key tools and knowledge required to create a more inclusive physical activity and wellness space using simple low-cost adaptations to equipment, tasks and environments. We will walk you through the process being piloted through Ever Active Schools for creating a foundation of understanding and respect for students abilities first. Discussions about teacher experiences, success and challenges around inclusive physical activity, will be followed by experiential learning and applied practice of basic adaptations. We will grow teacher capacity for creativity and innovative practice in their classrooms and gymnasiums as it applies to including all students in physical activity and wellness.

You Don't Have to be an Expert to Teach Your Kids to Ski! Strategies for Developing Physical Literacy in the Snow and Ice Environment

Pipestone/Outdoors

Ever Active Schools, Spirit North and The Be Fit for Life Network, WinSport

This session will take you indoors and out, and focuses on the opportunity we have up to six months per year to develop skills and confidence in our students in the winter! Ever Active Schools, Spirit North, WinSport and Be Fit for Life Network will share strategies to build teacher confidence in leading students outdoors in activities like cross-country skiing, snowshoeing, skating and more. After a one-hour panel discussion indoors, we'll take the learning outside where you can experience easy to implement environments in cross-country skiing, skating, or snowshoeing (your choice). To benefit from this workshop, you should be confident at navigating basic terrain on your choice of equipment (skis, snowshoes, or skates). Please note equipment is NOT provided, but rentals are available at a special conference rate at Chateau Mountain Sports. You do not need to be an expert, but this session will help you to be confident and equipped with strategies that will engage a varied group of students, to keep them moving and safe, and to help them fall in love with the best season of them all.

This is your Brain on Music: Community Experiences to Engage the Mind

Lago Ratunda

Laurel Nikolai, Music Specialist Victoria School of Performing Arts, EPSB and Nicole Schutz, Music Specialist, Parkallen School, EPSB

Current brain research supports increased brain development through active movement and music making! Come and experience ways of making music and moving with young people that increase one's sense of community, relationships and connection while improving executive brain function. Participants will experience ways in which music and movement can be used to bring mindfulness, connection and self-regulation to one's students – calming the brain so that learners are ready to learn.

Honouring Diversity: A Localized Approach to Culture and Language In Tsuut'ina Schools -

Plain of 6 Glaciers /Saddleback

Steven Crowchild, Director, Tsuut'ina Gunaha Institute, and Teena Calf Robe, Tsuut'ina Curriculum Development Coordinator

In this session, attendees will: Gain some knowledge of Tsuut'ina history, learn about Tsuut'ina language and culture revitalization efforts, recognize the diversity that exists amongst First Nations, learn how to establish respectful working relationships with Indigenous organization, see examples of unique resources developed in Tsuut'ina



SATURDAY FEBRUARY 3RD, 2018 – 11:00AM – 11:50AM

Food Insecurity, Health and Equity: Implications for Educators

Mt. Temple A

Donald Barker, Alberta Health Services

More than 1 in 10 households across the country have faced food insecurity in the past year due to a lack of income to buy enough healthy food. It is therefore no surprise that most teachers experience students who have too little to eat or come to school without a lunch. However, food insecurity cannot be defined as 'hunger' because it includes many other adverse experiences such as poor diet quality, ongoing stress and social alienation. This presentation will provide an overview of household food insecurity and the recommended approaches to addressing this issue, using Comprehensive School Health as a guide. It will also outline how schools can apply an equity approach to support students and families who face unjust or preventable social barriers that lead to poor health outcomes and behaviours. The presenter will highlight equity assessment tools and demonstrate how to apply them when developing new policies, programs or initiatives that aim to improve mental, physical and nutritional health within the school environment. This session will be of interest to school district wellness leaders and decision-makers, school administrators, health champions and teachers.

Fostering Sustainable Practices

Mt. Temple B

Colleen Wright, Will Roy, Jazmin Bonizzoni, The Alberta Healthy School Community Wellness Fund

Advancing Comprehensive School Health. By implementing an "umbrella" strategy, the district takes a holistic approach while supporting individual schools to address self-identified needs. This approach supports the premise that principals, teachers, staff, students, community stakeholders and families all play a role in infusing wellness through the curriculum and into the culture of the school community.

This collaborative sessions will highlight success stories and best practices from across the province while sharing strategies for project sustainability.

Cannabis Use Among School-Children: What Will Change After July 1st 2018

Mt. Temple C

Dr. Mohammed Mosli, Alberta Health Services

An introduction to cannabis use among youth in Canada, the health impact of Cannabis use, and the role of Public Health. I will cover current trends and illustrate the changes in cannabis use that we predict will happen after legalization comes into effect on July 1st 2018.

Healthy Schools – Here, There and Everywhere!

Beehive

Tina Skakun, Megan Axenchuk and Wanda Marsh, APPLE Schools

Living in a rural or remote location, and looking for some easy ways to implement CHS? Come and find out about implementing healthy messaging, positive physical environments, mental health activities, healthy eating ideas, and Daily Physical Activities into your school community. The practical ideas are easy to implement, and come with limited cost and huge impact. Join APPLE Schools' newest School Health Facilitators in a resource session showcasing the way that school health champions can create a healthier school environment even in a rural or remote location.



SATURDAY FEBRUARY 3RD, 2018 - 11:00AM - 11:50AM

Kainai High School Wellness Initiatives

Lakeshore

Karla Langevin, Charlton Weasel Head, Shane Wells, Kainai Highschool

Tangible ideas to start tomorrow in your school, getting buy-in of students and staff towards innovative wellness practices. Some topics covered will include: wellness sampler Fridays, healthy relationships, personalization, Headstrong student led mental health program, morning walking program, nutrition and more.

Alberta Mental Health Literacy Project

Plain of Six Glacier

Andrew Baxter, Alberta Health Services

How are the mental health needs of students being addressed in your school? How do we have informed conversations between school staff, students and parents? This session will provide an overview of the Alberta Mental Health Literacy Project which launched in 2013. A sample of the materials utilized in both the Go-To Educator Session for educators and the Mental Health Curriculum Guide for students will be shared along with recent research findings.

Removing Barriers: Clearing the Way to Create Your Best Program

Saddleback

Carolyn Wendt, Julianne Knopp, Boys and Girls Club of Calgary

Do you have an idea for a program or activity that never materializes? Have you examined why? What barriers are getting in your way and how could you overcome them? In this session we will examine how to identify and remove barriers in order to create and run your best program. Great programming starts with an idea, and ideas need time and support to germinate. Ideas can also become stagnant and get left behind. Including presentation style and round table discussion, we will work together to utilize a process to clear the way for your best programming. By recognizing a need and ultimately a benefit for your participants, you can combine what you hope to achieve with your idea and strengthen the program itself. As employees of Boys & Girls Clubs of Calgary with experience running a variety of innovative programming, we will work with your examples to illustrate how this can be done.

Fuelling Your Adventure - The CHANGE Adventure Camp and the Health Benefits of Nature

Pipestone/ Outdoors

Dr. Doug Klein and Dr. Clark Svrecek, University of Alberta

The CHANGE Adventure camp team is working with several schools in Alberta to create Adventure Camp programming in their schools and communities. We will demonstrate and get the participants involved in some of the best of CHANGE Adventure Camp. In addition, examples of integration of the Adventure Camp into school communities will be shared. By the end of this session, participants will know how they can create adventure in their school community.

Sprinkled throughout the activities will be discussion points around the health benefits of nature, which include the domains of: increased physical activity in children with associated decreased obesity rates; improved social cohesion and community well-being; improved immune system development and function; decreases in myopia rates; and improvements in cognitive/

POSTER PRESENTATIONS



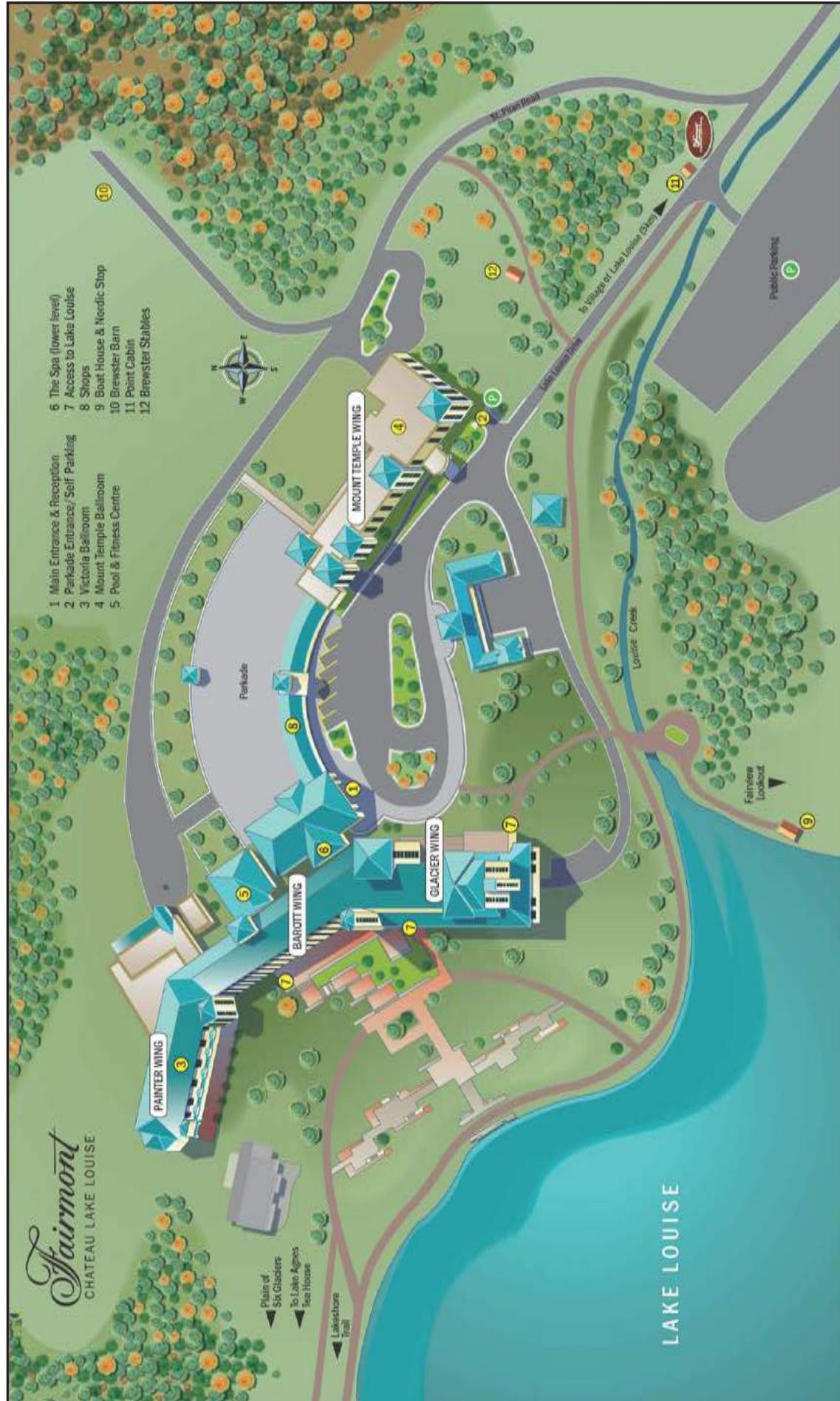
| Name of Presenter | Organization | Title of Poster | Category of Poster |
|---|---|--|--|
| Jodie Stearns | University of Alberta | Children's Friendship Networks and Physical Activity | Social and physical environment |
| Brendan Wohlers | University of Alberta/EAS | Alberta Teacher's Knowledge and Attitudes for Physical Activity and Physical Literacy Promotion | Social and physical environment, healthy school policy, partnerships and services |
| Alexa Ferdinands | University of Alberta | Findings from Alberta's 2017 Nutrition Report Card: What About the Youth? | Social and physical environment, healthy school policy |
| Craig Churchill | Banded Peak School | Engaging Middle School Students in Meaningful, Authentic Outdoor Learning | Social and physical environment, teaching and learning, healthy school policy |
| Doug Klein | University of Alberta | CHANGE Adventure Camp - An Evaluation | Teaching and learning, healthy school policy, partnerships and services |
| Pierrette Elias | University of Alberta | Care Provider's Perceptions and Their Role in Promoting Healthy Eating and Physical Activity for Children in the After-School Care Setting | Social and physical environment, teaching and learning, healthy school policy, partnerships and service |
| Charlton Weasel Head | Kainai Board of Education | Kainai High School Wellness Initiatives | Social and physical environment, teaching and learning, healthy school policy, partnerships and services |
| Kim Hlewka | EPSB | The Way We Do Business: Exploring Health as a Foundational Principle for a New JH School | Social and physical environment, healthy school policy, partnerships and services, teaching and learning |
| Louise McClelland | EAS | Pathways to Physical Literacy: Choose Your Own Adventure! | Social and physical environment, teaching and learning, healthy school policy and partnerships and services |
| Tracey Coutts | EAS | A Step in the Right Direction - Championing Active School Travel in Alberta | Social and physical environment, teaching and learning, healthy school policy, and partnerships and services |
| Chelsea Cattroll | Peerless Lake School | Peerless Lake School PE Program | Social and physical environment, teaching and learning, partnerships and services |
| Tracey Gilmour | North Star Elementary School & EAS | Loose Parts Play | Social and physical environment |
| Mac Walton | EAS | Miyomahchihowin | Teaching and learning, partnerships and services |
| Hayley Degaut | EAS | Closing the Gender Gap in Girls' Participation in Sport and Physical Activity- GO! Run: Girls Only Run Clubs | Social and physical environment, teaching and learning, healthy school policy, and partnerships and services |
| Katelynn Theal | EAS | Finding the Leader Within, through the Arts, Creative Expression, and a Growth Mindset | Social and physical environment, partnerships and services |
| Katelynn Theal/Louise McClelland | EAS | Activity Permissive Learning Environments | Social and physical environment, teaching and learning, healthy school policy, partnerships and services |
| Katelynn Theal | EAS | HASS Supporting Healthy School Communities through Student Leadership | Social and physical environment, teaching and learning, healthy school policy, partnerships and services |
| Caterine Plamondon | RSEQ QCA | A Structured and Structuring Approach for an Active School | Social and physical environment, teaching and learning, healthy school policy, partnerships and services |
| Sara Keebler | Vivo for Healthier Generations | Key Ingredients in a Recipe for a Healthier Classroom | Social and physical environment, Teaching and Learning, Healthy School Policy, Partnerships and services |
| Misty Griffith | Prairie Land Regional Division #25 | Mental Health Capacity Building in Schools Initiative | Social and physical environment, Teaching and Learning, Healthy School Policy, Partnerships and services |
| Doug Gleddie and Hayley Morrison | University of Alberta | Collaborative and experiential professional development for inclusive physical education. | Teaching and Learning |
| Doug Gleddie, Lauren Sulz and Andrew Morgan | University of Alberta | Applied physical literacy in an urban high school | Teaching and Learning |
| Claudia Yehia-Alaeddin | Manasc Isaac | 21st Century Learning Physical Environment, Mill Creek School | Social and physical environments, teaching and learning |
| Trevor Zahara | Paper4Trees Canada/New Zealand | School and Planet Success Story | |
| Joshua Derko | The Alberta Rink of Dreams Society | Rink of Dreams: Kingman, Alta. Project | Social and physical environments, teaching and learning, healthy school policy, partnerships and services |
| Antony Card Mary-Ann Reid | Memorial University, Queen's University | Physical Activity, Healthy Eating, Mental Health & Professional Development: Best Practices in Canadian Schools | Social and physical environments, teaching and learning, healthy school policy, partnerships and services |

Research

School Success Story or Wellness Initiative



Outdoor Map





THANK YOU
TO ALL
OF OUR
EXHIBITORS
FOR THEIR
CONTINUED
DEDICATION
TO HEALTH
AND
WELLNESS





SHAPING THE FUTURE



PAN-CANADIAN SCHOOL HEALTH SUMMIT

