

RED DEER HASS 2015

LARGEST EVER HASS!

The largest ever Healthy Active School Symposium (HASS) took place in Red Deer on October 22, 2015. A total of 472 people took part in the event including 336 student participants (Grades 4-12), 85 teachers / school staff adults, and 51 presenters / facilitators, and volunteers.



Sponsored by Ever Active Schools, the day featured a variety of interactive learning opportunities where students explored, shared, and learned how to create healthy school community environments.



Early Morning Energizers

The "early to arrive" students enjoyed a variety of active games hosted by the Be Fit For Life Centre with the support of Red Deer College students.

Opening Ceremonies

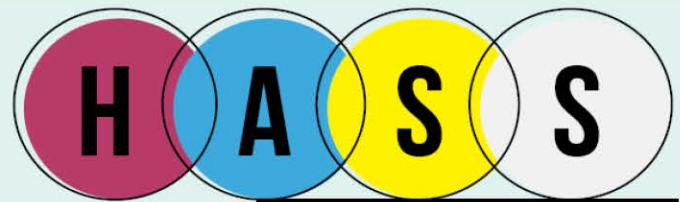
Abigail Conway (grade 12 student at David Thompson High School), and Kaden Nivens (grade 9 student at Lindsey Thurber High School), showed confidence and leadership as MCs for the event. Following a large group dance, each school was introduced and shared something they were doing to create a healthy school environment.

Chris Fenlon- MacDonald from Ever Active Schools challenged schools to develop an "inquiry question" to guide their work for the year.

The opening portion of the day concluded with a fun energizer - DANCEPL3Y, led by Tracey Lockwood, where students were able to dance and cheer on the Blue Jays at the same time!



"DANCEPL3Y Rocks!!!"



Red Deer October 22, 2015

Break Out Sessions

Students had the opportunity to select 3 of 11 break-out sessions where they were able to explore wellness from a variety of perspectives including:

- Art Therapy
- Find & Share Your Happy
- DANCEPL3Y
- Move and Learn
- Nutrition
- Traditional Aboriginal Games
- Recess Fun
- Social Emotional Learning & Mindfulness
- Yoga
- Universal Food Strategy

An exciting opportunity was offered to 2 high school students. Baylee and Xander from H J Cody School in Sylvan Lake offered a highly popular "pop up" session titled "Minute to Win It".

Noon Hour Displays

Lunch time was a high energy affair - students were encouraged to visit display booths hosted by such organizations as Ever Active Schools, Be Fit for Life, Heart and Stroke Foundation, AHS Nutrition Services, Suicide information and Education services, AHS Mental Health and Addictions, and the Red Cross. Students had to visit display tables and gather information before gaining access to the facility's 2 story indoor slide.

Sharing & Networking

The afternoon started an exciting energizer led by Char Andrew from Red Deer Catholic Schools.

The focus of the afternoon was on sharing, celebration, and planning. Schools, through the use of posters and displays, shared what they are doing to create healthy school environments. Participants then spent time in their school groups reflecting on what they had learned and initiated plans for the coming year. By the day's end, every school had time to work on an official school action plan - describing how they will spread and promote a culture of Health and wellness in their own school community.

The day concluded with a final gathering including a fun dance and some motivational remarks from Kaden Nivens and Chris Fenlon - MacDonald.

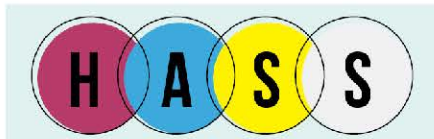
What have you done since HASS to create a "healthy school community"?
Please share your ideas with your School Health Facilitator or submit your idea to the Wellness Wiki!

HASS is for Adults Too!

HASS isn't just for students! Teachers, trustees, administrators, and jurisdiction leaders also have

opportunities to connect, share, and inspire one another.

Café Conversations and the Zone 4 Conversation provided connecting time for adults attending HASS.



Café Conversations

Café Conversations was an informal gathering opportunity to share and discuss their thoughts on a variety of topics including:

- Building a strong school health team
- Staff wellness
- Increasing Staff Buy-In
- Gaining Admin Buy-In
- 21st Century Learning Environments
- Adapting activities for all
- Youth Risk Management
- Open Conversation

Zone 4 Conversation

A variety of stakeholders representing most of the Zone 4 Jurisdictions took part in a facilitated conversation that explored how we can work towards creating a culture of wellness.

The conversation in Red Deer resulted in 3 key messages:

- Promote Balance:
 - school calendar - does the calendar need to stay the same or can more breaks be infused into the school year?
 - limiting the use of e-mail outside of business hours
 - Support a more healthy lifestyles by encouraging staff to use (or create) their wellness spending account.
- Resource Coordination: resources and supports for health promotion in schools need to be better coordinated / organized (provincially); resources should be “easy to find and navigate”.
- Encourage open communication and support for creativity: modified classrooms, raising chickens, outdoor classrooms, and harvesting honey are all creative ways to promote health and well-being but they take supportive administrators that are open to new ideas.

21st Century Learning Environments

The “adult conversation space” had a new look this year. Gone were the typical table and chairs used for most workshops / meetings! Instead, the room was set up into 8 conversation areas. Each conversation space looked a little different - some were set up with couches and chairs, some had high tables with stools, there were a couple of “typical table and chair formations, and one formation included bean bag chairs!

There is starting to be a shift in learning environments in schools. Conference organizers felt it was important to model some of these concepts in the adult gathering area.

Zone 4—Healthy School Communities

Wellness Leader Summit

Coming Spring 2016! Stay tuned for a date and location.

Zone 4 Update

We heard some important messages at the Zone 4 Conversation during the Red Deer HASS! One participant went back to their jurisdiction and immediately started challenging colleagues to reflect on their personal practice of sending emails during “non work hours”.

We challenge those that participated in the zone conversation to continue these conversations and share some of the messages in your schools / jurisdictions. The Zone Team will be reviewing the conversation notes and taking your messages forward to partners in CASS and ASBA.

If you'd like more information on what was discussed - connect with a member of the Zone 4 Team (Darlene Ferris - CASS Representative, Diane Macaulay - ASBA Representative, Dr. Ifeoma Achebe - Medical Officer of Health, or Lorna Muise - AHS School Health Promotion Team

Connecting Opportunities

Attendance at HASS is one of many opportunities where you can learn, explore, and celebrate healthy school communities! [Shaping the Future](#), Zone 4 Conversation (hosted each fall at HASS) , and the Zone 4 Wellness Summit (see above) offer additional opportunities for Professional Development, sharing and networking. Contact your School Health Facilitator for more information!

