



2020  
SHAPING *the* FUTURE

*Building Bridges: Stronger Together*



**JANUARY 29 - FEBRUARY 1, 2020**  
**TREATY 7 | LAKE LOUISE**

# CONFERENCE APP



- View entire conference schedule and explore sessions to add to your own agenda
- Access speakers, keynotes and exhibitors
- Direct message other delegates
- Tweet directly from the app
- Oversee an entire feed of event activity including attendee updates, photos and comments
- Expand your professional network and have fun!

## Table of Contents

Partners and Exhibitors.....	2
Greetings from Ever Active Schools.....	3
Minister Messages .....	4
Facility Maps .....	6
Accessibility and Inclusion.....	7
Keynote Speakers.....	8
Pre-Conference Schedule.....	10
Main Conference Schedule.....	11
Session Descriptions .....	17

## Conference Partners



BROUGHT TO YOU BY OUR DIETITIANS



## Exhibitors



Natural Fibres

## *Greetings from Ever Active Schools!*

Âba wattech / Good day and welcome to the eleventh-annual Shaping the Future Conference!

Firstly, thank you for taking the time to attend. Thank you for being a voice for equity, wellness and education. Thank you for sharing, connecting and inspiring this work across Alberta and beyond. And thank you for your friendship and care to this community of people that advance wellness in our schools.

Again this year, we gather with people from across Alberta and beyond who are working to achieve optimal health, wellness and ideal learning environments for all students.

Ever Active Schools aims to have Shaping the Future be a platform for leaders to come together and discuss the many aspects of comprehensive school health. Along with committed partners and friends, we strive to connect all delegates by sharing knowledge in a variety of interactive learning formats, including pre-conferences, workshops, keynote speakers, concurrent sessions, outdoor sessions, success stories and networking opportunities with exhibitors. The human connection between delegates and the building of relationships will spearhead school health and our learning forward. It will also be fun!

Shaping the Future believes in and provides daily wellness and physical activity, which allow you to engage in activities such as snowshoeing, walking, running and cross-country skiing in the beautiful physical environment. Please take time to enjoy the beautiful surroundings of Treaty 7. Enjoy the event and thank you for being a champion of health and wellness.

We thank you for the time and energy you put into creating safe, welcome, caring, resilient and healthy learning environments for children and youth. We may be biased, but there is nothing more important than this work that we share together.

Sincerely,

Brian Torrance, Director, Ever Active Schools

Hayley Degaust, Chair, Shaping the Future



ALBERTA  
EDUCATION

*Office of the Minister*

## **Greetings from the Honourable Adriana LaGrange Minister of Education**

Welcome to Shaping the Future 2020. I am inspired by this year's powerful theme Building Bridges: Stronger Together. I hope you are too.

Whether you are an educator, health and wellness professional or researcher, this conference is a time for connection, reflection and action. I encourage you to be fully engaged and consider how best to prepare students and teachers for this new decade. By sharing best practices, learning from the past and imagining the future, you will help establish a health and wellness culture in our schools that supports diversity and inclusivity.

I believe our education system is strengthened when we work together to achieve common goals. In the coming days you will have opportunities to collaborate and acquire practical knowledge and skills. It is rewarding to know your experiences here will help advance health and wellness outcomes in our school communities.

I appreciate your ongoing commitment to health and wellness in the education system.

Enjoy the conference!

Adriana LaGrange  
Minister of Education

January 2020

## **Message from Honourable Tyler Shandro Minister of Health**

On behalf of Premier Jason Kenney and all my government colleagues, it is my pleasure to welcome you to the 2020 *Shaping the Future* conference.

The start of a new year and a new decade affords us a fresh perspective to address the many challenges and opportunities facing today's youth.

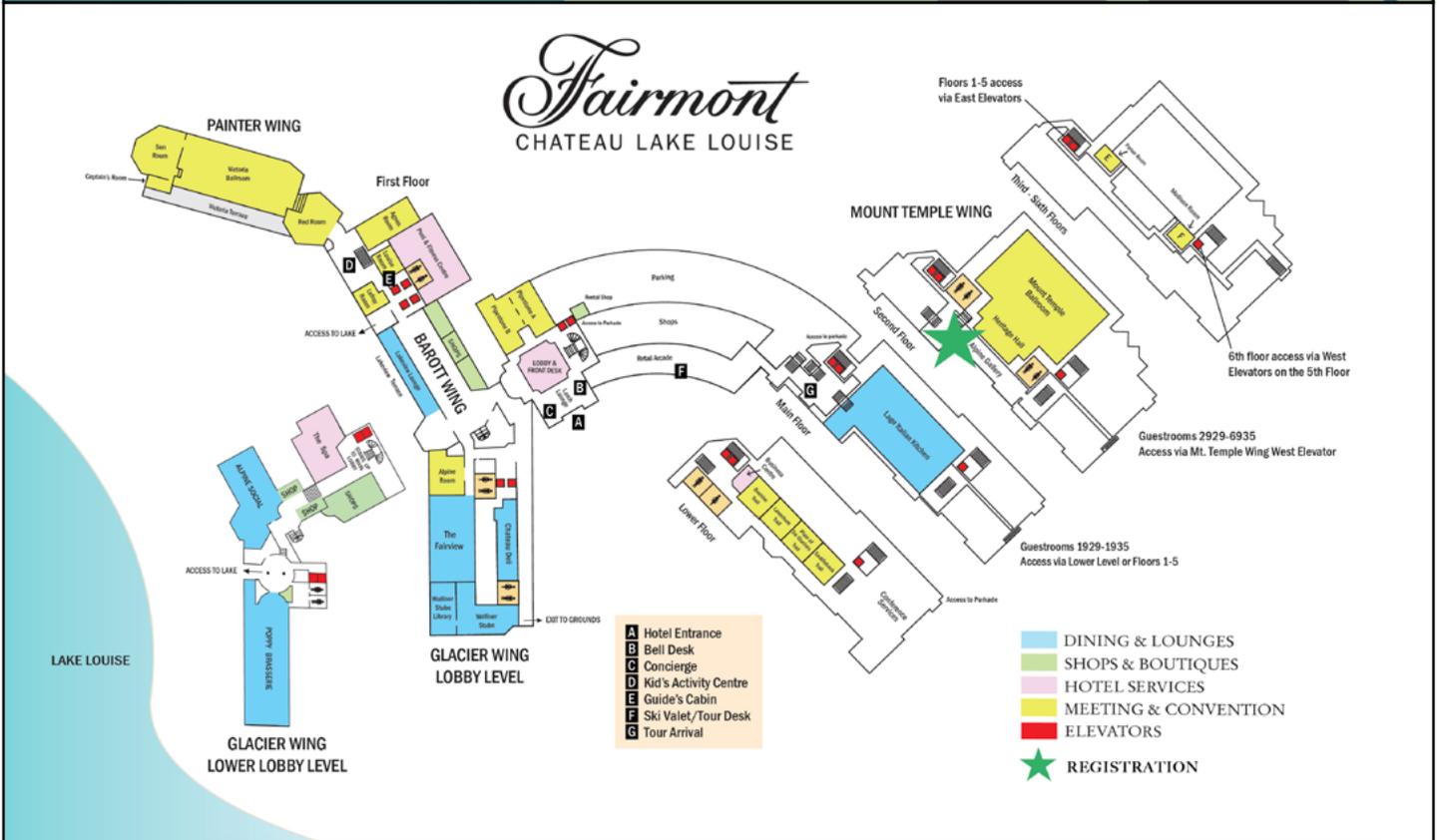
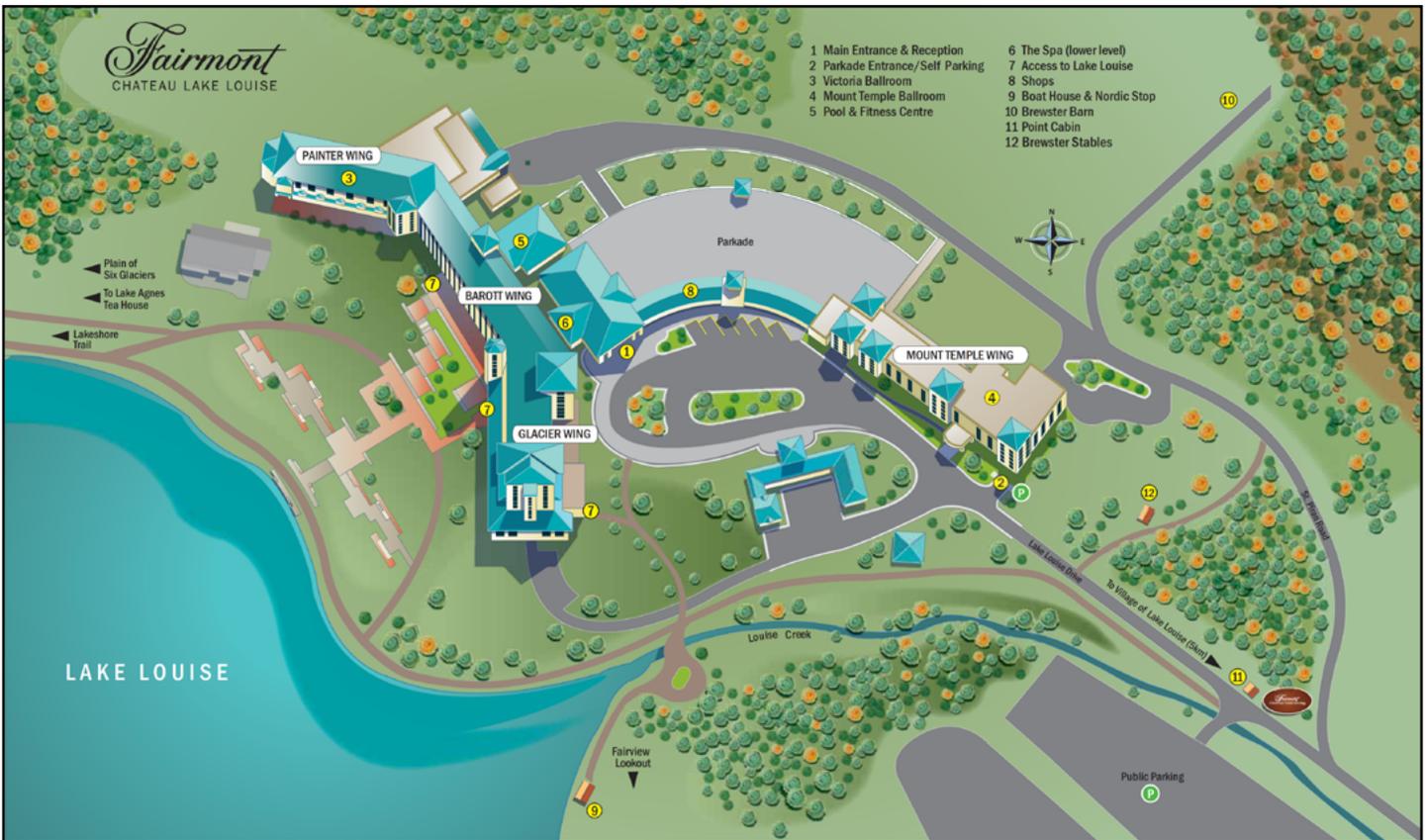
Thank you Ever Active Schools for your commitment to supporting the wellness of Alberta's youth, and hosting this valuable event. And thank you to all delegates for participating and championing student health and well-being.

I encourage you to share your successes, challenges and best practices to ensure our children learn healthy habits early and are empowered to achieve life-long health and resilience.

All the best for a successful conference,

**Tyler Shandro  
Minister of Health**

## Facility Maps



## *Accessibility and Inclusion*

Ever Active Schools recognizes and values diverse abilities, identities, cultures and ways of knowing. We practice a strengths-based approach, humbly acknowledging that we do not know all the answers and continually learning how to better work alongside, support and inspire people from diverse communities.

### **CONFERENCE SUPPORT**

Meeting and dining rooms will be set up to accommodate persons with physical disability. The Chateau Lake Louise also offers support in assisting conference delegates to make their way around the hotel. Should you need directions or to be escorted from one part of the hotel to another, please do not hesitate to call the front desk and hotel staff will make arrangements.

### **GENDER NEUTRAL BATHROOM**

Shaping the Future 2020 has designated one bathroom at the Chateau Lake Louise, which will serve as a gender neutral bathroom for the full duration of the conference.

### **FOOD AND ALLERGY ACCOMMODATION**

Ever Active Schools will make accommodations for food allergies and dietary restrictions. If you didn't indicate your food requirements with your conference registration, please call the Ever Active Schools office at 780.454.4745.

### **SMUDGING AND CEREMONY**

There will be a traditional opening and closing prayer and smudge at Shaping the Future 2020, as well as dedicated smudging time during Friday and Saturday morning wellness opportunities. If conference delegates wish to smudge over the duration of the conference, outside of the dedicated times, please connect with hotel staff to organize a designated space.

### **CONFERENCE LOCATION AND HOTEL INFORMATION**

Shaping the Future 2020 is held at the beautiful Fairmont Chateau Lake Louise. For assistance or hotel information, please use the contact details below. The conference hotels are the Fairmont Chateau Lake Louise and the nearby Deer Lodge.

Fairmont Chateau Lake Louise  
111 Lake Louise Dr., Lake Louise, AB T0L 1E0  
403.522.3511

Deer Lodge  
109 Lake Louise Dr., Lake Louise, AB T0L1E0  
403.522.3991

## Keynote Speakers

TANYA TALAGA



An award-winning journalist and author, and the first Ojibway woman to deliver the CBC Massey Lectures, Tanya Talaga is an acclaimed storyteller. For the past 20 years, she has worked as a journalist for The Toronto Star. She was nominated five times for the Michener Award in public service journalism, and from 2017-2018 was the Atkinson Fellow in Public Policy through The Canadian Journalism Foundation.

### KEYNOTE PRESENTATION: ALL OUR RELATIONS: FINDING THE PATH FORWARD

THURSDAY, JANUARY 30 AT 1:30PM – MT. TEMPLE BALLROOM

Stemming from her award-winning book *Seven Fallen Feathers*, the story of seven Indigenous high school students who mysteriously died in Thunder Bay, Tanya Talaga creates an intimate experience with her audiences. She will impart the audience with in-depth knowledge on Indigenous culture and history, while leaving them empowered through a hopeful message that we can learn from our past and set forward on a new path for our nation based on inclusivity and equity.

PANEL: SHAPING OUR TEACHERS OF TOMORROW



**DR. SHANNON KELL**

Assistant Professor  
Department of Health  
and Physical Education  
Mount Royal University



**DR. DANIEL BALDERSON**

Assistant Dean, Student  
Program Services  
Faculty of Education  
University of Lethbridge



**DR. HAYLEY MORRISON**

Assistant Professor  
Dept. of Elementary Education,  
Physical Education  
University of Alberta



**DR. SHELLY RUSSEL-MAYHEW**

Professor, Research Professor  
Counselling Psychology, Werklund  
School of Education  
University of Calgary



**ERIN WRIGHT**

CSH Lead, Casual Instructor  
Faculty of Education  
Concordia University of  
Edmonton

### KEYNOTE PRESENTATION: HEALTH AND WELLNESS IN THE BACHELORS OF EDUCATION JOURNEY

FRIDAY, JANUARY 31 AT 11:20AM – MT. TEMPLE BALLROOM

Join Health Champions from teacher preparation programs across Alberta in a conversation on why infusing health and wellness into our pre-service teacher training is so crucial. In a discussion connecting the work that these faculties of education are doing to how we better prepare our teachers of tomorrow, we will learn about why health and wellness should be a focus throughout the journey to becoming a teacher. This conversation will provide insight into who these health champions are, why they value health and wellness in their programs, and the impact they are having on students across our province and country.

## Keynote Speakers (continued)

### STUDENT KEYNOTE: IN GOOD HEALTH



Genna Hunt, Jessinia Horsefall and Makayla Krause are students from the very first cohort of In Good Health: Recreational Leadership in Calgary. Now in grades 11 and 12 attending different schools in Calgary, and employed as Recreation Leaders for The City of Calgary, they are here to share how the program’s unique learning opportunities equipped them for volunteer experiences, employment and continued leadership at the high school level.

#### **PRESENTATION: SUPPORTING STUDENT SUCCESS THROUGH UNIQUE LEARNING PATHWAYS**

FRIDAY, JANUARY 31 AT 12:00PM – MT. TEMPLE BALLROOM

Through leveraging community partnerships, connecting education to employability and taking a strengths-based approach to curriculum design, Ever Active Schools continues to explore unique learning pathways for students. Join student leaders from the In Good Health YYC program as they share their experiences from the inaugural semester of Recreational Leadership. Students will describe how their educational and employment pathways have been impacted as a result of this new vision for high school learning.

### ELENA BELYEA



Elena (or Eli) Belyea is an award-winning queer playwright, performer, producer, arts educator, and Artistic Director of Tiny Bear Jaws (an agile, cross-Canadian theatre company). Elena was born and raised in Edmonton and works primarily in Edmonton, Calgary, Montreal and Toronto. Elena is also one half of the queer sketch comedy duo, “Gender? I Hardly Know Them”. A graduate of the University of Alberta and the National Theatre School of Canada, Elena has mentored emerging writers and

theatre makers for over a decade through numerous arts organizations, such as the University of Virginia’s Young Writers’ Workshop, the Citadel Theatre’s Foote Theatre School, and the University of Alberta’s New Works Festival.

#### **KEYNOTE PRESENTATION: WE’RE HERE, WE’RE QUEER, NOW WHAT? SOME PROPOSALS FOR SUPPORTING LGBTQ2S+ STUDENTS IN AND OUT OF THE CLASSROOM**

SATURDAY, FEBRUARY 1 AT 9:30AM – MT. TEMPLE BALLROOM

Using examples from a variety of mediums including play scripts, sketch, and personal stories, Elena Eli Belyea shares their experience of growing up LGBTQ2S+ in Alberta. Elena’s keynote will offer practical tools as well as things to consider when trying to create safe spaces for LGBTQ2S+ (as well as other students who self-identify as members of marginalized communities) feel seen and supported.

## Pre-Conference Schedule

### WEDNESDAY, JANUARY 29, 2020

---

9:00AM - 5:00PM

**OUTDOOR COUNCIL OF CANADA FIELD LEADER CERTIFICATION** \*Continues to Thursday  
John Cadman (Outdoor Council of Canada) - [Pipestone/Outdoors](#)

9:00AM - 4:00PM

**BEING STRONGER TOGETHER: LEADERSHIP FOR BUILDING BRIDGES BETWEEN SCHOOL AND COMMUNITY**

Brenda Herchmer (Grassroots Enterprises, Campus for Communities of the Future) - [Lefroy Room](#)

12:00PM - 1:00PM

**LUNCH FOR PRE-CONFERENCE DELEGATES** - [Mt. Temple C](#)

1:00PM - 4:00PM

**INCLUSIVE TEACHING PRACTICES FOR ANY CLASSROOM**

Katie Mahon (Ever Active Schools) - [Beehive/Lakeshore](#)

**SUSTAINING THE EDUCATOR: THE MANY FACETS OF WELLNESS**

Joyce Sunada; Dr. Angela Grace; Dr. Lee Schaefer - [Saddleback](#)

### THURSDAY, JANUARY 30, 2020

---

9:00AM - 12:00PM

**OUTDOOR COUNCIL OF CANADA FIELD LEADER CERTIFICATION - CONTINUED**

John Cadman (Outdoor Council of Canada) - [Pipestone/Outdoors](#)

**IMPROVING YOUR PRACTICE WITH R&R (RESEARCH AND REFLECTION)**

Dr. Doug Gleddie, Dr. Lauren Sulz (University of Alberta) - [Beehive](#)

**RE-DEFINING RECESS: MEETING THE REST, LEISURE AND PLAY NEEDS OF ALL STUDENTS**

Chris Fenlon-MacDonald, Chesa Peter, Scott Bailey, Adrian Xavier, Megan McCormick (Ever Active Schools); Be Fit For Life; Dr. Dean Kriellaars - [Victoria Ballroom](#)

**CREATING A CULTURE OF WELLNESS: LESSONS LEARNED FROM THE FIELD**

Dianne Macauley, Chad Erickson, Brian Madill, Chris Good, Nancy Mckeage, Del Lomsnes, Dave Mckeage, Kelly Roslinsky, Jackie Tomalty, Deanne Good (Red Deer Public Schools) - [Mt. Temple B](#)

12:00PM - 1:00PM

**LUNCH FOR PRE-CONFERENCE DELEGATES** - [Alpine Social](#)



## Main Conference Schedule

THURSDAY, JANUARY 30, 2020

1:00PM - 1:30PM

**CONFERENCE OPENING, ELDER PRAYER** - Mt. Temple Ballroom

1:30PM - 2:20PM

**(KEYNOTE PRESENTATION) ALL OUR RELATIONS: FINDING THE PATH FORWARD**

Tanya Talaga - Mt. Temple Ballroom

2:20PM - 2:35PM

**BREAK**

2:35PM - 3:25PM

(CONCURRENT 1)

**SNAPSHOTS OF WELLNESS: FACILITATING STUDENT INSIGHTS THROUGH PHOTOVOICE**

Nicole Deschner (APPLE Schools); Genevieve Montemurro (University of Alberta) - Mt. Temple A

**SHAPING SLEEP PROMOTION: USE OF THE CSH FRAMEWORK TO GUIDE SCHOOL-BASED SLEEP PROMOTION**

Dr. Kate Storey, Melissa Bird (University of Alberta) - Mt. Temple B

**BUILDING THE BRIDGE: THE SCHOOL COUNCIL—SCHOOL—SCHOOL DIVISION RELATIONSHIP**

Celeste Burdinsky (Alberta School Councils' Association) - Mt. Temple C

**"TEACHER BURNOUT IS ONE OF MY GREATEST FEARS": DISRUPTING A NARRATIVE ON FIRE**

Elizabeth Tingle, Dr. Shelly Russell-Mayhew (University of Calgary) - Victoria Ballroom

**OPEN ART STUDIO FOR MIDDLE SCHOOLERS**

Andrea Wojcik (Calgary Catholic School District) - P6/Saddleback

**TSUUT'INA LANGUAGE AND CULTURE CURRICULUM**

Teena Starlight, Vera Starlight (Tsuut'ina Board of Education) - Beehive/Lakeshore

**SO YOU WANT TO WORK FOR EVER ACTIVE SCHOOLS...**

Adrian Xavier (Ever Active Schools) - Pipestone

**SNOWSHOEING ACTIVITIES FOR THE WHOLE CLASS**

Scott Bailey (Ever Active Schools) - Outside (Meet in Lago)

3:25PM - 3:40PM

**BREAK**

3:40PM - 4:30PM

(CONCURRENT 2)

**IN GOOD HEALTH: LIBRARIES AS COLLABORATIVE LEARNING ENVIRONMENTS**

Brin Chenille Bugo (Calgary Public Libraries); Katie Mahon (Ever Active Schools) - Mt. Temple A

## THURSDAY, JANUARY 30, 2020 (CONTINUED)

3:40PM - 4:30PM  
(CONCURRENT 2  
CONTINUED)

### WALKING SCHOOL BUS

Rhae-Ann Holoien, Jennifer Shepherd (Grasslands Public Schools) - [Mt. Temple B](#)

### THE RIGHT PLACE, THE RIGHT TIME: THE UNIVERSITY OF LETHBRIDGE'S WELLNESS CHAMPIONS COMMITTEE

Dr. Danny Balderson, Aaron Stout, Greg Ogilvie, Dawn Burleigh, Elaine Greidanus (University of Lethbridge) - [Mt. Temple C](#)

### THE BENEFITS OF GOALSETTING AT ANY LEVEL OF SPORT: A FIRST NATIONS' PERSPECTIVE

Ms. Trina Goodin, Mr. Dakota Nepoose - [Victoria Ballroom](#)

### SOCIAL EMOTIONAL LEARNING THROUGH CALGARY AFTERSCHOOL PROGRAMMING

Ashley Ronnell (City of Calgary) - [P6/Saddleback](#)

### MENTAL WELL-BEING IN A CULTURE OF WELLNESS IN ALBERTA SCHOOL AUTHORITIES

Brian Andjelic, Jim McLellan (College of Alberta School Superintendents) - [Beehive/Lakeshore](#)

### SERIOUS PLAY: BUILDING YOUR SOCIAL EMOTIONAL LEARNING TOOLBOX

Sheldon Franken (Inquiry Adventures, Vancouver School Board) - [Pipestone](#)

### SKATING BASICS FOR SUCCESSFUL P.E. CLASSES ON THE ICE

Kim Fraunberger (Health and Physical Education Council); Krista Trim (Ever Active Schools) - [Outdoors \(Meet at Outdoor Rink\)](#)

4:30PM - 4:45PM

### BREAK

4:45PM - 5:35PM  
(CONCURRENT 3)

### GET OUT OF HERE!

Alex Cronshaw, Barbara Kleespies, Monique Webb (Namao School) - [Mt. Temple A](#)

### WIDENING THE LENS: THE RELATIONSHIP BETWEEN STAFF AND STUDENT WELLNESS

Lisa Bush (Calgary Catholic School District) - [Mt. Temple B](#)

### IT'S TIME TO TALK ABOUT RECESS

Melanie Davis, Kelsey Fahie (PHE Canada) - [Mt. Temple C](#)

### HOW TO TEACH MOVEMENT IS MEDICINE

Jackie Fuga, Maddison Lintz (Edmonton Public Schools) - [Victoria Ballroom](#)

### ONE YEAR IN THE VALUING MENTAL HEALTH INITIATIVE: THE POWER OF COLLABORATION

Brian Madill (Red Deer Public School Division #104) - [P6/Saddleback](#)

## THURSDAY, JANUARY 30, 2020 (CONTINUED)

4:45PM - 5:35PM  
(CONCURRENT 3  
CONTINUED)

### SCHOOL SPORT FOR ALL

Jonathan Mauro, Jordan Koopmans (Red Deer Catholic Regional Schools);  
Dr. Lauren Sulz (University of Alberta) - [Beehive/Lakeshore](#)

### MOVEMENT IN SCHOOL AND COLLABORATION WITH FRITIDSBANKEN IN SWEDEN

Johannes Hedlund, Stina Skoglund-Hansson (The Swedish Sports  
Confederation) - [Pipestone](#)

### OUTDOOR CULTURAL NATURE SURVIVAL

Randy Dodinghorse, Cameron Crowchild (Tsuut'ina Board of Education) -  
[Outside \(Meet in Lago\)](#)

## FRIDAY, JANUARY 31, 2020

7:00AM - 8:00AM

### WELLNESS OPPORTUNITIES

- Yoga - [Lago](#)
- Meditation and Relaxation - [Sun Room](#)
- AMA Youth Run Club Fun Run - [Meet in Lobby](#)
- Morning Smudge - [Lefroy Room](#)

8:00AM - 9:00AM

**BREAKFAST** - [Victoria Ballroom](#), [Trails Foyer](#), or [Heritage Hall](#)

9:00AM - 11:00AM  
(WORKSHOP 1)

### RECOGNIZING AND ADDRESSING ANXIETY AT SCHOOL

Nancy Luyckfassel (Alberta Teachers' Association) - [Mt. Temple A](#)

### URBAN EXPEDITIONS: WHAT THE CITY CAN OFFER TO OUTDOOR EDUCATION

John Cadman, Erin Piper (Connect Charter School) - [Mt. Temple B](#)

### CREATE A ROADMAP FOR SUCCESS: LET'S TALK WORKPLACE PSYCHOLOGICAL HEALTH & SAFETY

Alberta School Employee Benefit Plan - [Victoria Ballroom](#)

### PHYSICALLY ACTIVE NUMERACY: ADD SUM FUN, AND SOME DAILY PHYSICAL ACTIVITY

John Byl (Gopher Sport) - [P6/Saddleback](#)

### FOUNDATIONS OF HEALTHY EATING: EXPLORE FOOD AND NUTRITION EDUCATION APPROACHES IN THE CLASSROOM

Kenton Delisle (Dairy Farmers of Canada) - [Pipestone](#)

### TIPI TEACHINGS: CIRCLE TALKS

TJ Skalski, Elder Phillip Campiou (Parkland School Division #70) - [Outdoors \(Meet in Tipi Outside of Lobby\)](#)

### SNOW GO!

Court Rustemeyer (Vincent Massey School) - [Lago/Outdoors](#)

### TEACHING CROSS-COUNTRY SKIING SKILLS THROUGH ENVIRONMENTS AND GAMES

Scott Bailey (Ever Active Schools) - [Outdoors \(Meet in Mt. Temple C\)](#)

## FRIDAY, JANUARY 31, 2020 (CONTINUED)

11:00AM - 11:20AM

**BREAK**

11:20AM - 12:00PM

**KEYNOTE PRESENTATION: SHAPING OUR TEACHERS OF TOMORROW (PANEL)**

Erin Wright, Dr.'s Shannon Kell, Daniel Balderson, Hayley Morrison, Shelly Russell-Mayhew; Moderated by Kim Hordal-Hlewka. - [Mt. Temple Ballroom](#)

12:00PM - 12:30PM

**STUDENT KEYNOTE PRESENTATION: SUPPORTING STUDENT SUCCESS THROUGH UNIQUE LEARNING PATHWAYS**

Genna Hunt, Jessinia Horsefall, Makayla Krause - [Mt. Temple Ballroom](#)

12:30PM - 1:30PM

**LUNCH** - [Mt. Temple Ballroom](#)

1:30PM - 3:30PM  
(WORKSHOP 2)

**RECONNECTING TO YOUR CALLING: MOVING FROM TEACHER WELL-BEING TO BEING WELL AS TEACHERS**

Dana Fulwiler (Ever Active Schools) - [Mt. Temple A](#)

**ACT COMMUNITY SCHOOLS MODEL**

Felicia Ochs, Dr. Allan Bailey, Jesse Martineau, Allison Stewart, Kathryn Way, Natasha Rychlik, Michelle Enright (Parkland School Division #70) - [Mt. Temple B](#)

**BEYOND THE BINDER: CREATING SUSTAINABLE APPROACHES TO STUDENT AND STAFF WELL-BEING THROUGH SYSTEM LEADERSHIP**

Paul McArthur (McConnell Foundation); Dr. Kate Storey (University of Alberta) - [Mt. Temple C](#)

**CREATIVE APPROACHES TO INSPIRE REAL-WORLD CLIMATE ACTION SUPERHEROES**

Cinthia Nemoto (Planet Protector Academy); Tracey Coutts (Ever Active Schools) - [Victoria Ballroom](#)

**THE NEW CANADA'S FOOD GUIDE: TAKING IT TO THE CLASSROOM**

Carley O'Kane (Alberta Health Services Nutrition Services) - [P6/Saddleback](#)

**THE STUDENT-DIRECTED CLASSROOM: AN EXPERIENTIAL LEARNING EXPERIENCE**

Court Rustemeyer (Vincent Massey School) - [Lago/Outdoors](#)

**WISDOM IN THE ROOM: EXPLORE STRATEGIES TO CREATE A CULTURE OF WELLNESS IN YOUR DISTRICT**

Sonya Brown, Amber Arnold (Alberta Health Services School Health and Wellness Promotion) - [Pipestone](#)

3:30PM - 5:30PM

**WELLNESS BREAK**

5:30PM - 6:30PM

**COCKTAILS** - [Mt. Temple Foyer](#)

6:30PM - 1:00AM

**BUFFET DINNER, DANCE AND SOCIAL** - [Mt. Temple Ballroom](#)

## SATURDAY, FEBRUARY 1, 2020

7:30AM - 8:30AM

### WELLNESS OPPORTUNITIES (CONTINUED)

- Yoga - [Lago](#)
- Meditation and Relaxation - [Sun Room](#)
- AMA Youth Run Club Fun Run - [Meet in Lobby](#)
- Morning Smudge - [Lefroy Room](#)

8:30AM - 9:30AM

**AMA YOUTH RUN CLUB BREAKFAST (FEATURING NEVILLE WRIGHT)** - [Victoria Ballroom](#)

**MAIN CONFERENCE BREAKFAST** - [Mt. Temple Ballroom](#)

**HOTEL CHECKOUT**

9:30AM - 10:20AM

**KEYNOTE PRESENTATION: WE'RE HERE, WE'RE QUEER, NOW WHAT? SOME PROPOSALS FOR SUPPORTING LGBTQ2S+ STUDENTS IN AND OUT OF THE CLASSROOM**

*Elena (Eli) Belyea* - [Mt. Temple Ballroom](#)

10:20AM - 10:35AM

**BREAK**

10:35AM - 11:25AM  
(CONCURRENT 4)

### OUTDOOR ADVENTURE LEADERSHIP EXPERIENCE: THE JOURNEY HOME

*Lawrence Enosse* (Waasa Naabin Community Youth Services); *Mick Staruck* (Centre and Wikwemikong Board of Education) - [Mt. Temple A](#)

### AN EVIDENCE-BASED APPROACH TO THE PREVENTION OF TOBACCO AND VAPING USE

*Chrysta Bell, Laura Kuley* (Alberta Health Services) - [Mt. Temple B](#)

### HEALTH: THE 'DRIVER' OF ACADEMIC SUCCESS

*Kim Hordal-Hlewka* (Michael Phair Jr. High School); *Dr. Doug Gleddie, Dr. Lauren Sulz* (University of Alberta), *Dr. Brent Bradford* (CUE) - [Mt. Temple C](#)

### LEADING FOR INCLUSION

*Dianne McConnell, Elizabeth Gouthro* (Parkland School Division) - [Victoria Ballroom](#)

### LEARNING FARM: CONNECTING EXPERIENCES WITH CURRICULUM

*Monique Webb, Sandra Wood* (Morinville Public School) - [P6/Saddleback](#)

### USING HUMAN-CENTRED DESIGN APPROACHES TO PLAN YOUR PROGRAM

*Melanie Davis, Kelsey Fahie* (PHE Canada) - [Beehive/Lakeshore](#)

### CREATING AND EVALUATING A CSH COURSE FOR PRE-SERVICE TEACHERS

*Dr. Sarah Nutter, Dr. Shelly Russell-Mayhew, Isabel Brun, Jessica Saunders* (University of Calgary); *Louise McClelland, Kerri Murray* (Ever Active Schools) - [Pipestone](#)

### LAND-BASED LEARNING FOR ALL

*Chelsea Cattroll* (Ever Active Schools, Enoch Cree Nation) - [Outdoors \(Meet in Lago\)](#)

## SATURDAY, FEBRUARY 1, 2020 (CONTINUED)

---

11:25AM - 11:40AM — **BREAK**

11:40AM - 12:30PM — **FROM TOLERANCE TO NURTURANCE: IMPROVING HEALTH OUTCOMES FOR LGBTQ2S+ STUDENTS THROUGH INCLUSIVE PHYSICAL EDUCATION**  
(CONCURRENT 5)

*Jamie Anderson (Ever Active Schools) - Mt. Temple A*

**AN APPLE A DAY FOR DEVELOPING A HEALTHY SCHOOL WAY**

*Matthew Shewcuk, Jenna Power (APPLE Schools) - Mt. Temple B*

**A PRACTICE-INFORMED SET-UP GUIDELINE FOR INITIATING A COMPREHENSIVE SCHOOL HEALTH TEAM AND SETTING THE STAGE TO ENGAGE YOUR SCHOOL IN MEANINGFUL WELLNESS INITIATIVES**

*Lisa Taylor (University of Calgary); Nadeen Halls (Calgary Board of Education) - Mt. Temple C*

**AN A.P.L.E. TODAY, KEEPS LEARNERS ENGAGED! MY TEACHING ADVENTURES IN AN ACTIVITY PERMISSIVE LEARNING ENVIRONMENT**

*Melissa Mathieson (Hilwie Hamdon School) - Victoria Ballroom*

**CHANGING HEALTH, BUILDING COMMUNITIES**

*Dr. Doug Klein, Dr. Clark Svrcek (University of Alberta) - P6/Saddleback*

**A STUDENT IN MY CLASSROOM HAS A CONCUSSION! WHAT DO I DO?**

*Dr. Amanda Black, Isla Shil (University of Calgary) - Beehive/Lakeshore*

**RE-IMAGINE YOUR SCHOOL COMMUNITY**

*Kevin Van Lagen (Prairie Land Regional Division #25) - Pipestone*

12:30PM - 1:30PM — **LUNCH, ELDER BLESSING, CLOSING CELEBRATION AND DRAW PRIZES - Mt. Temple Ballroom**



## Session Details

### WEDNESDAY, JANUARY 29, 2020

---

**\*OUTDOOR COUNCIL OF CANADA FIELD LEADER CERTIFICATION – JOHN CADMAN (OUTDOOR COUNCIL OF CANADA)**

The Outdoor Council of Canada Field Leader certification empowers adult leaders to take children and youth outside for education and activity. This course offers a systematic approach to planning and managing day-hiking activities. This 14-hour certification course will include classroom sessions, outdoor hiking and a written exam. Please bring appropriate gear for winter hiking. Snowshoes will be provided. Graduates of the course are qualified to lead one day trips into class 1 hiking terrain as defined by the OCC.

**\*BEING STRONGER TOGETHER: LEADERSHIP FOR BUILDING BRIDGES BETWEEN SCHOOL AND COMMUNITY – BRENDA HERCHMER (GRASSROOTS ENTERPRISES, CAMPUS FOR COMMUNITIES OF THE FUTURE)**

This session, aimed at school officials, community leaders and elected municipal leaders, will explore the importance of future-ready leadership through multi-sectoral collaboration. Participants will leave with the knowledge and skills to serve as a champion for healthy school communities and prioritize student well-being. If possible, leadership representing a community (municipality) and school jurisdiction attending together would be ideal.

**\*INCLUSIVE TEACHING PRACTICES FOR ANY CLASSROOM – KATIE MAHON (EVER ACTIVE SCHOOLS)**

Join Ever Active Schools for the launch of our new, collaborative professional learning opportunity. This 3-part active and interactive session will explore respectful language as a key tenet of building inclusive school communities; games and activities to foster student empathy and students feeling, thinking, and acting on inclusion; and practical strategies for modifying learning climates to accommodate diversity in wellness education and physical activity. Participants will receive new EAS and BFFL resources designed to support inclusion.

**\*SUSTAINING THE EDUCATOR: THE MANY FACETS OF WELLNESS – JOYCE SUNADA, DR. ANGELA GRACE, DR. LEE SCHAEFER**

Educator wellness is a complex topic that needs to be examined. We hear about teachers feeling overwhelmed, stressed and unsure of how to ensure their students are making the grade. This pre-conference poses the question, "How can we help educators to be healthy and well, so they can sustain a lengthy and enjoyable career?" We will explore research and evidence-based practices that support educator wellness through facilitated conversations, practical activities and an opportunity for you to create a personal journey map.

### THURSDAY, JANUARY 30, 2020

---

**\*IMPROVING YOUR PRACTICE WITH R&R (RESEARCH AND REFLECTION) – DR. DOUG GLEDDIE AND DR. LAUREN SULZ (UNIVERSITY OF ALBERTA)**

Research and Reflection: both can make a difference to your professional growth and well-being. To change behaviour, we need to break our dominant practices by unpacking what we do and why (reflection); then we need tools to make the change (practitioner research). In this session, we will engage you in reflective practice with key concepts and ideas, and peer coaching. We will then use practitioner research to reflect on your own personal growth, improvement, and well-being.

**\*REDEFINING RECESS: MEETING THE REST, LEISURE AND PLAY NEEDS OF ALL STUDENTS – CHRIS FENLON-MACDONALD, CHESA PETER, SCOTT BAILEY, ADRIAN XAVIER, MEGAN MCCORMICK (EVER ACTIVE SCHOOLS), BE FIT FOR LIFE, DR. DEAN KRIELLAARS**

Recess in schools has traditionally been defined as 'a break from learning that occurs outside'. Though we'd all agree that much learning does occur during this time period, and outdoor physical activity is critical to a child's healthy development, recess might not be meeting the rest, leisure, and play needs of all students. We'll come together to share best practices and learn about how bolstering this critical time period can support health and learning outcomes in children and youth.

**THURSDAY, JANUARY 30, 2020 (CONTINUED)**

**\*CREATING A CULTURE OF WELLNESS: LESSONS LEARNED FROM THE FIELD – DIANNE MACAULEY, CHAD ERICKSON, BRIAN MADILL, CHRIS GOOD, NANCY MCKEAGE, DEL LOMSNES, DAVE MCKEAGE, KELLY ROSLINSKY, JACKIE TOMALTY, DEANNE GOOD (RED DEER PUBLIC SCHOOLS)**

Come one, come all... Four exceptional teachers, an AHS School Health Facilitator, a school administrator, a District Coordinator - Valuing Mental Health, an Associate Superintendent - Student Services, and a Board Trustee will demonstrate how the Red Deer Public School Division incorporates the Essential Conditions for the implementation of CSH. From 10,00 feet to what you can do next week, this session will feature two brief keynotes and four breakout sessions so that every member of the audience gets something relevant to them!

**SNAPSHOTS OF WELLNESS: FACILITATING STUDENT INSIGHTS THROUGH PHOTOVOICE – NICOLE DESCHNER (APPLE SCHOOLS), GENEVIEVE MONTEMURRO (UNIVERSITY OF ALBERTA)**

Students can be catalysts for change; their insight and involvement is vital when creating and implementing school-based wellness initiatives. This session will provide evidence and examples that illustrate students' abilities to positively impact the home environment as a result of their involvement in a healthy school environment. Come and participate in a project guided by photovoice. You will leave this session with practical tools for using photovoice to understand students' perceptions of wellness and the translation of behaviours outside of the school environment.

**SHAPING SLEEP PROMOTION: USE OF THE CSH FRAMEWORK TO GUIDE SCHOOL-BASED SLEEP PROMOTION – MELISSA BIRD, DR. KATE STOREY (UNIVERSITY OF ALBERTA)**

Sleep is increasingly recognized as an essential health behaviour that has wide ranging effects on children. Students who do not get enough sleep face negative health consequences and may experience difficulties in school. This session will explore school-based sleep promotion using an ecological framework and the Comprehensive School Health (CSH) approach. Participants will be actively engaged to use a health promotion lens to address the "knowledge to action" gap and reflect on their current practices relating to school-based sleep education.

**BUILDING THE BRIDGE: THE SCHOOL COUNCIL-SCHOOL-SCHOOL DIVISION RELATIONSHIP – CELESTE BURDINSKY (ALBERTA SCHOOL COUNCILS' ASSOCIATION)**

Join us as we explore the relationship between the School Council (parents), the school (principals, teachers and students), and the school division and Trustees. School Councils should understand the role of the principal, teachers, Trustees, and senior administration, and vice versa. These valued partners can share school information with each other and gather valuable parent perspectives from division school councils. Learn how to build that bridge!

**"TEACHER BURNOUT IS ONE OF MY GREATEST FEARS": DISRUPTING A NARRATIVE ON FIRE – ELIZABETH TINGLE, DR. SHELLY RUSSELL-MAYHEW (UNIVERSITY OF CALGARY)**

The stories told about a profession matter. Relying on data from B.Ed. students in a CSH course, this workshop will explore how the burnout-attribution narratives in teaching are affecting the mental and emotional well-being of pre-service teachers. We will also present research that invites a reframing of what attrition rates may actually reflect. This workshop will include discussion on how burnout and attrition narratives can be changed to foster improved mental and emotional well-being for beginning and experienced teachers alike!

**OPEN ART STUDIO FOR MIDDLE SCHOOLERS – ANDREA WOJCIK (CALGARY CATHOLIC SCHOOL DISTRICT)**

Open Art Studio is a place for students to engage their creativity and de-stress from academic expectations. Andrea will lead a simple art activity you can use for a group or for team building. She will describe the Open Art Studio she has been running at her school, including basic set-up, successes, obstacles, and ideas for improvement. Andrea can assist you in developing a plan to get something started this school year.

**TSUUT'INA LANGUAGE AND CULTURE CURRICULUM – TEENA STARLIGHT, VERA STARLIGHT (TSUUT'INA BOARD OF EDUCATION)**

Tsuut'ina Education has worked to build and implement Tsuut'ina language and culture within Alberta cur- →

**THURSDAY, JANUARY 30, 2020 (CONTINUED)**

→ riculum for our schools. In this session, we will explore traditional teachings, hunting camps, ice fishing and nature walks; teacher resources developed with Tsuut'ina Gunaha Institute to assist in unit planning; a video of our seasonal teachings; and how to make a medicine pouch. We will discuss key steps to execute a similar project in your own school and communities.

**SO YOU WANT TO WORK FOR EVER ACTIVE SCHOOLS... – ADRIAN XAVIER (EVER ACTIVE SCHOOLS)**

...or, more importantly, have Ever Active Schools (EAS) build capacity within your school division? The Associated Facilitator program sees Alberta teachers providing quality professional learning on our behalf, and it develops regional expertise in the delivery of professional learning as it relates to school-wide well-being. We want to grow this network and develop strong relationships with senior leadership to invest in teachers becoming CSH leaders in their school communities.

**SNOWSHOEING ACTIVITIES FOR THE WHOLE CLASS – SCOTT BAILEY (EVER ACTIVE SCHOOLS)**

Take in this session outside on the beautiful trails and lakeshore. Experience fun and easy to set-up games from our Ski, Skate and Slide resource that you can play with a whole class of students wearing snowshoes. We have snowshoes available for the first 20 participants (make sure you wear appropriate winter boots and clothing). Discounted snowshoe rentals are available from Chateau Ski & Snow for conference delegates who wish to explore further during the week.

**IN GOOD HEALTH: LIBRARIES AS COLLABORATIVE LEARNING ENVIRONMENTS – BRIN CHENILLE BUGO (CALGARY PUBLIC LIBRARIES), KATIE MAHON (EVER ACTIVE SCHOOLS)**

We love libraries! Join Calgary Public Library and Ever Active Schools in a session to explore creative ways to engage libraries in schools and communities as collaborative student learning environments. We will share project work happening in library spaces across the province, from In Good Health: a project supporting high school students in their journey to employment in the recreation and human services sectors to library lending of family recreation centre passes and snowshoes.

**WALKING SCHOOL BUS – RHAEE-ANN HOLOIEN, JENNIFER SHEPHERD (GRASSLANDS PUBLIC SCHOOLS)**

We implemented a Walking School Bus program in the community of Brooks to support elementary students who were walking to and from school. We established two walking school bus routes and hired two walkers who took students to and from school. We will discuss set up procedures, hiring of walkers, communication of the School Bus Walkers to parents, students and community and the follow up/lessons learned.

**THE RIGHT PLACE, THE RIGHT TIME: THE UNIVERSITY OF LETHBRIDGE'S WELLNESS CHAMPIONS COMMITTEE – DR. DANNY BALDERSON, AARON STOUT, GREG OGILVIE, DAWN BURLEIGH, ELAINE GREIDANUS (UNIVERSITY OF LETHBRIDGE)**

The University of Lethbridge Wellness Champions committee in the faculty of education started in the Spring of 2018. The committee is made up of a wide variety of university and community members. This presentation will highlight the work of the committee and initiatives that are being undertaken to promote wellness among faculty members, pre-service teachers and K-12 students. Participants will leave this session with ideas on how a wellness committee could work effectively in their unique contexts.

**THE BENEFITS OF GOALSETTING AT ANY LEVEL OF SPORT: A FIRST NATIONS PERSPECTIVE – MS. TRINA GOODIN, MR. DAKOTA NEPOOSE**

This session will include information regarding the importance of goalsetting as a daily practice for an athlete involved at any level of sport, from personal interest to competition. Individuals who would like more information as to the benefits of goalsetting should attend. Presentation will include pertinent information about goalsetting, steps to incorporate goalsetting into your daily routine, as well as personal accounts of how incorporating goalsetting into your training regime can truly benefit your performance or outcome, all from a First Nations' perspective.

**SOCIAL EMOTIONAL LEARNING THROUGH CALGARY AFTERSCHOOL PROGRAMMING – ASHLEY RONNELL (CITY OF CALGARY)**

Using FCSS' 2014 research brief on child and youth development as a guide, Calgary AfterSchool has honed →

**THURSDAY, JANUARY 30, 2020 (CONTINUED)**

---

→ in on SAFE (sequenced, active, focused, explicit) and SEL (social emotional learning) as a best practice model for delivering after school programming. This session outlines the principles of SAFE and SEL, demonstrates how the Calgary AfterSchool partnership made this transition, and provides practical tools that you can bring into classrooms and programs to help children and youth achieve social emotional learning outcomes.

**MENTAL WELLBEING IN A CULTURE OF WELLNESS IN ALBERTA SCHOOL AUTHORITIES – BRIAN ANDJELIC, JIM McLELLAN (COLLEGE OF ALBERTA SCHOOL SUPERINTENDENTS)**

Brian and Jim, directors of Leadership Learning – Wellness, support the work of superintendents to address SLQS and LQS Practice Profile indicators and work towards the achievement of goals stated in the CASS/WellAhead Collaboration. Join Jim and Brian as they share the trends that have evolved through interviews with public, separate, Francophone and Indigenous school authorities. They will address other components of their work focused on the achievement of the goals within the CASS/WellAhead Collaboration and will speak to next steps.

**SERIOUS PLAY: BUILDING YOUR SOCIAL EMOTIONAL LEARNING TOOLBOX – SHELDON FRANKEN (INQUIRY ADVENTURES, VANCOUVER SCHOOL BOARD)**

Social-Emotional Learning is about building self- and social-awareness, self-management, and responsible decision making relationship skills to enable change and growth – the foundations of resiliency and wellness. Serious Play: Building your Social Emotional Learning Toolbox explores the use of hands-on experiential activities and games to promote, and engage students and educational & wellness professionals in, the fundamentals of social Emotional Learning. Come ready to have fun, play and learn.

**SKATING BASICS FOR SUCCESSFUL PE CLASSES ON THE ICE – KIM FRAUNBERGER (HEALTH AND PHYSICAL EDUCATION COUNCIL), KRISTA TRIM (EVER ACTIVE SCHOOLS)**

Bring (or rent) your skates and helmets out to the lake for a session filled with ideas and strategies to teach basic skating skills. Learn how to set-up zones on and beside the rink so that students of all abilities can increase their confidence and experience the thrill of gliding on ice. Practice environments from Ever Active Schools' Ski, Skate and Slide resource will be demonstrated that you can use with just some cones, bean bags and magic markers.

**GET OUT OF HERE! – ALEX CRONSHAW, BARBARA KLEESPIES, MONIQUE WEBB (NAMAQ SCHOOL)**

From transforming our outdoor space to developing activities for offsite excursions, we will share the good, the bad and the prickly and about taking learning outside. Come learn how we are developing environmental awareness, connection with the outdoors and a sense of community. We will share how we have made links to the K to 6 curriculum through loose parts play, green space design and maintenance, gardening, animal care and more!

**WIDENING THE LENS: THE RELATIONSHIP BETWEEN STAFF AND STUDENT WELLNESS – LISA BUSH (CALGARY CATHOLIC SCHOOL DISTRICT)**

Based on her humorous and long-lasting personal wellness journey, writer, artist and educator Lisa Bush shares why we must make teacher wellness a priority. Using the research from her book, "Teaching Well: How healthy empowered teachers lead to thriving successful classes," she examines how teachers' mental and physical health directly affect student wellness and how schools can foster a culture of wellness.

**IT'S TIME TO TALK ABOUT RECESS – MELANIE DAVIS, KELSEY FAHIE (PHE CANADA)**

In partnership with Dr. Lauren McNamara and Recess Project Canada, PHE Canada will share their national strategy for changes to the way schools approach recess to better support meaningful spaces for recreation, play, socialization, and wellbeing. We will highlight connections between recess and well-being and introduce new directions for policy, practice, and research. Participants will learn tools and strategies to be recess changemakers.

**MOVEMENT IS MEDICINE – JACKIE FUGA, MADDISON LINTZ (EDMONTON PUBLIC SCHOOLS)**

Struggling to motivate your students? Are your students lacking integrity? Let us show you some tips and tricks

## THURSDAY, JANUARY 30, 2020 (CONTINUED)

---

that have had a successful impact on our student body. Change the PE program = change the school culture. Wins for everyone!

### **ONE YEAR IN THE VALUING MENTAL HEALTH INITIATIVE: THE POWER OF COLLABORATION – BRIAN MADILL (RED DEER PUBLIC SCHOOL DIVISION #104)**

Red Deer Public had the audacity to launch a Valuing Mental Health initiative one year ago that aimed to support mental health & wellness, physical health & wellness, staff well being, staff training and parent education - all under one umbrella! Partnerships & Passion! This session aims to share what can be accomplished in one year when partnerships and solid collaboration with these partners (district-wide, cross-jurisdictional, outside agencies, private businesses, National initiatives, etc.) are put to the front of the work.

### **SCHOOL SPORT FOR ALL – JONATHAN MAURO, JORDAN KOOPMANS (RED DEER CATHOLIC REGIONAL SCHOOLS), DR. LAUREN SULZ (UNIVERSITY OF ALBERTA)**

We would like to share our journey on how we have provided opportunities for all students to participate in middle school athletics in our school division. We will share a brief history and a current update on where we are at, with suggestions and recommendations on how to make this a reality in your school.

### **MOVEMENT IN SCHOOL AND COLLABORATION WITH FRITIDSBANKEN IN SWEDEN – STINA SKOGLUND-HANSSON, JOHANNES HEDLUND (THE SWEDISH SPORTS CONFEDERATION)**

In this session, two coordinators from Movement in School in Sweden will present their ongoing journey of implementing physical literacy within the school environment in Swedish schools. Changing the mindset and culture of physical literacy in schools relies on collaboration across many disciplines and engaging a diverse group of participants. Fritidsbanken is a library for sport and leisure equipment, for everyone to borrow, for free. This cooperation paves new ground for all people to be active at any time!

### **OUTDOOR CULTURAL NATURE SURVIVAL – RANDY DODGINGHORSE, CAMERON CROWCHILD (TSUUT'INA BOARD OF EDUCATION)**

This session will show traditional ways of survival from the past to present. Using both old and new methodology and skills, we will show how to identify tracks, set snares, build a shelter, make a fire, properly prepare for the wilderness, and identify land locations and directions. Part of our teachings include ways to incorporate traditional survival methods to present methods. We will discuss the importance of spiritual connections with the land, water and animals.

## FRIDAY, JANUARY 31, 2020

---

### **RECOGNIZING AND ADDRESSING ANXIETY AT SCHOOL – NANCY LUYCKFASSEL (ALBERTA TEACHERS' ASSOCIATION)**

School staff are increasingly challenged to support individuals with all levels of anxiety and related behaviours. This workshop will provide information about the most common anxiety disorders, examine how these disorders impact people and provide participants with strategies to help support those affected cope and manage.

### **URBAN EXPEDITIONS: WHAT THE CITY CAN OFFER TO OUTDOOR ED – JOHN CADMAN, ERIN PIPER (CONNECT CHARTER SCHOOL)**

The built environment offers a multitude of ways to engage in outdoor education while learning about the communities we live and learn in. Our ultimate goal is to expose students to social and environmental topics and look for ways they can contribute within their local community and beyond. We will share our experience running overnight backpacking trips in Calgary. We invite other teachers to apply their own creativity and expertise to expose their students to the “wild side” of our urban spaces.

### **CREATE A ROADMAP FOR SUCCESS: LET'S TALK WORKPLACE PSYCHOLOGICAL HEALTH AND SAFETY – ALBERTA SCHOOL EMPLOYEE BENEFIT PLAN**



## FRIDAY, JANUARY 31, 2020 (CONTINUED)

→ Did you know that a mentally well work force strengthens organizational performance and improves the well-being of all members in the organization? Join ASEBP workplace wellness liaisons in guided discussions and practical activities where you'll learn more about the resources available to support a psychologically safe workplace and how to best navigate them for your school community's employee wellness needs. Acquire concrete ideas, tools and strategies to help chart your mentally healthy workplace course.

### **PHYSICALLY ACTIVE NUMERACY: ADD SUM FUN, AND DAILY PHYSICAL ACTIVITY – JOHN BYL (GOPHER SPORT)**

Learning math through physical activity and learning physical activity through math. Participate in active games that involve both mathematics and physical activity. Working your mind as we work the body. Learning to be more mathematically and physically literate. We will also explore some active Daily Physical Activity ideas.

### **FOUNDATIONS OF HEALTHY EATING: EXPLORE FOOD AND NUTRITION EDUCATION APPROACHES IN THE CLASSROOM – KENTON DELISLE (DAIRY FARMERS OF CANADA)**

Where does our food come from? How do we support students in their journey of food literacy? Explore, with an Agricultural Dietitian, how we can help students grow their food literacy skills. Hear how we employ evidence-based techniques to develop age appropriate programs for teachers to deliver in the classroom, while meeting cross-curricular needs.

### **TIPi TEACHINGS: CIRCLE TALKS – ELDER PHILLIP CAMPIOU, TJ SKALSKI (PARKLAND SCHOOL DIVISION #70)**

Tipi Teachings will include the sharing of stories related to Indigenous traditions, cultural ways of knowing, and land-based teachings to strengthen our relationships with one another and Mother Earth.

### **SNOW GO! – COURT RUSTEMEYER (VINCENT MASSEY SCHOOL)**

Do you love the warm and exciting Canadian winters? Do get super excited when kids have been inside for days and days on end with no activities? Well this is the session for you! In this session we will touch on a variety of games, activities and team challenges that can take place outside in winter time. There will not only be classroom-ready resources for all, but prizes!

### **TEACHING CROSS-COUNTRY SKIING SKILLS THROUGH ENVIRONMENTS AND GAMES – SCOTT BAILEY (EVER ACTIVE SCHOOLS)**

Bring (or rent) your cross-country skis to the amazing learning area and beautiful trails around the lake for this 2-hour workshop filled with teaching strategies and opportunities to build your own skills. Ski through practice environments featured in our Ski, Skate and Slide resource that you can easily set-up in your school field or trails to keep students of all abilities moving, motivated and improving.

### **RECONNECTING TO YOUR CALLING: MOVING FROM TEACHER WELL-BEING TO BEING WELL AS TEACHERS – DANA FULWILER (EVER ACTIVE SCHOOLS)**

Beyond a job, teaching is a calling. This workshop provides a snapshot of well-being science that invites educators and leaders to build and sustain a practice of well-being within that calling. Participants will experience tools that can help create a ripple effect of impact for themselves and their students. Moving beyond self-care strategies and a focus on teacher stress, we will discuss both individual and organizational opportunities to help shift the tide from burning out to burning in.

### **ACT COMMUNITY SCHOOLS MODEL – FELICIA OCHS, DR. ALLAN BAILEY, JESSE MARTINEAU, ALLISON STEWART, KATHRYN WAY, NATASHA RYCHLIK, MICHELLE ENRIGHT (PARKLAND SCHOOL DIVISION #70)**

This session will showcase how a collective impact approach supports the wellbeing of students and community members. The session will provide tools on how to engage with key community stakeholders, including funders, to advance comprehensive school health in rural or urban centres.

### **BEYOND THE BINDER: CREATING SUSTAINABLE APPROACHES TO STUDENT AND STAFF WELL-BEING THROUGH SYSTEM LEADERSHIP – PAUL MCARTHUR (MCCONNELL FOUNDATION), DR. KATE STOREY (UNIVERSITY OF ALBERTA)**



## FRIDAY, JANUARY 31, 2020 (CONTINUED)

---

→ Research shows that well-being is intricately tied to learning - you can't have one without the other. Yet, in many cases explicit efforts to promote well-being in K-12 are piecemeal and offered 'binder-by-binder' rather than through system-wide strategies. This presentation will leverage insights from key policy-makers, system leaders, and educators nationwide to: 1) provide a case for system-wide approaches to promoting well-being in K-12, and 2) share inspiring case studies and recommendations for how to embed well-being as a system priority.

### **CREATIVE APPROACHES TO INSPIRE REAL-WORLD CLIMATE ACTION SUPERHEROES – TRACEY COUTTS (EVER ACTIVE SCHOOLS), CINTHIA NEMOTO (PLANET PROTECTOR ACADEMY)**

Discover how both Planet Protector Academy and Ever Active Schools use story-telling, gamification and arts-based activities to unlock the climate action superhero in us all as we strive to create the healthiest Alberta school communities.

### **THE NEW CANADA'S FOOD GUIDE: TAKING IT TO THE CLASSROOM – CARLEY O'KANE (ALBERTA HEALTH SERVICES NUTRITION SERVICES)**

Have you seen the new Food Guide? Are you wondering how to use the new Food Guide to talk about healthy foods with students? Join Alberta Health Services Dietitians for an interactive session about the new Canada's Food Guide. We'll explore ready-to-use school nutrition resources and discuss up-to-date messages you can use to teach about healthy eating using the Food Guide. Participants will hear stories and ideas from schools across the province and have the opportunity to share their own ideas.

### **THE STUDENT-DIRECTED CLASSROOM: AN EXPERIENTIAL LEARNING EXPERIENCE – COURT RUSTEMEYER (VINCENT MASSEY SCHOOL)**

In this session we will learn how an active classroom can provide learners with authentic wonderment and opportunities for inquiry; self-awareness, resilience and independence; an immersive curriculum where students are and engaged and empowered; increased community connections and environmental stewardship; and the opportunity to be mindful—to be still. Participants will walk away with not only physical resources and \*prizes\* but a better understanding and confidence for a student-directed classroom. This will be an active session!

### **WISDOM IN THE ROOM: EXPLORE STRATEGIES TO CREATE A CULTURE OF WELLNESS IN YOUR DISTRICT – SONYA BROWN, AMBER ARNOLD (ALBERTA HEALTH SERVICES, SCHOOL HEALTH & WELLNESS PROMOTION)**

You'll learn real-life examples of how school authorities across Alberta have used different types of partnerships to strengthen collective efforts related to key priorities, such as staff wellness, health champion networks, cross-district partnerships and student engagement. Facilitated discussions with wellness leaders will allow you to share your experiences and learn from others. This session will leave you with new contacts, strategies and resources to continue moving forward with Comprehensive School Health.

## SATURDAY, FEBRUARY 1, 2020

---

### **OUTDOOR ADVENTURE LEADERSHIP EXPERIENCE: THE JOURNEY HOME – LAWRENCE ENOSSE (WAASA NAABIN COMMUNITY YOUTH SERVICES CENTRE), MICK STARUCK (WIKWEMIKONG BOARD OF EDUCATION)**

Promoting mental health for Indigenous youth in Canada is a well-documented priority. Indigenous approaches to health promotion share similarities with the holistic process in outdoor adventure and experiential education contexts. The purpose of this project was to develop, implement, and evaluate an Outdoor Adventure Leadership Experience (OALE) for Indigenous adolescents from one First Nations community in Ontario. The OALE has now evolved and expanded to other First Nation communities while transitioning into its local Board of Education for land-based learning.

### **PREVENTION OF TOBACCO AND VAPING USE: AN EVIDENCE-BASED APPROACH – CHRYSTA BELL, LAURA KULEY (ALBERTA HEALTH SERVICES)**

This session includes the review of school-based tobacco and vaping prevention programs from Alberta Health Services. Participants will learn new trends in and prevalence of tobacco and vaping use for school aged →

## SATURDAY, FEBRUARY 1, 2020 (CONTINUED)

→ youth; components of an effective prevention program; a summary of available resources for students, teachers, parents, and administrators to prevent and reduce nicotine use by young people; and more.

### **HEALTH: THE “DRIVER” OF ACADEMIC SUCCESS – KIM HORDAL-HLEWKA (MICHAEL PHAIR JR. HIGH SCHOOL), DR. DOUG GLEDDIE, DR. LAUREN SULZ (UNIVERSITY OF ALBERTA)**

We KNOW that healthy students are better learners – right? If we do know, then why aren't our schools more focused on health? This session will feature an overview of the research supporting health as a key driver of academic (and student!) success. We will also share recent evidence and experiences from a real live school and provide opportunities to share and discuss ways to advocate together.

### **LEADING FOR INCLUSION – DIANNE MCCONNELL, ELIZABETH GOUTHRO (PARKLAND SCHOOL DIVISION #70)**

Leading for Inclusion within a jurisdiction requires competence in the Superintendent Leadership Quality Standard and the Leadership Quality Standard. All levels of leadership development ultimately have a focus on supporting the core work of jurisdictions – providing quality learning for ALL students. This session will provide participants with an overview of the module developed by the College Of Alberta School Superintendents (CASS) to support professional leadership development within each of the 3 Alberta professional practice competencies.

### **LEARNING FARM: CONNECTING EXPERIENCES WITH CURRICULUM – MONIQUE WEBB, SANDRA WOOD (MORINVILLE PUBLIC SCHOOL)**

Join Monique Webb and Sandra Wood as they lead you through the unique journey at their ECS-Grade 9 school in Morinville. The Learning Farm engages students in projects such as caring for chickens, composting, STEM challenges and more! Attendees will learn how this project has improved community relations, teacher collaboration, staff wellness, shaped student learning, enhanced school culture and brought JOY! This session is also for anyone who is looking for a new approach to Reduce, Reuse and Recycle!

### **USING HUMAN-CENTRED DESIGN APPROACHES TO PLAN YOUR PROGRAMMING – MELANIE DAVIS, KELSEY FAHIE (PHE CANADA)**

Human-centred design is a creative and innovative approach to problem-solving. It starts with the people you are designing for and ends with solutions specifically developed to suit their unique needs. This session will provide an introduction to human-centred design and an opportunity to participate in various design activities that can be utilized to support planning in your school community. Get ready to innovate, ideate, and implement!

### **CREATING AND EVALUATING A COMPREHENSIVE SCHOOL HEALTH COURSE FOR PRE-SERVICE TEACHERS – DR. SARAH NUTTER, DR. SHELLY RUSSELL-MAYHEW, ISABEL BRUN, JESSICA SAUNDERS (UNIVERSITY OF CALGARY), LOUISE MCCLELLAND, KERRI MURRAY (EVER ACTIVE SCHOOLS)**

The University of Calgary now has a required comprehensive school health (CSH) course, with the goal that future teachers will be better prepared to engage in wellness practices in their personal and professional lives. This session will provide an overview of the CSH course as well as the results of research examining if the course is meeting its goals. By increasing pre-service teachers' exposure to CSH, teachers can be better prepared to bring this framework into their future practice.

### **LAND-BASED LEARNING FOR ALL – CHELSEA CATTROLL (EVER ACTIVE SCHOOLS, ENOCH CREE NATION)**

Maskêkosak Kiskinomâtowikamik school in Enoch Cree Nation is using Land-Based Learning in its K-3 classes to combine traditional Nehiyaw ways of knowing through a hands-on experience with classroom learnings. This experiential session will show teachers how to easily begin to integrate land-based learning into their school day across various age groups. We will explore working with willows, or Nipisi, found throughout all of Alberta, and will demonstrate practical uses of willows, such as whittling, traditional games, and making snares.

### **FROM TOLERANCE TO NURTURANCE: IMPROVING HEALTH OUTCOMES FOR LGBTQ2S+ STUDENTS THROUGH INCLUSIVE PHYSICAL EDUCATION – JAMIE ANDERSON (EVER ACTIVE SCHOOLS)**

Active participation in physical education is associated with positive outcomes in academic achievement, mental health, and self-esteem for middle and high school students. Unfortunately, LGBTQ2S+ students are more →

## SATURDAY, FEBRUARY 1, 2020 (CONTINUED)

---

→ likely to experience harassment, exclusion, and discrimination in physical and health education classes. This workshop will equip participants with practical frameworks and tools to create environments inclusive of gender and sexual diversity so that ALL students can benefit from a life-long love of physical activity.

### **AN APPLE A DAY FOR DEVELOPING A HEALTHY SCHOOL WAY – MATTHEW SHEWCUK, JENNA POWER (APPLE SCHOOLS)**

Looking for practical ways to promote health in your school community? Join health champions from international award-winning project APPLE Schools for an interactive session highlighting successful strategies for school-focused health promotion. The session will present grab-and-go ideas to implement healthy eating, physical activity, and mental activities that engage students and staff to support their positive well-being. You will walk away an empowered change agent with a toolbox of tangible ideas to create a healthy school culture.

### **CSH: A PRACTICE-INFORMED SET UP GUIDELINE FOR INITIATING A CSH TEAM AND SETTING THE STAGE TO ENGAGE YOUR SCHOOL IN MEANINGFUL WELLNESS INITIATIVES – LISA TAYLOR (UNIVERSITY OF CALGARY), NADEEN HALLS (CALGARY BOARD OF EDUCATION)**

Comprehensive School Health (CSH) is an internationally recognized framework used to support a school community in improving student well-being and academic achievement. We know that a comprehensive and sustainable approach is essential for both student and staff well-being, but sometimes it is challenging to move past initial wellness conversations and know where to begin. In this session, you will be provided mentorship to take the initial first steps in your school's CSH journey.

### **AN APPLE TODAY KEEPS LEARNERS ENGAGED! MY TEACHING ADVENTURES IN AN ACTIVITY PERMISSIVE LEARNING ENVIRONMENT – MELISSA MATHIESON (HILWIE HAMDON SCHOOL)**

This session will introduce educators from all subjects and grade levels to some of the theory, ideas and rationale behind transforming a traditional classroom space into an Activity Permissive Learning Environment (APPLE Classroom). Through my desk-free classroom adventures, we will explore using a more effective physical space as a tool for better teaching practices, increased student productivity and motivation, and improved classroom management. This session will offer participants put-in-your-pocket strategies to take back to the class on Monday.

### **CHANGING HEALTH, BUILDING COMMUNITIES – DR. DOUG KLEIN, DR. CLARK SVRCEK (UNIVERSITY OF ALBERTA)**

What if the health care system actually promoted health? Many Canadians are leading unhealthy lives. The situation is serious. In Canada, we are responding to this crisis by spending increasing amounts of money on disease care. It is time for a "change". CHANGE Health Alberta is working with Alberta Blue Cross to create a new model of health by building community that supports preventive, personalized, and community-relevant care for Alberta families. Your school can be involved.

### **A STUDENT IN MY CLASSROOM HAS A CONCUSSION! WHAT DO I DO? – DR. AMANDA BLACK, ISLA SHILL (UNIVERSITY OF CALGARY)**

This presentation will cover the risk of injury, including sport-related concussions for high school students in Alberta. Participants will learn some of the challenges of implementing concussion protocols in the school setting as well as some solutions they can use in their context. There will be an opportunity to brainstorm ways to provide accommodations for students recovering from a concussion.

### **RE-IMAGINE YOUR SCHOOL COMMUNITY – KEVIN VAN LAGEN (PRAIRIE LAND REGIONAL DIVISION)**

Altario School has grown an agriculture program that permeates the culture of the school. This session will focus on the five steps that any school community could easily follow to create a real and relevant school identity that re-imagines the way we do school. Schools have a phenomenal opportunity to rejuvenate entire communities. This session is for school leaders/teachers who are wanting to inspire a community to greatness. Come prepared to leave with a plan for your school community.



2020  
SHAPING *the* FUTURE