



HEALTH & WELLNESS SYMPOSIUM



GREATER EDMONTON TEACHERS' CONVENTION 2020

Fri, Feb 28th | Enterprise Square

- 9:00am Active Bodies, Thriving Brains
- 10:30am Canada's New Food Guide: Taking it to the Classroom
- 12:30pm Participation for All in the Classroom and on the Playground (Double Session 12:30 - 3:00)



WWW.EVERACTIVE.ORG



ACTIVE BODIES, THRIVING BRAINS



CANADA FOOD GUIDE: WHAT YOU NEED TO KNOW



PARTICIPATION FOR ALL IN THE CLASSROOM



AND ON THE PLAYGROUND

EVER ACTIVE SCHOOLS HEALTH & WELLNESS SYMPOSIUM 2020



Alberta Health
Services

ACTIVE BODIES, THRIVING BRAINS:

HOW MOVEMENT FUELS MENTAL HEALTH

Movement is essential for healthy physical and mental development in children and youth. A growing body of research highlights the vital role that physical activity has on cognition, brain function and mental health. Learn how movement impacts the mental health of children and youth in the areas of depression, anxiety, stress and self-esteem, and try out some fun, practical movement activities to use in your classroom or school.



Alberta Health
Services

CANADA'S NEW FOOD GUIDE:

WHAT EDUCATORS NEED TO KNOW

Overall, healthy eating messages haven't changed; however the way messages are presented has. The messages in the new Canada Food Guide align in general with existing Alberta healthy eating information. Learn how to teach nutrition in your classroom using updated Alberta Health Services curriculum based lesson plans and online resources.



be fit for life
moving alberta

PARTICIPATION FOR ALL IN THE CLASSROOM AND ON THE PLAYGROUND:

A 2-PART SESSION FEATURING THE BE FIT FOR LIFE NETWORK AND EVER ACTIVE SCHOOLS

Use resources that promote participation through Social and Emotional Learning, Inclusive Teaching Practices, and Positive Relationships and Interactions - in the classroom and at recess, break and leisure times. Consider how physical activity opportunities can be established and supported to promote school-wide wellness.



In Part 1, we will look at understanding and developing social and emotional learning competencies using the Social and Emotional Shuffle resource. We will also have the opportunity to learn and experience games and activities that promote empathy and understanding, creating a community of inclusion.

In Part 2, we will apply the concepts explored in the first session to your setting. We will consider how games and activities can be planned, supported and led before, after and during the school day to encourage positive relationships and interactions. Examples will be shared from recess, break times, and other opportunities to interact while being physically active.

Ever Active Schools is a special project of the Health and Physical Education Council of the Alberta Teachers Association. EAS and HPEC are co-hosting a Health and Phys Ed Institute on Feb 27th at the Saville Community Sports Centre. Dr. Lauren Sulz from the University of Alberta highlights the day with her feature presentation: School Sport for All at 9:00am in Gym 12.



HPEC
Health & Physical
Education Council
The Alberta Teachers' Association