



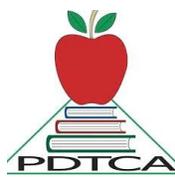
# HEALTH & WELLNESS SYMPOSIUM



## PALLISER TEACHERS' CONVENTION 2020

Thurs, Feb 13th | GLEN 202 Telus Convention Centre

- 8:30am Active Bodies, Thriving Brains
- 10:00am Canada's New Food Guide: Taking it to the Classroom
- 11:30am Participation for All in the Classroom and on the Playground - Part 1
- 1:00pm Participation for All in the Classroom and on the Playground - Part 2



[WWW.EVERACTIVE.ORG](http://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.



## **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, HPEC and health champions in the Palliser District are co-hosting Health and Phys Ed Institutes on Feb 20 and 21 at Our Lady of the Snows in Canmore. Feature speakers each day and a variety of break-out sessions. Pre-register today at [pdtca.org](http://pdtca.org).

