

*Celebrating*



**SHAPING**  
*the*  
**FUTURE**

*10 Years*

**JANUARY 30 - FEBRUARY 2, 2019**

**TREATY 7 | LAKE LOUISE, AB**



**Ever  
Active  
Schools**

[www.everactive.org](http://www.everactive.org)

**HONOURING THE PAST. TREASURING THE PRESENT. SHAPING THE FUTURE.**



## CHECK OUT THE SHAPING THE FUTURE APP!



- View entire conference schedule and explore sessions to add to your own agenda
- Access speakers, keynotes and exhibitors
- Direct message 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!

An invite has been sent to you with instructions to download the app, but just in case you missed it:

1. Download the App - CrowdCompass Attendee Hub (use the QR code to download if you cannot find it via the App Store or Google Play Store)
2. Once the CrowdCompass Attendee Hub App has been downloaded, search for 'Shaping the Future 2019'
3. You will be prompted to enter the event password: EAS19STF
4. Verify your account (an email will be sent to you)
5. Start exploring!





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## *Greetings from Ever Active Schools*

**Welcome** to the 10th annual Shaping the Future conference! Ten years has flown by and we are hoping to take a moment to stop and reflect on progress made in the well-being of schools and also set our sights on continued work and new goals.

We are honoured to have Ever Active Schools “Director Emeritus” Doug Gleddie join us in this message as he was the “founder” of the first Shaping the Future. Together, we want to welcome you to the event and thank you for the commitment, expertise and experience that you invest in the well-being of your school community and beyond.

Time is precious and we are grateful for the time people invest to share practices and passions for healthy school communities. As the African proverb states: Faster alone, further together . We are incredibly happy to have so many people gather in the spirit of making positive change. It’s essential to share the importance of this work and positively advocate together for the healthy school communities we know are critical to our society.

A special thank you to the partnering organizations and leadership from across our province that have made considerable efforts to making this event a success. They have done so in a spirit of collaboration and friendship.

This conference aims to challenge our thinking, shape our environments and move together towards increasing equity and supporting wellness for all. Shaping the Future provides a platform for positive dialogue; through new knowledge and partnerships, we hope the discussion here will be heard back in communities across Alberta and beyond.

Shaping the Future is also for the many amazing presenters and delegates. At the heart of our work are people; this event allows us to connect, play together, listen to each other and inspire change. Enjoy the conference! We thank you for the time and energy you put into creating safe, welcoming, caring, resilient and healthy learning environments for all children and youth. Thank you for your time and your travel to attend.

You do amazing work and we like you.

Sincerely,

**Brian Torrance**  
Director, Ever Active Schools

**Hayley Degaust**  
Chair, Shaping the Future

**Dr. Doug Gleddie**  
Director Emeritus, Ever Active  
Schools

## Minister's Message



Office of the Minister

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

It is my pleasure to extend greetings to all attendees of the 2019 Shaping the Future conference, with its theme of *Honouring the Past and Treasuring the Present*.

Our government is committed to supporting and enhancing the health and learning outcomes of all students – but we can't do this alone. Creating and maintaining a culture of wellness in schools across Alberta requires the hard work and dedication of the whole community.

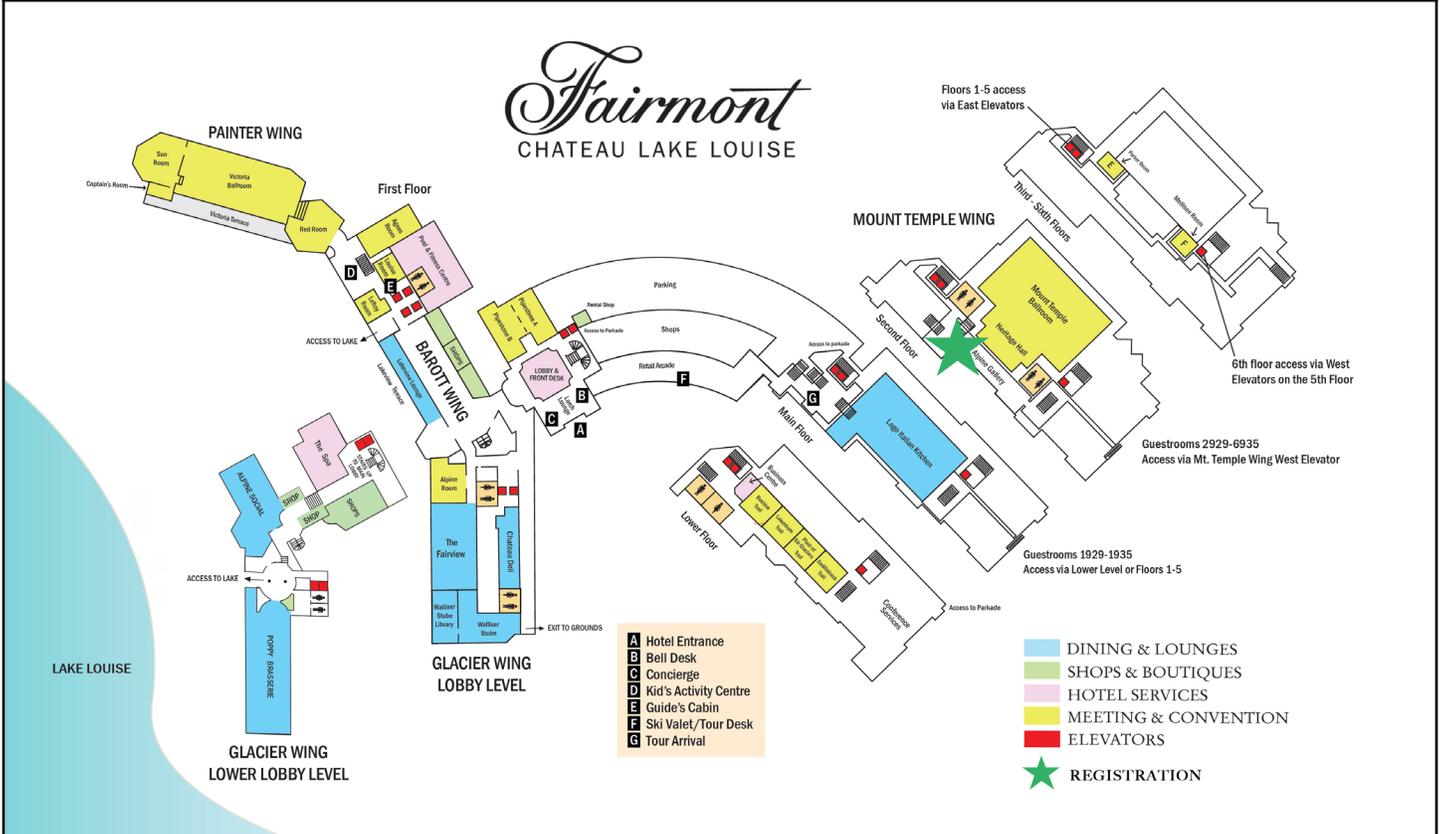
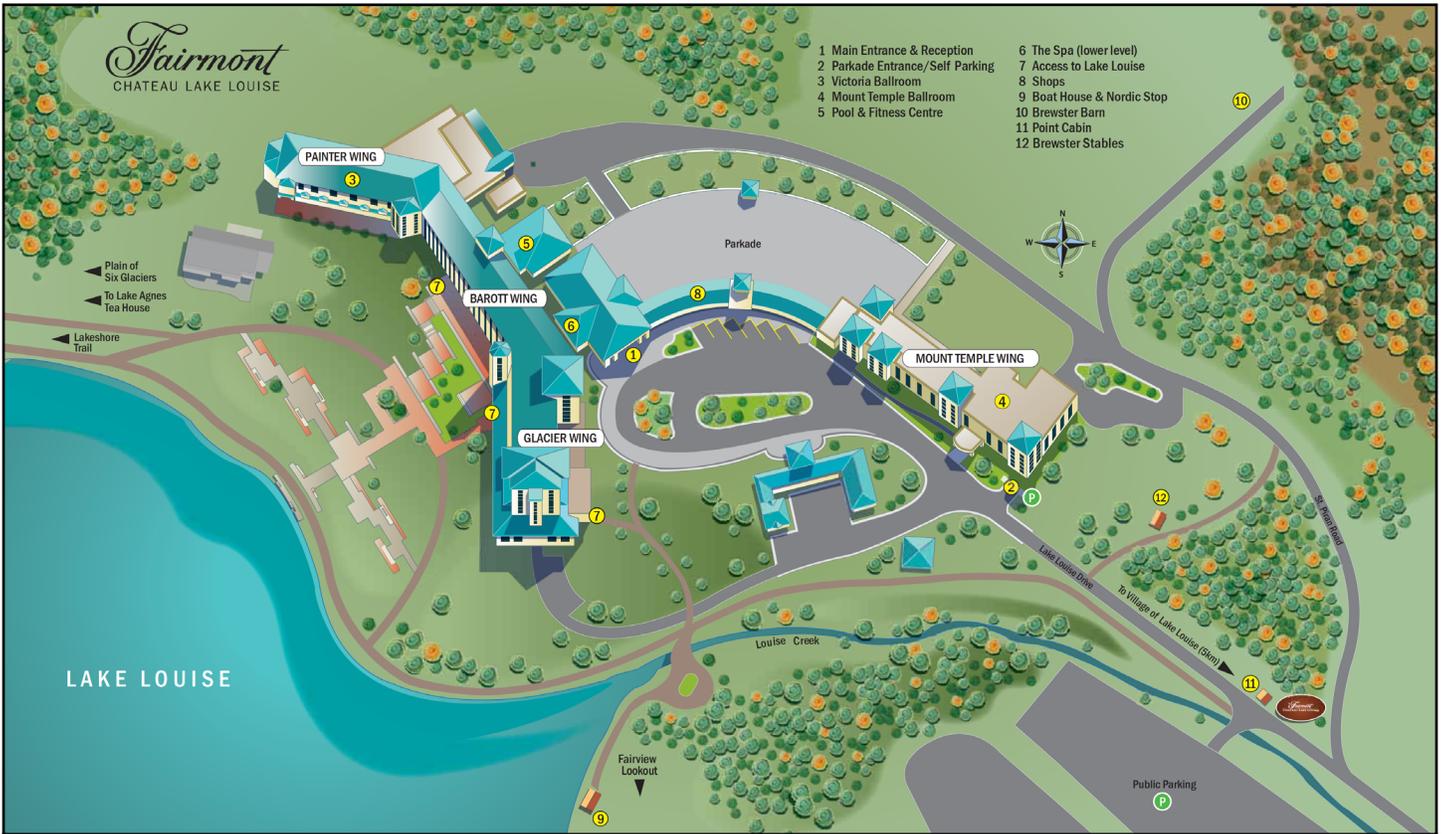
The fact that over 500 of you are coming together to improve health and learning outcomes for our children and youth is highly commendable. School nutrition, LGBTQ+ student supports, mental health, Indigenous health and social-emotional well-being are all topics you will discuss throughout this conference. I encourage you to work together to explore ways to achieve optimal health and learning outcomes for Alberta students.

David Eggen  
Minister of Education

January 2019



## 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 2019 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 & ALLERGY ACCOMMODATION**

Ever Active Schools will make accommodations for food allergy 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 & CEREMONY**

There will be a traditional opening and closing prayer and smudge at Shaping the Future 2019. If conference delegates should wish to smudge over the duration of the conference, outside of the opening and closing prayer, please connect with hotel staff to organize a designated space.

### **CONFERENCE LOCATION + HOTEL(S) INFORMATION**

Shaping the Future 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.

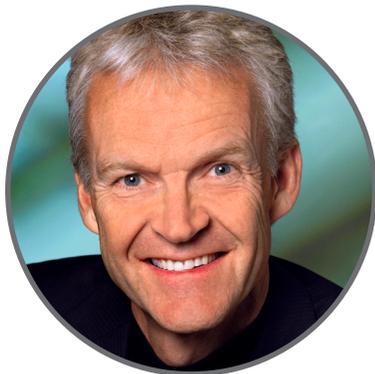
Fairmont Chateau Lake Louise  
111 Lake Louise Dr., Lake Louise, AB T0L 1E0  
403.522.3511

Deer Lodge  
109 Lake Louise Dr., Lake Louise, AB T0L 1E0  
403.522.3991



## Keynote Speakers

### DAVID IRVINE: IT'S ABOUT PRESENCE, NOT POSITION



David Irvine is sought after internationally as a speaker, author, and trusted leadership advisor. His work has contributed to the building of accountable, dynamic and engaged organizations across North America. As one of Canada's most respected voices on leadership, organizational culture, and personal development, David has dedicated his life to creating workplaces, communities, and families that foster accountability, authenticity, and caring. As a formerly nationally ranked distance runner, David maintains an active lifestyle of yoga and hiking in the beautiful foothills of the Rocky Mountains in Alberta, Canada, which he calls home.

Hear David speak on Thursday at 1:30pm in the Mt. Temple Ballroom!

Leaders are not defined by their title. While you may get promoted to be a boss, you have to earn the right to be called a leader. Leaders are defined by their impact - the difference they make to the people they serve. The leadership required to inspire and shape the future of healthy students and healthy schools comes not from our position but from our presence. Step back and gain a renewed perspective on authentic leadership from one of Canada's most respected voices on leadership and organizational culture. In this personal and provocative session, David Irvine will kick off our conference with a profoundly human view of leadership and life. You will be inspired by a new view of who you are as a leader and a fresh vision of leadership in today's changing, demanding world of education. Leave with renewed energy, a new outlook and practical applications.

1. Be inspired to take your leadership to a new level of impact.
2. Discover how an authentic leadership presence can instigate an engaged school culture.
3. Learn the difference between caring and pleasing, and how to sustain your energy in the work of leading.
4. Leave with practical strategies to amplify your impact as a leader.

### COREY GRAY: EINSTEIN, GRAVITATIONAL WAVES, & THE IMPORTANCE OF EDUCATION

Corey is a member of the Siksika Nation of Alberta and a part of the team whose founders were awarded the Nobel Prize for Physics in 2017. He is the lead operator at the Laser Interferometer Gravitational-wave Observatory (LIGO) and part of the group of researchers that confirmed the existence of gravitational waves, marking a major discovery for the fields of physics and astronomy. Corey worked with his mother, Sharon Yellowfly from Siksika Nation, to translate LIGO press releases into the Blackfoot language. In his personal life, you can find Corey hiking a trail, dancing at a salsa club, fly fishing in a stream, dancing as a grass dancer, or traveling the world.

Hear Corey speak on Friday at 11:20am in the Mt. Temple Ballroom!



Get the inside scoop of the biggest scientific discovery of the last century: the first direct detection of Einstein's gravitational waves, which he first predicted 100 years ago! Corey Gray will discuss his journey to becoming a physicist and the importance of education, role models and diversity.

## *Keynote Speakers (cont'd)*

### **LACOMBE COMPOSITE HIGH SCHOOL: ECOVISION, A STORY OF STUDENTS' ENVIRONMENTAL DREAMS BECOMING A REALITY**



Students Darcy Cunningham, Holden Fafard, Breanne Campbell and Jade Benoit, along with their teacher, Steve Schultz, are a part of the EcoVision environmental club at Lacombe Composite High School. Through their many projects, this club has been awarded the 2014 Emerald Award, the 2016 Ron Kruhlack Award and Canada's Greenest School in 2018.

**Hear the EcoVision students speak on Friday at 12:00pm in the Mt. Temple Ballroom!**

Lacombe Composite High School's EcoVision is an environmental club where student's dreams become reality. Students have become empowered to become ecological leaders through projects that benefit their environment, enhance their education and encourage community collaboration. The EcoVision students at Lacombe Composite High School have organized projects over the past 15 years that have seen solar panels installed on the school roof, a geodesic energy efficient tropical greenhouse built, a two acre garden developed and an unique urban beekeeping program incorporated into the curriculum. Whether it's feeding compost worms, raising tilapia fish, harvesting honey or building a goat sanctuary — come and discover how EcoVision's projects have left an impact on students, their school and the community.

### **DR. SUE WINTON: SCHOOL FUNDRAISING; THE HIDDEN COSTS**

Dr. Sue Winton is an associate professor in the Faculty of Education at York University in Toronto, Ont. She is also a co-director of the World Educational Research Association's International Research Network on Families, Educators, and Communities as Educational Advocates. Dr. Winton's research examines policy influences and practices and their implications for critical democracy. Dr. Winton began her career in education teaching fifth grade in Monterrey, Mexico. She later taught Spanish, writing, and fourth and fifth grade. She earned her master's and doctoral degrees in educational administration from the Ontario Institute for Studies in Education at the University of Toronto.

**Hear Dr. Winton speak on Saturday at 10:00am in the Mt. Temple Ballroom!**



The desire to provide their children and students with schools full of rich learning opportunities leads many parents and school staff to engage in fundraising. Fundraised dollars are used to pay for everything from playgrounds and sports equipment to library books and snack programs. Fundraising is often heralded for increasing parent engagement and providing much-needed resources. In her keynote address Dr. Winton will highlight some of school fundraising's hidden costs: exacerbating inequities between students and schools; discouraging some students and parents from participating in school activities; generating additional work for teachers and administrators; enabling government disinvestment in public education; and undermining commitments to equity, inclusion, and ultimately, healthy schools.

# SHAPING THE FUTURE 2019



## PRE-CONFERENCE: WEDNESDAY, JANUARY 30

12:00PM - 1:00PM	— LUNCH FOR PRE-CONFERENCE ATTENDEES	—	Heritage Hall
1:00PM - 4:00PM	— PRE-CONFERENCE SESSIONS (3 hours)		
	Play It Fair! <i>*continues into Thursday*</i>	—	P6/Saddleback
	Angie Osachoff - Equitas; Katie Mahon, Kerri Murray - Ever Active Schools		
	Wellness as the “Staying Power” of Resilient Educators	—	Mt. Temple A
	Chesa Corsiatto - Ever Active Schools; Joyce Sunada - Joyful Endeavours		
	Move & Play Through Physical Literacy	—	Victoria Ballroom
	Lindsay Wright, Leah Yardley, Ashley Fox - Be Fit For Life		
	Ski, Skate and Slide! Many Pathways to Physical Literacy in Skiing and Snow-boarding	—	Ski Resort
	Scott Bailey - Ever Active Schools		

## PRE-CONFERENCE: THURSDAY, JANUARY 31

9:00AM - 12:00PM	— PRE-CONFERENCE SESSIONS (3 hours)		
	Play It Fair! <i>*continued from Thursday*</i>	—	P6/Saddleback
	Angie Osachoff - Equitas; Katie Mahon, Kerri Murray - Ever Active Schools		
	Wisdom Is In the Room: An Ongoing Conversation Among School Community Wellness Leaders about Practices that Support Comprehensive School Health	—	Mt. Temple A
	Practitioners from Wellness Fund; Alberta Health Services		
	Games and Activities to Optimize Self-Regulation	—	Victoria Ballroom
	Chris Fenlon-MacDonald - Ever Active Schools		
	Re-Imagining School Sports: Critical Conversations with Key Stakeholders	—	Beehive/Lakeshore
	Dr. Doug Gleddie, Dr. Lauren Sulz, Jonathan Mauro - University of Alberta		
12:00PM - 1:00PM	— LUNCH FOR PRE-CONFERENCE ATTENDEES	—	Lago

## MAIN CONFERENCE: THURSDAY, JANUARY 31

1:00PM - 1:30PM — CONFERENCE OPENING & ELDER PRAYER — Mt. Temple Ballroom

1:30PM - 2:20PM — KEYNOTE ADDRESS (50 minutes)

It's About Presence, Not Position — Mt. Temple Ballroom  
David Irvine

2:20PM - 2:35PM — BREAK

2:35PM - 3:25PM — CONCURRENT SESSIONS (50 minutes)

Parkland School Division Nutrition Nook: Food as Fuel — Pipestone  
Felicia Ochs, Carson Engele - Parkland School Division

Using a Child-Rights Based Approach as a Foundation for Comprehensive School Health — Mt. Temple B  
Angie Osachoff - Equitas

Booty Shorts and Sexting: Body Image and Self-Esteem in Youth — Mt. Temple C  
Dr. Angela Grace - Heart Centred Counselling

Healthy Tools for Healthy Tots — Beehive/Lakeshore  
Carolyn Evancio, Sara Ford - Alberta Health Services

Nurturing Play and Nature in Schools Teaching and Learning — P6/Saddleback  
David McFall, Catherine Lesage - Pierre Elliot Trudeau School

Fit Learning — Victoria Ballroom  
Alison Walker - Glendon School

Leading With Purpose: Developing Your Why — Mt. Temple A  
David Irvine

Waves or Ripples? Adapting Aquatic Instruction for All — Pool  
Megan McClelland - Christine Miekle School, HPEC

3:25PM - 3:40PM — BREAK

3:40PM - 4:15PM — CONCURRENT SESSIONS (35 minutes)

Sandbox Sampler — Mt. Temple A  
Alberta School Employee Benefit Plan

Student Voice Through Action Research — Mt. Temple B  
Barb Gano, Stacie Pederson - Clearview Public Schools

Happiness Matters: Five Evidence-Based Characteristics of Positive Learning Environments in the Early Primary Grades — Mt. Temple C  
Dr. Scott Hughes - Mount Royal University

Reshaping the Middle School Sport Experience: Where We Are Now — Beehive/Lakeshore  
Jonathan Maruo - St. Francis of Assisi Middle School



## MAIN CONFERENCE: THURSDAY, JANUARY 31 (CONT'D)

3:40PM - 4:15PM — CONCURRENT SESSIONS CONT'D (35 minutes)

- A Common Vision** — P6/Saddleback  
Brad Babiak, Ministry of Culture and Tourism - Government of Alberta
- The 10-Minute Warm-Up: Supporting Quality PE. through Movement Skill Development, Fitness and Injury Prevention** — Victoria Ballroom  
Carla Vandenburg - Sport Injury Prevention Research Centre, University of Calgary
- Enriching Secondary Physical Education with Social Media - #active365 and Results of a Thesis** — Pipestone  
Lisa Taylor - Glamorgan School

4:15PM - 4:30PM — BREAK

4:30PM - 5:20PM — CONCURRENT SESSIONS (50 minutes)

- Physical Literacy and Connections to Mental Health in Indigenous Communities** — Mt. Temple A  
Laurie Thompson, Lynzey Brodziak, Blake Mezzarobba, Ty Thompson - Kikino School
- Creating A School Culture Focused on Wellness** — Mt. Temple B  
Chris Good - Ecole Barrie Wilson School
- Leadership: It's All About Connection!** — Mt. Temple C  
Joseph Dumont - Archbishop Jordan Catholic School
- The JCSH Healthy School Planner 2019: Aligning the Essential Conditions of Comprehensive School Health with Student Success** — Beehive/Lakeshore  
Katherine Eberl Kelly - Pan-Canadian Joint Consortium for School Health
- SHRED Injuries and Concussions: Understanding Injury Risk and Prevention Strategies in Alberta High Schools** — P6/Saddleback  
Dr. Amanda Black, Stacy Kozak, Dr. Carolyn Emery - Sport Injury Prevention Centre
- Embedding Comprehensive School Health Programming through the Teaching and Learning Lens** — Victoria Ballroom  
Ryan Fahey - PHE Canada
- Spice It Up: Cooking in the Classroom** — Pipestone  
Anne Bradley - Edmonton Public Schools
- Stoga: Yoga with a Stick** — Lago/Outdoors  
Shirley Jorgensen - Black Gold Outreach School

## MAIN CONFERENCE: FRIDAY, FEBRUARY 1

7:00AM - 8:00AM — WELLNESS OPPORTUNITIES

- Yoga with Chesa — Lago
- AMA Youth Run Club Run/Walk — Meet in the Lobby
- Snowshoeing with Scott — Meet in the Lobby
- Meditation and Relaxation with Melissa — Sun Room

8:00AM - 9:00AM — BREAKFAST IS SERVED — Workshop rooms

9:00AM - 11:00AM — WORKSHOPS (2 hours)

- Developing Social and Emotional Learning through Physical Activity in the Classroom — P6/Saddleback  
Chesa Corsiatto, Megan McCormick - Ever Active Schools

- Nature, Movement, Connection: A Vision for Wellness — Mt. Temple A  
Laura Paiement, Morag Asquith, Shannon Hecker - SD83, SD51

- Promoting the Success of Immigrant Students — Mt. Temple C  
Nancy Luyckfassel - Alberta Teachers Association

- Workplace Wellness Superheroes Take Flight — Victoria Ballroom  
Alberta School Employee Benefit Plan

- CHANGE Health — Pipestone/Outdoors  
Dr. Doug Klein, Clark Svrcek, Finola Hackett - University of Alberta

- Tipi Teachings: An Invitation to Balanced Living and Wholeness — Lago/Outdoors  
Elder Phillip Campiou, TJ Skalski - Parkland School Division #70

11:00AM - 11:20AM — BREAK

11:20AM - 12:30PM — KEYNOTE ADDRESS

- Einstein, Gravitational Waves and the Importance of Education — Mt. Temple Ballroom  
Corey Gray

- EcoVision, A Story of Students' Environmental Dreams Becoming a Reality — Mt. Temple Ballroom  
Darcy Cunningham, Holden Fafard, Breanne Campbell, Jade Benoit, Steve Schultz - Lacombe Composite High School

12:30PM - 1:30PM — LUNCH AND TABLE NETWORKING — Mt. Temple Ballroom

1:30PM - 3:30PM — WORKSHOPS (2 hours)

- Health as the Foundation for a New Junior High School: Using Research to Inform Practice and Practice to Inform Research — Mt. Temple A  
Kim Hordal-Hlewka - Michael Phair Jr. High School; Dr. Doug Gleddie, Dr. Lauren Sulz - University of Alberta



## MAIN CONFERENCE: **FRIDAY, FEBRUARY 1** (CONT'D)

1:30PM - 3:30PM — WORKSHOPS CONT'D (2 hours)

- |  |       |                       |
|--|-------|-----------------------|
| Ability in Motion: A Different Way of Embracing Differences<br>Kuen Tang - Rick Hansen Foundation  | ————— | Mt. Temple B          |
| Participatory Approaches to Building Leadership in Children and Youth<br>Angie Osachoff, Taylor Morton - Equitas   | ————— | Victoria Ballroom     |
| Nutrition Activities in Any Classroom<br>Kendra Chow, Carley O'Kane - Alberta Health Services, School Nutrition Group  | ————— | Pipestone             |
| Active Bodies, Thriving Brains: How Movement Fuels Mental Health<br>Theresa McIssac, Stephanie Wierl - Alberta Health Services   | ————— | P6/Saddleback         |
| Ski, Skate and Slide: Developing Cross-Country Skiing Skills through Creative Environments<br>Scott Bailey - Ever Active Schools; Alison Green - Tsuut'ina Middle School; Emily Parkin - Morley Community School | ————— | Mt. Temple C/Outdoors |
| The Great Outdoors and Emotional Wellbeing<br>Dr. Lee Schaefer - McGill University   | ————— | Lago/Outdoors         |

3:30PM - 5:30PM — WELLNESS BREAK

5:30PM - 6:30PM — COCKTAILS ————— Mt. Temple Foyer

6:30PM - 8:00PM — DINNER, MINISTER MESSAGE ————— Mt. Temple Ballroom

8:00PM - 8:30PM — 10 YEAR ANNIVERSARY CELEBRATION ————— Mt. Temple Ballroom

8:30PM - 1:00AM — DANCE AND SOCIAL ————— Mt. Temple Ballroom

## MAIN CONFERENCE: SATURDAY, FEBRUARY 2

8:00AM - 9:00AM — WELLNESS OPPORTUNITIES

- Yoga with Chesa — Lago
- AMA Youth Run Club Run/Walk — Meet in the Lobby
- Meditation and Relaxation with Katie — Sun Room

9:00AM - 10:00AM — AMA YOUTH RUN CLUB BREAKFAST — Victoria Ballroom

9:00AM - 10:00AM — MAIN CONFERENCE BREAKFAST — Mt. Temple Ballroom

10:00AM - 10:50AM — KEYNOTE ADDRESS

- School Fundraising: The Hidden Costs — Mt. Temple Ballroom  
Dr. Sue Winton

10:50AM - 11:05AM — BREAK

11:05AM - 11:55AM — CONCURRENT SESSIONS (50 minutes)

- Together, We're Better: Tips for Teacher-Educational Assistant Collaboration — Mt. Temple A  
Hayley Morrison - University of Alberta
- Race and Respect: An Educational Resource for Teachers and Educators — Mt. Temple B  
Dr. Elli Dehnavi - Centre for Race and Culture
- Setting the Stage: The CASS/WellAhead Partnership Supporting a Focus on Wellness Across Alberta School Authorities — Mt. Temple C  
Jim McLelland, Brian Andjelic - CASS; Mali Bain, Paul McArthur - WellAhead, McConnell Foundation
- Physical Literacy in the Classroom — Victoria Ballroom  
Del Lomsnes - Fairview School
- Creating Healthy School Communities One Process at a Time — P6/Saddleback  
Tina Skakun, Karen Janvier - APPLE Schools
- Clarity on Cannabis: What Teachers Need to Know — Pipestone  
Tammy Novak, Michelle Fry - Alberta Health Services
- Activating Reconciliation: Treaty 7 — Beehive/Lakeshore  
Tim Fox - Calgary Foundation

11:55AM - 12:10PM — BREAK

12:10PM - 1:00PM — CONCURRENT SESSIONS (50 minutes)

- Sense Ability: An Exploration of Our Sensory Strengths — Beehive/Lakeshore  
Brandi Heather - AMPED2Play



## MAIN CONFERENCE: SATURDAY, FEBRUARY 2 (CONT'D)

12:10PM - 1:00PM — CONCURRENT SESSIONS CONT'D (50 minutes)

- |  |       |                     |
|--|-------|---------------------|
| Getting Off the Mental Roller-Coaster: From Health Champion to Healthy Champion<br>Dr. Astrid Kendrick - University of Calgary                                 | ————— | Mt. Temple B        |
| Systems Thinking: Treating Process as Product in Reform Efforts<br>Felicia Ochs, Dr. Allan Bailey - Parkland School Division                                   | ————— | Victoria Ballroom   |
| Relationships: The Key to Student Success<br>Carolyn Gosling   | ————— | Mt. Temple C        |
| Alberta Active After School: Supporting After-School Programs in Alberta to Meet the Provincial Activity Guidelines<br>Louise McClelland - Ever Active Schools | ————— | P6/Saddleback       |
| Stepping in the Right Direction<br>Tracey Coutts - Ever Active Schools; Lisa Cassidy - Nellie Carlson School   | ————— | Mt. Temple A        |
| Improving Your Ski and Snowboard Skills with Snowboard Addiction<br>John Leslie - Snowboard Addiction  | ————— | Pipestone           |
| 1:00PM - 2:00PM — LUNCH, ELDER BLESSING, CLOSING CELEBRATION AND DRAW PRIZES   | ————— | Mt. Temple Ballroom |

THE ALBERTA MEDICAL ASSOCIATION

**YOUTH  
RUN  
CLUB**

PRESENTS

**LINH HUYNH**

SATURDAY, FEBRUARY 2, 2019

9:00AM - 10:00AM

VICTORIA BALLROOM

*Hear from the "luck pusher", Linh Huynh. Linh is an English as a Second Language instructor to new immigrants, and over the past few years has been on an impressive journey to represent Canada in some of the world's most extreme races!*



## SESSION DETAILS: **WEDNESDAY, JANUARY 30 1:00PM - 4:00PM**

### **Play It Fair!** | Angie Osachoff - Equitas; Katie Mahon, Kerri Murray - Ever Active Schools

Ever Active Schools and Equitas (the International Centre for Human Rights Education) are excited to co-facilitate a pre-conference workshop centred on how to use play-based tools to increase children's participation, social emotional learning, and connections to peers. Equitas is a Canadian non-profit that works internationally and in Canada to create social change using human rights education as the foundation. This workshop in particular will focus on Equitas' toolkit, Play It Fair!. This model increases children's social and emotional development as well as their connectedness and wellbeing. The Play it Fair! approach helps children to learn about their rights, and it builds participation of children aged 6-12 to be able to address issues such as bullying, racism and discrimination as they learn about inclusion, respect, fairness, acceptance and cooperation. This workshop will offer the full Play It Fair! training over two half days. It is aimed at teachers, administrators, programmers, community leaders and frontline staff who have an impact on programming and implementation. Each participant will receive the Play It Fair! toolkit as well as follow-up support to implement this work. Participants in this workshop will connect back with Ever Active Schools and/or the Equitas team for additional support in exploring implementation of the toolkit. Registering participants are strongly encouraged to test implementation of the Play It Fair! toolkit within their communities.

### **Wellness as the "Staying Power" of Resilient Educators** | Chesa Corsiatto - Ever Active Schools; Joyce Sunada - Joyful Endeavours

Staying power is the mindset, energy and action that support educators ability to positively navigate the demanding landscape of education. In this interactive session, participants will explore wellness by reflecting on the past, developing strategies for the present and looking ahead at shaping their future.

### **Move & Play Through Physical Literacy** | Lindsay Wright, Ashley Fox, Leah Yardley - Be Fit For Life

This workshop is a practical professional development opportunity for teachers and leaders who are looking to integrate the concepts of physical literacy into their child and youth physical activity opportunities. Participants of this workshop will receive a certificate of completion. This session is for teachers and leaders who provide physical activity opportunities for 3 - 12 year olds. Outcomes:

- Learn about the concept of physical literacy and the leader's role in creating environments that support positive physical activity experiences;
- Discover strategies to support implementing physical literacy strategies into existing/new programming;
- Use the Move & Play Cards and other resources as a starting point to support children and youth programming;
- Through active participation, experience take away examples that can be integrated into your own environment.; and
- Network and learn from other like minded professionals and explore the community supporting physical literacy development in Alberta. Many Alberta facilities and organizations that offer physical activity programming for children and youth recognize this workshop as an asset in employment.

### **Ski, Skate and Slide: Many Pathways to Physical Literacy in Skiing and Snowboarding** | Scott Bailey - Ever Active Schools

Join us for an on-snow, skiing or snowboarding pre-conference workshop at the Lake Louise Ski Resort on January 30th at the 10th Anniversary of Ever Active Schools' Shaping the Future Conference. Ski, Skate and Slide is a new resource from Ever Active Schools that has been developed with national winter sport partners to build teacher confidence in increasing winter activities in their Physical Education and Daily Physical Activity programs. For this year's session, partners from Skiing and Snowboarding will collaborate to deliver a fun and experiential session that intermediate to advanced skiers and snowboarders can all enjoy (note: this is not a learn to ski or snowboard session - you should be able to comfortably navigate all blue and some black terrain on the mountain to enjoy this session). Skiing and Snowboarding offer many pathways for participation. Snowsports are for everyone and this workshop will bring that to life. You will have your choice of skiing or riding



with instructor trainers from the CSIA and CASI, or venturing out with athletes and coaches from the competitive avenues of the sport - including two-time Paralympian John Leslie. By jumping into the context of learning to train as an instructor or an athlete, you will see how common principles of developing physical literacy and inclusive learning environments that are essential for success in school programs are also embedded in these individual pursuits. The session will include a sample training/practice environment from the Ski, Skate and Slide resource, where we will connect and share different approaches in a common setting.\*

*\*Lake Louise Ski Resort will provide discounted lift tickets to session participants (not included in workshop fee). Rentals can be purchased at both the resort and hotel. Helmets are required for all participants.*

## **SESSION DETAILS: THURSDAY, JANUARY 31 9:00AM - 12:00PM**

### **Wisdom is in the Room: An Ongoing Conversation Among School Community Wellness Leaders About Practices that Support Comprehensive School Health** | Hosted by practitioners from Alberta Healthy School Community Wellness Fund; Alberta Health Services

Join our enthusiastic hosts from the Alberta Healthy School Community Wellness Fund and Alberta Health Services to exchange ideas with like-minded leaders invested in building and strengthening cultures of wellness for school communities.

This pre-conference session will inspire and support you with strategies to help intentionally embed wellness into your school jurisdiction. Come prepared to discuss what makes you proud of your school jurisdiction, your challenges, successes, and lessons learned. This invaluable opportunity to network, collaborate, share and learn will leave you with new contacts, strategies and resources to keep you moving forward with a Comprehensive School Health approach. The session will begin with a short presentation by the Wellness Fund, featuring provincial data related to Wellness Funded Projects, and district level wellness priorities. Participants will then have opportunities to network, share and collaborate with a variety of school wellness leaders from across Alberta through a series of facilitated conversations. We will conclude the session by exploring emerging trends in school health and additional supports available to help move this work forward at a district, regional, and provincial level. Whether you are just getting started with school wellness or are an experienced health promotion veteran, this session will add value to your work as a wellness leader in your school community.

### **Games and Activities to Optimize Self-Regulation** | Chris Fenlon-MacDonald - Ever Active Schools

When children and youth have the opportunity to develop the skills needed for self-regulation they are better suited to make healthy choices that affect them and their classmates or fellow program participants. Join Ever Active Schools as we explore how classrooms and community programs are the optimal settings to promote these skills through fun, creative and original activities.

### **Re-Imagining School Sports: Critical Conversations with Key Stakeholders** | Dr. Doug Gleddie, Dr. Lauren Sulz, Jonathan Mauro - University of Alberta

Participation in youth (school) sport has been associated with enhanced self esteem and self-confidence, increased positive social, emotional and cognitive well being, increased life skills and educational benefits. Recognizing potential benefits, sport programs are encouraged to implement strategies to increase and maintain sport participation. This workshop will examine barriers and share current research strategies to enhance participation in school and community sport. We will encourage delegates to think about engagement, participation levels, the purpose of school sport and what key elements make up a quality school sport program. Through focused and facilitated discussions, delegates are invited to contribute ideas based from their experiences to the development of a school sport framework.

## SESSION DETAILS: THURSDAY, JANUARY 31 2:35PM - 3:25PM

### **Parkland School Division Nutrition Nook: Food as Fuel** | Felicia Ochs, Carson Engele - Parkland School Division

Through this session, participants will have the opportunity to learn about the intended and unintended consequences of healthy food environment strategies. Since 2012, Parkland School Division has been working to co-design multiple nutrition opportunities for schools. Work alongside of private business, public school boards, and Dr. Doug Klein to understand how to effectively take your school community to a whole new level that makes the healthy choice, the easy choice.

### **Using a Childs Rights Based Approach as a Foundation for Comprehensive School Health** | Angie Osachoff - Equitas

This interactive workshop will present participants with information and tools on how a child-rights based framework supports the implementation of comprehensive school health. The workshop will introduce participants to the basics of children's rights and how children's rights are aligned to and provide a foundation for CSH. The workshop will provide participants with tools and resources on how to integrate value-based play that support the implementation of the core elements of CSH and child rights. There will also be a focus on how to integrate play and participatory approaches in the implementation of existing programs, curricula and activities. Participants will be introduced to Equitas' Play it Fair! and Speaking Rights programs. Core elements of this fun, active and inclusive workshop include:

- The foundations of children's rights;
- Children's rights and comprehensive school health;
- Values-based play to integrating child rights and CSH;
- The core elements of participatory approaches with children and youth; and
- How to integrate value-based play into existing activities.

### **Booty Shorts and Sexting: Body Image and Self Esteem in Youth** | Dr. Angela Grace - Heart Centred Counselling

Students come to school in a body! What we say, what we do, and how we treat them influences how they feel about themselves, and in turn, how they care for their well-being. Body image and self-esteem are key components of child development, yet there are many ways healthy development can go awry, leaving students at-risk for eating disorders, self-harm, and poor self-esteem (even as young as Grade 1). This workshop will focus on the critical importance of addressing body image & self-esteem issues in youth through evidence-based prevention and social justice approaches. Practical examples will be used to emphasize how student voices are critical to inform school-based approaches to prevention and intervention. Social justice is an emerging consideration in education and counselling, and will be highlighted. The Theory of Embodiment (Piran, 2015) will be emphasized. With the new Wellness Curriculum emerging, this session informs school professionals of all grades about best practices to improve body image & self-esteem in your students, and create a healthy, inclusive school environment.

### **Healthy Tools for Healthy Tots** | Carolyn Evancio, Sara Ford - Alberta Health Services

The Healthy Tools for Healthy Tots (HTHT) is an interactive session that will allow for the introduction of Comprehensive School Health in the early years. The session is targeted for caregivers/educators/parents of children age 3 to 5, although can be applicable for children up to grade 3. Research has shown that the best time to establish healthy lifestyle habits is in the first 6 years. HTHT provides the opportunity to create healthier physical and social environments using educational toolkits, proven resources and learning. Resilience is one of the most important qualities we can instill in young children. This session aims to provide adults with education and tools to help build resilient children. The HTHT initiative is aligned with the Comprehensive School Health approach, and serves as an introduction to healthy schools. HTHT allows for consistent messaging for parents,



early educators and caregivers. The holistic approach to well-being includes healthy eating, active living and positive mental health. Evidence shows that children who are physically active and follow the recommendations outlined by “Alberta Nutrition Guidelines for Children and Youth (ANGCY)” and “Canadian Physical Activity Guidelines (CPAG)” are better equipped to be resilient and handle stresses. HTHT consists of three interactive educational toolkits:

- Mindfulness Toolkit; education on the importance of breathing techniques to reduce stress, anxiety and optimal functioning. The toolkit includes well researched breathing activities, use of proven resources including the Bounce Back and Thrive books that promote resiliency in children.
- Physical Activity Toolkit; interactive equipment to encourage active play, promotion of CPAG, education on the importance of play/physical literacy.
- Healthy Eating Toolkit; interactive activities to learn healthy eating and promotion of the Canada Food Guide/ANGCY.

Attendees will come away from this session with easy to re-create activities they can implement within their early learning environment.

## **Nurturing Play and Nature in Schools Teaching and Learning** | David McFall, Catherine Lesage - Pierre Elliot Trudeau School

The art of inspiring children and looking through their eyes. A fresh new way to look at education that engages the whole child, creating body/mind connections and positive social interactions. A holistic approach where administrators and educators look with new eyes at how children learn in the art of getting out of the way. Using movement, nature, yoga, play programming, children and teachers find meaning in learning and teaching as they explore, connect, act creatively through play and nature. Increased engagement, increased body/emotion awareness along with increased curiosity are some of the many benefits, which ultimately make children feel more connected and more available for optimal learning..

## **Fit Learning** | Alison Walker - Glendon School

We know that we need to encourage more physical activity in our school day. Why not incorporate movement into the lessons we are already teaching and planning. Come hear about some of the ways that I have successfully implemented physical activity into both Math and Language Arts lessons. Come ask questions, and collaborate with other passionate educators who would like to do the same. Hopefully you will leave inspired, and with activities that can be implemented when you return to class..

## **Leading With a Purpose: Developing Your Why** | David Irvine

If we aren't mindful, our work as leaders can be spent reacting to the demands of the stakeholders who depend on us. While good leadership is about being of service, one of the crucial choices of leadership is deciding whether to live in reaction to circumstances or awaken to a clear purpose that will inspire those we serve. People are drawn to leaders with a compelling vision for the future. Leaders start with why, and that why must start from within ourselves.

- Step back and focus on your own why as a leader: Uncover and respond to your inner call, the voice of vocation.
- Learn the difference between an “outer” purpose and an “inner” purpose (your “doing” vs. your “being”) and how to acquire clarity and alignment about both.
- Leave with practical strategies and tools for developing your why.

## **Waves or Ripples? Adapting Aquatic Instruction for All** | Megan McLelland - Christine Miekle School, HPEC

Come join an interactive and thought-provoking session about creating inclusive learning environments in alternative environments, specifically aquatic ones! The lessons, tips, and strategies being shared by the presenter come from first hand experience coaching Special Olympics and working in a special setting school in which warm water therapy is an integral part of student learning. We will explore fundamental movement skills as they relate to swim skills, practice breaking skills into manageable chunks, learn about available resources to

help deepen your knowledge, and discuss why and how to offer learners voice and choice to help them achieve your program's goals. If you are looking for ideas on where to start, new ways to present skills in the pool, or how to engage learners successfully in an aquatic environment, this session is for you – make sure you bring your questions, ideas, and most importantly, your bathing suit!

## **SESSION DETAILS: THURSDAY, JANUARY 31 3:40PM - 4:15PM**

### **Sandbox Sampler | Alberta School Employee Benefit Plan**

So you think you know The Sandbox? Let's dive into some of the most popular and helpful resources, blogs and forum discussions so that you—the stellar wellness champions that you are—can really dig into what resonates with others in a variety of workplace wellness settings. We'll also chat about what kind of content you'd like to see on The Sandbox to help you continue being champions in your workplace.

### **Student Voice Through Action Research | Barb Gano, Stacey Pedersen - Clearview Public Schools**

Action Research (AR) is a process used in project base or inquiry learning. It involves identifying a problem, imagining a possible solution, trying it out, evaluating it and changing practice in light of the findings. AR allows for students to identify what is important to them, research and gather information, and take action. AR elevates learning outcomes by creating an engaging, enjoyable and personalized learning experience. As students are exploring wellness through AR they will be: inspired to obtain a deeper knowledge of wellness as they are researching, they will be exposed to and practice skills related to critical thinking, communication and collaboration, and finally, authentic learning activities increased motivation, interest and engagement. Clearview Public Schools would like to share this process as it has shown to engage students in supporting a culture of wellness and healthy school environments through student voice.

### **Happiness Matters: Five Evidence-Based Characteristics of Positive Learning Environments in the Early Primary Grades | Dr. Scott Hughes - Mount Royal University**

The Comprehensive School Health framework identifies Positive Social Environments as one of the three key priority areas that contribute to children's wellbeing at school and in their communities. The social, academic and designed environment of a classroom has significant impact on how young children experience their learning day, which can either positively (or negatively) shape their future success in school. Current research, both nationally and internationally, demonstrates school practices that contribute to positive education outcomes for children, including active participation in arts-rich programs, access to outdoor and experiential education, mindfulness programs to reduce anxiety and promote self-regulation, and pedagogical approaches that emphasize a growth mindset in assessment of learning. Considering the complex ways that learning environments shape children's learning raises the practical question, "what makes a happy classroom?" This presentation shares findings from a Canadian study exploring the conditions that promote young children's happiness and wellbeing at school, describes five evidence-based characteristics of positive learning environments, and offers practical strategies for creating classrooms as lively, delightful, and happy places that children want to learn in.

### **Reshaping the Middle School Sport Experience: Where We Are Now | Jonathan Mauro - St. Francis of Assisi Middle School**

Our session will focus on our experiences in reshaping the middle school sports experience. Based on current research surrounding school sports and best practices both our schools have begun to shift their sports model to a more inclusive framework. We will share what strategies that have been implemented at each school and how we plan to develop our school sports framework. Stories of the barriers and successes that have been experienced along the way will be shared. Discussion throughout the presentation is encouraged.

### **A Common Vision | Brad Babiak - Ministry of Culture and Tourism, Government of Alberta**

Never before has Canada had a singular policy focus on physical activity and its relationship to sport, recreation,



health, and other relevant policy areas. The Common Vision is a new, collective way forward that will guide the country towards ways of increasing physical activity and reducing sedentary living. It is a national policy document that is intended to move the country. The session will highlight Canada's new physical activity policy, on the ground examples of how this policy lives in Alberta school communities and opportunities to be involved.

## **The 10-Minute Warm Up: Supporting Quality P.E. Through Movement Skill Development, Fitness, and Injury Prevention** | Carla Vandenberg - Sport Injury Prevention Research Centre, University of Calgary

Join us as we explore how we can structure a 10-minute warm-up to help develop movement skills, improve fitness, and prevent injuries. Research with physical education students and sport participants has shown that neuromuscular training warm-ups that include aerobic, agility, strength, and balance exercises can reduce lower limb injuries by over 35% and demonstrate a significant increase in aerobic fitness. Using this warm-up will help develop safe and effective movement skills, supporting a quality physical education programming and creating a foundation for continued physical activity participation. In this active session, participants will have the opportunity to learn exercises from this evidence-based warm-up, practicing delivery and peer-feedback. This warm-up is adaptable for all ages, suitable for a variety of sport or physical activity settings, and requires little or no equipment. We will help you brainstorm how you can implement this program with your classes and teams, and will provide you with instructional resources that support the delivery of the warm-up. Participants attending this session will receive the new "Let's Warm-Up" poster resource which has been developed in partnership with Ever Active Schools, the Be Fit For Life Network, and the Sport Injury Prevention Research Centre.

## **Enriching Secondary Physical Education With Social Media: #active365 and Results of a Thesis** | Lisa Taylor - Glamorgan School

Let's face it – secondary students are hooked on their mobile devices these days, and especially social media. In July of 2015, I thought to myself, "How can I get my students to engage in more physical activity outside of the classroom, using the social media so dear to their hearts?" The #active365 challenge was born! After three semesters of successfully engaging my own students to be active and demonstrating P.E. outcomes outside of class through social media, I made this work the focus for my thesis where two brave Alberta teachers took on the challenge with their own classes! The results? Yes, you can achieve P.E. outcomes using social media! Yes, you can even build communication and further develop teacher-student relationships with your students using social media! Join me and get the whole story and the inside scoop on how to go about setting up a social media program with your secondary students! All documents (posters and set up guide) used in the study will be made available so that you can start your own challenge on Monday!

## **SESSION DETAILS: THURSDAY, JANUARY 31 4:30PM - 5:20PM**

### **Physical Literacy and Connections to Mental Health in Indigenous Communities** | Laurie Thompson, Lynzey Brodziak, Blake Mezzarobba, Ty Thompson - Kikino School

We will share indigenous perspectives; indigenous strengths and how we leveraged distributed leadership to effect change in a school wide nordic ski program to improve school improvement results and reduce suspensions and negative perceptions of the school from students and parents.

### **Creating a School Culture Focused on Wellness** | Chris Good - Ecole Barrie Wilson School

Ecole Barrie Wilson School opened in September 2014, with a goal of creating a culture of wellness in the school through a comprehensive school health plan. Principal Chris Good will share some of the initiatives the school has implemented and some of the lessons learned along the way.

### **Leadership: It's All About Connection** | Joseph Dumont - Archbishop Jordan Catholic School

During my career in education, as a teacher, consultant, counsellor and school leader, I have come to realize

that the most important factor in being effective in my role is connection! Leadership literature discusses the importance of relationships and building those connections in our school, but what does that look like in action? In this presentation, I will share my journey to school leadership and how connections have been key to having a positive impact in my school. I will also share my philosophy around service leadership and how to effectively engage staff. Ultimately, our challenge is to find effective strategies that promote opportunities to create healthy connections for everyone, because connections increase staff wellness, resilience and motivation! It's all about connection.

## **The JCSH Healthy School Planner 2019: Aligning The Essential Conditions of Comprehensive School Health with Student Success** | Katherine Eberl Kelly - Pan-Canadian Joint Consortium for School Health

Schools are a key environment where students attain the knowledge and skills needed for lifelong health and wellbeing. It's not just a cliché to say that healthy students are better learners. Since 2009, the Healthy School Planner (HSP) has been the flagship tool of the Pan-Canadian Joint Consortium for School Health. This self-assessment tool was developed to assist schools in evaluating, monitoring, and improving the health of their school community, using the Comprehensive School Health Framework. Schools receive results specific to their responses with tailored recommendations based on their results. A major revision of the HSP was completed in 2012 at which time a Foundation Module was developed, the intent of which was to be an introduction to comprehensive school health and to help schools assess their over-all readiness for becoming a health promoting school. Now almost seven years later, it's time to take a look at the HSP Foundational Module to evaluate and assess its relevance. This workshop will provide a chance for you to give your input directly to the JCSH to ensure the tool meets the needs of educators in 2019.

## **SHRED Injuries and Concussions: Understanding Injury Risk and Prevention Strategies in Alberta High Schools** | Dr. Amanda Black, Stacy Kozak, Dr. Carolyn Emery - Sport Injury Prevention Centre

SHRED (Surveillance in High schools to REDuce Injuries and Concussions) is a program developed to improve how we track injuries in high schools. The goal is to be able to understand injury risk so that we can implement and evaluate injury prevention strategies. We also aim to provide concussion policy support and concussion education to high school students, teachers and coaches working within the school. This presentation aims to discuss the progress of the SHRED program, discuss the vision, and facilitate a meaningful discussion around implementation of surveillance and concussion policy in high schools. Session attendees will gain an understanding of the health burden of injuries, concussion basics (including return to learn and return to sport), and prevention strategies.

## **Embedding Comprehensive School Health Programming Through the Teaching and Learning Lens** | Ryan Fahey - PHE Canada

PHE Canada, along with their partners, Growing Young Movers Inc. and the Prince Albert Grand Council, piloted a research initiative to support and advance physical education and after school programming in schools on Treaty 6 land. Using PHE Canada's resources and a youth mentor model, the pilot aimed to increase the knowledge and capacity of teachers and program leaders in developing and delivering quality physical education and after school programming. Attendees will hear about this successful pilot and research model aimed at better meeting the needs of the children and youth in First Nations school communities.

## **Spice It Up: Cooking in the Classroom** | Anne Bradley - Edmonton Public Schools

This session is about cooking with your students in a classroom setting. Teacher uses a crockpot, electric frying pan, and tea kettle to demonstrate simple, healthy eating. Students can easily participate in these cooking sessions. Cooking is a cross curricular activity that incorporates measurement, health, reading, and science.

## **Stoga: Yoga with a Stick** | Shirley Jorgensen - Black Gold Outreach School

What would happen if we took our yoga practice outside in all seasons? What if we brought along a stick for our warm up, balance and support? This session explores the benefits of exercising in nature within the context of



an accessible yoga practise that is supported by a walking stick. Stoga is a way to turn a walk into whole-body exercise that can be done by anybody, anywhere. Our stoga session will take us on a 30-minute walk through the woods. We will practice easy yoga postures using our natural surroundings with our sticks as props and supports. Please dress in warm and loose layers with gloves and a toque. Runners with warm socks will be fine. If the weather is brutal Alberta cold, we will take our practice inside. Please bring a Nordic walking pole if you have one, or trek into your favorite woods and find your own perfect stick that is at least shoulder high.

## WORKSHOP DETAILS: **FRIDAY, FEBRUARY 1 9:00AM - 11:00AM**

### **Developing Social and Emotional Learning Through Physical Activity in the Classroom | Ever Active Schools**

The development of social and emotional skills is foundational to students' success in school, work and life. Join us as we explore the five competencies of social emotional learning and how these skills help to support students in both their academics and relationships. This session will provide practical classroom activities that don't require a ton of space and you'll be one of the first to try Ever Active's brand new resource: the Social and Emotional Shuffle

### **Nature, Movement, Connection: A Vision for Wellness | Laura Paiement, Morag Asquith, Shannon Hecker - SD83, SD51**

This workshop will explore resiliency, wellness and self-regulation through the lens of nature, movement and connection. Through small group discussions, experiential activities, lecture-style moments and the wilds of the outdoors, participants will walk away with tangible, simple and practical ways to incorporate nature, movement and connection in their classrooms, school cultures and communities. Using Comprehensive School Health as a framework, we will connect research, policy and practice while highlighting the following:

- How do we work within big systems to create meaningful policy and structures that endure? We will highlight SD51's Wellness Strategy and outline possibilities that create cultural shifts;
- What does a wellness strategy look like in action? We will discuss the connection between resiliency, regulation, and wellness. Participants will experience practical activities and strategies that they can use immediately to help to build resilient individuals, classrooms and communities;
- How do we bridge systems to spark community engagement and collaboration? Participants will be led through a visually stunning example of nature, movement, and connection. A project on the theme of hope, help, and healing around suicide prevention will be shared; and
- How do we guard against isolation and loneliness? How do we create physical space that creates a sense of safety, connection, and collaboration for all? We believe relationships and the physical environment drive wellness and are essential for developing resilience. Participants will actualize this connection through an interactive activity outside.

### **Workplace Wellness Superheroes Take Flight | Alberta School Employee Benefit Plan**

Whether you were with us at Shaping the Future 2018 or not, join us at this year's interactive session to continue the super conversation around workplace wellness superherodom! During this session, you'll hear from school jurisdictions around the province on how they have moved employee and workplace wellness forward. Through discussions and interactive activities, you'll gain new insights and ideas, have the opportunity to share experiences with others in the room and even find your very own superpowers to use in your workplace. Together, we'll be ready for take-off!

### **CHANGE Health | Dr. Doug Klein, Clark Svrcek, Finola Hackett - University of Alberta**

Thinking of health holistically begins outside health care: in the community. Unfortunately, vulnerable populations such as newcomers to Canada often lack access to the resources required to achieve physical, mental, and emotional well-being. The CHANGE Health McDougall Family Program was created to address the healthy living needs of inner-city, low income, new immigrant families in Edmonton. With support from the

Alberta Medical Association, CHANGE Health Alberta has collaborated with the Multicultural Family Resource Society and John A. McDougall School. Through weekly evening activities, the program addresses families' simultaneous challenges of food security and healthy nutrition, English learning, and recreational physical activities. In this interactive workshop, the tools and activities of the CHANGE Health Family program will be used by the participants to explore ways of starting the program in their setting.

## **Tipi Teachings: An Invitation to Balanced Living and Wholeness** | Elder Phillip Campiou, TJ Skalski - Parkland School Division #70

Discover how balance and wholeness shared through an Indigenous lense while listening and sharing inside of a traditional tipi. Through this session, participants will have the opportunity to learn more about the significance of the tipi, traditional indigenous wellness practices, and share stories of hope, resilience, and identity in a good way. The only tools you need for this session are to be open, humble, truthful and kind.

## **Promoting the Success of Immigrant Students** | Nancy Luyckfassel - Alberta Teachers Association

Over the last several years, the number of immigrants coming to Alberta has been steadily increasing. Most immigrants come from Asia, Africa and Latin America. Students from immigrant families face many challenges in pursuing their education. Immigrant students who come to Canada as teenagers drop out of high school at about twice the rate of Canadian-born students. At the same time, they bring many gifts to our classrooms. This workshop will help teachers explore those challenges and gifts so that they can better organize their schools and classrooms and develop the resources and strategies to promote their students' success.

## **WORKSHOP DETAILS: FRIDAY, FEBRUARY 1 1:30PM - 3:30PM**

### **Health as the Foundation for a New Junior High School: Using Research to Inform Practice and Practice to Inform Research** | Kim Hordal-Hlewka - Michael Phair Jr. High; Dr. Doug Gleddie, Dr. Lauren Sulz - University of Alberta

Michael Phair Junior High (MPJH) is nearing the completion of its second year of operation. Health has been foundational from before the school even opened. From the design of the school, to recruitment of staff, to yearly themes and foci – health is at the forefront. The process of integrating health within all workings of MPJH has been guided by a collaborative relationship between school administrators and researchers at the University of Alberta. Our goal for this workshop is to discuss the reciprocal relationship between research and practice to enhance teachers' capacity to access and use research-informed strategies to create healthy school communities. We will share our journey with you in three ways. Story fragments gathered from a collaborative inquiry with administrators will be explored and inquired into. Statistics from school wide surveys will shed light on challenges and breakthroughs. Throughout the workshop, opportunities will be provided for you to reflect on the MPJH journey and the strategies used to create a healthy school from the 'ground up' to further engage health in your own context..

### **Ability in Motion: A Different Way of Embracing Differences** | Kuen Tang - Rick Hansen Foundation

Have you heard of Rick Hansen? The great Canadian that brought disability awareness to the whole world by wheeling around the world? Rick Hansen Foundation School Program (RHFSP) has developed a comprehensive set of FREE educational resources that are aligned with Provincial educational priorities, for administrators, teachers, and students designed to increase disability awareness, accessibility and inclusion and empower young people to make a difference in their school, community and the world. We look in-depth into a resource call Ability in Motion, where students from K-12 are encouraged to participate in physical activities that are focused on active living, understanding disability, problem-solving, developing leadership skills and embracing differences.

### **Participatory Approaches to Building Leadership in Children and Youth** | Angie Osachoff, Taylor Morton -



## Equitas

This workshop will support participants to learn how to integrate participatory approaches to building leadership in children and youth. The workshop will engage participants to learn the core elements of a participatory approach and how this approach puts children and youth at the centre of leadership and decision-making processes. As well as how as adults and leaders we can create the space needed to support them to authentically participate. During the workshop participants will gain tips and tools on how to use Community Action Projects to support children and youth to identify the issues that are impacting their lives and how to take action for change. This approach supports the social and emotional development of children, the development of transversal skills and is integrated with the 4 components of comprehensive school health.

## Nutrition Activities in Any Classroom | Kendra Chow, Carley O’Kane - Alberta Health Services

Looking for new ideas on how to teach nutrition to your Junior or Senior High students? Get fired up for this session! Come and try out hands-on interactive activities designed to enhance the nutrition knowledge of youth. You’ll move around the room to a number of different stations – each designed to highlight key nutrition messages in a fun and engaging way. Participants will learn how each activity can be applied and expanded in the classroom. Best of all, you can access all the nutrition activities through our online resource titled, “Nutrition Activities in Any Classroom- Teachers Guide” where you will find the printable materials needed to complete the stations.

## Active Bodies, Thriving Brains: How Movement Fuels Mental Health | Theresa McIlsac, Stephanie Wierl - Alberta Health Services

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 you can use movement as a tool to promote emotional regulation, stress management, self-esteem, problem-solving skills, and a whole lot more!

## The Great Outdoors and Emotional Well-being | Dr. Lee Schaefer - McGill University

Anxiety and depression are more prevalent today than in past eras, and research has clearly shown an increase in mental health issues among high school students and college students. This session will outline empirical evidence that strongly supports the connection between physical activity outdoors and enhanced mental health. Justification will be provided surrounding why it is so important for schools to engage students in the outdoors and practical applications will be explored that have been used at the elementary, secondary and post-secondary levels.

## Ski, Skate and Slide: Developing Cross-Country Skiing Skills Through Creative Environments | Scott Bailey - Ever Active Schools; Emily Parkin - Morley Community School; Alison Green - Tsuut’ina Middle School

Ski, Skate and Slide is a new resource from Ever Active Schools that has been developed with national winter sport partners to build teacher confidence in increasing winter activities in their Physical Education and Daily Physical Activity programs. This workshop will use the resource and will be delivered on cross country skis where you’ll get to experience environments that teachers have used to help their students practice skills and stay motivated to participate. When teachers manage learning and practice environments with simple props such as pylons, hula hoops and pool noodles, students of all abilities are able to find appropriate challenges, work with their peers, and enjoy the fun of a sport that everyone can participate in for life.\*

\*Please note: this session will take place outdoors on the cross country ski trails. Please come prepared with appropriate winter clothing and your own skis and boots. Rental skis (if required) can be purchased at Chateau Ski and Snow, located in the Chateau Lake Louise. A 10% discount is available to all conference participants.

## SESSION DETAILS: **SATURDAY, FEBRUARY 2 11:05AM - 11:55AM**

### **Together We're Better: Tips for Teacher-Educational Assistant Collaboration** | Hayley Morrison - University of Alberta

Teachers and educational assistants are often paired up in classrooms to implement inclusive practices and establish an environment where all students will be successful in learning. However, these practitioners are not trained to work with each other and have different skill sets, knowledge, and experiences, in which they bring to the inclusive physical education environment. Additionally, professional development (PD) opportunities are rare for these practitioners to attend sessions and learn together. This session stems from a research project looking at PD for teachers and educational assistants collaboratively. Using elements from the comprehensive school health model to help facilitate collaboration in schools and findings from research on collaborative PD, this session discusses ways to bridge the gaps between teachers and educational assistants who work together. Jones et al., (2012) reassures, "There is no one size fits all model that is appropriate for the provision of training for paraeducators [educational assistants] and teachers who are preparing to work as a collaborative, instructional team" (p. 2). If teachers and educational assistants work together on this journey learning and creating a team approach to inclusion, the overall planning, implementation, and environment in classrooms and schools can be transformed for positive students learning and positive staff interactions.

### **Race and Respect: An Educational Resource for Teachers and Educators** | Dr. Elli Dehnavi- Centre for Race and Culture

Currently, over 250 ethnic groups, including indigenous peoples, different groups of European settlers, as well as immigrants and refugees from Asia, Africa, and South America, live in Canada. Edmonton has the second largest indigenous population of any metro area in Canada; it has increased 51.4% in 10 years and is expected to increase by 89% by 2036. Alberta's newcomer population is on the rise too. Like the rest of the country, the Alberta classroom projects a culturally and ethnically diverse face. These numbers prove that it is a key time, more than before, to accommodate the educational needs of our multicultural society. Following the mission of public education to develop active and engaged citizens, the Centre for Race and Culture (CFRAC) has designed and developed "Race and Respect," an educational resource for secondary teachers and educators working with youth groups. Using interactive activities, group discussion, and role play, the resource tackles the topics of human rights, social justice, diversity, and racism in a meaningful and constructive way. In this session, I will introduce the resource and explain how it can help teachers and educators promote active citizenship and encourage their students to explore their rights and responsibilities in building inclusive communities based on understanding and respect. There will be free copies of the resource for participants.

### **Setting the Stage: The CASS/WellAhead Partnership Supporting a Focus on Wellness Across Alberta School Authorities** | Jim McLellan, Brian Andjelic - College of Alberta School Superintendents (CASS); Mali Bain, Paul McArthur - WellAhead, McConnell Foundation

In this session, Directors of Leadership Learning at CASS, WellAhead team members, and connected project members will offer some background on the project and will speak to the synergies that they see resulting from their participation and support of this work. We will also lead some discussion exploring the potential future of wellness in school authorities across Alberta. Come to hear some initial thinking and contribute to the launch of this work in Alberta. This session will be of most interest to school and system administrators, trustees, and partners.

### **Physical Literacy in the Classroom** | Del Lomsnes - Fairview School

What to do? The gym is booked for other events! What will you do for your indoor classroom physical education class. Come to this session and experience a wide variety of activities to build physical literacy in your students. These activities can be done for a whole class session or for body breaks during the day to enhance learning. You will leave with ideas you can put into practice tomorrow.



**Creating Healthy School Communities One Process at a Time** | Tina Skakun, Karen Janvier - APPLE Schools  
When your staff is excited and actively contributing to health and wellness at your school, you're on easy-street. But how do you get there? This session will provide you with ways to build excitement for healthy school change, generate buy-in and empower all school community members to play a role in creating a healthy school environment. Learn how to facilitate processes that will lead your staff toward promoting a healthy school culture. Healthy change must start somewhere, and we will provide you with the tools to start transforming your school community.

**Clarity on Cannabis: What Teachers Need to Know** | Tammy Novak, Michelle Fry - Alberta Health Services  
Cannabis is now legal in Alberta and across Canada. Wondering what this means for your students, classroom, and school? You are not alone. In this interactive session, we will review the facts about cannabis and explore its effects on the developing brain. We will discuss the role of the teacher in helping students to avoid or delay cannabis use, and minimize the risk of harm. You will become familiar with practical, high-quality resources designed to help teachers talk about cannabis with students, parents, and colleagues. You will leave feeling prepared to address cannabis and other substance use in the new context of legalization..

**Activating Reconciliation: Treaty 7** | Tim Fox - Calgary Foundation  
Tim Fox discusses the causes and effects of Intergenerational Trauma on brain development and subsequent need to focus on cultural development and relationship building with Indigenous communities. He will share some of his own story and discuss the importance of creating an ethical space as an act of reconciliation.

## **SESSION DETAILS: SATURDAY, FEBRUARY 2 12:10PM - 1:00PM**

**Sense Ability: An Exploration of Our Sensory Strengths** | Brandi Heather - AMPED2Play  
Have you ever considered what your sensory strength is? Many times, we think about the things that we don't like to touch, feel, experience, taste, do, and how that helps us make decisions about everyday life choices. What if we built connections considering people's sensory strengths, the things that make them feel comfortable, regulated, safe, and authentic? This session is an interactive, sensory exploration of touch, sight, sound, smell, balance (vestibular), and proprioceptive senses how we can better include everyone by discovering our own Sense Ability in creating Sense Able spaces.

**Getting Off the Mental Roller-Coaster: From Health Champion to Healthy Champion** | Dr. Astrid Kendrick - University of Calgary  
Teaching is often described as a stressful job and implementing new ideas and programs can be seen as a difficult add-on for new teachers. Although the mental and emotional health of students is widely discussed in staff rooms, the mental and emotional roller-coaster of teachers is often ignored or silenced. This session will describe the phenomenon of "emotional labor", identify and discuss the complex emotions associated with being a teacher, and offer practical suggestions for becoming a Health(y) Champion in K-12 schools.

**Relationships: The Key to Student Success** | Carolyn Gosling  
"No significant learning occurs without a significant relationship." (James Comer) Relationships are at the centre of restorative practices which, when implemented in classrooms and schools, increase high school completion and decrease inappropriate behaviour and suspensions. This session will begin to explore implementing restorative practices in your school and how they support other initiatives such as social emotional literacy, mental health, and trauma informed practices. Restorative practices in schools focus on relationships, engagement, and accountability and when necessary, repairing harm. This approach supports Alberta's School Act, the new Professional Standards and the Comprehensive School Health framework. Research, results and resources will be shared.

## **Systems Thinking: Treating Process as a Product in Reform Efforts** | Felicia Ochs, Dr. Allan Bailey - Parkland School Division

In this session, you will actively explore how complex social issues might be explored and lightened through process models that are transforming the nature of how we work together across sectors. After partnering for three years, Parkland School Division and the Westview Primary Care Network of Family Physicians invite you to look at how transformation begins with a cup of coffee and a few good questions. Join this session to discover how we might slow down to ask the deeper, more important questions about the nature of our work to foster healthy schools, communities, and relationships. Prepare to bring your own issues to this session. You will take away six to eight process models that are sure to accelerate your impact and strengthen your health networks.

## **Alberta Active After School: Supporting After-School Programs in Alberta to Meet the Provincial Activity Guidelines** | Louise McClelland - Ever Active Schools

Does your school or district run after-school programs? If so this session is for you! The province of Alberta released the Provincial Activity Guidelines for After-School Programs in Alberta in 2018 and we're here to support you in implementing these guidelines. Come learn about the guidelines and the community of practice that has formed to support all after-school programs here in Alberta in incorporating activity into their programming. Get a chance to preview the new free, online, learning module titled Physical Activity 101: Understanding Physical Activity for After-School Programs in Alberta. Completion of this online learning module opens the door to further supports including conference-style trainings, on request professional development, resources and opportunities to connect with other programs across Alberta.

## **Stepping in the Right Direction** | Tracey Coutts - Ever Active Schools; Lisa Cassidy - Nellie Carlson School

Does active school travel conjure images of spandex-laden cyclists and/or school parking lot traffic nightmares? Think again. Student, parent, and school champions across Alberta take the lead and the necessary steps to change how families travel to and from school. It takes a village to create and sustain healthy, safe, and environmentally responsible travel habits and that village includes you.

## **Improving Your Ski and Snowboard Skills with Snowboard Addiction** | John Leslie - Snowboard Addiction

Join two-time Paralympian John Leslie for a fun session on indoor snowboard and ski training gear from Snowboard Addiction. (Wear active clothing for this one!) Learn about the online tutorials and support available for you and your students from the pros at Whistler, so that you can be engaged with snowsports all year long.



*Thank you to our partners!*



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## Exhibitors







**HONOURING THE PAST**  
**TREASURING THE PRESENT**  
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