



**Ever
Active
Schools**
www.everactive.org

WISDOM IN PRACTICE: P2P MENTORING

Mentorship Package

This package includes: guidelines, roles, and mentor profiles

Wisdom in Practice: P2P Mentoring 2021-2022

Overview

Wisdom in Practice: P2P Mentoring is a professional development opportunity for pre-service, new career and veteran teachers alike. Through this program, mentors are paired with mentees through a career speed dating matching event. This opportunity provides **mentees** the chance to network, set goals, and learn how to navigate various work and personal experiences in teaching and education.

Through this **mentors** will also have the chance to grow as leaders, learn more about the teaching profession, gain new perspectives and fresh ideas, and achieve personal career gains.

Goals

- Bridging the gap between the academic and professional practice world of teaching
- Developing pre-service and early-to-mid career educators in the areas of personal well-being, comprehensive school health and physical & health education
- Developing relationships between mentees and teacher champions that will enhance professional learning opportunities, and further career goals for both
- Develop leadership and mentorship opportunities for teacher champions

Time Commitment

Participation in this mentorship opportunity requires about 1-2 hours of your time during the second half of March for some online coffee and connecting sessions with potential matches. This will look like coordinating meeting times via email, and participating in two to three 15-20min virtual conversations during times that work for pairs.

Following these semi-structured virtual "dates" mentees and mentors will select activities based on agreed upon goals, in their own individual styles and preferences. EAS will support pairs with a goal setting workbook.

Beyond April mentors and mentees will select activities based on agreed upon goals based on their own preferences.

- Frequency and duration of meetings is set by the pair, but a recommended frequency is no more than twice a month and no less than once every two months

A recommended timeline for the formalized mentorship relationships is **one year**, taking us to our year end celebration. But ultimately the “separation” or “redefinition” of the relationship can happen at the discretion of the pair.

Timeline



Roles and Responsibilities

<u>Mentor's Responsibilities</u>	<u>Mentee's Responsibilities</u>
<u>Initiation Stage</u>	
Have a clear understanding of your motivation for becoming a mentor	Have a clear understanding of your motivation for wanting to be mentored
Agree to mentor based on your realistic assessment of your skills and leadership experiences	Select a mentor based on pre-established criteria relevant to your career goals
Have a clear understanding of your expectations for your mentee and the ensuing relationship, and clearly communicate them	Have a clear understanding of your expectations of your mentor and the ensuing relationships, and clearly communicate them
<p><i>Important Reminders:</i></p> <ul style="list-style-type: none"> ● Be flexible! Be willing to alter your expectations and change your plans ● Have a plan! Formal or informal, with milestones and defined outcomes. We can support in this goal setting session 	
<u>Cultivation Stage</u>	
Try to adapt your feedback to your mentee's learning style	Inform your mentor of your preferred learning style
Advise, don't dictate. Admit what you don't know, and refer to others	Actively listen and contribute to the conversations. Understand your mentor will not have all of the answers
Provide examples and resources	Access resources, do your homework
<p><i>Important Reminders:</i></p> <ul style="list-style-type: none"> ● Don't shy away from difficult conversations ● Periodically evaluate progress and reassess the relationship <ul style="list-style-type: none"> ● Be reliable 	

<u>Separation/Re-definition</u>	
Follow up on successes	Provide mentor with updates after formal relationship ends
Repeat the mentoring process with others	Give back to the profession and volunteer to mentor others
<p><i>Important Reminders</i></p> <ul style="list-style-type: none"> ● Be sensitive as to when the relationship has run its course <ul style="list-style-type: none"> ● Celebrate successes ● Remember to say thank you ● Decide if/how you'd like to stay in touch 	

**Responsibilities pulled from Metros. S.E adapted to stages from Kram KE.

Metros. S.E. (2006) The Importance of mentors, Chapter5, retrieved online at <https://www.educause.edu/research-and-publications/books/cultivating-careers-professional-development-campus-it/chapter-5-importance-mentors>

Kram KE. Mentoring at work: Developmental relationships in organizational life. Glenview, IL: Scott Foresman; 1985a.

Additional Resources

If you are interested in additional information on mentorship, check out these resources::

- [Networking](#)
 - *Career Centre, University of Alberta*
 - This webpage includes information on forming and cultivating meaningful relationships and networks.
- [The Mentorship Guide for Teaching and Learning](#)
 - *The Taylor Institute for Teaching and Learning, University of Calgary*
 - This detailed guide provided an evidence-based framework for developing strong relationships and guiding the mentorship process.

Our Mentors

DAYNA LANDRY

DARREN DORNSTAUER

ADAM PRATT

JODI HARDING-KURIGER

KIM FRAUNBERGER

TAMARA MATRAYA

YVETTES JEAN-JACQUES

TASHA ROYER

LISA GRANT

COLLIN DILLON

TY RIDDICK

COURT RUSTEMEYER

JEANETTE RADCHENKO

NADEEN HALLS

ADRIAN XAVIER

GLENDA GRAY

LINDY FORS

DONNA DAVIDSON

LAURA BOUDENS

HANNA BURGER

Meet Our Mentors



Dayna Landry

Aurora Elementary, Wild Rose School Division

About Dayna

Dayna is a grade 4 teacher with 16 years of teaching experience. She is the health champion for her school, the teacher rep for Wild Rose school divisions wellness committee and an Ever Active Schools Associated facilitator. Dayna is extremely passionate about physical literacy and is keen to support other teachers grow and learn in this area

Darren Dornstauder

St. John Paul II Collegiate, Christ the Redeemer Catholic Schools

About Darren

Darren has been teaching secondary HPE in Okotoks, AB for 8 years. He recently graduated from the U of A with a Masters Degree in Secondary Education specializing in HPE. He is a husband, and father, and his teaching philosophy is to help create meaningful physical activity experiences for his students. Now Darren is keen to work with fellow teachers to gain confidence and competence in their early careers through sharing his perspective and insights on common challenges.





Adam Pratt

Heloise Lorimer School, Rocky View Schools

About Adam

Adam is a physical education specialist and health champion in the Rocky View School Division, and is currently enrolled in an Administrative Leadership Program with his division. He is a strong promoter and advocate for physical literacy and comprehensive school health. Adam loves all things active and wants to help inspire more health champions to start initiatives to promote wellness in their own context.

Jodi Harding-Kuriger

University of Alberta

About Jodi

Jodi is a health and physical educator, passionate about growing the joy and love of movement. She is a wife and mother of three, a grad student at the U of A, and is dedicated to lifelong learning through the U of A and HPEC. Jodi hopes to share practical pedagogy and assessment practices as well as share experiences and conversations about best practices in HPE.





Kim Fraunberger

Terry Fox Junior High School, Calgary Board of Education

About Kim

Kim is currently a grade 7-9 Physical Education and Health teacher, with experience in teaching PE through grades 3-12. She is passionate about comprehensive school health, teacher wellness, and strengthening classroom communities. Kim valued her own mentorship experiences and wants to help build capacity within pre-service and new teachers alike, as well as strengthen teaching and learning during this unique year.

Tamara Matraya

Rocky View Schools

About Tamara

Tamara is an Early Learning Specialist with Rocky View Schools. She works to support teachers with creating inclusive communities for all students and uses play and natural inquiry to build learning opportunities for students. Tamara has also worked as a classroom teacher (K-8), a literacy teacher, and a learning support teacher in different divisions. She wants to support new teachers as they navigate the many facets of education and to support reflective practise and collaborative professional development





Yvettes Jean-Jacques

Kee Tas Kee Now Tribal Council Education Authority (KTCEA)

About Yvettes

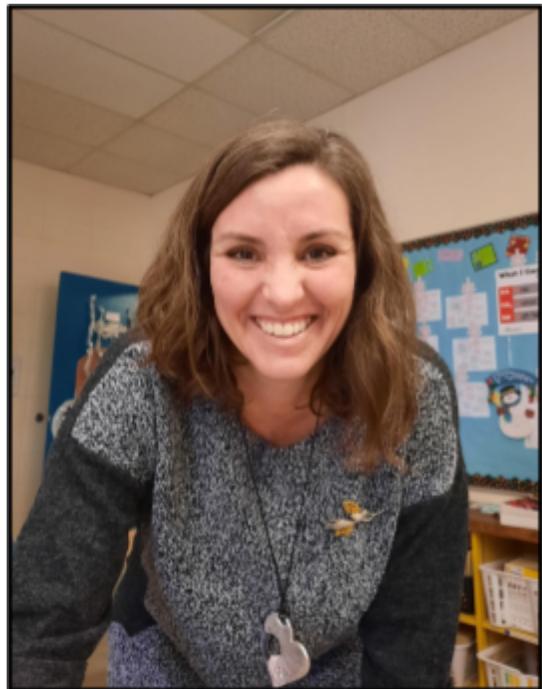
Yvette is a school administrator at Kateri School in Trout Lake, and a highly experienced teacher with 15 years of dedication and passion towards creating supportive, nurturing classrooms environments that allow students to experience the joy of academic success. Yvette is excited to share her skills and knowledge with new and pre-service teachers.

Tasha Royer

Elizabeth Barrett School, Rocky View Schools

About Tasha

Tasha is an elementary generalist currently teaching Grade 5 at Elizabeth Barrett. She is a physical literacy advocate and leader within her school community, and believes that movement is a pillar of wellbeing. She works to lead by example in both her personal and professional life to emulate the statement, “those who play together, stay together”. Tasha looks forward to sharing her experience engaging all learners in forms of physical literacy, and to create a reciprocal relationship to motivate and learn from each other.





Lisa Grant

Calgary Board of Education Hub

About Lisa

Lisa is currently a grade 3 Hub online teacher with the Calgary Board of Education, but has experience teaching grades 1-9 in a variety of capacities. She is very passionate about teacher and student mental wellness, its connection with physical activity, and developing ways in which we can support one another. Lisa looks forward to further developing her leadership skills and to refresh her views of teaching and learning through other perspectives.

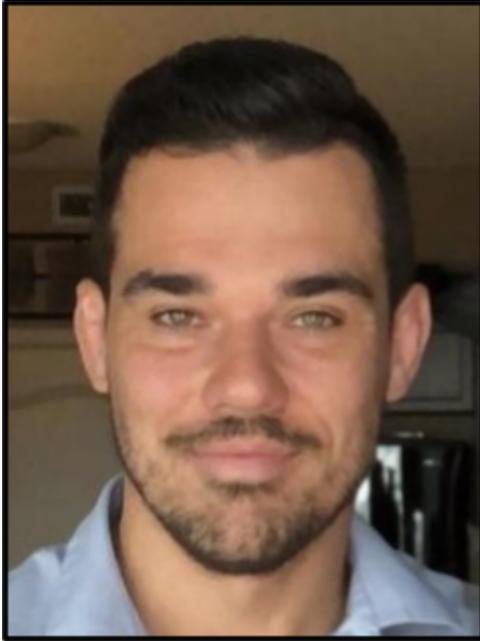
Collin Dillon

St. John Paul II Catholic School, Grand Prairie and District Catholic Schools

About Collin

Collin has been teaching in Alberta for 9 years and is currently the Health and Physical Education Teacher as well as the Athletics Director at St. John Paul II Catholic School in Grand Prairie. He is a husband and father of two that loves to play sports and spend time outdoors with his family. Collin wants to create a strong network of quality health and physical education teachers and to ensure that new teachers feel supported and equipped with the knowledge and resources that they need.





Ty Riddick

Dr. Morris Gibson Elementary School, Foothills School Division

About Ty

Ty is an Elementary Physical Education Specialist in Okotoks, with a previous 8 years of experience teaching High School Health and Physical Education abroad at international schools in South Korea and Hong Kong. He recently completed his MEd in Curriculum and Pedagogy from the U of A and is interested in exploring pedagogies related to meaningful physical education experiences. Ty hopes to engage in collaborative and reflective

discussions and to help new teachers continue to grow their practice.

Court Rustemeyer

Vincent Massey School, Calgary Board of Education

About Court

Court has been the full time Outdoor Education Teacher at Vincent Massey Junior High School for the past 13 years. He is also the Director of the Prairies on the Board of Directors for the Outdoor Council of Canada (OCC), as well as a Field Leader Instructor for the OCC. Court believes in student-led and experiential learning and wants to help share resources and knowledge with new teachers to show that “we are all together in teaching youth”.





Jeanette Radchenko

Forest School Educator

About Jeanette

Jeanette ran a Nature Kindergarten program for four years and is now currently running a nature program for grades 1-9 for the MyPath Community Partnership program in Stony Plain. She believes that all children thrive from being outdoors and that improved physical activity, knowledge exchange, and mental health can all be achieved simultaneously in the outdoors.

Jeanette is currently working on her Forest School Practitioners course and hopes to support

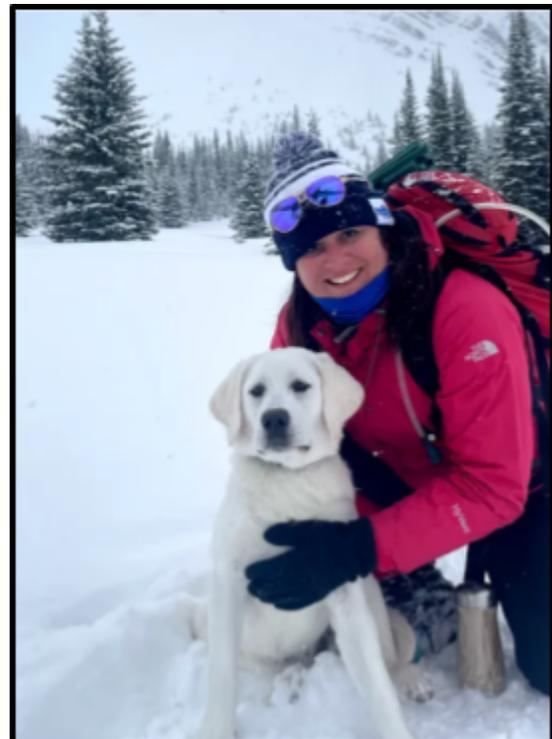
educators who want to get students outside and work through the challenges that accompany that.

Nadeen Halls

Patrick Airlie School, Calgary Board of Education

About Nadeen

Nadeen is in her 20th year of teaching with experience teaching Health and Physical Education from kindergarten to grade 12, and is currently an elementary health and physical education specialist working with K-5 students. She is the past president of HPEC, was a part of the HPEMED cohort and has her M.Ed. Nadeen loves to spend her time in the mountains or on the coast with her family. She believes that professional mentorship is an important aspect of every teacher's journey and looks forward to connecting with upcoming preservice teachers.





Adrian Xavier

Ever Active Schools & University of Alberta

About Adrian

Adrian has been a certified teacher since 2007, with experience as a generalist teaching for grades 2, 3, and 4, and as a Health and Physical Education at the elementary level. He recently completed his MEd at the U of A while teaching his first-ever pre-service teacher education course in elementary physical education. Adrian currently works with Ever Active Schools facilitating health and wellness initiatives and professional learning across the province. He looks forward to offering ongoing support to teachers in the early stage of

their practice and to maintain an understanding of the current teaching and learning environment.

Glenda Gray

Aspen View Online School, Aspen View Public School Division

About Glenda

Glenda is in her 15th year with Aspen View Public School Division and is currently the principal of the Aspen View Online K-9 School. She has experience teaching math, and physical education as well as coaching a number of different sports teams. Glenda spent three years as the Wellness Lead for her school division and is passionate about Comprehensive School Health (CSH) and wellness.

She looks forward to sharing her knowledge and ideas relating to CSH, professional learning, and wellness as well as to gain new perspectives.





Lindy Fors

Atikameg School, Kee Tas Kee Now Tribal Council

About Lindy

Lindy is a triple threat as a counselor/teacher/inclusion specialist. She has prior experience teaching highschool CTS, English, Art and Music, as well as grade 6/7 on reserve in BC and working with Headstart. Her passions are art, English, nature, animals and music. Lindy wants to share her experience and resources as well as learn from other perspectives.

Donna Davidson

St. Kateri School, Fort McMurray Catholic Schools

About Donna

Donna has been teaching for 25 years and is currently teaching physical education on a part-time basis and is the Health and Wellness Lead Teacher at St. Kateri. She has experience teaching all elementary grades and junior high, and has worked as a literacy coordinator, a learning coach, and spent time as an early literacy specialist with the Ontario Early Years. Donna is excited for the opportunity to share her passion for health and wellness, sports, and lifelong learning and values the opportunity to collaborate with other teachers.



Laura Boudens

Strathcona-Tweedsmuir School, Canadian Accredited Independent Schools

About Laura

Laura is currently working as an elementary Health and Physical Education specialist at an independent school, and has previous teaching experience teaching high school HPE in Wuhan, China as well as grades 1-6 HPE in Berlin, Germany. She recently completed her MEd in Health and Physical Education and loves all things adventure including mountain biking, skiing, kayaking and more. Laura is passionate about professional growth and wants to help develop a meaningful relationship for both sides to grow as professionals.

Hanna Burger

Mount View School, Calgary Board of Education

About Hanna

Hanna is currently an Elementary Physical Education Teacher for k-3, as well as a contract Teacher at Mount Royal University in the Faculty of Physical Education and Health Courses- Teaching Games for Understanding and Movement Education. Previously Hanna worked for 10 years in Middle School Physical Education, teaching grades 5-9, and participated in a teaching exchange in Australia teaching Physical Education to grades 7-10. Hanna is looking forward to working with beginner teachers, as her mentors have been an invaluable source to her throughout the years. She is passionate about her daughters, her wellness and the outdoors including activities like running, backcountry skiing, and mountain biking.

