

Shaping the Future 2021

Event Schedule

Tue, Jan 26, 2021

7:00am

Pre-Recorded Content (All sessions on January 26) - Released January 17, 2021

🕒 7:00am - 7:00am, Jan 26

Shaping the Future Conference Opening

🕒 7:00am - 7:00am, Jan 26

Pre-Recorded (Released Jan. 17)

Conference welcome, land acknowledgement, conference details and Elder prayer and story.

🗣️ **Speaker**



Ever Active Schools

8:00am

An Introduction to The Canadian Healthy Schools Alliance

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17) **School Leadership**

Meet the the Canadian Healthy Schools Alliance and discover how they are supporting you, your district and your students! The Alliance is a national network of like-minded organizations aiming to create system-level change to better support school communities. This session will introduce the Stewarding Organizations and goals of the Alliance, as well as highlight your role in supporting well-being across Canada's K-12 education system. You will leave this session knowing how to connect with the Alliance and remain engaged in projects and initiatives across the country.

🗣️ **Speaker**



Ryan Fahey Canadian Healthy Schools Alliance

Winter Cycling Fundamentals and Instruction

🕒 8:00am - 9:00am, Jan 26

Outdoor Learning **Physical Activity** **Pre-Recorded (Released Jan. 17)**

How do you teach winter cycling? What's there to know? Whether you are new to cycling in winter or an experienced snow rider, explore this video to learn key instructional methods on how to keep riding your bike through the winter in comfort, safety, style and fun! As we share decades of teaching experience, you'll also learn the fundamentals of winter riding in the city.

🗣️ **Speaker**



Molly Turnbull Project Coordinator, Bike Edmonton

BOKS (Build Our Kids' Success)- Keep Kids Moving At a Distance and Remotely

🕒 8:00am - 9:00am, Jan 26

Physical Activity Pre-Recorded (Released Jan. 17)

BOKS (Build Our Kids' Success) is a non-profit organization focused on getting kids more active through free bilingual programming establish a lifelong commitment to health. This interactive workshop will focus on physical activity at a distance and activities for remote learners. Participants will explore creative DPA activities (BOKS Bursts), resources for Recess and the latest at-home activities to support your school community.

🗣️ Speaker



Lauren Hutchison Regional Coordinator- Western Canada, BOKS Canada

Calgary Adapted Hub powered by Jumpstart

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion Pre-Recorded (Released Jan. 17)

The Calgary Adapted Hub (CAH) is a virtual collective of Calgary-based partners, plus one in Oshawa, working together to maximize existing adaptive programs and to create bold new ones. CAH aims to speak WITH the disability community, rather than FOR the disability community, to create safe spaces for participation. This presentation focuses on current research implementation and future research proposals, evidence from which will inform future programs. Participants will learn about the resources CAH can provide for local youth with disabilities and their families.

🗣️ Speakers



Karen Dommett Program Manager, Calgary Adapted Hub (powered by Canadian Tire Jumpstart)



Karen Dommett

CHANGE Health Community Program

🕒 8:00am - 9:00am, Jan 26

Mental Well-being Physical Activity Pre-Recorded (Released Jan. 17)

What if the health care system actually promoted health? Many Canadians are leading unhealthy lives. We are responding by spending increasing amounts of money on disease care. It is time for a change. The CHANGE Health Community Program and Alberta Blue Cross are creating a new model of health by building community that supports preventative, personalized, and community-relevant care for Alberta families. We will discuss early results, give participants a taste of the program and explore how schools and communities can be involved.

🗣️ Speakers



Doug Klein (him/he) Family Doctor, University of Alberta



Clark Svrcek (he/him) Family Physician, Department of Family Medicine, University of Calgary

Connecting the dots- Sensory-motor development, play, and learning

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)**

The sensory motor system creates the foundation of all learning, regulation, and higher level cognitive functioning. Join pediatric physiotherapist Devon Karchut for a look at sensory motor development and play, and how these influence attention, regulation, and the ability to take on higher level learning. Learn about early development, the pros and cons of motor breaks and sensory bins, and why 'bandaid' approaches to getting kids to pay attention often aren't that effective! You will gain research-backed information and considerations for your school and students.

🗣️ Speaker



Devon Karchut Physiotherapist and owner/director of TimberNook of Greater Calgary, TimberNook

Covid-19 Safe PHE: Running with it through games and ladders

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)**

Based on PHE Canada's Guide to engaging in Covid-19 PHE, let's consider examples of what we can do. We will view great teaching that includes team games, games using targets, net games, fitness activities, obstacle courses, agility ladders, dance, leadership, and numeracy.

🗣️ Speaker



John Byl Canadian Gopher Sport Ambassador, Gopher Sport

Discovering Dance: Digitally and Distanced

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)**

Canada's National Ballet School and Canada's Royal Winnipeg Ballet School share a fun, active workshop with some of their favourite dance-based activities and tips for distanced or digital environments. Participants will discover digital resources for meaningful dance programming. Celebrate the joy, creativity and community of dance through the national Sharing Dance Day event! Learn how you can get involved and participate along with Canadian artists as they share diverse dance styles. No dance experience required!

🗣️ Speakers



Megan Ferris Program, Research and Evaluation Coordinator, Canada's National Ballet School



Johanne Gingras

Equanimity: From Mental Wellness to Mental Strength

🕒 8:00am - 9:00am, Jan 26

Mental Well-being **Pre-Recorded (Released Jan. 17)**

In our current educational landscape, mental wellness is no longer enough. With teaching expectations and student needs changing by the second, we need to strengthen our mental health in order to cope effectively. One way to achieve mental strength is through cultivating equanimity, defined as an even-minded mental state toward all experiences (positive, negative, or neutral). It is a step beyond mental health and self care, which temporarily band-aids negative feelings, but does not give us the skills to thrive in the long term. Cultivating equanimity is a stepping stone towards achieving mental strength, to enable us to face positive and negative feelings with calmness and acceptance. This session will leave you with a toolkit of efficient and effective strategies to start cultivating equanimity today!

🗣️ Speaker



Lisa Grant Calgary Board of Education

Gender Equity in the PHE Classroom

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion **Physical Activity** **Pre-Recorded (Released Jan. 17)**

PHE Canada and the University of Saskatchewan have identified key elements being used across the nation to support the inclusion of girls and women within the physical and health education classroom. This session will explore those elements and suggest tangible strategies for teachers to better support girls and women in PHE. Participants will hear from the lead researchers on how best to expand their teaching practices for the benefit of all students.

🗣️ Speakers



Nikki Cameron Teacher, Saskatoon Public School Division



Emily Humbert Teacher, Saskatoon Public Schools

No Space, No Equipment, No Problem: Physical Literacy in a COVID Reality

🕒 8:00am - 9:00am, Jan 26

Physical Activity Pre-Recorded (Released Jan. 17)

How do we make physical literacy and movement a viable option for all students and educators when space and resources are hard to come by? This session will explore simple movement breaks, activities and games that can be done in minimal space with little to no equipment.

🗣️ Speaker



Dayna Landry Teacher, Aurora Elementary

Creating Physical Activity Spaces Where Girls Can Thrive

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion Physical Activity Pre-Recorded (Released Jan. 17)

Inspired by the Girls Only (GO!) Run Club, one Alberta teacher has created an inclusive, welcoming after-school activity program for girls, regardless of social status, academic achievement or athleticism. Learn how Dayna Landry is making positive change for girls in all aspects of wellness – physical, mental and social – through a program dedicated to making friends, being active, learning about yourself and having fun.

🗣️ Speaker



Dayna Landry Teacher, Aurora Elementary

Go-To Strategies for Positive Mental Health in Schools

🕒 8:00am - 9:00am, Jan 26

Mental Well-being Pre-Recorded (Released Jan. 17) School Leadership

Come check out how school communities are bringing tried-and-tested mental health initiatives to life! Don't reinvent the wheel: join our school health champions as they demonstrate creative strategies to promote health and wellness. This session will inspire you with new, go-to mental health activity ideas to introduce in your community while feeling confident about adhering to COVID-19 guidelines.

🗣️ Speaker



Landra Walker (she/her) Implementation Manager, APPLE Schools

Grab and Go! Physically Distanced DPA

🕒 8:00am - 9:00am, Jan 26

Physical Activity Pre-Recorded (Released Jan. 17)

Looking for practical ways to promote health in your school community? Join us for a session on grab-and-go ideas of COVID-friendly daily physical activities (DPA) to engage students and support their positive well-being. Learn new cross-curricular DPA that varies in form and intensity, and increases students' focus

during instructional time. You will walk away feeling prepared to bring movement and energizing breaks into the classroom while adhering to COVID-19 guidelines.

Speakers



Tina Skakun (she/her) School Health Mentor Northeast Alberta , APPLE Schools



Matthew Shewchuk School Health Mentor, APPLE Schools

Holistic Education by Design

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Mental Well-being

Pre-Recorded (Released Jan. 17)

Understanding that space shapes behaviour, and that behaviour over time becomes culture, with collaborative, community-based processes to design learning environments that holistically imbue well-being. Drawing on Manasc Isaac's extensive portfolio of work with Indigenous communities across Northern Alberta, this presentation unpacks their process: grounded in the Seven Grandfather Teachings, the interweaving of three components, pedagogy (the style of teaching), principals (the physical space, design goals, overall vision), and parts (the physical attributes of learning spaces) allows for learning to transcend the confines of a traditional classroom.

Speaker



Claudia Yehia-Alaeddin Architect, Manasc Isaac Architects

Implications of Physical Literacy and Self-Efficacy on engagement in Physical Activity for Individuals with disabilities: Innovative Considerations

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Physical Activity

Pre-Recorded (Released Jan. 17)

This presentation provides insights into how physical and psychological barriers to participation can prevent people with disabilities from being physically active. Behavioural changes especially in motivation and readiness, and availability of appropriate resources may provide increased interest in being physically active. Innovative tools and well-trained facilitators can encourage this engagement. Research suggests that focusing on social elements can play a vital role in facilitating the process. We provide some practical and innovative suggestions on how to encourage physical activity.

Speakers



Homa Rafiei Post Doctoral Associate



Larry Katz

It Takes A Child To Raise A Village

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17)

School Leadership

Youth Leadership

Join the Bellerose Composite High School CSH Team as they share their experience in visioning, planning, and maintaining a student-focused community. The team will highlight efforts to engage each and every student in activities and opportunities for meaningful connections that enhance the social-emotional well-being of all members of the school community. Through practical examples and the voices of students, the Bellerose team will share the impact of this collaboration.

🗣️ Speakers



Sue Leighton Bellerose Composite High School



Kelly Lajoie



Jen Bruinsma



Susan Rankin



Renee Miller

Juggling and Balancing What's on Your Plate: Supporting Student and Teacher Wellness

🕒 8:00am - 9:00am, Jan 26

Mental Well-being

Physical Activity

Pre-Recorded (Released Jan. 17)

The following session will engage participants in practical activities to a) support reflective practice on their own personal health and wellness, b) learn health and physical education related activities to use as educators, and c) provide insights into finding personal wellness and enhancing student wellness in schools.

🗣️ Speakers



Hayley Morrison Assistant Professor, University of Alberta



Dr. Doug Gleddie Academic / Researcher, University of Alberta



Lauren Sulz Assistant Professor, Faculty of Education - Secondary Education Dept, University Of Alberta

Kunaitupii: A New Vision for Ever-Active Trauma Wise Classrooms Inside & Out

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Pre-Recorded (Released Jan. 17)

Educators from Livingstone Range School Division and Mount Royal University have developed Kunaitupii pedagogies: Blackfoot-centred approaches to build capacity for school communities to depathologize and decolonize people and programs. This presentation will provide an overview of the Kunaitupii Framework, including how capacity has been built in a variety of roles, examples of pedagogy, and early insights about shaping the future of resilient schools.

🗣️ Speakers



Sandra Lamouche FNMI Success Coordinator, Livingstone Range School Division No 68



Patti Derbyshire

Mount Royal University: The Making of a Health Champions Team

🕒 8:00am - 9:00am, Jan 26

Mental Well-being

Pre-Recorded (Released Jan. 17)

Wellness in Post-Secondary Education

This session will be asynchronous and pre-recorded by our Health Champions Team. During the presentation we will share our journey of being a pilot site for the Ever Active Schools: Teachers of Tomorrow Initiative for 2020, how we have navigated a pandemic, and what steps our team has taken to work toward a healthier department in a predominantly remote environment. This session is for post-secondary faculties of Education and pre-service teachers to engage in thinking about the importance of our collective and individual wellbeing, and how you might lead a group through an action plan that is framed around Comprehensive School Health.

🗣️ Speakers



Shannon Kell Associate Professor, Department of Education, Mount Royal University



Jessica Lee Wah (she/her) Mount Royal University

Navigating the Suspension Bridge: Building Conscious Communities

🕒 8:00am - 9:00am, Jan 26

Mental Well-being **Pre-Recorded (Released Jan. 17)**

Our journey from striving to thriving is a swaying suspension bridge that we work together to navigate. Join Kathleen and Lorna in an interactive exploration to examine different aspects of community that take individuals and groups at all levels from dysregulated to thriving. Explore a framework for reflection as well as design strategies to build your thriving community.

🗣️ Speakers



Kathleen Robertson Learning Associate, Jigsaw Learning Inc.



Lorna Hewson Lead Learner and Founder, Jigsaw Learning Incorporated

Neuromuscular training: Supporting quality PE and sport through movement skill development, fitness, and injury prevention

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)**

In this active session, participants will learn how they can implement exercises from evidence-based neuromuscular training programs in their PE class programming, as a team strength and conditioning session, or as a warm-up. These programs, which include aerobic, balance, strength and agility exercises, require no equipment and will help students develop fundamental movement skills, improve fitness, and prevent injuries. Participants will have the opportunity to brainstorm implementation strategies, practice exercise feedback, and will receive resources to support program delivery.

🗣️ Speakers



Carla Vandenberg Knowledge Broker & Senior Research Coordinator, Sport Injury Prevention Research Centre, University of Calgary



Steve Carston Calgary Catholic School Division

Playground Design for School Communities - Moving Towards A Better Way

🕒 8:00am - 9:00am, Jan 26

Outdoor Learning **Pre-Recorded (Released Jan. 17)**

The playground design process starts with knowing the need now while also looking into the future. Using data to design a play environment may seem straightforward, but where does this process start, and what does this fully encompass? Using a needs assessment, space audits, community demographics, and resource availability to drive the design process is vital in supporting a healthy school community.

 Speaker



Trevor Zahara Owner, Peak play consultin Corp

Positive Sleep Talk - How to help make sleep a priority for your students

🕒 8:00am - 9:00am, Jan 26

Mental Well-being **Pre-Recorded (Released Jan. 17)**

Insufficient sleep is a growing public health concern. The impacts of sleep deprivation on our students include obesity, diabetes, anxiety, depression, and poor overall health and immune function. Inadequate sleep can also affect students academically. In this session, learn strategies to make sleep a priority in schools, classrooms and relationships.

 Speaker



Pamela Mellon University of Alberta - School of Public Health

Trauma-Informed/Healing Centred Practices for Children who have Experienced Child Abuse

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17)

Child abuse is an issue that demands our action and attention. Research shows 1 in 3 Canadians report experiencing child abuse. Children often report abuse to school staff. This session will provide school staff and community members with information on recognizing, responding, and reporting child abuse including signs, a school's role and what to do when a child discloses abuse. The presentation will look at trauma-informed practices to recognize and respond to trauma, facilitate recovery, and support learning.

 Speaker



Kara-Leah Gonty Education Coordinator, Calgary and Area Child Advocacy Centre

Resiliency & Heart Coherence

🕒 8:00am - 9:00am, Jan 26

Mental Well-being **Pre-Recorded (Released Jan. 17)**

These days, life is filled with worry over all the uncertainty in the world. How can we bounce back from this? You can learn how to be more resilient! This presentation will teach more about the connection between our hearts and our brain. Learn about how to get our hearts and our students' hearts into a coherent state so we can all be more resilient.

 Speaker



Rethinking Recess

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)** **School Leadership**

During the school day, students need opportunities for free play and positive social interaction with peers. Recess provides an important space for this to happen, yet research in Canadian schools indicates high levels of conflict that undermine healthy play and positive social interactions. Learn tools and strategies to develop a quality recess environment, guided by PHE Canada's National Position Statement on Recess and partnership with The Recess Project.

🗣️ Speaker



Tricia Zakaria Director, Programs and Education, PHE Canada

Return To Play: Rebuilding Resilience, Risk and Reconnection

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)**

Play creates a common ground to share hopes, fears, vulnerability and strength. What if we built play back into our spaces? Not because Pinterest or social media told us to, but because play inspires courage and creativity to build solutions when we don't know the answer. Join AMPED2PLAY to learn how you can risk a little of yourself to become more yourself.

🗣️ Speaker



Brandi Heather Founder, Chief Knowledge Officer, AMPED2PLAY

Sex Positivity & Safety in the Online World

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17) **Sexual Health**

As technology becomes the dominant means through which youth seek acceptance and gather information, educators must determine if, and how, sex positivity should be applied to online sexual exploration. In this session, educators consider how to balance conversations regarding sex positivity and online safety. Participants will also be provided with tools and strategies to provide non-victim blaming support to youth who have been impacted by sexual violence facilitated through technology.

🗣️ Speaker



Shannah Barros (she/her) Public Education Consultant, Sexual Assault Centre of Edmonton (SACE)

Social Emotional Learning and why it is more important now than ever before!

🕒 8:00am - 9:00am, Jan 26

Mental Well-being **Pre-Recorded (Released Jan. 17)**

Explanation of the 5 Competencies of Social Emotional Learning (SEL) and take and go strategies to use in your classroom or school the next day.

🗣️ Speakers



Katrina Balek



Shana Fairbank

Supporting Adolescent's Social Emotional Competencies: Teen Mentoring

🕒 8:00am - 9:00am, Jan 26

Mental Well-being **Pre-Recorded (Released Jan. 17)**

Are you looking to build social-emotional competencies and support positive mental health in students, while also increasing attendance, academic performance and school completion? Try Teen Mentoring: it increases social emotional skills and academic achievement, and decreases unhealthy behaviors in both the 'mentor' and 'mentee'. The Alberta Mentoring Partnership has created a school-based network for educators in middle, junior high and high school settings to engage in dynamic conversations and learning with others across the province.

🗣️ Speaker



Caroline Gosling Community Engagement and Communications Lead, Alberta Mentoring Partnership

Taking Action on Youth Vaping in Alberta

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17) **School Leadership**

ASH will provide an overview of the youth vaping epidemic in Alberta and Canada including the health effects of youth vaping, effective policy measures, and practical steps to address the problem. Participants will be encouraged to take effective measures to help reduce youth vaping and nicotine addiction in schools, communities, and provincially.

🗣️ Speakers



Les Hagen Executive Director, Action on Smoking & Health



Disha Panchal Alberta Policy Specialist, Action on Smoking & Health (ASH Canada)

Teachers of Tomorrow Project - UBC Post Secondary Wellness Initiatives

🕒 8:00am - 9:00am, Jan 26

Mental Well-being

Pre-Recorded (Released Jan. 17)

Wellness in Post-Secondary Education

The Teachers of Tomorrow Pilot Project addresses post-secondary students' well-being in a professional degree program, the Bachelor of Education. The demands of the BEd program require teacher candidates to simultaneously occupy two spaces at once: a student, and becoming a teacher. Learn how this project uses a Comprehensive School Health framework to address these difficulties, support teacher candidates and spearhead systemic change for community well-being.

🗣️ Speakers



Steve McGinley Lecturer The University of British Columbia



Cassidy King (she/her) Teacher Candidate, University of British Columbia

Teaching Students with Diverse Abilities about Sexuality

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Pre-Recorded (Released Jan. 17)

Sexual Health

Everyone has the right to sexuality education, yet students with disabilities do not always receive it. Develop your capacity and comfort to teach students living with disability about sexuality. We will: • Clarify rationales for ensuring that all youth, regardless of ability, receive sexuality and relationship education • Consider the concepts of sexuality and bias • Develop strategies for working with parents and community and managing challenging issues • Share practical strategies, tools and resources

🗣️ Speaker



Sexual & Reproductive Health Alberta Health Services Sexual Health Specialists, Alberta Health Services, Public Health

the ActiveCITY movement

🕒 8:00am - 9:00am, Jan 26

Physical Activity

Pre-Recorded (Released Jan. 17)

The ActiveCITY Collective is a collaboration of not-for-profit, for-profit and public-sector organizations and individuals to transform Calgary into Canada's most livable region. In this presentation, learn how the Collective is engaging thousands of Calgarians to develop a collective vision and framework, how the movement has evolved, and how you as a recreation professional can get involved.

🗣️ Speakers



David Legg Professor, Mount Royal University



David Finch

The Blueprint for Action: A comprehensive school health approach to preventing substance-related harms among youth.

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Pre-Recorded (Released Jan. 17)

School Leadership

The purpose of this workshop is to present a guidance document, informed by school stakeholders, outlining comprehensive and evidence-based strategies for preventing substance-related harms within school communities. The “Blueprint for Action”, which calls for school communities to give consideration to how they can address youth substance use, brings together the Comprehensive School Health framework and four evidence-based approaches to preventing substance-related harms: upstream prevention, harm reduction, stigma reduction initiatives and equity-oriented approaches. This presentation also introduces preliminary knowledge mobilization products to be used to promote the Blueprint for Action across Canada.

🗣️ Speakers



Annie Pouliot Senior Policy Analyst, Public Health Agency of Canada | Agence de la santé publique du Canada



Pamela Murphy

The University of Lethbridge's Faculty of Education Wellness Team: The Journey Continues

🕒 8:00am - 9:00am, Jan 26

Mental Well-being

Pre-Recorded (Released Jan. 17)

Wellness in Post-Secondary Education

The Faculty of Education at the University of Lethbridge is involved working to improve the overall wellness of faculty, students, and staff. This presentation will share recently collected data from our students and highlight what we are doing to promote wellness in a remote environment.

🗣️ Speakers



Dr. Danny Balderson University of Lethbridge



Dr. Greg Ogilvie



Aaron Stout



Dr. Dawn Burleig



Dr. Elaine Greidanus

Within and beyond school walls: Exploring the impact of APPLE Schools on school and community environments

🕒 8:00am - 9:00am, Jan 26

Mental Well-being

Pre-Recorded (Released Jan. 17)

School Leadership

This session will describe research examining how CSH interventions can have impact on both school and community environments. Findings from walking interviews with school community members in five APPLE Schools will be discussed, including key themes (APPLE schools look different, APPLE Schools build champions, APPLE Schools builds community partnerships, and APPLE Schools honours community culture). Attendees will learn how CSH has spread within and beyond school walls with a focus on how findings can be applied to support their practice.

🗣️ Speaker



Danielle Klassen University of Alberta

Get Active Together: An Adapted Physical Activity Toolkit

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Physical Activity

Pre-Recorded (Released Jan. 17)

Get Active Together is about getting more kids more active more often! This means using the principles of physical literacy and para-sport activities to encourage students experiencing disability to move more, develop skills, and gain confidence to be more active during recess and in their community. This session is an exploration of the Get Active Together Toolkit; created to support teachers and other leaders in planning and delivering inclusive and adapted physical activity experiences."

🗣️ Speaker



Carrie Millar Free2BMe Consultant, The Steadward Centre

HIGH FIVE in High Schools

🕒 8:00am - 9:00am, Jan 26

Physical Activity

Pre-Recorded (Released Jan. 17)

HIGH FIVE® is Canada's only quality assurance training for those who work with children aged 4-12 years old in sport and recreation programs. HIGH FIVE® training is a great way to link your curriculum with tangible job skills that your students can use in volunteer, part-time, summer, or future career employment opportunities. Jen, Karina, and Pam will introduce the Principles of Healthy Child Development (PHCD) training and how it can be used in high school physical education and leadership programs. The content

and activities in PHCD link to the Alberta high school physical education and leadership curriculum. PHCD can be adapted to suit a school's needs in either an in-person workshop or online training.

Speakers



Jen Goeres HIGH FIVE Coordinator, Alberta Recreation and Parks Association



Karina Damgaard Alberta Recreation and Parks Association

Build your Toolbox to support a fun, free and flexible club to get students active

🕒 8:00am - 9:00am, Jan 26

Physical Activity **Pre-Recorded (Released Jan. 17)**

This session will feature activities and strategies to implement a run, walk or activity club at your school. Participants of this session will leave with the expertise to develop a new club or enhance an existing one with access to downloadable handbooks, practice plans and free swag.

Speakers



Hayley Degaust Health and Wellness Consultant, Alberta Medical Association Youth Run Club



Krista Trim (she/her) Alberta Medical Association Youth Run Club

Tools for Change: How School Jurisdictions Can Support and Encourage Active School Travel

🕒 8:00am - 9:00am, Jan 26

Outdoor Learning **Physical Activity** **Pre-Recorded (Released Jan. 17)**

The wonderful thing about Active School Travel (AST) is that there is a role for everyone to play, from student champions to school boards. The Active School Travel Policy and Practice Recommendations Tool seeks to inform and provide direction for Alberta school jurisdictions wishing to encourage AST. This session will provide an overview of the tool and highlight a number of exciting examples of how Alberta school jurisdictions are promoting AST in their school communities.

Speakers



Kayla Atkey Policy Analyst, Alberta Policy Coalition for Chronic Disease Prevention



Tracy Coutts Health and Wellness Consultant, Ever Active Schools

Shaping A Future of Promise Through Youth Leadership and Voice

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17) **Youth Leadership**

Join four of Ever Active's Youth Wellness Leaders in a conversation about the importance of youth voice and leadership in shaping the future of our communities. Hear about their experiences creating The Joy4All Project, which went viral in April 2020, and learn about ways that you can shift your practice to include, support, and amplify youth voices.

🗣️ Speakers



Ali Youth Wellness Leader, Ever Active Schools



Ammar Youth Wellness Leader, Ever Active Schools



Jared Youth Wellness Leader, Ever Active Schools



Sara Youth Wellness Leader, Ever Active Schools



Jamie Anderson (he/him) Ever Active Schools

Healthy Schools Certification: A Journey Across Canada

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17) **School Leadership**

Ophea's Healthy Schools Certification (HS Certification) is a 6-step program that guides and celebrates schools for taking a Comprehensive School Health Approach. After years of running solely in Ontario, Ever Active Schools, DASH, PHE Canada and Ophea took this program on the road (albeit a bumpy road) to engage schools across other provinces. Find out more about our successes, challenges and key learnings (there were plenty!) of coordinating a cross-Canada pilot of HS Certification.

🗣️ Speakers



Drew Maginn Director of Operations, Ophea



Katelynn Theal Ever Active Schools



Andrea Dion Ever Active Schools



Cassie Flett Health And Wellness Consultant, Ever Active Schools



Jamie Anderson (he/him) Ever Active Schools

Play is the Reason No Matter the Season

🕒 8:00am - 9:00am, Jan 26

Outdoor Learning **Physical Activity** **Pre-Recorded (Released Jan. 17)**

As we continue navigating teaching and learning during this pandemic the wellness of children and youth is a priority. Cue, play in the outdoors. The evidence is there and Ever Active Schools is here to share. Whether you are working remotely or face-to-face, we are combining research, activities and testimonials to make the case for play being a universal support for mental health and social and emotional learning.

🗣️ Speakers



Scott Bailey (he/him) Health & Wellness Consultant, Ever Active Schools



Adrian Xavier Ever Active Schools

A CSH Journey at the Werklund School of Education

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17) **Wellness in Post-Secondary Education**

The Werklund School of Education has been on a journey of wellness for over a decade. Join Dr. Shelly Russell-Mayhew and other members of the Health Champions Committee for an inside look at the evolution of their program, from the development of a required undergraduate course on comprehensive school health and wellness, to the hiring of a Health Adjunct Humour Advisor (HAHA). Dr. Russell-Mayhew also shares the insights gained from studying this process and lays out a possible agenda for ongoing school health research of this nature.

🗣️ Speakers



Shelly Russell-Mayhew Research Professor, University of Calgary; Werklund School of Education



Lisa M. Taylor University of Calgary



Kerri Murray Director of Strategy and Innovation, Ever Active Schools

Podcasts as a Pathway to Professional Learning

🕒 8:00am - 9:00am, Jan 26

Pre-Recorded (Released Jan. 17)

School Leadership

Wellness in Post-Secondary Education

Join a panel of podcast hosts, producers, educators and enthusiasts for a behind-the-scenes look at the making of "The Podclass: Conversations on School Health." Learn the evidence behind why podcasts are a great strategy for professional learning, how this series was brought to life and is being utilized in a "flipped classroom" approach for a BEd. course, and how teachers at any stage of their career can take advantage of shared or solo learning opportunities through podcasts.

🗣️ Speakers



Elizabeth Tingle Instructor, University of Calgary



Lisa M. Taylor University of Calgary



Dana Fulwiler Assistant Instructor, University of Pennsylvania



Jamie Anderson (he/him) Ever Active Schools



Rebecca Marjoram Media Specialist, The Podclass

Connecting to the Land and Each Other Through Traditional Games

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Physical Activity

Join us to learn the teachings and stories connected to this land through traditional games, including double ball and hand games. Russ Baker has worked in Indigenous communities, with youth and family, on and off reserve for over 20 years and is passionate about connecting folks back to land, ceremony, culture, games and traditions. He has shared traditional games with youth across the city and is excited to share this gift with educators in this virtual session.

🗣️ Speakers



Russ Baker



Jamie Anderson (he/him) Ever Active Schools

Building Back Better: Inclusive play for children of all abilities

🕒 8:00am - 9:00am, Jan 26

Equity, Access & Inclusion

Physical Activity

Pre-Recorded (Released Jan. 17)

Join Regional Manager Brad Ellard and Associate Vice President Marco Di Buone to learn about Canadian Tire Jumpstart charities work across the country to support inclusive play and build back a stronger, barrier free sport environment. Most recently Jumpstart put out an 8 million dollar Sport Relief Fund supporting 668 organizations across Canada.

🗣️ Speakers



Marco Di Buono AVP, Programs & Operations, Canadian Tire Jumpstart Charities



Brad Ellard Regional Manager - Alberta & NWT, Canadian Tire Jumpstart Charities

Wed, Jan 27, 2021

2:00pm

The Wisdom is in the Zoom: Exploring strategies to help schools flourish during COVID-19

🕒 2:00pm - 3:50pm, Jan 27

Live Session

School Leadership

Join experts from Alberta Health Services to exchange tips, resources and ideas about how to build and strengthen a culture of wellness in your school community during COVID-19.

This workshop will inspire and support you with strategies to intentionally embed wellness across your school authority. You will have the opportunity to hear recommendations and resources from health and wellness leaders in the field. Come prepared to discuss challenges, successes and current practices for supporting wellness in schools with like-minded individuals.

🗣️ Speaker



Health Promotion Facilitators Alberta Health Services

The Nuts & Bolts: Creating and enhancing a system for education staff well-being

🕒 2:00pm - 3:50pm, Jan 27

Live Session

Mental Well-being

School Leadership

Staff wellness...it's great, but how to get started? What is everyone else doing? ASEBP's Workplace Wellness team has an interactive session for you on integrating staff wellness into your worksites, schools, and school divisions. You'll get the nuts and bolts to get started, with examples that have been tried and tested

in other school divisions. You'll leave this session with the tools to improve or start staff wellness in your workplace.

 Speaker



Brendan Wohlers Alberta School Employee Benefit Plan

The Journey from Pre-Service to In-Service Teacher through a Comprehensive School Health Lens

🕒 2:00pm - 3:50pm, Jan 27

Live Session **Wellness in Post-Secondary Education**

At Concordia University of Edmonton (CUE), the Education Faculty uses the Comprehensive School Health framework to enhance its program. Join this session to learn from students and recent graduates the benefit this has had on their personal and professional health and wellness on the journey from pre-service teacher to CSH champion in-service teacher.

 Speakers



Brent Bradford Associate Professor, Concordia University of Edmonton



Erin Wright Sessional Instructor, Concordia University of Edmonton

Mark Making vs Art Making - Therapeutic Arts in the Classroom

🕒 2:00pm - 3:50pm, Jan 27

Live Session **Mental Well-being**

Stay calm and get your art on. This session will demonstrate some ready to use lessons for integrating social emotional learning and therapeutic arts activities into the classroom. Be prepared for some hands-on learning with paper, markers or paints, modelling clay, pencils, and a lot of fun. It's about mark making, not art making, so relax into creativity without anxiety.

 Speaker



Lindy Fors Counsellor & Inclusive Education Coordinator, Atikameg School

Explore Your 2.4: Engaging and Empowering Students through Active Exploration

🕒 2:00pm - 3:50pm, Jan 27

Live Session **Outdoor Learning** **Physical Activity**

In unsettling times, it helps immensely to ground ourselves in the constants that surround us. Community is one of those constants, brimming with helpful people and undiscovered spaces: always there, always ready to host a learning adventure. Explore Your 2.4 is a Comprehensive School Health project framework

built to facilitate outdoor learning experiences in a community setting. Join us as we walk you through policies, teaching tools and strategies, and community partnerships that will support you on your path to creating more active, informed, engaged student citizens.

📣 Speakers



Tracey Coutts Health and Wellness Consultant, Ever Active Schools



Scott Bailey (he/him) Health & Wellness Consultant, Ever Active Schools



Van Colden

3:50pm

Break

🕒 3:50pm - 4:10pm, Jan 27

4:10pm

Building wellness capacity: Using evidence to shift culture and achieve change

🕒 4:10pm - 6:00pm, Jan 27

Live Session

School Leadership

Addressing wellness is a priority for many school districts, with emphasis on 'evidence-based' practice – but evidence is often narrowly defined and doesn't capture individual and community needs and aspirations. This interactive discussion will build our collective understanding of how evidence can inform and support the CSH process in diverse contexts. We will highlight case study research, with practical insights from Chinook's Edge School Division on how to leverage knowledge to shift culture and achieve change.

📣 Speakers



Genevieve Montemurro Research Coordinator, Knowledge Translation and Exchange, School of Public Health, University of Alberta



Kate Storey Assistant Professor, School of Public Health, University of Alberta



Ray Hoppins Associate Superintendent, People Services, Chinook's Edge School Division



Aaryn Manning Staff Health & Wellness Worker, Chinook's Edge School Division

Strong Minds Strong Kids, Psychology Canada

🕒 4:10pm - 6:00pm, Jan 27

Live Session **Mental Well-being**

Stress Lessons is a resource for educators (and parents) who want to help youth develop resilience. Full of psychologically-sound strategies and tools, this resource will help you help teens to develop resilience and positive coping skills. With components for teachers, counselors, administrators, parents and caregivers, it provides a comprehensive approach.

🗣️ Speakers



Mandi Hickman Strong Minds Strong Kids, Psychology Canada



Anne Murray



Victoria Vella Program Administrator, Strong Minds Strong Kids Contract Part-time

Risky Learning: the Significance of Practical Wisdom in Outdoor Learning

🕒 4:10pm - 6:00pm, Jan 27

Live Session **Outdoor Learning**

Practical wisdom is positioned as dynamic decision making developed through practice. Through reflection and dialogue, participants will recall earned practical wisdom from their own learning experiences. Discover how to invite learners, through experiential relationships in local outdoor contexts, into dynamic decision making.

🗣️ Speakers



Dr. Hartley Banack UBC Department of Curriculum and Pedagogy



Megan Zeni PhD student, The University Of British Columbia

Teen Sexting, Nudes, and Distribution of Intimate Images

🕒 4:10pm - 6:00pm, Jan 27

Live Session **Sexual Health**

Teens sharing “nudes” comes with challenges for both for health and safety. This session will summarize conclusions from over 250 academic peer-reviewed research projects, as well as Canadian case law and online investigative experience with teens and families. We will explore the options teens have to reduce legal liability and reduce emotional, psychological, physical and social harm specific to frequent challenges. This session is ideal for anyone that work with teens.

Speaker



Brandon Laur Executive Manager & Instructor, The White Hatter - Personal Protection Systems Inc

Virtual Elder's Circle

🕒 4:10pm - 6:00pm, Jan 27

Equity, Access & Inclusion

Live Session

Join us in a virtual Elder's Circle as we sit with First Nation & Metis Elders from across the province.

Speaker



Ever Active Schools

Thu, Jan 28, 2021

2:00pm

CASS Workplace Wellness Planning and Implementation Guide

🕒 2:00pm - 3:50pm, Jan 28

Live Session

School Leadership

This session is an opportunity to review the CASS Workplace Wellness - Planning and Implementation Guide. Following a brief presentation around the guide's contents, development and next steps, participants will have the opportunity to join virtual breakout rooms to share their thinking around several key questions. This session will support and inform future planning and implementation regarding CASS's workplace wellness initiatives. Come prepared to share your workplace wellness challenges and successes!

Speakers



Jim Mclellan CASS Wellness Director, College of Alberta School Superintendents



Brian Andjelic CASS

Putting creativity in motion

🕒 2:00pm - 3:50pm, Jan 28

Live Session

Physical Activity

This session will be about the importance of inserting creativity into lesson plans, coaching sessions, and recreational activities. The session will discuss practical methods of fostering creative potential through the creation of risk friendly environments and the construction of "positive challenges". A new tool for evaluating creativity through movement will also be presented. This session will include some interactive

elements.

 Speaker



Dr. Dean Kriellaars University of Manitoba

All Lit UP! 3 Practical Tools to Transform Stress into Success During Turbulent and Chaotic Times

🕒 2:00pm - 3:50pm, Jan 28

Live Session

Mental Well-being

People are experiencing many sources of challenge during this pandemic – both personally and professionally. Many of us are looking for answers on how to more effectively navigate, survive, and ultimately thrive in this current new reality of constraints, concerns, and uncertainty. Through this interactive presentation, participants will learn how to recognize the signs of burn out; manage, adapt, and use the 'process of change' proactively; and apply proven tools to transform stress into strengths.

 Speaker



Janice Otremba (she/her) People & Performance Catalyst, Janice Otremba Coaching & Consulting

Urban Expeditions: Outdoor Ed. in the City

🕒 2:00pm - 3:50pm, Jan 28

Live Session

Outdoor Learning

This session will explore successes and challenges of urban-based hiking and camping trips in Calgary. Participants will be encouraged to brainstorm, discuss and ultimately begin to plan their own urban expedition.

 Speakers



John Cadman Connect Charter School



Evan Ferguson

Smudging Circle

🕒 2:00pm - 3:50pm, Jan 28

Equity, Access & Inclusion

Live Session

Participants will be introduced to a smudging circle. They will learn about the different smudges that are utilized in the different nations of Turtle Island. Each smudge utilized is also a medicine, which participants will learn more about. To smudge is to bring balance of mind, body and spirit and to make a connection to

the Creator. Smudging circles are a way to start a talking/sharing circle.

 Speaker



Phillip Campiou

Teaching about Sexuality

🕒 2:00pm - 3:50pm, Jan 28

Live Session **Sexual Health**

Build your capacity and comfort to teach about sexuality. Using current, accurate and comprehensive information, this interactive workshop will prepare you to teach the human sexuality outcomes of the Alberta Education Programs of Study. We will: • identify why, when and how to teach human sexuality • consider the concepts of sexuality and bias • explore trauma informed and SOGIE inclusive practice • examine use of question box • share strategies, tools and resources

 Speaker



Sexual & Reproductive Health Alberta Health Services Sexual Health Specialists, Alberta Health Services, Public Health

3:50pm

Break

🕒 3:50pm - 4:10pm, Jan 28

4:10pm

NEW National Healthy School Standards

🕒 4:10pm - 6:00pm, Jan 28

Live Session **School Leadership**

The Canadian Alliance for Healthy School Communities has been working to develop National Healthy School Standards to better support the development, implementation and success of healthy school programming across the country. This session will look at the not-yet-released document and share key insights, success stories, and important tips for how participants can move forward within their communities.

 Speakers



Kate Storey Assistant Professor, School of Public Health, University of Alberta



Ellen Long Lead, Engagement and Knowledge Mobilization, Physical and Health Education Canada

People, Parts & Processes: LGBTQ2S+ Inclusive Sex-Ed

🕒 4:10pm - 6:00pm, Jan 28

Equity, Access & Inclusion

Live Session

Sexual Health

Everyone has the right to sexuality education, but sometimes the language used excludes LGBTQ2S+ students. Build your confidence and comfort to teach about sexuality in an inclusive, clear and accurate way. This session will consider strategies related to SOGIE-inclusive classrooms, as well as creating safer spaces in sexuality classrooms; and develop specific SOGIE-inclusive language skills for talking about anatomy, physiology, puberty, relationships, reproduction and sex.

🗣️ Speaker



Sexual & Reproductive Health Alberta Health Services Sexual Health Specialists, Alberta Health Services, Public Health

Adult Recess : The Power of Play in the Workplace

🕒 4:10pm - 6:00pm, Jan 28

Live Session

Outdoor Learning

Physical Activity

Riiiiiiiiing! It's recess time! Let's reconnect with that recess bell feeling and have some fun together as we explore how to integrate play into our workdays. Embrace your inner child during this session to boost the well-being of your adult self.

🗣️ Speaker



Sarah Balla Elk Island Catholic Schools

Get Outside! Student Led Adventures for indoor and outdoor spaces

🕒 4:10pm - 6:00pm, Jan 28

Live Session

Outdoor Learning

Physical Activity

Don't just survive in your classroom: make it an adventure! This session will cover resources and activities for team building, confidence, communication and leadership in your school group. One key concept often overlooked after a trip, pursuit or adventure is the power of a strong debrief. Debriefs can help bring meaning and closure to events and are also a key component for sustainability and improving the growth of your group.

🗣️ Speaker



Court Rustemeyer President, GEOEC - Global, Environmental & Outdoor Education Council (ATA)

Weight-Neutral Health Promotion in School Settings

🕒 4:10pm - 6:00pm, Jan 28

Live Session

Mental Well-being

Students of all sizes report that weight-based teasing is one of the most common forms of bullying at school. Bullying and other forms of weight-based stigma at school, such as weight-focused health promotion, can negatively impact students' health and wellbeing. This session will cover the various ways weight bias shows up at school and practical strategies for engaging in weight-neutral health promotion. This will include broad strategies for the school community as well as specific classroom-based strategies.

🗣️ Speakers



Elizabeth Tingle Instructor, University of Calgary



Dr. Sarah Nutter



Shelly Russell-Mayhew Research Professor, University of Calgary; Werklund School of Education

Creating School Sport Culture Through a Wellness Lens

🕒 4:10pm - 6:00pm, Jan 28

Live Session **Physical Activity**

School sport programs can contribute to the education and wellbeing of students. However, a low percentage of the student population participates in school sport, limiting those receiving the benefits. Using wellness as a lens to improve the delivery of school sport for ALL is a promising approach. This workshop will share emergent research, feature REAL teachers who have made these types of changes and facilitate activities to help you develop a wellness based school sport culture in your context.

🗣️ Speakers



Lauren Sulz Assistant Professor, Faculty of Education - Secondary Education Dept, University Of Alberta



Dr. Doug Gleddie Academic / Researcher, University of Alberta



Jonathan Mauro Teacher, Red Deer Catholic Regional Schools

Fri, Jan 29, 2021

12:45pm

Navigating Uncertainty and Building Resilience

🕒 12:45pm - 3:15pm, Jan 29

Live Session **Mental Well-being**

The pandemic has taken life's uncertainty to the next level. Those of us in education continue to navigate its far-reaching ripple effect, including our own and our students' wellbeing. While we may feel the weight of things outside of our control, let's explore high-impact actions we can take to support well-being and resilience during this time. Please join us for this interactive session and leave with practical tools and resources to apply immediately in your lives and schools.

 Speaker



Dana Fulwiler Assistant Instructor, University of Pennsylvania

3:15pm

Break

🕒 3:15pm - 3:45pm, Jan 29

3:45pm

Keynote Presentation: Designing for ALL: Curricular & Class-wide Support Frameworks that Respond to Diversity

🕒 3:45pm - 5:15pm, Jan 29

Equity, Access & Inclusion

Live Session

Most of us understand why diversity and inclusion is important, but more conversation and resources are needed that supports classrooms and school to consider the how. In this session we will debunk the myth that inclusion is more work, and instead look at how it is different work. Our classrooms and school are becoming more diverse, not less, and this session will look at how we can welcome and plan for diversity as a contribution to learning, instead of an assumed burden of workload.

 Speaker



Shelley Moore Instructor, The University of British Columbia