



# WEATHERPROOF YOUR PRACTICE: GET OUTSIDE AND LEARN

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*Brought to you by Ever Active Schools, The Health and Physical Education Council, and the  
Global, Environmental & Outdoor Education Council*





## SESSION TIMELINE AND DETAILS

<p><b>Session 1:</b>  <b>Teaching Philosophies and Connections to the Land</b>  <b>October 21 @ 7:00pm</b></p>	<ul style="list-style-type: none"> <li>● Elder Flora Northwest</li> <li>● Dr. Sean Lessard</li> <li>● Hanna Burger</li> </ul>	<p>This session will encourage participants to examine their teaching philosophies and explore how they can connect and learn from the land. Participants will have the honour to listen to Elders and leaders in the field on how to reflect, learn and grow when connecting with the land.</p>
<p><b>Session 2:</b>  <b>Resources, Materials and Equipment</b>  <b>November 10 @ 7:00pm</b></p>	<ul style="list-style-type: none"> <li>● Lyndon Suntjens</li> <li>● Tracey Gilmour</li> <li>● Emily Parkin</li> <li>● Adrian Xavier</li> </ul>	<p>This session will explore the curation of traditional games equipment kits, followed by a panel discussion. The group will discuss resources, places to procure equipment, grant opportunities and stories about schools that are paving the way in outdoor learning.</p>
<p><b>Session 3:</b>  <b>Curriculum Connections</b>  <b>December 7 @ 7:00pm</b></p>	<ul style="list-style-type: none"> <li>● Dr. Shannon Kell</li> <li>● Inside Education</li> <li>● Scott Bailey</li> </ul>	<p>In this session we will discuss how to connect outdoor learning with curriculum outcomes in various subject areas. Participants will have the chance to hop between rooms to discuss what it looks like to include the outdoors in different subjects.</p>
<p><b>Session 4:</b>  <b>Pulling it All Together</b>  <b>January 26 @ 9:00am - 4:30pm</b></p>	<ul style="list-style-type: none"> <li>● Full day session led by Court Rustemeyer</li> </ul>	<p>To bring it all together, we end this series with a full-day session at the Shaping the Future. This day will be filled with hands-on, nature-based learning activities. Participants will learn about overcoming roadblocks to incorporating outdoor learning into your classroom.</p>

## ELDER FLORA NORTHWEST



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### About Flora

Flora Northwest is from Maskwacis, Alberta, Samson reserve, and she is a respected elder in her community. Flora is involved in education and justice and is a community support worker.

Flora will be opening our *In the Round* series, speaking at the Teaching Philosophy and Connections to the Land session.

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**Flora will be speaking at: [Session #1 on October 21, 2021 at 7:00pm](#)**

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## **DR. SEAN LESSARD**



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### **About Sean**

Dr. Sean Lessard is Woodland Cree and is from Montreal Lake Cree Nation in Northern Saskatchewan Treaty 6 territory. Sean is a former youth worker, teacher and high school guidance counsellor. He is known for his award winning work alongside indigenous youth and communities in the development of innovative educational programming and in particular Indigenous youth empowerment. Dr. Sean Lessard currently is an Associate Professor Secondary Education at the University of Alberta, in Indigenous Education and Teacher Education. He continues to write and research on the experiences of Indigenous youth and families in and outside of school places.

Sean was the Keynote Speaker at *HPEC and GEOEC's 2021 Spring Equinox Conference* and he will be following-up on that presentation to open *In the Round: Get Outside and Learn*

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**Sean will be speaking at: [Session #1 on October 21, 2021 at 7:00pm](#)**

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# HANNA BURGER

Teacher, Calgary Board of  
Education



**Presentation title:** [Reflective Practice and Learning from the Land](#)

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**Hanna will be presenting at:**  
**[Session #1 on October 21, 2021 at 7:00pm](#)**

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## About Hanna

Hi, I'm Hanna. I have two lovely little daughters and love to take them outside to play in the mud and catch minnows. I love swimming in cold mountain lakes, reaching the alpine on hikes and rolling the trails on my bike. I teach Physical Education at a small elementary school in Calgary, and I have been teaching PE at the elementary and middle school level for approximately 15 years. Recently, I completed my Master's in Education at the University of Alberta with a focus on Health and Physical Education.

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## Presentation Description

During my Master's program I focused on reflective practice and specifically examining my role in incorporating Indigenous ways of knowing into my teaching. In my research I followed the self-study (Fletcher, 2014) method, focusing on the importance of taking ownership of my learning and growth through reflection and taking action. Through a cyclical process (experience-reflection-journaling-collaboration), I took part in "Learning from the Land," a CBE based, year-long learning opportunity, as well as other PD experiences. My vulnerability allowed for growth and continues to push my learning. I continue to be interested and involved in reflective teaching practice and the role it plays in teacher growth and pedagogy.

# LYNDON SUNTJENS

Teacher, Amiskwaciy Academy



**Presentation title:**

**Session #2:** From the Plains to the Playground

**Session #3:** Introduction to Traditional Indigenous Games

**Favourite outdoor activity:** [Hunting/Hiking](#)

**Favourite outdoor resource:** [Compass](#)

## Contact Details

**Email:** [lyndon.suntjens@epsb.ca](mailto:lyndon.suntjens@epsb.ca)

**Phone Number:** 1-(780)-614-5314

**Lyndon will be presenting at:** [Session #2 on November 10, 2021 at 7:00pm](#) **AND** [Session #3 on December 7, 2021 at 7:00pm](#)

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## About Lyndon

Lyndon Suntjens is nehiyaw from Goodfish Lake First Nation and is currently a teacher at amiskwaciy Academy in Edmonton, Alberta. Previously, Lyndon worked at Ashmont School, Westmount Jr. High and Victoria School of the Arts as a Physical Education, Social Studies and Indigenous Studies teacher. He has also worked as a Curriculum Consultant with Alberta Education. Lyndon is a father and husband who is grounded in ceremony and culture. He enjoys sports, the outdoors and working with youth.

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## Presentation Description

**Session #2:** We will review the process of harvesting and creating Indigenous games kits. We will also learn how you can modify and replace kit pieces if needed and review the games you can play with the contents of the kits.

**Session #3:** This session is centred around traditional Indigenous games, served to develop physical strength and survival skills. This session is designed to inform educators how to teach students the skills and fundamentals of individual play, team play and rules and etiquette of a variety of games. Games of the Dene, nehiywak, Blackfoot, Inuit, Nakota Sioux and Saulteaux will test the students' stamina and dexterity. Games of intuition and chance will also be covered.

# TRACEY GILMOUR

Teacher, Parkland School  
Division



**Presentation title:** [Equipment, Resources, and Materials Panel Discussion](#)

**Favourite outdoor activity:** [SUP Boarding](#)

**Favourite outdoor resource:** [Magic Ouchie Cream!](#)

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**Tracey will be speaking at:**  
**[Session #2 on November 10, 2021 at 7:00pm](#)**

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## About Tracey

I am honoured to be entering my fourth year as teacher and leader for the Parkland School Division Nature Kindergarten program.

I started my teaching career in the UK and have taught various grades from pre-k to grade 6 since 2006. I have also worked with school leadership teams and have been responsible for whole school assessment, literacy, numeracy and vulnerable students. Last year I completed my M.Ed in Educational Leadership.

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## Presentation Description

This session will explore different equipment, resources, and materials that are great additions for your pursuit in outdoor education.

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## EMILY PARKIN

Teacher, Nakoda Elementary School



**Presentation title:** [Equipment, Resources, and Materials Panel Discussion](#)

**Favourite outdoor activity:** [mountain biking](#)

**Favourite outdoor resource:** [The Outdoor Learning Store](#) and [Take Me Outside](#)

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**Emily will be speaking at:**  
**[Session #2 on November 10, 2021 at 7:00pm](#)**

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### About Emily

Emily is a teacher at Nakoda Elementary School. Over the past 9 years, Emily has embraced experiential and land-based learning. Partnering with organizations like Two Wheel View and Spirit North, Emily and Stoney Nakoda students have experienced countless biking, cross country skiing, hiking and camping adventures! Equipment funding brings challenges, but through community, neighbours and word of mouth, Emily has been able to source equipment needs for all of these adventures.

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### Presentation Description

This session will explore different equipment, resources, and materials that are great additions for your pursuit in outdoor education.

# DR. SHANNON KELL

Associate Professor, Mount  
Royal University



**Presentation title:** [Benefits of Outdoor Learning](#)

**Favourite outdoor activity:** [Engaging in play with children](#)

**Favourite outdoor resource:** [Water](#)

Contact Details  
**Email:** [skell@mtroyal.ca](mailto:skell@mtroyal.ca)  
**Phone Number:** (403)-440-6493  
**Social Media:** [shannon.kell.5817](#)

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## About Shannon

Shannon taught grades 9-12 PE, Health, and ELA in Saskatchewan for eight years before moving to Alberta. She has a BEd (secondary education), MEd (outdoor education, curriculum and instruction), and PhD (curriculum and instruction). Currently at Mount Royal University, Shannon teaches in the HPED and Education. Keenly interested in the benefits of nature, her scholarship interests focus on how we do/not spend time outdoors to recharge and connect to nature.

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## Presentation Description

This session will explore ways to take our learning outdoors and how to keep it simple and realistic. Outdoor learning does not need to be a grand adventure nor require piles of expensive equipment. If we keep the benefits of outdoor learning as a focal point, curricular outcomes will naturally fall into place. We will discuss the impact nature has on well-being for adults and children alike, and how taking a step out the door might be the best step forward you've ever taken.

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**Shannon will be presenting at:  
Session #3 on December 7,  
2021 at 7:00pm**

# SCOTT BAILEY

Health and Wellness  
Consultant, Ever Active Schools



**Presentation title:** [Supporting all Teachers with the NEW Outdoor Learning Quickdraw](#)

**Favourite outdoor activity:** [All types of skiing](#)

**Favourite outdoor resource:** [GEOEC's "Five Minute Field Trips"](#)

## Contact Details

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**Phone Number:** (403)-606-5050

**Social Media:** [@cscottbailey](#)

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## About Scott

Scott has been a Health and Wellness Consultant at Ever Active Schools since January 2017. Before joining the team, he was a middle school teacher at Banded Peak School in Bragg Creek in Treaty 7 territory. As a teacher, Scott tried to find as many opportunities as possible to take learning outside, but also remembers that many times, it is easier said than done. Scott is keen to help teachers build their confidence teaching outside and participating in and leading outdoor physical activity.

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## Presentation Description

Ever Active Schools' newest resource is the Outdoor Learning Quickdraw. Formatted as a deck of cards, like our popular Physical Literacy and Social and Emotional Learning resources, the Quickdraw is designed to help teachers in any subject area with planning outdoor activities from a one-time lesson to building a whole unit. Sample and discuss activities from our four suits: Physical Literacy, Teamwork, Outdoor Skills and Environmental Action.

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**Scott will be presenting at:**  
**Session #3 on December 7, 2021 at 7:00pm**



# INSIDE EDUCATION



Presentation title: [Curriculum Connections in Math & Science Outdoors](#)

Check out all of Inside Education's FREE programs at: [www.insideeducation.ca](http://www.insideeducation.ca)

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## About Inside Education

Inside Education supports teachers and inspires students to better understand the science, technology, and issues related to our environment and natural resources.

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## Presentation Description

Join the Inside Education team to learn about their field and classroom based programs and how they have made clear connections to math and science curriculum through inquiry and outdoor learning.

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**Inside Education will be presenting at: [Session #3 on December 7, 2021 at 7:00pm](#)**

# COURT RUSTEMEYER

President & Outdoor Education  
Liaison, GEOEC



**Presentation title:** [Making D.R.E.A.M.S. a Reality: Developing Relationships in Experiential learning Alongside My Students](#)

**School/org:** [Global Environmental and Outdoor Education Council; Outdoor Council of Canada](#)

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**Court will be presenting at:**  
**Session #4 on January 26, 2022**  
**at the Shaping the Future**  
**Pre-Conference**

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## About Court

Court has been a full time Outdoor Education teacher in Calgary, Alberta for the past 13 years. Court is the current President of the Global, Environmental & Outdoor Education Council (GEOEC) of the Alberta Teachers' Association. He is also on the Board of Directors for the Outdoor Council of Canada (OCC), where he serves as the Director of the Prairies, and a Field Leader instructor. Court received the 2020 EECOM Award of Excellence – Outstanding Educator. His Outdoor Leadership program was recently named a 2021 Alberta Emerald Award Finalist. Court's passion in student-led and experiential learning allows him to be out in the environment with his students in an outdoor classroom daily. Those hands-on experiences and inquiry-based learning allows Court to instill a greater understanding of indigenous and land-based knowledge into his students and others.

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## Presentation Description

In this full-day session, participants will discover participatory, stimulating and nature-based learning activities, including team building, craft making, connections to the land, technology, risk assessment and finding joy through adventure, play, storytelling, music and so much more. Step into the outdoors for some hands-on fun while connecting with fellow educators and program providers on overcoming roadblocks to incorporating outdoor learning into your program and instructional design.