



SHAPING the FUTURE 2023

FEBRUARY 1-4, 2023
LAKE LOUISE, ALBERTA | TREAT 7 TERRITORY

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Registered Dietitians



Shaping the Future 2023

Event Schedule

Wed, Feb 01, 2023

8:30 AM

Registration Table Open

⌚ 8:30 AM - 10:30 AM, Feb 1

📍 Victoria Ballroom

9:30 AM

Pre-conference: National Forum on Wellness in Post-secondary Education

⌚ 9:30 AM - 4:30 PM, Feb 1

📍 Victoria Ballroom

[Pre-conference Se...](#)

Note: There is an additional cost to this pre-conference session and pre-registration is required. Visit the [Shaping the Future website](#) for more details and to register.

👉 Speakers



Louise McClelland

Assistant Director, Ever Active Communities
Ever Active Schools



Dr. Shelly Russell-Mayhew

Werklund School of Education - University of Calgary



Kerri Murray

Director, Strategy and Innovation
Ever Active Schools

7:30 PM

National Forum Evening Reception

⌚ 7:30 PM - 9:00 PM, Feb 1

📍 Red Room (Victoria Foyer)

Thu, Feb 02, 2023

9:00 AM

Registration Table Open

⌚ 9:00 AM - 1:30 PM, Feb 2

📍 Conference Lobby

10:30 AM

Pre-conference: Leadership Luncheon

⌚ 10:30 AM - 12:30 PM, Feb 2

📍 Victoria Ballroom

[Pre-conference Se...](#)

Note: this event requires pre-registration. Please contact Hayley Degaust at hayley@everactive.org if you're interested in attending.

12:30 PM

Conference Opening and Elder Prayer

⌚ 12:30 PM - 1:10 PM, Feb 2

1:10 PM

What Matters Most

⌚ 1:10 PM - 2:00 PM, Feb 2

📍 Mount Temple Ballroom

Keynote Presenta...

How do we refuel, reenergize, and reframe to be our best so that we can give our best to others? Through the stories of positive role models and lived experience, Luyckfassel will share a list of ten research-backed principles which she believes will help you rally in times of struggle, so that you can move towards greater well-being; both personally and professionally.

📢 Speaker



Nancy Luyckfassel

Associate Co-ordinator of Professional Development
Alberta Teachers Association

2:00 PM

Break and Snack

⌚ 2:00 PM - 2:30 PM, Feb 2

2:30 PM

Indigenizing the Classroom Within A Blackfoot Context

⌚ 2:30 PM - 3:20 PM, Feb 2

📍 Mount Temple B

Equity, Diversity & Inclusion

Reconciliation & Resilience

Many teachers find it difficult to interweave indigenous ways of knowing, and in this case Blackfoot ways of knowing, into the classroom experience. Our aim is to show educators, and professionals, resources they can use in the classroom so they can effectively incorporate Indigenous Ways of Knowing into their teaching practice. We will focus on resources, language, and ways of knowing of the Blackfoot people.

📢 Speakers



Eddie Wolf Child

Chief Crowfoot School



Cindy Big Snake

Chief Crowfoot School

Growing a Wellness Culture in High Schools

⌚ 2:30 PM - 3:20 PM, Feb 2

📍 Mount Temple C

Active Living

Staff Well-being

Mental Well-being

Lindsay Thurber High School houses almost 1900 students and over 120 staff members. In the fall of 2020, the LT Wellness team committed to providing support and opportunities for its stakeholders via the OPHEA Healthy Schools Certification and continues to work with this framework. The team will share a snapshot of the past few years of wellness (including pandemic navigating) while examining the framework that supported their work, the culture of their school, and where they are going next.

Speakers

**Sheila Sillery**

Lindsay Thurber High School

**Jamie Siler**

LTCHS

**Zoe Kawalilak**

Teacher

Lindsay Thurber High School

**Jackie Kure**

Lindsay Thurber High School

**Cody Domoney**

Teacher

Red Deer Public Schools

Learning from Experience: Common challenges and promising practices for system-wide well-being

 2:30 PM - 3:20 PM, Feb 2 Mount Temple A**Mental Well-being****Staff Well-being**

Since 2021, Edcan's Well at Work initiative has worked alongside school districts across the country. Pairing districts with expert advisors who have a background in workplace wellbeing, the initiative has provided customized observations and recommendations to advance system-wide workplace wellbeing. Building on insights from a wide range of districts, this session will provide a summary of learnings from the first year of operation, highlighting common challenges and ways to address them.

Speaker

**Kathleen Lane**

EdCan

Tobacco, Vaping & Cannabis in Schools Supports for Teachers

 2:30 PM - 3:20 PM, Feb 2 P6/Saddleback**Mental Well-be...**

Participants will learn:

- Trends in and prevalence rates of tobacco, vaping and cannabis use for school aged youth
- Effective strategies to help students
- Best Practices for cannabis, tobacco and like-substance related school based initiatives, including e-cigarettes and vaping
- A summary of available on-line resources for students, teachers, parents, and administrators to prevent and reduce nicotine and cannabis use by young people

 **Speakers**



Sarah Waters

Alberta Health Services - Tobacco, Vaping, Cannabis Program



Aaron Ladd

Alberta Health Services - Tobacco, Vaping, Cannabis Program

Growing Your Healthy School with APPLE Schools Free Resources

⌚ 2:30 PM - 3:20 PM, Feb 2

📍 Victoria Ballroom

Active Living

Healthy Food Environments & Positive Nutrition

Looking for practical ways to promote health in your school? Join mentors from international award-winning project APPLE Schools for an interactive session highlighting tried and true resources for school-focused health promotion. The session will present grab&go resources to implement healthy eating, physical activity, and mental wellness activities that engage students & staff. You will walk away with a toolbox of tangible resources you can use right away to create a healthy school culture.

 **Speakers**



Jenna Power

mentor

APPLE Schools



Tina Skakun

School Health Mentor Northeast Alberta

APPLE Schools



Nicole Deschner

Knowledge Exchange Coordinator
APPLE Schools



Matthew Shewchuk

School Health Mentor
APPLE Schools

Get Outside - The Amazing Race of Nature

⌚ 2:30 PM - 3:20 PM, Feb 2

📍 Outdoors

Active Living

Mental Well-being

During this session, participants will compete in our special version of Amazing Race. In the process they will learn about the latest evidence of the health benefits of nature and strategies to incorporate into the classroom and community.

Note: this session will meet at the bottom of the stairs near the registration and info table (labeled "Outdoor Session Meeting Point" on the map). Bags or personal items can be left at the coat racks or registration table if you so choose.

Speakers



Doug Klein

Family Doctor
University of Alberta



Clark Svrek (he/him)

Family Physician
Department of Family Medicine, University of Calgary

Be A Part of Ever Active Schools

⌚ 2:30 PM - 3:20 PM, Feb 2

📍 Beehive/Lakeshore

Have you ever wanted to have your say about the events we host? The resources we develop? The learning opportunities we deliver? Well now is your chance! Ever Active Schools is currently recruiting for both our NEW Youth Advisory Council and Educator Advisory Council! If you, or your students want to be a part of Ever Active Schools come learn about these two exciting opportunities!

Speakers



Kaitlyn Mitchell

Recreational Leadership/ Health & Wellness Consultant
Ever Active Schools



Katelynn Theal

Assistant Director, Comprehensive School Health
Ever Active Schools

How to Use Circle Process for Conflict Resolution

⌚ 2:30 PM - 3:20 PM, Feb 2

📍 Pipestone

Equity, Diversity & Inclusion

Reconciliation & Resilience

How to work with Circle process in the classroom setting, for conflict resolution, to work towards collaboration, rather than conflict. Incorporates Traditional Cree Teachings

This process can be used outside classroom, as well, with conflict amongst staff, parents, etc. Great introduction, with a great presenter. Stacey has extensive experience with over 500+ healing circles/peacemaking circles, in a 5 year period. Prepare to learn, have some fun, and learn a little more around Circle Process in conflict resolution.

Speaker



Stacey Harrison

Saddle lake Boys and Girls Club

3:20 PM

Break

⌚ 3:20 PM - 3:40 PM, Feb 2

3:40 PM

An Introduction to the New PE & Wellness Curriculum

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 Mount Temple A

Active Livi...

Take a dive into the new blended physical education and wellness curriculum. We will take a deeper look into the organizing ideas and explore different ways to achieve multiple learning outcomes through resources, planning and assessment tools.

 **Speakers**



Nathan White

Health And Wellness Consultant
Ever Active Schools



Jenn Mireau

Health And Wellness Consultant
Ever Active Schools

Ever Active Schools



Navigating Wellness in a Faculty of Education: Strategies, Opportunities, and Challenges

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 Mount Temple B

Mental Well-being **Staff Well-being**

This session highlights ongoing efforts of the Faculty of Education at the U of L in collaboration with community partners, to promote wellness. In this session we will share strategies utilized to engage education students, members of faculty and the broader educational community to develop a culture of wellness in professional practice. Opportunities for participants to engage in small group activities to find connections and relevance for their individual practice will be provided

 **Speakers**



Aaron Stout

University of Lethbridge



Daniel Balderson

University of Lethbridge



Greg Ogilvie

University of Lethbridge



Dawn Burleigh

University Of Lethbridge

Promoting Inclusive Play in Alberta

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 Mount Temple C

Active Living **Equity, Diversity & Inclusion**

It's better when we play together! Promoting Inclusive Play in Alberta is a project of The Steadward Centre, established to create more opportunities for children experiencing disability to engage in play in their communities. Playgrounds are an important site of play, physical activity, and social opportunities for children, but are often places where children with disabilities experience exclusion. We will explore our learnings and resources to create more inclusive playgrounds and play.

 **Speaker**



Carrie Millar

The Steadward Centre, University of Alberta

Using Food to Create Healthy, Safe and Welcoming School Communities

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 P6/Saddleback

Healthy Food Environments & Positive Nutrition

Mental Well-being

Join us for a presentation on how we have utilized our Wellness and Foods programs to empower students to promote and model positive food behaviors. We have modified our Foods program to have students cooking and serving food for their peers daily. Following the Healthy School Communities program, we are working to equip students with the knowledge to make positive choices and provide all students with access to food. Come and see if you can apply aspects of our program to your school community!

📢 Speakers



Chelsea Bembridge

Wellness Coach

EW Pratt School



Nicola Singer

Foods Teacher

EW Pratt School

Don't Walk in the Hallway - Indigenized (Holistic Balance)

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 Victoria Ballroom

Equity, Diversity & Inclusion

Reconciliation & Resilience

Learning about creating and maintaining Holistic balance through the teachings of the medicine wheel and the 4-part being. Using the Don't Walk in the Hallway program through EAS to help express and show this in schools.

📢 Speakers



Rachelle Bell

Peace Wapiti Public School District



Meghan Badger

Peace Wapiti Public School

Ways to Wellness: Moving Toward Healthier School Workplaces

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 Pipestone

Active Living

Staff Well-being

It isn't easy to be a teacher these days. Now more than ever, your wellness at work matters! Join us for honest and insightful conversations about school staff health and well-being. Find out how your mental wellness affects students and the overall climate at your school, then get practical tips to create a healthier workplace. We'll share promising practices and help you reflect on the little things that can make a big difference for you and the people you work with.

 **Speakers**



Courtney Epp

AHS - School Health and Wellness Promotion Team



Leah Yardley

Alberta Health Services School Health and Wellness Promotion



Lisa Baker

AHS - School Health and Wellness Promotion Team



Terri-Jean Baillie

Alberta Health Services School Health and Wellness Promotion

The Critical Role of Relationships: Enabling and Empowering the Growth of Mentorship.

⌚ 3:40 PM - 4:30 PM, Feb 2

📍 Beehive/Lakeshore

Equity, Diversity & Inclusion

Staff Well-being

This session will explore the role of relationships in strengthening mentoring partnerships. Alberta Mentoring Partnership will detail the components of successful relationship building, sharing tangible examples that have resulted in lasting collaboration and respect with stakeholders. Learning to prioritize consistent care, meaningful consultation, and demonstrating emotionally intelligent practices that will result in participants building stronger teams and providing a culture of collaboration in all their work.

Alberta Mentoring Partnership has expertise managing relationships across a provincial (statewide) network of over 250 organizations, ranging from agencies and schools, to private sector and government departments.

 **Speakers**



Sarah Chan

Community Engagement & Relationships Lead
Alberta Mentoring Partnership



Al Chapman

Lead, Projects and Governance
Alberta Mentoring Partnership

4:30 PM

Break

⌚ 4:30 PM - 4:50 PM, Feb 2

4:50 PM

Don't hit snooze on sleep health: strategies and resources to support healthy sleep for whole school communities.

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Mount Temple A

Staff Well-be...

Sleep is critically important for our overall health and well-being. Everyone can benefit from a good night's rest. This session will use a comprehensive school health approach to explore current sleep research and offer sleep-promoting strategies and resources to help educators, families, and students. In addition to discussing how to support student sleep health, participants will delve into topics related to their own sleep through presentation, movement, discussion, and relaxation.

Speakers



Kate Storey

Associate Professor, School of Public Health
University of Alberta



Megan MacNeil

University of Alberta



Pamela Mellon

MSc student in Health Promotion and Socio-Behavioural Sciences
University of Alberta



Genevieve Montemurro

Senior Program Lead, SIRCLE Research Lab
School of Public Health, University of Alberta

I Spy With My Little Eye...Something That is Well!

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Mount Temple B

[Staff Well-be...](#)

How is staff wellness embedded in your work environment day to day? What would change if we used the same methods of caring for kids as we do caring for staff? With decades of experience running Town of Banff's children's programs, "Team Sweet Beans" will share their successes & lessons learned from leading & supporting a diverse staff team. Paralleling the relationships between children & staff, this fun & interactive session will provide tangible ways to bring wellness to your workplace.

Speakers



Jessica LaBonte

Town of Banff - FCSS & Social Programs



Steph von Neudegg

Town of Banff - FCSS & Social Programs

Learning Awareness: Illuminating Equity Issues with Social Emotional Learning

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Mount Temple C

[Equity, Diversity & Inclusion](#)

[Mental Well-being](#)

In a world calling for equitable practice, some fear that inequity lurking within social emotional learning (SEL) and mindfulness perpetuates harmful social environments. Others claim, these frameworks promote mental well-being. Yet, an equitable approach to SEL is possible when educators practice mindfulness for their own awareness and incorporate SEL into a social justice framework. This session facilitates personal insights and provides practical tools for a more equitable approach to SEL.

Speaker



Chris Siegle

Calgary Board of Education

Flipping the Script: Unlearning Common Healthy Eating Misconceptions in the K-6 Classroom

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Beehive/Lakeshore

Healthy Food Environments & Positiv...

This informative session will give participants an opportunity to listen to real life examples of missing the mark while teaching K-6 students about healthy eating. They will then hear suggestions about how to "flip the script" based on research and best practices. Expect conversation, storytelling and plenty of reflective opportunities!

📣 Speaker



Lila Berg

Teacher Consultant
Edmonton Public Schools

STOMP: A peer-to-peer approach to reducing commercial tobacco use in school communities across Canada

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 P6/Saddleback

Mental Well-be...

Let's talk about vaping, really. Come learn about PHE Canada's innovative STOMP project and its early impacts on school communities. We will also share our STOMP resource hub and discuss ways you can activate youth in your schools to be change makers in reducing commercial tobacco and vaping use.

📣 Speakers



Ryan Fahey (He,Him)

Lead, Special Projects & Resources
Physical and Health Education Canada



Shivani Solanki

SIRCLE Lab

Urban Expeditions - Gateway to the Outdoors

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Pipestone

Active Living

Healthy Food Environments & Positive Nutrition

Urban Expeditions use wild spaces in given urban communities to facilitate outdoor education, outdoor learning, self-propelled adventure, building life skills and stronger connection to place. We will look at how Urban Expeditions have been used as a highly accessible introduction to outdoor education for students from grades 4 to 9, and means of mentoring staff towards increased capacity taking learning outside. We will take some time to start thinking about how you could do an urban expedition within your context.

📣 Speaker



John Cadman

Teacher
Connect Charter School

Navigate Your Way to Engaging Outdoor Learning

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Outdoors

Active Livi...

Using one of Ever Active Schools resources, Outdoor Learning Quickdraw, this session will support Participants with taking their classroom outside in engaging and meaningful ways. Explore the resources 4 components: Physical Literacy, Outdoor Skills, Teamwork and Environmental Action through activities and hands-on learning!

Note: this session will meet at the bottom of the stairs near the registration and info table (labeled "Outdoor Session Meeting Point" on the map). Bags or personal items can be left at the coat racks or registration table if you so choose.

☛ **Speaker**



Nathan White
Health And Wellness Consultant
Ever Active Schools

National Indigenous Youth in STEM (InSTEM) Program

⌚ 4:50 PM - 5:40 PM, Feb 2

📍 Victoria Ballroom

Equity, Diversity & Inclusion **Reconciliation & Resilience**

Indigenous People Have Always Known About Science, Technology Engineering and Math (STEM) This presentation will share how Actua seeks to remove barriers to STEM and become a global leader in STEM Education and more specifically Indigenous STEM.

☛ **Speaker**



Noreen Demeria
Indigenous Youth in STEM

7:30 PM

Exhibitor MarketPLAYce

⌚ 7:30 PM - 9:00 PM, Feb 2

📍 Heritage Hall

Come dressed to impress in your favorite loungewear and enjoy some fun games, snacks, and everything our exhibitors have to offer!

Fri, Feb 03, 2023

7:00 AM

Wellness Opportunities

⌚ 7:00 AM - 8:00 AM, Feb 3

3 Subsessions

● **Smudge**

⌚ 7:00 AM - 8:00 AM, Feb 3

📍 Pipestone

● **AMA Youth Run Club Walk or Run**

⌚ 7:00 AM - 8:00 AM, Feb 3

📍 Lobby

● **Richard Simmons-Inspired Cardio Workout**

⌚ 7:00 AM - 8:00 AM, Feb 3

📍 Victoria Ballroom

8:00 AM

Breakfast

⌚ 8:00 AM - 9:00 AM, Feb 3

📍 Various Locations

Breakfast will be served in the following locations:

- Heritage Hall (outside of the Mount Temple Ballroom)
- Trails Foyer (outside of P6/Saddleback and Beehive/Lakeshore rooms)
- Victoria Ballroom

Please help yourself to breakfast and eat it in the room of the workshop you're planning to attend.

9:00 AM

Difficult Community Conversations: Tools and Tricks for Passionate People

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Mount Temple C

Equity, Diversity & In...

This session will follow the lives of researchers, teachers, business owners and students who are passionate about changing their school and local communities. Attendees will be offered facilitation tools, practice using them and will co-create collective wisdom for all to share.

📢 Speakers



Felicia Ochs

Change Health Alberta



Allan Bailey

Clinical Professor

Department of Family Medicine



Doug Klein

Family Doctor

University of Alberta



Monique Brown

Change Health



Avery Edwards



Janette Pierce



Amanda Radil

Evaluation Lead, CHANGE Health Programs

University of Alberta



Clark Svрcek (he/him)

Family Physician

Department of Family Medicine, University of Calgary

Play is for Everybody

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 P6/Saddleback

Active Living

Equity, Diversity & Inclusion

At Ever Active Schools, we believe that everyone deserves access to health and well-being - that means that everyone deserves to have opportunities and resources to tend to all of the dimensions of their wellness. We are committed to ensuring that everybody has access to play because we know that play has an integral role in healthy child development and healthy futures for all children. In this session, we will examine the key values that are necessary in creating physical activity opportunities that are equitable, inclusive, and accessible through the Play is for EVERYBODY framework.

 **Speakers**



Kaitlyn Mitchell

Recreational Leadership/ Health & Wellness Consultant
Ever Active Schools



Jamie Anderson

Assistant Director, Equity and Inclusion
Ever Active Schools

Bringing the New PE & Wellness Curriculum to Life

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Victoria Ballroom

Active Liv...

Discover practical ways to connect health & wellness with physical education, by embedding movement into classroom learning and classroom learning in movement activities. Together, we will experience how active living and physical literacy can promote character development, relationship building, healthy eating, financial literacy and so much more.

 **Speakers**



Nathan White

Health And Wellness Consultant
Ever Active Schools



Jenn Mireau

Health And Wellness Consultant
Ever Active Schools

Finding Well-being Amongst the Trees

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Pipestone

Active Living **Mental Well-being**

Please note: this session will begin in Pipestone and proceed outdoors.

This session will be an experiential, multi-sensory/disciplinary excursion involving a small winter hike/walk. The excursion will blend aspects of winter forest bathing, meditation, storytelling via multiple mediums, aspects of wellness in nature and finish with tea in the woods. Please dress appropriately for the weather (appropriate winter hiking foot wear). We will share an interdisciplinary educational approach with the potential to enhance a continuum of well-being through nature education.

 **Speakers**



Warren Lake

Robert Thirsk High School



Kate Love

Calgary Board of Education

Up to Snow Good

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Outdoors

Active Living **Mental Well-being**

Trying to be active & outdoors year-round can be snow laughing matter here in Canada! Can we stay active & make our students have fun outside in all seasons? We will not only go over some games and activities that are snow much fun, but we will talk about the art of facilitation & how your students can lead these activities. Snow matter the grade you teach it's great to know a collection of team-building, trust, communication & active games. Tons of resources will be provided for participants!

Note: this session will meet at the bottom of the stairs near the registration and info table (labeled "Outdoor Session Meeting Point" on the map). Bags or personal items can be left at the coat racks or registration table if you so choose.

☛ **Speaker**



Court Rustemeyer

Jr High 7-9 Outdoor Education Teacher
Calgary Board of Education

EVERYTHING BUT THE KITCHEN SINK!

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Beehive/Lakeshore

Active Livi...

Come join HPEC as we take a look at all things Phys Ed. This session will be collaborative, exploring meaningful approaches to PE and what It means to create those experiences, a look at how to interpret and interact with the curriculum- old and new and lots of different games that will fit any program! You'll be sure to walk away with something you can use at school right away!

☛ **Speaker**



HPEC

Health and Physical Education Council of Alberta

Embrace Nature: Weaving the Outdoors Into School Experiences

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Mount Temple A

Active Living Mental Well-being

Nature is our original teacher and it's all around us in Alberta! Getting outside boosts play, physical activity, and social emotional skills in K-12 students, and gives them opportunities to connect with the land and each other. In this hands-on workshop, we'll explore practical ways to weave nature and the outdoors into instructional time, school routines, and play and leisure. You'll get inspired by success stories from across Alberta, and leave with the confidence, tools, and resources you need to make it happen in your own school community.

☛ **Speakers**



Courtney Epp

AHS - School Health and Wellness Promotion Team



Leah Yardley

Alberta Health Services School Health and Wellness Promotion



Lisa Baker

AHS - School Health and Wellness Promotion Team



Terri-Jean Baillie

Alberta Health Services School Health and Wellness Promotion

Sparking Curiosity with Canada's Food Guide

⌚ 9:00 AM - 11:00 AM, Feb 3

📍 Mount Temple B

Healthy Food Environments & Positiv...

Nutrition education can be inclusive and engaging for students of all ages and stages! Join our [TeachNutrition.ca](#) Registered Dietitians to get creative with food and nutrition education approaches in the classroom. In this interactive workshop, we will explore inclusive ways to talk about food and eating with students, evidence-based approaches to teach nutrition, and practical tools you can use in your classroom. The best part? You will have access to all of our digital and print resources for free!

👉 Speakers



Barbara Inglis

Registered Dietitian
Teach Nutrition



Mary Block

Teach Nutrition

11:00 AM

Break

⌚ 11:00 AM - 11:30 AM, Feb 3

11:30 AM

Well-being Beyond the Binary: Why the Inclusion of All Genders is Good for Everyone

⌚ 11:30 AM - 12:30 PM, Feb 3

📍 Mount Temple Ballroom

Keynote Presenta...

Gender inclusion beyond the binary has a direct and substantial impact on the well-being of all our students. Together, we will explore what this means, and how creating spaces that include trans and non-binary students is not only essential for them, but also beneficial for all students. Our conversation will include tangible practices to use in your classrooms, schools and communities.

👉 Keynote Speaker



Daley Laing

SOGI 1 2 3 Program Lead
ARC Foundation

12:30 PM

Lunch with Exhibitors

⌚ 12:30 PM - 1:30 PM, Feb 3

📍 Mount Temple Ballroom

If you missed the exhibitor marketPLAYce this might be the last opportunity to interact with our awesome exhibitors!

Educator Advisory Council Lunch and Learn

⌚ 12:30 PM - 1:30 PM, Feb 3

📍 Mount Temple B

Join Ever Active Schools for lunch and learn more about the Educator Advisory Council and how you can be involved.

First Nation, Métis, and Inuit Champions Gathering

1:30 PM

⌚ 12:30 PM - 1:30 PM, Feb 3
📍 Pipestone

Offering Protocol to Indigenous Knowledge Keepers - A 'How To'

⌚ 1:30 PM - 3:30 PM, Feb 3
📍 Mount Temple A

Reconciliation & Res...

When asking Indigenous Elders and Knowledge Keepers to share traditional knowledge and teachings with your staff and students, it is best to offer specific protocol, often including tobacco, a gift and honourarium. But many people are nervous to ask or offer protocol because they don't know how or what to offer. In this session, we will review what protocol is, how to learn the appropriate offering for your region or that Knowledge Keeper, and what to keep in mind to make your offering in a good way.

📣 Speakers



Andrea Dion

Health and Wellness Consultant
Ever Active Schools



Flora Northwest



Teena Starlight

IYMP National Director

Doing a Lot with a Little and a Lot of Movement

⌚ 1:30 PM - 3:30 PM, Feb 3
📍 Victoria Ballroom

Active Livi...

Have little equipment? There is still lots to do. Let's explore movement through games that require barely any, if any, equipment, and still meets curricular expectations. We will be playing various no equipment or minimal equipment games as we engage in warmups, Rock Paper Scissors, numeracy, combatives, leadership, and tag games developing different physical literacy skills.

📣 Speaker



John Byl

Canadian Gopher Educational Consultant
Gopher Sport

How Do We Get Where We Want To Go? Advancing Active School Travel Through Arts-based Approaches with Youth

⌚ 1:30 PM - 3:30 PM, Feb 3
📍 Mount Temple C

Active Livi...

This session will discuss current knowledge related to Active School Travel (AST) and explore how arts-based approaches can be used to engage youth. Attendees will gain hands-on experience through an arts-based activity (mental mapping), with research and practice examples. Through this interactive session (presentation, outdoor walk, artmaking, and debrief), attendees will gain an understanding of AST, and how processes that centre youth experience can promote well-being in school communities.

 **Speakers**



Kate Storey

Associate Professor, School of Public Health
University of Alberta



Danielle Klassen

PhD Candidate
University of Alberta



Genevieve Montemurro

Senior Program Lead, SIRCLE Research Lab
School of Public Health, University of Alberta

Hiking the Hike: Navigating Challenges in Health Promotion

⌚ 1:30 PM - 3:30 PM, Feb 3

📍 Beehive/Lakeshore

Mental Well-being **Staff Well-being**

Sarah and Jill will share their lived experience on meeting challenges with creativity and agility. The road to supporting wellbeing can be bumpy and steep and unpredictable. Lace up your "metaphorical hiking boots" and join them on the journey!

 **Speakers**



Sarah Balla

Elk Island Catholic Schools



Jill Mitchell

Wellness coordinator/teacher
Evergreen Catholic Schools

Pause, Play, Rewind- Strategies and Gameplay

⌚ 1:30 PM - 3:30 PM, Feb 3

📍 Outdoors

Active Livi...

Please note: this session will meet in P6/Saddleback and proceed outdoors. Please dress accordingly.

In this session participants will explore simple tagging, throwing, and kicking games. Changing the rules, boundaries and equipment within a game will inherently adjust its structure. Learn how to take these basic games and modify them to promote inclusion and continuity while embracing strategic thinking. This session will also provide links to the new Alberta Physical Education and Wellness curriculum.

 **Speakers**



Brett Barron

Teacher
Edmonton Catholic Schools



Jackie Koval

ECSD

Education, Health and Community through Skiing

⌚ 1:30 PM - 3:30 PM, Feb 3

📍 Lake Louise Ski Hill

*Please note: delegates attending this workshop will meet at the Lake Louise Ski Hill. If you plan on attending this session, please fill out this form: <https://forms.gle/r2rMAhnTUFgHvi5n8>

The Livingstone Ski Academy is a public school program for students in grades 4-12 at Livingstone School in Lundbreck, Alberta. Our high school "Pathways class" is a year-round program with nine eager student leaders. Through Pathways, we are focusing on advancing our alpine skills, completing coaching certifications, and developing leadership, so that we can spread the joy of skiing, snowboarding and other sports as well to others. During our session, we will share what we've learned and give you a sense of the LSA experience by skiing and riding with you.

NOTE: we will be on the mountain at Lake Louise Ski Resort - **sign-up and lift ticket required**. We'll share our story with you in the gondola on the way up, and then guide you down the mountain sharing our love of skiing and snowboarding.

Speaker

**Scott Bailey**

Livingstone Ski Academy Coordinator
Livingstone School

Are we over weight yet? Complexities of mental well-being in schools from diverse research perspectives

⌚ 1:30 PM - 3:30 PM, Feb 3

📍 Pipestone

Healthy Food Environments & Positiv...

The relationship between weight and health is complex, and has ramifications for the mental wellbeing of students and teachers alike. This interactive presentation will cover three different research papers that take a multi-dimensional and weight-neutral approach to health and wellbeing in the school context, including one study that gathered data from youth during the COVID-19 context. We will offer recommendations and opportunities for reflection, discussion, and application of our research findings to the school setting.

Speakers

**Dr. Shelly Russell-Mayhew**

Werklund School of Education - University of Calgary

**Jessica Saunders**

Ramapo College of New Jersey

**Dr. Sarah Nutter**

Werklund School of Education - University of Calgary

**Elizabeth Tingle**

Instructor
University of Calgary

Land-based Learning: The Fundamentals

⌚ 1:30 PM - 3:30 PM, Feb 3

📍 Ice Bar

Reconciliation & Resilience

Staff Well-being

During this 2 hour outdoor session, we will build up our tool kit for helping students connect to place and the land. Together, we'll profile strategies and techniques to enhance your teaching plan and help you maximize the outdoor classroom. We'll consider land acknowledgements and reciprocity, stories, exploratory approaches, observing and recording tools, as well as some active games. We'll focus on ideas in a winter context, but also look ahead to spring. Come prepared to be outside (moving slowly and standing) and plan to collaborate and share.

Note: this session will meet at the bottom of the stairs near the registration and info table (labeled "Outdoor Session Meeting Point" on the map). Bags or personal items can be left at the coat racks or registration table if you so choose.

👉 **Speaker**



Andrea Barnes

Alberta Parks - Kananaskis Country

Carving the Path for your Healthy School Journey

⌚ 1:30 PM - 3:30 PM, Feb 3

📍 Mount Temple B

This session is for the self-proclaimed newbies! Are you new to Shaping the Future and/or Comprehensive School Health? Join us as we go back to basics and get oriented to some key frameworks to support your healthy school journey. We will dissect the different pieces and share pathways for knowledge building as you move towards a healthy, happy, safe and connected school!

👉 **Speakers**



Adam Pratt

Ever Active Schools



Katelynn Theal

Assistant Director, Comprehensive School Health
Ever Active Schools



Louise McClelland

Assistant Director, Ever Active Communities
Ever Active Schools

3:30 PM

Wellness Break

⌚ 3:30 PM - 5:30 PM, Feb 3

5:30 PM

Cocktail Hour

⌚ 5:30 PM - 6:30 PM, Feb 3

📍 Heritage Hall

6:30 PM

Dinner

⌚ 6:30 PM - 8:30 PM, Feb 3

📍 Mount Temple Ballroom

8:30 PM

Dance and Social - No Ticket Required

⌚ 8:30 PM - 11:59 PM, Feb 3

📍 Mount Temple Ballroom

Please note you are still able to attend the dance and social if you do not have a banquet ticket.

Sat, Feb 04, 2023

7:30 AM

Wellness Opportunities

⌚ 7:30 AM - 8:30 AM, Feb 4

4 Subsessions

● Smudge

⌚ 7:30 AM - 8:30 AM, Feb 4

📍 Pipestone

● AMA Youth Run Club Walk or Run

⌚ 7:30 AM - 8:30 AM, Feb 4

📍 Lobby

● Strength and Stretch

⌚ 7:30 AM - 8:30 AM, Feb 4

📍 Victoria Ballroom

● Skate on the Lake

⌚ 7:30 AM - 8:30 AM, Feb 4

📍 Lake Louise Lakeshore

8:30 AM

Breakfast, Film Screening, and Hotel Check-out

⌚ 8:30 AM - 9:15 AM, Feb 4

📍 Mount Temple Ballroom

A Historic Event:

Please join us as we preview a documentary on Enoch Cree Nation hosting the Alberta Schools' Athletics Association (ASAA) Provincial Cross Country Championships. The documentary tells the story of Enoch Cree Nation hosting the Championships and welcoming thousands of competitors and supporters to the Enoch Old Cultural Grounds. The film captures the culture of the event and the bigger purpose of sport and community coming together in reconciliation. There will be a short introduction to the documentary, followed by the 24 minute documentary. A perfect way to start the last day of the conference.

9:15 AM

Walk a Mile in My Shaky Shoes: How To Tap Into the Ability in disABILITY in School

⌚ 9:15 AM - 10:10 AM, Feb 4

📍 Mount Temple Ballroom

Keynote Presenta...

Sponsored by the [AMA Youth Run Club](#)

Matthew achieved a PhD in atmospheric science and now works as head meteorologist for an energy trading company. He not only knows how to track the weather, he knows what it is like to be excluded, bullied, and discriminated against.

Growing up, Matt was bullied in school and found it difficult to make true friends. It is alright to be different, but he thinks we need to do a better job of educating others not to be afraid of "different". He is passionate about inclusion of those with disabilities and teaching others how to interact with those who are different. If everyone is included, everyone wins.

👉 Keynote Speaker



Matthew Corkum

Head Meteorologist
Dynasty Power

10:10 AM

Break

⌚ 10:10 AM - 10:30 AM, Feb 4

10:30 AM

Game Changers: Engaging Students with Disabilities in School Physical Activity

Programming and Leadership Opportunities

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 Mount Temple B

Equity, Diversity & In...

Game Changers is a pilot project that guides schools through the development and delivery of inclusive school physical activity programming for students with disabilities. In this presentation, PHE Canada will share their process of engaging and empowering students with disabilities, as well as highlight key learnings, with the goal of increasing the quality of programming and the participation rates of students with disabilities.

👉 Speakers



Tricia Zakaria

Director, Programs and Education
PHE Canada



Kelsey Fahie

PHE Canada

Risky/Courageous Play in Nature's Way—Our Way: (Re)Vitalizing Land Connections for Children's Wellness

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 Mount Temple C

Active Living Equity, Diversity & Inclusion

This presentation explores risky/courageous play in Nature's Way-Our Way, a Saskatchewan-based initiative designed in partnership with Elders, Knowledge Keepers, Indigenous families, and early childhood educators to promote young children's holistic wellness and (re)vitalize cultural connections with Land. Using the Nature's Way-Our Way resources, participants will have the opportunity to experiment with risky/courageous play in an experiential and hands-on way.

👉 Speakers



Dr. Kathryn Riley

Sessional Lecturer
University of Saskatchewan



Amanda Froehlich Chow

Assistant Professor
University of Saskatchewan



Dr. Mariana Brussoni

University of British Columbia



M. Louise Humbert

Associate Dean
University of Saskatchewan



Natalie Houser

University of Saskatchewan

Social Emotional Learning and the Arts

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 Beehive/Lakeshore

Staff Well-be...

In this hands-on workshop, we will focus on integrating mindfulness into the curriculum and use Visual Art as a tool to strengthen Social and Emotional Learning (SEL) in the classroom. Participants will create a variety of art activities that can be used throughout the day to help students self-regulate, reduce stress and enhance creativity.

👉 Speakers



Jenny Culbertson
Visual Arts Consultant
Edmonton Catholic Schools



Sabrina Deering
Edmonton Catholic Schools

Healthy Communities Framework - Helping Communities Build Towards a Healthier Future!

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 P6/Saddleback

Equity, Diversity & Inclusion

Healthy Food Environments & Positive Nutrition

Starting small is better than not starting at all! Explore how you can leverage the Healthy Communities Framework (ChooseWell's free community development tool) to create and enhance healthy Policy, Places, People, Partnerships, Programs, Promotion and Participation in your community. This session will showcase local success stories and discuss tangible action steps to help increase healthy eating & active living initiatives in the context of your educational facility's health/wellness goals.

👉 Speakers



Matt Leung
Communities ChooseWell



Breanna Morin
Program Officer, Engagement & Reconciliation
Communities ChooseWell - Alberta Recreation and Parks Association



Emilia Grindlay
Communities ChooseWell

Connecting the Dots: A Practical Application of Mental Health Promotion in Schools

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 Pipestone

Mental Well-being

Staff Well-being

A collaborative session for a multi-tiered audience intended to increase teacher and leader capacity and reduce barriers for school communities to equitably implement mental health promotion activities. Participants will gain access to a practical, interactive digital resource featuring ready-to-use, age- and stage-appropriate lessons, staff and student assessment tools, and strategies for supporting mental health promotion in schools– without it being just another thing to do!

 **Speakers**



Alexandra Inglis

SD #73, BC



Jenna Ewert

School District No. 73

Physical Literacy: Locomotor, Manipulative Sending, Manipulative Receiving, and Manipulative Retaining Challenges

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 Mount Temple A

Active Livi...

Come explore various games and challenges that help players develop their physical literacy skills with joy and active engagement.

 **Speaker**



John Byl

Canadian Gopher Educational Consultant
Gopher Sport

EAS Resource Rapid-fire! 5+ Free/Low-cost EAS Resources in 50 Minutes or Less!

⌚ 10:30 AM - 11:20 AM, Feb 4

📍 Victoria Ballroom

Active Living Mental Well-being

If you love EAS, you'll love this session. Join us as we highlight some of our most popular "Monday-ready" resources that will have you well on your way to meeting cross-curricular goals and improving all aspects of your wellness at the same time.

 **Speaker**



Adam Pratt

Ever Active Schools

11:20 AM

Break

⌚ 11:20 AM - 11:40 AM, Feb 4

11:40 AM

Increasing Staff Bandwidth and Decreasing Compassion Fatigue and Burnout

⌚ 11:40 AM - 12:30 PM, Feb 4

📍 Mount Temple B

Mental Well-being Staff Well-being

The pandemic has created some of the most difficult teaching environments in the past 20 years , resulting in reduced staff “bandwidth” and at the same time increasing incidents of burnout and compassion fatigue. The session will provide strategies which will help staff understand their bandwidth, how to strengthen it for themselves and for colleagues. Further we will discuss warning signs and remedies for Burnout and Compassion Fatigue in staff.

 **Speakers**



Darlene Ferris R.Psych. Director of Wellness

Director of Wellness
Wild Rose School Division



Brett Gardiner
Wild Rose Public Schools

Hauora - Wellness for Life. Lessons from the New Zealand Health and Physical Education Curriculum

⌚ 11:40 AM - 12:30 PM, Feb 4

📍 Beehive/Lakeshore

Active Living Mental Well-being

Hauora is a Māori philosophy of health unique to Aotearoa, New Zealand. It is based on the Whare Tapa Whā model of well-being developed by Sir Mason Durie (1984). This sessions will explore the dimensions of well-being which underpin holistic health and how these have been embedded in teaching practises in order to support our Ākonga, (learners) well-being.

 **Speaker**



Keri Barnett
Dunstan High School

Taking Effective Breaks: What about a 30-minute outdoor break in the middle of a university class?

⌚ 11:40 AM - 12:30 PM, Feb 4

📍 P6/Saddleback

Active Living Mental Well-being

This session is for anyone interested in learning about taking effective breaks. The session will share a recent research project's initial findings that implemented a 30-minute break during a 3-hour university class. What did students think, what did they do during the break, and why did they make these choices? Participants in this session will explore: how can we implement breaks in the busy-ness of everyday life? What does research say? Using a CSH model, we will look at all four pillars.

 **Speaker**



Dr. Shannon Kell

Associate Professor, Department of Education
Mount Royal University

Outdoor learning, Physical literacy & Wellness: Getting Our Kids Outside in MEANINGFUL Ways!

⌚ 11:40 AM - 12:30 PM, Feb 4

📍 Victoria Ballroom

Active Living Mental Well-being

Curriculum is important but so is engaging all of our students, connecting them with nature and focusing on their mental wellness. This past year I was given an opportunity to take Wellness to the next level within my school. Come along on my roller coaster ride to learn how to incorporate this at your own school. My hope is that everyone comes away with inspiration and a list of practical ideas and activities to do on Monday!

 Speaker



Dayna Landry
Aurora Elementary School

Using Technology to Teach and Assess Fundamental Movement Skills with 5-10-Year-Olds

⌚ 11:40 AM - 12:30 PM, Feb 4

📍 Mount Temple A

Active Livi...

Teaching and assessing Fundamental movement skills (FMS) is an essential part of helping children develop Physical Literacy. In this presentation, participants will learn about the implementation of a university research-based digital platform scientifically proven to more confidently, accurately, and reliably assess FMS. This system, supported by a strong curriculum, provides meaningful learning experiences that empower and challenge children to evaluate themselves and their peers to master FMS.

After attending this session, the attendees will be able to:

- Produce more meaningful learning experiences by understanding how to incorporate technology in specific self-assessment and peer-assessment scenarios.
- Plan to incorporate more opportunities to make assessment an easier and more effective part of the physical literacy programming.
- Synthesize assessment data for the purpose of:
 - Supporting the children's acquisition of FMS,
 - Identifying children with learning challenges to implement various strategies to help them, and
 - Providing supplemental activities for children who are gifted and advanced.

 Speaker



David Arsenault
Executive Director, Founder
Champions for Life Foundation

Well-being for all: Prioritizing Equity, Diversity, and Inclusion in Our School Communities

⌚ 11:40 AM - 12:30 PM, Feb 4

📍 Mount Temple C

Equity, Diversity & In...

In this session, we will consider equity, diversity and inclusion (EDI) through the lens of comprehensive school health, focusing on meaningful partnerships, teaching and learning, school environments and policymaking. Participants will take away practical tools for creating welcoming and inclusive environments that promote wellbeing.

 Speaker



Jamie Anderson
Assistant Director, Equity and Inclusion
Ever Active Schools

12:30 PM

Lunch, Elder Blessing and Closing Celebration and Draw Prizes

⌚ 12:30 PM - 1:30 PM, Feb 4

📍 Mount Temple Ballroom

Sun, Feb 05, 2023

