

HOST:



SPONSORS:



By Dairy Farmers of Canada's Registered Dietitians



# **Shaping the Future 2024 Event Schedule**

# Wed, Jan 24, 2024

9:00 AM

# **Registration Table Open**

2 9:00 AM - 10:00 AM, Jan 24

**Q** Registration Table

10:00 AM

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

② 10:00 AM - 4:30 PM, Jan 24

Mary Schaffer Ballroom A

Pre-conference Se...

Note: this event requires pre-registration. Please register here before attending

#### **♥** Speakers



Dr. Shelly Russel-Mayhew

Werklund Research Professor University of Calgary



#### **Chelsea Hobbs**

Soraya Hafez School/EPSB



#### Kerri Murray

Director of Strategy and Innovation Ever Active Schools



# **Aaron Stout**

University of Lethbridge



# Astrid Kendrick

Werklund School of Education



# **Ellen Long**

PHE Canada



# Megan Gilbertson

Lead, Engagement and Knowledge Mobilization PHE Canada

4:30 PM

#### **Registration Table Open**

4:30 PM - 5:30 PM, Jan 24

Registration Table

# Thu, Jan 25, 2024

8:00 AM

# **Registration Table Open**

② 8:00 AM - 5:40 PM, Jan 25

#### 8:30 AM

# **Working Together to Support Mental Health in Schools**

② 8:30 AM - 12:15 PM, Jan 25

Mary Schaffer Ballroom A

Note: this event requires pre-registration. Please register here if you're interested in attending.

Join us for this innovative half-day session to nourish, support and connect mental health and wellbeing leaders. This session is designed to practice and strengthen individual and school and districtwide protective factors, which are the essential foundations for positive mental health and wellbeing. Participants will walk away feeling empowered, having created connections and with a selection of new tools that will set the foundation for a whole-school approach to positive mental health and well-being. This retreat provides a snapshot of well-being science that invites participants to cultivate a comprehensive and coordinated approach to promoting positive mental health and well-being. Finally, participants will collaborate on their current practices, leverage current research and initiatives and co-create strategies for how the promotion of mental health can be embedded in a whole school approach.

#### **▼** Speakers



# **Chesa Peter**

Health and Wellness Consultant Ever Active Schools



#### **Katie Mahon**

Assistant Director, Equity and Inclusion Ever Active Schools

# 12:30 PM

# **Conference Opening and Elder Prayer**

① 12:30 PM - 1:10 PM, Jan 25

Pallroom

#### 1:10 PM

# BE the Change in Shaping the Future

① 1:10 PM - 2:00 PM, Jan 25

**Keynote Presentation** Mental Well-being

At some point in our lives, most of us will encounter adverse experiences in some form or other. These experiences likely interrupt our comfortable and safe daily routines and can be unpleasant and painful. Dianne's journey through multiple adverse experiences, which she describes as painful, crushing, breath-stealing moments had a huge impact on her life and the lives of family members. Dianne talks about the impact and experience of adversity and loss but also provides wonderful insights on how to become resilient and hang onto hope during troubled times.

#### **▼** Speaker



# Dianne McConnell

#### 2:00 PM

# Break and Snack - Sponsored by Dairy Farmers of Canada

② 2:00 PM - 2:30 PM, Jan 25

**♀** The Nook

Sponsored By:



**Teach Nutrition** 

#### 2:30 PM

# **EcoVision: Students Reshaping Their Environment Education Through World Renowned Projects and Programs**

② 2:30 PM - 3:20 PM, Jan 25

Healthy Food Environments & Positive Nutrition

Student-led Session

Hear how LCHS EcoVision student life-changing projects have enhanced their education, improved the environment and collaborated with their community. These projects include three solar systems, near net zero geodesic tropical greenhouse, 2-acre food forest with 200 fruit trees/50 raised beds, a beekeeping apiary, an outdoor classroom, a goat barn, an indigenous garden, a living roof, an aquaponics system, a 5-timefood security snack program, and industrial composting. These projects have transformed lives and helped LCHS earn the titles of Greenest School in Canada, Emerald Award Winners, 5 time recipient of the A+ for Energy Award and Top 10 Schools in the World for Environmental Action Award. Learn how you can transform your school and community and create student leaders.

#### **▼** Speaker



# **EcoVision Lacombe Composite High School**

Wolf Creek School Division

# Stop Vaping Before It Starts: What Teachers Need to KNow

② 2:30 PM - 3:20 PM, Jan 25

Mary Schaffer Ballroom A

#### Mental Well-be...

Alberta Health Services health professionals will discuss vaping use amongst youth. Participants will learn:

- Trends in and prevalence rates of e-cigarette use for school-aged youth in Canada and Alberta
- Effective strategies to help students
- · Best Practices for e-cigarette use and vaping-related school-based initiatives
- A summary of available on-line resources for students and teachers to prevent and reduce nicotine and electronic cigarette use by young people

#### **▼** Speaker



#### Shalini Mishra

Alberta Health Services - Tobacco, Vaping and Cannabis Program

# Inclusive Spaces to Learn and Work: Nurturing Well-being Through the 13 Factors of Psychological Safety

② 2:30 PM - 3:20 PM, Jan 25

Mary Schaffer Ballroom B

Healthy Food Environments & Positive Nutrition Student-led Session

Explore the crucial concept of psychological safety and delve into the 13 factors that play a pivotal role in creating a safe space for both staff and students. Participants will gain insights into how these factors can positively impact dynamics, enhance collaboration, and contribute to overall well-being. Walk away with actionable strategies to implement in your own setting, fostering a culture where people feel valued, respected, and empowered to learn and grow.

#### 📢 Speaker



Nancy Luyckfassel Alberta Teachers' Association

# Pre-service Teachers' Insights on Wellness and Being a Teacher.

② 2:30 PM - 3:20 PM, Jan 25

▼ Tekarra Room

# Staff Well-be...

In this session, we share how a CSH approach informs teacher education programming at the University of Lethbridge. Education students occupy an interesting position as they are students and preservice teachers. Their insights about personal wellness explore the nature of wellness and the education profession. By highlighting these wellness perspectives, we explore the emerging wellness needs, priorities, and challenges of new teachers as they transition into the profession.

#### **♥** Speaker



#### **Aaron Stout**

University of Lethbridge

# Health Promotion From School to Community: How Implementing a CSH **Approach Can Positively Impact the Broader Community**

② 2:30 PM - 3:20 PM, Jan 25

Pyramid A

Healthy Food Environments & Positive Nutrition Active Living

Have you wondered how the health-promoting efforts taken in your school may impact the broader community? This session will showcase research involving APPLE Schools and community partners. Attendees will learn three important steps that can be applied in their school/school district to support positive changes in schools and the broader community: foundation, action, and impact. Discussion will be guided around creating a healthy school culture, meeting wellness goals, and sustaining efforts.

#### **▼** Speakers



# Danielle Klassen

University of Alberta, APPLE Schools



#### Jenn Flynn

University of Alberta, APPLE Schools

# Safety in Motion: A Playbook for School Physical Activity

② 2:30 PM - 3:20 PM, Jan 25

**♀** Pyramid C

Healthy Food Environments & Positive Nutrition

#### **♥** Speaker



#### Cheryl Shinkaruk

Injury Prevention Centre, University of Alberta

# Learning Beyond Limits: PHE Canada's Resources for Engaging PHE

② 2:30 PM - 3:20 PM, Jan 25

Mary Schaffer Ballroom C

#### Active Livi...

PHE Canada's vision is to help all youth live healthy, active lives - and we need your help! Learn more about PHE Canada's free, bilingual resources that can support the development and delivery of inclusive, equitable and fun PHE programs. Participants will leave this session having explored cutting edge online and downloadable resources focusing on Student Centered Design, Social Emotional Learning, substance use and more, all within the context of the Canadian Competencies for Physical and Health Education.

#### **▼** Speakers



Ellen Long PHE Canada



Megan Gilbertson Lead, Engagement and Knowledge Mobilization PHE Canada

#### 3:20 PM

#### **Break**

② 3:20 PM - 3:40 PM, Jan 25

# 3:40 PM

# Quality Participation in Outdoor Play: Creating Inclusive Experiences

② 3:40 PM - 4:30 PM, Jan 25

Equity, Diversity & Inclusion Active Living

Outdoor play provides many benefits to children's physical activity and well-being. However, children with disabilities have fewer opportunities for quality participation in outdoor play than their peers. From The Steadward Centre, we will share strategies, resources and our own experiences in inclusive outdoor play for children of all abilities. In this session, we will work together on the barriers and opportunities in your outdoor context, learn from each other's current practices, and play!

### **♥** Speaker



# Carrie Millar

The Steadward Centre, University of Alberta

#### Embracing Radical Empathy: A Path to Better Classrooms and Deeper Connection

② 3:40 PM - 4:30 PM, Jan 25

Mary Schaffer Ballroom A

Reconciliation & Resilience Equity, Diversity & Inclusion Mental Well-being

In an increasingly diverse and interconnected world, the ability to connect with others, even in the face of differences, has never been more crucial. This dynamic session on; "Embracing Radical Empathy" is designed to equip educators with the knowledge and skills needed to foster deeper understanding, nurture stronger connections, and resolve conflicts through empathetic communication in their classrooms. During this interactive session, participants will embark on a journey to explore the power of radical empathy. Through engaging activities, thought-provoking discussions, and real-world scenarios, you will gain valuable insights into recognizing diverse perspectives, refining active listening skills, and applying empathetic communication in various aspects of your school culture and can translate to personal life.

#### **♥** Speaker



### **Bryan Saint-Louis**

#### Rethinking Wellness and Body Image in Youth

② 3:40 PM - 4:30 PM, Jan 25

Mary Schaffer Ballroom B

# Healthy Food Environments & Positiv...

We will be exploring and identifying different internalized messages that our teens are exposed to in social media, specifically focusing around diet culture and body image challenges. In addition, we will introduce the different frameworks and principles that can help to reject diet culture and colonial ways of viewing bodies, discuss how these principles are connected to curricular outcomes, and provide educators with sample lesson plans and assignments that can be implemented in schools.

#### **▼** Speakers



Cassandra Anastacio Edmonton Catholic Schools



**Monica Arnold** The Alberta Wellness Center for Eating Disorders

# Clear Eyes. Full Hearts. Can't Lose: How Showing up Changes Everything.

② 3:40 PM - 4:30 PM, Jan 25

Mary Schaffer Ballroom C

Staff Well-being Mental Well-being

The Lindsay Thurber Wellness team examines the intricacies of their wellness culture from an honest lens of what works (and what we threw out). Showing up changes everything. This session provides a specific look at how students, staff, admin and stakeholders can show up for each other and how to get started. Practical tips and tricks for schools on any part of their wellness journey.

# **♥** Speakers



**Sheila Sillery** 

Lindsay Thurber Comprehensive High School



#### Jackie Kure

Lindsay Thurber Comprehensive High School



# Jamie Siler

Lindsay Thurber Comprehensive High School



# **Cody Domoney**

Lindsay Thurber Comprehensive High School



# Zoe Kawalilak-Kambeitz

Teacher Lindsay Thurber High School

# Wellness Leadership - Walking the Talk as a School Wellness Leader

② 3:40 PM - 4:30 PM, Jan 25

Pyramid A

# Mental Well-be...

Whether you are an administrator, health champion, or staff member, leadership is essential in developing a healthy school culture when using the CSH Approach. APPLE Schools will lead you through an interactive session focused on walking the talk as a school wellness leader. You will walk away with effective processes for developing a vision, gathering input, and generating conversations with staff and students in a meaningful way. Assisting you in reaching your school wellness goals.

#### **♥** Speakers



#### Jenna Power

APPLE Schools



#### Matt Shewchuk

APPLE Schools



#### Tina Skakun

APPLE Schools Health Mentor Northeast Alberta APPLE Schools



#### **Nicole Deschner**

Knowledge Exchange Specialist/School Health Mentor APPLE Schools

# Happy Teachers Change the World: Practical Tools to Improve Teacher Wellness

② 3:40 PM - 4:30 PM, Jan 25

▼ Tekarra Room

Staff Well-being Mental Well-being

We will be exploring the importance of self-care and mindfulness to maintain a healthy work-life balance and avoid symptoms of burnout. In this interactive session, you will take part in a series of activities that are designed to have you examine your current work-life balance, learn simple mindfulness techniques that make a huge difference, learn to prioritize joy and how to induce deep relaxation. Participants will walk away with a collection of simple mindfulness-based tools that improve self-awareness, inspire resilience, and foster connection, all with the intent of cultivating happiness and joy in schools.

#### **▼** Speaker



#### Laura De Simone

University of Toronto/Dufferin-Peel Catholic District School Board

# Exploring the World of Art in the Outdoor Classroom: A Scavenger Hunt **ARTventure**

② 3:40 PM - 4:30 PM, Jan 25

**♀** Outdoors (Meet in the Nook)

Staff Well-being Mental Well-being

Discover the synergy of art and the great outdoors in this interactive session. Join us for an exciting scavenger hunt that integrates art into outdoor education. Explore the benefits of outdoor learning, learn to use nature as a canvas, and find out how this holistic approach improves overall well-being. Share ideas for using natural elements in creative activities. Come dressed for outdoor fun and get ready for a dynamic, hands-on learning experience!

# **▼** Speakers



Jenny Culbertson Edmonton Catholic School Division



Sabrina Deering Edmonton Catholic Schools



Jackie Koval Edmonton Catholic Schools

#### 4:30 PM

#### **Break**

4:30 PM - 4:50 PM, Jan 25

#### 4:50 PM

# Draw Me a Picture of Your Journey: Understanding Active School Travel **Experiences Among Students in Edmonton, Alberta**

② 4:50 PM - 5:40 PM, Jan 25

Pallroom

Active Living Mental Well-being

This session will share findings from recent arts-based research with 20+ students in Edmonton that focused on understanding youth Active School Travel (AST) experiences. The session will provide an overview of the research, with links to best-practices examples for AST. Attendees will gain an understanding of key AST considerations for schools and neighborhoods, with discussion on ways they can promote well-being through AST resources and strategies in their own school communities.

#### **▼** Speakers



#### **Kate Storey**

Associate Professor, School of Public Health University of Alberta



# **Genevieve Montemurro**

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



# Megan MacNeil

University of Alberta



# Shivani Solanki

Graduate Research Assistant University of Alberta



### Danielle Klassen

University of Alberta, APPLE Schools

# Schools as Affirming Spaces: Supporting Gender Euphoria in Gender Diverse **Students**

2 4:50 PM - 5:40 PM, Jan 25

Mary Schaffer Ballroom A

Equity, Diversity & Inclusion | Mental Well-being

Schools are challenging contexts for transgender and gender diverse (TGD) students to feel affirmed in their identities. We discuss the complexities of positive gender states (euphoria), facilitators within a school context, and implications on well-being and health by collating our findings from interviews with transgender adults with evidence from existing studies with TGD youth. We provide recommendations that can be actioned at different levels to support a healthy school community.

#### **▼** Speakers



#### Kheana Barbeau

Postdoctoral Associate University of Calgary



**Danielle Lefebvre**University of Calgary



**Dr. Shelly Russel-Mayhew**Werklund Research Professor
University of Calgary

#### **Bringing Your Passion to Life**

◆ 4:50 PM - 5:40 PM, Jan 25◆ Mary Schaffer Ballroom B

#### Active Livi...

Do you have a passion and want to know how to bring it to life? We have combined our passions and love for kids, coaching, sports and the outdoors and integrated faith, peer mentorship and leadership to create two successful programs at our school. This works for any age but we have focussed on Div. 2.

Students also learn the importance of character building, leadership, commitment and giving back, while having a blast!

#### **▼** Speakers



Shauna Gooliaff

Calgary Christian Elementary School



**Denise Steinke** 

Calgary Christian Elementary School

# Red Deer Catholic Regional Schools, Indigenous Education Services: Supports and Programs to support Indigenous Students Wellbeing and Success in School

② 4:50 PM - 5:40 PM, Jan 25

**♀** Mary Schaffer Ballroom C

Reconciliation & Resilience

**Equity, Diversity & Inclusion** 

Red Deer Catholics Indigenous Education Services team will share the various programs and supports they provide to support Indigenous Students' well-being and Success in our schools. Our programming focuses on the 4 C's - Credit: school/course credit, Connection: to school, family and community, Community: help establish a sense of community with our students, staff and community members and Culture: supporting students to reconnect and learn about ones culture. This is done through mentorship/transition camps, family evenings, and land camps.

#### 📢 Speakers



# **Danielle Chamryk**

Family School Enhancement Worker- Indigenous Education Red Deer Catholic Regional Schools



#### **Diane Gardipy**

Red Deer Catholic Regional Schools



#### **Tracy Meenen**

Red Deer Catholic Regional Schools



#### Jonathan Mauro

Indigenous Education Services Coordinator Red Deer Catholic Regional Schools

# Youth Peerspectives - Creating Peer Support Networks Through Student Lived **Experience**

4:50 PM - 5:40 PM, Jan 25

▼ Tekarra Room

Mental Well-being Equity, Diversity & Inclusion

Seventy percent of persons with a mental illness see their symptoms begin before age 18. There is a growing awareness that adolescents are more likely to reach out to peers than adults for support for mental health concerns. This session will provide evidence-based strategies to create Peer Support Networks with youth for youth in educational and recreational settings, focusing on connection, belonging, inclusion, and diversity to foster positive mental health.

#### **♥** Speaker



#### **Christina Henderson**

Peerspective Consulting and Facilitation

# Outdoor Learning for Mental Health; A Critical Lens for Teacher Well-being

4:50 PM - 5:40 PM, Jan 25

Outdoors (Meet in the Nook)

Mental Well-being Staff Well-being

Join Colin and Jade for this interactive presentation. Colin will share research from his Ph.D. studies, exploring place and pedagogy through a critical lens and how educators themselves can be impacted through the practice of teaching outside. Jade will then take you on an interactive practical journey, diving into how to reap the benefits of outdoor learning for teachers' physical, emotional, social & professional well-being. Research real-life tools in one hands-on workshop.

# **▼** Speakers



# Jade Berrill

Outdoor Learning Store (and Take Me Outside)



#### **Colin Harris**

Outdoor Learning Store

4:50 PM - 5:40 PM, Jan 25

Pyramid A

#### Equity, Diversity & In...

Join Ever Active Schools as we explore ways to foster inclusivity, enrich learning, and promote a global perspective within your physical education program. This session samples activities from International Games, a resource featuring lesson plans from 9 countries. Learn the process used to develop the student-led resource, and spark ideas for how to celebrate the unique cultures of your school community.

#### **▼** Speaker



#### Kaitlyn Mitchell

Recreational Leadership/ Health & Wellness Consultant Ever Active Schools

### 7:30 PM

#### **Exhibitor MarketPLAYce**

② 7:30 PM - 9:00 PM, Jan 25

**♀** The Nook

Come dressed to impress...in your favourite loungewear!

Reception with bar and snacks

# Fri, Jan 26, 2024

# 7:00 AM

# Wellness Opportunities

② 7:00 AM - 8:00 AM, Jan 26

3 Subsessions

# Smudge

② 7:00 AM - 8:00 AM, Jan 26

Pyramid C

# Walking Champions Walk or Run

② 7:00 AM - 8:00 AM, Jan 26

Meet In Hotel Lobby

# Decades Cardio Workout

② 7:00 AM - 8:00 AM, Jan 26

Mary Schaffer Ballroom C

# 8:00 AM

#### **Breakfast**

2 8:00 AM - 9:00 AM, Jan 26

#### **Conference Information Table**

② 8:00 AM - 3:30 PM, Jan 26

Registration Table

# 9:00 AM

# School Sport for All: Reimagining the School Sport Experience

② 9:00 AM - 11:00 AM, Jan 26

Pallroom

Active Living Equity, Diversity & Inclusion

This workshop will review the history and the why of the School Sport for All Framework. Afterward, we will dive into how to implement the framework. Participants will be guided step by step on using the framework to reimagine their school sport program to create an inclusive, high-quality school sports program for all students and staff. Participants should walk away with 1-3 goals on re-imagining their school sport program.

# **♥** Speakers



#### Jonathan Mauro

Indigenous Education Services Coordinator Red Deer Catholic Regional Schools



#### **Rob Coumont**

Red Deer Catholic School Division, U of A & the Healthy Schools Lab

# **Creating Positive Food Environments Across Parkland School Division**

2 9:00 AM - 11:00 AM, Jan 26

Mary Schaffer Ballroom A

Healthy Food Environments & Positive Nutrition

**Equity, Diversity & Inclusion** 

Food security for students has become increasingly complex. Addressing this challenge in schools requires a holistic and collaborative approach. This interactive workshop explores the creation of positive food environments and how Comprehensive School Health can support food security, build community, and promote well-being. Join us and our AHS partners for a facilitated discussion around strategies and processes that address food security from a school and divisional perspective.

#### **♥** Speakers



#### **Cathy Traynor**

Parkland School Division



**Corey Haley** 

Principal Parkland School Division



#### **David Knechtel**

Health Promotion Facilitator, Alberta Health Services



#### Michelle Letourneau

Registered Dietitian, Public Health Alberta Health Services

# Let's Talk About Food: Reframing Messaging for an Inclusive Classroom

② 9:00 AM - 11:00 AM, Jan 26

Mary Schaffer Ballroom B

# Healthy Food Environments & Positiv...

Have you ever wondered how to respond to your students' comments about food? Most of us grew up hearing foods described as "healthy" or "unhealthy," but categorizing foods this way can harm our relationship with food and cause stress about eating. So how do we flip the script on this conversation with students? Join our Registered Dietitians in this interactive session exploring practical examples and strategies of how to have inclusive conversations around all foods with your students.

#### **♥** Speakers



#### Mary Block

Teach Nutrition



# Barbara Inglis, RD

Teach Nutrition

# Games & Activities to Optimize Self Regulation 2.0

② 9:00 AM - 11:00 AM, Jan 26

Mary Schaffer Ballroom C

Active Living Mental Well-being

We're back with a sequel to one of our favourite resources. Join the Ever Active Schools for this active session in which participants will have the opportunity to play and provide feedback on Games and Activities to Optimize Self-Regulation 2.0! This resource includes collaborative games and activities for older students to strengthen executive function through working memory, inhibitory control and cognitive flexibility.

#### **♥** Speakers



Nathan White

Health And Wellness Consultant Ever Active Schools



Chesa Peter

Health and Wellness Consultant Ever Active Schools

# Locomotor, Manipulative Sending, Manipulative Receiving and Manipulative Retaining

2 9:00 AM - 11:00 AM, Jan 26

Pyramid A

#### Active Livi...

Physical Education classes and recreation experiences are important places for students to develop the physical competence, so they feel competent to move in life, and with that confidence develop the motivation to further develop their physical competence... We will be engaged in approximately 30 activities that help develop skills involving locomotor, manipulative sending, manipulative receiving, and manipulative retention skills.

# **♥** Speaker



### John Byl

Canadian Gopher Educational Consultant Gopher Sport

# Walk and Learn: HEARTcare Planning for Teacher Well-being

② 9:00 AM - 11:00 AM, Jan 26

**♀** Outdoors (Meet in Tekarra)

Staff Well-being Active Living Mental Well-being

In this session, we will walk around Lake Annette, stopping at regular intervals to discuss burnout and compassion fatigue. By the end of this session, you will have begun to plan for your own workplace well-being.

\*\*There will be a limit of 15 people for this session\*\*

# Speaker



**Astrid Kendrick** 

Werklund School of Education

# **Connecting With the LAND During Your Outdoor Experiences**

② 9:00 AM - 11:00 AM, Jan 26

Outdoors (Meet in the Nook)

Reconciliation & Resilience Active Living

During this 2 hour outdoor session, we will explore tools to help our 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 acknowledgments, stories, exploratory approaches, observing and recording tools, as well as some active games. We'll focus on ideas in the winter context. Come prepared to be outside (moving slowly and standing) and plan to collaborate and share.

\*\*Session can only accommodate 40 people\*\*

# **▼** Speaker



# Vicki Perkins Alberta Forestry & Parks

#### **Amazing Race: Jasper Edition**

② 9:00 AM - 11:00 AM, Jan 26

Outdoors (Meet in The Great Hall)

Active Living Staff Well-being

Back by popular demand. The Second Annual Amazing Race of Nature. This time we are in Jasper. New Facts, New Obstacles, and New Teams. Come has have some fun while learning the latest evidence of the health benefits of nature and strategies to incorporate into the classroom and community. Maybe this year you will win the Amazing Race Of Nature.

### **♥** Speakers



**Doug Klein** Professor University of Alberta



Dr. Clark Svrcek University of Alberta

11:00 AM

# **Break - Sponsored by ASEBP**

① 11:00 AM - 11:30 PM, Jan 26

**♀** The Nook

11:30 AM

# From Heartache to Healing: A Mother-Son Duo's Journey on Nurturing Resilience **After Online Bullving**

① 11:30 AM - 12:30 PM, Jan 26

Pallroom

Embark on a heartfelt and inspiring journey with our dynamic mother-son duo as they share their personal experiences and insights on navigating the challenges of online bullying and its tangible impact on the lives of students. In this unique keynote address, join the conversation with a mother who witnessed her son's resilience in the face of adversity, and a son who found strength through art, pro-social activities, and spiritual growth. Together, they will explore the profound role educators play in fostering resilience within the classroom, offering practical strategies and heartfelt anecdotes that demonstrate the power of empathy, understanding, and creativity. Through their collaborative presentation, this dynamic pair will inspire teachers, educators, mentors, and program facilitators to create a space where young people not only survive online challenges but thrive in the real world, resilient and empowered. Don't miss this touching and informative keynote that brings a personal touch to the critical dialogue surrounding online bullying and its far-reaching implications, building digital literacy and the pathway forward through resilience.

#### **▼** Speakers



#### **Amber Rehman**

SMART COMMUNITIES FOUNDATION



Hamza Sakr

#### 12:30 PM

#### **Lunch with Exhibitors**

② 12:30 PM - 1:30 PM, Jan 26

**♀** The Nook

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

# Supporting Indigenous Health and Wellness: Adapting and Experiencing the **Change Health Community Program**

② 12:30 PM - 3:30 PM, Jan 26

Mary Schaffer Ballroom A

Reconciliation & Resilience Equity, Diversity & Inclusion

The CHCP is a health promotion program designed for Alberta families; the program team identified that the program needed to be adapted in a community-relevant and culturally-informed way for work with Indigenous partners and engaged with Indigenous Elders and Community to design an adapted program. In this session, we will: (1) discuss the adaptation and development of the CHCP with Indigenous communities; and (2) provide participants an opportunity to experience the CHCP's adapted program.

Make sure you grab your bagged lunch before heading to the session.

# Speakers



# **Doug Klein**

Professor University of Alberta



# **Amanda Radil**

Evaluation Lead, CHANGE Health Programs University of Alberta



# Loretta Tuttauk

University of Alberta

# **Indigenous School Communities Luncheon**

② 12:30 PM - 1:30 PM, Jan 26

Mary Schaffer Ballroom B

Grab your lunch and head over to Mary Schaffer Ballroom B.

# 1:30 PM

# **Equity, Inclusion & Schools: Reflections for Teachers**

① 1:30 PM - 3:30 PM, Jan 26

Equity, Diversity & Inclusion | Healthy Food Environments & Positive Nutrition

Most school staff encounter students who come from households that experience stress, income instability, household food insecurity, poor social support networks, differing physical abilities, and other related challenges. By embracing an equity approach, schools can improve support for these students and families by incorporating inclusive activities. This involves applying a growth mindset to actively find solutions that reduce adverse impacts on both their well-being and learning outcomes.

#### **♥** Speakers



#### Michelle Letourneau

Registered Dietitian, Public Health Alberta Health Services



#### **Frances Russell**

Health Promotion Facilitator Healthy Schools/Healthy Settings

# **Nurture Relationships and Transform Your School Community**

① 1:30 PM - 3:30 PM, Jan 26

Mary Schaffer Ballroom B

Equity, Diversity & Inclusion | Mental Well-being

Come and learn the evidence behind why healthy relationships are foundational to a positive classroom and school community. Research shows that a whole school approach to relationships is key to wellness and learning at school. Through facilitated discussion, sharing, and activities this interactive workshop will explore strategies that help nurture relationships to support regulation and build resiliency for everyone.

#### **♥** Speakers



**Rod Snaterse** 

Health Promotion Facilitator Alberta Health Services



**David Knechtel** 

Health Promotion Facilitator, Alberta Health Services

# How to Intentionally Support Mental Health Through PE

② 1:30 PM - 3:30 PM, Jan 26

Mary Schaffer Ballroom C

Active Living Mental Well-being

#### **▼** Speakers



#### Nathan White

Health And Wellness Consultant Ever Active Schools



# **Heather Rootseart**

HPEC

# The Long Game: Allowing Students to Discover Their Passions and Purpose

② 1:30 PM - 3:30 PM, Jan 26

Pyramid A

Equity, Diversity & Inclusion Mental Well-being

Students feel an immense amount of pressure to make choices that impact the rest of their lives as they navigate their way through high school. In an ever changing world, they feel their choices are becoming more limited and the constant question they are asked - "what are you going to do after high school" stresses them out and adds to the pressure. In this session, we will re-frame the narrative/question from "what are you going to do after high school?" to "what do you love to learn; what are you curious about?". This session will give examples of practical programming, and give you some tools to help kids find the intersection of where "their deep joy and the world's deep need" meet.

#### **♥** Speaker



**Jason Kupery** Palliser School Division

#### **Blanket Exercise**

① 1:30 PM - 4:30 PM, Jan 26

**?** Pyramid C

Reconciliation & Resilience | Equity, Diversity & Inclusion

This is an experiencieal workship that explores the nation to nation relationship between Indigenous and non-Indigenous peoples of Canada as we work as allies towards reconciliation.

#### **▼** Speakers



Teena Starlight IYMP National Director



Kayla Gale Ever Active Schools



Flora Northwest Ever Active Schools



Alex Crowchild Ever Active Schools

# **Spirit North Cross Country Skiing Workshop**

① 1:30 PM - 3:30 PM, Jan 26

Outdoors (Meet in Tekarra)

Reconciliation & Resilience

Active Living

Spirit North is a charitable organization that uses sport and land-based activities to improve the health and wellbeing of Indigenous youth, empowering them to become unstoppable in sport, school and life. Workshop participants will have the opportunity to participate in an active outdoor session to learn about Spirit North programs, cross-country skiing and our favourite ski-based games. This workshop is open to anyone interested in gaining practical cross-country skiing knowledge and skills.

# **▼** Speakers



Jennifer MacPherson Regional Coordinator



**Chad Chessall** Spirit North

Spirit North

#### It's Snow Joke Outside!

② 1:30 PM - 3:30 PM, Jan 26

**♀** Outdoors (Meet in the Nook)

We are once again up to snow good! Being active & outdoors all year round can be snow laughing matter in Canada! How can we stay active & make our students have fun outside in all seasons? We will not only go over some games & activities that are snow much fun, but we will talk about the art of facilitation & how to have your students lead the way! Snow matter what grade you teach it is great to know a collection of team building, trust, communication & active games. Tons of resources for all!

#### **▼** Speaker



#### **Court Rustemeyer**

President - ATA Specialist Council - GEOEC

#### Wellness Break 3:30 PM

② 3:30 PM - 5:30 PM, Jan 26

#### **Cocktail Hour** 5:30 PM

② 5:30 PM - 6:15 PM, Jan 26

The Nook

#### 6:15 PM Teach Nutrition Banquet Dinner sponsored by Dairy Farmers of Canada

② 6:15 PM - 8:30 PM, Jan 26

Pallroom

Sponsored By:

Teach Nutrition.ca

**Teach Nutrition** 

#### **Dance and Social** 8:30 PM

② 8:30 PM - 11:59 PM, Jan 26

#### **Ever Active Afterhours** 9:30 PM

② 9:30 PM - 11:00 PM, Jan 26

**♀** The Great Hall

When all three of your dance moves have been spent and your voice is growing hoarse from trying to talk to friends over the music, join us in the Great Hall for Ever Active Afterhours. No formalities, no agenda. The crew? Eclectic! The vibe? Casual! The location? Cool. The conversation? Fresh!

# Sat, Jan 27, 2024

# 7:30 AM

# Wellness Opportunities

② 7:30 AM - 8:30 AM, Jan 27

3 Subsessions

# Smudge

② 7:30 AM - 8:30 AM, Jan 27

Pyramid C

# Walking Champions Walk or Run

② 7:30 AM - 8:30 AM, Jan 27

Meet In Hotel Lobby

# Strength & Stretch

② 7:30 AM - 8:30 AM, Jan 27

Mary Schaffer Ballroom C

#### 8:30 AM

#### Main Conference Breakfast & Hotel Check Out

② 8:30 AM - 9:15 AM, Jan 27

#### **Conference Information Table**

② 8:30 AM - 1:30 PM, Jan 27

Registration Table

#### 9:15 AM

# Seizing the Magical Opportunity of School as a Place of Healing

② 9:15 AM - 10:10 AM, Jan 27

Keynote Presentation Reconciliation & Resilience Equity, Diversity & Inclusion

The entire K-12 education system is exhausted and depleted and many educators are struggling with very serious consequences that impact their physical, emotional, and spiritual wellbeing, but the opportunity for all children and staff to feel safe in school as a place of healing is potentially magical. "Business as usual" isn't going to allow us to meet a post-pandemic future with resiliency, but through the work of reconciliation, we have the opportunity to engage with teachings, wisdom, and worldviews that can help us reimagine business as usual. In this keynote presentation, Kevin will share his wisdom for the role that educators can play in charting a better path forward for how our schools can strive to become healthier and happier workplaces.

#### **♥** Speaker



# **Kevin Lamoureux**

# 10:10 AM

# Break - Sponsored by Dairy Farmers of Canada

① 10:10 AM - 10:30 AM, Jan 27

**♀** The Nook

# Sponsored By:



**Teach Nutrition** 

# 10:30 AM

# Preserving Knowledge & Inspiring Growth: Tools For Understanding Indigenous Food Sovereignty & Equity, Diversity & Inclusion

① 10:30 AM - 11:20 AM, Jan 27

Mary Schaffer Ballroom A

Healthy Food Environments & Positive Nutrition Active Living

Explore ChooseWell's learning opportunities! In this session, educators, health professionals and community members will learn about ChooseWell's newest eCourse modules: Indigenous Food Sovereignty, and Equity, Diversity and Inclusion in Recreation Settings. These modules are designed to increase people's capacity to promote healthy eating, active living, and community wellness across Alberta. Participants will discuss and reflect on how these learnings can be applied in their own work context.

#### **▼** Speakers



#### **Emilia Grindlay**

Alberta Recreation & Parks Association - Communities Choosewell



#### Callie Woodley

Alberta Recreation & Parks Association - Communities Choosewell

# **Integrating Gender-based Violence Prevention in Sexual Health Education:** Creating Safe Learning Environments for All Students

② 10:30 AM - 11:20 AM, Jan 27

Mary Schaffer Ballroom B

# Equity, Diversity & In...

This session introduces educators to the Guidelines for Integrating Gender-Based Violence Prevention within Comprehensive Sexual Health Education; outlines key approaches to consider when planning sexual health education programs; and emphasizes the structural policies needed to support students and staff. Discussion will focus on using a comprehensive school health approach to systemically address GBV, support the well-being of youth, and create a safer school environment for all students.

#### **♥** Speakers



Ada Madubueze

SIECCAN



Jessica Wood SIECCAN

# How's It Going With STOMP? Key Educator Insights on Smoking Prevention and Cessation in Schools

② 10:30 AM - 11:20 AM, Jan 27

# Mental Well-be...

This session will share findings from recent research with educators and staff involved in the implementation of STOMP (Students Together Moving to Prevent Tobacco Use), a multi-year pilot project led by Physical and Health Education Canada. STOMP is a national smoking prevention and cessation program led by students within their school communities, through a whole school approach. Students are supported by STOMP champions (teachers/administrators) as well as school and district staff. The session will describe key findings on STOMP implementation and impact.

#### Speakers



#### **Genevieve Montemurro**

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



Shivani Solanki

Graduate Research Assistant University of Alberta



# **Kate Storey**

Associate Professor, School of Public Health University of Alberta

# **Creating Healthy Community Spaces**

② 10:30 AM - 11:20 AM, Jan 27

Pyramid A

Reconciliation & Resilience | Equity, Diversity & Inclusion

The widely acknowledged importance of "space" in promoting health and well-being emphasizes the need for diverse and easily accessible environments that support community vitality. In collaboration with Ever Active Schools, the Kitaskinaw Education Authority in Enoch Cree Nation is set to showcase their endeavors in establishing a new cultural center. The focus will be on how ceremonial teachings play a positive role in influencing student well-being. With financial support from Community Foundations of Canada, Elder Joe Ground has not only designed and constructed the center but also actively advocates for educational opportunities for Kitaskinaw youth. Join us to explore the journey of creating the center, its intended purposes, its connection to high school credits, and how culture and ceremony serve as the foundation for a thriving school community.

#### **♥** Speakers



#### **Chantell Widney**

Ever Active Schools



# Jodi Harding-Kuriger

Ever Active Schools

#### **Unlock the Educational Power of Podcasts**

① 10:30 AM - 11:20 AM, Jan 27

P Tekarra Room

Staff Well-being Mental Well-being

Original research based on a flipped learning course on Comprehensive School Health delivered though podcasts from the Podclass: Conversations on School Health reveals powerful benefits and important considerations to this learning approach. This interactive session will invite participants to learn about and discuss potential educational applications for podcasts, whether it is in the post-secondary context, the K-12 classroom, professional learning, or increasing parent engagement.

#### Speakers



#### Michelle Zak

Graduate Research Assistant - Body Image Research Lab - Werklund School of Education University of Calgary



Elizabeth Tingle

University of Calgary



Dr. Shelly Russel-Mayhew

Werklund Research Professor University of Calgary

# The Generative Listening Experience

① 10:30 AM - 11:20 AM, Jan 27

Pyramid C

Staff Well-being Mental Well-being

Join us as we discuss how co-designing a professional learning cohort supported building principals' capacity to shape safe, welcoming, caring and inclusive school communities.

#### **♥** Speaker

Kathleen Lane

EdCan

# **Engaging Supports in Schools and Communities to Develop Youth Employment Pathways**

② 10:30 AM - 11:20 AM, Jan 27

# Equity, Diversity & In...

Join Ever Active to learn about a new youth-developed toolkit to promote inclusive youth employment preparedness and work experience practices. This session will support school communities, social programs and recreation leaders, and anyone supporting youth in pathways to employment. We will discuss the current youth employment landscape in order to equip youth with skills around employment readiness as they look to enter the workforce. You will leave this session with practical resources and tips to best support youth in their employment journey, and opportunities to bring the Youth Wellness Leader Certificate training into your school community.

#### **▼** Speakers



#### **Kaitlyn Mitchell**

Recreational Leadership/ Health & Wellness Consultant Ever Active Schools



# **Emily Kinkade-Speight**

Ever Active Schools

# 11:20 AM

#### Break

② 11:20 AM - 11:40 AM, Jan 27

The Nook

② 11:40 AM - 12:30 PM, Jan 27

Mary Schaffer Ballroom A

Reconciliation & Resilience Mental Well-being

The PWPSD Indigenous Education Services Team will share the variety of ways in which they have started implementing small but effective on-the-land cultural learning opportunities for all levels within the division. They will share what they have learned, which is that on-the-land cultural learning is not only beneficial for students but also necessary for educators and the Indigenous staff that provide support.

# **▼** Speaker



#### **Indigenous Education Team**

Peace Wapiti Public Schools District

# What 2SLGBTQ+ Youth Mental and Physical Health Means at Different Ages

② 11:40 AM - 12:30 PM, Jan 27

Mary Schaffer Ballroom B

Equity, Diversity & Inclusion

Mental Well-being

Supporting the mental and physical health of 2SLGBTQ+ students is important from their first day of kindergarten through to their high school graduation. But the shape of that support is different at every stage of their developmental journey. What does it mean for a student to transition in grade two versus grade twelve? How do conversations about identity expand over the years? Fears that children are 'too young' for these topics quickly dissolve when we approach them in age-appropriate ways.

#### **♥** Speaker



Avery Alder SOGI 123

# maskêkosihk's Supporting Youth Mental Health Project

② 11:40 AM - 12:30 PM, Jan 27

Mary Schaffer Ballroom C

Equity, Diversity & Inclusion Mental Well-being

Come join us as we share our experience of a community engagement project in support of maskêkosihk's youth mental health. The project includes student, school staff, and community perspectives about how best to support youth mental health. We will also share the challenges and successes of our community engagement and implementation. You will leave this session with practical ideas for using "two-eyed seeing" (Iwama et al., 2009) to engage in collaborative projects about youth mental health.

#### **▼** Speakers



**Chantell Widney** 

Ever Active Schools



Jodi Harding-Kuriger

Ever Active Schools



Cheskwa Wapass

# **Teaching Hopefully**

② 11:40 AM - 12:30 PM, Jan 27

Mental Well-being Staff Well-being

Join us to get a brief overview of the research surrounding hope and the importance of hope to student success. Attendees will also learn about hope as a teachable skill that can be practiced with students from Kindergarten through Grade 12 and see the free resources available for use in your class on Monday or to weave through the curriculum you are already teaching. You will walk away with strategies to build your hope, your students' hope and the hope of your school community.

#### **▼** Speakers



#### **Amy Badger**

Soraya Hafez School/EPSB



#### Natalie Kuhn

Soraya Hafez School/EPSB



#### Chelsea Hobbs

Soraya Hafez School/EPSB

# Learning to THRIVE with Our Students! Connecting the Power of the Outdoors with SEL Strategies to Support Students

② 11:40 AM - 12:30 PM, Jan 27

▼ Tekarra Room

Active Living Mental Well-being

Saara and Jill will share the unique way they are connecting 2 schools in Calgary to the power of the outdoors and positive mental health for students. Appropriately named "Thrive Days", students spend a couple of days learning and exploring some social/emotional strategies, while connecting positive well-being to the outdoors. Each Thrive day will focus on universal support and a different topic of SEL each time, including self-awareness, self-management and resiliency.

#### **▼** Speakers



# Saara Ehalt

Calgary Connect Charter School



# Jill Mitchell

Calgary Connect Charter School

# Navigate Your Way to Engaging Students in Outdoor Learning

② 11:40 AM - 12:30 PM, Jan 27

**♀** Outdoors (Meet in the Nook)

#### Active Livi...

Using one of Ever Active Schools newest 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!

#### **♥** Speaker



# Kaitlyn Mitchell

Recreational Leadership/ Health & Wellness Consultant Ever Active Schools

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

② 11:40 AM - 12:30 PM, Jan 27

Pallroom

Mental Well-being Reconciliation & Resilience Equity, Diversity & Inclusion

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



# Flora Northwest

Ever Active Schools



#### **Alex Crowchild**

Ever Active Schools



# Teena Starlight

IYMP National Director



# Kayla Gale

Ever Active Schools

12:30 PM

# Lunch, Elder Blessing and Closing Celebration and Draw Prizes

② 12:30 PM - 1:30 PM, Jan 27