



be fit for life
moving alberta



Healthy Active School Symposium (Grades 4-12) Agenda 2016

Bonnyville Fellowship Alliance Church, October 25th, 2016
 “Supporting Healthy School Communities through Student Leadership”
What do you do with an idea?

Time	Activity					
9:15-9:45	Arrival, registration and snack					
9:45-10:00	Welcome, Set the Stage					
10:00-10:10	Energizer: Ever Active Schools Flash Dance					
10:10-10:20	School Success Story: Clandonald School					
10:20-10:45	Keynote Speaker : Rob Nichols					
10:45-11:15	Sharing, Celebration & Conversation					
	Healthy School Conversation Starter					
11:15-12:00	Breakout #1					
	Elementary Breakouts:			Jr./Sr. High Breakouts:		
	Brain Hats: Students will color a map of the brain that folds into a 3D brain hat. Specific parts of the brain will be discussed and students will share how their abilities, decisions, weaknesses, and senses affect mental health. Understanding our brain is the first step to building positive mental health.	Get in the Groove: Learn some basic steps to leading dance fitness that is FUN, energizing, and gets you movin & groovin!	Mindfulness Description coming!	De-mystifying Mental Health: This session will help you to develop a greater appreciation for your own personal mental health and also help to eliminate the negative notions associated with the subject of mental health. We hope to inspire you to learn ways to build an understanding for others dealing with mental health problems or managing a mental illness. Prepare to participate in an activity, non-personal group discussion, and a short film	Zumba: Description coming!	Mindfulness: Come join us for some "mindful moments". Participants will learn about how mindfulness can help them cope with difficult emotions such as stress and anxiety, and will be able to partake in a mindful eating activity. We will end the session with a loving kindness meditation to help you feel refreshed and full of positive energy.
12:00-12:25	Lunch : Please bring your own healthy lunch					

12:35 - 1:20	Breakout #2					
	Elementary Breakouts:			Jr/Sr. High Breakouts:		
	Brain Hats: Students will color a map of the brain that folds into a 3D brain hat. Specific parts of the brain will be discussed and students will share how their abilities, decisions, weaknesses, and senses affect mental health. Understanding our brain is the first step to building positive mental health.	Move & Play through Recess: Practice games & movement activities that are great either inside (hallways) or outside (tarmac) at school that gets kids to interact with each other, challenge themselves, and have FUN!	Mindfulness Description coming!	De-mistifying Mental Health: This session will help you to develop a greater appreciation for your own personal mental health and also help to eliminate the negative notions associated with the subject of mental health. We hope to inspire you to learn ways to build an understanding for others dealing with mental health problems or managing a mental illness. Prepare to participate in an activity, non-personal group discussion, and a short film	Zumba: Description coming!	Healthy Relationships: A variety of scenarios will be given and students decide whether it demonstrates a healthy relationship, unhealthy relationship, or if they are unsure of its impact on the individuals involved. Be prepared to defend and elaborate on your position as well as suggest ways to make better friendship and relationship decisions in the future.
1:25-1:55	School Action Planning Please divide yourselves by priority area					
1:55-2:10	Evaluations Student evaluation, Adult Evaluation + Consent					
2:10-2:15	Wrap-up, Seed Funding opportunity discussed The HASS committee appreciates school teams remaining right until 2:15 to reduce disruption, thank you!					