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ANNUAL

2012

SHAPING THE FUTURE

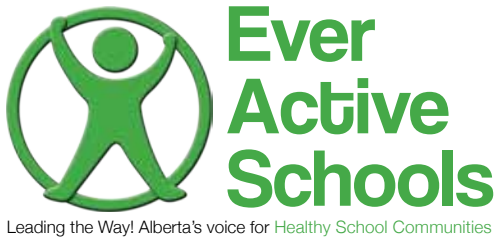
DELTA LODGE AT KANANASKIS RESORT • KANANASKIS, AB



JANUARY
26-28

Engaging Healthy School Communities Conference

Presented By:



Key Contributors:





ALBERTA

HEALTH AND WELLNESS

*Office of the Minister
Deputy Government House Leader
MLA, Edmonton-Rutherford*

Message From Honourable Fred Horne Minister of Alberta Health and Wellness

On behalf of the Government of Alberta, welcome to the third annual Ever Active Schools conference, *Shaping the Future: Engaging Healthy School Communities*. I extend best wishes to conference organizers and participants for a successful and fulfilling conference.

Ever Active Schools has been a tremendous leader in bringing the message of healthy eating and active living into our classrooms. Every year, more and more school communities across Alberta are participating in Ever Active School events, workshops, presentations and projects, which tells me that this is something Albertans have really embraced.

This year's theme, *Shaping the Future*, is a reference not only to the ability of educators to shape the attitudes toward health of the children they teach, but also to creating new ideas and ways of spreading the message of wellness to all children, shaping the way all of us think about our health and wellness.

Thank you for choosing to participate in *Shaping the Future*. I have no doubt that the ideas discussed and partnerships formed during the conference will help us shape a healthier Alberta.

Fred Horne
Minister of Health and Wellness

Dear Delegates,

On behalf of Ever Active Schools, we would like to welcome you to the third annual Ever Active Schools' Shaping the Future Conference! This year's theme is Engaging Healthy School Communities.

This will be an innovative and engaging conference bringing individuals together from across the province and country with a vested interest in the assessment, planning and implementation of Health Promoting Schools. The focus of the Conference is to share promising practices, success stories, research and provide opportunities for participants to network, learn, share and revitalize!

In partnership with numerous school health initiatives we are building on evidence-based work to exchange comprehensive school health knowledge. The conference aims to share stories, create new partnerships and celebrate success.

We are thrilled to be covering all aspects of comprehensive school health and offer sessions from provincial, national and international perspectives. This is an opportunity to learn and share from one another, a vital step toward improving the health of children and youth in Alberta!

A special thank you to our partners, the Alberta Healthy School Community Wellness Fund, Alberta Health Services, the Be Fit For Life Centres and APPLE schools for their support and large contributions to Shaping the Future.



Alberta Project Promoting
active Living & healthy Eating

Ever Active Schools is proud to host the conference and support the work of comprehensive school health in Alberta and beyond.

Enjoy the conference!

The Ever Active Schools Team

Brian Torrance - Director

Tracy Lockwood - Education Coordinator

Joyce Sunada - School Coordinator

Shannon Horricks - Communications Coordinator

Audrey Seehagen - Healthy School Communities Knowledge Exchange Coordinator

Katelynn Theal - After School Hours Community Coordinator

Jackie Crooks - Healthy School Communities Provincial Projects Coordinator

Rhonda Schilberg - Administrative Assistant

Karen Gouge - Administrative and Financial Assistant

Michelle Mann - Administrative Assistant



Join the Conversation!

#STF2012

@EverActiveAB



Keynote Speakers



Dr. Bill Morrison

Dr. Morrison has advanced graduate degrees in both educational foundations and psychology, and is a fully bilingual clinical psychologist. In addition to his licenses as a professional educator and psychologist and his 20 years of clinical practice, Dr. Morrison has had extensive experience in the development and implementation of health and educational services for children and adults in three Canadian provinces. He has been instrumental in the design and implementation of New Brunswick's Interdepartmental Integrated Health Service Delivery program for children and youth with mental health and addiction concerns. In addition, he has been retained as a Senior Consultant for the NB Department of Wellness, Culture and Sport since 2006, and was the initial author of their provincial wellness framework involving healthy eating, tobacco/substance-free living and Mental Fitness.

In addition to his clinical work, Dr. Morrison serves as a Professor of Educational Psychology at the University of New Brunswick, and has established a provincial research centre on applied health and education research in 2006 as part of his research work. Dr. Morrison has also authored five national book publications for Health Canada on better practices for treating mental health and problem substance use concerns. These evidence-based publications are currently used in all provincial and territorial health facilities and mental health/addiction programs across the country. Finally, in collaboration with Dr. Peterson, Dr. Morrison's most recent publication on positive mental health and strength-based approaches is being used as a key resource document by the Pan-Canadian Joint Consortium for School Health to engage and mobilize educational institutions and communities in creating readiness for positive health change.

Presented by:



Dr. James Talbot

Dr. Talbot's main responsibilities as the Senior Provincial Medical Officer of Health for Alberta Health and Wellness are strategic planning and development of surveillance, health assessment and special projects.

Dr. Talbot has a B.Sc. degree, PhD in biochemistry and an M.D. from the University of Toronto. He is a Royal College of Physicians and Surgeons specialist in medical microbiology, for which he received additional training at the University of California in San Diego.

He has worked in public health since 1991, with posts as the director of the Provincial Laboratory for Northern Alberta, Chief Medical Officer for Nunavut and Associate Medical Officer of Health for Capital Health and Alberta Health Services since 2004. Dr. Talbot has most recently served as Medical Director for the Alberta Real-Time Surveillance Syndromic Surveillance Net, a surveillance system he helped to create to monitor and act on emerging infections and injuries. Dr. Talbot is also an Associate Professor in the School of Public Health and the Faculty of Medicine at the University of Alberta.



Conference Socials

Friday, January 27th

12:10 - 2:00 pm

Get out and get ACTIVE!

Opportunities to play in the snow (ski, skate, sled, snowshoe)

5:45 pm - 1:00 am

Dinner and Keynote Speaker

Come at 5:45 pm to visit the exhibitor tables, a cash bar will be available at that time. Then join us for dinner and keynote speaker, Dr. James Talbot. You won't want to miss the presentation to the HPEC Promoting Healthy School Communities award winner. All followed by a dance - a fabulous night of networking and socializing!

Conference Agenda

Thursday, January 26, 2012

7:00 am to 8:00 am	Activity Time! Morning walk / run Optional, but recommended for overall good health
8:30 am to 10:00 am	Pre-Conference Registration
10:00 am to 3:30 pm	Pre-Conference: Option 1 - Building Healthy First Nations, Métis and Inuit (FNMI) Schools Option 2 - Wellness Policy in Alberta Schools

Friday, January 27, 2012

6:30 am to 7:15 am	Activity Time! Morning walk / run OR yoga Optional, but recommended for mental wellness
7:15 am to 8:00 am	Conference Registration and Breakfast
8:00 am to 8:30 am	Minister's Address Dave Rodney, MLA Calgary-Lougheed
8:30 am to 9:30 am	Speak Out - Minister's Student Advisory Council Student Panel
9:30 am to 9:45 am	Health Break - Please visit exhibitors Presented by: The Alberta School Boards Association
9:45 am to 10:50 am	Concurrent Session #1
10:50 am to 11:05 am	Health Break - Please visit exhibitors
11:05 am to 12:10 pm	Concurrent Session #2
12:10 pm to 2:00 pm	Bag Lunch and Wellness Break: Get out and get ACTIVE! Opportunities to play in the snow (ski, skate, sled, snowshoe, walk)
2:15 pm to 3:20 pm	Concurrent Session #3
3:20 pm to 3:35 pm	Health Break - Please visit exhibitors
3:35 pm to 4:40 pm	Concurrent Session #4
4:40 pm - 5:45 pm	Relax Network
5:45 pm to 6:30 pm	Cash bar, snacks, exhibitor tables and networking
6:30 pm to 8:15 pm	Dinner and Keynote Speaker: Dr. James Talbot
8:15 pm to 1:00 am	Dance and PARTY!

Saturday, January 28, 2012

6:30 am to 7:15 am	Activity Time!!! Morning walk / run OR yoga Optional, but recommended for good heart health
7:15 am to 8:00 am	Breakfast
8:00 am to 9:10 am	Dr. Bill Morrison - Speaker begins at 8 am Presented by: Physical & Health Education Canada
9:15 am to 9:25 am	Health Break - Please visit exhibitors
9:25 am to 10:30 am	Concurrent Session #5
10:30 am to 10:45 am	Health Break
10:45 am to 11:50 pm	Concurrent Session #6
12:00 pm to 1:20 pm	Bag Lunch, Conference Wrap-up and Prizes

Conference at a Glance

Friday, January 27, 2012

6:30 – 7:15 am	Morning walk/run OR Yoga (Optional but recommended for overall good health) - <i>Convention Foyer</i>				
7:15 – 8:00 am	Registration and Breakfast – <i>Convention Foyer</i>				
8:00 – 8:30 am	Minister's Address - Dave Rodney, MLA Calgary-Lougheed				
8:30 – 9:30 am	Speak Out - Minister's Student Advisory Council Student Panel				
9:30 – 9:45 am	Health Break - Visit Exhibitors				
Concurrent Session 1					
9:45 – 10:50 am	Shaping the Future by Making it Better for Bullied Students, Gary Simpson - Sinclair/Palliser	Key Concepts in Health Promoting Schools, Steve Manske -Bronze	Rocky View Schools Healthy Eating Guidelines: Making a Difference in Schools, Theresa Mclsaac - Dawson/Stewart	Successful Healthy Eating Strategies and Initiatives in the Edmonton Area, Carrie Rae - Gold	Evaluation of Manitoba's Mandatory K-12 Phys Ed Policy, Jon McGavock - Silver
10:50 – 11:05 am	Health Break - Visit Exhibitors - Healthy snacks provided				
Concurrent Session 2					
11:05 – 12:10 pm	Engaging Parents in Healthy School Communities, Meg Irwin - Gold	Horticulture and Health: How Veggie "Grow Ops" Benefit Your Students, Brent Andressen - Dawson/Stewart	Partnerships, Partnerships, Partnerships:" How Can they Work for You?, Melanie Vance - Silver	Promoting Positive Development Through School and Community Sport Programs, Dr. Nick Holt - Sinclair/Palliser	Creating Healthy School Communities - A Panel Conversation, Lorna Muise - Bronze
12:10 – 2:00 pm	Bag Lunch and Wellness Activity Break: Get out and get ACTIVE! Opportunities to play in the snow (ski, skate, showshoe, walk) - <i>Convention Foyer</i>				
Concurrent Session 3					
2:15 – 3:20 pm	Success Through Collaboration, Cheryl Shinkaruk - Dawson/Stewart	Weight-Related Issues in Schools, Dr. Shelly Russell-Mayhew - Gold	Marketing Foods to Children: Policy, Problems and Practices, Dr. Charlene Elliot - Silver	Developing Healthy School Communities: The Role of Students and Parents, Emma Wilkins - Bronze	Comprehensive School Health: From 'best practice' to 'next practice' with new suggestions for promoting healthy eating and active living, Dr. Veugelers - Sinclair/Palliser
3:20 – 3:35 am	Health Break - Visit Exhibitors				
Concurrent Session 4					
3:35 – 4:40 pm	Schools as Setting for Promoting Positive Mental Health, Jo-Ellen Sterling - Gold	Child Health Initiative Project (CHIP), Zlatica Ristic - Silver	FitKids, Shane Spriggs - Sinclair/Palliser	How Can School Districts Support the Development of Healthy School Communities, Rhonda Patton - Dawson/Stewart	We Have Been Studied to Death, Now it is Time we Study Ourselves Back to Life - Harvesting effective and meaningful collaborations between FNMI Communities and research: A Learning Journey, Cindy Deschenes - Bronze
4:40 - 5:45 pm	Relax Network				
5:45 - 6:30 pm	Cash bar, snacks, exhibitor tables and networking – <i>Convention Foyer</i>				
6:30 – 8:15 pm	Dinner and Speaker - Dr. James Talbot , Senior Provincial Medical Officer of Health, Alberta Health and Wellness - <i>Olympic Ballroom</i>				
8:15 pm – 1:00 am	Dance and PARTY!!				

Conference at a Glance

Saturday, January 28, 2012

6:30 – 7:15 am	Morning walk/run or Yoga (Optional but recommended for overall good health) - <i>Convention Foyer</i>				
7:30 - 8:00 am	Continental Breakfast - <i>Convention Foyer</i>				
8:00 – 9:10 am	Keynote Speaker - Dr. Bill Morrison , University of New Brunswick Presented by: Physical & Health Education Canada				
9:15 - 9:25 am	Health Break - Visit Exhibitors				
Concurrent Session 5					
9:25 - 10:30 am	CORE: Creating Opportunities for Resiliency and Engagement, Mental Health Capacity Building in Schools, Lauren Lailey - Sinclair/Palliser	Amiskwaciy's Medicine Wheel Teachings - Holistic Healing in High Schools, Felicia Ochs - Dawson/Stewart	Classroom Student Leadership with Action Schools B.C., Shana Alexander - Silver	Move and Play Through Physical Literacy - Partnerships Across Sectors, Lindsay Wright - Bronze	Promoting School Health: Keys to Collective Action, Caley Hartney - Gold
10:30 – 10:45 am	Health Break - Healthy Snacks provided				
Concurrent Session 6					
10:45 – 11:50 am	Foster Community Action to ChooseWell, Damien Traverse - Gold	Got Health? Health Promoting Schools in the Central Okanagan, Janelle Zebedee - Sinclair/Palliser	Facilitating Change, Erin Wright - Silver	A Framework for Building Mentoring Relationships in Schools, Mike Cooper - Bronze	High School Health and Physical Education: A Targeted Conversation, Doug Gleddie - Dawson/Stewart
12:00 – 1:20 pm	Bag Lunch, Conference Wrap-Up and Prizes				

Physical & Health Education Canada A National Voice for Healthy, Active Schools

PHE Canada is one of the most respected voices in the country for health and physical education. Visit our booth and find out more about:

- ▶ Our selection of **education resources and equipment**
- ▶ Programs, such as **At My Best®** and **Always Changing / Vibrant Faces**
- ▶ **Student Leadership** resources
- ▶ The **Health Promoting Schools** initiative
- ▶ Our **2012 National Conference**



www.phecanada.ca

Session Descriptors

Friday, January 27th Concurrent Session 1 - 9:45 am - 10:50 am		
Location	Session Title & Description	Presenter(s)
Sinclair/Palliser	<p>Shaping the Future by Making it Better for Bullied Students</p> <p>This presentation will discuss the impact of bullying and oppression on youth and strategies to increase student resiliency and safety. A few topics that will be discussed include: safety, school drop-out, isolation, academic advising and vocational counselling, community resources and the spirit.</p>	<p>Gary Simpson</p> <p>Alberta Distance Learning Centre</p>
Bronze	<p>Key Concepts in Health Promoting Schools</p> <p>We're all trying to enhance kids' lives. Health promoting schools do so by supporting individual wellness thus leading to improved learning outcomes. But we have not fully engaged education/health stakeholders around health promoting schools. This session will describe tools to communicate key health promoting schools concepts, and will seek input to enhance them.</p>	<p>Dr. Steve Manske Rebecca Bassett</p> <p>Propel Centre for Population Health Impact</p>
Dawson/Stewart	<p>Rocky View Schools Healthy Eating Guidelines: Making a Difference in Schools</p> <p>Rocky View Schools is partnered with Alberta Health Services to develop, implement, and evaluate healthy eating guidelines using comprehensive school health and systems model approaches. Changes to school food environments aligned with division philosophies and reflected unique school contexts. The process shows promise as a method to create healthy food environments in schools.</p>	<p>Theresa McIsaac Theresa Riege Nikki Hall</p> <p>Alberta Health Services</p>
Gold	<p>Successful Healthy Eating Strategies and Initiatives in the Edmonton Area</p> <p>Interested in implementing effective healthy eating initiatives? Based on the experiences of Edmonton area schools and districts, this session will highlight tips and suggestions for planning and implementing successful healthy eating initiatives. Participants will learn from the perspectives of both health and education partners, and will be engaged in interactive brainstorming on advancing healthy eating in their local context.</p>	<p>Carrie Rae Judy Newman</p> <p>Alberta Health Services</p>
Silver	<p>Evaluating Manitoba's Mandatory K-12 Phys. Ed Policy</p> <p>In the Fall of 2008, the province of Manitoba implemented a policy mandating physical education credits in grades 11 and 12. Since that time Dr. Jon McGavock and Dr. Erin Hobin have led a team of investigators to comprehensively evaluate the effectiveness of this policy at increasing moderate to vigorous physical activity levels among adolescents in grades 11 and 12 in Manitoba. Their session will review the implementation of the policy and provide interim quantitative and qualitative results from the 3-yr CIHR-funded policy evaluation.</p>	<p>Dr. Jon McGavock Dr. Erin Hobin</p> <p>Manitoba Institute of Child Health</p>

Session Descriptors

Friday, January 27th Concurrent Session 2 - 11:05 am - 12:10 pm		
Location	Session Title & Description	Presenter(s)
Gold	Engaging Parents in Healthy School Communities Looking for new and exciting ways to involve parents in your school community? Parents play a key role in creating healthy school communities; understanding challenges and opportunities to engage parents is important for any school health champion. Join us for an interactive session on strategies and resources for engaging parents at both the school and district level.	Meg Irwin Christine Vokins Patsi Hopkins Alberta Health Services
Dawson/Stewart	Horticulture and Health...How Veggie "Grow-Ops" Benefit Your Students Qualitative and quantitative studies show that school gardens improve the quality of life for students, not only by increasing consumption of vegetables, but also by bringing together families and communities. This session will discuss the experience of dozens of successful gardens in Alberta and offer practical tips for getting involved.	Brent Andressen Shirzad Chunara Alberta Agriculture and Rural Development
Silver	Partnerships, Partnerships, Partnerships....How can they work for you? Strong partnerships with community groups/organizations have been integral to the success of Comprehensive School Health in the Fort McMurray area. Learn what has worked well in their community and how you can apply it in yours. Participants will leave with strategies and resources to engage various stakeholders in their school community.	Melanie Vance Carolyn Evancio Alberta Health Services
Sinclair/Palliser	Promoting Positive Development Through School and Community Sport Programs The purpose of this presentation will be to present information from recent research being conducted at the University of Alberta examining ways in which school and community sport programs can be provided to promote positive developmental outcomes among children and adolescents.	Dr. Nicholas Holt University of Alberta
Bronze	Creating Healthy School Communities – A Panel Conversation Join us for a moderated conversation with representatives for 3 school divisions as they share critical learnings from their Wellness Funded Projects. During the session, you will have the opportunity to participate in a facilitated conversation to further explore promising practices for promoting health in schools/ school divisions.	Lorna Scarlett Muise Stanton Swain Char Andrews Robyn McBride Alberta Health Services



HPEC The Alberta Health and Physical Education Council (HPEC) in coordination with Ever Active Schools (EAS) will be honouring an HPEC member who has demonstrated the promotion of wellness within their Alberta school in an exemplary way.

Nominations were sought for an individual that uses a Comprehensive School Health (CSH) approach within their school. The individual chosen has shown exemplary efforts in promotion and modeling of CSH priorities; active living, healthy eating, and creating positive social environments which has enabled students to develop lifelong learning skills.

The winner will be honoured, and receive their award, at the Friday night social on January 27th, 2012.

Session Descriptors

Friday, January 27th Concurrent Session 3 - 2:15 pm - 3:20 pm		
Location	Session Title & Description	Presenter(s)
Dawson/Stewart	<p>Success Through Collaboration</p> <p>This innovative project promotes the creation of school environments through authentic experiences that engage students in various activities that promote wellness and healthy choices / lifestyles for students in Edmonton Catholic Schools. Nutrition, physical activity, mental health promotion, and spiritual connection are the key areas that are targeted through the project. School champions and wellness teams in collaboration with various partnerships help steer this project in a positive direction!</p>	<p>Cheryl Shinkaruk</p> <p>Edmonton Catholic Schools</p>
Gold	<p>Weight-Related Issues in Schools</p> <p>Most efforts to “reverse the epidemic of obesity” have focused on nutrition and physical activity with the measure of success being decreased weight. Noticeably lacking is any meaningful examination of how mental health impacts the ‘success’ of programs. Psychosocial factors (i.e. body dissatisfaction) and mediating variables (i.e. weight bias) are equally important factors to consider in a school setting.</p>	<p>Dr. Shelly Russell-Mayhew</p> <p>Educational Studies in Counselling Psychology, Faculty of Education, University of Calgary</p>
Silver	<p>Marketing Foods to Children: Policy, Problems and Practices</p> <p>Food marketing to children comprises a key part of the food environment, and must be considered in any efforts to improve healthy eating. This session will detail the current policy environment when it comes to food and labelling, and how products targeted at children creates some challenges when it comes to creating positive dietary habits and promoting health.</p>	<p>Dr. Charlene Elliott</p> <p>University of Calgary</p>
Bronze	<p>Developing Healthy School Communities: The Role of Students and Parents</p> <p>Interviews with 19 health champions associated with Wellness Fund projects revealed two overarching elements needed for development of healthy school communities: buy-in and resources. This presentation will explore these elements along with promising practices. Student and parent buy-in were strong themes identified as such and will be a focal point of this presentation.</p>	<p>Emma Wilkins Sean Stolp Elizabeth Coldbeck Dianne Gillespie</p> <p>Alberta Healthy School Community Wellness Fund</p>
Sinclair/Palliser	<p>Comprehensive School Health: From ‘best practice’ to ‘next practice’ with new suggestions for promoting healthy eating and active living.</p> <p>Comprehensive school health is gaining momentum and popularity. Research helps us to identify ‘best practice’ in one school and to adapt and improve a ‘next practice’ in another school. Research also allows us to identify ‘new risk factors’ affecting children’s diet and lifestyles, and guides us in formulating new health promotion messages. ‘Next practices’ and ‘new health promotion messages’ will be highlighted in this session.</p>	<p>Dr. Paul Veugelers</p> <p>School of Public Health, University of Alberta</p>



Do you know of a person or group who has helped make a school community healthier for children and youth?

You can help them get the recognition they deserve by nominating them for the Healthy School Communities Award. The award honours individual, school and community champions who work together to achieve positive health outcomes for children and youth.

Nominate them today!

Nomination forms and further information are available by visiting www.healthyalberta.com or emailing health.u@gov.ab.ca

Deadline for nominations is February 1, 2012

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Session Descriptors

Friday, January 27th Concurrent Session 4 - 3:35 pm - 4:40 pm		
Location	Session Title & Description	Presenter(s)
Gold	<p>Schools as a Setting for Promoting Positive Mental Health</p> <p>With respect to mental health, recent research in the health and education spheres cites the importance of moving beyond a problem-focused, interventionist approach to one that is more pro-active and prevention-oriented, also known as Positive Mental Health (PMH). PMH is the general recognition that psychological well-being is not only influenced by the absence of problems, disease or mental illness, but is also impacted by the existence of factors present within individuals and their social settings that contribute to positive growth and development. Using a Comprehensive School Health approach, the Pan-Canadian Joint Consortium for School Health (JCSH) encourages the incorporation of PMH practices within four pillars: teaching and learning; social and physical environment; partnerships and services; and healthy school policy. This presentation will provide conference participants with an overview of Positive Mental Health in the school setting, as well as an orientation to the JCSH resources available that aim to improve the health and well-being of Canada's children and youth.</p>	<p>Dr. Patricia Peterson Dr. Bill Morrison Katherine Kelly</p> <p>Joint Consortium for School Health</p>
Silver	<p>Child Health Initiative Project (CHIP)</p> <p>The objective of CHIP is to empower immigrant families with children age 6-12 to live healthy, active lifestyles. CHIP seeks to address this issue through exercise programs for parents and children, informational workshops about diet and exercise, cooking classes, active play for children, access to community resources and meal planning.</p>	<p>Dr. Zlatica Ristic Brittany Briant</p> <p>Immigrant Services Calgary</p>
Sinclair/Palliser	<p>FitKids</p> <p>The purpose of FitKids is to help attention deficit and autistic students increase their on task behaviour and improve their reading scores. This program focuses on daily rigorous activity for 20-25 minutes prior to learning. The instructors focus on the crossfit model to implement the FitKids model.</p>	<p>Shane Spriggs Brenna Goodwin Christopher Fenlon-MacDonald</p> <p>Panarama Hills School</p>
Dawson/Stewart	<p>How can school districts support the development of healthy school communities?</p> <p>Participants will use the Comprehensive School Health (CSH) framework to explore factors that contribute to healthy school districts, and the role of school districts in support healthy school communities. Ideas generated in the session will inform the possible development of a CSH planning / assessment tool for school districts.</p>	<p>Rhonda Patton Dr. Steve Manske</p> <p>Alberta Health Services Propel Centre for Population Health Impact</p>
Bronze	<p>"We have been studied to death, now it's time we study ourselves back to life" – Harvesting effective and meaningful collaborations between FNMI communities and research: A learning journey.</p> <p>First Nations, Metis and Inuit peoples have endured extensive research conducted ON them; with harmful and negative outcomes. Harvesting effective collaborations with FNMI School communities takes patience, perseverance and a willingness to understand one another. This presentation focuses on the gifts of Wisdom gained through working with FNMI Schools.</p>	<p>Cindy Deschenes Megan Purcell</p> <p>APPLE Schools</p>

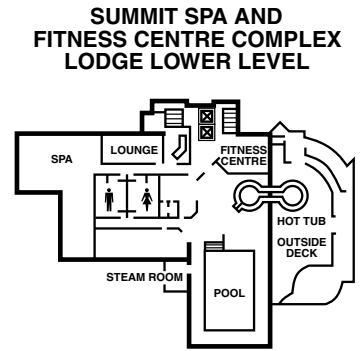
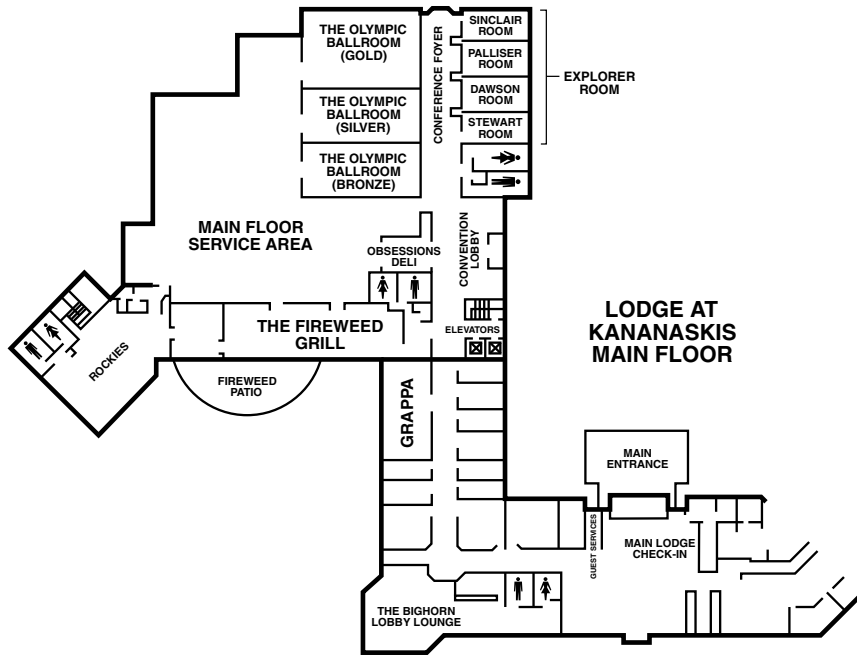
Session Descriptors

Saturday, January 28th Concurrent Session 5 - 9:25 am - 10:30 am		
Location	Session Title & Description	Presenter(s)
Sinclair/Palliser	<p>CORE: Creating Opportunities for Resiliency and Engagement, Mental Health Capacity Building in Schools</p> <p>This session will have participants learn more about depression and how it impacts close to 40% of children and youth in our schools today. Come and hear about the CORE Connections project in Alberta, its inception from the Gatehouse Project in Australia and how this important research can inform the work of Comprehensive School Health in our province. The work of CORE will educate participants on universal approaches to health and wellness. Including how intentional and strategic changes in schools that make students feel safe, valued and connected in our learning environments is proving to have substantial impact on substance use, academic success and dropout rates.</p>	<p>Laureen Lailey</p> <p>Population Health Intervention Center, University Of Calgary</p>
Dawson/Stewart	<p>Amiskwacyi's Medicine Wheel Teachings – Holistic Healing in High Schools</p> <p>Our team will provide an overview of the unique junior to senior high program and connect our strategies to the teachings of the medicine wheel using our logo imagery. Our pro-active strategies emphasize fitness, mental health, student leadership and healthy eating. Examples include morning song, free breakfast and lunch programs, healing circle and bannock delivery to community partners. Plans for 2012-2013 include wrap around school design principles that cover the critical hours time.</p>	<p>Felicia Ochs Shaun Lafferty Francis Whiskeyjack Terris Mah</p> <p>Amiskwacyi Academy</p>
Silver	<p>Classroom Student Leadership with Action Schools! BC</p> <p>Looking for ideas to integrate student leadership into your daily physical activity? Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living while achieving academic outcomes. Come and learn classroom physical activities which can easily be incorporated into and enhance your school's leadership program.</p>	<p>Shana Alexander Julie Bertrand</p> <p>Action Schools! BC</p>
Bronze	<p>Move & Play Through Physical Literacy – Partnerships Across Sectors</p> <p>Physical Literacy is the foundation of movement and it is crucial to develop the fundamental movement skills in order to become Active for Life! The Move & Play Through Physical Literacy cards were created to assist a variety of activity leaders to integrate physical literacy into programs, activities, and environments. This interactive session will showcase how the cards have been used across a variety of sectors including the school environment, after school setting, student leadership, and recreation programming.</p>	<p>Lindsay Wright Stephanie Wierl Ashley Jensen Leah Yardley</p> <p>Be Fit For Life Network</p>
Gold	<p>Promoting School Health: Keys to Collective Action</p> <p>This session will engage participants in both the "what" and the "how" of health promoting schools. The session will start with an initial review of terminology and frameworks for health promoting schools/ comprehensive school health. Subsequently, participants will discuss application of five keys to collection action in health promoting schools, including defining a common agenda, operating with shared measurement systems, conducting mutually reinforcing activities, engaging in continuous communication, and ensuring there is a backbone support mechanism. The session will conclude with a description of PHE Canada grants, and opportunity to refine the grants application process.</p>	<p>Caley Hartney Rebecca Bassett Dr. Steve Manske</p> <p>Physical & Health Education Canada Propel Centre for Population Health Impact</p>

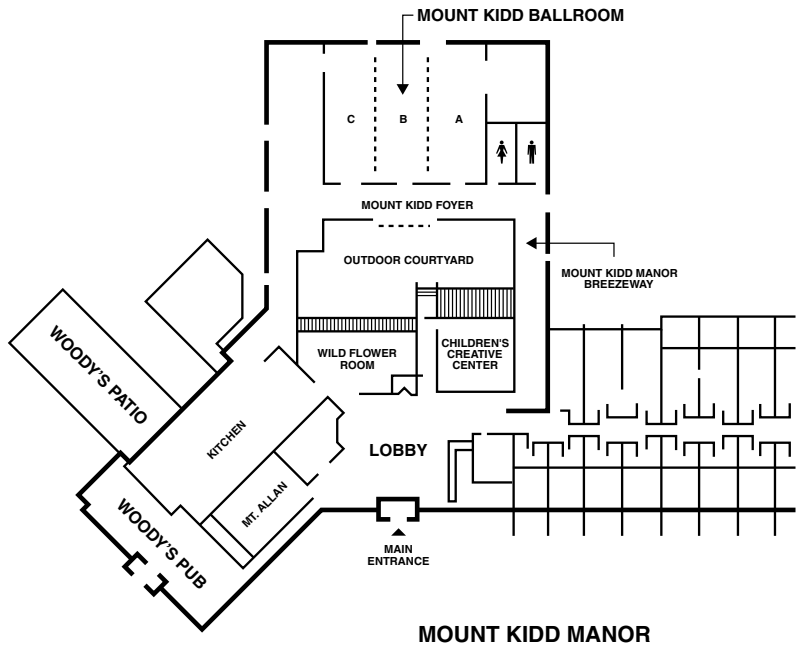
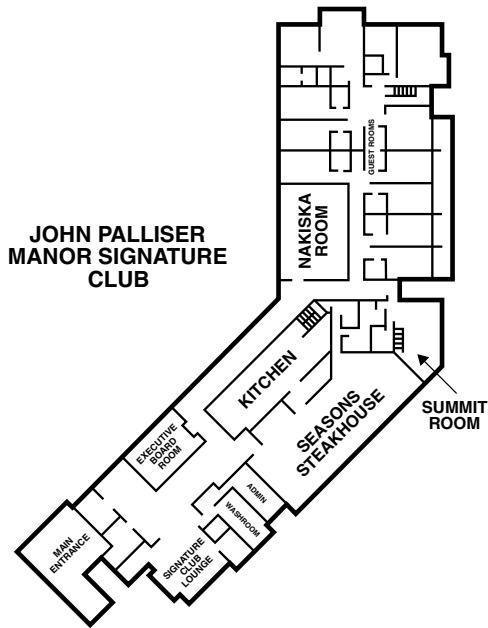
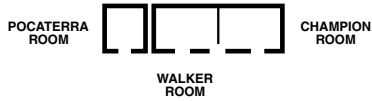
Session Descriptors

Saturday, January 28th Concurrent Session 6 - 10:45 am - 11:50 am		
Location	Session Title & Description	Presenter(s)
Gold	<p>Foster Community Action to ChooseWell</p> <p>Communities ChooseWell is a health promotion initiative representing a partnership between the Alberta Recreation and Parks Association and Alberta Health and Wellness. This session will provide program information and examples of how school communities have been engaged. Participants will critically examine how their schools and communities can work together to improve wellness.</p>	<p>Damien Traverse Lisa McLaughlin</p> <p>Alberta Recreation and Parks Association</p>
Sinclair/Palliser	<p>Got Health? Health Promoting Schools in the Central Okanagan</p> <p>School District No. 23 (Central Okanagan) has supported a health promoting schools approach for over 5 years, with partial funding being provided by our local Interior Health Authority. The work of our District Health Promoting Schools Committee, and that of our Health Promoting Schools Coordinator, is guided by our multi-year District Health Promoting Schools Action Plan. Join us to learn about our district's promising practices and approaches to supporting health promoting schools, all of which will be presented based on the four pillars of comprehensive school health. As a means to deepen our work, our District has piloted a new student inquiry process referred to as, "Got Health?". Five of our district schools have developed student led school health teams that assess, devise, and implement health promoting schools opportunities at their school. These five schools are provided with targeted support, resources, and professional development opportunities organized in partnership with the Health Promoting Schools Coordinator. Participants will learn further details about this exciting new strategy to engage youth and embrace their ideas and directions to support health promoting schools opportunities. Exemplars and student feedback will be showcased.</p>	<p>Janelle Zebedee Tricia Labrie</p> <p>School District No. 23, Central Okanagan, British Columbia</p>
Silver	<p>Facilitating Change</p> <p>Need to help people understand the importance of health and well-being in a school community? Do you struggle trying to move an unmovable staff or deal with parents who are unwilling to change their hot lunch habits? Come and learn some facilitation techniques and processes for navigating difficult conversations, gathering and hearing everyone's voice and/or develop healthy school policies. Practical examples that can be used at staff meetings, parent and student councils or community groups will be shared. Bring your own successful ideas and processes to share with others.</p>	<p>Erin Wright</p> <p>APPLE Schools</p>
Bronze	<p>A Framework for Building Mentoring Relationships in Schools</p> <p>Mentoring programs have achieved extensive public recognition due to their remarkable success in increasing positive behaviours in youth and reducing negative behaviours. This session will offer you an opportunity to learn about the Alberta Mentoring Partnership, resources and discuss about how a mentoring program can benefit all students by providing a significant relationship in a child's life.</p>	<p>Mike Cooper</p> <p>Cross-Ministry Services Branch, Alberta Education</p>
Dawson/Stewart	<p>High School Health and Physical Education: A Targeted Conversation</p> <p>The High School HPE program of studies are undergoing a process of change. Be a part of the conversation around the role of curriculum in a healthy school and how high school HPE can meet the needs of our students and society. We will discuss the latest developments in broad curricular reform such as the Framework for Student Learning and the summary of the Research Roundtables, as well as dig into what a quality high school HPE program would look like based on the Recommendations Report and ongoing work for Alberta Education.</p>	<p>Dr. Doug Gleddie</p> <p>Grant McEwan University</p>

Facility Map



LODGE AT KANANASKIS SECOND FLOOR MEETING ROOMS



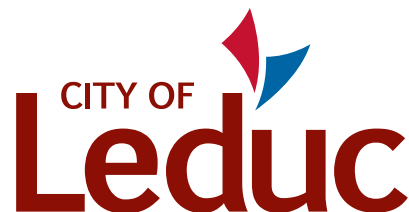
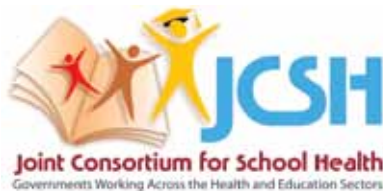
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