

# SHAPING THE FUTURE

ENGAGING HEALTHY SCHOOL COMMUNITIES



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JANUARY  
24-26  
2013



## **Message from the Honourable Dave Rodney Associate Minister of Wellness**

Anyone can be a health champion.

Health champions set a good example and inspire others--especially children--to incorporate healthy eating and active living habits into their lives. They are parents who make healthy food choices for their families. They are health professionals who help Albertans quit smoking, and plan healthy diets. They are teachers who educate students about active lifestyles, both in and out of school.

When I spoke at last year's conference, I learned that your participation here indicates that YOU are a health champion. You are passionate about healthy school communities, and believe that healthy living should be integral to our future generations--wherever they are. You are here because you want to challenge, and be challenged by, great thinkers in childhood development.

This conference is a unique opportunity for Alberta educators, health professionals, and community members to seek out opportunities to enhance the quality of life for our children and youth. Through strategies discussed here--and via partnerships with communities, schools, municipalities, and participants, we continue to build Alberta as a leader in wellness--while ensuring that Albertans live longer and better lives.

Thank you to Ever Active Schools for organizing another invaluable conference. Please enjoy the next two days; and when you return home, I trust that you will do so with a renewed drive to make Alberta's schools the healthiest they can be.

Together, we will continue to shape a future where everyone is a health champion! With sincere thanks and best wishes...

***Dave Rodney***  
***Associate Minister of Wellness***

## **Message from the Honourable Christine Cusanelli Minister of Tourism, Parks and Recreation**

On behalf of Alberta Tourism, Parks and Recreation, I am very pleased to welcome you to Ever Active Schools fourth annual Shaping the Future Conference.

Alberta Tourism, Parks and Recreation is committed to supporting active living and inspiring Albertans, of all ages, to become more active every day. Creating and engaging healthy school communities not only provide students with opportunities to develop positive attitudes and behaviours, they also provide opportunities for those with a vested interest to work together to create the future we envision for our province.

As leaders in the health, education and active living sectors, you play a very important role in the education and promotion of active living. By encouraging school communities to adopt a comprehensive school health approach, integrating physical activity into the daily activities of students and teachers, you are contributing to the physical and mental well-being of individuals from across Alberta.

Thank you for your commitment to ensuring personal growth, self-discovery and life-long learning of so many Albertans!

***Christine Cusanelli***  
***Minister of Tourism, Parks and Recreation***

# Message from Ever Active Schools

Ever Active Schools would like to welcome you to the fourth annual, Shaping the Future – Engaging Healthy School Communities Conference! This year's theme is recognizing "School Health Champions".

This Conference brings together leaders from the health, education, active living and recreation sectors that have a vested interest in supporting healthy school communities. We hope that Shaping the Future provides an opportunity to network, learn, share, re-energize and recognize the health champion within yourself and together we will work together to shape the health of Alberta children and youth.

Please take time to not only advance your professional skills but enjoy the natural surroundings of Kananaskis, Alberta. Wellness is holistic; it is what we do in our homes, the environment that we live, our communities and our overall work. We have seen a positive shift in the culture of health and wellness. Shaping the Future is an opportunity to reflect, but also gain the tools and knowledge to further advance wellness in school communities.

We are thrilled to be covering all aspects of comprehensive school health and will offer sessions from provincial, national, and international perspectives. We are honoured to have an amazing line-up of speakers and a great variety of delegates. We are confident that the conference will be a vital step towards creating new partnerships that builds comprehensive support for healthy school communities.

We are thrilled to be working collaboratively with our partners and funders in order to make this conference a success; Alberta Health, Alberta Education, Alberta Tourism, Parks and Recreation, the Alberta Sport, Recreation, Parks and Wildlife Foundation, the Alberta Healthy School Community Wellness Fund, and Alberta Health Services.

Enjoy the conference! Thank you for being a champion of school health and please take the time to practice what we preach and support your personal wellness during the conference.

Brian Torrance MSc  
Director, Ever Active Schools

Jackie Crooks MSc  
Chair, Shaping the Future

The Ever Active Schools Team

Brian Torrance – Director  
Tracy Lockwood – Education Coordinator  
Joyce Sunada – School Coordinator  
Shannon Horricks – Communications 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



#STF13

@EverActiveAB

# Keynote Speakers

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**Stefan  
Olafson**



**Michael  
Smith**



**Honourable  
Dave Rodney**  
Associate Minister of Wellness



# Keynote Speakers

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**Eddie  
LeMoine**



**Alli  
Marshall**



**Honourable  
Christine  
Cusanelli**

**Minister of Tourism, Parks  
and Recreation**



# Conference at a Glance

**Friday, January 25, 2013**

6:30 – 7:15 am	Morning walk/run, meet in <i>Hotel Lobby</i> OR Yoga, <i>Rockies Room</i> (Optional but recommended for overall good health)						
7:15 – 8:00 am	Registration and Breakfast – <i>Conference Foyer</i>						
8:00 – 8:05 am	Conference Opening - <i>Olympic Ballroom</i>						
8:05 - 8:35 am	<b>Health Champion, Stefan Olafson</b> - <i>Olympic Ballroom</i>						
8:35 – 9:00 am	<b>Student Health Champion, Michael Smith</b> - <i>Olympic Ballroom</i>						
9:00 - 9:30 am	<b>Associate Minister of Wellness, Honourable Dave Rodney</b> - <i>Olympic Ballroom</i>						
9:30 – 9:45 am	Wellness Break, healthy snacks provided						
<b>Concurrent Session 1</b>							
9:45 – 10:50 am	Can We Revive Children's Active Free Play?, Dr. Nick Holt - Gold	Move and Play with Traditional Games, Lindsay Wright - Silver	You Look Great, Have You Lost Weight? Weight Bias in Schools (Panel Discussion), Dr. Shelly Russell-Mayhew - Bronze	Teachingsexualhealth.ca: Supporting Comprehensive Sexual Health Education in our Schools, Ray Harrison - Dawson/Stewart	Be Kind to Yourself and Others, Cheryl Shinkaruk - Sinclair/Palliser	Helping Children and Youth Learn to Manage Stress: Tools for Lifelong Mental Health and Resiliency, Cindy Andrew - Champion	
10:50 – 11:05 am	Wellness Break - Visit Exhibitors , healthy snacks provided						
<b>Concurrent Session 2</b>							
11:05 – 12:10 pm	Physical Literacy: Doing a Better Job Introducing our Children to Physical Activity and Sport (Canadian Sport for Life), Dr. Vicki Harber - Gold	Quality Active After School Programs: Ingredients for Success, Amber Muir - Silver	Student Leadership and Engagement: Inspiring Change, Elizabeth Coldbeck - Bronze	Creating Healthier School Communities using the Healthy School Planner, Sarah Jackson, Dr. Steve Manske, Kelsie Andeel - Dawson/Stewart	Fostering an Equitable Distribution of Comprehensive School Health Support, Felicia Ochs, Sinclair/Palliser	School Canteen Make-over, Carrie Rae - Champion	
12:10 – 1:10 pm	Lunch: Poster Presentations and Exhibitor Tables - <i>Conference Foyer</i>						
<b>Concurrent Session 3</b>							
1:10 - 2:15 pm	Playground Activity Leaders (PALs), Erin Wright - Gold	From Policy to Practice- Lessons Learned as a Champion of Ever Active, Dr. Kim Kelly and Active Transportation – From Morning to Night, an All Day Approach, Raelene Steckly - Silver	At My Best, K-3 & 4-6, Kelsie Andeel - Bronze	Active for Life: A new Parent-targeted Campaign Aimed at Promoting Active Kids for Life, Richard Monette - Dawson/Stewart	Building Healthier School Communities from the Ground Up: Stories from Rural Alberta, Lisa McLaughlin - Sinclair/Palliser	Healthy Eating in School Environment, Pam Boyson - Champion	
<b>Concurrent Session 4</b>							
2:20 - 3:25 pm	Orienteering Made Simple with p.s.a.p, Action Schools! BC - Gold	Implementing Comprehensive School Health: From Doing to Facilitating, Dr. Kate Storey - Silver	Creating a Culture of Wellness, Lorna Muise - Bronze	Media, Narrative, and Autonomy in Aboriginal Schools, Jason Gondziola - Dawson/Stewart	Media Literacy and Food Marketing: Lesson Plan, Dr. Charlene Elliott - Sinclair/Palliser	Empowering Students for Enhanced School Connectedness, John Burger - Champion	60 Minutes Kids' Club, Mathew Young - Walker
3:35 - 5:35 pm	Wellness Break - Play in the snow!						
5:35 - 6:30 pm	Cash bar, snacks, exhibitor tables, poster presentations and networking – <i>Conference Foyer</i>						
6:30 – 8:15 pm	Dinner and HPEC Promoting School Wellness Award - <i>Olympic Ballroom</i>						
8:15 pm – 1:00 am	Dance						

# Conference at a Glance

## Saturday, January 26, 2013

6:30 – 7:15 am	Morning walk/run, meet in <i>Hotel Lobby</i> OR Yoga, <i>Rockies Room</i> (Optional but recommended for overall good health)					
7:15 - 8:15 am	Breakfast - <i>Conference Foyer</i>					
<b>Concurrent Session 5</b>						
8:15 - 9:20 am	Active Canada 20/20 – A Physical Activity Strategy and Change Agenda for Canada, Christa Costas-Bradstreet - Gold	Creating Food Environments that Support Healthy Eating: Moving Beyond School to Communities, Dr. Kim Raine - Silver	Integrating CSH and Student Citizenship Skills: A Model that Works..., Lil Rueck and Jessica Galt - Bronze	A Program of Research in Injury Prevention in Youth Sport and Recreation, Dr. Carolyn Emery - Dawson/Stewart	Embedding Wellness Across High School Curriculum, Lauren Lailey - Sinclair/Palliser	Strategies for Healthy Relationships: The Fourth "R", Kim Campbell - Champion
9:20 - 9:35 am	Wellness Break					
9:35 - 10:35 am	<b>Keynote Speaker: Mr. Eddie LeMoine</b>					
10:35 - 10:50 am	Wellness Break, healthy snacks provided					
<b>Concurrent Session 6</b>						
10:50 - 11:55 am	Tired of Getting a Failing Grade? How to get an "A" on the Active Healthy Kids Report Card, Dr. Jon McGavock - Gold	Be the Norm: A Free, Online CALM Resource on Tobacco and Youth, John Paton - Silver	Be Inspired by Alberta Healthy School Community Award Winners from the Edmonton Area!, Judy Newman, Cheryl Hafso, Lynn Bonnah and James Coghill- Bronze	Mental Health Matters: New resources to support positive mental health in schools, Vicky Mamczasz and Richard Pawsey - Dawson/Stewart	Advancing Comprehensive School Health in Alberta: Building on the Success of School District - Level S, Ellen Pearce - Sinclair/Palliser	Addressing Sugar-sweetened Beverages in Alberta: Its About Health, Its About Time, Monique Witzell - Champion
11:55 - 1:20 pm	Lunch - <i>Olympic Ballroom</i> Conference Wrap Up - <b>Alli Marshall</b> <b>Minister of Tourism, Parks and Recreation, Honourable Christine Cusanelli</b> Draw Prizes					



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 25th, 2013.



HPEC will be hosting its annual conference May 2-4, 2013, in Medicine Hat. You won't want to miss this opportunity to connect with colleagues from around the province while exploring new activities and teaching strategies. Register today!

[www.hpec.ab.ca/conference-2013](http://www.hpec.ab.ca/conference-2013)

# Session Descriptors

Friday, January 25th

Concurrent Session 1 - 9:45 am - 10:50 am

Location	Session Title & Description	Presenter(s)
Gold	<p><b>Can We Revive Children's Active Free Play?</b></p> <p>Have you ever driven by playgrounds and noticed they are completely empty? Ever looked at the shiny new play equipment and wondered "where are all the kids?" One of the major reasons children's physical activity is at an all-time low is because their engagement in active free play has declined. In many cases this is due to parents' concerns about road safety and 'stranger danger.' But, paradoxically, children see play opportunities everywhere, including on school grounds during recess and after-school/on weekends. A team at the University of Alberta is conducting research to find ways to revive children's active free play. The purposes of this presentation are to: (1) Present a brief overview of the key findings from studies about promoting active free play. We will consider some practical questions such as: Does renovating playgrounds increase play? What types of playgrounds encourage play? What do parents want to see in playgrounds? What do children want? (2) Present a summary of some research we have been conducting in Edmonton and present a concept we have developed called 'putting eyes on where children play.' (3) Provide opportunities for delegates to have some input into our research. We will ask about the key things you might need to know to help revive active free play in your schools and communities. Ultimately, we want to use this presentation to help you learn about the research we are conducting, get your input and feedback, and hopefully give you some ideas.</p>	Dr. Nick Holt
Silver	<p><b>Move and Play with Traditional Games</b></p> <p>The Alberta Native Friendship Centres Association and the Be Fit For Life Network will share their Move and Play through Traditional Games project. This project began with a goal of training regional staff and has evolved into a great partnership with interest in recovering traditional games that were played here in Alberta through Elder sharing.</p>	Lindsay Wright
Bronze	<p><b>You Look Great, Have You Lost Weight? Weight Bias in Schools (Panel Discussion)</b></p> <p>Concomitant school-based eating disorder (ED) and obesity (OB) prevention efforts are in their infancy but current recommendations for best practice suggest the need for an ecological approach. One application of this ecological approach is to include teacher training over and above any interventions aimed at students. This discussion will largely revolve around recent research pertaining to the concurrent prevention of ED and OB, and what these findings might mean for teachers and other school based professionals. This panel will focus specifically on the necessity of addressing weight-bias in schools and will include interactive components. For example, attendees will have the opportunity to complete the Implicit Association Test, or IAT. The IAT is a paper-pencil exercise which assesses implicit weight-bias, and often increases awareness of the issue. Research findings and implications for practice around (1) how teachers' own weight-bias is impacted by professional development about weight-related issues, and (b) teachers' readiness to address weight-related issues will be discussed. The impact of weight-bias on students of all weights will be addressed through findings about weight-based teasing in schools. Specifically, findings from our research highlight the importance of addressing certain cognitions/risk factors, like body image, prior to addressing weight-bias. Together, these studies demonstrate the importance of and barriers to addressing weight-bias in schools.</p>	Dr. Shelly Russell-Mayhew
Dawson/Stewart	<p><b>Teachingsexualhealth.ca: Supporting Comprehensive Sexual Health Education in our Schools</b></p> <p>Health and education professionals will find this session beneficial to address sexual health education in their schools. This session will review resources available in the province for educators to address comprehensive sexual health education such as education strategies, curriculum, administration regulations to consider, and using evidence-based resources. It will also review the provincial teachingsexualhealth.ca website. The website is based on a theoretical framework that incorporates the Resilience, Social Learning, and Comprehensive School Health models. The website offers up-to-date, evidence-based information and strategies for teachers and educators. Teachingsexualhealth.ca is a joint initiative with Alberta Health Services, Alberta Health, Alberta Education, Calgary Board of Education, Foothills School Division, and Alberta Society for the Promotion of Sexual Health.</p>	Ray Harrison
Sinclair/Palliser	<p><b>Be Kind to Yourself and Others</b></p> <p>Promoting mental wellness should use a comprehensive school approach. This session will highlight the Alberta Health Services Junior High teacher Mental Health resource kit that was created in collaboration with Edmonton Catholic and Edmonton Public School Boards. You will have the opportunity to become more familiar with the kit that consists of lesson plans on cyber bullying, healthy relationships, hope, stress, body image, healthy eating, active living, substance abuse, sleep and transitioning to high school. In addition, suggestions on how to promote mental wellness within the school and greater community will be explored!</p>	Cheryl Shinkaruk
Champion	<p><b>Helping Children and Youth Learn to Manage Stress: Tools for Lifelong Mental Health and Resiliency</b></p> <p>Stress can infect and affect the physical, emotional, intellectual and academic well being of children. It can interfere with their motivation, attention, perception, memory and the entire learning process. This participatory workshop will focus on a series of practical resources and strategies counsellors, teachers and school-based professionals can use in helping children and youth learn to manage stress and to foster positive mental health within their school communities.</p>	Cindy Andrew

# Session Descriptors

Friday, January 25th Concurrent Session 2 - 11:05 am - 12:10 pm		
Location	Session Title & Description	Presenter(s)
Gold	<p><b>Physical Literacy: Doing a Better Job Introducing our Children to Physical Activity and Sport (Canadian Sport for Life)</b></p> <p>Physical literacy has been adopted as the foundation of the Canadian Sport for Life (CS4L) model. Although the term is becoming more familiar to Canadians we can and must do more to revise current physical activity and sport programs to ensure our children experience the benefits of becoming physically literate. Urgent action is required -- alarming rates of physical inactivity must be addressed. Responsibility lies with all – all sectors (education, sport, recreation, health) and all individuals (parents, teachers, coaches, recreation instructors, community leaders, administrators, and others). This talk will provide an update about the advancement of physical literacy in Canada and discuss possible strategies for your community.</p>	Dr. Vicki Harber
Silver	<p><b>Quality Active After School Programs: Ingredients for Success</b></p> <p>As part of the Canadian Active After School Partnership, which aims to enhance the delivery of quality after school programs, Physical &amp; Health Education Canada (PHE Canada) has developed the Active Living After School (ALAS) initiative. ALAS assists after school program administrators in delivering high quality programs that involve increased access and opportunity to engage in physical activity and healthy living. The objective of ALAS is to help ensure that all children and youth, regardless of their age, abilities, gender, culture, or socioeconomic status, have the basic skills necessary to be healthy and enjoy the benefits of lifelong physical activity. The ALAS initiative provides two main components: a How-to Guide and an ALAS Activity Kit. The How-to Guide has been designed to be a convenient one-stop resource that highlights the critical elements of a successful after school program and provides information and practical tips for ensuring that physical activity and healthy eating are integral components of all after school programs. The ALAS Activity Kit is a supplemental resource which includes equipment to help implement physical activities into after school programs. PHE Canada has partnered with Canadian Tire Jumpstart to provide qualified after school programs with the ALAS resources at no cost. This session will explore a variety of after school program related matters including community connections, funding, program planning, promotion and much more. There will be opportunities for discussion throughout the presentation as well as the chance to participate in activities that attendees can incorporate into their after school programs.</p>	Amber Muir
Bronze	<p><b>Student Leadership and Engagement: Inspiring Change</b></p> <p>School communities are more likely to be successful in changing the culture within their school if students are given the opportunity to lead that change. Student Leadership opportunities can help students to take ownership of and responsibility for developing a culture of wellness in their school. Empowering students as leaders allows them to be at the centre of decisions that affect them and gives them the chance to utilize their talents and passions to help transform their school communities. Other students are also engaged more readily in changes to the culture of their school when those changes are led by their peers. "Engagement of students" and "leadership by students" are both important but different aspects of creating change in a school environment. In this workshop, participants will walk away with skills to facilitate student leadership and strategies to mobilize students into action for the benefit of the whole school community. Practical leadership activities and resources will be shared, along with opportunities for participants to contribute their student leadership experiences and successes. Participants will also learn the difference between "student engagement" and "student leadership" and why both of these elements are essential when moving toward a culture of wellness within your school community.</p>	Elizabeth Coldbeck

## New addition to Shaping the Future 2013!

Ever Active Schools is hosting poster presentations at this years Shaping the Future conference so that we may link research and promising practices to the great work we do!

Poster presentations will available for viewing Friday at lunch, 12:10-1:10pm, and 5:30-6:30pm in the Explorer Room.

*Be sure to vote by Friday at 6:30 on the posters for an extra ticket into the draw prizes Saturday at lunch.*



# Session Descriptors

Friday, January 25th Concurrent Session 2 - 11:05 am - 12:10 pm - con't		
Location	Session Title & Description	Presenter(s)
Dawson/Stewart	<p><b>Creating Healthier School Communities using the Healthy School Planner</b></p> <p>The Pan-Canadian Joint Consortium for School Health's Healthy School Planner (HSP) is a free, online tool schools across Canada can use to assess their school's health and build a plan for improvements using a comprehensive school health framework. HSP has been recently revised based on an evaluation to include a foundational module to assess school capacity for creating a healthier community. "Express" modules addressing the most critical topic-specific questions related to healthy eating, physical activity, tobacco use and positive mental health have also been added, and use a set of Core Indicators and Measures developed and promoted through related partnerships and processes. There are also refined detailed modules that assess each topic in greater depth. This session will focus on introducing and familiarizing participants to the recently revised and validated version of the HSP (website look and layout, assessment format and tailored feedback) as well as discussing the benefits of using the HSP for taking action on creating a healthier school community. School health champions, school health facilitators and others will benefit from this session by: 1) discussing ways to promote and facilitate the use of the HSP, 2) engaging schools to make assessment and action planning a priority, and 3) building buy-in to use the HSP for comprehensive school health. Additionally, the session will allow for discussion about common challenges and ways to overcome challenges, how schools can make the most of the results and the importance of ongoing assessment to improve school environments. Visit <a href="http://www.healthyschoolplanner.uwaterloo.ca">www.healthyschoolplanner.uwaterloo.ca</a> for more information.</p>	Sarah Jackson Dr. Steve Manske Kelsie Andeel
Sinclair/Palliser	<p><b>Fostering an Equitable Distribution of Comprehensive School Health Support</b></p> <p>Parkland School Division began a Resiliency Project in 2012 to respond to the physical, mental and social-emotional priorities being expressed by its schools. This session will engage participants in a panel discussion with a cross-section of stakeholders involved in launching a division-wide Comprehensive School Health initiative. Explore how rural and urban schools are addressing their unique priorities through the use of assessment, wellness committees, and community resources. In addition, learn the role that equity and justice play in the discussion of health and wellness reform as the panel looks at how systems work for and against the Resiliency Project. The presentation will include tangible strategies, troubleshooting time and funding restraints, and sharing from leaders in the field. Emilie Keane - PSD Associate Superintendent of Learning Services, Matthew Mitschke - AHS Health Promotion Coordinator, Russ Foster - Woodhaven Middle School Principal, Mitchell Johnson - Student Woodhaven Middle School (Pending Funding to Attend), Keisha Rendall - Health Champion Memorial Composite High School, Leanne Schram-White - Healthy School, Healthy Future Duffield (K-9), Jackie Allen - Youth Coach Parkland Village School (Pre-K-4)</p>	Felicia Ochs
Champion	<p><b>School Canteen Make-over</b></p> <p>Are you looking to find healthy food choices for your school store or canteen? Not sure where to start? This session will provide tools and examples of successful school-store makeovers. By partnering with health professionals and various food providers, schools can provide canteens that reinforce classroom messages about healthy eating, contribute to healthy physical environments, and support the implementation of school or district nutrition policies. After this session participants will possess: 1. A simple checklist to assess the current foods within the store/canteen. 2. Resources that provide numerous healthy food options. 3. Tips on how to make-over a canteen and improve sales.</p>	Carrie Rae



Do you know of someone or a group of people who have helped make a school community healthier for children and youth? We'd like you to nominate them for the Healthy School Communities Award so they can get the recognition they deserve. The award is designed to reward and celebrate partners who work together to achieve positive health outcomes for children and youth.

Many people around the province are involved in promoting health and preventing disease and injury, including: children and youth, teachers, parents, school administrators, other school staff, families, community groups, health professionals, businesses, health authorities and school authorities. By recognizing individuals and groups for their contributions, the Healthy School Communities Award helps build a healthier future for everyone.

THE REAL GLORY IS HEALTHY KIDS.

Nomination forms are available by visiting [healthyalberta.com](http://healthyalberta.com) or e-mailing [health.u@gov.ab.ca](mailto:health.u@gov.ab.ca) or calling Victoria Poschadel at 780-427-0724. To call toll-free, call 310-0000.

A celebratory luncheon and award presentation to honour award recipients will be held in 2013. Deadline for Nominations is February 15, 2013.

# Session Descriptors

Friday, January 25th Concurrent Session 3 - 1:10 pm - 2:15 pm		
Location	Session Title & Description	Presenter(s)
Gold	<p><b>Playground Activity Leaders (PALs)</b> The Playground Activity Leaders (PALs) program, adapted from Nova Scotia, is a positive way to increase physical activity levels of students and enhance leadership skills. The program offers fun and easy-to-follow activities for students to lead other students during recess and non-instructional times. This session will share APPLE Schools experience with the PALs program to build students leadership opportunities and provide ideas on how to get kids active and engaged throughout the school community.</p>	Erin Wright
Silver	<p><b>From Policy to Practice- Lessons Learned as a Champion of Ever Active Schools</b> My experience began in the Fall of 2011, at the policy level, trying to tackle the Childhood Obesity epidemic in Alberta. I was surprised to find that my physician peers, although able to acknowledge the importance of this issue, were overwhelmed by its scope and complexity. As a result, this issue was passed over for other more manageable health issues with simpler solutions. I was not satisfied with this result and did my own computer search for a possible solution. This is how I discovered the Ever Active Schools program, and I decided to become a champion of our local elementary school. I wanted to test if this grassroots approach could be an answer to the childhood obesity epidemic that we must all take responsibility for. I started our Ever Active committee in May, 2012 and have been amazed at the results we have already achieved. We have defined over 15 initiatives for the 2012-13 school year. We have increased community engagement, increased learning opportunities for adults and teachers, increased the use of our neighbourhood resources, and promoted health for all. There have been challenges along the way and I will discuss these challenges and suggest possible solutions. My goal is to facilitate the creation of more Ever Active committees throughout Alberta.</p> <p><b>and</b></p> <p><b>Active Transportation – From Morning to Night, an All Day Approach</b> This presentation takes a look at Active Transportation from every angle. From morning to night there are attainable and effective opportunities for students, parents, and staff to engage in walking and wheeling to and from school, community groups, friend's house, the library, dance class, soccer game... Focusing on two specific times, before and after school, programs such as 'Walking Buddies' and 'After School Action Heroes' will be used in this presentation. Both 'Walking Buddies' and 'After School Action Heroes' identify windows of opportunity to create awareness and the opportunity to utilize active transportation. It is a great way to integrate walking and wheeling into your classroom or after school club, and an effective way to take on a challenge as a class, school, and community! Another angle Active Transportation is the participation and role of the three individuals: the student, the parent, and the staff member. Exploring both conventional and non-conventional views of each individual's role and responsibility in Active Transportation to and from schools and community groups. This presentation will also include a brainstorming/ interactive activity dealing with Active Transportation.</p>	<p>Dr. Kim Kelly</p> <p>Raelene Steckly</p>
Bronze	<p><b>At My Best, K-3 &amp; 4-6</b> At My Best® is a free comprehensive curriculum-supported toolkit for children in kindergarten to grade three to promote and develop children's overall wellness. At My Best® combines physical activity, healthy eating and emotional well-being and aims to support children's optimal physical and emotional development by inspiring and motivating them to make healthier choices today, and develop lifelong healthy habits. The K-3 program revolves around three principles of Ability, Belonging, and Caring – the ABCs. The At My Best® program is also undergoing some exciting developments. Re-branded and expanded into a program for children in grades four to six, the At My Best 4-5-6® program follows a "From Here to There" approach and revolves around the three principles of I, We, and Us. This program has been designed to be forward-looking and sustainable by being made available online. Teachers will be able to log-in, download the lesson plans, and print off any corresponding black line masters and take-home materials needed for each lesson. This program expansion is about to pilot starting in February, and will be available in its entirety at the beginning of the next school year.</p>	Kelsie Andeel

# Session Descriptors

Friday, January 25th Concurrent Session 3 - 1:10 pm - 2:15 pm - con't		
Location	Session Title & Description	Presenter(s)
Dawson/Stewart	<p><b>Active for Life: A new Parent-targeted Campaign Aimed at Promoting Active Kids for Life</b></p> <p>Active for Life has joined the battle to arrest declining rates of youth physical activity with an innovative approach designed to activate Canadians in a way never before achieved. Active for Life is a public education initiative aimed at teaching Canadian parents the critical importance of physical literacy in ensuring children pursue lifelong physical activity. Children can develop physical literacy in quality school PE programs and quality sport and recreation programs, and they can also develop physical literacy at the playground and at home. Active for Life is primarily targeting parents of children ages 0-8 years old. The strategy is that parents – especially moms – are the key advocates for ensuring their children learn the skills that will make them happy, healthy and successful for life. Active for Life's main platform is the online magazine <a href="http://www.activeforlifemag.ca">www.activeforlifemag.ca</a>, but the campaign also utilizes social media channels and television PSAs. Launched in June 2011 and funded substantially by the private sector through B2ten, the Active for Life campaign has already successfully engaged parents in ways that traditional physical activity campaigns have consistently failed to do. Richard Monette, Active for Life project lead, will discuss where Active for Life came from, where it is now, and where it is going in the future in an attempt to reach the ultimate goal of creating a healthy, physically literate nation.</p>	Richard Monette
Sinclair/Palliser	<p><b>Building Healthier School Communities from the Ground Up: Stories from Rural Alberta</b></p> <p>Join us for an inspiring look at how Alberta municipalities and schools are helping their communities to ChooseWell. In this panel-style presentation, leaders from rural communities across the province will share how they have worked to promote nutrition and physical activity, foster environments supportive of healthy living and develop effective partnerships. Emphasizing the "how," Communities ChooseWell staff and local champions will focus on key steps and processes that have contributed to their success in creating healthier communities. Participants will be invited to pose questions and engage in dialogue throughout the presentation. This session will be of particular interest to those who wish to complement and support school-based health promotion efforts by engaging the broader community.</p>	Lisa McLaughlin
Champion	<p><b>Healthy Eating in School Environments</b></p> <p>Want something more than pop and candy in your vending machine or school store? Tired of serving hotdogs at your special event days? From classroom rewards to fundraising, this interactive session will provide practical strategies on how to improve the foods in your school environment. Get ideas from your colleagues across the province and learn about tools and resources that can help. There will be an opportunity to share success stories and to begin planning changes for your school.</p>	Pam Boyson
Friday, January 25th Concurrent Session 4 - 2:20 pm - 3:25 pm		
Location	Session Title & Description	Presenter(s)
Gold	<p><b>Orienteering Made Simple with p.s.a.p</b></p> <p>Bored of teaching the same old sport activities? Students will love the fun and challenge of navigating in classrooms and nearby parks with basic map reading skills. A walk through Lesson 1 of Premier's Sport Awards Program's Orienteering Manual will provide participants with an opportunity to experience orienteering first hand.</p>	Sarah Lockman
Silver	<p><b>Implementing Comprehensive School Health: From Doing to Facilitating</b></p> <p>Implementing comprehensive school health is no easy task for a school health facilitator or school champion. Moving forward in implementation involves essential processes, including building relationships, defining the school health facilitator role and role of others implementing comprehensive school health within the school, and getting others on board through both "doing" and "facilitating." These essential process elements are necessary to move toward facilitation for sustainability, an important goal for comprehensive school health projects. These are some of the key findings from interviews conducted in January 2011 with 14 school health facilitators working with the Alberta Project Promoting active Living and healthy Eating in schools (APPLE schools). This presentation will describe these interview findings and will share learnings on how this knowledge can be used to enhance comprehensive school health practice, research, and policy.</p>	Dr. Kate Storey
Bronze	<p><b>Creating a Culture of Wellness</b></p> <p>Like many jurisdictions in Alberta, Red Deer Catholic Regional Schools, Wetaskiwin Regional Public Schools and Wild Rose Public Schools are committed to the health / wellness of their staff and students. Join Stanton Swain (Wild Rose Public Schools), Nina Wyrostok (Wetaskiwin Regional Public Schools), and Char Andrew (Red Deer Catholic Regional Schools) as they share their districts' unique approaches to promoting health/wellness in their respective jurisdictions. Although each of these divisions is committed to promoting health/wellness, they have taken different approaches. Participants will hear some of the key strategies being used to engage staff, students, parents, and community members. Come to this session prepared to listen, ask questions and take part in small group conversations to further explore how districts in Alberta are working towards "creating a culture of wellness".</p>	Lorna Muise

# Session Descriptors

Friday, January 25th Concurrent Session 4 - 2:20 pm - 3:25 pm - con't		
Location	Session Title & Description	Presenter(s)
Dawson/Stewart	<p><b>Media, Narrative, and Autonomy in Aboriginal Schools</b></p> <p>Media artist and youth facilitator Jason Gondziola has been working with community partners and youth at-risk for a decade, focusing primarily on digital oral histories and building narrative capacity. He is currently working at amiskwaciy Academy in Edmonton, AB, where he created and runs the Sharing Spirit project. In this project, Aboriginal student participants take part in traditional sharing circles and create short films on relevant social and sexual health issues. In this workshop, Jason will share and reflect on the role that narrative and media arts have played, not only in his work, but in the implementation of a far-reaching health and integration strategy at Amiskwaciy Academy.</p>	Jason Gondziola
Sinclair/Palliser	<p><b>Media Literacy and Food Marketing: Lesson Plan</b></p> <p>This presentation outlines a Media Literacy and Food Marketing Lesson Plan designed for Grade 3 and Grade 6 students. The Lesson Plan emerged from a national, federally funded research project focused on children's interpretations of packaged food products. Focus groups were conducted with over 225 Canadian children between grades 1 and 6. The children revealed a general inability to evaluate the health qualities of a packaged food. They used package colours, spokes-characters, pictures, and front-of-package claims to support their choices of healthy foods and demonstrated that they need to develop their skills in evaluating the healthfulness of packaged foods. This is something not covered in the current school curriculum--even though children's worlds are filled with packaged food products. The Lesson Plan seeks to help expand children's critical capabilities when it comes to packaging, labelling and nutrition, and to help bridge their gaps in knowledge when it comes to interpreting packaged foods. It applies Media Literacy (and Nutrition Literacy) to packaged foods.</p>	Dr. Charlene Elliott
Champion	<p><b>Empowering Students for Enhanced School Connectedness</b></p> <p>This session will consider methods for diagnosing and identifying students who may be at risk of losing their emotional connection to school. Analysis of student data who were administered the Student Orientation to School Questionnaire (SOS-Q) will inform the session as well as a set of selected readings on student engagement, including Ross Greene's Collaborative Problem Solving model.</p>	John Burger
Walker	<p><b>60 Minutes Kids' Club</b></p> <p>A fun way to help K to Grade 6 students get excited about making healthy daily choices at home and at school, and to support healthy habits for life. Join Matt Young, co-founder of the 60 Minute Kids' Club (a registered charity) to learn about this free program, now available in Alberta, B.C. and Ontario. The program offers three friendly challenges each school year. For each challenge, students set healthy daily goals (eating five fruits &amp; veggies, getting sixty minutes of physical activity and more). Students track their choices online, and get award points for achieving daily goals. Points are accumulated to support competitions at a class, grade, school, district or provincial level. Time spent during PE classes and school sports is counted towards the activity goal. (Note: this program does not provide nor replace physical or health education curriculum). Based on best practices behaviour modification techniques, the program is a blend of high touch and high tech. Importantly for busy teachers, the program is virtually turn-key. While voluntary, the average participation rate at club school communities is 70%. This session will focus on how this program is implemented, and the support provided by the 60 Minute Kids' Club team.</p>	Matthew Young

# Session Descriptors

Saturday, January 26th

Concurrent Session 5 - 8:15 am - 9:20 am

Location	Session Title & Description	Presenter(s)
Gold	<p><b>Active Canada 20/20 – A Physical Activity Strategy and Change Agenda for Canada</b></p> <p>Active Canada 20/20 – A Physical Activity Strategy and Change Agenda for Canada, is the response of a broad cross-section of the physical activity community from across Canada who are concerned about health and quality of life, and who are committed to addressing the urgent national need to increase physical activity and reduce sedentary living. Over 1700 stakeholders from every province and territory have participated in, and contributed to, the consultation process to develop Active Canada 20/20. Active Canada 20/20 provides a clear vision and a change agenda to describe successful actions and recommendations that, if implemented, will increase physical activity and reduce sedentary behaviour. It demonstrates the actions that, if undertaken at multiple levels, will help us to create a culture of an active nation and positively affect every Canadian. This kind of impact can only be achieved when decision makers and ‘change makers’ work together to create and enhance community opportunities that increase physical activity in all aspects of daily life. This presentation will provide an introduction to Active Canada 20/20 and then focus on the recommendations that are centred around schools. There will be an opportunity for participants to provide additional input to the document, particularly as it supports Comprehensive School Health. A brief overview of the Canadian Sport Policy and the National Recreation Agenda will also be provided with an emphasis on how the three strategies (with Active Canada 20/20) support and align with one another.</p>	Christa Costas-Bradstreet
Silver	<p><b>Creating Food Environments that Support Healthy Eating: Moving Beyond the School to Communities</b></p> <p>Most of us know that learning to eat well means more than simply knowing what foods are healthy and what foods are not. The foods that are available, accessible and affordable play a huge role in determining what we eat. Schools are leading the way in creating food environments that support healthy eating. It makes sense to remove vending machines filled with sugar sweetened beverages from schools as they send contradictory messages to the lessons about healthy eating in the class room, even when policy changes can lead to temporary financial challenges. But what about changes beyond school walls? Many municipalities are beginning to consider ways to create healthy food environments for all citizens. This presentation will explore what we know about Canadian food environments and how they influence food choice and health status. For example, fast food outlets and convenience stores are far more prevalent than supermarkets in Canada, and recent research suggests that this “usual” food environment promotes obesity. While zoning by-laws to restrict where fast food outlets may be located are under consideration, more short-term solutions, such as providing healthier options in convenience stores, are underway now. Close to schools, recreation facilities provide a place for kids to “escape” the restrictions of school food policies. Efforts to improve food environments in recreation facilities to adhere to the Alberta Nutrition Guidelines for Children and Youth will be described. Barriers to change and opportunities to overcome barriers will be explored.</p>	Dr. Kim Raine
Bronze	<p><b>Integrating CSH and student citizenship skills: A model that works...</b></p> <p>Oh no! Not another school wide project! If you’ve heard this before but know that your school would like to increase student citizenship skills and maintain their healthy schools initiative, come and hear about school actions that work! Participants at the session will come away with an understanding of how CSH and leadership skills have been integrated in health promoting schools in the province and the benefits of integration. Specific examples will be given using the Leader In Me 7 Habits training within schools.</p>	Lil Rueck Jessica Galt
Dawson/Stewart	<p><b>A Program of Research in Injury Prevention in Youth Sport and Recreation</b></p> <p>Injuries are not accidents; they are predictable and preventable. Injuries are the leading cause of death and hospitalization in youth and their consequences consume enormous resources. In Alberta, it is estimated that 35% of youth (ages 11-18) sustain a sport and recreational injury requiring medical attention each year. Sport and recreation injuries significantly lower the quality of life of Canadians and may lead to permanent disability and death. While physical activity prevents all-cause morbidity and mortality associated with a sedentary lifestyle, injuries can become a barrier to participation and active living. Reduction of sport and recreation-related injury improves quality of life through the maintenance and promotion of active living, reduction in obesity, and the prevention of osteoarthritis. An interdisciplinary approach is needed to address injury risks, causes, prevention and safety policies related to these injuries. Our team has completed multiple epidemiologic studies examining risk factors for injury as well as developing and evaluating new intervention strategies for injury prevention in youth sport and recreation in both community and school settings. The unique contributions of our research team include the interdisciplinary approach to injury prevention research and bridging the gap between the basic science of injury prevention, population-based research and effective implementation of injury prevention programs to have the greatest public health impact. Current approaches to primary prevention of injury in youth sports and recreation that have relevance to the school setting will be highlighted in this session.</p>	Dr. Carolyn Emery

# Session Descriptors

Saturday, January 26th Concurrent Session 5 - 8:15 am - 9:20 am - con't		
Location	Session Title & Description	Presenter(s)
Sinclair/Palliser	<p><b>Embedding Wellness Across the High School Curriculum</b></p> <p>In collaboration with Alberta Education, the Alberta Healthy School Community Wellness Fund is supporting 6 projects and 7 School Jurisdictions across Alberta to embed wellness outcomes across the curriculum in high schools. Through the implementation of a Comprehensive School Health approach and key understandings from the Framework for Student Learning and the Framework for K-12 Wellness Education, high schools/school jurisdictions are collaborating to bring forward new understandings and images of a strength based approach to wellness education. Participants will learn more about Alberta Education's competencies from the Framework for Student Learning and how the high school wellness project is supporting the direction of competency based education</p>	Laureen Lailey
Champion	<p><b>Strategies for Healthy Relationships: The Fourth "R"</b></p> <p>Just as we teach reading, writing and arithmetic skills, students need to be taught relationship skills....how to communicate assertively, resolve conflict respectfully and reduce risk behaviors. The Fourth R is a comprehensive, evidence-based resource to support adolescents in developing healthy relationship skills. Through a variety of partner, small group and whole group strategies, students are actively engaged in learning to make wise decisions in regards to peer pressure, media literacy, violence prevention and healthy communication. Learn more out about Fourth R resources and strategies and how they are available to your school division through Alberta's Family Violence Prevention Initiative.</p>	Kim Campbell
Saturday, January 26th Concurrent Session 6 - 10:50 am - 11:55 am		
Location	Session Title & Description	Presenter(s)
Gold	<p><b>Tired of Getting a Failing Grade? How to get an "A" on the Active Healthy Kids Report Card</b></p> <p>Every year for the past 10 years, Canada has received a failing grade from the Active Healthy Kids Report Card steering committee. The grade is based on several indicators of physical activity, however the dominant measure is the daily amount of physical activity of Canadian children. The report card is an internationally respected endeavour that engages policy makers and stakeholders to commit to improving physical activity levels in Canada. For teachers, coaches, administrators however the grade may be demoralizing. Unfortunately, the report card rarely provides specific detailed strategies to move the national grade from an F to an A. The purpose of this talk will be (1) to review the evidence used to score the current status of physical activity in Canadian children; (2) highlight important areas where we need to focus energy to improve physical activity levels and (3) review real-life practical evidence-based initiatives in school-communities that could take Canada from a failing grade to an A.</p>	Dr. Jon McGavock
Silver	<p><b>Be the Norm: A Free, Online CALM Resource on Tobacco and Youth</b></p> <p>Be the Norm: Choose to be Tobacco Free is a free online course, hosted on ASAA's online learning management system, that focuses on teaching kids about tobacco use in a way they might not usually learn about it. Instead of just telling kids that tobacco is bad for them, the course aims to show them how the tobacco industry preys on young people, as well as provide resources and testimonials from several University of Alberta athletes (who have varying degrees of personal experience with tobacco use).</p> <p>Our session would give a history of the course and its development, outline some of the goals we had going in to the process, as well as look at the response received to date, and outline how the course fits into the CALM curriculum.</p>	John Paton
Bronze	<p><b>Be Inspired by Alberta Healthy School Community Award Winners from the Edmonton Area!</b></p> <p>Hear about innovative ways that award-winning schools have created a culture of wellness in their schools. Examples include: • promoting healthy eating through a Rainbow Lunch photo contest that inspires students to bring healthier lunches while teaching students (and parents) about the four food groups • promoting physical activity by setting up a work out circuit throughout the school hallways • promoting positive social environments by working with the custodian to develop a Golden Garbage award • raising school spirit through Youth Leaders who energize the students at assemblies, lead DPA activities using DPA bins at indoor recess and participate in a before and after-school running club • working with community recreation partners to create a wrist-band challenge that encourages students to drop their wrist-band from local recreation facilities into a box at the school for a chance to win prizes.</p> <p>Be inspired and share what has worked in your school. Learn how to address all four pillars of a comprehensive school health approach: teaching and learning; policy; partnerships and services; and physical and social environments.</p>	Judy Newman Cheryl Hafso Lynn Bonnah James Coghill

# Session Descriptors

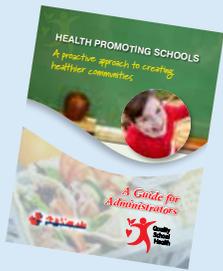
Saturday, January 26th Concurrent Session 6 - 10:50 am - 11:55 am - con't		
Location	Session Title & Description	Presenter(s)
Dawson/Stewart	<p><b>Mental Health Matters: New resources to support positive mental health in schools</b></p> <p>The Mental Health Capacity Building in Schools Initiative integrates and provides mental health promotion, prevention and early intervention services in a school-based setting, supporting the mental well-being of children, youth and their families.</p> <p>This interactive session will build a general awareness of the topic of mental health and develop an understanding of how best practices from that have emerged from the Mental Health Capacity Building in Schools Initiative around the province can be used as a model to support the mental and physical health of all Alberta school students and their families.</p> <p>***New resources soon to be released by Alberta Education will be highlighted during this presentation and include:</p> <ul style="list-style-type: none"> <li>• A series of 7 posters and lesson experiences highlighting positive mental health for elementary schools</li> <li>• A series of 7 posters and lesson experiences highlighting positive mental health for Junior/Senior High Schools</li> <li>• 4 Mental Health Matters videos outlining collaborative practices that support positive mental health for schools, families, service providers and community partners.</li> </ul>	Vicky Mamczasz Richard Pawsey
Sinclair/Palliser	<p><b>Advancing Comprehensive School Health in Alberta: Building on the Success of School District - Level S</b></p> <p>Evidence shows that efforts to build healthy school communities are more sustainable when they are supported broadly by school districts. School districts are going beyond the development of healthy school policy to support their schools in improving students' health-related knowledge and skills, creating healthier environments, and establishing partnerships within the broader community. Alberta Health Services (AHS) staff partner with the majority of school districts in the province to facilitate the creation of healthy school communities. Based on their experiences within these partnerships during the 2011-2012 school year, AHS staff reported on current strategies related to the four pillars of Comprehensive School Health (CSH) that had been used by Alberta school districts. This session will provide a summary of current district-level CSH initiatives using both qualitative and quantitative information. Join us to learn about the actions that Alberta school jurisdictions have taken to support broad implementation of the CSH approach within their schools, as well as factors that contribute to the sustainability of these actions. Participants will have the opportunity to identify strategies and ideas that they can apply within their school districts, and build on successes that have been experienced in other areas of the province.</p>	Ellen Pearce
Champion	<p><b>Addressing Sugar-sweetened Beverages in Alberta: Its About Health, Its About Time</b></p> <p>The sales, marketing and promotion of sugar-sweetened beverages (SSB) in Alberta is a serious public health concern. The consumption of pop, fruit beverages, sport-drinks and energy drinks has been found to increase risk for type- 2 diabetes, poor dental and bone health, certain types of cancer and heart disease. The liquid calories from these products also contribute to obesity. Children who drink these beverages on a daily basis have a 60 per cent higher risk of becoming overweight or obese. Participants will increase their knowledge and understanding about the marketing, sales and consumption of these products in Alberta. Participants will learn about an innovative school-based initiative - the Gobes-tu.ca / I Get it.ca project that aims at reduce consumption of junk food by young people by changing perceptions, opinions, and attitudes about the industry's food-marketing practices. This program was adapted from the Réseau sport étudiant du Québec (RSEQ) and included a counter-marketing campaign, www.monh2o.ca focused on how soft drinks and energy drinks are marketed. The campaign aimed to increase young people's understanding of the clever strategies the industry uses to influence beverage choices and consumer habits. Participants will explore regulatory approaches to reducing the consumption of SSB at a population-level including restricting marketing and the implementation of a tax on these products. The Alberta Policy Coalition for Chronic Disease Prevention (APCCP) will review the level of support for these interventions and discuss ideas for reinvesting new SSB tax revenue into evidence-based strategies for promoting the long-term wellness of all Albertans.</p>	Monique Witzell



# Resources for Building a Healthy School Community

Physical & Health Education Canada has undertaken a wide-ranging program to develop and implement resources for the promotion of healthy school communities. A healthy school community promotes a culture of wellness among all members: students, staff, administration, parents, and community partners. Together, the school community implements plans to create an environment that supports healthy choices among its members.

**You are a key stakeholder and below are a few ways you can help make your school community a healthier one.**



## Revising the Administrators Guide

A few years ago we published an Administrator's Guide to implementing a health promoting schools approach. We are looking for your input as we revise it. What works? What's missing? How can it better help you to build a healthy school community? Contact us for more information on the guide and to learn more about how you can help us improve this popular resource.



## Healthy School Communities 101

We are creating an online learning opportunity to introduce educators and administrators to the basics of healthy school communities. Across Canada there are several different approaches, but they all share some fundamental aspects. This tutorial will give you the knowledge to implement key components of the healthy school communities approach.

## Concept Paper

There are number of conceptual frameworks and approaches in place across Canada that recognize the need for a school community-wide approach to health. These approaches each share fundamental aspects that enhance learning, foster well-rounded students, improve school attendance, improve lifelong health, and reduce health and education disparities. Our concept paper brings together policy, practice, and research perspectives, with the intention of promoting a shared common goal: for schools to become more health promoting.

## Building Healthy School Communities

***Healthy students are better learners and better-educated students are healthier***

Alberta Health Services (AHS) partners with school jurisdictions and school communities to support the health of children and youth. AHS uses a Comprehensive School Health approach to improve student health outcomes and behaviours. Areas of focus include healthy eating, active living, mental health, oral health, injury prevention, and prevention of alcohol, tobacco and substance use.



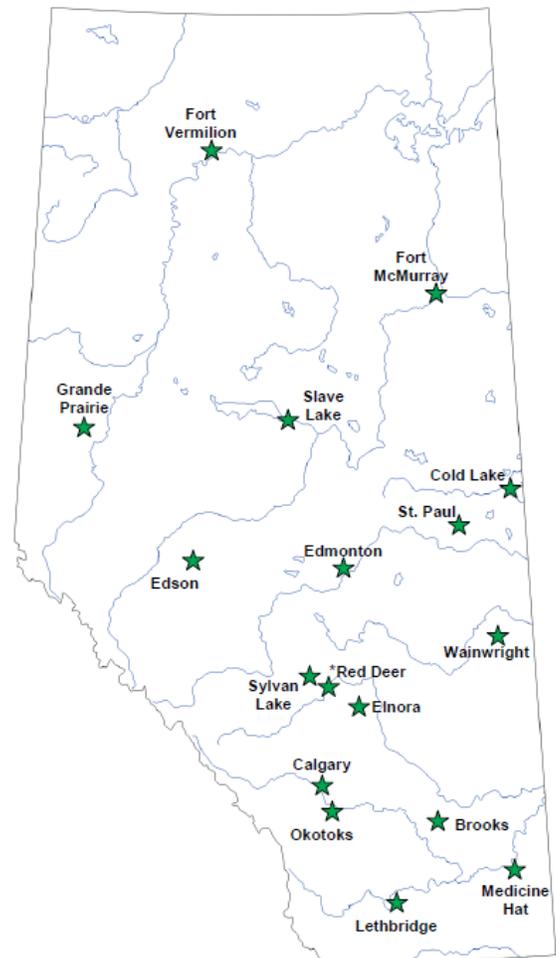
Health Promotion Coordinators (all areas) and School Health Facilitators (central Alberta\*) are two of the many types of health professionals who support healthy school communities in Alberta. We are located across the province, as shown in the map to the right.

### How We Support Healthy School Communities

- We assist school jurisdictions to identify priority areas for action and then support the development, implementation and evaluation of action plans.
- We provide professional development opportunities related to healthy school communities.
- We connect schools and communities to resources that support healthy school environments.
- We support health and wellness policy development and implementation and assist with interpreting and implementing the *Alberta Nutrition Guidelines for Children and Youth* and other relevant school health guidelines.
- We connect schools with the right health professional to support them in developing a healthy school community.

To find a Health Promotion Coordinator or School Health Facilitator in your area, please email:

[HealthyWeightsTeam@albertahealthservices.ca](mailto:HealthyWeightsTeam@albertahealthservices.ca)





As a result of funding and support from the provincial ministries of Alberta Health and Alberta Education the **Alberta Healthy School Community Wellness Fund** has been able to fund 181 projects to support the development of healthy school communities in 39 of Alberta's 59 school jurisdictions.



Further, we are pleased to provide you with information about a new grant funding opportunity (contingent upon approved funding) for projects that support healthy school communities. Three grant opportunities are currently available:

### **Student Leadership Wellness Grant**

Applicants can apply for up to **\$5,000** to address at least one of the three priority areas of Healthy Eating, Active Living, and Positive Social Environments within their school communities using a comprehensive school health approach. Applicants will need to demonstrate how they will support improvements to students' educational outcomes while addressing wellness in a planned, integrated and holistic way through engagement of a cross-section of stakeholders and partners.

### **School District Readiness Grant**

Applicants can apply for up to **\$10,000** to form a jurisdictional level wellness committee that will focus on the development of a plan to implement a comprehensive school health approach to wellness across the school jurisdiction.

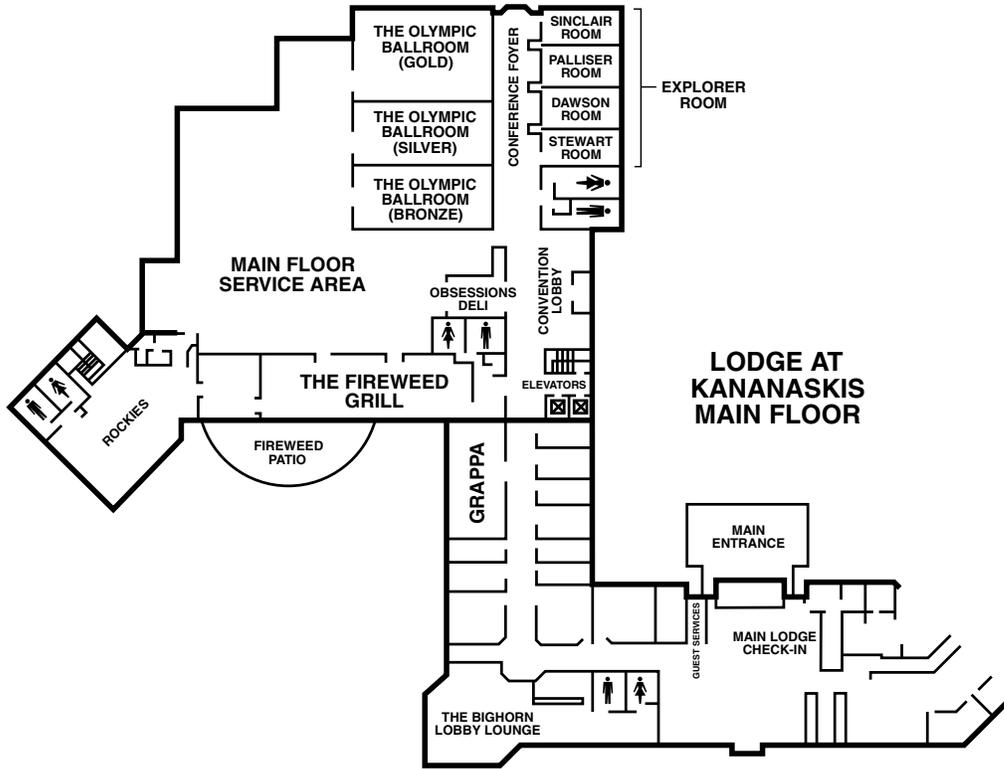
### **Healthy Relationship Grant**

Applicants can apply for up to **\$30,000** to plan and implement initiatives that focus on developing healthy relationships, including sexual health for high school students (grades 8 -12). Projects can focus on a range of relationship issues such as sexual health, self-esteem, boundaries, domestic violence, addictions and/or healthy choices using a comprehensive school health approach.

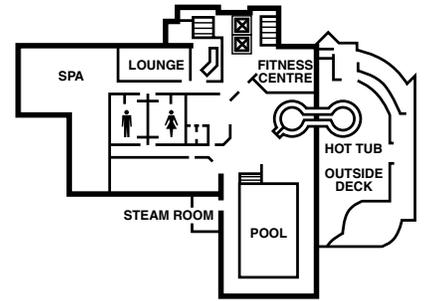
For more information please visit: <http://bit.ly/wellnessfund>

Or find us here at Shaping the Future!

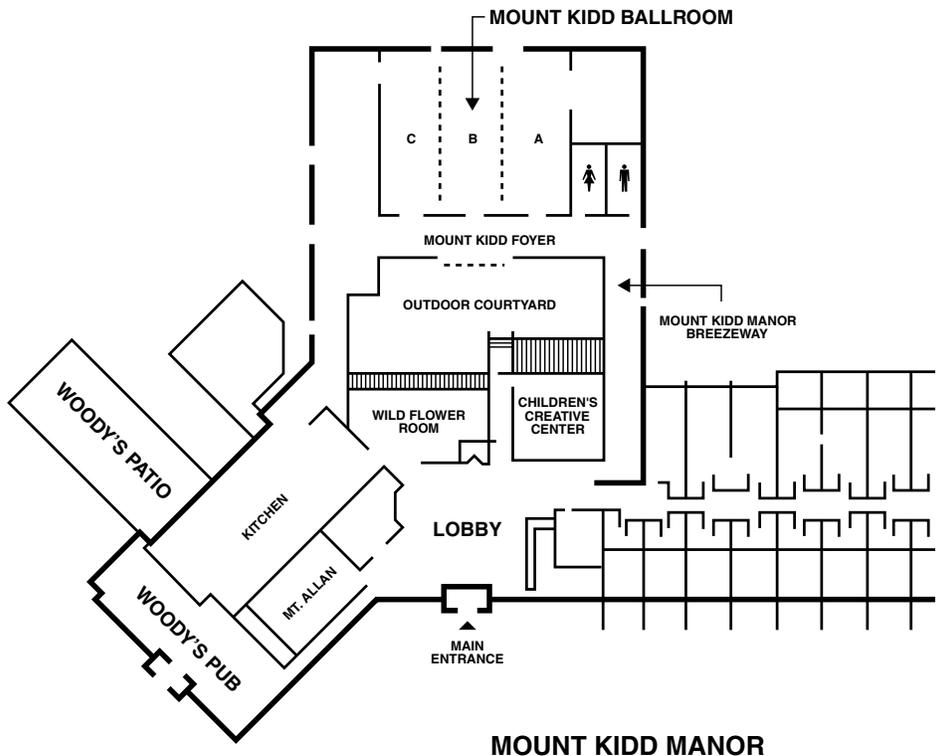
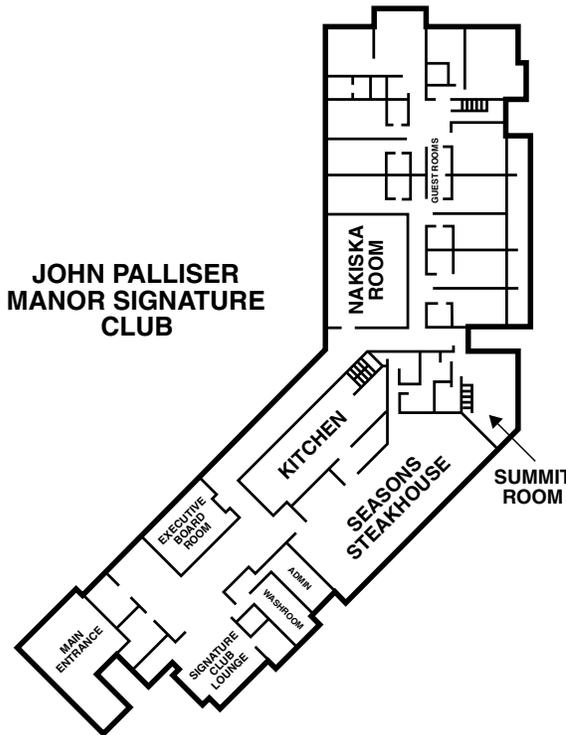
# Facility Map



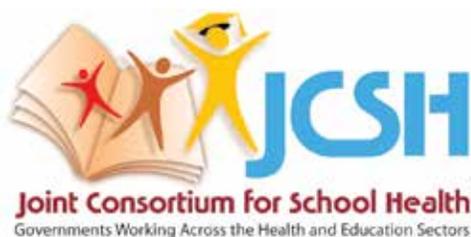
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**LODGE AT KANANASKIS SECOND FLOOR MEETING ROOMS**



# Exhibitors



# Key Contributors

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# Notes

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