

# Ontario Healthy Schools Coalition National Healthy Schools Conference

*Coming Together: Supporting the Whole Child*

**Wednesday, April 9<sup>th</sup> and Thursday, April 10<sup>th</sup> 2014**

**Hilton Hotel and Conference Center**

**London, Ontario**



*“Stepping Stones”* – Ministry of Child and Youth Services



◊ Coalition ontarienne des écoles en santé ◊  
◊ Ontario Healthy Schools Coalition ◊

<http://ontariohealthyschools.com>



**HEALTHY  
SCHOOLS  
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## *Conference at a Glance*

Time	Wednesday, April 9 <sup>th</sup> 2014
7:30 am	Registration Opens
8:30-9:00 am	Continental Breakfast and Opening Greetings
9:00-10:00 am	<b>Keynote</b> – Rona Maynard
10:30-11:30 am	Breakout Session 1
11:30-12:30 pm	LUNCH
12:30-1:30 pm	Breakout Session 2
1:45-2:45 pm	Breakout Session 3
3:00-4:00 pm	Breakout Session 4
4:00-4:30 pm	Draw for Prizes for Day 1 Evaluations Must be present to WIN
5:30-6:45 pm	DINNER
7:00-8:30 pm	<b>Keynote</b> – Dr. Peter Jaffe

***Breakfast, Lunch and Snacks will be provided on both days***

Time	Thursday, April 10 <sup>th</sup> 2014
7:30 am	Registration for Day Two
8:00 am	Continental Breakfast and Opening Remarks
8:30-9:30 am	<b>Keynote</b> – Dr. Jamie Mandigo
9:30-10:30 am	Breakout Session 5
10:45-11:15 am	<b>Physical Literacy in Action – Dr. Amanda Stanec</b>
11:15-12:15pm	<b>Keynote</b> – Molly Burke
12:15-1:00 pm	LUNCH
1:00-2:00 pm	Breakout Session 6
2:15-3:15 pm	Breakout Session 7
3:30-4:30 pm	<b>Keynote</b> – Dr. Stan Kutcher
4:30-5:00 pm	Draw for Prizes- Evaluations Must be present to WIN
7:00-9:00 pm	<b>Keynote</b> – Dr. Dean Kriellaars

## *Keynote Speakers*

***Wednesday, April 9<sup>th</sup> 9:00-10:00 am***

**Ms. Rona Maynard**

Rona served as Editor of *Chatelaine* through a decade of growth and innovation in which she attracted a new generation of readers to Canada's number one magazine for women. She became renowned for the honesty of her editorials. Rona's presentation will focus on how her achievements are rooted in her personal journey out of shyness and chronic depression. She will emphasize how she had to learn to live each day and how she eventually learned to make a difference in the other people's lives. Rona will emphasize to how caring relationships do make a difference and are a key component of healthy schools.

***Wednesday, April 9<sup>th</sup> 7:00-8:30pm***

**Dr. Peter Jaffe**

Dr. Jaffe is a Professor in the Faculty of Education at the University of Western Ontario and the Academic Director of the Centre for Research and Education on Violence Against Women & Children. Dr. Jaffe will highlight the emerging trends in use of social media and the link to sexual violence. He will help parents, teachers, students and community understand how media can influence our thoughts, perspectives and opinions and the impact on our relationships, particularly among children and youth.

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***Thursday, April 10<sup>th</sup> 8:30-9:30 am***

**Dr. Jamie Mandigo**

Dr. James Mandigo is an Associate Professor at Brock University. He will provide an interactive session aimed at helping participants understand why we need physically literate children and youth in our schools. He will describe how physical literacy addresses several domains of the whole child and is linked to a child's emotional and mental well-being and thus benefits a healthy school community. Jamie will provide practical ideas about how communities can come together to develop physically literate schools, workplaces and communities.

***Thursday, April 10<sup>th</sup> 11:15am- 12:15 pm***

**Molly Burke**

Molly is an inspirational youth speaker who provides hopes to many. After losing her vision, Molly Burke found herself in an even darker place. Her presentation gives hope to anyone who's ever felt victimized—and showing them how to rally back. Molly will help us learn how we can all work together to make a difference- in our schools and communities to help assist in the healthy growth and development of our children and youth.

***Thursday, April 10<sup>th</sup> 3:30-4:30 pm***

**Dr. Stan Kutcher**

Dr. Kutcher is an internationally-renowned expert in the area of adolescent mental health and a national and international leader in mental health research, advocacy, training, policy, and health services innovation. Dr. Kutcher uses his considerable expertise to advance the work of the Sun Life Financial Chair in Adolescent Mental Health, building awareness and knowledge about mental health in young people. This is achieved through the development of programs that address adolescent mental health promotion, education and research, locally, nationally and internationally. Dr. Kutcher will address the issue of mental health literacy as a foundational component for school mental health. He will describe the development of a school based approach (grades nine and ten) to mental health literacy and report on how this has been applied, evaluated and researched with examples from different Canadian provinces.

***Thursday, April 10<sup>th</sup> 7:00-9:00pm***

**Dr. Dean Kriellaars**

Dr. Kriellaars will provide evidence and practical support to help coaches, parents, community members and educators help children and youth to become physically literate.

He will speak to the practicality of implementing physical literacy regardless of who you are and what age group of children you work with. Dr. Kriellaars believes that physically literate children are healthy children who will succeed in life.

Dr. Kriellaars was awarded the Healthy Living Award for his outstanding activities in building community wellness in the province of Manitoba. He is part of the leadership team of the Canadian Sport for Life movement, works with PHE Canada, the Sport Medicine and Science Council of Manitoba, as well as the RCMP on community wellness initiatives.

## Conference Registration

### HOW TO REGISTER

<http://ontariohealthyschools.com>

To register please complete the [on-line](#) form including payment options and indicating breakout session choices. We encourage you to register early in order to ensure availability in the breakout sessions of your choice.

<http://www.karelo.com/register.php?BID=532&BT=10&Ev=11814>

If you are not already a member of the Ontario Healthy Schools Coalition (OHSC) and wish to [join](#), please see:

<http://www.karelo.com/register.php?Ev=13293>

If you wish to [join](#) the OHSC and receive the lower registration fee you **must** do so before registering for the Conference.

**Conference Substitution and Cancellation Policy:** Substitutions may be made anytime up to the start of the event, subject to a \$10 administration fee, without incurring a cancellation fee. Cancellations received by OHSC before March 10<sup>th</sup> 2014 will be assessed a \$50 cancellation fee per person. Cancellations received after March 10<sup>th</sup> 2014 are transferable, but non-refundable. No refunds will be given for no-shows.

**Registration fees do not include hotel.** Conference delegates requiring overnight accommodations are responsible to make arrangements directly with the Hilton Hotel.

**Hotel registration:** A block of rooms is being held at the Hilton Hotel, London ON under OHSC Conference for the nights of Tuesday April 8<sup>th</sup> and Wednesday April 9<sup>th</sup>; reservations **MUST** be made by March 10<sup>th</sup> 2014.

[http://www.hilton.com/en/hi/groups/personalized/Y/YXULOHF-OHS-20140408/index.jhtml?WT.mc\\_id=POG](http://www.hilton.com/en/hi/groups/personalized/Y/YXULOHF-OHS-20140408/index.jhtml?WT.mc_id=POG)

**OR call 1-800-HILTONS** and provide the code "OHS" Rates begin at \$119 (plus tax). These rates are guaranteed until March 10<sup>th</sup>, (pending availability) Please make reservations as soon as possible.

### Conference Registration Fees – OHSC Members

Conference Registration for OHSC Members	
	<b>Regular Registration</b> Until March 31 <sup>st</sup> 2014
Full Two Day Conference Registration	
	\$315
One Day Conference Registration	
Wednesday, April 9 <sup>th</sup>	\$195
Thursday, April 10 <sup>th</sup>	\$195

### Conference Registration Fees - OHSC Non-Members

Conference Registration for OHSC Non- Members	
	<b>Regular Registration</b> Until March 31 <sup>st</sup> 2014
Full Two Day Conference Registration	
<b>Additional Non-Member fee</b>	\$30 Individual \$100 Organization
One Day Conference Registration	
Wednesday, April 9 <sup>th</sup>	\$195
Thursday, April 10 <sup>th</sup>	\$195
<b>Additional Non-Member fee</b>	\$30 Individual \$100 Organization

**Included in conference fees are breakfast, lunch and snacks.**  
Please note dinner is included on Wednesday, April 9<sup>th</sup> but not on April 10<sup>th</sup>.

## *Conference Registration Fees - Students*

**Students** are welcome to attend as participants.

Elementary students are encouraged to attend on **Thursday, April 10<sup>th</sup>** and must be accompanied by school staff

Conference Registration Per Day	
Wednesday, April 9 <sup>th</sup>	\$40
Thursday, April 10 <sup>th</sup>	\$40

## *Travel Discounts*

Robert Q Airbus offers assistance to conference participants with their travel plans by extending a 15% off the Robert Q regular fare on any of Robert Q scheduled routes to/from our London depot and the Toronto Pearson or Detroit Metro airports.

There is an additional fee for service to a residence or hotel here in London, please inquire at the time of booking. Please refer to Robert Q Airbus website [www.robertq.com](http://www.robertq.com).

Please refer to code **#2073** or enter the number in "promotion code" online to receive the discounted fare.

## Breakout Session Descriptions

### Session One - Wednesday, April 9<sup>th</sup> 10:30 - 11:30

Code	PRESENTER	DESCRIPTION
1-A	<b>Dr. Michelle Gilpin and David Inglis</b> Thames Valley District School Board	<b>How Does Mental Health Fit in the Health and Physical Education Curriculum?</b> This presentation will provide a review of a collaborative process and outcome that occurred in order to support elementary and secondary teachers who are asked to address mental health issues in context of their HPE curriculum. It will describe specific strategies that are used to support instruction and make explicit links between mental health and the HPE curriculum. The goals of this workshop are to facilitate greater awareness of how curriculum expectations can be translated into meaningful and accessible lessons in relation to mental health.
1-B	<b>Emina Secerbegovic</b> Parks and Recreation Ontario	<b>Building Leadership Through HIGH FIVE</b> This presentation will introduce participants to HIGH FIVE® principles of healthy child development and design guidelines and demonstrate how HIGH FIVE trainings can be integrated into the curriculum to equip students with a certified set of skills to successfully work with children in sport and recreation environments.
1-C	<b>Marg Schwartz</b> Alberta Project Promoting Active Living and Healthy Eating (APPLE)	<b>Best Practice Strategies to Implement CSH – APPLE Schools</b> This interactive session will provide some processes, tools, strategies and resources to facilitate change in a school community. The session will engage learners to think about ways they can enhance and reflect on the work they are doing to affect positive changes to the health of students, parents, partners and staff and most importantly to change the culture of a school to be one that promotes and supports healthy behaviours.
1-D	<b>Chris Friesen</b> Principal, Thames Valley District School Board	<b>Measuring Success Differently</b> At Woodstock Collegiate Institute (secondary school) we are committed to the philosophy that each student should leave our school better than when they came. Better how? By whose standards? We believe that we need to empower students to identify for themselves which area they need to improve in and then help them achieve that so they can be positive, contributing members of society when they graduate. This presentation will cover the strategies we are using to achieve this vision.
1-E	<b>Jessica Reid</b> Fostering, Empowering, Advocating Together (FEAT) for Children of Incarcerated Parents	<b>Breaking the Cycle: Supporting the Forgotten Children Affected by Parental Incarceration</b> This workshop will provide attendees with strategies to support and optimize the outcomes of these at-risk children in the classroom, schools and community settings. The focus of this interactive workshop is to review the impact of parental incarceration, identify the unique needs of these at-risk children, and provide strategies to optimize their outcomes, support the whole child, and strengthen our classrooms, schools, and communities.
1-F	<b>Margaret Good</b> Ontario Physical and Health Education Association (OPHEA) and Middlesex-London Health Unit	<b>Youth Engagement: Promote Tobacco Free School</b> Join us for this interactive session where you will learn directly from youth leaders and their adult allies who are participating in OPHEA's Smoke-Free Ontario Pilot Program. Find out how they've been using the Healthy School approach to lead, plan and implement youth-led activities that integrate youth tobacco prevention with other health-related topics.

## Breakout Session Descriptions

Session Two - Wednesday, April 9 <sup>th</sup> 12:30 - 1:30		
Code	PRESENTER	DESCRIPTION
2-A	<b>Eileen Silver</b>  Ministry Of Education, Safe and Healthy Schools	<b>Working together for Healthy Kids: Strengthening Partnerships Between Regional Public Health Units and District School Boards</b>  There are many examples of how school boards and public health units work together to help advance the health and well-being of kids. By working together to develop a consistent service delivery model, education and public health partners can support the well-being of children and youth. Exemplary models of collaboration between public health units and school boards in Ontario will be discussed.
2-B	<b>Sue Grantis and Wendy Davies</b>  Niagara Region Public Health and Youth Net Niagara Coordinators	<b>Youth Net Niagara: Creating a Culture of Positive Mental Health in School Settings</b>  Youth Net Niagara is a 'for youth, by youth,' mental health promotion and early intervention program implemented in high schools in the Niagara Region. Public health school nurses lead a dynamic group of volunteer facilitators from Brock University. Trained in ASIST and group facilitation, these facilitators are supported by public health nurses and school staff to engage youth in discussion, provide follow-up and make referrals to community agencies. Youth Net is an evidenced- based, award winning suicide prevention program developed by CHEO.
2-C	<b>Helen Anderson</b>  Harmony Movement	<b>The Role of Equity in Health: Well-Being for the Whole Child</b>  Participants will explore the diversity of their communities, examine the relationships between equity and health, and discuss effective strategies for promoting the health and well-being of all students. Some of the topics this workshop will address include food security, bullying, body image, depression, substance use, high-risk sexual behaviour, and youth violence.
2-D	<b>Julie Rochefort</b>  Association of Size Diversity and Health (ASDAH) and Noojmowin Teg Health Centre	<b>First, Do No Harm. Raising the Red Flag on Schools Healthy Eating and Obesity Prevention Initiatives</b>  Participants will develop an increased awareness of the unintentional harm associated with school obesity awareness campaigns. The presentation will critically review both Canadian and International school-based studies while providing strategies to assess weight bias within organizations and schools.
2-E	<b>Kathy Furlong, Ryan Ewaskiw and Jeff Schiller</b>  Thames Valley District School Board	<b>Fitness Integrated Intentional Teaching</b>  The presentation will outline a brief review of both neuroscience and physiology research studies that demonstrate that 30 minutes of cardio activity results in a one hour learning bump and improved mental health. Learn how 30 minutes of cardio activity is being implemented in an elementary setting through QDPA, in a secondary setting and sharing the results of the collaborative inquires.
2-F	<b>UNConference</b>  Jaxson Khan	<b>Connect, Learn, and Network – Double Session (12:30-2:45pm)</b>  The unconference format creates an open space for peer-to-peer learning, collaboration and creativity where everyone has something to share and everyone has something to learn. Come prepared to share your expertise in this peer-to-peer directed conference within a conference.

## Breakout Session Descriptions

### Session Three - Wednesday, April 9<sup>th</sup> 1:45 - 2:45

Code	PRESENTER	DESCRIPTION
3-A	<p><b>Angela Townend and Dianne Kennaley</b> London Family Health Team &amp; Catholic Family Services of Durham</p>	<p><b>Mental Health 101: Creative Strategies to Foster Student Wellness</b> 10 to 20% of Canadian youth are affected by a mental illness. A significant number of these children are diagnosed with anxiety, depression and/or ADHD. This workshop will demonstrate how the unique relationship between a student and his/her teacher is invaluable to promoting emotional wellness in the classroom.</p>
3-B	<p><b>Laurie Dojeji, Micheline Turnau and Natalie Martin</b> Champlain Cardiovascular Disease Prevention Network (CCPN) and the Heart and Stroke Foundation</p>	<p><b>Working Together to Create Healthy School Environments</b> To share knowledge &amp; experiences from implementing the Champlain School Facilitation Pilot Program 2013-14 a program to create physically active, healthy eating environments in schools using a comprehensive school health framework (CSH). Presentation includes lessons learned regarding strategies to engage entire school communities (i.e. administrators, teachers, parents, students, community) in mobilizing change.</p>
3-C	<p><b>Caroline Teske</b> Walk Away, Ignore, Talk it out, Seek Help (WITS)</p>	<p><b>Creating Responsive Communities for the Preventions of Bullying and Peer Victimization</b> This workshop will focus on the definition, prevalence and impact of bullying and victimization, as well as an overview of the WITS Program.</p>
3-D	<p><b>Rebecca Patkau</b> Thames Valley District School Board</p>	<p><b>Books for Breakfast: Reaching Students Brains Through Their Stomachs</b> Sharing the ups and downs of working with a unique group of Grade 9 students in developing an English program in a way to meet the basic needs of the students while still covering the expectations of the English curriculum. Throughout the year, students became an engaged, inclusive community of learners who not only read novels and poetry, but also wrote a variety of real-life purposes, presented in front of classmates and the larger school community.</p>
3-E	<p><b>Ann Tyrrell</b> City Of Hamilton, Public Health Services, Saltfleet Secondary School's Health Action Team</p>	<p><b>Health Action Teams (HATs): Involving Students and Sharing Stories of the HAT's Impact</b> Participants will increase their knowledge of HAT recruitment strategies for students and parents. HATs addresses factors linking education and health. Keeping youth in school requires not only academic support, but a feeling of connection at school.</p>
3-F	<p><b>UNConference</b> Jaxson Khan</p>	<p><b>Connect, Learn, and Network</b> The unconference format creates an open space for peer-to-peer learning, collaboration and creativity where everyone has something to share and everyone has something to learn. Come prepared to share your expertise in this peer-to-peer directed conference within a conference.</p>



## Breakout Session Descriptions

### Session Four - Wednesday, April 9<sup>th</sup> 3:00 - 4:00

Code	PRESENTER	DESCRIPTION
4-A	<p><b>Myra Stephen, Caroline Hicks, Paul Grogan and Jennifer Munro-Galloway</b></p> <p>Ontario Ministry of Education, Curriculum Division</p>	<p><b>Mental Health and the Ontario Curriculum</b></p> <p>Participants will examine the revised Healthy Schools framework, the new preface in revised curricula, the Supporting Minds educator resource, new videos highlighting mental health and well-being across the curriculum and resources from the Joint Consortium for School Health.</p>
4-B	<p><b>Laurie Columbus and Carol Yandreski</b></p> <p>Community Health Nurses Initiatives Group of Ontario</p>	<p><b>Supporting the Health of the Whole Child: The Role of the Public Health Nurse in 21<sup>st</sup> Century Schools</b></p> <p>This interactive presentation will summarize key findings and recommendations of a discussion paper entitled "Healthy Schools, Healthy Children: Maximizing the contributions of public health nursing in school settings". Participants will provide feedback and offer their recommendations for further action on this report.</p>
4-C	<p><b>Muriel Abbott, and Phillipa Myers</b></p> <p>London &amp; Middlesex Local Immigration Partnership</p>	<p><b>Welcoming All Voices-Building Inclusive Parent Groups in Schools</b></p> <p>This workshop, developed by parents and community members from a range of disciplines and organizations, uses a strength-based, proactive approach to draw on parents' skills, stimulate insightful discussion and provide planning opportunities to take home. A toolkit with practical strategies and skills that can be applied by parent leaders in their unique school community, "Welcoming All Voices" promotes collaboration between parents, schools and community for student success.</p>
4-D	<p><b>Mary Tabak</b></p> <p>School Years Program, Halton Region</p>	<p><b>Making Developmental Assets Live and Breathe For Our Kids!</b></p> <p>This workshop will make real life sense out of a checklist of 40 Developmental Assets. We will review the 40 critical factors that all children and youth need to succeed and show you the compelling research that links the assets to risky behaviours. Come and hear stories, strategies and pick up some tools to get you started on increasing assets for all kids.</p>
4-E	<p><b>Andrea Collins</b></p> <p>York Region Public Health</p>	<p><b>Active Tools for Schools (ATS)</b></p> <p>This presentation will provide an overview of Active Tools for Schools (ATS). ATS is designed to help elementary schools make the active choice, the easy choice by providing easy access to user-friendly resources and information that promote increased levels of physical activity. It is based on the Comprehensive School health model and is available to schools at no cost. ATS breaks down the broad concept of physical activity into 9 elements and includes four main components: a checklist, a prioritization tool, reference charts with web-links and a safety- first poster.</p>
4-F	<p><b>Sarah Jackson and Christine Preece</b></p> <p>Physical and Health Education Canada</p>	<p><b>Healthy Schools in Canada</b></p> <p>Achieving Healthy School communities can seem like a challenge. Learn more about PHE Canada's tools, free resources available to support you in your journey to becoming a health promoting school. Learn what steps to take to gain positive movement forward in your school. Share with others your stories of success and problem solve solutions to challenges you face.</p>

## Breakout Session Descriptions

### Session Five - Thursday, April 10<sup>th</sup> 9:30 - 10:30

Code	PRESENTER	DESCRIPTION
5-A	<b>Cindy Andrew</b> The Psychology Foundation of Canada	<b>Helping Children and Youth Learn to Manage Stress: Tools for Lifelong Mental Health and Resiliency</b>  This participatory workshop will focus on a series of practical resources and strategies that counsellors, teachers, other school-based professionals, parents and others can use to i) help children and youth learn to manage stress and ii) to foster positive mental health within their school communities.
5-B	<b>Sean Twyford</b> Ontario Ministry of Children and Youth Services	<b>Stepping Stones: A Resource on Youth Development</b>  Stepping Stones is an evidence-based resource designed for anyone who lives and works with young people. It describes how young people ages 12 to 25 grow and develop – cognitively, emotionally, socially and physically – and offers tips for youth on the supports and opportunities they need to transition successfully into adulthood. This interactive presentation will discuss; what the resource is; how it was created (recruiting youth consultants, engaging youth and community service providers); how it can be used to support youth well-being; and what young people want you to know.
5-C	<b>Denyse Lagace and Kari Dingman</b> Perth, Ontario	<b>The Realities of Bullying</b>  Learn the realities of bullying. The school community used all known strategies to address the issues, yet it continued year after year. Kari is an extremely articulate young man who has persevered against all odds. He has a remarkable grasp of the issues facing him and will share the insights he has learned about the human spirit.
5-D	<b>Pierre Gautier</b> OPP Officer Provincial Gangs Issues Coordinator	<b>Gangs and Graffiti</b>  This presentation will provide information about street gangs and graffiti including information about myths associated with street gangs, risk factors that contribute to youth joining gangs, signs that students might be mimicking the gang lifestyle. Prevention and intervention strategies to support parents, educators, public health and community in their efforts to protect youth from the dangerous world of street gangs will be discussed and presented.
5-E	<b>Trevor Sookraj, Michael Pallotto and Michael Norris</b> Ontario Student Trustees' Association (OSTA-AECO)	<b>Well-Being? What Does That Mean to Students</b>  This presentation will focus on the leadership of students related to the challenges of healthy eating and mental health in schools. This student lead presentation will facilitate further dialogue and engagement with student attendees by asking for their input on potential strategies. The OSTA-AECO presenters will also provide attendees with a five-step plan on how to involve students in the decision-making process, displaying both an adult and student perspective on how to ensure students are involved in the process of developing solutions to support healthy eating and mental health.
5-F	<b>Dave Inglis and Ted Temertzoglou</b> Thames Valley District School Board and Thompson Publishing	<b>Cross Curricular Literacy</b>  This active cross-curricular session incorporates numeracy, literacy, physical literacy and DPA using Thompson Educational New Functional Fitness Chart Series, Active Start (K-3), Perfect Practice (4-6), Game On! (7-9) and Yoga 1. Participants will come away from this session with ideas on how to easily integrate movement skills across the curriculum, build fun fitness circuits and get students moving both inside and outside the gym. Teachers will also have an opportunity to brainstorm and develop more cross curricular ideas and lessons that build upon those developed by other school boards across Ontario.
5-G	<b>Gabe Freeman and Youth</b> President of Freeman Youth Services Optimist Club, and former Professional Basketball Player for the London Lightning	<b>Do Right: Mentorship Program</b>  Gabe and his youth will talk about the impact of the Do Right! Program in their community. By working with community partners, Freeman and his team strive to empower youth with the knowledge and confidence to rise above personal circumstances limiting their success. This program reaches beyond the classroom and school into the community by helping the most vulnerable youth reach their full potential.

## Breakout Session Descriptions

### Session Six - Thursday, April 10<sup>th</sup> 1:00 - 2:00

Code	PRESENTER	DESCRIPTION
6-A	<b>Sharon Delurey and Teija Cumming</b> York Region Community and Health Services	<b>Partnerships: The Key to Successful School Travel Planning</b> Participants will learn how a unique partnership between Public Health and School Boards can be very effective in promoting and implementing Healthy Schools/School Travel Planning. Participants will feel encouraged and empowered to promote the best practice School Travel Planning Model in conjunction with the Healthy School framework to achieve an effective comprehensive approach to active school travel.
6-B	<b>Aaron Pickup</b> Educator, Nancy Campbell Collegiate Institute	<b>The Student Serenity Project</b> This workshop will outline four integrated activities that will enable students to share positive thoughts and feelings with each other in the hopes that these reach someone in need. The four activities include: The Student Serenity Show, The Peace Phone, Classroom Visits and Awareness Wrist Bands. This project is founded on the core belief; each child deserves the chance to experience the power of positive thoughts and feelings through the words we use.
6-C	<b>Annie Kidder and Kelly Gallagher-Mackay</b> People for Education	<b>Beyond EQAO– Broadening Measures of Success in Our Schools</b> In this workshop, participants will help to identify and define health-related “school success” goals, and explore methods to measure progress toward those goals. The evidence is clear that students need more than foundational skills in literacy and numeracy for long-term success. Schools support the development of good physical and mental health ; strong social-emotional skills; creativity and innovation; democratic engagement; and a positive school climate.
6-D	<b>Michelle Boyce</b> Alphabet Community Centre	<b>Student Success and Engagement for Marginalized Populations</b> Working from actual case studies of marginalized students who failed their initial years of high school and who through community partnership, creating safe environments and problem solving, students have gone on to successful University/College Education achieving honour roll. The presentation will include the important role community partners can play in student success. This workshop provides real tools with proven success stories.
6-E	<b>Kim Hordal-Hlewka</b> Ever Active Schools- Alberta	<b>Healthy Active Schools Symposium- Students Leading the Way</b> The Healthy Active School Symposia are one day events designed to provide Alberta school communities with the knowledge, skills and resources to address school health issues including physical activity, healthy eating and positive social environments through empowering student leadership. During this presentation participants will see how the HASS event is planned and executed as well as the impact that this event has had on Alberta schools.
6-F	<b>Amanda Stanec</b> Move, Live, Learn	<b>Understanding Physical Literacy and Supporting its Development in a Fun and Meaningful Way</b> Physical literacy is a rather novel term. Hence, not everyone understands how to develop physical literacy in the individuals with whom they work with (i.e., their students, children, and athletes). This session will explain physical literacy in a practical way, and will leave attendees inspired to develop it in youth in upbeat and fun environments. Information related to the cognitive and affective components of physical literacy will be highlighted to ensure true definition of physical literacy is understood.
6-G	<b>John Weatherup</b> The Canadian Union of Public Employees (CUPE)	<b>Healthy Learning: HL2, The Determinants of Brain Health</b> This presentation will describe a demonstrations project in Toronto schools that link mental wellness, healthy eating, and physical activity to intergenerational activities with seniors by utilizing a healthy schools approach. This innovative program began in Thistledown Secondary School and they partnered with George Brown College. Since then this program has expanded to other schools with an emphasis on healthy living and student employment. Participants will be sure to leave this workshop inspired and motivated to make a difference in their school community.

## Breakout Session Descriptions

### Session Seven - Thursday, April 10<sup>th</sup> 2:15 – 3:15

Code	PRESENTER	DESCRIPTION
7-A	<p><b>Jacqui Strachan and Margaret Good</b> People for Education and OPHEA</p>	<p><b>Working Together for Healthy Schools and Communities</b></p> <p>Everyone has a role to play in supporting the physical, mental and emotional well-being of our students. By bringing school staff, students, parents, and government and community organizations together, healthy school communities can become a reality. In this session, we'll share practical tips, tools and strategies for engaging the broader community in a student health initiative. Participants will have an opportunity to share successes and discuss any challenges they have experienced in engaging diverse stakeholders in implementing healthy school initiatives.</p>
7-B	<p><b>Michelle Cowin and Youth from London</b> Middlesex London Health Unit</p>	<p><b>Engaging Youth Through Social Media</b></p> <p>"Youth Create Healthy Communities" is a youth advocacy group that takes action on their own health issues. They have gathered together to attempt to change the bylaw for youth transportation in the City of London and will share their experience. They also wanted to increase knowledge about the influence the media has on youth health behaviors so they brought together youth to develop short videos that are youth friendly and attractive.</p>
7-C	<p><b>Marisa Mariella and Halina Salciccioli</b> Hamilton-Wentworth Catholic School Board- Bishop Ryan and Cardinal Newman Catholic Secondary Schools</p>	<p><b>iMATTER: Taking Care Of Teen Mental Health</b></p> <p><i>Taking Care of Teen Mental Health</i> is an award-winning evidence-based initiative implemented in many caring secondary schools across Ontario. Based on best practices, <i>iMATTER</i> uses peer power to dispel myths, break stigma, and build empathy.</p>
7-D	<p><b>Zsuzsi Trim and Jacqui Candlish</b> Hamilton Public Health Service</p>	<p><b>The Hamilton Helmet Initiative (HHI) - A Comprehensive Approach to Reducing Brain Injury</b></p> <p>The session will highlight the approach used to establish the HHI to: support access to high quality, subsidized helmets for summer and winter sports, coordinate access to free helmets to student and families, including support helmet related programs, and materials for use within the community such as: Sport Helmet Campaign packages and posters; helmet fitting signage; video, cards and posters; safety checklist; and sample articles.</p>
7-E	<p><b>Suzanne Zwarych</b> CAMH Centre for Prevention Science</p>	<p><b>Supporting Parents and Schools Through Technology: Using Webinars and an Online Community of Practice</b></p> <p>This session will highlight a project funded by the Ontario "parents reaching out" grant to provide a forum for parents to access information on current issues such as cyberbullying, mental health, and media violence. Live webinars were offered to overview the topics and a community of practice was created where parents posted messages, reviewed resources, and dialogued with other parents. All participants will be provided with the website link to access the recorded webinars and have the opportunity to review the process.</p>
7-F	<p><b>Lynn Campanella</b> Entrepreneur</p>	<p><b>The Importance of Physical Play</b></p> <p>Not every child will be an athlete but every child should be shown proper techniques to be physically literate and the best way to practice these techniques is through play. Play is a natural process for accelerated learning, yet some people still perceive Play to be a frivolous time-waster. In this workshop we discover the definition, the value and the benefits of Play. Not only will we discover more about the science of Play but we will play various games that will easily increase the confidence and competency level of the students we work with.</p>
7-G	<p><b>Dr. Dean Kriellaars</b> Associate Professor, School of Medical Rehabilitation, Department of Physical Therapy, University of Manitoba.</p>	<p><b>The Importance of Physical Literacy for All Children</b></p> <p>Dr. Kriellaars will provide basic information about the concept of physical literacy and the tools available that can be used by teachers, parents, coaches and recreation coordinators to assist in the development of physically literate children and youth.</p>

## Conference Registration Planning Template

Please use this template to assist in planning and submitting the registration and workshop selections. This is not to be used as a mail in registration form.

All conference registrations must be made on-line at - <http://www.karelo.com/register.php?BID=532&BT=10&Ev=11814>

Please be prepared to supply the following information

Name				Title
Organization				
Address				
City				Province
Email				Phone
Food Allergies	Please Circle	YES	NO	
Please Explain Dietary Requirements				
Accessibility	Please Circle	YES	NO	
Please Describe				

### Breakout Sessions

Please prepare the breakout selections for each of the sessions by selecting from the list below. Please refer to the full conference brochure for descriptions of each breakout workshop.

Wednesday, April 9 <sup>th</sup>			
Session 1 10:30-11:30	Session 2 12:30- 1:30	Session 3 1:45 – 2:45	Session 4 3:00-4:00
<input type="checkbox"/> 1-A	<input type="checkbox"/> 2-A	<input type="checkbox"/> 3-A	<input type="checkbox"/> 4-A
<input type="checkbox"/> 1-B	<input type="checkbox"/> 2-B	<input type="checkbox"/> 3-B	<input type="checkbox"/> 4-B
<input type="checkbox"/> 1-C	<input type="checkbox"/> 2-C	<input type="checkbox"/> 3-C	<input type="checkbox"/> 4-C
<input type="checkbox"/> 1-D	<input type="checkbox"/> 2-D	<input type="checkbox"/> 3-D	<input type="checkbox"/> 4-D
<input type="checkbox"/> 1-E	<input type="checkbox"/> 2-E	<input type="checkbox"/> 3-E	<input type="checkbox"/> 4-E
<input type="checkbox"/> 1-F	<input type="checkbox"/> 2-F	<input type="checkbox"/> 3&4-F	<input type="checkbox"/> 3&4-F

Thursday, April 10 <sup>th</sup>		
Session 5 9:30-10:30	Session 6 1:00 – 2:00	Session 7 2:15-3:15
<input type="checkbox"/> 5-A	<input type="checkbox"/> 6-A	<input type="checkbox"/> 7-A
<input type="checkbox"/> 5-B	<input type="checkbox"/> 6-B	<input type="checkbox"/> 7-B
<input type="checkbox"/> 5-C	<input type="checkbox"/> 6-C	<input type="checkbox"/> 7-C
<input type="checkbox"/> 5-D	<input type="checkbox"/> 6-D	<input type="checkbox"/> 7-D
<input type="checkbox"/> 5-E	<input type="checkbox"/> 6-E	<input type="checkbox"/> 7-E
<input type="checkbox"/> 5-F	<input type="checkbox"/> 6-F	<input type="checkbox"/> 7-F
<input type="checkbox"/> 5-G	<input type="checkbox"/> 6-G	<input type="checkbox"/> 7-G