

Conference Agenda – Day 2

6:30 – 7:30	Fun Run/Walk on the beautiful trail system close to the Red Deer Lodge!
7:30 – 8:30 <i>Waskasoo B/C</i>	Continental Breakfast
8:00 – 8:30 <i>Piper Creek</i>	ACHSC Annual General Meeting
9:00 – 9:45 <i>Waskasoo B/C</i>	<p>Keynote Address</p> <p>Raising Expectations Through Health Promotion</p> <p>A key question that arises when planning comprehensive school health approaches is how does this work relate to school improvement initiatives. This presentation will inspire one to think about how health promoting schools are a pathway to school improvement, leadership and quality of life.</p> <p><i>Dr. Andy Anderson, Associate Professor, Ontario Institute for Studies in Education, University of Toronto</i></p>
9:45 – 10:00	Questions
10:00 – 11:00 <i>Waskasoo B/C</i>	<p>Panel Discussion</p> <p>Opening Doors for Successful Comprehensive School Health Initiatives</p> <p>This panel discussion will reflect several different perspectives on ingredients for success in comprehensive school health (CSH) initiatives. Doug McCall will moderate the panel discussion and will begin the discussion with some general comments about what he sees as successful initiatives nationally and internationally in school health promotion. Each panelist will then talk about what, in their experience, are critical elements for successful planning, implementation and evaluation of CSH. Much of the session will then be devoted to questions and answers posed to panelists from delegates.</p> <p>Panel Moderator: Doug McCall, Executive Director, Canadian Association for School Health</p> <p>Panelists: <i>Dave Colburn, Trustee, Edmonton Public Schools</i> <i>Dick Hornby, Principal, Red Deer Public School District</i> <i>Doug Gleddie, Provincial Coordinator, Ever Active Schools</i> <i>Maureen Best, Director of Child and Youth Community Health Services, Calgary Health Region</i></p>

<p>11:00 – 12:30 <i>Waskasoo B/C</i></p>	<p>Lunch – Walk - Networking</p>
<p>12:30 – 2:30 <i>Waskasoo B/C</i></p>	<p>Knowledge Sharing Session 1</p> <p>Critical Dialogue with Peers about War and (the missing) Piece: Comprehensive school models in the battle against eating disorders and obesity</p> <p>This presentation will draw upon Comprehensive School Models to illustrate how schools can help in the ‘war’ on weight-related issues. Although eating disorders and obesity are related, too often they are seen as having competing agendas. Efforts to prevent obesity are seen as dangerous in promoting precursors to eating disorders and efforts to prevent eating disorders are seen as encouraging complacency about healthy weight. Despite recommendations from leaders in both fields about the advantages of integrating prevention of eating disorders and obesity, little has been done to bridge the gaps between the two fields. Experiential activities and discussion starters will focus on how professionals can work together toward health (not battle against weight). ‘Pieces’ from Comprehensive School Models will provide the foundation for recommendations about addressing eating disorders and obesity concurrently in the school setting.</p> <p>Facilitator: Dr. Shelley Mayhew- Russell, <i>Assistant Professor, Applied Psychology, University of Calgary</i></p>
<p>12:30 – 2:30 <i>Piper Creek</i></p>	<p>Knowledge Sharing Session 2</p> <p>Critical Dialogue with Peers about Comprehensive School Health Approaches and Integration of a Continuum of Mental Health Programming into School Based Settings</p> <p>For several years, educational professionals have identified the growing need to more adequately address the mental health needs of students in order to optimize learning potential. This interactive session will explore how we collectively define integration and whether there is a rationale for incorporating mental health programming in schools.</p> <p>There will be an opportunity to identify opportunities that currently, or could, exist to enhance the continuum of mental health programming within the school setting, as well as strategies to identify solutions to potential barriers. Possibly, the discussion may lead to recommendations that could lead to furthering this work in Alberta.</p> <p>Facilitator: Gloria Wells, <i>Director, Wellsprings Education and Human Service Consulting, Calgary</i></p>

<p>12:30 – 2:30 <i>Red Deer</i></p>	<p>Knowledge Sharing Session 3</p> <p>Critical Dialogue with Peers about Comprehensive School Health Approaches and Bullying and Violence Prevention</p> <p>This session will allow us the opportunity to pose and answer hard questions about Bullying and Violence in schools. A recent ACHSC survey (May 2006) of network members found that bullying and violence prevention is one of the highest priority issues. What is happening in your school? Do you have problems in your school? Through group dialogue we can share some solutions then frame the answers to develop a comprehensive school health plan for your school</p> <p>Facilitator: Karen Hobbs, <i>Program Manager, The Society for Safe & Caring Schools and Communities, Edmonton</i></p>
<p>12:30 – 2:30 <i>Sylvan Lake</i></p>	<p>Knowledge Sharing Session 4</p> <p>Critical Dialogue with Peers about Comprehensive School Health Approaches and Building Injury-Free School Communities</p> <p>More children die from injury each year in Alberta than all childhood diseases combined. Up to 90% of these injuries are preventable. Join this session to critically dialogue about how CSH and injury prevention initiatives can work together. Hear how schools in Central Alberta are addressing injuries and discuss how this can impact your school community. Learn how the Comprehensive School Health approach can enrich and strengthen partnerships to reduce risk and prevent injuries.</p> <p>Through this knowledge sharing session participants will:</p> <ul style="list-style-type: none"> - Explore what types of injury prevention initiatives your peers are planning and implementing - Discuss critically the field of injury prevention in light of the principles and evidence-based practices of CSH - Learn from each other how the Comprehensive School Health approach can be planned and implemented in injury prevention - Discover tools and resources to support injury prevention strategies in schools. <p>Facilitators: Theresa Huber, <i>Injury Prevention Specialist</i> Lorna Muise, <i>Coordinator of Comprehensive School Health, David Thompson Health Region</i></p>

<p>12:30 – 2:30 <i>Waskasoo A</i></p>	<p>Knowledge Sharing Session 5</p> <p>Critical Dialogue with Peers about Comprehensive School Health Approaches and Physical Activity</p> <p>You're here at the Conference of ACHSC. To this interactive session you must dash! Where we'll discuss physical activity, And it's role in your school community Come add your personal panache!</p> <p>Current research, resources and practice related to physical activity will be shared and will serve as a springboard to smaller group discussions and learning.</p> <p>Facilitators: Doug Gleddie, <i>Provincial Coordinator, Ever Active Schools</i> Shelley Barthel, <i>Provincial Coordinator, Schools Come Alive</i></p>
<p>12:30 – 2:30 <i>Rosedale</i></p>	<p>Knowledge Sharing Session 6</p> <p>Critical Dialogue with Peers about Comprehensive School Health Approaches and Tobacco Reduction</p> <p>For the first time since 1999, tobacco use among 15 to 19 year-olds in Alberta is increasing. In this session we will discuss better practices and comprehensive approaches to reduce tobacco use among young people in their school environments. Ample time will be provided for dialogue with various stakeholders committed to supporting schools in their tobacco reduction efforts.</p> <p>Facilitator: Eileen Schmidt, <i>Youth Project Coordinator, Tobacco Reduction Unit, Calgary Health Region</i></p>
<p>2:30 – 3:00 <i>Waskasoo B/C</i></p>	<p>Closing Plenary</p> <p>Reflections on Creating and Sustaining Healthy School Communities</p> <p>Bill Gordon, <i>Bionic Turkey, Teacher Extraordinaire, ACHSC Executive Committee member</i></p>