

2011 Healthy Schools Conference

B2 – Promoting and Protecting Positive Mental Health of Children

Positive mental health of children and youth is an important aspect of academic, social and emotional learning. This session will explore a number of evidence-informed approaches to social emotional learning and the importance of a collaborative partnership between schools and the health sector.

- Marion Cooper, Mental Health Promotion Team, Winnipeg Regional Health Authority
- Laurie McPherson, Mental Health Promotion Team, Winnipeg Regional Health Authority
- Karen Kyliuk, Mental Health Promotion Team, Winnipeg Regional Health Authority
- Annette Alix Roussin, Aboriginal Health Programs and Mental Health Promotion Team, Winnipeg Regional Health Authority
- Grant McManes, Healthy Living Co-ordinator, Louis Riel School Division

B3 – Putting School Nutrition Policies into Practice

Learn about initiatives and programming supports available to schools to assist with the ongoing implementation of school nutrition policies.

- Maxine Meadows, Registered Dietitian, Manitoba School Nutrition Support Team
- Viola Prowse, Provincial Co-ordinator, Child Nutrition Council of Manitoba
- Pat McCarthy-Briggs, RD, MHEd, Registered Dietitian, Nutrition Programs, Dairy Farmers of Manitoba

B4 – Evidence-based School Pilot Projects 2

Hear from teachers and pilot project leaders about exciting activities happening in Manitoba schools to improve school health. This session will include *Healthy Buddies* and *Children's Mobility, Health and Happiness: a Canadian School Travel Planning Pilot Project*.

- Andrea Lamboo Miln, Co-ordinator, Healthy Schools Initiative, Manitoba Healthy Living, Youth and Seniors
- Scott McMurtry, Teacher, Warren Elementary School

- Shoni Litinsky, Active and Safe Routes to School Program, Green Action Centre
- Bruce Krentz, Regional Health Promotion Co-ordinator, Burntwood Regional Health Authority

C2 – Addressing Problematic Substance Use in Youth

Learn about prevention strategies, programs and available resources to assist schools in responding effectively to student involvement with alcohol and other drugs.

- Miguel Lécuyer, Prevention and Education Consultant, Addictions Foundation of Manitoba
- Sheri Lysy, Prevention and Education Consultant, Addictions Foundation of Manitoba
- Jodie Penner, Project CHOICES, Nor'West Co-op Community Health Centre
- Tara Smoker, Project CHOICES, Klinik

C3 – Healthy Sexuality and Youth

Learn practical strategies and available resources relating to healthy relationships, sexual orientation and reproductive health that will help engage and support youth.

- Vycki Atallah, Co-ordinator, Teen Talk Program
- Chad Smith, Executive Director, Rainbow Resource Centre

C4 – Manitoba's Healthy Schools Initiative

Find out more about the provincial Healthy Schools Initiative. This session will explore examples of innovative collaboration between schools/school divisions and community partners in developing Healthy School plans.

- Andrea Lamboo Miln, Co-ordinator, Healthy Schools Initiative, Manitoba Healthy Living, Youth and Seniors
- Kaley Maksymyk, Healthy Schools Consultant, Manitoba Healthy Living, Youth and Seniors

Please visit the *Healthy Schools Marketplace* to see displays from partner organizations that offer programming and resources for schools.

Taking Action: Moving Evidence into Practice



February 8, 2011
Hilton Suites Winnipeg Airport
1800 Wellington Ave., Winnipeg MB

 Healthy Child Manitoba
Putting children and families first

 Manitoba

Conference Objectives

- Profile effective and innovative school health partnerships, programs and strategies in Manitoba
- Build on existing partnerships and enhance the participation of additional partners
- Motivate participants to take action to support healthy schools within their communities
- Provide networking opportunities to share information about successful healthy schools partnerships

Agenda

7:30 a.m.	Registration and breakfast
8:30 a.m.	Welcome and Opening Remarks
9 a.m.	Keynote: <i>Moving Together: Stories and Strategies for Action</i>
10 a.m.	Activity and nutrition break
10:30 a.m.	Youth Health Survey
11 a.m.	Early Development Instrument
11:30 a.m.	Lunch and entertainment
12:30 p.m.	Breakout Sessions "A"
1:30 p.m.	Breakout Sessions "B"
2:30 p.m.	Nutrition break
2:45 p.m.	Breakout Sessions "C"
3:45 p.m.	Wrap-up, evaluation and prize draws

Keynote

Moving Together: Stories and Strategies for Action

Doug Gleddie

Doug Gleddie is an instructor in the Physical Education Department at Grant MacEwan University. His research interests include the implementation and evaluation of health-promoting schools as well as the role of play, fun and joy in pedagogy – especially as applied to physical education. Doug's experience includes six years as Director of the Ever Active Schools program (Alberta) and 10 years of teaching; encompassing two continents, 12 grades and a wide variety of subjects including health and physical education. Doug's academic background includes a BA, B.Ed, MA and PhD work at the University of Alberta focused on implementation models for the *Health Promoting School* approach. Doug is a recent recipient of the R. Tait Mackenzie Award of Honour (PHE Canada); the Robert Routledge Award and Certificate of Commendation (HPEC) and the Healthy School Community Award. Doug has presented extensively to audiences across Alberta, throughout Canada and internationally. His most important time is spent on the trampoline or in the river valley with his family.

Plenary Presentation

Youth Health Survey

Dr. Jane Griffith

Dr. Jane Griffith is a team leader/epidemiologist at CancerCare Manitoba and an assistant professor in the Faculty of Medicine, Department of Community Health Sciences at the University of Manitoba. Her current research focuses on behavioural and environmental risk factors for chronic diseases, including cancer and diabetes. She is also involved in enhancing local risk factor surveillance through collaboration with Aboriginal organizations, regional health authorities, government departments, non-government organizations, universities, school systems and communities. Dr. Griffith is an active member of *Partners in Planning for Healthy Living*, a Manitoba collaborative group of stakeholders interested in using local risk factor surveillance to inform effective prevention practices. Dr. Griffith's work with the group includes providing analytic support to schools, school divisions and regions interested in collecting and analyzing local level data to support planning for programs and interventions. She has also been involved in the development and administration of the 2009 *Youth Health Survey* in Manitoba schools.

Plenary Presentation

Early Development Instrument

Dr. Rob Santos

Dr. Rob Santos is the scientific director and senior policy advisor at the Healthy Child Manitoba Office (HCMO). He is also the staff and secretariat of the Manitoba government's Healthy Child Committee of Cabinet; the only legislated Cabinet committee in Canada dedicated to the well-being of children and youth (prenatal to age 18 years). In addition, Rob serves as the senior advisor to the Deputy Minister of Manitoba Healthy Living, Youth and Seniors. He is one of Manitoba's representatives on Canada's Federal/Provincial/ Territorial (F/P/T) Advisory Committee on Children and Youth at Risk, and serves on the F/P/T Early Childhood Development (ECD) Working Group, co-chairing its Committee on ECD Knowledge, Information and Effective Practices. He serves as an advisor for the Canadian Institutes of Health Research – Institute of Human Development, Child and Youth Health; the Centre of Excellence for ECD; the Council for ECD; Statistics Canada's Aboriginal Children's Survey and National Longitudinal Survey of Children and Youth; and the Strategic Knowledge Cluster on ECD. Rob completed a PhD in clinical psychology at the University of Manitoba, specializing in community psychology, child development, population health, and prevention science and policy. He is also cross-appointed as a research scientist at the Manitoba Centre for Health Policy and an assistant professor in the Faculty of Medicine, Department of Community Health Sciences at the University of Manitoba.

Breakout Sessions

These sessions offer a sampling of exciting initiatives taking place right here in Manitoba. All are innovative examples of community partners working together for a common goal: creating healthy schools.

A1, B1, C1 (Repeated) – Youth Health Survey: Moving Evidence into Action

Learn from schools/divisions that have taken the data from the 2009 *Youth Health Survey* and implemented programs/initiatives in partnership with community partners to address the areas of most concern, specific to their local context.

- Bev Unger, Public Health Manager, South Eastman RHA
- Angela Burtack-Schinkel, Health Education/Physical Education Curriculum Support Team, Hanover School Division

- Troy Reinhardt, Vice-principal, Windsor Park Collegiate
- Marilyn Thorington, Principal, Windsor Park Collegiate
- Derek Bramadat, Physical and Health Education Co-ordinator, St. James-Assiniboia School Division
- Sharon Walters, Community Facilitator, Winnipeg Regional Health Authority
- Potula Locken, Educational Support Services Co-ordinator, St. James-Assiniboia School Division

A2 – Community Gardens (“and this is my garden”)

Learn about this innovative initiative at Mel Johnson School that involves the creation of community gardens. It focuses on creating healthy eating opportunities and food security in northern Manitoba.

- Don McCaskill, Assistant Superintendent, Frontier School Division

A3 – Tobacco Reduction Strategies for Manitoba Schools

This session will provide a brief overview of tobacco use prevention and cessation programs and resources available in Manitoba schools and information about how to access them.

- Barbara Tascona, Teacher and Team Facilitator, Students Working Against Tobacco (SWAT)
- SWAT students
- Jo-Anne Douglas, Director, Tobacco Reduction Initiatives, Manitoba Lung Association
- George Koch, Not On Tobacco Program Co-ordinator, Manitoba Lung Association

A4 – Evidence-based School Pilot Projects 1

Hear from teachers and pilot project leaders about exciting pilots that are happening in Manitoba schools to improve school health. This session will include *Life Skills Training* and *Signs of Suicide*.

- Keith Paterson, Health Education/Physical Education (K-12) Consultant, Manitoba Education
- Ida Moore, Teacher, Joe A. Ross School
- Toni Tilston-Jones, Manager, MacDonald Youth Services/Healthy Child Manitoba
- Kristy Vigilance, Student Services, John Taylor Collegiate