



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

# Towards Well-being for All

## 2017 Healthy Schools Conference



**Ontario Healthy Schools Coalition**

**April 4<sup>th</sup> and April 5<sup>th</sup> 2017**

Courtyard by Marriott

Downtown Toronto

[Ontariohealthyschools.com](http://Ontariohealthyschools.com)



Coalition ontarienne des écoles en santé

Ontario Healthy Schools Coalition

## Conference Program Tuesday, April 4<sup>th</sup> Focus: Well-being Domains

The Ontario Healthy Schools Coalition is pleased to present a full two day 2017 Healthy Schools Conference. The theme for this year's conference is Ontario's *Well-being Strategy for Education*, and what it will mean for the province's schools.

**8:30am Registration and continental breakfast**

**Visit Displays**

**9:30 am Keynote Presentation**

Dr. Jean Clinton



**Dr. Jean Clinton** is an Associate Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. Dr. Clinton was recently appointed as an education advisor to the Premier of Ontario and the Minister of Education. Her special interest lies in brain development, and the crucial role relationships and connectedness play. Dr. Clinton will share her passion as a champion for the development of a national, comprehensive child well-being strategy.

10:30 am Active Break: with **Groove EDGE** Education

10:45 am Interactive Table Session

**12 Noon - LUNCH - Visit Displays**

**Panel Presentation 1:30 pm**

**Moderator: Gail McVey:** Associate Professor, Dalla Lana School of Public Health, U of Toronto

**Cognitive Well-being Domain: Sharon Pyke:** Superintendent of Education, Greater Essex County District School Board

**Physical Well-being Domain: Dean Kriellaars:** UoM, Dept. of Physical Therapy, Health, Leisure and Human Performance Institute

**Emotional Well-being Domain: Kathy Short:** Director, School Mental Health ASSIST

**Social Well-being Domain: Ian Manion,** Director, Youth Mental Health Research Unit at the Institute for Mental Health Research

**Self and Spirit: Steve Tooshkenig,** Youth Advocate, Walpole Island First Nation- Bkejwanong Territory,

2:45 World Café : " Well-being Café" a creative activity to further explore the ideas discussed by the panelists.

4:30 Wine and Cheese reception

5:30 Dinner "on your own"

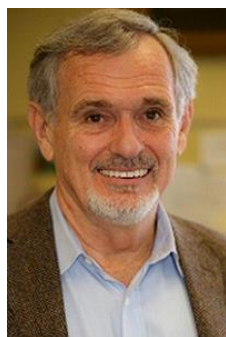




## Conference Program Wednesday April 5<sup>th</sup> Focus: Well-Being Strategy

8:30am Day two opens: visit displays and continental breakfast

9:30 am Keynote Presentation: Dr. Bruce Ferguson



**Dr. Bruce Ferguson** is the Co-Chair of the Ministry of Education Wellbeing Advisory Committee, and is a Senior Consultant and the founding Director of the Community Health Systems Resource Group at The Hospital for Sick Children (SickKids). The goals of the organization exemplify Dr. Ferguson's own vision: To promote success in children and youth by considering all factors essential to well-being including health, home life, school, community life and peer relationships.



10:30 am Active Break: with Groove **EDGE**ducation  
10:45 am Morning Concurrent Sessions

### A1- Healthy Schools:

#### Connecting to Healthy Schools

**Presenters:** Shannon Robinson, Manager, Chronic Disease Prevention, Northwestern Health Unit (NWHU)  
Sean Monteith, Director of Education, Keewatin Patricia District School Board (KPDSB)

**Session Description:** Building on momentum established by signing a formal Memorandum of Understanding in the summer of 2016, the NWHU and KPDSB entered into additional partnership activities for healthy schools for the 2016-2017 school year. This workshop presents both the public health and school board perspective on factors contributing to the successful partnership, and highlights the unique partnership programming established.

### A-2 Well-being:

#### Building Community by Fostering Relationships between Elementary and Secondary Students

**Presenters:** Linda Lambert, Public Health Nurse, Halton Region Public Health  
Melissa Turkstra, Secondary School teacher, Halton District School Board  
Peggy Webber, Child and Youth Counsellor, Halton District School Board

**Session Description:** In an effort to increase students' sense of belonging, a partnership between public health and two schools in Halton has initiated a project to foster positive relationships. Using asset building, grade 11 students worked together with grade 7/8 students to develop skills through leadership and mentorship, build a sense of community, and ease the transition to high school.

### A-3 Safe & Accepting Schools:

#### Engaging Educators in Bullying Prevention and Fostering Students' Well-Being

**Presenter:** Dr. Cummings, PREVNet

**Session Description:** PREVNet has created a bilingual, comprehensive resource with 40 innovative, evidence-based tools to prevent bullying and promote safe and accepting learning environments. Topics include how to tell the difference between bullying, aggression and teasing; strategies to support students involved in bullying; and how to implement research-informed classroom management strategies.



## Conference Program Wednesday April 5<sup>th</sup> Focus: Well-Being Strategy

### 10:45 am Concurrent Sessions- Continued

#### A-4 Equity and Inclusion:

"This is what it must be like" A Look at Learning Disabilities from the Inside Out

**Presenter:** Simmy Zaret, Educator

**Session Description:** Through interactive activities, inspiring discussion, and introspective exercises, this workshop provides a first-hand experience of what it is like to have a learning disability. Participants come away with a deeper understanding of exceptional needs, enriched empathy, and an array of practical strategies that will foster inclusion, build self-esteem, and promote academic success for all.

#### A-5 Positive Mental Health:

Self-Regulation as a Lens to Better Understanding

**Presenters:** Lori Schlueting, Trish Tessier, Nipissing Parry Sound Catholic DSB

**Session Description:** This workshop will explore strategies to teach self-regulation, and what coping strategies work as potential best practices in positive mental health and addictions strategy. It will focus on our journey to a better understanding of self-regulation, and how we are using our schools as a model for whole school approaches to mental health.



### 12 Noon - LUNCH - Visit Displays

### 1:00 pm Plenary Presentation

#### Building a Knowledge Network for Student Well-Being

*Don Buchanan is the Knowledge Mobilization Officer, Evidence-Based Education and Services Team (E-BEST), Hamilton-Wentworth District School Board, and an Associate Member, Offord Centre for Child Studies, McMaster University.*

*This session will outline the successful proposal for a Knowledge Network for Student Well-Being, as part of the Knowledge Network for Applied Educational Research (KNAER). It will include details on developing a successful network, some current research in knowledge networks and knowledge mobilization, and will outline the work of the network over the next four years. Questions and discussion are welcome!*

### 1:30 pm Afternoon Concurrent Sessions

#### B1- Healthy Schools:

Creating a Healthy School, Fostering Academic Growth

**Presenters:** Danielle Karlsson, Marc Nead, Holy Trinity Catholic School, St Clair DSB

**Session Description:** This workshop will explore how to engage students in the learning process by implementing inquiry based learning and giving them the confidence to make change. Through this process, and an emphasis on student voice, students will feel empowered and become active thinkers, doers and problem solvers.

#### B-2 Well-being:

Connecting Physical Activity and Well-being

**Presenter:** Dr. Dean Kriellaars, University of Manitoba

**Session Description:** This workshop looks at the connections between physical activity and well-being. Movement skills aren't just for playing sports. They are essential to basic health and survival, and physical literacy is part of a spectrum of essential life skills that children need to live complete, healthy lives. Be prepared to be active, dress appropriately.



## Conference Program Wednesday April 5<sup>th</sup> Focus: Well-Being Strategy

1:30 pm Afternoon Concurrent Sessions - Continued

### B-3 Safe & Accepting Schools:

To Tweet or Not to Tweet #ThatIsTheQuestion: @MLTeens, a Social Media Strategy

**Presenters:** Julie Goverde, Kelly Morris, Alysia May, Michelle Nemeth, PHNs, Middlesex London Health Unit  
Lisa Kelliher, Health Promoter, Middlesex London Health Unit  
Anita Cramp, Manager, Young Adult Team, Healthy Living, Middlesex London Health Unit  
Alex Tymi, Online Communications Coordinator, Middlesex London Health Unit

**Session Description:** Communicating health messages to youth can be challenging. This presentation will focus on the development of the @MLteens twitter account - why it was created and how it is maintained. Evaluation data about student perceptions of the account and barriers to expanding this initiative will be presented.

### B-4 Equity and Inclusion:

Engaging Student Voice to Transform School Culture

**Presenters:** John Cino, Student Success Teacher, Blessed Trinity Catholic Secondary School  
John DiPasquale, Teacher, Alternative Education, Blessed Trinity Catholic Secondary School

**Session Description:** This workshop will provide school leaders with practical tools needed to engage student voice in transforming school culture. Learn about a framework that supports student wellness and engages youth in leadership roles to support their peers, through a mentoring program for incoming grade 9 students.

### B-5 Positive Mental Health:

Comprehensive Mental Wellness Strategy

**Presenters:** Dan Witt, Muriel Vandepol, Sally Reis, Dennis Gingrich, Waterloo Catholic DSB, Region of Waterloo Public Health

**Session Description:** Learn about a unique approach to student focus groups, which solicits student voice in a meaningful way, then gathering staff, students, parents and community members in a "think tank" to reflect on the input and determine strategies to transform school culture.

## Conference Registration

Space is limited.

We encourage you to register early!

▶ Register Now

Karelo.com

To register please complete the on-line form using our secure web site. You will receive an email confirmation once you have completed your conference registration.

**Registration fees include the following:** all plenary keynote and breakout sessions; conference materials; light breakfast and lunch; exhibit displays.

Those sending more than one delegate are strongly encouraged to register as a team and submit registrations and payment at one time.

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

<http://ontariohealthyschools.com/join-us/>



Registration fees do not include hotel overnight accommodations. Conference delegates requiring overnight accommodations are responsible for making arrangements.

**Hotel Accommodations:** A block of rooms is being held at the **Courtyard by Marriott, Downtown Toronto**, under OHSC Conference, for the nights of Monday, April 3<sup>rd</sup> and Tuesday, April 4<sup>th</sup>, 2017.

The discounted conference rate is only guaranteed until **March 6<sup>th</sup>, 2017** (pending availability). Please make reservations as soon as possible.

**Hotel Reservation Links:**

ONE (1) KING BED: [Book your group rate for Ontario Healthy Schools Coalition](#)

TWO (2) QUEEN BEDS: [Book your group rate for Ontario Healthy Schools Coalition](#)

Phone in hotel reservations: **1-800-847-5075**.

**Conference Substitution Policy:** Substitutions may be made anytime up to the start of the event, without incurring a cancellation fee. Substitutions must be received in writing to OHSC Admin Coordinator [amorell@rogers.com](mailto:amorell@rogers.com)

**Conference Cancellation Policy:** Cancellations must be received in writing to OHSC Admin Coordinator [amorell@rogers.com](mailto:amorell@rogers.com) **before Friday, MARCH 28TH<sup>th</sup> 2017**. Credit card payments will be refunded to the card originally used to pay the registration and will incur a \$50 cancellation fee per person.

Cancellations received after **Friday, MARCH 28TH<sup>th</sup> 2017** are non-refundable. Registered participants who do not attend will be charged the full registration fee with no refund or credit.

Early Registration Until Feb. 1 <sup>st</sup> 2017		Regular Registration Until March 31 <sup>st</sup> 2017
<b>Conference registration to be completed on-line</b>		
<b>OHSC Members: Full Two-day Conference Registration</b>		
Full two days	<input type="checkbox"/> \$475	<input type="checkbox"/> \$495
<b>OHSC Members: One Day Conference Registration</b>		
<input type="checkbox"/> April 4 <sup>th</sup>	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300
<input type="checkbox"/> April 5 <sup>th</sup>	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300
<b>Additional fee Non- Members added to the total conference registration for non- members</b>		
	<input type="checkbox"/> \$40 Individual	<input type="checkbox"/> \$40 Individual
	<input type="checkbox"/> \$175 Organization	<input type="checkbox"/> \$175 Organization



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[▶ Register Now](#)

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[Conference Registration- To be completed on-line](#)

Wednesday, April 5 <sup>th</sup>	
Morning Breakout Session: 10:45am – 11:45 am	
Please Select One	
Workshop Focus	Workshop Title
<input type="checkbox"/> A-1 Healthy Schools	Connecting to Healthy Schools
<input type="checkbox"/> A-2 Well-being	Building Community by Fostering Relationships between Elementary and Secondary
<input type="checkbox"/> A-3 Safe & Accepting Schools	Engaging Educators in Bullying Prevention and Fostering Students' Well-Being
<input type="checkbox"/> A-4 Equity and Inclusion	" <i>This is What it Must Be Like!</i> " A Look at Learning Disabilities From the Inside Out



<input type="checkbox"/> A-5 Positive Mental Health	Self-Regulation as a Lens to Understand
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<b>Wednesday, April 5<sup>th</sup></b>	
<b>Afternoon Breakout Session: 1:30 pm – 2:30 pm</b>	
<b>Please Select One</b>	
<b>Workshop Focus</b>	<b>Workshop Title</b>
<input type="checkbox"/> B-1 Healthy Schools	Creating a Healthy School, Fostering Academic Growth
<input type="checkbox"/> B-2 Well-being	Connecting Physical Activity and Well- being
<input type="checkbox"/> B-3 Safe & Accepting Schools	To Tweet or Not to Tweet #That is the Question: @MLTeens a Social Media Strategy
<input type="checkbox"/> B-4 Equity and Inclusion	Engaging Student Voice to Transform School Culture
<input type="checkbox"/> B-5 Positive Mental Health	Comprehensive Mental Wellness Strategy