



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

Integrating Health and Learning: Roles, Relationships and Results

2018 Healthy Schools Conference



Ontario Healthy Schools Coalition

March 26th & 27th 2018

Sheraton Hamilton Hotel

116 King Street West, Hamilton

Ontariohealthyschools.com



Conference At a Glance

Monday, March 26 th	Tuesday, March 27 th
8:30 am Registration Opens	8:30 am Registration Opens
Visit Displays	
9:00 am Opening Plenary	9:00 am Plenary Presentation
9:30 am Keynote Dr. Kwame McKenzie	9:30 am Keynote Dr. Dean Kriellaars
10:45 am Panel Presentation: Knowledge Network for Student Well-Being	10:45 am Concurrent Session A
Lunch and Visit Displays	
1:00 pm Panel Presentation Integrating Health and Learning	1:00 pm Plenary Presentation
3:45 pm Table Discussions	1:30 pm Concurrent Session B
4:30 pm Wine and Cheese Networking	2:45 pm Concurrent Session C
5:30 pm Dinner "On Your Own"	

Conference Registration



Early Registration Until February 1 st 2018		Regular Registration Until March 24 th 2018	
Conference registration to be completed on-line			
OHSC Members: Full Two-day Conference Registration			
Full two days	<input type="checkbox"/> \$395	<input type="checkbox"/> \$450	
OHSC Members: One Day Conference Registration			
<input type="checkbox"/> March 26 th	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300	
<input type="checkbox"/> March 27 th	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300	
Additional Fee: Applies to Non- Members will be added to the total conference registration for non- members			
	<input type="checkbox"/> \$40 Individual	<input type="checkbox"/> \$40 Individual	
	<input type="checkbox"/> \$175 Organization	<input type="checkbox"/> \$175 Organization	



Conference Program

The Ontario Healthy Schools Coalition is pleased to present a full two day conference. The theme for this year's conference is "creating conditions for healthy school learning environments".

Monday March 26th

8:30am Registration, Continental Breakfast, and Visit Displays

9:00 am Conference Opening Plenary Session

9:30 am Keynote Presentation

Dr. Kwame McKenzie is the Director of Health Equity at the Centre for Addiction and Mental Health (CAMH). He is a full Professor in the Department of Psychiatry at the University of Toronto. Dr. McKenzie is also the CEO of the Wellesley Institute and a member of the Mental Health and Addictions Advisory Council, the Minister of Health, and the Ontario Ministry of Education Well-Being Advisory Committee.



10:30 am Active Break

10:45 am Panel Presentation: Knowledge Network for Student Well-being

This Community of Practice is leading the way in collaboration and knowledge sharing for the purpose of connecting front line educators to the most up-to-date research about student well-being and evidence-based practice. Learn about how each organization is fostering student well-being.

The panel will include: Ontario Healthy Schools Coalition, PREVNet, Social Planning Council of Ontario, Offord Centre for Child Studies, and School Mental Health Assist.

12:00 Noon - LUNCH and Visit Displays

1:00 pm Panel Presentation: Integrating Health and Learning

Research consistently shows that health and education are connected. Learn about how public health and school-based educators are fostering student well-being. This panel of diverse stakeholders will discuss how they work to create conditions so every student can learn and thrive.

The panel will include: a Medical Officer of Health, Superintendent of Education, Public Health Manager, Principal, Public Health Nurse and Health Promoter, Classroom Teacher, and an Educational Assistant.

2:30 pm Active Break

2:45 pm Interactive Session: Integrating Health and Learning

Following the panel discussion, this interactive session will focus on what we all can do to integrate health and learning.

4:30 pm Wine and Cheese Networking (Cash Bar)

5:30 pm Dinner "On Your Own"



Tuesday March 27th

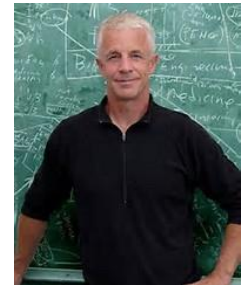
8:30 am Day Two Opens: Visit Displays and Continental Breakfast

9:00 am Plenary Presentation: Joint Consortium of School Health

Learn about the JCSH's work in building capacity in the health and education sectors to work together more effectively and efficiently; and to promote understanding of, and support for, the concept and benefits of comprehensive school health initiatives.

9:30 am Keynote Presentation

Dr. Dean Kriellaars is an Associate Professor in the Department of Physical Therapy, at the College of Rehabilitation Sciences in the Faculty of Health Sciences at the University of Manitoba. Hear from Dean about his leading research and strategies on: the ABC's of physical movement; how physical literacy can develop self-esteem; and the importance of physical activity for all.



10:45 am Concurrent Session A

	Session Title	Presenter(s)		Workshop Description
A-1	Movement & Wellness: A Recipe for Life-Long Learning!	Ted Temertzoglou	Thompson Educational Publishing	In this active workshop, participants will learn how to use engaging 'exercise in disguise' activities to promote academic readiness, support staff and student wellness, build resilience, and provide differentiated instruction for each child, regardless of athletic proficiency. Learn about how moving more each day helps strengthen the foundation for life-long learning.
A-2	An Exploration of Benefits for Youth Mentors in an Indigenous High School Peer Mentoring Program	Melissa Coyne-Foresi, MA, M.Ed, RSW, PhD Student	Centre for School Mental Health, Faculty of Education, Western University	This workshop will provide an opportunity to discuss the use of student voice in highlighting the benefits for Indigenous youth mentors participating in a culturally-relevant high school peer mentoring program. The youth mentors involved identified the program's cultural relevancy as the biggest benefit, in addition to intra- and interpersonal gains and improved connection to school.
A-3	Wellness for All	Ann Murray	The Psychology Foundation of Canada	Wellness for All. If you want strategies to manage stress in yourself and for your students to build resiliency for life, this workshop is for you. Featuring: Kids Have Stress Too!, Stress Lessons and Staying on Top of Your Game, these are practical evidence-based curriculum-linked programs for students and staff. Reflections will be shared from Health Units using these programs with students and parents, and will inspire you to implement them in your own setting.
A-4	Project COOK Children On-Board Owning the Kitchen	Morris Hucal Superintendent of Education	Hamilton Wentworth Catholic District School Board	Project COOK (Children On-board Owning the Kitchen) provides children with the opportunity to prepare, cook, eat and share healthy recipes using vegetables and fruit. This project also has a home connection so that students are encouraged to transfer food skills to the home environment. Learn how this project is an effective student well-being initiative and strategy to support student voice, resiliency and parent engagement.
A-5	A Collaborative and Effective Pathway to Healthy Kids	Kaeli Cochrane, Nurse Practitioner David Hoy Manager of Social Work	Hamilton Good Shepherd Services and Hamilton Wentworth District School Board	The Hamilton School-Based Health Network comprises strategic partnerships amongst key community agencies: District School Boards, Hamilton Family Health Team, Good Shepherd, REFUGE - Hamilton Centre for Newcomer Health, and Public Health. Learn how community partners, across sectors and legislation, effectively work to deliver and facilitate primary care and mental health services in two of Hamilton's highest-needs high schools. The role of the nurse practitioner is key in navigating youth to mainstream services.



Tuesday March 27th

12 Noon - LUNCH and Visit Displays

1:00 pm Plenary Presentation

1:30 pm Concurrent Session B

	Session Title	Presenter(s)		Workshop Description
B-1	Promoting Health in Your School: A Grab and Go Resource	Lisa Kelliher Health Promoter Young Adult Team Healthy Living	Middlesex London Health Unit	This presentation will review the process used to develop toolkits to support comprehensive school health initiatives. Toolkit topics include: reducing sedentary behaviours, increasing vegetable and fruit consumption; reducing risky sexual behaviours and increasing school connectedness. The resource is designed to be used by public health staff and teachers collaboratively.
B-2	Relationships First	Eli Berefo Public Health Nurse	Halton Health Department	Relationships First will explore how adults, community stakeholders and partners can use the youth engagement process to build and sustain relationships, which ultimately empowers youth to explore how they can make a difference in their community. We will primarily focus on elementary school age youth, but the principles also apply to high school students.
B-3	Building Youth Assets and Resilience Through Collaboration	Christine Tjeerdsm Public Health Nurse Stephanie Ross Public Health Nurse	Simcoe Muskoka District Health Unit	Five schools collaborated with public health nurses to plan a community-wide approach using Developmental Assets® as a guiding framework. The project aimed to build grit and resilience among students. The PHNs provided support, incorporating comprehensive school health best practices. Successes, challenges and key learnings impacting sustainability will also be shared.
B-4	Creating a Sustainable Healthy School Environment	Marlee Corcoran HPE Teacher Manny Sciberras SERT	John McCrae Public School, York Region District School Board	John McCrae Public School opened as an Ophea Living School in 2005 and has sustained a school climate focused on healthy active living for the past 12 years. Despite leadership and staff changes, as well as tremendous growth within the community, our school has always remained focused on comprehensive school health. This focus has created an environment where our students and their parents feel welcome and engaged. We will share some of our most successful practices, such as our Mustang Rallies, Walking Wednesdays, and Family Fun Nights, and demonstrate how these programs are deeply embedded into the culture of our school community.
B-5	Addressing the Challenge of Poverty: Strategies for Working with Under Resourced Students	Elaine Weir Public Health Nurse Certified Trainer, Bridges out of Poverty Guelph-Wellington	Wellington-Dufferin-Guelph Public Health	The correlation between poverty and poor health outcomes is well established. Bridges Out of Poverty helps professionals working in all community sectors to examine the culture of poverty and how to build relationships that create a sustainable community. This workshop examines Bridges as a relationship building strategy to provide a deeper understanding of the challenges and strengths that individuals and families from poverty experience.



Tuesday March 27th

2:30 Break

2:45 pm Concurrent Session C

	Session Title	Presenter(s)		Workshop Description
C-1	Teaching a School to THRIVE The Magical Outcomes of a Well-Being Program that Focuses First on Staff	Heather Avery Director Guidance and Learning	Lakefield College School	Learn about THRIVE, a program aimed at helping staff and students develop habits and practices that foster well-being and mental health. In 2015, Lakefield College School embarked on THRIVE, a school-wide program that promotes physical well-being and positive psychology practices. Deciding on a strategy for implementing a well-being program at any school is key. This workshop demonstrates the positive outcomes experienced by Lakefield College School when they made the choice to implement a one-year well-being program for their staff prior to launching a student well-being initiative.
C-2	Kindness is Contagious: Public Health and Schools Together!	Lisa Tetrault Public Health Nurse Julie Knight Principal St. Michael Catholic School	Chatham-Kent Public Health Unit St. Clair Catholic District School Board	In this workshop you will learn how Public Health and an Elementary School worked together to enable the students to lead a school wide kindness initiative. Participants will be shown specific, easy examples of what can be done to create a positive school climate, along with initiatives that can be sustained within a school community. Tools to guide decision making, as well as sample strategies that have been tried and tested in a school setting, will be shared.
C-3	What is Social and Emotional Learning and Does it Work?	Don Buchanan Facilitator Knowledge Network for Student Well-Being	Knowledge Network for Student Well-Being	This workshop will present an overview of current research in social and emotional learning (SEL). We will examine two systematic reviews of SEL, identify common elements that can be found in SEL programs, and discuss bringing SEL to the classroom. Bring your experiences with SEL, or begin your learning journey today.
C-4	Build Our Kids Success (BOKS)	Jennifer Yessis, PhD; Scientist Kimberley Medeiros, Reebok Canada	Propel Centre for Population Health Impact, University of Waterloo	Build Our Kids' Success (BOKS) is a free morning physical activity program designed to get children moving before school. Reebok Canada has partnered with the Canadian Football League over five years to scale up BOKS across Canada. Presenters will share implementation and impacts with opportunity for discussion and debate.
C-5	Vision Screening: How Poor Vision Can Affect Learning and Social Development.	Dr. R. Pabla OD., MSc	Ontario Association of Optometrists	With 80 per cent of learning being visual, this presentation will explain how comprehensive eye exams play an important role in unlocking a student's potential to succeed in the classroom. Additionally, attendees will learn how comprehensive eye exams go beyond vision screenings and sight tests since these exams detect subtle eye health problems that may be hindering a child's ability to learn.



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 visit our [Membership Page](#).

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

Hotel Accommodations

A block of rooms is being held at the Sheraton Hamilton Hotel under *Ont. Healthy Schools Coalition*' group block or the '*2018 Healthy Schools Conf.*' group block for the nights of Sunday, March 25th and Monday, March 26th, 2018.

The discounted conference rate (\$139.00) is only guaranteed until **February 23rd 2018** (pending availability). After the cut-off date it is at the hotel's discretion whether to accept additional reservations. Please make reservations as soon as possible. Reservations can also be made by contacting the 24 hour, toll-free reservations line at **1-888-627-8161** and asking for the '*Ont. Healthy Schools Coalition*' group block or the '*2018 Healthy Schools Conf.*' group block.

Hotel Reservation Link: <https://www.starwoodmeeting.com/Book/2018HealthySchoolsConference>

Conference Registration 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

Conference Registration Cancellation Policy: Cancellations must be received in writing to OHSC Admin Coordinator amorell@rogers.com **before March 16th** 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 **March 16th** are non-refundable. Registered participants who do not attend will be charged the full registration fee with no refund or credit.



Conference Registration Details

[Register Now](#)

Karelo.com

Conference registration to be completed on-line

Name		Title	
Organization			
Address			
City		Province	
Email		Phone	

Early Registration
Until February 1st 2018

Regular Registration
Until March 24th 2018

Conference registration to be completed on-line

OHSC Members: Full Two-day Conference Registration

Full two days	<input type="checkbox"/> \$395	<input type="checkbox"/> \$450
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OHSC Members: One Day Conference Registration

<input type="checkbox"/> March 26 th	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300
<input type="checkbox"/> March 27 th	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300

Additional Fees: Applies to Non-Members will be added to the total conference registration for non-members

<input type="checkbox"/> \$40 Individual	<input type="checkbox"/> \$40 Individual
<input type="checkbox"/> \$175 Organization	<input type="checkbox"/> \$175 Organization

Workshop Selections - Tuesday, March 27th

Morning Session Beginning at 10:45 am		Afternoon Session Beginning at 1:30pm		Afternoon Session Beginning at 2:45 pm	
A	Workshop Title	B	Workshop Title	C	Workshop Title
A-1	Movement & Wellness: A Recipe for Life-Long Learning!	B-1	Promoting Health in Your School: A Grab and Go Resource	C-1	Teaching a School to THRIVE: The Magical Outcomes of a Well-Being Program that Focuses First on Staff
A-2	An Exploration of Benefits for Youth Mentors in an Indigenous High School Peer Mentoring Program	B-2	Relationships First	C-2	Kindness is Contagious: Public Health and Schools Together!
A-3	Wellness for All	B-3	Building Youth Assets and Resilience Through Collaboration	C-3	What is Social and Emotional Learning and Does it Work?
A-4	Project COOK (Children On-board Owning the Kitchen)	B-4	Creating a Sustainable Healthy School Environment	C-4	Build Our Kids Success (BOKS)
A-5	A Collaborative and Effective Pathway to Healthy Kids	B-5	Addressing the Challenge of Poverty: Strategies for Working with Under Resourced Students	C-5	Vision Screening: How Poor Vision Can Affect Learning and Social Development