



# Shaping Success: Healthy Staff, Healthy Students

## 2019 Healthy Schools Conference



**Ontario Healthy Schools Coalition**

**May 14<sup>th</sup> & 15<sup>th</sup> 2019**

Deerhurst Resort

1235 Deerhurst Dr., Huntsville

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



## Conference at a Glance

Tuesday, MAY 14 <sup>th</sup>	Wednesday, May 15 <sup>th</sup>
8:00 am Registration Opens	
<b>Visit Displays</b>	
9:00 am Opening Greetings	9:00 am Opening Greetings
9:20 am Keynote Dr. Catherine Cavanagh	9:20 am Keynote Robert Dunlop
10:40 am Wellness Activity	10:40 am Table Discussion
11:15 am Breakout Session A	11:15 am Featured Speaker
<b>Lunch and Visit Displays</b>	12:00 pm Breakout Session C
1:30 pm Panel Discussion: "I want that in my school"	<b>Lunch To Go</b>
2:30 pm Poster Presentations and Active Break	
3:00 pm Breakout Session B	Enjoy all the things to do in beautiful Muskoka
4:15 pm Arts & Crafts (refreshment social)	

## Conference Registration

[Register Now](#)  
**Karelo.com**

Early Bird Before Feb. 1, 2019	Regular Registration Until May 8 <sup>th</sup> , 2019
<b>Conference registration to be completed on-line</b>	
<b>OHSC Members: Full Two-day Conference Registration</b>	
Early Bird (before Feb. 1, 2019)	\$395
Regular (after Feb. 1, 2019)	\$450
<b>One-Day Conference Registration</b>	
<input type="checkbox"/> May 14 <sup>th</sup>	\$300
<input type="checkbox"/> May 15 <sup>th</sup>	\$300
<b>Additional Fees: Applies to Non-Members</b>	
	\$40 Individual
	\$175 Organization



## Conference Program

Welcome to the Ontario Healthy Schools Coalition annual conference.

The theme for this year's event is "Shaping Success: Healthy Staff, Healthy Students".

**Tuesday, May 14<sup>th</sup>**

**8:00am Registration, Continental Breakfast, and Visit Displays**

**9:00 am Opening Greetings**

**9:20 am Keynote Presentation**

**Dr. Catherine Cavanagh** will bring her charm and wit to the conference with her presentation on hospitable school cultures. She practices her philosophy as a teacher in the Catholic District School Board of Eastern Ontario. She believes that self-care, inclusion, and solidarity at all levels of education are necessary for the development of healthy school cultures. Her focus on hospitality, imagination, and strong relationships in everyday work can help move us along the path toward wellbeing in our schools. Dr. Cavanagh holds degrees in mathematics, education, theology and ministry, and has focused her most recent studies on hospitality and diversity in school settings.



**10:20 am Break and Visit Displays**

**10:40 am Wellness Activity**

Self-compassion is important for our overall wellbeing. It is associated with increased motivation, greater emotional resilience; it encourages a more accurate self-concept and helps build positive healthy relationships. Practicing 2-3 minutes of self-compassion on a daily basis is a great way to build our own resilience. Join our team in practicing these quick easy to do activities throughout our conference.

**11:15 am Breakout Session A**

	Session Title	Presenter(s)		Workshop Description
<b>A-1</b>	Feed All Four	Shaun Vaillancourt (T) Emma Panton, Blake Punched, Ben Shearing, Molly Lalonde, Mya Marshall (students)	Huntsville Public School Trillium Lakelands District School Board	Follow Huntsville Public Schools journey of creating a student-lead Healthy Active Team to promote student well-being and drive academic achievement through the adoption of Feed All Four.
<b>A-2</b>	Wellness in the Digital Age	Laura Libralato	OECTA Associate Member	Discover why slowing down, taking charge of your attention, and minimizing distraction will lead to a happier, healthier and less stressed mind and body. Discover new-found techniques to help build a stronger sense of self for both you and your students. Hone your mind to integrate, navigate and disengage in an effort to reboot holistically. Press pause to restore, reclaim and reignite.
<b>A-3</b>	Teacher and Student Mental Health: Let's Start at the Beginning	Susan Rodger, Richelle Bird, Jasprit Chuckal, Robyn Masters	Western University	Teaching pre-service teachers about mental health and well-being can build a foundation for promoting healthy schools and workplaces. We will share and discuss ideas, resources and evaluation results from a mandatory course on the topic of mental health literacy.
<b>A-4</b>	Creating a Culture of Caring	Mary Bradford, Sarah Sweiger, RN and Patrick Brophy	Assumption College School and the Brant County Health Unit	Assumption College School in Brantford, Ontario, has worked to develop a culture of caring throughout their community, in order to promote student well-being and support student achievement. Embedded with evidence-informed strategies and take-away resources, the presentation will seek to empower other schools to see the potential within their buildings to foster mentally healthy schools.



Tuesday, May 14<sup>th</sup>

12:15 pm LUNCH - Visit Displays and Poster Presentations

1:30 pm Panel Presentation: 'I want that in my school'

This panel explores three unique approaches to creating healthy schools. Presenters will outline their steps for success in shaping healthy staff and students. Key components of this discussion will include: *Student leadership, recess programming, tools for managing stress and building resilience, developing student and staff capacity to create a culture of caring.* Panelists will provide ideas and resources that are easy to access and implement in your workplace. Their innovative ideas will leave you saying, "I want that in my school!"

2:30 pm Poster Presentations and Active Break

3:00 pm Breakout Session B

	Session Title	Presenter(s)		Workshop Description
B-1	Reducing Substance Use Among Youth: A Grab and Go Resource	Alysia DaSilva, RN, PHN, Jennifer Limburg, RN, PHN, Sarah Hill, RN, PHN	Middlesex-London Health Unit	This presentation reviews a newly developed toolkit, aligned with the Foundations for a Healthy School, to reduce substance use among youth. Interactive resources and strategies will be shared.
B-2	Achieving Student Success through Well-Being	Christine Preece, Danielle Karlsson, Carissa Kaners, Stephanie Ross	Ontario Healthy Schools Coalition	This presentation will: share current research regarding Healthy Schools; discuss successes and opportunities for promoting Healthy Schools in Ontario; and provide practical strategies for applying the research concepts within schools.
B-3	The Mindful Brain: Cultivating Conditions for Learning	Rose Gentilcore, Alfonso Monachino	Niagara Catholic District School Board	Data collected through collaborative inquiry, conversations, and observations across Niagara Catholic District School Board have evidenced a need for social-emotional learning (SEL) to target deficits of students in the areas of self-regulation, executive function, and well-being. This workshop will provide information about the implementation of various resources, and programs to support SEL. Participants will also engage in activities that support mindfulness practices.
B-4	Forest Schools	Philippa Madigan Diana Clements	Near North District School Board	This presentation will share its experiences with the forest school pedagogy, and in general, taking learning outside.

4:15 pm Arts and Crafts Networking Social (Cash Bar)



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5:30 pm Dinner "On Your Own"



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## Wednesday, May 15<sup>th</sup>

**8:00 am Registration, Visit Displays and Continental Breakfast**

**9:00 am Opening Greetings**

**9:20 am Keynote Presentation**

**Robert Dunlop** is an award-winning teacher with a passion for technology and teacher well-being. Recipient of the Prime Minister's Award for Teaching Excellence, Robert always strives to make learning engaging and meaningful. Whether working with students or teachers, he believes that inspiring a love of learning should always come first.

Robert also believes that we need to tap into our passions to find happiness. His current role as a technology consultant has afforded him the privilege of working with thousands of K-12 educators. Through his experiences in this role, Robert has developed a passion for making a positive impact on teacher wellness. He is currently writing a book on Happiness in Education. His mission is to celebrate, connect and inspire educators around the world and empower them to find happiness and fulfillment in education.



**10:20 am Break and Visit Displays**

**10:40 am Table Discussions**

Following the keynote, this interactive and creative session will focus on how we can design a school focused on both healthy staff and healthy students.

**11:15 am Featured Speaker**

**Senator Mary-Jane McCallum Philips**

Senator McCallum Philips shares her personal experience as a residential school survivor in an effort to raise awareness and understanding. Senator McCallum Philips will speak about the impact of residential schools on today's students.



Wednesday, May 15<sup>th</sup>

12:00 pm Breakout Session C

	Session Title	Presenter(s)		Workshop Description
C-1	Can You Feel It? Stress Workshop & Pilot Evaluation	Becky Mann-Piitz, Lynn Fox, Dr. Patrick Carney	Simcoe Muskoka District Health Unit Simcoe Muskoka Catholic District School Board	The Can You Feel It? (CYFI?) workshop was designed by youth for youth to raise awareness of stress and healthy coping strategies for school-aged children and teens (Adapted with permission by Public Health Sudbury and Districts). An overview of the CYFI? workshop will be provided and participants will receive information on how to access the facilitator guides and resources necessary to run and teach the workshop on their own. An overview of the evaluation of the workshop will also be highlighted to emphasize the evidence and success of using this workshop.
C-2	Understanding teachers' beliefs and behaviours related to using low nutritional value foods in the classroom	Dr. Anita Cramp PhD, Erin Beaulieu MPH RD, Christine Callaghan BASc RD	Middlesex-London Health Unit	This session will share the methodology and results of a study on teachers' beliefs and behaviours related to using low nutritional value foods in the classroom for student rewards and celebrations.
C-3	INHALE. EXHALE. Mindfulness program in schools	Gisèle Bourgoin Nathalie Thistle, PHNs	Public Health Sudbury & Districts	Come and experience mindfulness practices, and reflections. We will discuss partnerships with French and English school boards to implement a whole-school approach to mindfulness that fosters student and staff well-being.
C-4	The Recess Project and PHE Canada present a National Strategy for Recess	Dr. Lauren McNamara, Tricia Zakaria	The Recess Project and Physical Health Education Canada	Sharing the planned national strategy for addressing long-term change to the way schools approach recess, including: 1) current research; 2) evidence-based practices; 3) mindsets; and 4) policy development.

**1:00 pm LUNCH To Go**

Enjoy a grab and go lunch so you can finish visiting displays, network, or explore beautiful Muskoka.

Enjoy Deerhurst Resort

<https://deerhurstresort.com/>



DEERHURST  
RESORT  
MUSKOKA

Enjoy Beautiful Muskoka

<https://www.discovermuskoka.ca/>





## 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 Deerhurst Resort under 'Ont. Healthy Schools Coalition' group block for the nights of Monday, May 13<sup>th</sup> and Tuesday, May 14<sup>th</sup>, 2019.

The discounted conference rate (\$145.00) is only guaranteed until **April 13<sup>th</sup>, 2019** (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 be made by contacting the reservations department at **1-800-461-4393** and asking for the 'Ont. Healthy Schools Coalition' group block.

**Hotel Information:** <https://deerhurstresort.com/>

**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](mailto:amorell@rogers.com)

**Conference Registration Cancellation Policy:** Cancellations must be received in writing to OHSC Admin Coordinator [amorell@rogers.com](mailto:amorell@rogers.com) **before May 4<sup>th</sup>**. 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 **May 4<sup>th</sup>** are non-refundable. Registered participants who do not attend will be charged the full registration fee with no refund or credit.



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### Conference registration to be completed on-line

#### Regular Registration

Until May 8<sup>th</sup>, 2019

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#### Tuesday, May 14<sup>th</sup>

#### Wednesday, May 15<sup>th</sup>

Morning Session  
Beginning at 11:15 am

Afternoon Session  
Beginning at 3:00 pm

Afternoon Session  
Beginning at 12:00 pm

A	Workshop Title	B	Workshop Title	C	Workshop Title
A-1	Feed All Four	B-1	Reducing Substance Use Among Youth: A Grab and Go Resource	C-1	Can You Feel It? Stress Workshop & Pilot Evaluation
A-2	Wellness in the Digital Age	B-2	Achieving Student Success Through Well-Being	C-2	Understanding teachers' beliefs and behaviours related to using low nutritional value foods in the classroom
A-3	Teacher and Student Mental Health: Let's Start at the Beginning	B-3	The Mindful Brain: Cultivating Conditions for Learning	C-3	INHALE. EXHALE. Mindfulness program in schools
A-4	Creating a Culture of Caring	B-4	Forest Schools	C-4	The Recess Project and PHE Canada present a National Strategy for Recess