

# E-SPRINTER

A newsletter of the Health and Physical Education Council of the Alberta Teachers' Association

October 2017

## President's Message



I write this message with great gratitude for the opportunity to serve the HPEC members. Promoting quality health and physical education and working with others that share this passion truly is an honour and privilege. I thank you for the opportunity to serve as the 2016–18 president.

I hope this newsletter finds you settling in and finding your rhythm after the excitement of the September school year start-up. May your year bring victories that feed your passion and challenges that push you to grow.

Thank you to our passionate 2017 HPEC–GEOEC conference committee. The conference in Jasper was filled with quality professional development, a connection to nature, networking, diverse exhibitors, recognition of deserving individuals, beauty and rocking 80s attire. This could not happen without the dedication of our selfless volunteers. We are grateful for your time and appreciate the amazing event the 2017 HPEC–GEOEC conference committee coordinated. A special thank you to the leaders of this committee: Jodi Harding-Kuriger, Jonathan Mauro, Court Rust and Breanne Oakie.

HPEC 2018 Finding Balance, to be hosted at Mount Royal University in Calgary from May 3–5, is sure to be another outstanding HPEC event. I am definitely looking forward to the keynote speaker, Joey Feith, and learning (and dancing) alongside my fellow HPECers. Remember to register before the early-bird deadline.

Congratulations to the HPEC 2016/17 Distinguished Service Award recipient, Heather Rootsart, and the 2016/17 Regional HPEC Certificate of Commendation award winners: Chad Watson, Lisa Taylor, Don Marchuk, Leslie Griffin, Nichole Sander, Richard Dupre, Roger Redman, Jennifer Foster, Philippe Chaylt and Janay Bazin. You inspire and motivate others, and we are grateful for your passion and leadership in our HPE community.

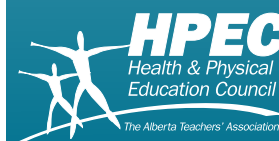
Thank you to the 2017 HPEC conference grant winners for your contributions to the HPEC blog—check them out at [www.hpec.ab.ca](http://www.hpec.ab.ca).

I am very much looking forward to an amazing 2017/18 school year and collaborating with my HPE family.

Be well, be active.

*Elisha O'Lain*

[www.hpec.ab.ca](http://www.hpec.ab.ca)



# Conference 2018 Finding Balance



The Health and Physical Education Council is excited to be hosting the 2018 conference, in Calgary at Mount Royal University (MRU) from May 3–5, 2018. Registration is now open at <https://event-wizard.com/HPEC2018Calgary/0/register/>.

Register early to take advantage of the early-bird registration rates. The full conference registration is capped at 350 delegates, so secure your spot at HPEC 2018 in Calgary today!

Are you interested in sharing your knowledge at HPEC 2018? Please submit a session in our Call for Presenter link: <https://goo.gl/forms/W6iOWEycvGYL1zch3>.

HPEC 2018 Finding Balance Conference highlights include

- a preconference on Thursday, May 3, from 1–4 pm at Mount Royal University. Choose from four amazing options: an afternoon with Joey Feith (The Physical Educator), an afternoon with MRU men's volleyball coach, an afternoon with MRU men's basketball coach or an afternoon with Ever Active Schools. More preconference details can be found at [www.hpec.ab.ca/pre-conference18](http://www.hpec.ab.ca/pre-conference18).
- the HPEC 2018 Finding Balance Friday Night Social at the Grey Eagle Resort: Black and White Casino Night (dress to impress in your best black and white!)

## Finding Balance Keynote: Joey Feith, The Physical Educator

Leading from the Trenches—A journey of a young PE teacher. Purposeful planning—unpacking broad learning outcomes into teachable content.

Joey Feith is a Canadian physical educator and the founder of ThePhysicalEducator.com. He currently teaches elementary physical education at St George's School of Montreal, where he pours all of his energy and enthusiasm into helping his students discover and develop their physical literacy.

In 2010, with no prior experience in web or graphic design, Joey launched ThePhysicalEducator.com, an online professional development resource for physical educators. The website's mission is to help teachers become the best physical educators they can be. The site fulfills its mission by producing high-quality resources for teachers to use in their teaching, by helping teachers connect and share through social media and by providing engaging professional development opportunities for physical educators to attend.

Through his work at ThePhysicalEducator.com, Joey has empowered hundreds of thousands of teachers from around the globe to take



their teaching to the next level and raise the bar for physical education. He has presented his ideas and shared his passion at professional development events throughout North America and Europe.

Joey is the recipient of Physical and Health Education Canada's Dr. Andy Anderson Young Professional Award for the province of Quebec. He was also an education finalist at the sixth annual Shorty Awards, an awards ceremony honouring the best in social media.

When not lesson planning, teaching, blogging or designing, Joey enjoys spending time with his wife, Jess. You can usually find them camping on the West Coast,

paddleboarding in Nova Scotia or dancing up a storm at weddings.  
<https://thephysicaleducator.com/>  
<https://www.youtube.com/user/ThePhysicalEducator>  
@JoeyFeith

## HPEC 2018 Finding Balance Accommodations

Book your conference accommodations at Grey Eagle Resort or the Mount Royal University Residence. For more information, go to [www.hpec.ab.ca/facilities-accommodations18](http://www.hpec.ab.ca/facilities-accommodations18).

# HPEC 2017 Award Winners

HPEC salutes the winners of the 2017 HPEC Awards. HPEC thanks these deserving individuals for their outstanding contributions to health and physical education throughout the province of Alberta.

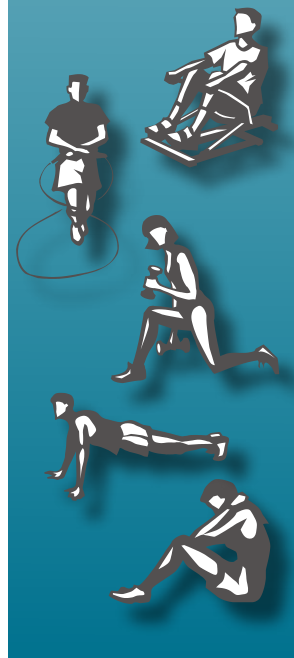
- HPEC 2017 Distinguished Service Award: Heather Rootsart
- HPEC 2017 Robert Routledge Address: Allan Shea
- PHE Canada 2017 Dr. Andy Anderson Young Professional Award: Collin Dillon
- HPEC 2017 Certificate of Commendation Award Winners by Region:
  - Southeast: Chad Watson
  - Calgary: Lisa Taylor, Don Marchuk
  - Northwest: Leslie Griffin, Nichole Sander
  - Central East: Richard Dupre
  - Central West: Roger Redman
  - Greater Edmonton: Jennifer Foster
  - Edmonton: Philippe Chaylt, Janay Bazin

To find out more about these award-winning individuals, please visit [www.hpec.ab.ca/conference-awards](http://www.hpec.ab.ca/conference-awards) for their award descriptions and contributions to the field of health and physical education in Alberta.

To nominate a deserving individual for the 2018 HPEC awards, please visit [www.hpec.ab.ca/awards-grants](http://www.hpec.ab.ca/awards-grants).

Distinguished Service Award nomination deadline: January 15 each year

Certificate of Commendation Award nomination deadline: March 15 each year



# “Sink the Ship”—HPEC Blog Submission

The 2017 HPEC grant recipients have all contributed to the HPEC blog to share their knowledge and experience with the HPEC membership. Please visit the HPEC blog at [www.hpec.ab.ca/blog](http://www.hpec.ab.ca/blog) to see their contributions. Below is a game created by one of our HPEC grant recipients.

## Sink the Ship (Grades 2–6)

Conference Grant Winner: Kathleen Zalasky - Sink the Ship Activity

### Equipment

- Wooden skittles or bowling pins (8)
- Scooters (4)
- Dodge balls
- Milk crates (2)

### How to Set Up

Divide the class into two teams. Make two large, opposing rectangular playing areas (the “ships”), using the skittles or bowling pins as corners of the rectangles. Place two scooters beside each rectangle (ie, two per team). Place half of the dodge balls in one rectangle and half in the other. Place two milk crates randomly in the “open sea” between the “ships.”

### Objective of the Game

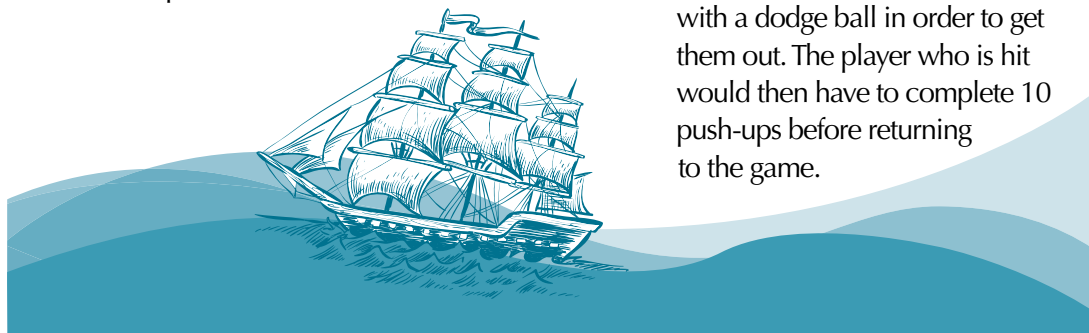
Be the first team to knock down all four of the opposing team’s skittles to sink their ship.

### Rules

1. Each team will begin inside their respective rectangle.
2. Two players from each team will be chosen to drive the “lifeboats” (scooters). Only the players on the lifeboats may leave their playing area to retrieve the dodge balls and bring them to their teammates on the “ship.”
3. Players may not leave their rectangular playing area at any time without a lifeboat. If they step out of the area at any time, they must do 10 push-ups before returning to the game.
4. Players will throw dodge balls at the opposing team’s skittles in an attempt to knock all four of them down.
5. Once a skittle has been knocked down, it must stay down. No guarding of the skittles is allowed.
6. The only way to revive a knocked-down skittle is by successfully throwing a dodgeball from inside the “ship” into one of the “treasure chests” (milk crates). The players on the lifeboat may NOT throw the dodge balls into the treasure chest.
7. The team whose four skittles are knocked down first must all complete 10 push-ups and the game will begin again.

### Extension

1. Players can hit an opposing player with a dodge ball in order to get them out. The player who is hit would then have to complete 10 push-ups before returning to the game.





# SHAPING THE FUTURE 2018

## Pan-Canadian School Health Summit

JANUARY 30TH TO FEBRUARY 3RD, 2018 ♦ CHATEAU LAKE LOUISE, ALBERTA

Shaping the Future has supported practitioners in advancing school health for Alberta students for 8 years. This year, collaboration across provinces allows us to extend this support by featuring content from presenters and sharing knowledge with other delegates from across Canada!

We are appealing to teachers, as well as health, active living, recreation and research professionals nation-wide to join us and discuss, share and learn about comprehensive school health.

Together, we can connect nationally for the shared goal of school health and student well-being, taking away tangible solutions, resources and information to implement our shared goals.

Conference includes active sessions, workshops, open collaboration, networking, keynote speakers and more. Share your knowledge and experience with us through one of our presentation formats!

**WE ARE PLEASED TO OFFER ACTIVE SESSIONS, INTERACTIVE WORKSHOPS AND CAPACITY-BUILDING PRESENTATIONS SURROUNDING THE FOLLOWING TOPICS:**

### Mental Well-being



### Active Living



### Healthy Eating



### Student Leadership



### Staff Wellness



### Activity-permissive Learning Environments



### Resiliency



### Comprehensive School Health Topics



**REGISTER AND JOIN US!**

**[HTTPS://EVERACTIVE.ORG/STF-REGISTRATION-2018](https://everactive.org/stf-registration-2018)**

#EASSTF  
@EverActiveAB  
[www.everactive.org/stf](http://www.everactive.org/stf)



# Important HPEC Links

- HPEC website: [www.hpec.ab.ca](http://www.hpec.ab.ca)
- If you are not an HPEC member, please consider joining HPEC as your specialist council membership! Go to [www.teachers.ab.ca/For%20Members/Professional%20Development/Specialist%20Councils/Pages/Specialist%20Council%20Memberships.aspx](http://www.teachers.ab.ca/For%20Members/Professional%20Development/Specialist%20Councils/Pages/Specialist%20Council%20Memberships.aspx)
- HPEC Mailing List—sign up on the HPEC website: [www.hpec.ab.ca/news1?mid=906](http://www.hpec.ab.ca/news1?mid=906)
- HPEC Social Media  
<https://twitter.com/albertahpec>  
[www.facebook.com/HPECAlberta](http://www.facebook.com/HPECAlberta)

# Upcoming HPEC Drive-In Workshops

Calgary HPEC Drive-In Workshops—Save the Date  
 Thursday, November 2, 2017  
 Thursday April 12, 2018  
 Check the HPEC website, [www.hpec.ab.ca](http://www.hpec.ab.ca), for more details.

# HPEC 2018 Grants

HPEC supports the HPEC membership through grants to attend the annual HPEC conference. HPEC awards three HPEC membership grants and four HPEC preservice teacher grants each year. Applications for the HPEC grants are available online at [www.hpec.ab.ca/awards-grants](http://www.hpec.ab.ca/awards-grants). The deadline to apply is January 15 each year.

Consider applying for a grant to attend the HPEC 2018 Finding Balance conference!

**INCLUSION**

"Inclusion is understood as a sense of belonging, which includes feeling respected, valued for who you are, feeling a level of supportive energy and commitment from others. There should be commitment to embrace difference and value the contributions of all participants, whatever their characteristics or backgrounds."  
Alberta Education 2017, Quality Professional Education

"Inclusion is a way of thinking and acting that demonstrates universal acceptance and promotes a sense of belonging for all learners."  
Alberta Education 2017, The Principles of Inclusion

"An inclusive school is a place where everyone belongs, is accepted, supported, and is supported by peers and other members of the school community in the course of having his/her educational needs met."  
Stock, Martin E. 1988. A Teacher's Guide to Adapted Physical Education

**Principles of Inclusive Education**

- Anticipate, value and support diversity
- Set high expectations
- Understand learners' strengths and needs
- Reduce barriers within learning environments
- Capacity building
- Shared responsibility

Safe learning environments and a sense of belonging | Every learner can be successful | Evidence based | Identify and increase access | Professional development | Collaboration among all educational partners

Inclusion supports students of different race and cultures, religious beliefs, colour, gender, gender identity, gender expression, physical and mental abilities, family status, sexual orientation, or any other factors to have access to meaningful and relevant learning experiences.  
Adapted from Alberta Education 2017, Inclusive Education Policy

Students, parents and school communities have responsibilities for ensuring welcoming, caring, respectful and safe learning environments that respect diversity and nurture a sense of belonging and positive sense of self.  
Alberta Education 2017, Welcoming, Caring, Respectful & Safe Schools

**Dimensions of Inclusive Schools**

**Five Dimensions of Inclusive Schools**

- ✘ Establish inclusive values and principles
- ✘ Build inclusive learning environments
- ✘ Provide supports for success
- ✘ Organize learning and instruction
- ✘ Engage with parents and the community

Alberta Education 2013, Inclusion of Inclusive Schools

**HPEC** Education Council  
 Supporting Healthy School Communities in Alberta



# PHYSICAL LITERACY

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. - International Physical Literacy Association, May 2014

Physical Literacy lives in the Alberta Kindergarten to Grade 12 Programs of Study

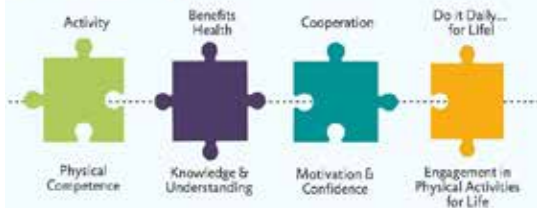
The aim of the Kindergarten to Grade 12 Physical Education Programs of Studies is to enable individuals to develop the knowledge, skills and attitudes to lead an active, healthy lifestyle.



The definition of physical literacy includes four essential & interconnected elements whose importance will change throughout a student's time in school, and throughout their life.

The more puzzle pieces we have, the larger the picture we see.

## General Outcomes



## Essential Elements

### Core Principles

- ✗ Is an inclusive concept accessible to ALL students
- ✗ represents a unique journey for each individual
- ✗ can be cultivated and enjoyed through a range of experiences in different environments and contexts
- ✗ needs to be valued and nurtured throughout life
- ✗ contributes to the development of the WHOLE student

Reference:  
International Physical Literacy Association  
Alberta Physical Education  
Program of Studies



# COMPREHENSIVE SCHOOL HEALTH

Comprehensive School Health is an internationally recognized approach to supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way - Joint Consortium for School Health (JCSH)

Comprehensive School Health is the framework for the delivery of quality health and physical education programs to promote and develop wellness in Alberta's children and youth.

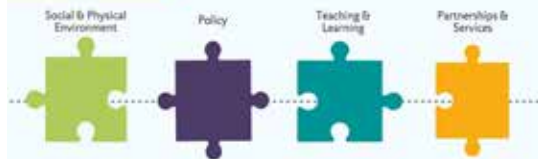
Wellness is an outcome of quality health and physical education programs that develop the knowledge, skills and attitudes to assist students to make appropriate choices to live active, healthy lives.



This whole-school model builds capacity to incorporate well-being as an essential aspect of student achievement. Actions address four distinct but inter-related components that comprise a comprehensive school health approach - JCSH

The more synergy between each of these components results in a greater student success.

## Components



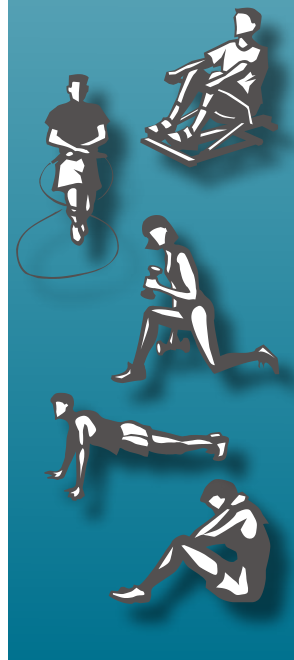
Comprehensive School Health addresses four distinct but inter-related components. Addressing all four components creates a greater impact on student health and well-being. - Alberta Education

## Essential Ideas

### Comprehensive School Health

- ✗ Recognizes that healthy students learn better and achieve more
- ✗ Understands that schools can directly influence students' health and behaviours
- ✗ Encourages healthy lifestyle choices, and promotes students' health and well-being
- ✗ Incorporates health into all aspects of school and learning
- ✗ Links health and education issues and systems
- ✗ Needs the participation and support of families and the community at large

Reference:  
Joint Consortium for School Health  
Alberta Education  
Health & Physical Education Council





# **HPEC** 2017-2018 Executive

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## Stay Connected WITH HPEC



HPEC is active on social media and frequently shares HPE information through its Facebook and Twitter accounts.



Recently HPEC has improved and updated its blog—please check it out at <http://albertahpec.blogspot.ca/>. Please follow HPEC on Twitter @albertaHPEC



and like HPEC on Facebook.