



# HPEC Mentorship Package

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# HPEC Mentorship Package

## [About](#)

### [HPEC Vision Statement](#)

Alberta teachers will provide quality instruction and programs in health and physical education to promote the development of healthy active lifestyles in students.

### [HPEC Mission Statement](#)

The Health and Physical Education Council, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.

## [Purpose](#)

- To improve curriculum and instruction in Health and Physical Education through increased knowledge and understanding.
- To develop, study, and propose professional resources and response to Health and Physical Education issues.
- To provide opportunities for teachers to improve professional practice.
- To promote the importance of health and physical education programs within the school community.
- To liaise with other organizations that seek to promote healthy active lifestyles within school communities.
- To further the continuous development and evaluation of standards and guidelines within the profession for personnel, programs and facilities in health and physical education.

## Membership

The Alberta Teachers Association's Health and Phys. Ed. Council is a dynamic group of teachers who are interested in promoting and improving the state of:

- Lesson delivery
- Professional development
- Long range professional outlook



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## [Become an HPEC Member](#)

Complete the HPEC membership application on the ATA website. Each teacher who is an active member of the ATA is eligible for one free specialist council membership. An Alberta Teacher certificate number is required to complete the membership.

## [Become an HPEC Executive Member](#)

The next step is to become part of that dynamic group of HPEC members who volunteer their time to lead their peers to higher quality curriculum delivery. If this is something that you would like to undertake - contact the HPEC president or vice president. They will steer you in the right direction and inform you of any vacancies in the executive. Elections take place at the HPEC AGM, held annual in May. Even year elections are held for the positions of Secretary and Vice-President 2. Odd year elections are held for the positions of President-Elect, Vice-President 1 and Vice-President 2. All other positions are appointed positions on the executive. Positions are 2 year terms. All applications for HPEC executive positions can be completed online on the HPEC website.

## [Professional Development](#)

### [Annual HPEC Conference](#)

A definite 'must do' for any HPEC member, is the annual conference. It is held in a different region each year to allow equal access for participants. It is two plus days of education and fun. You will come away with the knowledge and energy to bolster your existing health and phys. ed. programs.

Click on the Professional Development link on the HPEC website ([www.hpec.ab.ca](http://www.hpec.ab.ca)) to find out more information on the upcoming HPEC conference. While you are at it, perhaps you have something you would like to contribute in the way of a session or activity at the next HPEC conference or teachers convention. Contact your [Regional Representative](#) for more information on how you can become a presenter. You can also check the hpec website for the call for presenters for the upcoming HPEC conference. It will elevate your thinking and your standing amongst your peers.

### [Ever Active Schools Professional Learning Opportunities](#)

Ever Active Schools is leading the way in providing quality professional learning opportunities for school communities. These unique learning opportunities can be accessed for conferences,



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conventions, professional development days, staff or parent council meetings or tailored to meet your individual needs.

- Healthy Active School Symposium
- Alberta Medical Association Youth Run Club
- Shaping the Future Conference
- Ever Active School Sessions at Teacher Conventions
- Physical Literacy Summit
- Ongoing Workshops and Sessions
- Summer Professional Development Opportunity
- EAS Twitter Chat

## [Regional Representative Drive-in Workshops](#)

Your first step in getting involved with HPEC is to attend one of the regional drive-in workshops. Please contact your Regional Representative ([see HPEC Regions for more information](#)) to find out when your next drive-in workshop will be held.

## [Resources](#)

### [Ever Active School Resources](#)

- [Comprehensive School Through the Arts](#)
- [General Comprehensive School Health](#)
- [Comprehensive School Health Process](#)
- [Health School Policy](#)
- [Partnerships and Services](#)
- [Social and Physical Environment](#)
- [General Teaching and Learning Resources](#)
- [Physical Activity](#)
- [Healthy Eating](#)
- [Positive Social Environments](#)
- [Student Leadership](#)
- [Francophone Resources](#)
- [Staff Wellness](#)
- [EAS Online Store](#)

### [Sprinter](#)

The Sprinter is an electronic newsletter with current information about upcoming HPEC initiatives, recent HPEC award winners and updates from the HPEC executive to keep HPEC members informed.



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## [The Runner](#)

Still wanting to do more, and get more out of your HPEC membership? Time to go to the HPEC Publications connection on the HPEC website, where you can read archived versions of the acclaimed HPEC publication called The Runner. This publication has received accolades from other national bodies in similar fields. The Runner editor is constantly looking for articles of interest, research, and applicable activities for Monday morning! Maybe it is time for you to submit your ideas for consideration in The Runner.

## Awards and Grants

### [Friends of HPEC](#)

If you wish to apply for grant money to assist with your work on projects that will promote the teaching of health and/or physical education in Alberta schools, please complete and submit the following form along with pertinent supporting documents. Projects such as writing on researching articles for the Runner, developing and delivering workshops for teachers in our province, developing resources for teacher use or any other worthwhile project that meets the criteria listed below will be considered.

- Grant applications can be received at any time during the year. (Please note: If you are planning a workshop, your request for funding should be received at least one month prior to the workshop.)
- Applicants must be members in good standing of HPEC.
- To qualify for a grant from the Friends of HPEC, your activity or project must provide direct benefit to teachers and students in Alberta schools.
- Two grants of \$500 will be awarded in each calendar year is limited to the interest earned from the principal invested in this trust fund.
- Grants to be awarded will be presented at the Annual General Meeting at the HPEC annual conference.
- A complete report of the activity or project and a copy of the materials produced must be provided before the funds will be awarded.

### [HPEC Grant for the PHE Canada Student Leadership Conference \(SLC\)](#)

#### Grant

- Sponsorship of education pre-service teachers from education programs recognized by the Alberta Teachers Association (ATA)



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- A \$500 grant per student; receipts for registration and other costs related to attending the PHE Canada Student Leadership Conference (SLC) must be submitted to the HPEC treasurer upon return from the conference
- Allocation of funds will be contingent on the funds being available in the current year's HPEC budget.
- The number of students to be sponsored will be a maximum of 4 students

## Eligibility

- Full time student/pre-service teacher who is in their second year or later of a BEd program with an interest in health or physical education.
- HPEC member and a member of their ATA student local
- Secondary or elementary school focus
- Grant recipients submit an article for the HPEC Runner to the treasurer within one month of the SLC

## Application Procedure

- Student to complete online application form which requests name, institution, contact information and response to an open-ended question (in 250 words or less): How do you feel your attendance at this conference will impact your teaching practice?
- Students are to apply for the HPEC Grant for the PHE Canada Student Leadership Conference by completing this application by April 15.

## Grant Presentation

- Grant recipients will receive notification by May 15.
- Grant to be presented to the pre-service teachers upon completion and submission of their article and submissions of receipts
- Names of recipients will be published in HPEC Runner

## [HPEC Conference Pre-Service Teacher Grant Application](#)

## Award

- Sponsorship of up to four (4) education pre-service teachers from education programs recognized by the association
- The grant will cover the student registration fee and \$200 for costs related to attend the HPEC Conference; receipts for registration and other costs must be submitted to the HPEC treasurer



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- Allocation of funds will be contingent on the funds being available in the current year's HPEC budget.

## Eligibility

- Full time student/pre-service teacher in their final two years of a BEd program with an interest in health and physical education.
- HPEC member and a member of their ATA student local
- Secondary or elementary school focus
- Award winners must be present at the HPEC Annual General Meeting (AGM) during the annual HPEC Conference to receive their award.

## Application Procedure

- Student to complete this online application form by January 15 each calendar year.

## Award Presentation

- Successful recipients will be notified by February 28
- Award

## [HPEC Membership Conference Grant](#)

### Grant

- The purpose of the HPEC Membership Conference Grant is to provide financial aid to HPEC members to support their attendance at the annual HPEC conference.
- The grant supports up to three (3) HPEC members who are currently teaching (full or part-time) in K-12 schools.
- HPEC will reimburse successful applicants the HPEC Conference registration fee and one day of substitute costs; this grant will not exceed \$700 per teacher. A HPEC conference registration receipt and an invoice issued by the applicant's school for substitute costs must be submitted to the HPEC treasurer for reimbursement.
- Allocation of funds will be contingent on the funds being available in the current year's HPEC budget.

### Eligibility

- Full or part time teacher currently employed in an Alberta Teachers Association recognized school.
- Current HPEC member
- The successful applicants must submit an activity write-up (practical game(s), new ideas and/or activities) for publication in the HPEC Runner.





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## Application Procedure

- Teachers are to complete this online application form by January 15. The form requests teacher name, school, and contact information.
- All applications will be reviewed by the HPEC Table Officers

## Award Presentation

- Successful recipients will be notified by February 15
- s to be presented to the pre-service teachers at the AGM at the HPEC conference.
- Names of recipients will be published in the HPEC Runner and minutes of AGM.

## [Distinguished Service Award Nomination Form](#)

You are invited to submit a nomination for the Health and Physical Education Council (HPEC) Distinguished Service Award.

The candidate must be a current or former member of the Health and Physical Education Council and shall have performed distinguished, meritorious, and special service as a leader in the field of health and/or physical education.

Letters of reference from two council members must accompany nomination forms. Only nominations accompanied by the appropriate documentation and endorsement will be considered.

The award will be in the form of a plaque in the shape of the province of Alberta with an appropriate inscription. A maximum of two awards are presented each year at the annual conference.

Submission Deadline: January 15 of each calendar year.

## [Certificates of Commendation](#)

The selection committee will consider the names and information contained herein confidential. The candidate must be, or have been, a member of the Health and Physical Education Council of the Alberta Teacher's Association.

The Health and Physical Education Council recognizes outstanding contributions to health and/or physical education in the following manner:



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- District representatives may nominate up to two people in their zone who are current members of the council who have made or are making an outstanding contribution to Health and Physical Education (the number of nominees may be increased at the discretion of the awards committee). These nominations will be presented with a certificate of commendation at the HPEC annual conference.
- If you would like to recommend someone to your Regional Representative, please complete the nomination form and it will be forwarded to your regional representative for consideration.
- A summary of citations and biographical data of those receiving the certificates are to be included in a booklet available for distribution at the annual HPEC conference award ceremony.

Do you know someone who has made a positive contribution to the health and physical education field? Make sure they receive the recognition that they deserve and nominate them today.

## [PHE Canada Awards](#)

### R. Tait Mackenzie ([nomination information](#))

PHE Canada's most prestigious award and is named after the distinguished Canadian physician, sculptor and physical educator, Dr. R. Tait McKenzie. The award epitomizes Dr. Tait McKenzie's professional ideals, his service to humanity, and his dedication to the advancement of knowledge and understanding of physical and health education, recreation and dance.

### North American Society Fellowship Award ([nomination information](#))

This award recognizes outstanding professionals within the allied professions of health education, physical education, recreation, sport and dance in North America, and is presented jointly by PHE Canada and AAHPERD.

### Physical Education Teaching Excellence Award ([nomination information](#))

This award honours exceptional teachers (one from each province, of which three are selected for national honours) for their excellence in teaching physical education and their ability to motivate children and youth to participate in physical activity. This award is the only national award in Canada that recognizes physical education teachers for their hard work and dedication in helping to build strong, healthy and physically active children.

### PHE Canada Health Educator Award ([nomination information](#))

This award honours an individual for their work to further the importance of health education in Canada and/or who has served as a champion in promoting the importance of Health Promoting Schools at the local, regional, provincial or federal level.



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## Health Promoting School Champion Award ([nomination information](#))

The PHE Canada Health Promoting Schools Champion Award recognizes an individual, group or organization for their exemplary contribution to the development, promotion and/or implementation of Health Promoting Schools.

You can also nominate individuals for or student and young professional awards.

Follow the links below to review the deadlines for those applications:

- [Dr. Andy Anderson Young Professional Award](#)
- [PHE Canada Student Award](#)

For more information on our awards and to submit a nomination, visit [PHE Canada Awards](#).

## Appendix A - Mentorship Literature Review

ATA - A Mentorship Program - A Model Project -

<http://www.teachers.ab.ca/Publications/Other%20Publications/Mentorship%20Program%20A%20Model%20Project/Pages/Index.aspx>

## Appendix B - HPEC Mentorship Background

In January 2015, the HPEC Executive began discussions around creating a mentorship program to support HPEC members in all stages of their careers. The process involved brainstorming ideas related to mentorship, reviewing mentorship programs, developing a mentorship package with the supports HPEC and EAS already provide to members. In January 2016, the HPEC Executive Leadership in Curriculum and Pedagogy Committee decided to move forward with a Rural School Community Mentorship Pilot Project. HPEC and Ever Active Schools in partnership together will accept 3 rural school communities to be involved in the initial pilot mentorship project. The HPEC website will host future information regarding the HPEC mentorship program.

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