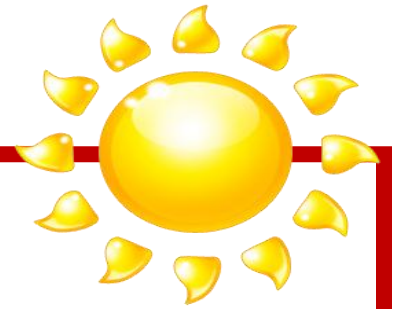


Healthy Schools

Healthy Students

Healthy Boards



ATLANTIC SCHOOL BOARDS CONFERENCE

*Hosted by Newfoundland and Labrador School Boards Association
and the Nova Central School District*



November 17-19, 2011
Gander Hotel, Gander, NL



**Nova
Central**
School District

**NEWFOUNDLAND
and LABRADOR
SCHOOL BOARDS
ASSOCIATION**

NSSBA

**District
Education Councils**
Working Together to Improve Education

PEISTA
Prince Edward Island School
Trustees Association

2011 CONFERENCE PROGRAM AT A GLANCE

Healthy Schools, Healthy Students, Healthy Boards

November 17-19, 2011, Hotel Gander, Gander, NL

Wednesday, November 16, 2011

4:00 p.m. Early Registration

Thursday, November 17, 2011

8:30 a.m. Pre-Conference Bus Tour

3:00 p.m. Registration (Second Floor lobby)

7:00 p.m. Opening *Salon D*

Welcome and Introductions

Greetings

7:30 p.m. **Keynote: Dr. Antony Card:** *Salon D*

Getting Connected with Health Promoting Schools

9:00 p.m. Reception *Salon A*

Friday, November 18, 2011

7:30 a.m. Buffet Breakfast *Salon D*

8:00 a.m. Registration

9:00 a.m. **Keynote: Dr. Allan McLuckie:** *Salon D*

School Health Mental Literacy: The Foundation for Youth Mental Health

10:15 a.m. Nutrition Break *Lobby*

11:00 a.m. Four Concurrent Workshops (repeated at 2:15 p.m.)

12:15 p.m. Luncheon *Salon D*

2:15 p.m. Concurrent Workshops

3:15 p.m. Free Time

7:00 p.m. Banquet/Entertainment *Salon D*

Friday Concurrent Sessions (11:00 a.m. and 2:15 p.m.)

1. Healthy School Buildings *Jupiter Room*

2. Building a Foundation for Student Success
Through Comprehensive School Health *Saturn Room*

3. School Nutrition Policies: Barriers and Needs *Room C*

4. Top10 Things that School Boards
Need To Know About School Insurance and Risk Management *Salon A*

Saturday, November 19, 2011

8:00 a.m. Buffet Breakfast *Salon D*

9:00 a.m. **Plenary: Ms. Bernie Ottenheimer:** *Salon D*

Student Health from a Safe & Caring Schools Perspective

10:15 a.m. Nutrition Break *Lobby*

10:45 a.m. President's Panel *Salon D*

11:30 am. Adjournment

Thursday Opening Keynote



DR. ANTONY CARD

**Keynote: Thursday, November 17th 7:30 p.m.
Getting Connected with Health Promoting Schools**

It's time to get connected with Health Promoting Schools...this session will provide an overview of the Health Promoting Schools model that has been recognized by the World Health Organizations and adopted internationally and by Canadian provinces. Adopting the model often requires us to 'see the big picture' and to think beyond our own sphere of influence. As well as 'thinking big', there will also be the opportunity to explore practical ideas for promoting health in school settings and to see how the other conference sessions contribute to the overall picture. Come prepared for a fun and engaging session that will open your mind to the importance of connectedness.

Dr. Antony Card is the Dean of the School of Human Kinetics and Recreation at Memorial University of Newfoundland. His research interests are in Physical Education, Youth Health and Health Promoting Schools Initiatives. He has undertaken evaluations of the Physical Education Curriculum, Active Schools programs in Newfoundland and Labrador and the role of School Health Coordinators. Currently, he is the provincial lead on the Health Canada Youth Smoking Survey and a Canadian Partnerships against Cancer Project to connect policy makers, practitioners and researchers in advancing pan-Canadian priorities for youth health. Antony is on the Board of Directors for Physical and Health Education Canada and is Vice-President of the Canadian Council of University Administrators in Kinesiology and Physical Education.

Friday Keynote



DR. ALLAN MCLUCKIE

Keynote - Friday, November 18th, 9:00 a.m.
School Health Mental Literacy: The Foundation for Youth Mental Health

This workshop reviews key aspects of adolescent mental health difficulties and disorders and identifying the key roles that educators and schools play in supporting mental health and wellness in young people.

Dr. Alan McLuckie recently earned his Ph.D. in Social Work from the University of Toronto. His dissertation research conducted at the Scarborough Hospital's ADHD Clinic explored the relationship between executive function difficulties and parenting stress for children diagnosed with ADHD. Dr. McLuckie has published and presented at national and international conferences in this area of research.

Earning Bachelor degrees in Psychology and Social Work from the University of Western Ontario and a Master's of Social Work (Clinical Specialization) from the University of Calgary, Dr. McLuckie is an experienced mental health therapist, specializing in working with children and families. He is a supervisor of child and play therapy with the Canadian and International Play Therapy Associations, as well as a clinical member of the American Association of Marriage and Family Therapy (AAMFT).

Dr. McLuckie redeveloped and supervises the IWK/Dalhousie Department of Psychiatry, Family Therapy Consultation and Training Program, which offers training to Psychiatry Residents in family-based psychotherapy and AAMFT approved supervision to IWK mental health therapists training to practice as family therapists. Dr. McLuckie also works as a researcher with Dr. Stan Kutcher and the Sun Life Financial Chair in Adolescent Mental Health Group at Dalhousie University/IWK Health Centre where his research interests include school-based mental health. Most recently, Dr. Kutcher and Dr. McLuckie have completed a project for the Child and Youth Advisory Committee of the Mental Health Commission of Canada entitled The Evergreen Framework: A Child and Youth Mental Health Framework for Canada. Evergreen is designed as a tool to inform the development of policy, programming, and services related to child and youth mental health throughout Canada.

Saturday Plenary

MS. BERNIE OTTENHEIMER

Plenary - Saturday, November 19th, 9:00 a.m.

Ms. Ottenheimer is the Coordinator for Safe and Caring Schools, Department of Education in St. John's.

Student Health from a Safe & Caring Schools Perspective

Real life issues affecting student health and achievement, and school-based strategies that make a difference.

Bernie Ottenheimer (B.A., B. Ed., M.Ed.) has over 20 years in the field of Education. Bernie is a Registered Psychologist, and has worked as a Guidance Counselor, Educational Psychologist and Safe & Caring Schools consultant for both the Eastern School District and the Department of Education. Bernie is a member of the Roots of Empathy Steering Committee and the Lions Quest Foundation. She also sits on many community based committees including the Coalition Against the Sexual Exploitation of Youth, Community Capacity Building and the LGBTQ Coalition. The parent of two teenagers, Bernie is a strong believer that as educator our role is to promote safe and caring relationships and environments through which we teach students the skills they need to be effective learners, communicators and social beings so that as adults they are contributing members of society.

Program

Wednesday, November 16, 2011

4:00 - 5:00 p.m. Early Registration

Thursday, November 17, 2011

8:30 a.m. Pre-Conference Bus Tour
**Please note! Tour is subject to minimum number
Sign up deadline is November 7th**

3:00 p.m. Registration

7:00 p.m. Official Opening
#537 Air Cadet Band (*Glenn James, Director*)
Call to Order
O Canada
Welcome and Introduction, Milton Peach, President, NLSBA

Greetings

- John George, Chair, Nova Central School District
- Hon. Clyde Jackman, Minister of Education, NL
- Ruth Ann Furgala, President, CSBA
- Lily Cole, President, NLTA
- David Pretty, NLFSC
- Rob Anstey, Councilor, Town of Gander

Keynote – Dr. Antony Card

Reception

Hospitality suite

Program

Friday, November 18, 2011

7:30 a.m.	Buffet Breakfast
8:00 a.m.	Registration
9:00 a.m.	Keynote - Dr. Allan McLuckie
10:15 a.m.	Nutrition Break
1:00 a.m.	Concurrent Workshop Sessions 1. Healthy School Buildings 2. Building a Foundation for Student Success Through Comprehensive School Health 3. School Nutrition Policies: Barriers and Needs 4. Top10 Things that School Boards Need To Know About School Insurance and Risk management
12:15 p.m.	Luncheon <i>Lewisporte Intermediate Jazz Band (Lindy Whit/Teacher-Director)</i>
2:15 p.m.	Concurrent Workshop Sessions (as above)
3:15 pm.	Free Time
7:00 p.m.	Banquet Entertainment: "Split Peas" – are a local singing group of 7 women specializing in traditional and folk music. They have been performing since 1993 in Nfld. and have been featured on CBC's Land and Sea. They also performed at The Folk Harbour Festival at Lunenburg, Nova Scotia, Toronto and Stratford, Ont. For the past 8 years they have been performing twice a week in Twillingate at "Touton House" located in the Orange Lodge. They performed in numerous places around our Province, and they have also produced five CD's

Program

Saturday, November 19, 2011

8:00 a.m. Buffet Breakfast

9:00 a.m. **Plenary - Ms. Bernie Ottenheimer**
Coordinator, Safe and Caring Schools
Department of Education, St. John's, NL

**Real life issues affecting student health and achievement,
and school-based strategies that make a difference.**

10:15 a.m. Nutrition Break

10:45 a.m. President's Panel

11:30 a.m. Adjournment

Concurrent Workshops

These workshops will be concurrent Friday, November 18th, at 11:00 a.m. and repeated 2:15 p.m.

(1) Ingrid Clarke, FEC, P.Eng.
Assistant Deputy Minister Infrastructure (Acting) Department of Education

Healthy School Buildings

With an increased focus on healthy schools, and increased regulatory requirements and accountability, the Department of Education in Newfoundland and Labrador has been changing the way it builds and maintains its K-12 schools. Building construction standards have improved, and procedures have been adopted to extend the life of existing infrastructure. Furthermore, schools now provide better opportunities for students – and staff – to be active and fit, and to access nutritional food. All of this is designed to make schools in Newfoundland and Labrador safer, cleaner and healthier environments in which to teach and learn.

Concurrent Workshops

The workshops will be concurrent Friday, November 18th, at 11:00 a.m. and repeated 2:15 p.m.

- (2) **John Elkins, Program Specialist, Eastern School District, NL**
Tracy English, School Health Promotion Liaison Consultant, Eastern Health & Eastern School District, NL

Building the Foundation for Student Success through Comprehensive School Health

Participants will engage in discussions and activities designed to increase their awareness of Comprehensive School Health. The presentation will also outline some of the supports, strengths and challenges of operating within a CSH framework utilizing examples from the Eastern School District in NL.

- (3) **Bill Allan, School Health Promotion Consultant (Western School District, NL)**

School Nutrition Policies: Barriers and Needs

Poor nutrition among today's youth can negatively impact their physical well-being and school achievement. Childhood overweight also puts children at risk for chronic diseases in adulthood. Schools play a critical role in feeding students and contributing to lifetime health habits. A child could eat up to 4000 meals in school between K - 12. School nutrition policies are a key component to the prevention of childhood and adolescent obesity. Inadequate funding, lack of time, and the need to educate parents and students are just a few of the barriers that stand in the way of the successful implementation of a school nutrition policy. This session will examine the challenges faced along the way and how collaboration between partners has helped overcome some of these barriers.

- (4) **Helen Marie Green, NSSBA - SIP Risk Manager, School Insurance Exchange**

Top 10 Things that School Boards Need To Know About School Insurance and Risk Management

This workshop deals with Risk Management Policies and Procedures; High-risk activities; Physical education guidelines; Insurance exceptions; incidents; Volunteer risk, etc.

2011 Atlantic Conference Planning Committee

Newfoundland and Labrador School Boards Association

District School, 40 Strawberry Marsh Road
St. John's, NL A1B 2V5
Brian Shortall, Executive Director

Nova Central School District

203 Elizabeth Drive, Gander, NL A1V 1H6
Heather Hillier, Senior Administrative Officer
Charlie McCormack, CEO/Director of Education

Nova Scotia School Boards Association

395 - 3 Spectacle Lake Drive
Dartmouth, NS B3B 1W8
Sharon Findlay-MacPhee (Ret'd)
Karen Tavenor, Finance and Office Manager

PEI School Trustees Association

c/o Eastern School District
P. O. Box 8600
Charlottetown, PE
C1A 8V7
Chair: Gary Doucette

District Education Councils, Anglophone Sector

Place 200
P. O. Box 6000
Fredericton, N.B. E3B 4H1
Stacey Brown, L.L.B.

LA FÉDÉRATION DES CONSEILS D'ÉDUCATION DU NOUVEAU-BRUNSWICK (FCENB)

1330, rue Bridge Street
Bathurst (N.B.) E2A 5V4
Anne-Marie Gammon, President



To everyone in helping make this conference a success!

Department of Education, NL

Nova Central School District, NL

Dr. Antony Card, Memorial University, NL

Dr. Allan McLuckie, Dalhousie University, NS

Ms. Bernie Ottenheimer, Department of Education, NL

Ingrid Clarke, Department of Education, NL

John Elkins and Tracy English, Eastern School District, NL

Bill Allan, Western School District, NL

Helen Marie Green, School Insurance Exchange (SIP), NSSBA

Geoff Taylor Website/Design & Communications Assistant, ESDNL

Exhibitors

Brenda Kelleher-Flight, GDP Consulting, NL

Jean Hebert, Consultant, Advantage Sport Inc. Q.C.

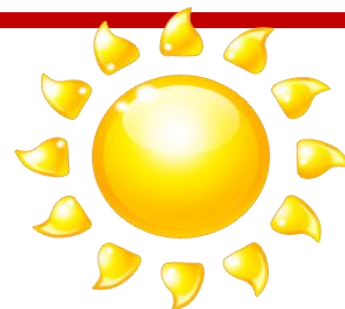
Marko Cote



Une école en santé

élèves en santé

conseils en santé



Congrès des conseils scolaires de l'Atlantique

Réalisé par
L'Association des conseils scolaires de Terre-Neuve-et-Labrador
Et le Nova Central School District



du 17 au 19 novembre 2011
Hôtel Gander à Gander, Terre-Neuve-et-Labrador



Nova
Central
School District

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