

TUESDAY, NOVEMBER 5 - NOVOTEL OTTAWA

Time	Title	Speaker(s)	Location
1:30 pm	Registration Opens		Novotel 3 rd floor
2:30 pm – 3:30 pm	Institute – Using Human Centered Design Approaches to Plan Your Programming	Tricia Zakaria – Programs & Education Director, PHE Canada Kelsey Fahie – Coordinator, Programs & Resources, PHE Canada	Novotel 3 rd floor – Aurora Room
3:40 pm – 4:40 pm	Workshop – Inuit Games: Why Do We Play Them and What Can We Learn?	Aalla – Inuuqatigiit - A Centre for Inuit Children, Youth, and Families	Novotel 3 rd floor – Aurora Room
4:40 pm – 5:00 pm	Nutrition Break & Active Re-charge		Novotel 3 rd floor
5:00 pm – 5:30 pm	Welcome and Opening with Fred McGregor	Fred (Kabooniishin) McGregor is a Omamiwinini (Algonquin) Anishinabe from the community of Kitigan Zibi (Garden River) Anishinabeg near Maniwaki Quebec.	Novotel 3 rd floor – Aurora Room
5:30 pm - 6:15 pm	Keynote – Moving Beyond Manualized Programming in School Communities	Dr. Kate Storey – University of Alberta and Stollery Children's Hospital Foundation	Novotel 3 rd floor – Aurora Room
6:15 pm – 8:00 pm	Networking and Socials Finger food will be provided at the event. Cash bar is available on-site. Dinner can be ordered at The Albion Room restaurant, one of the finest restaurants in the city, located on the first floor of Novotel.		Novotel 2 nd floor – Sunset Room

WEDNESDAY, NOVEMBER 6 - NATIONAL ARTS CENTRE (NAC)

Canada Room is located on the elgin level within the National Arts Centre and consists of three rooms – Pacific, Atlantic, and Arctic Room

Time	Title	Speaker(s)	Location
6:30 am - 7:30 am	Morning Healthy Living Session with <i>the November Project</i> Participants will meet with Ben Mumme at Novotel Hotel lobby at 6:15 am, the group will then join an all-level workout session in front of the Parliament Hill.		Downtown Ottawa
8:00 am	Registration Opens		NAC – Canada Room Foyer
8:00 am - 9:00 am	Breakfast & Exhibitor Marketplace		Canada Room Foyer & Pacific Room
9:00 am – 9:15 am	Welcome Ceremony		Pacific Room
9:15 am – 10:15 am	Keynote – Equity & Healthy School Communities: You Can't Have One Without the Other	Kike Ojo-Thompson –International Speaker, Canada's Leading Practitioner in Diversity, Equity & Inclusion	Pacific Room
10:15 am – 10:30 am	Nutrition Break & Exhibitor Marketplace		Canada Room Foyer
Breakout Session #1 10:30 am – 11:30 am	Wellbeing in the Workplace: Racism and its Impact	Rohan Thompson – Workplace Equity Manager, Peel District School Board	Pacific Room
	Workplace Well-Being in K-12 Education	André Rebeiz – Research Manager, EdCan Network	
	Online Dance Resources Supporting Equity and Inclusion in the Arts	Jenna Rose – Associate Director, Strategic Initiatives, Canada's National Ballet School	Atlantic Room
	Active Curriculum	Lynn Campanella – CEO, Playocracy Inc.	
	Teachers of Tomorrow: Advancing Wellbeing in Pre-Service Education	Kerri Murray – Director of Projects, Ever Active Schools	Arctic Room
	Including Children and Youth into Physical Activity Programs	Jane Arkell – Executive Director, Active Living Alliance for Canadians with a Disability	
11:30 am – 11:45 am	Active Break & Exhibitor Marketplace		Canada Room Foyer
Breakout Session #2 11:45 am – 12:30 pm	PHE Canada and Recess Project Present a National Strategy for Recess	Lauren McNamara – Education Researcher, Ashoka Fellow, Ryerson University; Director of the Recess Project; Tricia Zakaria – Programs & Education Director, PHE Canada	Pacific Room
	School Food Programs: Contributing to Student Well-Being and Success	Carolyn Webb – Coalition Coordinator, Coalition for Healthy School Food	Atlantic Room
	Risks, Challenges, Strengths, and Supports for Diverse Youth Groups in Saskatchewan	Ryan Flett – Research Officer, Saskatchewan Alliance for Youth and Community Wellbeing	Arctic Room
12:30 pm – 1:15 pm	Lunch / Networking / Exhibitor Marketplace		Canada Room Foyer

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Breakout Session #3 1:15 pm – 2:15 pm	Managing Concussions in Schools: Lessons From The Canadian Sport System PHE Department - Staff Culture Re-Build	Peter Morrow – Knowledge Mobilization and Communications Specialist, SIRC Andrew McCutcheon – Subject Head of Health and Physical Education, Bill Crothers SS	Pacific Room
	Institute – Health Month: Celebrating Health Within the Whole-School Community	Joey Feith – Founder, ThePhysicalEducator.com	Atlantic Room
	(Bilingual Sessions) How Champions for Life Physical Literacy Programming Fits Within the CSH Approach Application of Self-Determination Theory on a School Team Relay Run and Its Effect on Personal Development	David Arsenault – Founder and Executive Director, Champions for Life Foundation Vicky Bouffard-Levasseur – Professor, Université de Moncton, campus d'Edmundston	Arctic Room
2:15 pm – 2:30 pm	Nutrition Break & Marketplace		Canada Room Foyer
2:30 pm – 3:30 pm	Panel – A Cross-Canada Scan of Comprehensive School Health <i>Moderator: Lori Munro-Sigfridson, President of Physical and Health Education Canada</i>	Melanie Davis – PHE Canada	Pacific Room
		Sarah Christie – Ophea, ON	
		Brian Torrance – Ever Active Schools, AB	
		Faye Willick – DASH BC	
		Ryan Flett – Saskatchewan Alliance for Youth and Community Well-being, SK	
		David Arsenault – Champions for Life Foundation, Québec	
Breakout Session #4 3:30 pm – 4:30 pm	From Norway to Nova Scotia: Physically Active Lessons and the NS Active Smarter Kids Pilot	Britt Vegsund – Project Lead, Nova Scotia Active Smarter Kids Pilot Project, Municipality of the District of Lunenburg	Pacific Room
	UpLift: Working in Partnership to Boost Health Promoting Schools in Nova Scotia	Margaret Kay-Arora – UpLift Project Manager, Healthy Populations Institute, Dalhousie University	Atlantic Room
	Using a Comprehensive School Health Approach in BC Schools	Rachel Iacoe – Comprehensive School Health Facilitator, DASH BC; Faye Willick – Executive Director, DASH BC	
	Beyond the Binder: Why We Need to Move Beyond 'Manualized' Programming in School Communities	Dr. Kate Storey – Associate Professor, University of Alberta	Arctic Room
Contributing to a Healthy School, the FitSpirit Way	Donna Howard – Manager of Ontario and Western Canada, Fitspirit		
	Ideas for Action: Comprehensive School Health Approaches That Proactively Address Priority Health Topics in School Communities	Sarah Christie – Bilingual Projects Leader, Ophea	
4:30 pm – 5:30 pm	Marketplace and Networking Social Reception		Canada Room Foyer
5:30 pm - 6:30 pm	PHE Canada Members – Annual General Meeting		Atlantic Room
6:30 pm –	Social at Lowertown Brewery (located in the Byward Market)		Downtown Ottawa

THURSDAY, NOVEMBER 7 - NATIONAL ARTS CENTRE (NAC)

Time	Title	Speaker(s)	Location
8:00 am	Registration Opens		Canada Room Foyer
8:00 am - 8:30 am	Breakfast & Exhibitor Marketplace		Canada Room Foyer
8:30 am – 8:45 am	Welcome and Day Opening Ceremonies		Pacific Room
8:45 am – 9:45 am	Keynote – Mental Health and Violence Prevention	Tracy Vaillancourt – Canada Research Chair, Children's Mental Health and Violence Prevention, University of Ottawa	Pacific Room
9:45 am – 10:00 am	Nutrition Break & Marketplace		Canada Room Foyer
Breakout Session #5 10:00 am – 11:00 am	The Bike Rack Is The New Blue Box – The Role of Infrastructure in Behaviour Change	Elyse McCann – Director of Community Sustainability Programs, EnviroCentre	Pacific Room
	Student Success, Health and Well-Being – on the Way to School	Vicky Kyriaco – Chief Administrative Officer and General Manager, Ottawa Student Transportation Authority	
	Helping Our Students Find Balance	Christine Preece – Mental Health and Well-Being Lead, St. Clair Catholic District School Board, Chair of the Ontario Healthy Schools Coalition	Atlantic Room
	The HEALTHY Pledge Program: School Boards and Public Health Working Collaboratively to Make The Healthy Choice The Easy Choice in Schools	Sharon Lobo – Supervisor in School Health, Peel Public Health; Alin Herciu-Ivascu – Acting Supervisor in School Health, Peel Public Health	
11:00 am – 11:45 am	CSH Teacher Education Cohort Experiences of the Interactive for Life Project	Dr. Rebecca Lloyd – Associate Professor, Faculty of Education, University of Ottawa; Janna Jobel – Doctoral Student, University of Ottawa	Arctic Room
	Support Mental Health and Teach Resiliency	Ryan Fahey – Lead, Special Projects and Campaigns, PHE Canada	
11:00 am – 11:45 am	Closing Remark		Pacific Room
12:00 pm	End of Day		Pacific Room