



Program-at-a-glance

Theme

Next Steps - Every School in Canada is a Healthy School

Schedule

Time (ET)	Programs
11:50am	Line Opens
12:00pm	Live Event Starts / Opening remarks
12:15pm	Canadian Healthy Schools Alliance Update (Chris Markham)
12:30pm-1:15pm	Overview of the Canadian Healthy School Standards (Melanie Davis)
1:20-1:40pm	"Share": A Healthy School Looks Like... #1 Healthy Schools through Supporting Teacher and Staff Wellbeing (André Rebeiz & Sarah Ranby)
1:40-2:00pm	#2 What Works Well - Healthy Schools Certification (Elle Doherty)
2:00-2:25pm	#3 An Indigenous Approach to Creating Healthy Schools (Tim O'Loan)
2:25-2:30pm	Bio Break
2:30-3:00pm	"Learn" : Coalition for Healthy School Food (Carolyn Webb)
3:05-3:45pm	"Do": Breakout Room Sessions
3:45-4:20pm	Report Back, Reflections, and Closing
4:20pm	End of Event



Program and Speakers

Canadian Healthy Schools Alliance Update

Session Description: Chris Markham, ED/CEO at Ophea and a stewarding member of the Alliance, will provide a status update on the activities of the Alliance since the 2019 Summit.



Chris Markham is the Executive Director of Ophea and a stewarding member of the Alliance. Ophea works in partnership to implement school health interventions across the education system that enable children and youth to value and enjoy the benefits of healthy, active living.

Overview of the Canadian Healthy School Standards

Session Description: The new Canadian Healthy School Standards were released in July 2021 by the Canadian Healthy Schools Alliance. The Standards aim to spark conversations and be a tipping point where the school community comes together to elevate wellbeing in schools. The Standards were prepared for people who are interested in advocating for, initiating and strengthening healthy schools across Canada. Melanie will share an overview of the Standards, discuss why Healthy Schools matters, and share some recently developed tools to support you in implementing the Standards.



Melanie Davis is the Executive Director of Physical and Health Education Canada. With Bachelor and Master degrees in Social Development and Public Policy, Melanie focuses on ensuring a 360-degree perspective and activation across broad sectoral levels to provide the structure and support all children and youth need—especially those who experience disproportionately negative outcomes. As Executive Director of Physical and Health Education Canada, Melanie is a champion for ensuring every child and young person is empowered with the knowledge, skills and competencies to lead active healthy lives.



Healthy Schools through Supporting Teacher and Staff Wellbeing

Developed by the EdCan Network, Well at Work supports education leaders across Canada to develop and implement system-wide strategies to improve K-12 workplace wellbeing for the long term – all while mobilizing a network of passionate educators, researchers, practitioners, and stakeholder groups.

This presentation will focus on:

- Making the case for why K-12 workplace wellbeing is worthy investment, especially given the current landscape of K-12 education;
- Taking a system-wide approach in supporting teacher and staff wellbeing within a Healthy Schools context; and
- Tangible examples of what has been working well to advance K-12 workplace wellbeing based on extensive experience building awareness, developing resources, and offering solutions in support of healthy K-12 workplaces and resilient staff across Canada.



André Rebeiz is Program Manager for Well at Work, supporting school districts and provinces to make K-12 workplace wellbeing a top policy and investment priority. André serves as Program Manager, Strategic Initiatives for EdCan and is a graduate of Sciences Po Paris (Institut d'études politiques de Paris) holding a Master's degree in Public Management from the Paris School of International Affairs and a Bachelor's degree in the Social Sciences, including year-long study at HEC Lausanne (The Faculty of Business and Economics of the University of Lausanne) in Switzerland. He is responsible for designing, leading, and collaborating to implement a variety of projects, knowledge tools, events, and awareness campaigns to effect system-wide policy and practice evolutions in Canadian K-12 public education in line with EdCan's strategic priorities. In his youth, André was a Student Trustee for the York Catholic District School Board and Executive Council member for the Ontario Student Trustees' Association.



As Knowledge Mobilization and Evaluation Lead, **Sarah Ranby** is responsible for the development, implementation, communications, and evaluation of knowledge mobilization strategies and outputs in line with EdCan's strategic priorities, including Well at Work. Sarah received her Master of Science degree in Family Relations and Human Development from the University of Guelph and holds a Bachelor's Degree in Psychology. She has previously conducted program evaluations of Social Emotional Learning school-based supports in school districts and the not-for-profit sector.



What's Working Well in Healthy Schools - Healthy Schools Certification

Ophea's Healthy Schools Certification gives schools the tools to promote and enhance the health and well-being of students, school staff, and the broader school community. The program is aligned with the Canadian Healthy Schools Standards, and has made a positive impact in Ontario and beyond during a recent National pilot project. This session will provide an overview of Healthy Schools Certification and how you can harness this resource in your own school or community.



Elle Doherty (MPH, CHE) is a Projects Leader at Ophea. Her undergraduate and graduate level education specialized in health promotion, where she focused primarily on comprehensive school health. Elle has over six years of experience in health promotion research, program management and evaluation. Elle has recently earned her Certified Health Executive designation from the Canadian College of Health Leaders, enabling her to bring her leadership capabilities to a new level. Most recently, Elle has joined Ophea to pursue her passions as a Projects Lead. As part of her portfolio, Elle leads the Healthy Schools Certification team through program development, implementation, monitoring, and evaluation.

An Indigenous Approach to Creating Healthy Schools

Join Tim as he shares his insights from working in school communities in Ottawa, Ontario, through [Màmawi Together](#), to provide experiential learning (outside of textbooks) on Indigenous perspectives, Indigenous history, the impacts of residential schools and other past and contemporary issues of Indigenous Peoples in Canada.



Tim O'Loan and his wife are the co-founders of 'Màmawi Together' – an Ottawa-based community reconciliation initiative that focuses on working together to educate and inspire civic action, to help heal the past and move forward to embrace and celebrate open, diverse and respectful societies. Tim O'Loan is a Sahtu Dene from the Northwest Territories (NWT). He is a proud veteran having served 10 years (1983-1993) in the Canadian military before starting his undergraduate degree in Political Science and his professional career including, Land Claims and Self Government Negotiator. Tim obtained his MA in Canadian Studies at Carleton University. In 2010, Tim was asked to join the Truth and Reconciliation Commission of Canada (TRC) as the Advisor to the TRC Chair, the Honourable Murray Sinclair. While Tim was with the TRC and since, he made numerous presentations on Reconciliation to governments and educational institutions across Canada.



Coalition for Healthy School Food

In September 2021, during the federal election campaign, the [Coalition for Healthy School Food](#) (a Canada-wide Coalition) was pleased to see the Liberal Party's platform commitment under School Nutrition and Healthy Eating to "Work with our provincial, territorial, municipal, Indigenous partners, and stakeholders to develop a National School Food Policy and work towards a national school nutritious meal program with a \$1 billion dollar investment over five years", "to help children grow and learn".

Learn how the Coalition for Healthy School Food successfully advocated to Federal MP's to secure a place in the Federal Budget for healthy, universal school food programs for all children in Canada, and how their success might provide a roadmap for the Alliance in achieving its vision that "Every School in Canada is a Healthy School".



Carolyn Webb supports communications, research and facilitation for the Coalition for Healthy School Food, a network of over 170 non-profit member organizations that is calling on the federal government to make a cost-shared investment in healthy, universal school food programs. Carolyn also works for Farm to Cafeteria Canada and Sustain Ontario, both of which are members of the Coalition. In all of these roles Carolyn supports groups and individuals across Canada to share resources, ideas, and experience, work together on advocacy, and facilitate efforts to get children and youth eating, growing, cooking, celebrating, and learning about healthy and, where possible, locally produced food.



Breakout Room Sessions

We will break into groups to dig deeper into a set of themes related to the Healthy School Standards. These sessions will be joined by Summit presenters and three special guests, Rohan Thompson, Gail Lalonde, and Amanda Kornaga.



Rohan Thompson is the Assistant Director of Equity Community Partnerships with the Peel District School Board. Some of his responsibilities are policy development, equitable hiring processes and programs, community/partner relationship building and consulting with Sr leadership on a number of equity and anti-racism issues. Also, Rohan founded Breakthrough Counselling and Wellness Services a private practice that offers Social Work Therapist/Psychotherapist services. Rohan works with all populations but specializes in supporting those from African, Caribbean and Black communities either in individual counseling or group programs. Using a range of treatment methods, Rohan utilizes a client centered, trauma informed, anti-racist, strengths-based approach. Rohan works with PHE Canada as an Equity Consultant on various PHE Canada projects and resources.



Amanda Kornaga is the principal of a K-12 school in rural Saskatchewan. She is also the president of the Saskatchewan Physical Education Association (SPEA).



Gail Lalonde is a registered Social Worker by profession, receiving both her BSW and MSW at King's University College, Western University. Gail began her career in education as a front-line social worker in direct practice with students within the Thames Valley District School Board. Over the course of her years at Thames Valley Gail held several system positions including Mental Health Lead for the board. More recently Gail has worked as Supervisor of Professional Support Services with responsibility for the social work, psychology, and speech and language pathology departments at the London District Catholic School Board. In her current role, Gail leads the mental health promotion team at School Mental Health Ontario. In addition to her work at SMH-ON, Gail is a Clinical Supervisor at the Child & Youth Clinic, at the Faculty of Education at Western University where she provides supervision to students in graduate training programs in social work and psychology.



Useful Resources

Canadian Healthy School Standards

We encourage you to read the newly published [Canadian Healthy Schools Standards](#) in advance of the Summit! Visit the [Alliance website](#) to access the Standards and related tools to support you with implementing the Standards in your school or community.

Podcast Series: System Leadership in Healthy Schools

The System Leadership in [Healthy Schools](#) podcast series aims to empower school system leaders to improve a wide variety of outcomes, maximizing student and staff wellbeing. The podcasts dig deeper into the subtle but meaningful shifts to the Healthy Schools model proposed in the Canadian Healthy School Standards. You can download the podcasts on Spotify and bring them with you during your outdoor walk/run. These high-quality podcast episodes containing valuable conversations are produced by Ever Active Schools, a stewarding member of the Canadian Healthy Schools Alliance.

The screenshot displays four podcast episodes from the 'The Podclass Electives' series, produced by Ever Active Schools. Each episode card features a green play button, a title, episode number, date (21st October 2021), and duration. The episodes are:

- Episode 1:** An Introduction the the Canadian Healthy Schools Alliance and the NEW Canadian Healthy School Standards (00:46:42)
- Episode 2:** How "Healthy Schools" and Truth and Reconciliation Go Hand in Hand (01:03:45)
- Episode 3:** Centring Anti-Racism in Healthy Schools (01:01:13)
- Episode 4:** The Importance of Well-being at the Highest Leadership Levels (00:56:49)

Get in Touch

If you have any questions, please email us at heathercallum@phecanada.ca. We look forward to seeing you on November 4th, 2021!