

Dr. Shannon Kell is an associate professor in the Faculty of Education at St. Francis Xavier University. Dr. Kell is part of the Bachelor of Education program teaching physical education pedagogy and supervising practicum. Her research is focused on supporting teacher wellness by exploring the benefits of outdoor teaching and learning, physical and mental health literacy, and fostering school community health through partnerships. New to Nova Scotia, she enjoys exploring the outdoors with her family, learning about new places and spaces together.



Why is it important to be connected to the PHE Canada Research Council?

Dr. Kell values her connection to the Research Council because of the community it provides. The RC is a group of passionate, knowledgeable, and joyful educators who continue to support each other and advance the field of health and physical education in Canada and Internationally. The RC helps us stay current, ask critical questions, and work together to amplify our voices. It's always fun to meet up at the national conference!

Dr. Shannon Kell's recent publications:

Kell, S.D. & Hill, J. (in press). Land-based learning and cognitive breaks for teacher candidate wellness: A critical friend SoTL dialogue. *Imagining SoTL*.

Kell, S.D. (2024). University students' perceptions of a 30 minute break during class: A realistic practice for wellness? *Teaching and Learning Inquiry*. 12, 1-30
<https://doi.org/10.20343/teachlearningqu.12.17>

Kell, S.D., Walters, W., & Robinson, D. B. (in press). Health and physical education (HPE): Teaching the whole student for lifelong wellness. In A. Choudhary (Ed.), *Pedagogy unpacked: Methods of teaching impactful elementary education*. de Sitter Publications.

Hill, J., Chadwick, J., Hamilton, S., **Kell, S.D.**, Nickel, J., O'Connor, K., Rafiq, S., Reena, S., Robertson, L., Schaffer, K., Trussler, P. (2024). Supporting teacher candidate wellness. In J. Pattison-Meek & C. Phillips (Eds.) *Pedagogies of Practicum - Post-Pandemic Reflections on Innovation in Practice Teaching*. Peter Lang.

Kell, S.D. (2022). Being intentional: Finding challenge and joy. In Booke, J. (Ed.) *Leading the way: Inspiring stories from the field of health & physical education*, (pp. 117-123). Canada: Kendall Hunt.

Kell, S.D., Aadland, H., & Lundhaug, T. (2025). Logistics of studying abroad: International collaborations in outdoor and physical education. PHE Canada Journal (editorial article series). <https://phecanada.ca/professional-learning/journal/sharing-teaching-experiences-part-three-logistics-studying-phe-abroad>

Aadland, H., **Kell, S.D.**, & Lundhaug, T. (2024). I now feel confident and prepared having pupils of all abilities in my PHE class: Sharing international teaching experiences. PHE Canada Journal (editorial article series). <https://phecanada.ca/professional-learning/journal/sharing-teaching-experiences-part-two-i-now-feel-confident-and>

Lundhaug, T., **Kell, S.D.**, & Aadland, H. (2024). Sharing Teaching Experiences: The benefits of international teacher education partnerships. PHE Canada Journal (editorial article series). <https://phecanada.ca/professional-learning/journal/sharing-teaching-experiences-benefits-international-teacher-education>
