



## Achieving Healthy Schools Through Student Leadership and Movement

<b>Facilitator(s):</b>	Matt Mitschke, Kate Conroy
<b>Date:</b>	August 24, 2018
<b>Time:</b>	9:00 am – 12:00 pm
<b>Cost:</b>	\$25.00
<b>Location:</b>	Edmonton (ERLC Office at Elmwood School) Room 17/18, 16325 - 83 Avenue
<b>Session Code:</b>	18-MH-308

### Target Audience

District Leads, Administrators, Teachers, Lead Teachers, Educational Assistants

Please bring a fully charged electronic device with internet capabilities (phone, tablet, laptop) to this session.

### About this Learning Opportunity

While every school takes a unique approach to improving student success and wellbeing, many choose to focus on student leadership, physical activity, or both. Led by Health Promotion Coordinators from Alberta Health Services, these two engaging sessions will highlight the latest research, ideas, strategies, and resources in these areas to help you build a healthier school community. Learn about creative ways to engage and empower student leaders in creating a culture of wellness at your school. You will have time to brainstorm, gather and share ideas while exploring a free, online, interactive Youth Engagement Toolkit.

After a short break, dance, roll, shuffle or slide into our second session to learn about the connection between physical activity, the brain, and student learning. Gather and share practical ideas, resources and strategies that will get students moving and learning during the day, while having the opportunity to try a few out yourself!

### About the Facilitator(s)

**Matt Mitschke** is a Health Promotion Coordinator (HPC) with the Alberta Health Services Healthy Children and Youth Team in Edmonton. HPCs support school jurisdictions across Alberta to create healthy school communities through a Comprehensive School Health (CSH) approach; an evidence-based approach for improving health and learning outcomes. Matt has a bachelor's degree in health sciences from the University of Lethbridge, where he focused on applied public health and population health promotion. Matt has experience in vaccine-preventable disease surveillance, indigenous health promotion and school health promotion. He is an energetic and passionate health promoter, with over five years of experience facilitating school health promotion in Alberta. In his spare time, Matt enjoys cooking, travelling, as well as fixing and riding bicycles.

**Kate Conroy** is a Health Promotion Coordinator, with the Alberta Health Services' Healthy Children and Youth Team. Kate works with school jurisdictions to support healthy school communities, using a comprehensive school health approach. Kate believes in supporting healthy learning environments and that using this evidence-based approach will help improve student health and learning. Kate has worked with the Healthy Children and Youth team since 2010, working in rural and urban settings to assess school health needs, build action plans, develop policies and celebrate school health successes. Kate has studied internationally in Belgium and Ireland, studying the social, pedagogical and technical aspects of physical activity adapted to the needs of persons with a disability. Living and studying internationally has garnered her with health



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promotion strategies from around the world. Kate holds a Master's of Science in Adapted Physical Activity, from KU Leuven and the University of Limerick.

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