The Consortium
Calgary Office

Teaching Wellness in an Active Way

PRESENTED BY

Ever Active Schools: Jenn Mireau & Ever Active Schools: Adam Pratt

SERIES SESSIONS

Date	Time
April 27, 2023	4:00 PM - 5:00 PM

LOCATION

Online

FEE

$0.00

QUESTIONS?

Contact Us:
calgary@aplc.ca
403-291-0967

REGISTER ONLINE

Visit our website to register:
calgary.aplc.ca

Learning Opportunity

Target Audience: K-6 teachers are encouraged to attend.

Physical education and wellness go hand-in-hand in helping your students pursue a healthy and active lifestyle. Discover ways that you can teach wellness outcomes in an intentional way without compromising activity time. Together, we will learn why wellness should be a top priority for all stakeholders in education, as well as how to make your classroom/gymnasium a more connected and inclusive place that serves everyone. Through using ready-made resources, we will share ideas on how to "gamify" lessons and discuss ideas for how to lead into and debrief activities to highlight learning related to wellness.

Presenters

Ever Active Schools: Jenn Mireau

Background: Bachelor of Science in Kinesiology; Graduate Certificate in Leadership
Hometown: Kimberley, BC
Office: Calgary - University of Calgary, Kinesiology

I joined Ever Active Schools in 2022 as a Health & Wellness Consultant. My goal is to inspire the next generation of leaders to overcome adversity and achieve a healthy future in our community. I believe that living a healthy lifestyle is more than exercising regularly and eating well - it’s also about building strong relationships, practicing emotional intelligence, connecting with your community and demonstrating kindness & gratitude.

My experience comes from a dedicated career in sport and recreation. Recently, I worked for YMCA Calgary where I provided leadership for the day camps & climbing teams across the city. I also provided meaningful experience-based learning opportunities for students and teachers through a Campus Calgary/Open Minds program called Healthy Living School.

As a Health & Wellness Consultant, I love connecting with teachers across the province through professional learning opportunities and working directly with schools and community groups through various projects.

In my spare time, you can find me outdoors! I love exploring the community, going for walks and gardening. You can also find me at a local off-leash park with my dog Sterling!

Favourite Quote: *“If you are going to rise, you might as well shine.”*

Ever Active Schools: Adam Pratt

Health and Wellness Consultant

Background: Bachelor of Kinesiology specializing in pedagogy, Bachelor of Education specializing in physical education, currently pursuing a Masters in Health and Physical Education
Hometown: Airdrie, Alberta (born in Saskatoon, Saskatchewan)
Office: Calgary - University of Calgary, Werklund School of Education

I joined Ever Active Schools in August 2022 after spending seven years as a teacher. During this time I worked primarily as a physical education specialist. This role allowed me to work with 500+ students and 40+ staff each year. As a certified "people person," I embraced this role with open arms and was grateful to get to know so many amazing people. In addition to helping me stay connected and form many relationships in my school community, this role afforded me the ability to help shape our school culture, a concept I was (and still am) very passionate about. It was during this time that I became a champion for the work EAS does, particularly in relation to Comprehensive School Health. Prior to my role with EAS and being a physical education specialist, I spent some time as a grade 6 and 8 generalist teacher and taught English in Vietnam for five months.

In my current role with EAS, I believe I can help bridge the gap between in-service teachers and community partners. In turn, I hope to help promote health and wellness on a larger scale. I love to embrace leadership opportunities and am a "big picture" thinker, which makes me excited to expand my circle of connections in the wonderful worlds of health and education. With a background in teaching and sport, I have always been a teamwork oriented person and enjoy having a shared goal with others. We are all doing amazing work, so let's work together!

Outside my role with EAS my favourite place to be is on "nature adventure days" with my wife and two young children. I love spending time outside and have always been fascinated by animals, especially birds these days. I am a lover of all things active. Whether it's a traditional team sport or an individual pursuit, I'm always game to play!

Favourite Quote: "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove. But the world may be different, because I was different in the life of a [child.]"- *Forest Witcraft*

Registration Notes

Session will be recorded and available on our On-Demand site as well as the ARPDC resources site.

All session times are mountain time.