

## DASH Travels to Alberta!

### *Kananaskis conference addresses engaging healthy school communities*

DASH had the pleasure of attending [Ever Active Schools'](#) annual [Shaping the Future – Engaging Healthy School Communities](#) conference in Kananaskis, Alberta from January 24<sup>th</sup>-26<sup>th</sup>, 2013. This year's theme was recognizing "school health champions."

It was a great conference that brought together leaders from the health, education, active living and recreation sectors that have a vested interest in supporting and engaging healthy school communities. For Kari Lyster and Monica Montpellier of DASH, it was a great opportunity to learn about various school health initiatives in communities across Alberta, to further learning about comprehensive school health (CSH), and to share DASH's work and some of the healthy school programs and resources in British Columbia.

The conference began with inspiring stories from keynote speakers and continued with several great sessions that addressed topics such as CSH, student engagement, school connectedness, healthy eating, active living, policy to practice and more. ([Click here](#) to view the conference program that includes descriptions of keynote speakers and sessions.) The conference covered all aspects of comprehensive school health and offered sessions from provincial, national, and international perspectives. It brought together national organizations, such as the [Joint Consortium for School Health](#) and [PHE Canada](#). Organizations and school health champions from BC also had a presence at the conference. [Action Schools! BC's](#) Master Trainer, Debbie Keel, shared resources as an exhibitor and led a session, *Orienteering Made Simple with p.s.a.p.* Cindy Andrews of CARBC presented on positive mental health, *Helping Children and Youth to Manage Stress*. Health Promoting Schools Coordinators from [School District #23](#), Janelle Zebedee and Tricia Labrie, attended to gain tools and knowledge to bring back to their school district.

Overall, it was an inspiring and engaging conference that provided the opportunity for school health champions to learn, share, reflect, re-energize, be active and enjoy healthy food!