**Health Champion Meeting**

**Lethbridge School Division**

**February 26, 2020**

WHAT HEALTH CHAMPIONS WOULD LIKE TO SEE FOR PROFESSIONAL DEVELOPMENT AT FUTURE HEALTH CHAMP WORKSHOPS:

* Creating student leadership (challenges with supervision)
* Teacher school/life balance
* Wellness through an indigenous lens – resources, ideas, how-to
* Things geared specifically to each division level – high school, middle school and elementary
* Student mental health – recognizing needs and how to help, resources
* DPA – classroom movement activities
* Movement breaks – facilitating in small spaces, with limited resources, DPA
* Supporting staff nutrition & social emotional wellness
* Impact of break/recess time on social & emotional health of students, creative models to imbed movement time
* Do we need so much supervision during recess? Is there an age appropriate amount? Benefits of unsupervised play?
* Building a healthy staff culture
* Building a student culture that wants to participate in physical activity
* A variety of ready-to-use brain/movement break activities
* Ideas for outdoor movement games
* Ever Active Schools session with Chesa from SWATCA was great – lots of classroom movement ideas
* Staff wellness ideas
* Movement break ideas to try
* Badminton – Badminton Alberta Clinic – for PE teachers or coaches (this request was from Gilbert Paterson. I might ask John Dick if this is something we could do as an HPEC drive-in offering?)
* Gaps to fill: Find out what do teachers from schools need from us (health champions)? Do they need – more brain break ideas? More equipment? Brain break kits? Self-regulation kits?
* Would like to see as a PD opportunity: Ability to collaborate with other schools in the same division (I, II, III, IV); get some ideas but be able to follow-through
* Outside learning opportunities
* Teacher burnout – tips to avoid teacher burnout

This was identified as a request regarding the outdoor learning funding:  
- funding for transportation to outdoor spaces in nature (coulees, Waterton, etc.)