

Integrating Comprehensive School Health & Trauma-Informed Teaching

Presented By: **Dr. Angela Grace**

Fee: **\$30.00** (Includes Light Snacks)

Date(s) & Time(s)

November 09, 2018: 12:30 PM - 3:30 PM

March 08, 2019: 12:30 PM - 3:30 PM

Venue:

St. Paul Centre - 124-24 Ave. NE

About the Session

TARGET AUDIENCE: GRADES 1-6 TEACHERS, GUIDANCE COUNSELLORS AND MENTAL HEALTH COACHES ARE ENCOURAGED TO ATTEND

Many teachers believe that teaching health & wellness is for the PE teacher or elementary generalist. Not true! Health & wellness the foundation of everything we do as teachers. The movement towards Comprehensive School Health & the emergence of a new health curriculum is for all grade levels & all subject areas. Without this knowledge, there is a potential to unintentionally cause harm. This 2- part workshop series will (a) provide you with the fundamentals of Comprehensive School Health and trauma-informed teaching, (b) practical ways to integrate health and wellness into every subject for every grade (without causing harm), (c) help you identify best practice resources, (d) how to identify when a student is struggling & how to support them, & (e) ways to create a healthy school environment for ALL students.

Part 1: will provide the fundamentals of effectively integrating Comprehensive School Health into your classroom.

Part 2: will be a check-in and trouble-shooting session, along with extending your knowledge & skills with integrating health & wellness.

This learning opportunity is being offered through curriculum implementation funding from Alberta Education.

About the Presenter(s)

Dr. Angela Grace, Ph.D., is a teacher & Registered Psychologist passionate about health & wellness in schools. She has worked as an elementary school teacher, school counsellor, psychologist, speaker and advocate for youth mental health for over 20 years. She is passionate about the prevention and treatment of eating disorders and body image issues in youth, holistic and body-centered approaches to counselling, and social justice. She is a sessional instructor at the U of C and City University, and has a private counselling practice focused on empowering girls & women. She enjoys the outdoors, yoga, dance, making pottery, and hanging out with her family & rescue pitbull.