

# PHE Manitoba's Flash Newsletter

## WHAT'S IN THIS MONTH'S ISSUE:

- Bell Let's Talk Day
- Moving Forward Conference
- Manitoba Summer Games

*Happy New  
Year!  
Welcome back!*



## Moving Physical and Health Education Forward Conference

**MOVING**  
Physical & Health  
Education  
**FORWARD**

FEB 1 & 2 2024  
ST. JAMES-ASSINIBOIA SCHOOL  
DIVISION, WINNIPEG, CANADA

REGISTRATION OPENS  
NOVEMBER 6, 2023

Conference showcasing cutting edge, "proven" pedagogy


Feb 1 "See Day" – classes in action

Feb 2 "Do Day" – how to implement

*Circus, Climbing, Wheeled Motion, SENSEational Schools,  
Indigenous Games, Swimming,  
Outdoor Education, Ice Fishing, Fat bikes, Disc Golf, Taking  
It Substance Use, and more.*

Questions [jj.ross@sjasd.ca](mailto:jj.ross@sjasd.ca)

Feb 2 is Winnipeg Teacher's Inservice Day



The Moving Physical and Health Education Forward Conference is less than a month away! Make sure you get your tickets. [Click here for more information!](#) [Click here for tickets!](#)

## Bell Let's Talk

Are you an educator who wants to start the conversation about mental health in your classroom? With support from experts, we've created tools to help you get started. Click [here](#) for classroom resources to assist with your teachings.

More about Manitoba's Integrated Youth Services initiative can be found here: [Here for youth](#) | [Huddle](#) ([huddlemanitoba.ca](#)).

Bell Let's Talk Day is [January 24th, 2024](#).

Let's talk

integrated youth  
services for  
mental health.

**Huddle**  
Here for youth.



**Bell**  
Let's Talk  
[bell.ca/letstalk](https://bell.ca/letstalk)

Let's create real change  
in mental health.

## 2024 PHE National Conference

Treaty 6, Saskatoon, SK

May 1-4, 2024

This premier national event brings together physical and health education teachers, physical activity leaders, and sector expertise to support our collective goal of all children and youth in Canada living healthy, physically active lives.

Located at the University of Saskatchewan, we are inviting professionals who share our Vision of "all children and youth in Canada live healthy, physically active lives" to join us for #PHESK2024.

[Click here for more information!](#)



# Sport LeadHERship Day

When: Friday, Feb. 16, 2024, 1:00 p.m. – 9:00 p.m.

Where: 430 University Crescent

LeadHERship Sessions

Speaker Series



## Coaching Workshop

Learn from Olympian and assistant coach of the Bison women's volleyball program, Michelle Sawatzky-Koop, who will take participants through her journey in sport.

## Nutrition Workshop

Go hands-on in a series of interactive nutrition mini-labs, covering topics like hydration for performance, fuelling for performance, recovery nutrition, travel nutrition 101, and becoming the best leadHER you have ever known.

## Dinner with the Bisons

Eat dinner ahead of the match and chat with members of the UofM Bisons teams!

## Women's volleyball match, Manitoba vs Saskatchewan

The group will head over to the Investors Group Athletic Centre on campus to watch the Bisons take on the Saskatchewan Huskies.

# Manitoba Summer Games

The volunteer recruitment drive for the 2024 Manitoba Summer Games in Dauphin is now underway! This is your chance to be a part of the incredible experience that is the Manitoba Games.

The 2024 Games will be held in Dauphin from August 11-17, 2024 and will feature athletes from 12 different sports. These Games will require upwards of 800 volunteers to support the behind the scenes, planning, and execution of the Games in a variety of roles, and your contribution will be a key factor in the Games' success.

If you are interested in volunteering, you can [register here](#).

If you are already registered as a volunteer, you can [log in here](#).

For more information regarding the 2024 Games, visit our official [2024 Manitoba Games page](#).

