

**PHE MB**

Physical and Health Educators of Manitoba



**EPS MB**

Éducateurs d'éducation physique et de santé du Manitoba

# PHE Manitoba

VOLUME 4, ISSUE 2

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## DATES OF

### INTEREST:

October 19th, 2017-  
TUCK Workshop

October 19th, 2017-  
PHE Manitoba  
Awards Night, 7pm

October 20th, 2017-  
MTS PD Day at  
Sturgeon Heights  
Collegiate

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## **MTS Professional Development Day 2017**

PHE Manitoba's MTS Professional Development Day is October 20th, 2017. The St. James-Assiniboia School Division is hosting this year's event with the theme 'The Power of Play'. Early bird registration starts ends October 6th. Regular registration starts October 7th and ends October 14th.

[Session Information](#)

[Registration Site](#)

## **TUCK Workshop**

Our annual TUCK workshop is being held on October 19th, 2017 at Discovery Children's Centre. Topic for the day is Physical Literacy in a Nature Rich Environment and is being hosted by Adam Bienenstock. Check out the itinerary for the day and register for this amazing workshop.

[TUCK Workshop Information and Registration](#)

## **Teach Resiliency Awareness Campaign**

On World Mental Health Day, this October 10th, PHE Canada, in partnership with The Co-operators, the Centre for Addiction and Mental Health (CAMH) and Western University, will be running a campaign to raise awareness for positive mental health in the school space leveraging the Teach Resiliency<<http://www.teachresiliency.ca/>> platform. Teach Resiliency is a new online hub containing evidence-based resources and strategies to promote and strengthen mental well-being for teachers and students.

Dr. Susan Rodger will host the Mental Health in the Classroom Twitter chat. Susan is PHE Canada's research partner on the Teach Resiliency project. She is a Psychologist and Associate Professor in the Graduate Program in Counselling Psychology at the Faculty of Education at Western University and a Research Associate at the Centre for School-Based Mental Health. Join the conversation on Mental Health in the Classroom on October 10th currently scheduled for 12:00pm.

Twitter: @PHECanada

Facebook: PHECanada

## **New Website and Email**

We have a new website! It can be found at [www.phemanitoba.ca](http://www.phemanitoba.ca).

Our new email is phemb@sportmanitoba.ca