

PHE Manitoba's Flash Newsletter

WHAT'S IN THIS MONTH'S ISSUE:

- Moving Forward Conference
- Sport LeadHERship Day

Moving Physical and Health Education Forward Conference

The Moving PE HE Forward conference on Feb 1 and 2, 2024 will feature observational sessions in schools (See Day on Feb 1), and “how to implement” sessions on Feb 2 (Do Day). These two days will feature many “proven” examples of physical literacy enriched physical education pedagogy and health literacy enriched health education delivery. [Click here for more information!](#)
[Click here for tickets!](#)



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

Feb 2 is Winnipeg Teacher’s Inservice Day



Bison Transport Sport LeadHERship Day

Bison Transport is partnering with the Manitoba High Schools Athletic Association and the University of Manitoba, to give girls and gender-diverse individuals in grades 9-12 an opportunity to learn from Manitoba’s industry-leading female sports professionals.

This free day-long event aims to teach and empower our athletes to become leaders on and off the court. Canadian Women & Sport reports that 41 percent of girls between the ages of 3-17 don’t participate in sport, with an alarming 84 percent for adult women. Bison Transport Sport LeadHERship Day will inspire these young athletes to become the next generation of leaders in sport. All you need to do is sign up here!

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

Where: 430 University Crescent

LeadHERship Sessions Speaker Series

Our leadHERs: Susanne Dandenault, Olympic Weightlifter, and Sam Reenoy, Team Manitoba ringette athlete and coach, will share their experiences and stories.

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.

Physical Activity Break

Get up and move around in a light activity break.

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.

STOMP Program

The Students Together Moving to Prevent Tobacco Use (STOMP) program to help educate and raise awareness about topics such as nicotine dependence and how to build refusal skills with students in grades 7-12. [Click here for more information!](#)



<p>STOMP Kits for Students</p> <p>Check out our extensive list of resources to support you on your journey as a student. Resources include conversation starters, fillable habit tracker templates, and tips on how you can build healthy habits.</p> <p>View Resources for Students</p>		<p>STOMP Kits for Schools</p> <p>Scan through over 15 different ready-to-use resources to teach about healthy habits and substance use.</p> <p>View Resources for Schools</p>	
<p>More About STOMP</p> <p>Want to learn more about STOMP? Click here to learn more about the program.</p> <p>Find out more</p>		<p>Additional Resources</p> <p>Search through our list of vetted resources to support your school on its journey to reducing nicotine and commercial tobacco use.</p> <p>View Additional Resources</p>	