

OPHEA Conference – 2015

Thanks for supporting my professional development at the OPHEA conference in Toronto Oct. 15-16. The pilot kept us posted on the Jays game and it as one of the highlights of my trip to be on Front St. after they clinched the AL East championship....crazy!

I attended sessions on the new sex Ed curriculum and brought back hard copy info sheets to give out to any concerned parents at this week's Parent's Night. I also attended a physical literacy workshop and got ideas how to share our students learning with parents and community, including the "Summit Series" challenge using pedometers.

Finally, I attended the Kinesiology session and got to preview the electronic teacher resource to the new textbooks we bought last year. It will be well worth the \$400 investment!

Other highlights were meeting up with a former CASS staff from 18 years ago, learning how to use apps on our iPads for classroom evaluations and student feedback, getting previews of some new interactive programs for elementary programs, and also of all the OPHEA resources available including "Level Up" a mental health resource for all grades, "PlaySport", a gym resource for skills to support games and physical literacy, and their YOga card resource to use in gym or classroom settings. I also tried a new sport to me, "Gaelic Football", and even got a chance to try it out today in class with the free ball I got.

The tech in the classroom/gym session got cancelled and I wasn't able to make the Mindfulness and Yoga session because it conflicted with another I attended. Next time we need to send more than just me so I don't have to make those choices!

Lastly, I met 3 Olympians at the Canadian Tire JumpStart program, and got a mini-session in their events; badminton, fencing, and track. Anyone who knows me, knows that I am a 'Games Junkie', having volunteered at the 2009 Canada Summer Games, the 2010 Winter Olympics and the 2015 PanAm games, so this was a huge thrill for me and a bonus to get to take back some drills for class.

Should anyone wish further info or a look at the resources that I brought back (I had to check a bag on the return trip I got so much!), please don't hesitate to have them contact me.

Sincerely,

Carole Hunt-Ford