This one day conference has been created with TDSB EcoSchools teachers and OISE graduate students in mind! It provides professional learning in Environmental Education to support educators’ teaching and leadership in this area. A keynote talk, over twenty interactive workshops, an EcoFair and wellness refreshers will provide ideas, strategies, and resources for connecting health and wellness to Environmental Education in K-12 classrooms. This conference is FREE for TDSB EcoSchools teachers.

Schedule:
Date: Saturday, January 27, 2018
Time: 9:00am – 3:30pm
Locations: OISE Auditorium (keynote), classrooms (workshops) & library (EcoFair)
9:00am – 9:30am Registrations and morning refreshments
9:30am – 10:30am Welcome; Keynote Speaker: Catherine O’Brien
10:45am – 12:00pm Morning Workshops
12:00pm – 2:00pm Lunch, EcoFair, and Wellness Refreshers
2:00pm - 3:15pm Afternoon Workshops
3:30pm+ Conference Social
Registration
Visit OISE’s website at: http://uoft.me/EEWellness2018
This free conference is open only for TDSB employees and OISE graduate students until Jan. 9th; after that, anyone may register. The conference is free for TDSB employees, including the vegetarian lunch. (For all others who would like to attend, they can register after Jan. 9th and there is a $100 registration fee, which includes lunch). Registration MUST be done in advance; no late registrations will be taken on the day of the conference.

Register for one morning workshop and one afternoon workshop on the Registration website - full workshop descriptions are below, as well as available on the site. Registrants are automatically registered for the EcoFair and the morning keynote; please sign up for lunch if you plan to join in. Workshops fill up quickly, so if your first choice is full, please make another selection. Once your registration has been completed, a confirmation email will be sent to you; a reminder email will be sent a week before the conference.

Note: If you have signed up for other OISE conferences in the past, you will need to use the same username and password as the registration system will automatically connect your TDSB email to this info.

9:30am – Keynote Speaker: Catherine O’Brien, Cape Breton University
How Living Schools are Supporting Well-Being for All
Room: OISE Auditorium
Have you ever walked into a school and had the sense that students and staff are happy to be there? They are fully present and engaged, plants are growing, student work is celebrated, and it is aesthetically pleasing – then it is very likely you have encountered a glimpse of Living Schools. These are educational places where people are flourishing, staff and students are on a journey of co-learning, and there is explicit awareness that schools are interconnected with the natural world and local and global communities. These centres of excellence are called Living Schools because they reflect an ethos of bringing life to education, and education to life. These are schools where the values of sustainability and well-being for all influence what is learned, how it is learned, where and when it is learned, and ultimately why it is learned, bringing the principles of Sustainable Happiness into education. Join Dr. Catherine O’Brien as she shares her team’s work on documenting Living Schools – and how this is inspiring Canadian educators across the country!

Catherine O’Brien is an Associate professor in the education department of Cape Breton University. Her recent publication, Education for Sustainable Happiness and Well-Being, published by Routledge, outlines practical measures that educators can take to contribute to well-being for all sustainably.
**Morning Workshops (10:45am - 12:00pm) – Select one of the following:**

**Workshop AM01: Pathways to Living Schools**  
Catherine O’Brien, Cape Breton University  
**Focus: K-12**  
This interactive workshop will provide the opportunity for participants to explore how their school and teaching practice already reflect the concept of Living Schools (introduced in Catherine's keynote talk). This will include an in-depth exploration of the Living Schools Attributes Chart. Practical resources will be shared to identify next steps for bringing this concept into classrooms and schools.

**Workshop AM02: Holistic Education: Curriculum of Connections**  
Jack Miller, OISE  
**Focus: P/J/I**  
This workshop will explore a holistic approach to teaching and learning. Holistic Education focuses on the development of the whole child through a curriculum of six connections. One central connection is our relationship to the Earth. The TDSB’s Equinox Holistic Alternative School has developed their program based on the connections described in the workshop, and will be featured as an example of holistic education.

**Workshop AM03: Designing School Grounds for Wellness**  
Gail Bornstein, TDSB  
**Focus: P/J/I**  
It is well known that outdoor spaces contribute to students’ overall wellness in all areas of development. In this workshop, participants will gain an understanding of the essential landscape features that are used in developing school grounds into rich learning grounds, and explore natural features and elements that are used to create spaces for cognitive, emotional, social and physical wellbeing.

**Workshop AM04: Conflict Resolution and Peacebuilding in Sustainability Education**  
Kathy Bickmore, OISE  
**Focus: J/I/S**  
Social, political and economic transformations for environmental protection and sustainability require constructive collective management of conflicts. Young citizens need opportunities to develop understanding and confidence in handling such conflicts, to contribute to environmentally sustainable democratic peacebuilding. Illustrating with examples of young adolescents’ lived and school learning experiences (gathered through research in urban México, Bangladesh, Colombia and Canada), this workshop will invite discussion of various ways to infuse conflict resolution and democratic peacebuilding citizenship development into environmental and sustainability education (and vice versa), in various subject areas.
Workshop AM05: *Connecting People to Places*
Kristen Evers (TDSB EcoSchools)
Focus: P/J/I
During this workshop, participants will move beyond the walls of the classroom to explore the ways in which active transportation can play a role in enhancing students’ sense of place in an urban setting. Compared to previous generations, fewer students are using active modes to travel to school as more are being driven. Traveling actively is proven to provide environmental and health benefits, and can also contribute positively to our appreciation and understanding of the communities in which we reside. (Please dress appropriately to go outside.)

Workshop AM06: *Get Dressed for your Best, Healthiest You*
Sarah Peel, Fashion Takes Action
Focus: I/S
This workshop explores how developing an authentic personal style is not only a means of personal expression, but is also the first step to developing a more sustainable wardrobe. Participants will explore how making better clothing purchase decisions can positively affect your body's chemical burden & help fight climate change.

Workshop AM07: *Learning Sustainable Practices from Local Communities*
Sheliza Ibrahim, OISE
Focus: K-12
This workshop will aim to inspire environmental action research among youth from K-12. It will share a three-stage pedagogical strategy to guide youth through the stages of inquiry, action and reflection. The workshop will highlight examples of youth exploring sustainable acts in local communities, their use of the local community as a resource for knowledge sharing, and knowledge dissemination within their local community. Together participants will model critical visualizing activities that peak inquiry, compel action, and reflect on environmental consciousness for well-being and stewardship.

Workshop AM08: *Sowing Seeds, Cultivating Change*
Amanda Williams, HDSB
Focus: P/J
In this workshop, participants use creative and critical analysis, and scientific processes to explore and understand the interdependency of trees, humans, and living things in their environment. A variety of drama conventions and dance activities are used to explore poetry, story and natural science concepts of sustainability and stewardship. The story and struggle of Wangari Maathai, a Kenyan environmental activist and Nobel Peace Prize winner, is introduced as an example of how one individual can inspire ecological and sustainable change. This session begins with the planting of a seed, and ends with the growth of a forest, both literally and through the engagement of critical thought, and explores how dance structures can connect to environmental stewardship.
Workshop AM09: Connecting Gardening to Indigenous Education
Isaac Crosby, Evergreen Brickworks
Focus: K-12
Using a hands-on approach, this workshop will help teachers connect with First Nations’ approaches to gardening, highlighting the foods that come from the Americas and the importance of growing them broadly. As part of this, Isaac will share his experiences with educational gardening and its connections to Indigenous education.

Workshop AM10: Outdoor Play & OPAL Learning
Brenda Simon, OPAL, Earth Day Canada
Focus: P/J/I
Earth Day Canada is rolling out a 42 school pilot project in the TDSB - the Outdoor Learning and Play (OPAL) Project - to bring collaborative practices to school communities, so that all children can have more enriched and inclusive play environments. In this interactive workshop for K-8 educators, participants will get an introduction to this program, explore elements of the OPAL training, and look at the preliminary outcomes of the pilot project.

Workshop AM11: Growing, Harvesting & Feasting All Year: Hydroponics in the Classroom
Natalie Amber, FoodShare
Focus: K-12
This workshop introduces The Good Food Machine, a new FoodShare initiative aimed at integrating hydroponic growing towers into classrooms across the GTA and beyond! Educators will learn the basics about what it takes to grow hydroponically, and the benefits of being able to grow veggies year-round, right in classrooms.

Workshop AM12: Lessons from the Earth
Jodie Williams, DPCDSB; Co-Chair, FNMI Education Association of Ontario
Focus: P/J/I
Grounded in a traditional Anishinaabe story, Jiig Nong Aadsookan (The Sacred Fisher Story), participants will interact with digital resources & iBooks that provide a practical application of Indigenous Knowledge within classrooms. Produced in collaboration with many Traditional Teachers and Elders, this resource will give students a glimpse into the old stories of the Indigenous Peoples from this land in order to further understand the connection to the great spirit, our Mother Earth. This cross-curricular resource is a provocation for student inquiry into topics such as the environment, First Peoples of Canada, Science, Social Studies, and more.
Mid-Day Break (12:00pm - 2:00pm):

**EcoFair**
12:00-2:00pm  
**Location: OISE Library Main Floor**  
Join us for the 9th annual OISE Eco-Fair! Meet reps from over 25 ESE organizations to learn more about environmental learning locally and across Canada, get info on ESE programs, access free teaching resources, and network for jobs and volunteer positions. Those who attend will have the chance to fill out a ballot to be entered into a draw for prizes!

**Lunch**
12:00 – 12:45pm; and 1:00-1:45pm (split into two sections)  
**Location: TBA**  
A vegetarian lunch will be available for all TDSB employees as part of their conference registration, however it must be ordered in advance as part of your registration.

**Wellness Refreshers:**
Drop-in on one or both of these time slots offering optional mini wellness sessions aimed to engage both body and mind for a mid-day pick-me-up. Each session runs for 20 minutes and most are offered in both time slots.

*The Amazing Eco-Race (12:40 – 1:00 pm; 1:30-1:50pm)*
**Location: OISE Stairwell, Concourse Level**  
Led by Olivia Orton  
Help promote awareness of energy conservation and improve your health & well-being by taking the OISE stairs! This lunchtime ‘Amazing Race’ challenges teams to demonstrate their knowledge of sustainability at OISE by finding the answers to questions while walking the stairs. Show up with 2-3 friends and get ready to play – prizes and bragging rights await the winners!

*Walk & Talk (12:40 – 1:00 pm; 1:30-1:50pm)*
**Location: OISE Lobby (come dressed to go outside)**  
Led by Ron Ballentine (12.40) and Haley Higdon (1:30)  
Need some fresh air and exercise? Bundle up, get outside and join others in an interactive conversation about your experiences in EE.

*Mindful Movement (12:40 – 1:00 pm; 1:30-1:50pm)*
**Location: OISE Room 5-250**  
Led by Hannah Tolkin  
Looking to move your body after a morning of engaging your mind? Drop in on this all-inclusive yoga break to stretch it out. This low-pressure session will be just enough to wake you up without breaking a sweat.
**Mindful Eating (12:40 – 1:00 pm; 1:30-1:50pm)**
Location: OISE Room 5-240
Led by Caitee Cheung
Want to slow it down? Grab your lunch and head into this tasting session about focusing on what you’re eating to strengthen the mind-body connection.

**Meditation (12:40 – 1:00 pm; 1:30-1:50pm)**
Location: OISE Room 5-280
Led by: TBA (12:40)
Craving a bit of quiet to reflect on the morning, but still want a community atmosphere? Come join this guided meditation session to centre yourself for the afternoon.

**Yoga with Students (1:30-1:50pm)**
Location: OISE Room 5-260
Led by Janna Barkman (1:30)
Searching for a way to do a quick DPA with students? Stop by this session for tips and poses for getting children involved in yoga.

**Afternoon Workshops (2:00pm - 3:15pm) - Select one of the following:**

**Workshop PM01: Applying Inquiry-based Learning to Urban Education**
Pam Miller, TDSB EcoSchools
Focus: K-12
In this workshop, participants will investigate ways to nurture student inquiry to explore relevant environmental issues in urban areas. With more than 80% of the Canadian population living in urban areas, urban students need to become more environmentally literate. Urban environments are unique ecosystems because of the tremendous influence that humans exert on their ecological processes; by exploring their neighbourhoods, students can develop informed perspectives about the health and well-being of their community and begin to take steps to make their neighborhoods safer, cleaner and healthier places to live. (Please dress appropriately to go outside.)

**Workshop PM02: Nature Now - Experiencing the Joy and Benefits of Learning Outdoors**
Ron Ballentine, Chair of the EcoSchools Canada Board
Focus: P/J/I
This workshop will feature the latest information on the value of learning outdoors, especially with regard to all aspects of health and well-being. It will focus on 'nearby' nature, including actively participating in an environmental inquiry-based set of curriculum-connected, outdoor activities that can be easily implemented in elementary schools. (Please dress appropriately to go outside.)
Workshop PM03: Holistic Approaches to Environmental Education  
Kim Fry, TDSB  
Focus: P/J/I  
This workshop will explore the many possibilities for bringing together holistic educational practices with environmental education to help inspire a new generation who will work to heal the earth and decolonize their classrooms. Drawing on ecofeminist spirituality, earth activism, and nature awareness, the workshop will emphasize the need for fostering a deep sense of connection to the natural world and use song, dance, art, and storytelling to build that connection.

Workshop PM04: Natural Curiosity 2nd Ed: Indigenous Perspectives on Environmental Inquiry  
Haley Higdon, Dr. Eric Jackman Institute of Child Study  
Focus: P/J/I  
The first edition of the Natural Curiosity resource finds common ground with values inherent to Indigenous culture; one Anishinaabe Elder said, after reading it, "I actually cried when I read it...they're finally starting to get it!" The 2nd edition of Natural Curiosity supports a stronger awareness of Indigenous approaches to environmental learning. It offers an encounter with Indigenous perspectives that challenge us to think in very different ways about our place in the world. This lens provides a starting point that opens educators’ eyes to Indigenous perspectives as their students build lasting connections with the natural world.

Workshop PM05: Our Watery World: Tips & Techniques for Bringing Water into School Programs  
Sybille Parry, Biz Ahrens & Eve Hoffman, TDSB  
Focus: P/J/I  
This workshop is designed to provide educators with tips, resources, and ideas for incorporating Water as a theme and Water Conservation as a practice in all areas of school programs, both in classrooms and across the school. The leaders, three experienced TDSB teachers, will share their Take Back the Tap campaign, exemplary programming ideas, and their favourite resources, all in the comfort of a "Café" community.

Workshop PM06: How to Create Healthful Spaces in Schools  
Ryan Lo, Urban Minds  
Focus: I/S  
Built environments affect our health, and sadly many places in our cities have been built in ways that are making us sick – with obesity, asthma, loneliness, and depression. Since students spend most of their time at school, the design of our school spaces plays an important role in their physical and mental wellbeing. This workshop investigates the qualities of public spaces that contribute to better health, and features hands-on activities that will help participants find creative ways to transform underutilized spaces in and around your schools into inclusive and healthful places. This workshop is best suited for secondary school teachers who are interested in engaging students in the areas of geography, public health, design, and/or architecture.
Workshop PM07: From Seeds to Sprouts to Cucumbers to Compost: Secondary Veggie Gardens
Linda Ryan & Carm Crupi (PDSB)
Focus: J/I
In this experiential workshop, Carm and Linda will share their journey in developing a “whole-circle” veggie gardening program in a secondary school setting. Hands-on demonstrations will include sprouting, seed-starting and vermicomposting. Practical challenges such as funding sources and summer maintenance will be discussed. Participants will have the opportunity to win a sprouting kit or small vermicomposting system!

Workshop PM08: Caring for our Common Home: Cultivating Awe and Wonder
Kathy Murtha & Katie Marshall, Greening Sacred Spaces
Focus: I/S
Air, Earth, Water and Fire are universal symbols that transcend differences and boundaries, connecting our bodies to the webs of life on earth. They offer us a wisdom path to communion with our brothers and sisters across time, culture and religions and the earth itself. The goal of this interactive workshop is to assist participants in a critical shift of consciousness, from one that sees the earth as a mechanical inanimate object for our consumption and material profit, to one that sees the earth as a living breathing being. This learning process will involve symbols, media, music, poetry, reflection, meditation and gentle movement.

Workshop PM09: Curious by Nature: Tools to Develop a Culture of Curiosity in Classrooms & Outdoors
Andrew McMartin, The P.I.N.E. Project
Focus: P/J/I
Through storytelling and short activities, participants will learn and practice key tools to help cultivate curiosity in the classroom and/or outdoors. Identifying and practicing different "levels" of questions that can be use with elementary students, exploring how "sit spots" as be places of personal curiosity and connection, discussing how storytelling techniques can inspire children into self-directed learning will all be covered. (Please dress appropriately to go outside.)

Workshop PM10: Medicine Wheel Teachings
Aqua Nibii Waawaaskone, Aqua Music
Focus: P/J/I
The Medicine Wheel Teachings Workshop will encompass all aspects of creation and how they can be honoured while teaching elementary students. Best practices and the fundamental reasons behind these traditional ways of the Indigenous peoples of Turtle Island will be shared and experienced not only inside a classroom environment but also outside on the land. (Please dress appropriately to go outside.)
Workshop PM11: *Building Healthy and Sustainable School Communities*
Kathleen Watt, EcoSpark
Focus: K-12
Sustainable building practices are important for creating healthy schools and communities. This workshop will discuss the idea of building complete communities to help promote healthy and sustainable schools and communities. It will introduce ideas for sustainable development within and around schools, such as walkable communities, active transportation (e.g., walking and cycling), and green infrastructure. It will also explore the *Neptis Geoweb*, a free interactive online mapping platform. Free teacher resource guides and lesson plans will be provided to all participants.

**Conference Social (3:30pm+)**
Join conference participants, volunteers, and organizers at the Duke of York Pub (39 Prince Arthur Ave.) to network, socialize, and share your learning from the day. This is an informal event; participants are responsible for individual food and beverage purchases.