



E-SPRINTER

A newsletter of the Health and Physical Education Council of the Alberta Teachers' Association

April 2013

HPEC Is Looking for You!

HPEC is looking for members to join our executive. Below are the vacant positions:

- **Webmaster:** (responsibilities: liaises with our provider, updates information and attends two executive meetings)
- **Runner/E-Sprinter editor:** (responsibilities: collaboratively produces two e-newsletters and one journal). Regarding the journal, you are not expected to write or edit articles, but to compile them. The ATA editorial staff look after the rest.
- **Historian:** (responsibilities: maintains accurate history of the council, awards and handbook updates)
- **Social media:** (responsibilities: updates and maintains the HPEC Facebook and Twitter accounts)

- **Comprehensive School Health rep (CSH):** (responsibilities: serves as the primary contact and reference for CSH contributions to *Runner* and *E-Sprinter* and attends two executive meetings)
- **President-Elect:** (serves as incoming president, assists the current president and oversees a portfolio of committee work)

All nominations must be received prior to the AGM. No nominations will be accepted from the floor (unless there have been no prior nominations).

For full descriptions, information and applications, please visit the HPEC website (www.hpec.ab.ca). All members of the executive must be current HPEC members.



Promoting School Wellness

Congratulations to Meghann Springett, winner of the HPEC Promoting School Wellness Award. Meghann exemplifies the traits of a true health champion. She is actively involved in almost every aspect of her school and is dedicated to ensuring that all students at R T Alderman School, in Calgary, have the opportunity to take part in the creation of a healthy active school community. Congratulations, Meghann!

Nutrition Bites for School Newsletters

These useful nutrition topics are ready to be copied, pasted and inserted into your school or parent newsletter:

www.albertahealthservices.ca/6457.asp

Become an HPEC Member

www.hpec.ab.ca/membership

HPEC Executive at a Glance

www.hpec.ab.ca/current-executive-officers

Is there a topic you would like to see covered in the HPEC annual journal *Runner*? Send your suggestions and topics to Heather Rootsart, president-elect, at rootsaerth@ecsd.net, for consideration.

Regional Representative Highlight

Meet Dustin Devereaux and John Mauro, the Red Deer Regional corepresentatives. Dustin and John have been busy in their area supporting teachers in health and physical education.

Here are a few things they did to create healthy active schools:

- Held a drive-in workshop in Red Deer with a wide variety of sessions.
- Connected with Red Deer College and postsecondary professors.
- Created a contact list for the region.
- Contributed to the great success of the Healthy Active School Symposium (HASS) in Red Deer.
- Organized a bus for Conference 2013 in Medicine Hat.

Contact John Mauro at jmauro@rdcrd.ab.ca or Dustin Devereaux at ddevereaux@rdpsd.ab.ca.



HPEC Executive Is Proposing Some Changes

The HPEC executive is proposing some changes to the structure of the council that it believes more accurately reflects the work of the council and provides for greater opportunities for continuity of leadership and succession planning. The proposed changes include two-year terms of office with not all executive positions being elected in the same year. Additionally, the executive is recommending the standing committee structure be modified so that the council has three standing committees, leadership and pedagogy, member services, and communication. The executive believes that this structure more accurately reflects and can more effectively support the work that is being identified in the strategic planning process. These proposed changes, in addition to the election of officers and the presentation of the proposed 2013/14 budget will be discussed and voted on at the annual general meeting being held on May 3 at 4:00 PM, in Medicine Hat. We look forward to seeing you there.

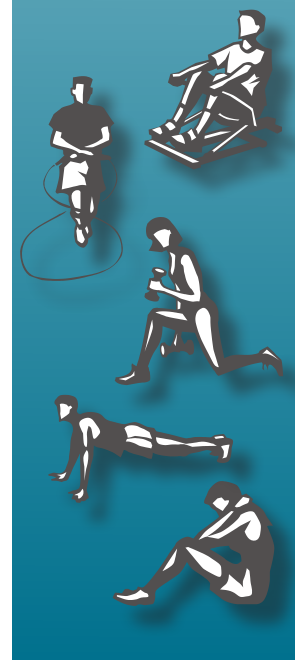
Conference 2013

“The Great Traits of Champions”

May 3 to 5, 2013

In a talk that is sure to inspire, keynote speaker Olympic gold-medal winner Mark Tewksbury will talk about what traits an athlete needs to be a champion and will describe the fundamentals for creating championship organizations and teams.

Visit www.hpec.ab.ca/conference-2013.





HPEC Executive 2012/13

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