



# SPEA ON THE MOVE

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## FUTURE LEADERS - INSPIRED INDEED!



The 4th Annual SPEA Student Leadership 'Experience' was held at Dallas Valley Ranch Camp from September 24-27, 2019. The intention of the 'experience' was to challenge the physical, social, emotional and intellectual well-being of the student delegates. The pre-service delegates had opportunities to engage in physical activities combined with presentations, workshops and other initiatives that encouraged them to explore their preconceptions of leadership.

The delegates worked closely with mentors and fellow students from across Canada. Student delegates were representing post-secondary institutions from British Columbia to the Maritimes. They learned from and networked with some of the most influential mentors in the field of physical education, health education, sport, and health promotion. Students came away from the 'experience' with a greater understanding of what it means to be a leader, and how you can challenge yourself and others to meet and exceed your goals and expectations.

Students were assigned to a mentor group made up of their peers. Mentors working with each group included Julie Andrews, Kyla Christiansen, Nick Forsberg, Doug Gleddie, Shannon Kell, and Cole Wilson. We were excited to welcome numerous presidents representing their respective provinces from across the country as they participated in advance of the CoPT meetings being hosted in Regina. PHE Canada was also represented by Melanie Davis (Executive Director/CEO) and Ryan Fahey (Lead, Special Projects & Campaigns).

Some of the mentor group 'experiences' included:

- High and low ropes courses
- Engaging professional leadership presentations
- Networking opportunities and events
- Mentor group tasks and initiatives



Guest presenters sharing their 'experiences' regarding leadership in education, athletics, family, and in the community included Andrea Ward, Reg Leidl and Dr. Stu Robbins.



Next year's Student Leadership 'Experience' will be hosted at Dallas Valley from September 22-25, 2020. Preliminary planning is already underway to continue to expand the scope of the 'experience' in partnership with PHE Canada to include student delegates and mentors from across the country.

Nutrition Awareness

Lessons/Ideas for Middle Years and Senior Students

SPEA Loaner Kits



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TEDEd

Nourishing Minds



Jeff Jackson Playground Pro

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Carla Archer - Independent Associate

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our goal is healthy children



Saskatchewan games  
lloydminster summer 2020

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