



Creating a Culture of Wellbeing: What's the Evidence?



CASS Fall Conference

November 2018

Dr. Douglas Gledhill



The PLAN



Table Activity.



Why Wellbeing?



Why Schools?



Recess!



What's the Evidence?



What can (must) YOU do?



Table Activity

What are your GOALS?

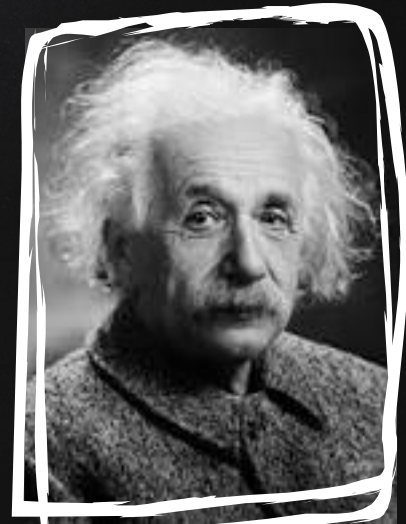


Why WELLBEING?



“The world as we have created it
is a process of our thinking. It
cannot be changed without
changing our thinking.”

— Albert Einstein





Why Wellbeing?

- X Health (sickness) system
- X Salutogenesis vs pathogenesis

The presence of the highest possible quality of life in its full breadth of expression focused on but not necessarily exclusive to: good living standards, robust health, a sustainable environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in leisure and culture (Canadian Index of Wellbeing).



Why Well being





“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

— Maya Angelou





Why SCHOOLS?



9%



24%



10-20%



35%

active kids learn better

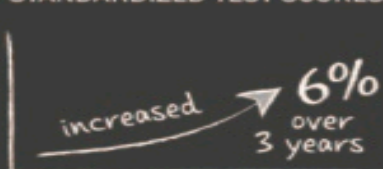


physical activity at school is a win-win for students and teachers

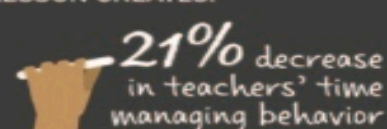
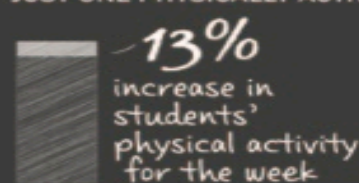
GRADES:



STANDARDIZED TEST SCORES:

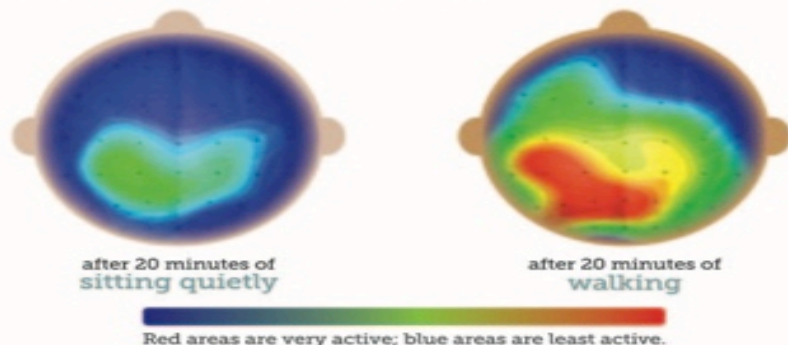


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better
in reading, spelling & math
and were more likely to read
above their grade level

after being in a physically active
afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Proportion Earning a Bachelors Degree or Higher at Age 26 (%)

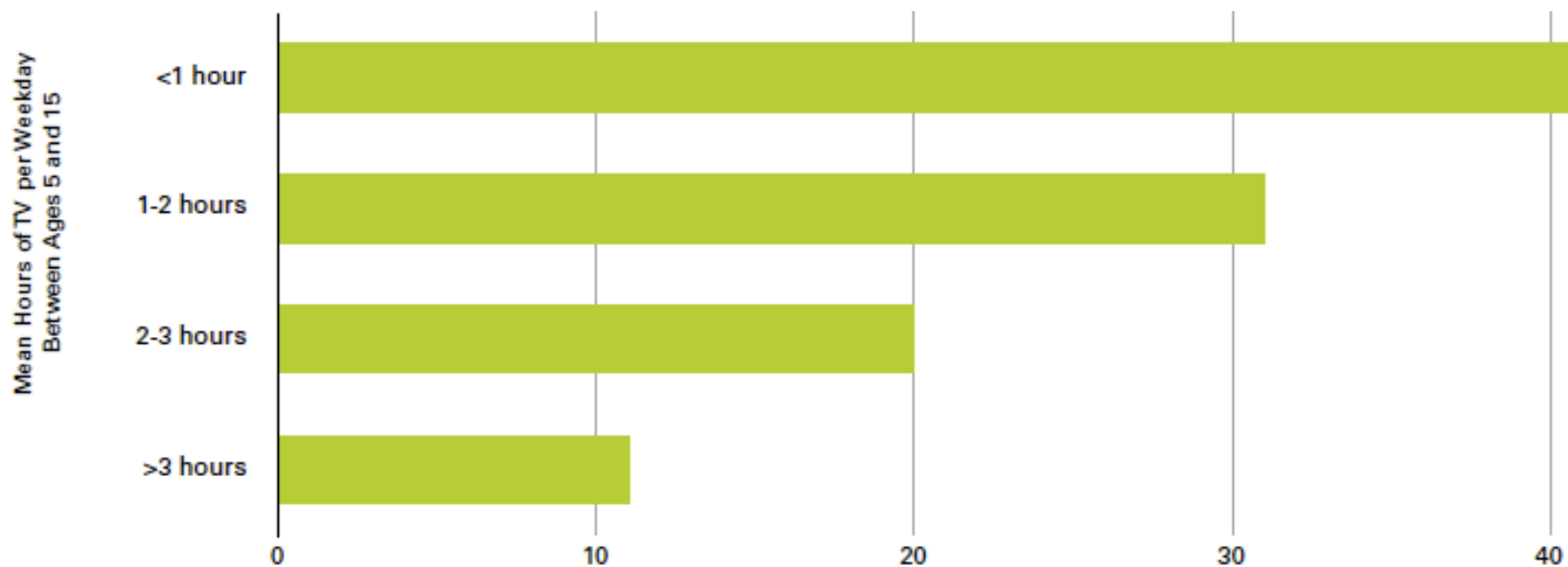


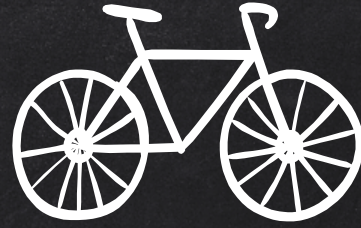
Figure 1: The impact of watching TV during childhood and adolescence on the likelihood of earning a bachelor's degree or higher by age 26.



Why SCHOOLS?

- X 75% of us do not achieve the minimum recommended amount of physical activity
- X 69% of our waking hours are spent in sedentary pursuits
- X 20% of us will personally experience a mental illness in our lifetime
- X 51% of us report that our workplace is a major source of stress





RECESS!



What's the EVIDENCE?



“Education is the most powerful
weapon which you can use to
change the world.”
— Nelson Mandela





Health & Education

Comprehensive School Health

. frameworks have a positive impact on student health and education outcomes

(Murray, et al., 2007; Veugelers & Swartz, 2010; Kriemer et al., 2011; Pardo et al., 2013).

Action Schools BC!

. showed increases in physical activity levels, fruit and vegetable consumption, and variety, and cardiovascular fitness

(Naylor, et al., 2008; Reed, et al., 2008).



Health & Education

Comprehensive School Health

. supports student learning while, simultaneously, addresses school health in a planned, integrated, and holistic manner

(Berg et al., 2016).

Student Behaviour Change

. requires a more comprehensive approach that involves teachers, parents, and community stakeholders and includes supportive policies, programs, and environments

(Veugelers & Fitzgerald, 2005; Veugelers & Schwartz, 2010).



Health & Education

Comprehensive School Health

.investing NOW in healthy schools, including prioritizing health and physical education, can save millions in future health costs.

(Tran, et al., 2014).

Physical Education

.girls with PE for 70 or more minutes per week attained significantly higher reading and mathematics scores than did girls with 35 or fewer minutes per week .

(Carlson, et al., 2008).



What CAN (must)
You DO?



“Nothing is going to change,
unless someone does something
soon”

— Dr. Seuss





Mor a l Pur pose

“A compelling and inclusive moral purpose steers a system, binds it together, and draws the best people to work in it.”

(Hargreaves & Shirley, 2009, p. 76)

“...improving society through improving educational systems and thus the learning of all citizens.”

(Fullan, Cuttress & Kilcher, 2005, p. 54)



Mor a l Pur pose

“Literacy and numeracy are sometimes such a purpose and should always be an educational priority. But they are not always the right reform priority, especially when schools and nations are already high performers in those areas, or when they sideline other emphases that need more attention.”

...while Canada ranks very high on tested literacy achievement and on economic prosperity as measures of educational wellbeing, it performs very poorly in self, family, peer-related, or health-based well-being.”

(Hargreaves & Shirley, 2009, p. 76)



Mor a l Pur pose

Alberta students consistently score well among developed nations in
PISA tests ([http://www.cmec.ca/508/Programs-and-Initiatives/Assessment/Programme-for-International-Student-Assessment-\(PISA\)/PISA-2015/index.html](http://www.cmec.ca/508/Programs-and-Initiatives/Assessment/Programme-for-International-Student-Assessment-(PISA)/PISA-2015/index.html))

X 2nd in Sciences

X 3rd in Reading

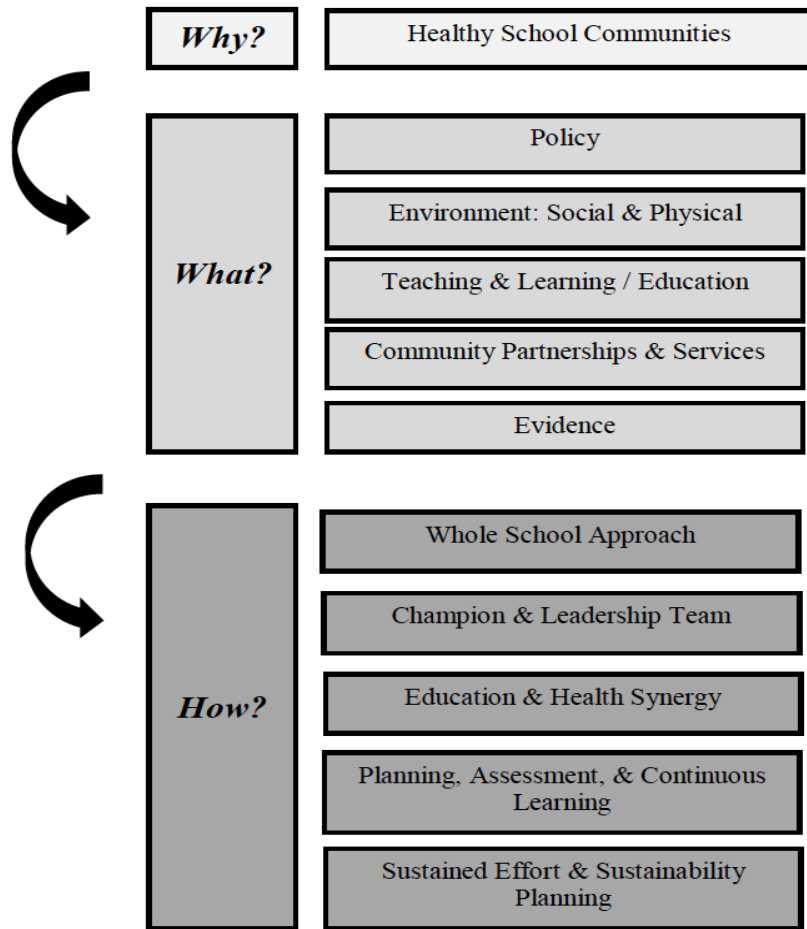
X 14th in Math

Canada was ranked 17th out of 29 'rich nations' for overall child
wellbeing in a 2013 UNICEF report (https://www.unicef-irc.org/publications/pdf/rc11_eng.pdf)

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD
A collaborative approach to learning and health



Figure 2. Healthy School Community Frameworks and Implementation Processes



Adapted for the local context



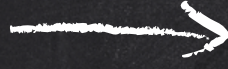
Educational Change & Well being



Gleddie & Robinson, 2017



Embedding **WELLBEING**



“The Way We Do Business”



THANKS!

dgleddie@ualberta.ca

[@doug_gleddie](https://www.instagram.com/doug_gleddie)

purposefulmovement.net



Transition headline

Let's start with the first set of slides



This is a slide title

- X Here you have a list of items
- X And some text
- X But remember not to overload your slides with content

Your audience will listen to you or read the content, but won't do both.



Bring the attention of your audience over a
key concept using icons or illustrations



You can also split your content

White

Is the color of milk and fresh snow, the color produced by the combination of all the colors of the visible spectrum.

Black

Is the color of coal, ebony, and of outer space. It is the darkest color, the result of the absence of or complete absorption of light.



In two or three columns

Yellow

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

Blue

Is the colour of the clear sky and the deep sea. It is located between violet and green on the optical spectrum.

Red

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.



A picture is worth a thousand words



A complex idea can be conveyed with just a single still image, namely making it possible to absorb large amounts of data quickly.

A vibrant field of red poppies under bright sunlight. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft-focus sea of more poppies, creating a sense of depth. A white, hand-drawn style rectangular border frames the text in the center.

Want big
impact?
Use big
image.



Use charts to explain your ideas





And tables to compare data

	A	B	C
Yellow	10	20	7
Blue	30	15	10
Orange	5	24	16



Maps





8 9,526,124



Whoa! That's a big number, aren't you proud?

89,526,124\$

That's a lot of money

185,244 users

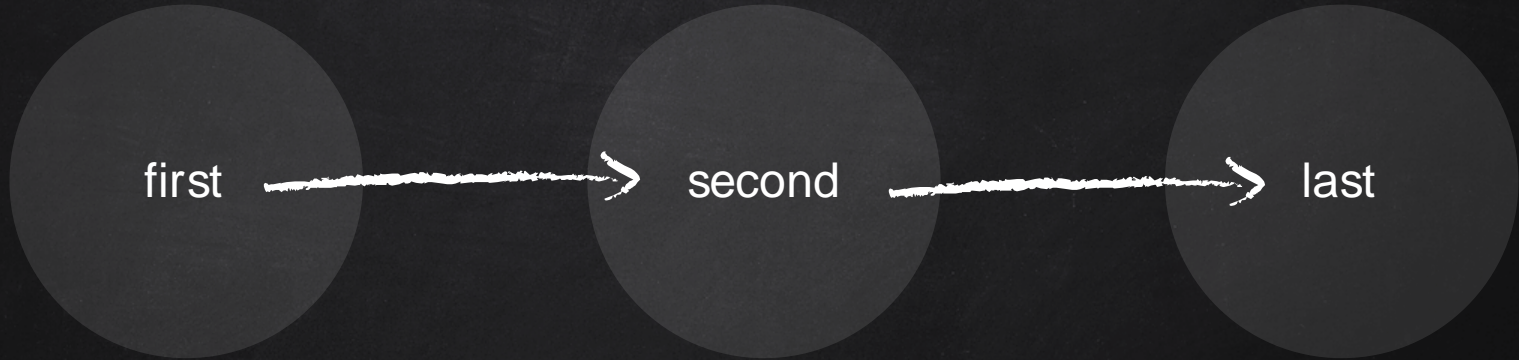
And a lot of users

100%

Total success!



Our process is easy





Let's review some concepts

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Yellow

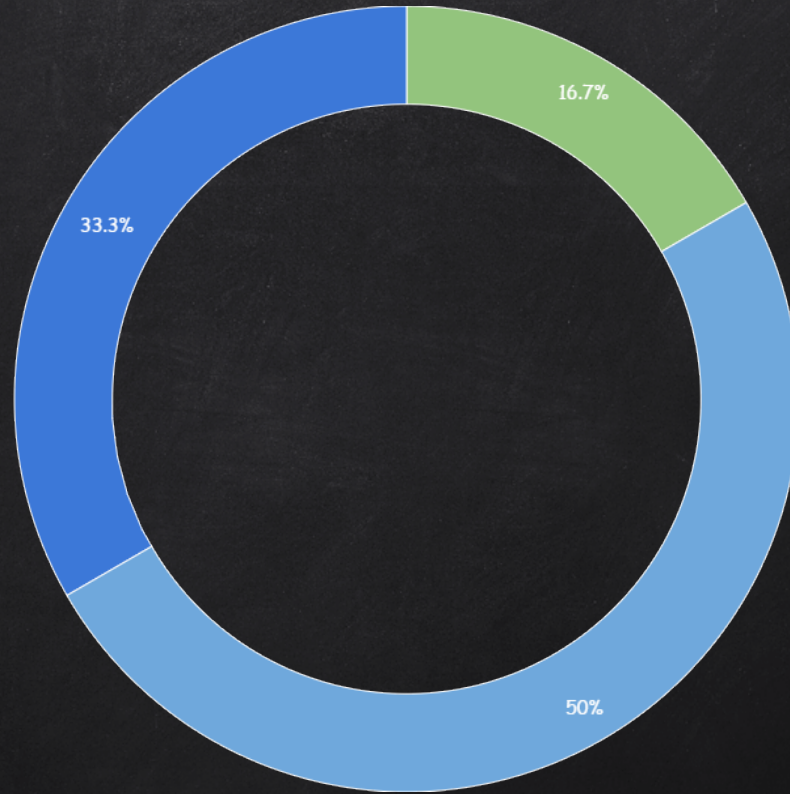
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You can copy&paste graphs from [Google Sheets](#)



t h a n k s !

Any questions?

You can find me at
@username
user@mailme

Credits

Special thanks to all the people who made and released these awesome resources for free:

- X Presentation template by [SlidesCarnival](#)
- X Photographs by [Unsplash](#)

Presentation design

This presentation uses the following typographies:

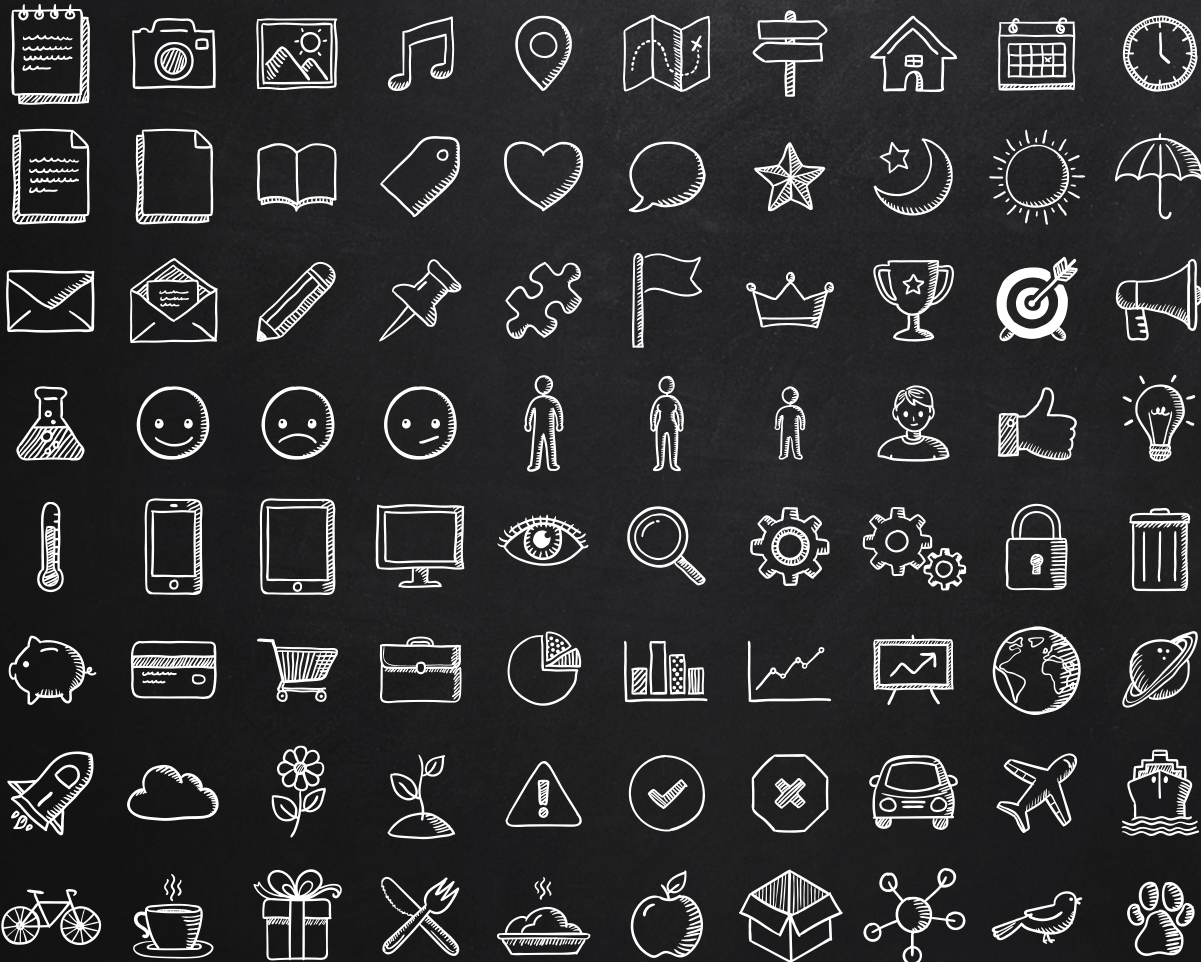
- X Titles: Walter Turncoat
- X Body copy: Sniglet

You can download the fonts on these pages:

<https://www.fontsquirrel.com/fonts/walter-turncoat>

<https://www.fontsquirrel.com/fonts/sniglet>

You don't need to keep this slide in your presentation. It's only here to serve you as a design guide if you need to create new slides or download the fonts to edit the presentation in PowerPoint®



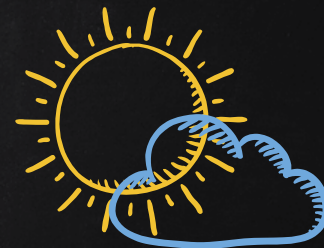
SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.

Isn't that nice? :)

Examples:





Now you can use any emoji as an icon!

And of course it resizes without losing quality and you can change the color.

How? Follow Google instructions

<https://twitter.com/google/docs/status/730087240156643328>



Extra graphics

