



**Prince Edward Island Home and School Federation**  
**69<sup>th</sup> Semi-Annual Meeting**  
**“Help My Child”**  
**Monday, October 23, 2023, 6:00 – 8:00 p.m.**  
**Central Queens Elementary School, Hunter River, PEI**

Agenda (Draft)

- 5:45 PM Registration / Refreshments
- 6:00 PM Welcome – Dionne Tuplin, President  
Business Session
1. Agenda Semi-Annual 2023
  2. Semi-Annual Minutes 2021
  3. Treasurer’s Report, Craig Goodick
  4. President’s Update
  5. Adjourn Business
- 6:30 PM **“Help My Child” Panel Presentation / Q&A**  
**Moderators: *Dionne Tuplin & Shannon Bruyneel, Vice President***
- 6:30-6:50 **What is Home & School?**  
**David Schult**, Former international school teacher and administrator having worked overseas for over 24 years, in seven countries before returning to Canada in 2021.
- 6:50-7:20 **COMPASS Student Health Survey**  
**Cody Davenport**, PEI COMPASS Research Project Lead, PEI Chief Public Health Office
- 7:20-7:50 **Screens in schools: simple ways to maximize the benefits and minimize the harms?**  
**Dr. Travis Saunders**, Kinesiologist, UPEI  
His work focuses on the health impacts of physical activity and sedentary behaviour across the lifespan.
- 7:50 PM Announcements:  
~Training Workshops:  
Nov. 6, 2023, 6:30 PM, Miscouche Consolidated School  
Nov. 7, 2023, 6:30 PM, West Royalty Elementary School  
~71<sup>st</sup> Annual General Meeting, April 13, 2024
- 8:00 PM Adjournment/Safe travels

## **More about our topics and speakers...**

### **Title: What is Home & School?**

**Summary:** This presentation will provide background and context to what Home and School is and does; and also, to share the presentation slide deck with local chapters to re-use and personalize for presentations to their local schools.

**Bio:** David Schult, Former international school teacher and administrator having worked overseas for over 24 years, in seven countries before returning to Canada in 2021. Currently he represents the Colonel Gray area of schools on the PEI Home and School provincial board.

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### **Title: COMPASS Student Health Survey**

**Summary:** COMPASS is a student health survey that asks grade 7-12 students about their health and health behaviours including sedentary behaviours, physical activity, mental health, healthy eating, substance use, bullying, academic outcomes, and sleep. COMPASS was implemented during the 2022-2023 school year within 18 schools across the province. This presentation will share some of the initial results of the survey.

**Bio:** Cody Davenport, PEI COMPASS Research Project Lead, PEI Chief Public Health Officer, Department of Health and Wellness

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### **Title: "Screens in schools: simple ways to maximize the benefits and minimize the harms"?**

**Summary:** Screens are an increasingly regular part of the school day. This brings both opportunities and challenges for student learning and health. Dr Travis Saunders will give an overview of research on the ways that schools can maximize the benefits and minimize the harms of screen use in schools.

**Bio:** Travis Saunders is an Associate Professor in the Department of Applied Human Sciences at UPEI. His work focuses on the health impacts of physical activity and sedentary behaviour across the lifespan. In 2022 he led the development of international recommendations for school-related sedentary behaviour and screen use.

## **Q&A**