



2016

North East Victoria Region Health, PE and OES Conference



Friday 26 August

Wodonga Senior Secondary College

Sponsored by:



Wodonga Senior Secondary College
Every Student, Every Opportunity, Success for all



Leaders in Physical Education.

Conference Welcome



A message from Jessica Harris, NEVR HPE & OES Network Founder



I am very excited to welcome you to the North East Victorian Regional Network's first annual Health, Physical Education and Outdoor Education Conference. This conference is the result of an idea I had a number of years ago, when I saw that metropolitan schools had a distinct advantage in Professional Development opportunities for teaching staff, in comparison to rural and regional schools. I wanted to bridge the gap and ensure that the teachers in our region can still access high quality and affordable Professional Development opportunities.

There are numerous highly experienced teaching staff in our local area, so I wanted to utilise and share our collective resources for the benefit of local teachers. Having worked in a number of different school settings, I have seen teachers spending countless hours preparing innovative and engaging activities for use in their classrooms, all with the same goals, from the same curriculum. Teachers are already stretched for time, so it made sense to me that they should be encouraged to share their work, and lighten the load. This is where the idea of the network came from.

The idea developed with the support of fantastic local staff, and we now have over 120 members and our network is growing. I have been sending fortnightly e-updates with resources for each of our subject areas, and local staff have begun to share resources. I have created a Facebook page for us to interact with, and have also created a website where we are able to upload, share and request resources from other local staff. Hopefully we can continue the conversation and sharing to save time, and benefit the staff and students in our local area.

Our conference is a day to highlight amazing things that local teachers are doing, to share and network with local professionals, and gain insight into innovative practices in our teaching areas. I hope that this conference is unlike any other, with interactive games, prizes and challenges intertwined with teaching and learning. Our supporting partners, Centre for Excellence in Rural Sexual Health (University of Melbourne), ACHPER and VCAA have also made it possible for some outstanding established presenters to facilitate at our conference. RHSports have also contributed some fantastic prizes for the day.

Through my role as a VCAA Specialist Teacher, I have been working on the Respectful Relationships Education program, which is being rolled out to all Victorian schools in 2017. With 694 reported cases of domestic violence reported in Wodonga in 2013, it is vital that this culture shifts. Students need to receive quality education about violence prevention and as educators, we have the power to change this culture. This conference has a strong emphasis on Respectful Relationships Education and aims to ensure that teachers leave feeling empowered to incorporate the program's ideals into their classrooms.

I hope that today exceeds your expectations and builds on the networking that has already begun in our local area. I encourage you to be active in our network, share resources and talk to one another - teachers are special people, let's empower one another and acknowledge the amazing influence we have on the lives of our students, our next generation of global citizens.

- Jess Harris

Conference Focus: Respectful Relationships in the NE Victoria Context

In August 2015, the Victorian Government announced that Respectful Relationships Education (RRE) curriculum will be mandated in every Victorian public school from foundation to year 10 and there will be support for teachers to deliver this curriculum. This roll out of RRE curriculum will be supported by: funding to train and support approximately 120 selected mentor 'lighthouse' schools; professional learning for thousands of primary and secondary teachers to help them teach respectful relationships; and dedicated health officers in each of the Department of Education's local areas to support schools in responding to family violence and making connections with relevant services in the community.

The investment is part of the \$572 million initial response to the Family Violence Royal Commission in the 2016/17 Victorian Budget. This key prevention initiative was called for in recommendation 189 by the Royal Commission. Schools are an essential setting for violence prevention and to create safe and supportive environments for the whole school community.

This local conference provides a timely opportunity to focus on respectful relationships education and our professional practice. We are fortunate to have key academics, educators and practitioners present at our local conference to support you and your school to develop a sound theoretical framework and practical skills. Kristy Lang and Sally Wilson from VCAA will outline the RRE curriculum and facilitate activities from the Building Respectful Relationships resource; Professor Moira Carmody will explore how this form of education has developed and why it is so important that schools and communities engage and develop cultures of respect and safety; and Jenny Walsh's workshops will draw links between developing skills for negotiation around sexual intimacy, consent and gender relations and the sexuality education curriculum at both primary and secondary levels. The Centre for Excellence in Rural Sexual Health has sponsored Professor Moira Carmody and Jenny Walsh to attend the conference as part of the Centre's commitment to supporting local initiatives and multi-sectoral responses to improve sexual health, address gendered violence, and foster respectful relationships and ethical sexual citizens. Local workers from a range of services will also be present throughout the day to discuss RRE and local services and supports.

General Information

Conference Venue

Wodonga Senior Secondary College
 69 Woodland St Wodonga VIC 3690
 Ph: (02) 6043 7500

Internet Access

WiFi access is available with the following login details:
 Name: guest
 Password: WSSCGuest



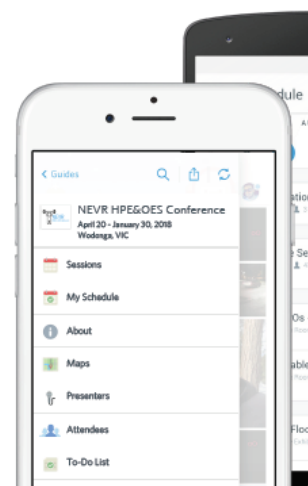
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<https://guidebook.com/g/nevrhpeoes2016/>

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NEVR HPE&OES Conference 26.8.16



Conference Program

8:45 – 9:00 **Opening Ceremony – Setting the scene for a unique conference experience**
Sports Centre Upstairs

9:00 – 10:00 **Session 1 – Electives**

An Introduction to the new Respectful Relationships Education Curriculum (F-12)	Physical Education (F-10)	Outdoor Education (7-12)	VCE (PE)
Sports Centre Upstairs	Galvin Hall (gym)	Outdoor Ed room (behind PAC)	Sports Centre Downstairs
Practical workshop with a focus on how the new RRE curriculum fits into the existing curriculum, tips on what to expect and how to implement an effective program. Presenters: Kristy Lang, Sally Wilson with the support of Nerida Matthews	Practical session about fundamental motor skills and game sense. Presenter: Dr Bernie Holland	Workshop session on local camp opportunities. Bring along examples of 2 or 3 of your camp offerings to share. Presenter: Martin Smith	Practical session to offer ideas for teaching energy systems in VCE (also adaptable for 9-10) Presenter: Derek Bowey with the support of Jesse Featonby

10:00 – 10:20 **Morning tea break and networking opportunity**
Peppers Restaurant Technology Centre

10:20 – 11:40 **Session 2 – Whole Group Session**
Respectful Relationships in Schools
Lecture Theatre

This key note session, **presented by Professor Moira Carmody**, will provide a context for the roll out of Respectful Relationships Education in Victorian Schools. Moira will explore how this form of education has developed and why is it so important that schools and communities engage and develop cultures of respect and safety. Moira will discuss the work she has done with young women and men in the Sex & Ethics Program across Australia and NZ and how the ideas and skills from this approach could be useful to assist teachers as they navigate this new area of the curriculum.

Moira will also discuss the BERT (Building Ethical Relationships Together) Community of Practice in Wodonga (established by the Centre for Excellence in Rural Sexual Health) which she has been facilitating this year. She will explore the importance of building support locally to assist teachers and other professionals as they deliver programs that may reflect competing values in their communities. Members from the Community of Practice will join the later part of the session to highlight the support services they can provide to school staff.

11:40 – 12:30 **Lunch break and networking opportunity**
Peppers Restaurant Technology Centre



12:30 – 1:30 *Session 3 – Electives*

Respectful Relationships & Sexuality Education (F-6) Sports Centre Upstairs Bodies, Babies, Sex, Family, Diversity, Gender and Safety – teaching ideas, research update and clarity about what to say and when to say it. Meeting the needs of modern children and fitting in with Respectful Relationship Education. ‘Catching On Early’ Curriculum activities will be used throughout the workshop Presenter: Jenny Walsh	Primary PE (F-6) Sports Centre Downstairs Physical Education curriculum planning and ideas around the new Victorian Curriculum. Presenter: Dr Bernie Holland	Secondary PE (7-12) Galvin Hall (gym) Practical Physical Education ideas. Presenter: Airlie Tudhope	OES (VCE) Outdoor Ed Room (behind PAC) A workshop session to develop program ideas. Presenters: Jess Harris and Brendan Hodge
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1:30 – 2:15 *Teacher Karaoke – ‘Teach meet’*

Choose 3 of the following 10-minute sessions presented by highly-skilled local educators. Move on when you hear the air horn!

Archery	Collaboration and Communication	Indigenous Inclusion	Respectful Relationships Primary	Respectful Relationships Secondary	Academic Games
Outside	Downstairs	Upstairs	Upstairs	Upstairs	Upstairs
Rod Pritchard presents practical tips for archery technique and instruction	Kaye Harris presents two engaging practical activities for use with students and staff	Brooke Musgrave shares some useful skills and tips for accommodating and including students with Indigenous backgrounds in all classrooms	Sally Wilson (VCAA Specialist Teacher) presents interesting and engaging Respectful Relationships activities she has used in a primary setting	Kristy Lang (VCAA Specialist Teacher) runs through a fun practical Respectful Relationships activity suitable for a secondary setting	Mitch Harris shares some exciting and innovative hands-on activities that he has used within his classroom

2:15 – 3:15 *Session 4 – Electives*

Respectful Relationships & Sexuality Education (7-12) Sports Centre Upstairs ‘Just the whole expectation of sex. It wears you down.’ Practical teaching ideas so that young people are more able to enjoy sex when they feel ready for it, that it is safe, mutually pleasurable and a consensual experience. ‘Practical Guide to Love Sex and relationship’ activities will be used throughout the workshop. Presenter: Jenny Walsh	Primary PE (F-6) Basketball Courts Practical Physical Education ideas. Presenter: Airlie Tudhope	Secondary PE (7-10) Galvin Hall (gym) Games Sense session. Presenter: Jim Gillies	Outdoor Education and VCE PE Sports Centre Downstairs The Sports Centre Downstairs will be available for teachers interested in networking, collaborating, sharing and reviewing their respective curriculum documentation and activities during Session 4
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3:15 – 3:45 *Closing Ceremony – Recap on the day, exciting messages to share and prizes awarded!* **Sports Centre Upstairs**

Presenters Biographies

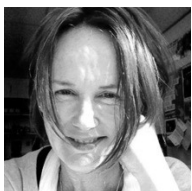


Professor Moira Carmody (PhD)

Professor of Sexualities and Gender Research at Western Sydney University

Moira worked in the health system for 20 years as a social worker prior to entering academia in 1997. She is regarded as a national expert on sexual ethics, young people, sexuality and sexual assault prevention. She is widely published in international journals and has written 4 books on these issues.

Moira is recognised as an international expert on gender based violence prevention. She has provided significant leadership in shaping national respectful relationship education policy and practice for young men and women. This included convening the subcommittee on Respectful Relationship Education of the National Council to Reduce Violence against Women and their Children. Visit her website at <https://ethicalsolutionsforpractice.com/>



Jenny Walsh

Teacher, trainer and writer

Jenny is a former senior member, and current Visiting Fellow of the Australian Research Centre in Sex, Health and Society, La Trobe University. Her work includes The Practical Guide to Love, Sex and Relationships for Years 7-10, explaining relationship skills, pornography, sexual consent and gender; Catching On Early, a primary school teaching resource for Years 1-6 for the Department of Education and Training; and Talk Soon, Talk Often: a guide for parents talking to their kids about sex.

Kristy Lang

Victorian Curriculum and Assessment Authority

Kristy is an experienced educator, having worked in secondary, tertiary and more recently, primary settings. She is currently teaching at Rosebud Primary School, whilst working as a VCAA Specialist Teacher: Health, Personal and Social Capability. Kristy has experience creating, implementing and upskilling teachers and students in the area of sexuality and health.

Sally Wilson

Victorian Curriculum and Assessment Authority

Sally is an experienced educator, currently teaching at Mackellar Primary School, whilst working as a VCAA Specialist Teacher: Health, Personal and Social Capability. Sally has experience presenting at conferences such as ACHPER Victoria.

Nerida Matthews

Victorian Curriculum and Assessment Authority (VCAA)

Nerida's teaching career focused on the area of health education. She was involved in the pilot of a number of ground breaking health education programs.

Dr Bernie Holland

ACHPER

Dr. Bernie Holland has spent over 35 years working in various education sectors with expertise in childrens motor development, physical activity, curriculum design and teacher training.

Nerida now has responsibility for health and physical education curriculum in Victoria from Prep to year 12. This includes the VCE studies of Health and Human Development, Physical Education and Outdoor and Environmental Studies as well as the VELS Domain Health and Physical Education.

Dr Bernie Holland was a Senior Lecturer in the Division of Exercise Sciences at RMIT University. Bernie has extensive experience in the area of Fundamental Motor Skills and is currently the Professional Learning Manager at ACHPER Victoria.

Martin Smith

Wodonga Senior Secondary College

Martin Smith is an experienced local educator, who has been teaching Outdoor and Environmental Studies for years. He has extensive experience with local camps and teaches at Wodonga Senior Secondary College

Derek Bowey

Wodonga Senior Secondary College

Derek Bowey is an experienced Physical Education teacher who has been working in the local area for years. Derek has extensive knowledge around the VCE Physical Education curriculum.

Jesse Featonby

Charles Sturt University

Jesse Featonby is an international athlete, who is currently working at Charles Sturt University in the area of Physiology. His knowledge in this area is extensive, and he has worked with local schools to support their teaching of the VCE curriculum. Jesse is also currently studying a Masters of Education.

Airlie Tudhope

PE Made Easy

Airlie is a motivated and energetic leading Physical Education teacher and Co-Founder / Director of PE Made Easy, with a passion for supporting PE teachers to deliver outstanding programs for their students. Airlie is also a presenter and workshop facilitator at conferences and professional development opportunities, including those held by ACHPER & Peak Phys Ed.

Presenters Biographies

Jim Gillies

Yarrowonga College P-12

Jim Gillies is an experienced educator, currently the Physical Education and Sport Coordinator at Yarrowonga College P-12. Jim has extensive knowledge around the Physical Education curriculum and its practical implementation. He will present a session which explores Games Sense in a practical setting.

Mitch Harris

Wodonga Middle Years College

Mitch Harris, currently the year 7 Team Leader at Wodonga Middle Years College, has experience teaching locally in the areas of Maths, Science, Physical Education and Outdoor Education. He will present a 10 minute session for the teach meet on Academic Games.

Brooke Musgrave

Wodonga Senior Secondary College

Brooke Musgrave has experience implementing Indigenous education locally, and will present a 10 minute teach-meet about Indigenous inclusion activities and references.

Jessica Harris

Founder, NEVR HPE & OES Network

Jessica grew up in Albury-Wodonga, and has experience teaching in a range of settings, from primary to tertiary. She currently teaches at Wodonga Senior Secondary College and works as a Specialist Teacher for the Victorian Curriculum and Assessment Authority (VCAA).

Dr. Kay Harris

Wodonga Middle Years College

Dr Kaye Harris is an Assistant Principal at Wodonga Middle Years College. She has been a teacher for more than 30 years with experience in the primary, secondary and tertiary sectors. Kaye's research examines transformative and ethical leadership, system reform and school restructures. Her professional interests also include learning in the middle years, student voice and 21st century learning.

Rod Pritchard

Wodonga Senior Secondary College

Rod Pritchard has extensive experience teaching Physical Education locally, and will present a 10 minute teach-meet about archery.

Acknowledgements

Thank you to the following people who have assisted with the success of the North-East-Victorian Regional HPE & OES Network's first ever Conference:

Centre of Excellence in Rural Sexual Health (CERSH) and its Community of Practice members

Kylie Stephens (CERSH) for her support and guidance in the lead up to the conference

Bree Attwood (CERSH) for producing the conference brochure

Professor Moira Carmody

Jenny Walsh

Dr Bernie Holland from ACHPER

The ACHPER staff who assisted with ticketing for the conference

The staff at Wodonga Senior Secondary College who offered support for the conference

Vern Hilditch, Principal Wodonga Senior Secondary College

Airlie Tudhope & PE Made Easy

Mitch Harris

RHSports

School Sports Victori

Nerida Matthews, VCCA

The VCAA Specialist Teachers Kristy Lang and Sally Wilson

Victorian Curriculum and Assessment Authority

Steve Garro and the Peppers Restaurant team at Wodonga Senior Secondary College

All of the wonderful presenters who have put in such an effort to provide valuable learning experiences



And finally, thank you to all of the people who have shared resources, shown support and appreciation for the network and the positive direction it is taking the educators in our area... THANK YOU!



Making Local Connections



The Centre for Excellence in Rural Sexual Health (CERSH) designs, implements and evaluates programs that improve access to quality sexual health care, information and support, and foster sexual health and respectful relationships. We are a small team of six working in north east Victoria and Loddon Mallee region.

We work in partnership with relevant organisations, networks and communities using strong community development theory and practice, a commitment to authentic partnerships, and an active engagement with the dynamics of difference, diversity and culture.

CERSH's research and evaluation agenda aims to create evidence which informs an integrated approach to sexual health policy, health promotion, and service and program delivery. We were established by 2009, are funded by the Victorian Department of Health and Human Services, and we are part of the Department of Rural Health, University of Melbourne.



Visit www.cersh.com.au to find out more about our work in rural Victoria and sign up to our monthly eNews for event and project information



This Wodonga-based project aims to bring together health and education sectors in responding to the sexual health and wellbeing of young people, an area in which there is a limited evidence base in the Australian context. To guide the development of a strategy, in 2015 CERSH conducted 5 focus groups involving 37 participants from a number of settings including schools, community health, welfare services and local government in order to capture a wide range of perspectives from workers who have direct or indirect impacts on the sexual health and wellbeing of young people aged 12-18 in formal education environments.

Some of the key areas explored included gaps and strengths of local service systems including schools and health services, referral points for young people regarding sexual health and wellbeing and potential interventions to strengthen the service system, both at individual level and within the broader context. Themes from the data highlighted the importance of ensuring young people experiencing high levels of personal and systemic disadvantage as well as those working alongside them, are provided with timely and accurate support regarding sexual health and wellbeing.

As a result, the Building Ethical Relationships Together (BERT) Community of Practice was established in 2016. A multidisciplinary group of Wodonga based practitioners (nurses, primary and secondary teachers, social workers etc) meet monthly to share and learn from one another. The aim is to strengthen our shared practice in working with young people to enable them to negotiate and experience ethical and respectful relationships, both through the delivery of curriculum and on a one to one level. The workshops are facilitated by Dr Moira Carmody utilising elements of her Sex and Ethics Program and reflective practice.



Visit www.cersh.com.au/projects/wodonga-young-persons-sexual-health-project