



Manitoba Home Economics Teachers Association

Rethink, Revitalize, Reconnect

Louis Riel Arts and Technology Centre
5 deBourmont Ave

PROGRAM

8:00–9:00 a.m.

Registration and Light Breakfast

9:00–10:00 a.m.

Keynote Speaker Kathy Kater

10:00–10:30 a.m.

Morning Break, Networking,
Display Browsing

10:30–11:45 a.m.

Keynote Speaker Kathy Kater
(cont'd)

11:45 a.m.–1:00 p.m.

Lunch provided on site, Net-
working, Display Browsing

1:00–3:30 p.m.

Breakout Sessions

Lots of free parking in school lot and across the street in Maginot Arena Parking lot.

Displays

Here is the list of the exciting displays we have confirmed at press time. Many more to come for the fall!

Baby Think it Over—Studica Limited
Alzheimer Manitoba
Best Cooking Pulses, Inc.
Food Matters Manitoba
Heart & Stroke Foundation
McGraw-Hill Ryerson Publishing
Osteoporosis Canada—Manitoba Chapter
Siltex Mills
Quilt as Desired
Healing Cuisine Canada
Insurance Institute Career Connections

KEYNOTE

A New Paradigm for Weight: An Effective Model for Promotion of Healthy Body Image, Eating, Fitness and Weight in Children and Teens

You cannot solve problems using the same thinking that created them. -Albert Einstein
Whether for appearance or health, worry about weight affects most students today, and at increasingly young ages. Rather than motivating healthy choices, we now know that worry about weight leads to poorer eating and fitness habits, weight gain and poorer overall health. With eating disorders on the one hand and an increase in obesity on the other, it is important that educators become confident about encouraging healthy habits in ways that do not inadvertently trigger body dissatisfaction, disordered eating, or complacency about health. Well-intentioned but partially informed or inappropriately delivered advice about weight has a detrimental effect. This training introduces *The Model for Healthy Body Image and Weight*, a universal, evidence based model that may be used with confidence to promote the attitudes and behaviors needed for healthy body image, eating, fitness and weight. The Model for Healthy Body Image and Weight also serves as a fulcrum against which risky attitudes and behaviors can be assessed and leveraged. Participants will expand their understanding of the complex issues surrounding the full spectrum of body image and weight concerns, and take away a new paradigm and the language needed for responding to these concerns. Participants will find this session both professionally and personally worthwhile.

Kathy Kater

Kathy Kater, LICSW is a St. Paul, MN psychotherapist and an internationally known and respected author, speaker, and consultant who has specialized in treatment and prevention of the full spectrum of body image, eating, fitness and weight-related problems for over 30 years. Frustrated that progress in understanding these problems had not been matched by effective prevention, Kater authored *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*, published by the National Eating Disorders Association in 1998. Fully updated in 2005 to more fully incorporate concerns about rising rates of obesity, this primary prevention curriculum was among the first of its kind to demonstrate significant measurable improvement in weight-related attitudes and reduced risk factors for disordered eating in pubescent children. *Healthy Body Image* is recommended by the U.S.D.H. Office of Women's Health in their BodyWise information packet for educators. Kater's second book, *Real Kids Come in All Sizes; Ten Essential Lessons to Build Your Child's Body Esteem* (Broadway Books/Random House, 2004; Spanish Edition, 2006) was written as a companion guide for parents.



1:00–3:30 p.m. Breakout Sessions

All Breakout Sessions will run for the full afternoon. Please indicate 1st and 2nd choice on the registration form.

Sessions may be cancelled due to insufficient registration.

1. Application of the Healthy Body Image Curriculum and Development of a Whole-School Approach to Healthy Body Image, Eating, Fitness and Weight

Kathy Kater

This workshop will build on the morning keynote by discussing the application of the *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* curriculum guide. The author will demonstrate how the ten lessons deliver the concepts in the Model for Healthy Body Image and Weight. Lessons are adaptable for use with any-age student. *Healthy Body Image* was among the first of its kind to demonstrate significant measurable improvement in weight-related attitudes and reduced risk factors for disordered eating in pubescent children. Published by the National Eating Disorder Association in 1998 and fully updated in 2005, *Healthy Body Image* is recommended by the U.S.D.H. Office of Women's Health in their Body Wise information packet for educators. Recommendations for implementing a whole school approach are also discussed.

2. Secrets to Successful Machine Embroidery

Kelly Truthwaite, Quilt as Desired

Whether you're a beginner or advanced embroiderer, this workshop will be of interest if you are wishing to improve your skills. You'll learn the secrets to proper stabilization to prevent puckering or stretching so that you get the results you want. How to use templates for perfect placement of designs and techniques and tips to make hooping

simple and successful as well as how to embroider hard-to-hoop items. For inspiration, you'll have an opportunity to view numerous embroidered items to give you project ideas for use in the classroom including projects created completely in the hoop.

3. PhotoStory3

Frank Catojo,
ATC Technology Instructor

Learn how to download and use PhotoStory 3 (a free program) for your favourite presentations by adding motion, effects, music and more to your digital photos. This is easier to use than PowerPoint. You can add slick-looking titles or dramatic pans and zooms that give your creations a professional finish and you can create a soundtrack—even record narration. Once a PhotoStory has been made it can be posted on the web, emailed or burned on CD or DVD. Start sharing your stories today! Maximum 12 participants.

4. Creative Textile Design

Ingrid Lincoln, Textile Artist

Spend the afternoon trying your hand at a variety of different textile surface design techniques. This project, suitable for grade 7–12 allows the student to decorate the flap of a simple purse in one of three possibilities. Some simple surface design concepts, stamping, painting and foiling will be demonstrated. Then some simple hand embroidery techniques will be taught. The other option is to embroider by machine which will be demonstrated. Once the decoration is complete the student will complete the purse from the provided pattern. All materials and pattern will be included in a \$10.00 materials fee payable to instructor at the session. Maximum 12 participants.



5. 3-Dimensional Food Displays

Darlene Smith

Interested in creating eye-catching, 3-dimensional posters that students and classroom visitors naturally gravitate towards? Then, come spend the afternoon with Darlene Smith who will show you how to make these useful educational tools and springboards for discussion. You will need to bring with you to the workshop: glue gun with several glue sticks, heavy duty scissors, (any colour) heavy-weight poster or Bristol board, a strong mounting board or presentation board for the background (any colour that matches heavy-weight poster board), assorted food packages with the nutrition labels still intact (or you have researched the nutritional information ahead of time, for example, McDonald's small fries), several plastic spoons (white preferred, at least 50; more is better).

6. Recent Trends and Good Food

Chef Jeremy Bender

Back by popular demand is Chef Bender who will do a hands-on workshop in the ATC kitchen looking at recent trends and exciting new products you can incorporate on Monday to "spice" up your foods labs. Learn some tips and techniques from the industry with this award winning chef while having fun and networking with other teachers! Maximum 12 participants.

REGISTRATION

Please note that workshops may be cancelled due to low registration. Register early to guarantee the session of your choice. Please indicate an alternate choice on your registration form.

MHETA Membership fees

Full member.....\$40
 Student Member.....\$20
 Other (associate/retired).....\$20

Conference Fees Full Day

MHETA member.....\$20
 Student member.....\$20
 Non-Member.....\$65
 Student non-member.....\$30

Conference fees Half Day

(does not include lunch)
 MHETA member.....\$10
 Student member.....\$10
 Non-Member.....\$30
 Student non-member.....\$20

Send your registration to:

Joan Dupuis-Neal
 23 Norcross Crescent
 Winnipeg, MB R3X 1H8
 Email questions to jneal@shaw.ca
 To receive confirmation of registration or conference updates prior to conference, please include your email address on the registration form.



Photo: Ivan Hunter

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 the music,
 we do the rest.*

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