

Podcast Menu for EDUC 551

Episode titles are hyper-linked to the episode. [Link to series introduction](#)

Weekly Topic	Assigned Podcast	Student's Choice (pick at least one)
The role of teachers in championing a CSH approach	Foundations of Comprehensive School Health with Scott Bailey	• Vaping and tobacco education with Chrysta Bell • How to stay calm as a teacher during the COVID-19 pandemic with Dr. Hu and Dr. Gustafson
Weight neutral promotion of physical well-being in schools	Weight neutral health promotion in schools with Dr. Shelly Russell-Mayhew	• Positive nutrition messaging in schools with Anna Lutz and Katherine Zavodni • The role of play and the outdoors in education with Dr. Shannon Kell • Activity-permissive learning with Chris Fenlon-MacDonald
Healthy relationships in school communities	Fostering positive relationships at school with Lianne Lee	• The impact of the physical environment on school wellbeing with Tracey Tinley • Promoting empathy and kindness at school with Krista Dumba • Restorative justice in a School Setting with Caroline Gosling • Multiculturalism in the classroom with Dr. Rahat Zaidi (still in production)
Positive mental wellbeing	Encouraging positive mental health in schools with Andrew Baxter	• Trauma-informed teaching with Dr. Teresa Fowler • Comprehensive school health and sleep promotion with Dr. Kate Storey • Alternative programs and leadership opportunities to improve student wellbeing with Jamie Anderson and Elizabeth Tingle
Positive teacher wellbeing	Positive teacher wellbeing with Dana Fulwiler	• Intentionally creating work-life balance with Lisa Bush • How to become a health champion for yourself and for your school with Lisa Taylor