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ASTRID HELENE KENDRICK

EDUCATION

2015-2018 **University of Calgary** **Calgary, AB**
Doctor of Education

- Department: Educational Research; Educational Leadership
- Supervisor: Dr. Darren Lund
- Committee: Dr. Eugene Kowch, Dr. Pratim Sengupta
- Thesis: A hermeneutic phenomenological study of the lived experienced of female Health Champions implementing Comprehensive School Health reform initiatives.

2011-2013 **University of Alberta** **Edmonton, AB**
Master of Educational Studies

- Department: School Development and Leadership studies
- Capping Paper: School and educational administrative features and strategies that might increase aboriginal student success within public education.

1990-1995 **University of Alberta** **Edmonton, AB**
Bachelor of Education with Distinction

- Awarded the Peter Lougheed Scholarship for Leadership and Academic Achievement (1995)

POST-SECONDARY AND K-12 TEACHING EXPERIENCE

POST-SECONDARY TEACHING EXPERIENCE

Present **University of Calgary** **Calgary, AB**
Director of Field Experience (Community-Based Pathway), Werklund School of Education

2015-2019 **University of Calgary** **Calgary, AB**
Sessional Instructor, Werklund School of Education

- *Curriculum Development:* Bridging to Education Courses – These seven new courses (EDUC 101/205/207/209/211/213/215) were designed to help build the Community-based Education degree and are focused on developing literacy skills (reading and writing). My role has been to research, develop, and teach all seven online courses under the guidance of an adhoc advisory committee.

Committee Membership: Health Champions committee

2015-2019 **Mount Royal University** **Calgary, AB**
Contract Instructor, Continuing Education

- Course Taught: ENGL0130 (English for Academic Purposes)

Kindergarten- Grade 12 TEACHING EXPERIENCE

2004-Present **Calgary Board of Education** **Calgary, AB**

2018-2019 Willow Park Middle School

Literacy Specialist (Grades 5-6)

2106-2018 James Short Memorial Elementary School

Physical Education Specialist (Grades Pre-K-Gr 2)

2004-2015 Louise Dean School

Calgary Board of Education Teacher

- The Louise Dean School is a specialized site for pregnant and parenting teenaged girls. Teaching practice requires flexibility, creativity, patience, and collaboration with other teachers, administration, social workers, and medical health professionals.
- Lead Teacher on School Comprehensive Health team. Our CSH focus has been on addressing tobacco use through cross-curricular collaboration on effective stress management.

2001-2004 Westview Secondary School (Enviros Base Camp)

Calgary Board of Education Teacher

- Enviros Base Camp was a specialized classroom situated in the Waiperos valley that aimed to rehabilitate male young offenders through outdoor and wilderness education and intensive counseling.

1998-2000 Island Lake First Nations School **Pierceland, SK**

Teacher

- Island Lake First Nations School is located on the Ministikwan Cree Nation and provides education to students in K-12. I taught Physical Education to K-5 and high school English

PROFESSIONAL VOLUNTEER AND WORK EXPERIENCE

Present – Member of Advisory Circle, Women in Leadership Committee

- This role involves providing advice and guidance to this provincial committee of the Alberta Teachers Association. This committee was created to investigate and elevate women in the teaching profession in Alberta.

2017-Present – Co-Chair, Health Promoting Schools Collaborative

- This professional collaborative consists of partners from across the school health promotion field (including K-12 school board system leaders, post-secondary representative, and Alberta Health Services personnel) who meet five times per year to exchange ideas for health promotion and gain professional knowledge from experts.

2017-2020 – Editor, Runner, Health and Physical Education Council (A Specialist Council of the Alberta Teachers Association)

- My role is to collect meaningful and practitioner-friendly articles from expert authors to produce the annual journal that is distributed to Health and Physical Education Specialists in Alberta. I also provide advice to the Executive of the Health and Physical Education Council on matters related to this publication.

2013-14 – *Member, Group Recreation Leadership curriculum redesign group*

- Designed REC 1045 (Group Leadership Trends), a new CTS module for Alberta Education which focused on student participation in group fitness activities.

2010 – *President, Calgary City Teachers Convention Association (CCTCA)*

- Provided leadership for a committee of twenty-five teachers to run the 2010 Teachers' Convention. Oversaw and was responsible for \$800 000 budget
- Coordinated with community partners including the Telus Convention Centre, Calgary Philharmonic Orchestra, Hyatt Hotel, and various speaker councils.

PROFESSIONAL MEMBERSHIPS, AWARDS, AND CERTIFICATIONS

2020 – Online Teaching Excellence Award, *Werklund School of Education*

2019 -- Emerging Scholar Award, *The Learner Conference*, Belfast, Ireland

2019 – PHE Canada Research Council

Health and Physical Education Council

Association of Teacher Educators of Health and Physical Education

2017 – Wilderness First Aid Certification (incl. Standard First Aid), Adventure Medic

2015 – Field Leader (Hiking), Outdoor Council of Canada

2015 – Go To Educator Training (Student Mental Health), Alberta Health Services

2015 – Red Cross First Aid Instructor Certification (includes Wilderness First Aid, Standard First Aid with Health Care Provider, and Standard Childcare First Aid)

2013-2015 – School Co-Representative (Alberta Teachers Association, Local 38)

2013 – Athletic Injury Management (Alberta Sports Medicine Council)

2013 – AFLCA Group Fitness Leadership CTS training

PUBLISHED PAPERS AND CONFERENCE PRESENTATIONS

PUBLISHED PAPERS AND ARTICLES

Peer Reviewed Publications

Kendrick, A.H. (2020). "Defining Relations: A Theoretical Article Mapping the Relational Ties between Educational Actors in Kindergarten to Grade 12 Settings ." *The International Journal of Educational Organization and Leadership* 28 (1): 35-47. doi:10.18848/2329-1656/CGP/v28i01/35-47.

Burns, A., Danyluk, P., Kapoyannis, T., & Kendrick, A. (2020). Leading the pandemic practicum: One teacher education response to the COVID-19 crisis. *International Journal of E-Learning and Distance Education*, 35(2), 1-25. <http://www.ijede.ca/index.php/ijede/article/view/1173>

Kendrick, A.H. (2018). Reflections on the role of school leadership: Principal as gatekeeper. *Canadian New Scholars in Education* 9(2). 109-121. doi: <https://journalhosting.ucalgary.ca/index.php/cjnse/article/view/43306>

Research Report

Kendrick, A.H. (2020). *Emotional Labour, Compassion Fatigue, and Burnout Phase One Research Report*. Alberta Teachers Association. [COOR-101-30 Compassion Fatigue Study.pdf \(teachers.ab.ca\)](#)

Other Publications

- Kendrick, A. (2020, 18 September). We don't need another teaching hero to meet vulnerable student needs. *ASEBP: The Sandbox* Retrieved from <https://www.thewellnesssandbox.ca/blog/post/we-don-t-need-another-teaching-hero-to-meet-vulnerable-student-needs>
- Kendrick, A. (2020, 3 September). School funding is needed for student well-being, not only coronavirus safety rules. *The Conversation Canada*. Retrieved from <https://theconversation.com/school-funding-is-needed-for-student-well-being-not-only-coronavirus-safety-rules-140818>
- Kendrick, A. (December 2019). Love, Heartbreak, and Teacher Emotional Well-being. Retrieved from <https://www.edcan.ca/articles/teacher-emotional-well-being/>
- Kendrick, A. (2019). How are you REALLY feeling? [podcast]. EdCan Network. Retrieved from <https://www.edcan.ca/articles/podcast-how-are-you-really-feeling/>
- Kendrick, A. (2019, March 31). To help students overcome setbacks they need to develop academic buoyancy. <https://theconversation.com/to-help-students-overcome-setbacks-they-need-to-develop-academic-buoyancy-113469>
- Kendrick, A. (2019, February 14). Heartbreak becomes burnout for teachers when work is turbulent. Retrieved from <https://theconversation.com/heartbreak-becomes-burnout-for-teachers-when-work-is-turbulent-111148>
- Kendrick, A. (2018, December 21). Let go of toxic workplace 'emotional labour' in 2019. *The Conversation Canada*. Retrieved from <https://theconversation.com/let-go-of-toxic-workplace-emotional-labour-in-2019-108245>
- Kendrick, A. (2018, October 11). Health, wellness, well-being: What's in a word? [Web log post]. Retrieved from <http://albertahpec.blogspot.com/>
- Kendrick, A. (2017). No more the hollow men: Promoting an ethos of well-being through academic buoyancy and health literacy. *Runner 48*(1). 14-21. Retrieved from <http://www.hpec.ab.ca/uploads/files/RunnerVol48No1.pdf>

MEDIA ENGAGEMENT

Interviewee. (2018, January 13). In Conversation with Stephen Hurley – Astrid Kendrick [podcast]. On *VoicEd radio*. Available from <https://voiced.ca/in-conversation-with-stephen-hurley/>

CONFERENCE PRESENTATIONS

- Series Speaker. Compassion Fatigue online webinar. *Women in Leadership Webinar series*. Online, January 7, 2021.
- Co-Presenter. Engaging online students through podcasting. *Digital Education Summit*. Online, September 25, 2020.
- Panellist. TransformEd Calgary Leader Summit Microsoft. *Microsoft Calgary*. Calgary: February, 2020.

- Presenter. Inspiring change: A hermeneutic phenomenological study of female Health Champions' lived experience with emotional labor. *The Learner International Conference*, Belfast, Northern Ireland: July 2019.
- Presenter. Getting off the Mental Roller-coaster: From Health Champion to Health(y) Champion. *HPEC Annual Conference*. Red Deer, AB: May 2019.
- Presenter. Getting off the Mental Roller-coaster: From Health Champion to Health(y) Champion. *PHE Canada Annual Conference*. Montreal, QB: May 2019.
- Presenter. Getting off the Mental Roller-coaster: From Health Champion to Health(y) Champion. *Shaping the Future Annual Conference*. Lake Louise, AB: January 2019.
- Poster Presentation. Inspiring change: A hermeneutic phenomenological study of female Health Champions' lived experience with emotional labor. *PHE Canada Research Council*, Whistler, BC: April 2018.
- Presenter. What is the emotional labor of Health Champions? *Professional Development Workshop (Alberta Health Services Health Promoting Coordinator Staff)*. December 12, 2018.
- Co-Presenter. It takes a village. *National Forum on Wellness in Post-Secondary Institutions*, November, 2018.
- Presenter. Inspiring change: A hermeneutic phenomenological study of female Health Champions' lived experience with emotional labor. *Grad Research Symposium*, March 2018.
- Poster Presentation. Inspiring change: A Hermeneutic Phenomenological Study Exploring the Lived Experience with Emotional Labor of Female Health Champions While Implementing Educational Reform [dissertation]. *Shaping the Future*, February 2018.
- Presenter. Motivating Students. *EDUC 551 Block Week*, January 2018.
- Panelist. Alberta schools overview for visiting students from Michigan. *Werklund School of Education*, May 2017.