

summer
active

Summer and WinterActive are Canada's annual six-week community mobilization and healthy living campaigns.

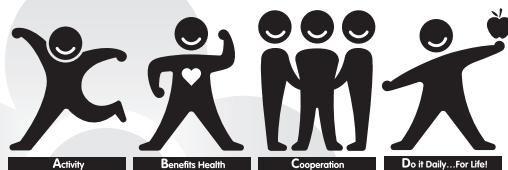
Planning SummerActive or WinterActive initiatives could be the perfect way to support student learning, celebrate successes and connect with your community in an active and positive way. WinterActive takes place from January 15 to February 27, 2009 and SummerActive takes place May 7 to June 19, 2009.

The Healthy Active School Communities – Summer/Winter Edition resource is a supplement to the 2006 and 2007 Healthy Active School Communities resources that were distributed across the province and can be downloaded from www.everactive.org.

winter
active

Healthy Active School Communities

Be sure to register your school, workplace and communities' participation at www.summeractive.ca and www.winteractive.ca for chances to win prizes!



K-9 Health & Life Skills

Teachers, Community Recreation Practitioner, Health Promotion Specialists, and anyone interested in creating healthy school communities we are pleased to provide a copy of the

2008 Healthy Active School Communities ❖ SUMMER/WINTER EDITION ❖

Dear Supporter of Healthy School Communities,

Healthy Active School Communities is a made-in-Alberta resource which can be used throughout the year to assist your work in creating and sustaining school and community environments supportive of healthy active choices. Produced in collaboration with a variety of healthy living partners, the resource identifies the home, school and community as essential stakeholders in addressing three key elements:

Active Living • Healthy Eating • Tobacco Reduction

The ideas included in the *Healthy Active School Communities* resource can be easily modified for use by the school, at home and in the community to challenge students/participants at every age level and support the development of the knowledge, skills and attitudes necessary to lead active healthy lifestyles. For teachers, the curricular links to the K – 12 Physical Education and the K – 9 Health and Life Skills programs of study are provided for your convenience.

How to use this resource:

Use the information in this resource to plan lessons or special events, include in newsletters, add a-tip-a-day during the daily announcements and as topics for staff meetings.

We hope the *Healthy Active School Communities* resource will support your work in creating and sustaining healthy active school communities. Please complete the evaluation form on the back of this letter or electronically at www.everactive.org to help us determine the effectiveness of this resource for the promotion of healthy living. If you wish to download copies of the resource in English or French, visit the Ever Active Schools website at www.everactive.org.

Actively yours,

ALBERTA BE FIT FOR LIFE NETWORK
ALBERTA CENTRE FOR ACTIVE LIVING
ALBERTA COLLEGE OF SPEECH-LANGUAGE
PATHOLOGISTS AND AUDIOLOGISTS
ALBERTA TOURISM, PARKS AND RECREATION
ALBERTA EDUCATION

ALBERTA RECREATION AND PARKS ASSOCIATION
ALBERTA SPORT, RECREATION, PARKS AND WILDLIFE
FOUNDATION
DIETITIANS OF CANADA
EVER ACTIVE SCHOOLS
SAFE HEALTHY ACTIVE PEOPLE EVERYWHERE

Healthy Active School Communities - Summer/ Winter Edition

❁ RESOURCE EVALUATION ❁

The coordinators of the *Healthy Active School Communities – Summer/Winter Edition* would like to invite you to participate in the evaluation of the resource. Your feedback is valued as it will help us understand if the resource is being used, who is using the resource and will offer us insight into the effective use of print resources for the promotion of healthy living among children and youth. Please keep in mind there are no right or wrong answers.

We would appreciate if you would *fax* your thoughts, before *March 31, 2009*, to the Summer/WinterActive coordinator at (780) 427-5140 or visit www.everactive.org to complete an electronic copy of the survey.

1 I have:

- a) **Used** the resource (PLEASE GO TO QUESTION 2)
 b) **Not used** the resource, but **intend to use it** (PLEASE GO TO QUESTION 3)
 c) **Not used** the resource and **do not intend to use it** (PLEASE GO TO QUESTION 7)

2 I used the resource to: _____

3 I have not used the resource, but intend to use it to: _____

4 Please comment on the quality, clarity, usefulness and quantity of information included in the resource:

5 Two things (activities, items or sections) I liked best about the resource: _____

6 Two suggestions to improve future resources: _____

7 I have not used and do not intend to use the resource because: _____

8 I received the resource via: _____

If future resources are produced I feel the best way to receive them would be via: _____

9 I am familiar with previous years *Healthy Active School Communities* resources YES NO

10 I think there is a need to continuing producing a *Healthy Active School Communities* resource every year YES NO
Please identify why or why not?

11 Two things that would support my continued efforts to promote healthy active lifestyles to school-aged children and youth: _____

Please complete
the following
information:

The city I work in is: _____

The School/Organization I work/volunteer for is: _____

I am a Teacher Parent PHN/Dietitian Community Partner Other _____

My Position is: _____

Healthy Active School Communities

Thank you for your
feedback – your
thoughts are valued and
appreciated!