

Healthy Active School Communities

Winter Edition



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LIVE
OUTSIDE
THE BOX.

Winter Walk Day

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winter
active

Download copies of this Resource in
English and French from:
www.everactive.org

Winter Active

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The **Alberta Centre for Active Living** works with practitioners, organizations and communities to improve the health and quality of life of Albertans through physical activity. The centre provides research and education on physical activity through a comprehensive Web site, WellSpring, Research Update, the Alberta Survey on Physical Activity, and consulting and collaborative projects.
www.centre4activeliving.ca



The **Alberta College of Speech-Language Pathologists and Audiologists** provides leadership to audiologists and speech-language pathologists, ensuring the communication and hearing health of the public.
www.acslpa.ab.ca



Alberta Government ministries play an important role in assisting Albertan communities to achieve a high quality of life. Alberta Education: www.education.gov.ab.ca
Alberta Tourism, Parks and Recreation: www.tpr.alberta.ca



The **Alberta Recreation and Parks Association** (ARPA) is a provincial, charitable, not-for-profit association dedicated to promoting the benefits and advancement of the recreation and parks industry. ARPA strives to build healthy citizens, their communities and their environments throughout Alberta.
www.arpaonline.ca



The **Alberta Sport, Recreation, Parks and Wildlife Foundation** (ASRPWF) is committed to the sponsorship, facilitation and promotion of sport, recreation and active living for Albertans.
www.cd.gov.ab.ca/asrpwf



The **Be Fit for Life Network** (BFFL) acts in a leadership capacity to disseminate healthy lifestyles information and resources to encourage Albertans to be physically active.
www.befitforlife.ca



Dietitians of Canada is the national professional association for over 5800 dietitians, who are recognized food and nutrition experts serving the public as educators, policy makers, researchers and managers.
www.dietitians.ca



The **Ever Active Schools Program** (EAS) facilitates the development of healthy children and youth by fostering social and physical environments that support healthy active school communities. Educational opportunities are available through EAS in the areas of Health, Physical Education and Wellness Initiatives. Your school can become part of this provincial health promoting school program, which includes resources, assessment, school supports, special events, curricular connections and much more!
www.everactive.org

Canada Public Health Agency of Canada, Alberta/NWT Region promotes and protects the health of Canadians through leadership, partnership, innovation and action in public health.
www.phac-aspc.gc.ca



The **Health and Physical Education Council** (HPEC), a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for the professional growth and development of its members. Active members of the ATA may join one specialist council of their choice each year at no charge. For free HPEC memberships go to www.teachers.ab.ca. HPEC provides leadership in creating healthy active school communities.
www.hpec.ab.ca



Safe Healthy Active People Everywhere (SHAPE) is a provincial program that encourages students to walk or cycle to school. SHAPE is the Alberta non-profit organization that promotes the national Active and Safe Routes to School Program by providing resources, support and ideas. Alberta's Active and Safe Routes to School manual is also available.
www.shapeab.com

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Funding from the Francophone Secretariat was provided to make this resource available in French.

The web sites mentioned in this resource were active at the time of publication.

These web sites have not been formally evaluated by the *Healthy Active School Communities* resource committee, as such we are not responsible for their content.

Healthy Active School Communities



Active Living

WinterActive

Physical Activity Ideas

BRINGING IT INSIDE...

❄️ WinterActive Fitness Circuit/Olympics

Equipment: Medicine ball, mats, obstacle-free space

Organization: Set up stations around the activity area. Divide the students into small groups of 3 to 5. Assign each group a starting point on the circuit. Students work at the station for 30 seconds and move to the next station on your signal. The circuit can include the following fitness activities:



ACTIVITY	
Basic Skills	A(K-30)-3
Application of Basic Skills	

Moguls: Stand sideways next to a line on the floor, jump over the line and jump back again. Try jumping over the line, bouncing twice and jumping back.

Ariel Arms: Start in a push-up position, lift one arm off the mat, swing arm up and over while turning your body. Once the first hand reaches the floor, swing the other arm up and over to regain the starting position. Repeat by going in the other direction.

Slalom: Place pylons down in a line approximately 1 metre apart, run around the pylons in a figure 8 style and jog back to the start after reaching the end. Try skipping around the pylons the next time through.

Snowball Lifts: Lift a ball (medicine ball) from the ground above the head and back down to the ground; repeat. To pick up a medicine ball properly, bend down and get in a squatting position, pick up the medicine ball with two hands, then slowly straighten the legs to a standing position, keeping the back straight.

Bobsleigh Sit: Sit on the mat with bent legs, hands rested on thighs. Lean back slightly and hold this position for as long as you can. If you have to rest, do so, then start again. Raise one leg off the mat as a variation.

Ski Jump Kicks: Place both hands on the mat with shoulders width apart. Keep arms straight, head looking forward. Kick both legs up in the air taking weight onto both hands and arms. Make different shapes with the legs and try not to rest between kicks, bounce twice and kick up again.

Variation/Inclusion: Provide a picture of the activity at each station and encourage the students with visual impairments to move through each station with a partner.

Source: Adapted with permission from Healthy Bodies: Stations that Work! A workshop compiled and presented at the Health and Physical Education Council Conference 2008 by Dr. Clive Hickson & Colin Saby of the University of Alberta and Stephen Berg of Grant MacEwan College.

❄️ FitnessOpoly

Equipment: Polyspot markers for each student and a few extra spots, fitness-related activity descriptions to go under each polyspot, various equipment such as juggling scarves/plastic bags, basketballs, hula hoops, skipping ropes, music and two dice.

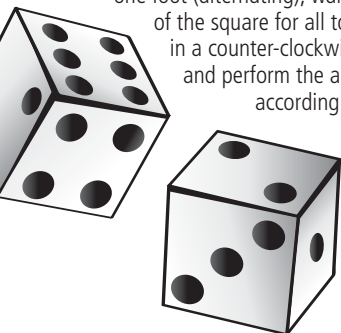
Organization: Set up the polyspot markers in a large square in the playing area. Place an activity card under each marker face up and ask the students to each stand on one.

Activities could include: jogging on the spot, squats, lunges on the spot, hopping on one foot (alternating), wall push-ups, alternate knee lifts. Roll the dice in the middle of the square for all to see. Call out the total of the two dice and ask the students to move that number of spots in a counter-clockwise direction. Once the students have found their spots, ask them to look under the markers and perform the activities to the music. When the music stops, roll the dice again and ask the students to move according to the numbers on the dice to a new spot. If a student lands on a "Free Parking" spot, he/she is to move to the middle of the square and choose a piece of equipment to use. The activities in the middle include: juggling with scarves or plastic bags, basketball dribbling, foot bag/hacky sack activities, hula-hoop activities and rope jumping.

Variation/Inclusion: Try placing cards with pictures showing what activity they are to perform under the polyspot markers or place coloured cards under each marker for the younger students and have them move to touch something of that colour and then return to their markers. Not enough polyspot markers? Have students partner up and move together to a marker.



COOPERATION	
Communication	
Fair Play	C(K-30)-3
Leadership	
Teamwork	



Healthy Active School Communities



SUMMER/WINTER EDITION

Success Story

At Sir Alexander Mackenzie School in St. Albert, winter is where it's at!

Students participate in the S.A.M. Winter Games where mass participation is the goal. Nine stations are set up for Division I and II students. The activities include: snow soccer, mini-stick hockey, human curling, snow bowling, hockey puck launch, winter art, tug of war, parachute play and many others.

Students in Grade 6 have the choice of either help out with an event or cross-country skiing at a local ski area.

Good sportsmanship is expected and students are reminded throughout the morning to, "Have fun, be your best, and let others do their best!"

Healthy Active School Communities



SUMMER/WINTER EDITION

Snowball Scramble

Equipment: Tennis balls, alphabet cards with fitness activities

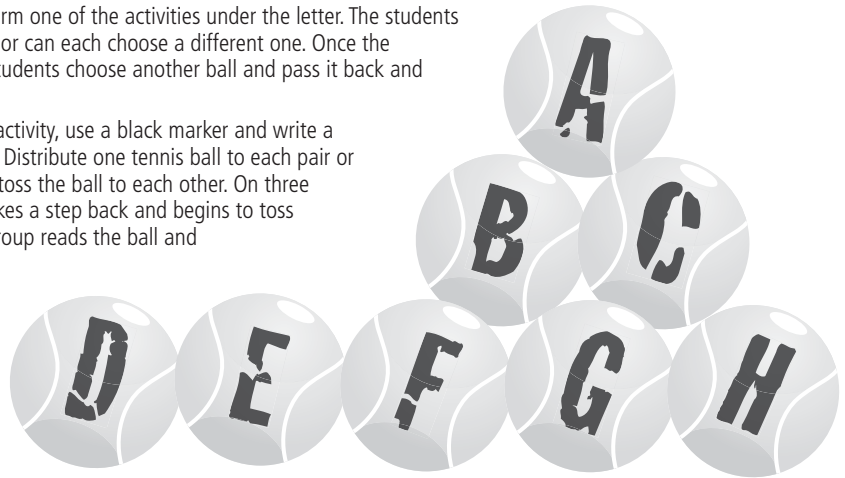
Organization: Post the alphabet up around the playing area and post two activity choices under each letter. Activity ideas include:

- A** = Alternate knee lifts 20X *OR* Alternate leg kicks 20X
- B** = Bicycle pumps 20X *OR* Balance a bean bag on your head while touching 2 walls
- C** = Calf lifts 20X *OR* Chicken jacks 20X
- D** = Dribble a basketball 20X *OR* Do the "twist" for 20 seconds
- E** = Energizer bunny hops 20X on the spot *OR* Energizer bunny hops width of the playing area
- F** = Free dance your favorite moves to the music. Hip hop, freestyle...it's your choice!
- G** = Gluteal kicks 10X on each leg *OR* Grapevine to a count of 8
- H** = Hop on each foot 10X *OR* Hula-Hoop for 20 seconds

Place a letter on each tennis ball and have the students pass the ball back and forth with a partner while the music is playing. When the music stops, both students move to the letter on the wall that corresponds to their ball and perform one of the activities under the letter. The students can both choose the same activity or can each choose a different one. Once the activity has been completed, the students choose another ball and pass it back and forth again.

Variation/Inclusion: Before the activity, use a black marker and write a fitness activity on each tennis ball. Distribute one tennis ball to each pair or group of three. Have the students toss the ball to each other. On three successful catches, each person takes a step back and begins to toss again. If the ball is dropped, the group reads the ball and performs the activity. Students can also bounce the ball and if the ball bounces more than once, they perform the activity on the ball. A variety of balls could be used instead of tennis balls.

See "One Hundred Activities' Chart" in *Everybody Move! Daily Vigorous Physical Activity*, Cira Ontario, www.ciraontario.com for more activity ideas.



COOPERATION

Communication	C(K-30)-1
Fair Play	
Leadership	
Teamwork	

TAKING IT OUTSIDE

Frisbee Snow Golf

Equipment: Appropriate winter gear, Frisbees™, clipboard, pencil and scorecard for each pair or group

Organization: Choose 6-10 targets within your school grounds, write them on a scorecard and photocopy enough scorecards for each pair. Targets can include baseball backstops, soccer goalposts, and playground equipment. Students work in pairs with one student holding the scorecard for the first round and the other completing the Frisbee™ golf course. The partners switch roles after one has completed the course. The object of this activity is to throw from one target to the next in the least amount of throws. This activity can also be played as a "best shot" tournament in groups of four where everyone in the group takes their first throw towards the target and then the team stands at the spot where the best shot landed to take their next throw. Teams continue in this way until they have reached the target, then they add up their team's score.

Variation/Inclusion: Try wearing snowshoes to complete the course and give students a choice of throwing a ball instead of a Frisbee™. Consider placing a letter clue at each target for students to write down and unscramble after collecting all of the letters.



ACTIVITY

Basic Skills	
Application of Basic Skills	A(K-30)-7



Zoom

Equipment: Appropriate winter gear, nerf balls, pylons

Organization: Divide the playing area into four sections (quadrants) and create four even groups. With each group in their quadrant, hand out the nerf balls. On the signal, have the students begin throwing the balls into other quadrants, calling out, "Zoom!" when they throw a ball. Balls can be blocked or caught and once a ball has hit the ground, it can be picked up and thrown by another student. Only one ball at a time can be thrown by a student and students must retrieve a ball from their own quadrant. The activity continues for a certain amount of time and students try to have the least amount of balls in their quadrant.

Variation/Inclusion: Encourage students with developmental disabilities to move with a partner who can assist them with throwing and dodging. Try using various soft objects that might be easier to hold and throw.



ACTIVITY	
Basic Skills	A(K-30)-5
Application of Basic Skills	



Keeper's of the Ice Castle

Equipment: Appropriate winter gear, pinnies (4 colours), pylons, small objects such as popsicle sticks, stress balls

Organization: Create groups of 4 and have each group start in a different corner (their ice castle). Ensure that each group is wearing a different coloured pinnie. Use pylons in each corner to separate the groups. Place small objects in the middle of the playing area, such as, stress balls, popsicle sticks, stir sticks and/or pool noodles cut into pieces (snowballs). Have the students run to the centre to retrieve one object without getting tagged by another student. If tagged, they must return the object to the centre and go back to their ice castle before trying again. Groups try to collect as many objects as possible in the time permitted.

Variation/Inclusion: Try playing this activity with snowshoes! Ensure that the activity area is accessible for students who use wheelchairs. Provide various equipment options: using larger objects such as beanbags for students who have difficulty with fine motor skill activities and decreasing the distance for students to travel to the centre.



DO IT DAILY...FOR LIFE	
Effort	
Safety	D(K-30)-3
Goal Setting	
In the Community	

Winter Olympic Stations

Equipment: A variety of equipment can be used depending on the activities chosen: recycled paper or carpet squares, scooters, bean bags, hula-hoops

Organization: Set up the activity stations and place students into groups. Have the students complete the activity at a station and move to a station that is open. Try playing upbeat music while the students are active. Stations can include the following:

Cross-Country Skiing: Step onto paper skis and use floor hockey sticks turned upside down to move through a course set up with pylons. Carpet squares can also be used.

Bobsledding: Sit on a mat with a scooter placed underneath it while the group members hold onto the sides of the mat and pull it around a track. For a greater effect use indoor strings of light to make a pathway.

Curling: Slide rocks, either beanbags or scooters with pylons taped on top, on a rink made from rings of floor tape.

Luge: Move through a course while lying on a scooter.

Speed Skating: One at a time step onto paper skates and speed skate around a circle marked off with pylons. When rounding the last corner pick up a ball and throw it into one of the hula hoops taped on the wall.

Variation/Inclusion: Have the students design and create their own personal stations. Picture cards can be provided at each station and the students with developmental disabilities can move through the stations with a partner.



ACTIVITY	
Basic Skills	
Application of Basic Skills	A(K-30)-13



Success Story

Uncas School with Elk Island Public Schools was busy during the month of February and it shows!

The entire school community logged their physical activity using the Ever Active Schools Activity Tracker and participated in 80 different activities during the WinterActive campaign.

Activities ranged from walking, jogging, cleaning the house, playing hockey, swimming, skating, soccer, boxing and their number one favorite – active play in the snow!

In fact, the school community documented 31,240 minutes – roughly 520 hours of snow play alone.



Winter Carnival Activities

Equipment: Appropriate winter gear, a variety of equipment is needed depending on the activities chosen: parachute, bocce balls, sleds, scooters, polyspot markers or carpet squares, beanbags, playground balls

Organization: Snow Jam, Ice Fest, Bonhomme Carnival, Take the Chill Out of Winter Races; whatever the name may be for your winter event, below is a list of activities that can be used:

Sled Pull: Divide the group into two teams and have one or two students sit on a sled. On the signal, pull the sled across a line and back.

Iceberg Walk: A team must cross the "iceberg" by stepping only on carpet pieces or polyspot markers. One team mate's foot must be on a marker at all times or the marker will "float away". Markers can be passed to the front of the line. Should any team member touch the "iceberg", the entire team must return to the start and begin again.

Penguin Bounce: Each of the "penguins" (beanbags) must land on a polyspot marker. Each team member takes a turn holding a "penguin" on top of a rubber playground ball behind an indicated line and bounces the ball to propel the penguin in an attempt to have it land on a polyspot marker. Once all "penguin" beanbags have "bounced" onto a marker, the points can be added.

Human Curling: 1 in a group of 4 or 5 will take turns sitting on a scooter as the "curling rock". One group member will push the "curling rock" towards the target (coloured lines or polyspot markers placed on the floor in a circle). Each line or ring in the circle represents points. Once all students have had a chance to be the "curling rock", the points are added up.

Outdoor Snow Bowling: Organize the students into 4 teams and hand each team one bocce ball (red, blue, green and yellow). Have the first student toss their balls toward the parachute, one colour at a time. If the ball stops on the parachute, one point is awarded. If the ball lands on the same color as ball, two points are awarded. On a signal, the students may collect their balls and return them to the next students in line.

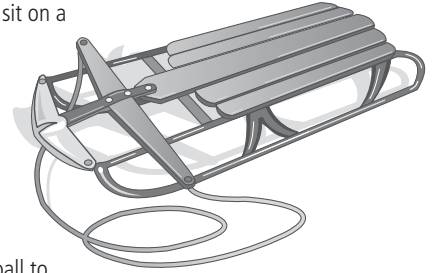
Variation/Inclusion: Try making your event a cross-curricular one by holding a Bonhomme Carnival to support the French curriculum and have activities such as:

Ice Sculptures: Create an ice sculpture in a large group or try small individual ones made from water frozen in the shape of containers at hand. Ideas for shapes include rubber gloves filled with water, balloons filled and tied, then shaped using elastics, cookie moulds, and muffin tins. Colour can be added to the sculptures by adding food colouring to the water before freezing.

Snowball For All: Each team rolls a snowball in a certain amount of time big enough for the entire team to sit upon without breaking it or team members falling off of it for 30 seconds.



COOPERATION	
Communication	
Fair Play	
Leadership	
Teamwork	C(K-30)-5



Track your next WinterActive event by using the Ever Active Schools Activity Tracker. Visit www.everactive.org for more information.

10 Active Indoor Family Ideas For Those Chilly Days!

- Build a fort using blankets, pillows and other materials around the house.
- Turn off the lights and play a game of flashlight tag.
- Make bowling pins using two inverted plastic cups duct taped together. Place a small piece of clay on the bottom of the "pins" to add weight. Use a small ball to knock down the pins.
- Hide an object in the house and have family and friends find the hidden object without talking.
- Set up an obstacle course indoors – go over chairs, under tables and around items found in your house. Work as a family to find safe obstacles to use.
- Mark a table with lines made of tape. Play paper ball soccer using your hands or use a ping pong ball and blow if across the line to score on your opponent.
- Play a game of active charades. Act out topics with physical actions, such as Olympic, golf or tennis stars.
- Set up a scavenger hunt.
- Put on some music and use the bottom step of the staircase to do step hops to the tune (step up with each foot, then down and repeat).
- Set up some challenges for your family to compete during television commercials:
 - Who can turn off all the lights in your house the fastest?
 - Who can hold the plank position the longest?
 - How many times can you stand up and sit down in your chair?
 - Practise 2 stretches during the commercial break



DO IT DAILY...FOR LIFE	
Effort	
Safety	
Goal Setting	
In the Community	D(K-30)-9

Special Event Ideas...

Walking Buddies

is a program that encourages students to walk to school together. Register your team online at www.shapeab.com then after ten trips together send in your forms to receive an official zipper pull for everyone.

Pied Piper Walking Parade

The objective of this event is to have a one-day walking school bus parade in which everyone joins the same walking school bus for the final approach to school. To organize this, draw a route map and schedule for the bus. You may need to have two or three buses coming from different directions that join together for a triumphant march onto the school grounds. Volunteers can decorate each bus stop to make them special and fun. Senior students, parent volunteers, community members or seniors can help organize and run the event. Students can make banners or flags to display as they walk to school. If you have school t-shirts they can be worn to identify students along the route.



Green Team

Students can choose to walk or bike to school to become members of the Green Team. A teacher or volunteer can assist students in calculating greenhouse gases saved, number of kilometers students walked, number of cars that did not drive that day or the number of participants. The Green Team would include everyone who walked all or part of the way to school and they can encourage participation by other students using posters, announcements and flyers. Special green ribbons or wristbands can be made to identify green team members. Go Green!

Community Walking School Bus

Select a designated community location such as a Community League building, church, or a local grocery store and have students meet there. The community location may provide refreshments, mascots and music. Students will meet there and form one large walking school bus to school with mascots, staff or volunteers leading the way. It's a great way to celebrate Earth Day, Clean Air Day or International Walk to School Day. Schools can host an assembly to talk about why we walk to school and count how many students participated!

Winter Walk Day February 11, 2009

Welcome Winter and take the time to celebrate it!

Join thousands of Albertans and take the time to walk at least 15 minutes on **Winter Walk Day** on **February 11, 2009**. Winter Walk Day is for everyone of all ages from organizations such as childcare groups, preschools, schools, workplaces, community groups, walking clubs, seniors groups, youth groups and even dog walking groups.

Walk, invite a friend and register at www.shapeab.com.

Tips for Winter Walking

- Wear warm, appropriate footwear and clothing
- Dress in layers. Over-dressing is better than under-dressing as clothing can always be removed.
- Wear bright colours or safety vests, bright scarves/neck warmers, gloves or toques so drivers can see you.
- Walk with a friend or adult
- Ensure vehicles have come to a complete stop and make eye contact with the driver before crossing the street. Be aware that many intersections can be slippery.

Talk with kids about pedestrian safety before and during the walk. For information on pedestrian safety skills refer to SHAPES's *Alberta's Active and Safe Routes to School Resource Manual*.



Success Story

With the guidance and support of SHAPE Alberta, the future is looking healthier for students participating in the TELUS Walking School Bus Program at St. Patrick's Elementary School in Medicine Hat.

The program encourages students to incorporate physical activity into their daily routine by walking to and from school. As an incentive for participation, TELUS has been giving away one backpack per class each month through a random draw.

Since launching the program in 2007, the school staff has noticed more and more children are walking to and from school. Through healthy living initiatives like Walk to School Week in October, WinterActive, Winter Walk Day and SummerActive, young children are learning how to be active and reduce their risk of cancer and other diseases.

Healthy Active School Communities



SUMMER/WINTER EDITION

Success Story

The owner of the cafeteria at Glenmary High School in Peace River adopted guidelines from a division wide Nutrition Policy with great success. There is emphasis placed on fresh, homemade balanced meals and introducing students to new foods.

To encourage students to try new foods such as winter squash soup and fruit smoothies, the cafeteria provided free samples. Students also participated in a "Taste the Rainbow" healthy eating session. Due to the great promotions the vegetables, fruit and milk sell out daily.

The school gets regular letters from parents and students complimenting the healthy food choices made available at school tournaments and after school events.

Healthy Eating

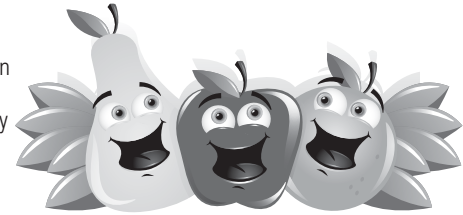
Alberta Nutrition Guidelines for Children and Youth

The Alberta Nutrition Guidelines for Children and Youth have been developed to assist organizations and equip facilities with the tools needed to provide children and youth with healthy food choices. These guidelines are applicable from the time children enter daycare right through to high school, and apply whether they are at recreation centers, special events or in the community.

The nutrition guidelines take into account that increasingly children are eating snacks and meals and drinking beverages outside of the home. While there is more awareness that eating better and being active are necessary, the guidelines urge caregivers to make healthy changes throughout the community. The guidelines have classified foods into three categories: Choose Most Often, Choose Sometimes and Choose Least Often.

To learn more about the guidelines and to download your free copy go to www.healthyalberta.com.

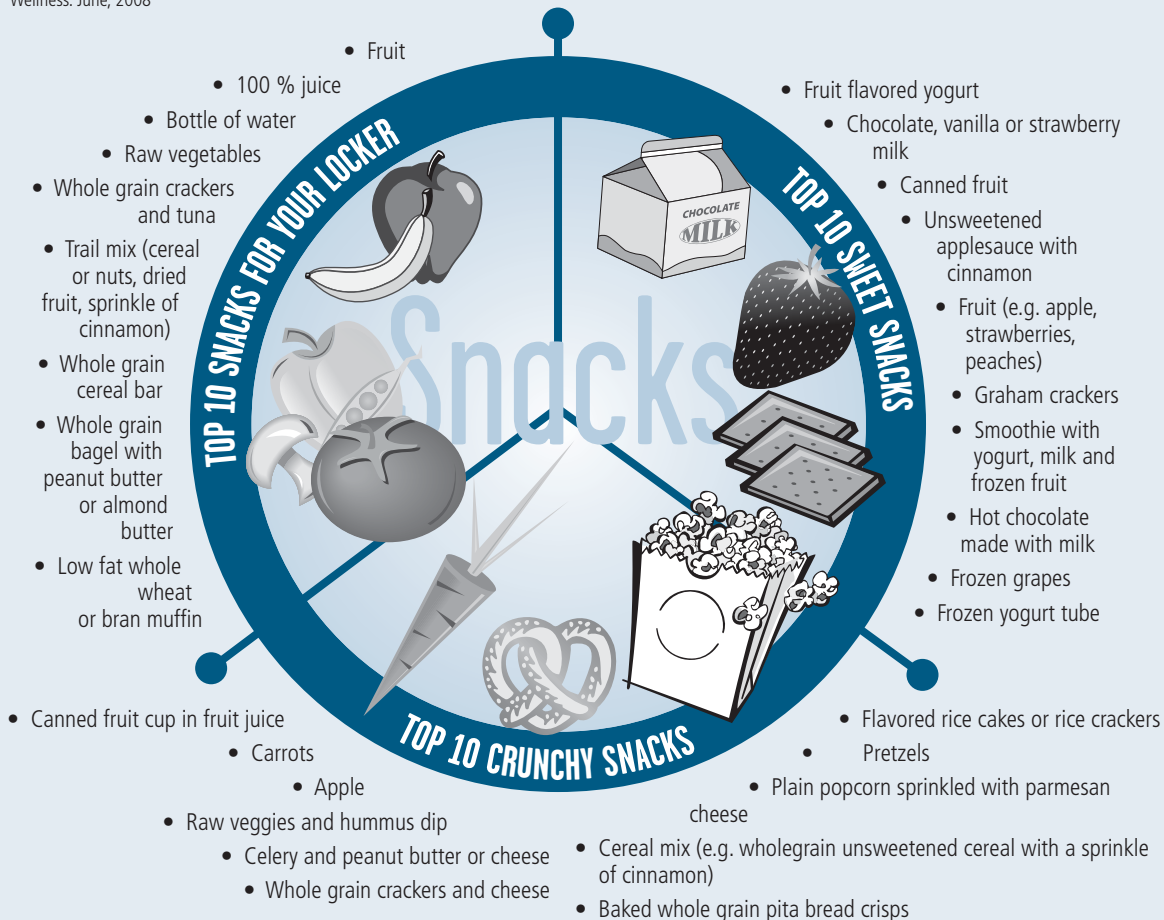
Source: Alberta Nutrition Guidelines For Children and Youth. A Childcare, School and Recreation/Community Centre Resources Manual. Alberta Health and Wellness. June, 2008



Healthy Snacks at School

Healthy snacks boost energy and provide essential nutrients. Students are less likely to be tired, irritable or have a headache if they eat healthy snacks. Snacks should include foods that might be missed at meals such as vegetables and fruit.

Source: Alberta Nutrition Guidelines For Children and Youth. A Childcare, School and Recreation/Community Centre Resources Manual. Alberta Health and Wellness. June, 2008



Healthy "Green" Lunches

Think green and reduce waste when packing lunch. Processed packaged lunch and snack items can be expensive and lead to more garbage in and around school. These items are typically high in fat, sugar, salt or calories and low in essential nutrients and fibre.

10 easy ways to make a healthy "green" lunch.

- 1 Use insulated lunch bags, cloth bags or lunch boxes. Avoid paper and plastic bags.
- 2 Pack food in reusable containers. Write your child's name on all containers to ensure they come home.
- 3 Include a refillable drink or water bottle. Children should be encouraged to drink water as much as possible. Juice pouches and juice boxes are often thrown in the garbage rather than recycled.
- 4 Provide reusable utensils. If you are worried about losing pieces from your own cutlery set pick up a used set of cutlery from a garage sale.
- 5 Provide a cloth napkin instead of a paper napkin.
- 6 Involve children when preparing lunch. A young child is more likely to eat (and not waste) a lunch they helped pack themselves.
- 7 Recycle. Teach children about recycling and where to put their containers.
- 8 Compost. Start a compost pile at school, home or work.
- 9 Buy in bulk. Cut down on packaging and food waste by purchasing bulk bin items. Portion into small reusable containers.
- 10 Buy local foods. Buying local foods reduces greenhouse emissions released during transportation. Local foods tend to be fresher, use less packaging and have fewer preservatives.



Green Activities for the Classroom

- Implement a week long waste free lunch program during Waste Reduction Week (October 19-25, 2008) and Earth Week (April 2009). www.wastefreelunches.org
- Take a trip to your local landfill or recycling facility.
- Find books on waste reduction at your local library and read them as a class to discuss how they relate to students lives.
- Discuss where foods come from and the distance they travel before they get to your table.
- Do a classroom or lunch room trash audit and have students brainstorm ideas on how they can reduce the amount of garbage that is disposed. www.recycle.ab.ca/download/triplestars.pdf
- Implement a recycling program for the school.



LIFE LEARNING CHOICES	
Life Role & Career Development	
Volunteerism	L(K-8)-7



Sort it out, don't throw it out!

Recycling can be fun and more than just a household chore!

- Sorting Basketball – Set up bins or baskets. Create a shot line where the recyclables sit. Award points for making the shot and for putting the item in the right basket.
- Race to see who can sort their recycling pile first.

Source: The Waste-free Lunchbox. www.wastefreelunches.org

Healthy Eating

Success Story

In an effort to go a little greener at River Heights Elementary School in Medicine Hat, an Environmental Club meets once a week to learn about the environment and how students can make a difference by caring for the earth. The club consists of 10-15 students in Grades 4-6. The Environmental Club organized a Green Week and had the whole school participating in a different theme each day.

Monday – Wear Green day.

Tuesday – Pack a Waste Free Lunch.

Wednesday – Walk to School Day (or carpool, bike or take a bus).

Thursday – Plant a tree or a flower day.

Friday – Make a craft out of recycled materials day.

Throughout the week announcements were made each day on how to be environmentally friendly.

A child taking a disposable lunch to school creates an average of 67 pounds of lunch waste annually!

Healthy Active School Communities



SUMMER/WINTER EDITION

School Fundraising Ideas

Beyond Chocolate Almonds and Cookie Dough

Go Green over Gardening!

A community garden is a great way to create community cohesion, be active and get green. Why not get your community's school, council, or senior groups involved? Keeping with the green theme, you can also donate your compost waste to gardens in your neighbourhood or community.

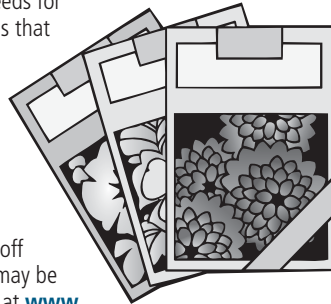


Fundraising is more important than ever as many schools face the challenge of doing more with less.

While raising money is the main purpose, it is also important to consider using fundraising products that support health. Fundraising activities should be consistent with healthy eating concepts taught in the classroom.

Green Fundraisers — ideas that promote the environment

- **Used Book (or CD and DVD) Sale** — Ask members of the school and community to donate their used books, CDs or DVDs. Have a sale at the school or in the community.
- **Bottle Drive** — Have a bottle drive in the community as a school fundraiser. Returning the bottles to a bottle depot also promotes recycling.
- **Personalized Items** — Try selling reusable lunch bags, grocery bags or water-bottles with a school logo on them. Look in the Yellow Pages for businesses selling promotional items.
- **Plant Sale** — Buy live plants from local garden stores or markets and sell them.
- **Plant Seeds** — Sell seeds for plants and vegetables that can be grown in an outdoor garden in Alberta.
- **Printer Cartridges** — Collect empty cartridges and recycle them. Hold a drive or have a drop off location. Cartridges may be exchanged for funds at www.ibuyempties.com.



- The Happily Ever Active Calendar is a healthy alternative to traditional fundraisers. The Healthy Living Calendar - Alberta Edition will help families keep track of their healthy lifestyles while offering tips for healthy eating, active living and mental well-being. Visit www.everactive.org to order these full sized calendars for your school.



Seasonal or Holiday Fundraisers

- Gift wrap and reusable bag sales at www.entertainment.com.
- Seasonal flowers — Poinsettias, carnations or daffodils can be sold depending on the season.

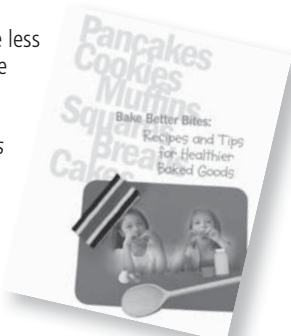
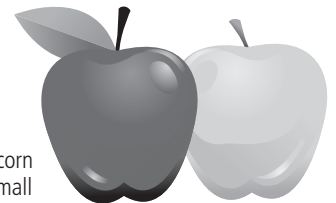


Healthy Food Fundraisers — ideas on healthy food and healthy baking choices

Non-Food Fundraisers — ideas that do not involve selling food

- _____-a-thon (e.g. spell, skip, walk, run) — Each student can get sponsors for participating in the event or reaching certain achievements.
- **Cookbooks** — Create a cookbook and sell it at the school and in the community. Encourage staff, students and their families to contribute favourite healthy meal and snack recipes. The cookbook can be made and copied at the school or published at www.cookbookcreations.ca or (403) 589-7076.
- **Coupon Books**
 - Student Union Ticket Pak Ltd. www.sutp.com or 1-800-667 WINS (9467).
 - Entertainment Book www.entertainment.com.
- **Magazine Subscriptions** at www.qsp.ca or call 1-866-342-3836.
- **Silent Auctions** — Ideas for items include sporting equipment, travel packages, artwork, tickets to shows or sporting events. Students may also showcase their artwork.

- 'Red and Gold' sale — Bulk purchase red and gold apples (or potatoes) from a local supplier.
- **Popcorn** — Air-popped corn that is portioned into small bags. Add flavour by adding parmesan cheese or different spices.
- **Veggie or fruit-grams** — Sell bags of cut-up veggies or pieces of fruit that students can send to other students with a personalized message.
- **Non-traditional bake sales** — Include items like fresh vegetables, fruit, yogurt, cheese, crackers or tortillas with salsa.
- **For traditional bake sales**, use less fat, sugar and salt and increase fibre and iron by using tips in *Bake Better Bites: Recipes and Tips for Healthier Baked Goods* www.dialadietitian.org/nutrition/b.pdf



Healthy and Fun Party Ideas



Schools host a variety of events that can offer a chance to demonstrate healthy food choices to students, families and the community. Below are top ten lists of healthy and fun ideas for classroom parties, event days and healthy rewards.

10 Healthy Classroom Party Ideas

The winter provides many opportunities for classroom parties, including Halloween, Christmas, Valentine's Day and Easter. It is important to balance healthy food choices and typical party foods. Cakes and cookies are fine in moderation, but to make your classroom party a healthy success, try some of these ideas:

- 1 **Kabobs:** Use a variety of fruit (fresh or canned fruit chunks), lower fat cheese (less than 20% milk fat) and vegetables
- 2 **Veggie Sticks** with low fat dip
- 3 **Crunchy Snack Mix:** Dried cereal, popcorn, crackers and pretzels (low salt)
- 4 **Crackers and Cheese:** Look for whole grain crackers and lower fat cheese (less than 20% milk fat)
- 5 **Fruit Cone:** Fill an ice cream cone with fruit and top with yogurt
- 6 **Milk:** Skim, 1%, 2% or flavoured chocolate, strawberry or banana
- 7 **Water**
- 8 **Juice:** 100% pure or unsweetened
- 9 **Healthy Fruit Punch:** 100% fruit juice, club soda, sliced or chunks of fresh or frozen fruit
- 10 **Smoothies:** Add fruit, yogurt and 100% juice or milk into a blender

10 Healthy Event Day Ideas

Event days, such as a parent teacher night, sports days, school fairs or carnivals are a great opportunity to showcase healthy eating. Be creative. Many of these items can be prepared in your own facility or may be ordered from a local restaurant. Here are some ideas to get you started:

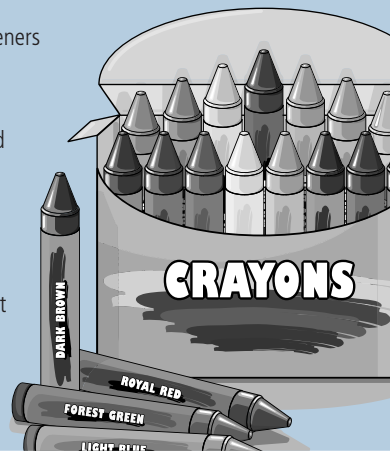
1. **Submarine sandwiches:** Choose whole grain buns with lean meats, lower fat cheese (less than 20% milk fat) and extra veggies
2. **Wraps:** Choose whole grain wraps with a variety of fillings such as vegetables, lower fat cheese (less than 20% milk fat), lean meats, egg and hummus
3. **Healthier pizza:** Look for thin, whole wheat crust with lean meat and extra veggies
4. **Ethnic foods:** East Indian (e.g. curry chicken with rice); Chinese (e.g. stir-fried vegetables with noodles); Mexican (e.g. chicken fajitas or tacos)
5. **Chilli and a bun**
6. **Pasta:** With tomato or meat sauce
7. **Hot soup:** With bread or buns
8. **Mini-pizza:** On whole wheat English muffins
9. **Banana Split:** With fruit topping and frozen yogurt
10. **Hot Apple Cider:** Heat up 100% apple juice with spice mix and cinnamon sticks

10 Healthy Reward Ideas

Classroom rewards are often used to reinforce good behaviour. Rewarding children with unhealthy food contradicts the healthy eating messages that teachers, parents or coaches promote.

Here are some ideas of non-food rewards that you can use in the classroom:

1. Puzzles
2. Pencils and sharpeners
3. Box of crayons
4. Bookmarks
5. Fun note pads and coloring books
6. Temporary tattoos
7. Bubbles
8. Frisbee or ball
9. Free choice time at the end of a class
10. Passes to a recreation centre.



WELLNESS CHOICES	
Personal Health	W(K-9)-5
Safety & Responsibility	

Healthy Eating

Success Story

St. Michael's School in Bow Island is committed to the Health of its Students. The Parent Council formed a HEAL committee to promote Healthy Eating and Active Living. They focused on including vending machines, concession items and hot lunches.

Concession and vending machine menus have been changed to offer only healthy options as of September 2008.

The HEAL committee also offers free healthy hot lunches once a month which includes baked spaghetti, homemade chicken noodle soup, chili, and a subway style sub line. Currently, the committee is exploring implementing Recess Before Lunch.

Healthy Active School Communities



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Here are some specific actions your family can take:

In Your Home:

- Set up an area outside for smokers to use. Agree to sit outside or go for a walk with smokers to show that you are not rejecting them, just the smoke.
- Post a smoke-free home magnet and pledge on your fridge or bulletin board.
- Remove all ashtrays from inside your home, even decorative ones.
- Ask your children's caregivers, including babysitters, not to smoke around your children.
- Ask anyone who is doing work in your home not to smoke indoors.
- Leave a copy of this resource in a place where your family and friends will see it.
- Buy some fresh flowers or bring them in from the garden.
- Tell your non-smoking friends about your decision and invite them to visit.

In Your Car:

- Let all passengers know that your car is smoke-free. Post a smoke-free decal in your car.
- Clean out your car's ashtray and fill it with sugar-free candies, change or potpourri.
- Wash your car and give it a good cleaning, including a thorough vacuuming.

Healthy Active School Communities



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Tobacco Reduction

Why is Tobacco Harmful?

Tobacco is the leading cause of preventable diseases. Tobacco use and exposure is responsible for more deaths (including both smokers and non-smokers) than alcohol consumption, motor vehicle accidents, illicit drug use, murder, suicide and AIDS combined through its linkage to cancer, heart disease, lung disease, fires and other ailments. In fact, 30% of all cancer deaths can be attributed to tobacco.

What is Second-hand Smoke and is it Harmful?

Two-thirds of smoke from a cigarette is not inhaled by the smoker, but rather enters the environment in the form of second-hand smoke. Second-hand smoke contains over 4,000 chemicals, at least twice the amount of nicotine and tar, five times the amount of carbon monoxide and higher levels of ammonia and other toxic substances as compared to smoke inhaled by a smoker. As such, exposure to second-hand smoke is linked to the deaths of at least 1,100 Canadians each year from lung cancer, heart disease, nasal sinus cancer, emphysema, chronic bronchitis, asthma, and other diseases. In fact, exposure to second-hand smoke nearly doubles one's risk of acquiring lung cancer as compared to individuals who refrain from second-hand smoke exposure.

Why is Second-hand Smoke So Harmful for Children?

Babies and young children breathe more air relative to their body weight than adults and smoke can interfere with children's developing immune systems. Children exposed to second-hand smoke:

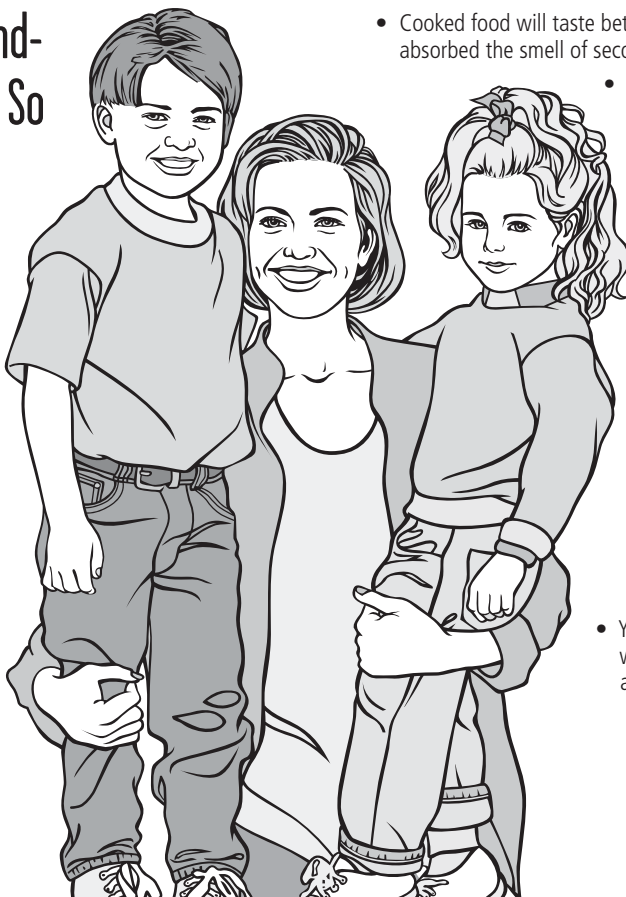
- are more likely to start smoking
- are more likely to get asthma
- are absent from school more often
- have more ear infections

- have more tonsil problems
- require more doctor and hospital services
- are more likely to be sick when they grow up
- have more sore throats
- are more likely to die of sudden infant death syndrome (SIDS)

Benefits of a Smoke-Free Home and Car

Beside the health benefits, there are other reasons to keep your home and car smoke-free.

- You will be a healthier role-model for your children.
- The air in your home and car will be much fresher, cleaner and will smell better.
- You will decrease the chances of fire in your home.
- Cooked food will taste better as your ingredients have not absorbed the smell of second-hand smoke.
- You will save time and money not having to clean your curtains, walls, windows and mirrors as often.
- You won't need to paint your walls and ceilings in your home as often.
- The resale value of your home and car may be greater.
- You will be less distracted when driving thus decreasing the chances of traffic violations and accidents.
- There won't be any cigarette burn marks on your car upholstery or furniture in your home.
- Your car will be cleaner and you won't have to empty the ashtray in your car anymore.



Tobacco Harms more than our health...it effects the environment too!

The impacts of cigarette litter are many including¹:

- **Toxic chemicals** leach out of cigarette butts and can harm small animals.
- **Fires** which can destroy your home, habitats for animals and have an economic cost for individuals, organizations and governments.
- **Ingestion by children and small animals** who mistake butts for food.
- **Cost of cleaning up** litter and lost revenue from visitors.



**BUTTS
are litter
too!**

Please don't litter!

What can you do?

You can organize a cigarette butt clean-up to raise awareness of the effects of discarded cigarette butts. Do a clean-up of your school ground or your local park and use a tally-sheet to record the type of litter that you find. Keep track of how many cigarette butts your group finds and let others know about it.

ACTIVITY: Cigarette Butt Clean-up

4 weeks before the event:

- Check with the city to see if you need a permit for the location of the clean-up and how long that process takes.
- Invite local leaders and VIPs and the media to the clean-up.
- Hand out flyers and advertisements with the date and location of the clean-up.
- Recruit volunteers and have them turn in permission slips if necessary.

1-2 weeks before event:

- Assign volunteers to be responsible for picking up all of the cigarette butts in their assigned area.
- Invite local newspapers and news stations to cover your event and send them more information.

2-3 days before event:

- Make follow-up calls to your local media. Fax or deliver your press materials.

Day of event:

- Collect cigarette butts in garbage bags and count them along the way. Make sure everyone wears gloves!
- Present the garbage bags full of cigarette butts to leaders and the media indicating the total cigarette butts.



www.kickbuttsday.org



LIFE LEARNING CHOICES

Life Role & Career Development	
Volunteerism	L(K-4,7)-8

To find out more about cigarette butt litter, check out these sites:

- www.longwood.edu/cleanva/cigbuttimpacts.htm
- www.cigarettelitter.org/
- www.longwood.edu/cleanva/cigarettelitterhome.html
- www.charityguide.org/volunteer/fifteen/cigarette-butts.htm
- www.surfrider.org/a-z/cig_but.asp
- www.nobuttsaboutit.net/

Source:

1. www.longwood.edu/cleanva/cigbuttimpacts.htm (June 12, 2008)

TAKE ACTION

Stop Smoking in Cars – Kids Deserve It!

Visit the Canadian Lung Association's Clean Air For Kids Campaign to voice your support:

www.cleanairforkids.ca

Healthy Active School Communities



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Community and School Healthy Living Events - 2009

- ❄️ **World Diabetes Day is November 14.** The goal of the 2008 campaign is to promote healthy lifestyles to help prevent type 2 diabetes in children. www.worlddiabetesday.org
- ❄️ **National Non Smoking Week is January 18 to 24** including **Weedless Wednesday** on **January 21, 2009.** www.nnsw.ca
- ❄️ **February is Heart Month.** Every year tens of thousands of people across Alberta, the Territories and Canada make a real difference in the lives of others by participating. <http://secure.heartandstroke.ca/faf/home/default.asp?ievent=263141>
- ❄️ **Winter Walk Day is February 11.** Join thousands and walk at least 15 minutes and register at www.shapealberta.com.
- ❄️ **Family Day is February 16.** Plan an event with your family to get them active, eating healthy and enjoying Alberta's great outdoors!
- ❄️ **Eating Disorders Awareness Week is February 22 to 28.** This is a great chance to focus on positive body image and healthy living.
- ❄️ **March is Nutrition Month.** Every year, Canada celebrates Nutrition Month. Check out the Dietitians of Canada web site www.dietitians.ca for information on this year's theme and interactive activities.
- ❄️ **Step UP into Spring** takes place between **Earth Day** (April 22) and **Bike Day** (June 5) and includes any walking and biking to school event. www.shapeab.com
- ❄️ **May 5 to 11 is Mental Health Week** in Canada. The Alberta Mental Health Board supports work-life balance theme **Minding the Workplace.** www.amhb.ab.ca/knowledge/workplace
- ❄️ **May 21 is Alberta Active Living Challenge Day.** Participate in 30 minutes of physical activity and register your participation at www.befitforlife.ca.
- ❄️ Every **May 31st is World No Tobacco Day.** The World Health Organization brings awareness about the impact of tobacco on health! Over three million people worldwide die each year as a result of tobacco use. www.wntd.com
- ❄️ Participate in the **Commuter Challenge** held during **Environment Week May 31 to June 6.** This is a national program that encourages Canadians to walk, cycle, take transit, carpool or tele-work instead of driving alone to work. www.commuterchallenge.ca
- ❄️ **June is Recreation and Parks Month – Live it Everyday!** This year's theme expresses the need to embrace and participate in recreation and parks programs, services and facilities so that the important and varied benefits of recreation and parks are experienced. www.june.arpaonline.ca
- ❄️ Foster your civic pride, environmental responsibility and beautification through community participation in the **Communities in Bloom Campaign.** www.communitiesinbloom.ca
- ❄️ Take part in **Clean Air Day on June 3.** Clean Air Day is a celebration of environmentally friendly activities that promote clean air and good health. www.ec.gc.ca/cleanair
- ❄️ Participate in **International Trails Day on June 6.** This day is dedicated to celebrate trails, their development, uses and the healthy lifestyle they encourage. www.internationaltrailsday.com
- ❄️ **June 6** is Alberta Cancer Foundation's 3rd annual **Underwear Affair 10k Run/5k Walk.** Dress in everything from briefs and boy-shorts to t-shirts and tracksuits, and help fund life-saving research for cancers that occur below the waist. www.uncoverthecure.org
- ❄️ **National Sun Awareness Week (NSAW)** occurs **June 8 to June 14.** The Canadian Dermatology Association promotes skin cancer prevention and early detection. www.dermatology.ca
- ❄️ The Lung Association's **Asthma Day Camp** provides 1-2 hours a day of asthma self-management education in a community recreational day camp setting, facilitated by a Certified Asthma Educator (CAE). Call for further information 1-888-566 LUNG (5864).
- ❄️ Participate in the **One-Tonne Challenge** and reduce your annual greenhouse gas emissions by one-tonne. Use less energy, conserve water and reduce waste. www.ecoaction.gc.ca/index-eng.cfm

Healthy Active School Communities



SUMMER/WINTER EDITION