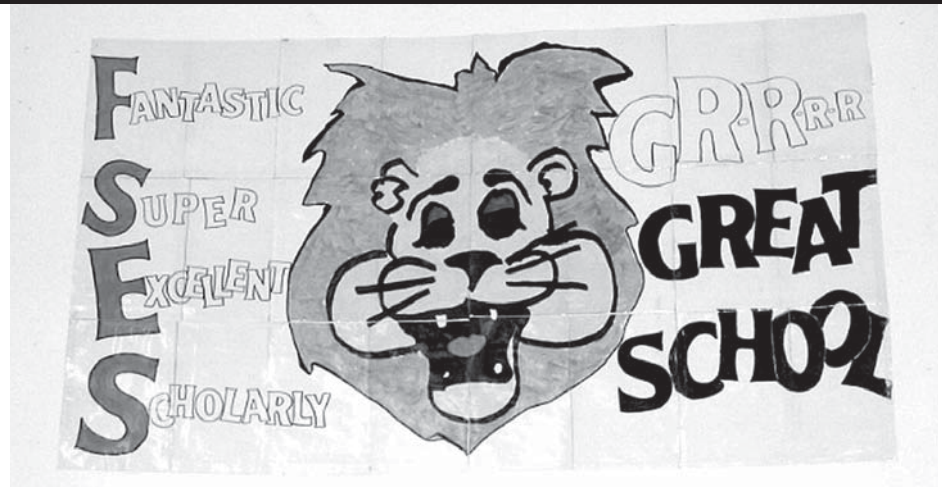


EAS SCHOOL
FEATURE

Fort Saskatchewan Elementary



FORT SASKATCHEWAN, ALBERTA

Submitted by: **Christine Romanko, Assistant Principal**

In 2003-04, staff members at Fort Saskatchewan Elementary were presented with a few challenges. We were a new Ever Active School and wanted to promote healthy living in our community and move toward the implementation of Alberta Education's Daily Physical Activity initiative. We were very enthusiastic at the beginning of the school year, but as the days passed and the every day issues of school arose, our goals took a back seat.

Then we received information from the Edmonton Regional Learning Consortium about upcoming professional development opportunities for primary teachers. One teacher submitted a request to attend a session, which would incorporate physical activity ideas with literacy - another one of our school goals. The news soon spread like wild fire through the primary

wing—everyone wanted to go to the “Math Movements, Word Workouts and More” workshop.

Our principal believed this was a great PD opportunity and offered to foot the bill for substitute teachers and lunch to allow the primary teachers to attend the half-day session. As assistant principal, I attended with the staff so as to better support any follow-up activities or initiatives that occurred as a result of the session. Upon our return, there was excited discussion amongst the staff about the games and activities they had learned. In addition, the primary teachers offered to share the ideas with the upper elementary teachers.

As the days and weeks progressed the excitement continued and there were rumblings in the upper elementary wing

that they too wanted to have a fun PD day (I think there may have been some “positive” whining about the lack of fairness). A full day PD session was offered by our district. We arranged to have our upper elementary team attend, and once again I went along and paid for lunch. At our next staff meeting we planned for sharing time, and the positive energy that resulted that tremendous.

We started the 2004-05 school year with a Schools Come Alive PD opportunity at our school. We learned, we played and we won prizes! It was a great day. Our staff feels prepared and excited for an active and fun year!



For more information about Ever Active Schools

visit: www.everactive.org

Want your Ever Active School to be featured in the next newsletter?

E-mail: doug@everactive.org