



Ever Active Schools

Leading the Way! Alberta's voice for Healthy School Communities

Staff Wellness: Walk the Talk

Participant Handout

www.everactive.org

Intended Audience: Kindergarten – Grade 12 Staff Members

Workshop Outcomes

Participants will:

- Demonstrate an understanding of personal wellness
- Explore an “inside-out” approach to wellness
- Share strategies and practices to stay well
- Become familiar with tools, resources and supports available for personal and staff wellness

This workshop is supported by:





Supported with funding from three ministries: Health, Education and Tourism, Parks and Recreation, Ever Active Schools (EAS) assists schools in creating and sustaining active, healthy school communities.

Vision

Ever Active Schools provides knowledge exchange, communication and collaborative partnerships among the health, active living and education sectors.

Ever Active Schools assists school communities to build capacity and sustainability in addressing wellness.

Ever Active Schools is a provincial leader in the provision of competency focused learning opportunities, resources, and curricular expertise to support a comprehensive school health approach.

Mission

Ever Active Schools provides provincial leadership that promotes and supports healthy, active school communities.

Priority

To lead, support and connect work towards improved health and learning outcomes of children in Alberta.

EAS implements the following strategies to support comprehensive school health and advance the health and learning outcomes of Alberta students:



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The Five Dimensions of Wellness

Framework for K – 12 Wellness Education

Emotional wellness is acknowledging, understanding, managing and expressing thoughts and feelings in a constructive manner.

Intellectual wellness is the development and the critical and creative use of the mind to its fullest potential.

Physical wellness is the ability, motivation and confidence to move effectively and efficiently in a variety of situations, and the healthy growth, development, nutrition and care of the body.

Social wellness is relating positively to others and is influenced by many factors including how individuals communicate, establish and maintain relationships, are treated by others and interpret that treatment.

Spiritual wellness is an understanding of one's own values and beliefs leading to a sense of meaning or purpose and a relationship to the community.

Two Barriers to wellness that I face:

1. _____
2. _____

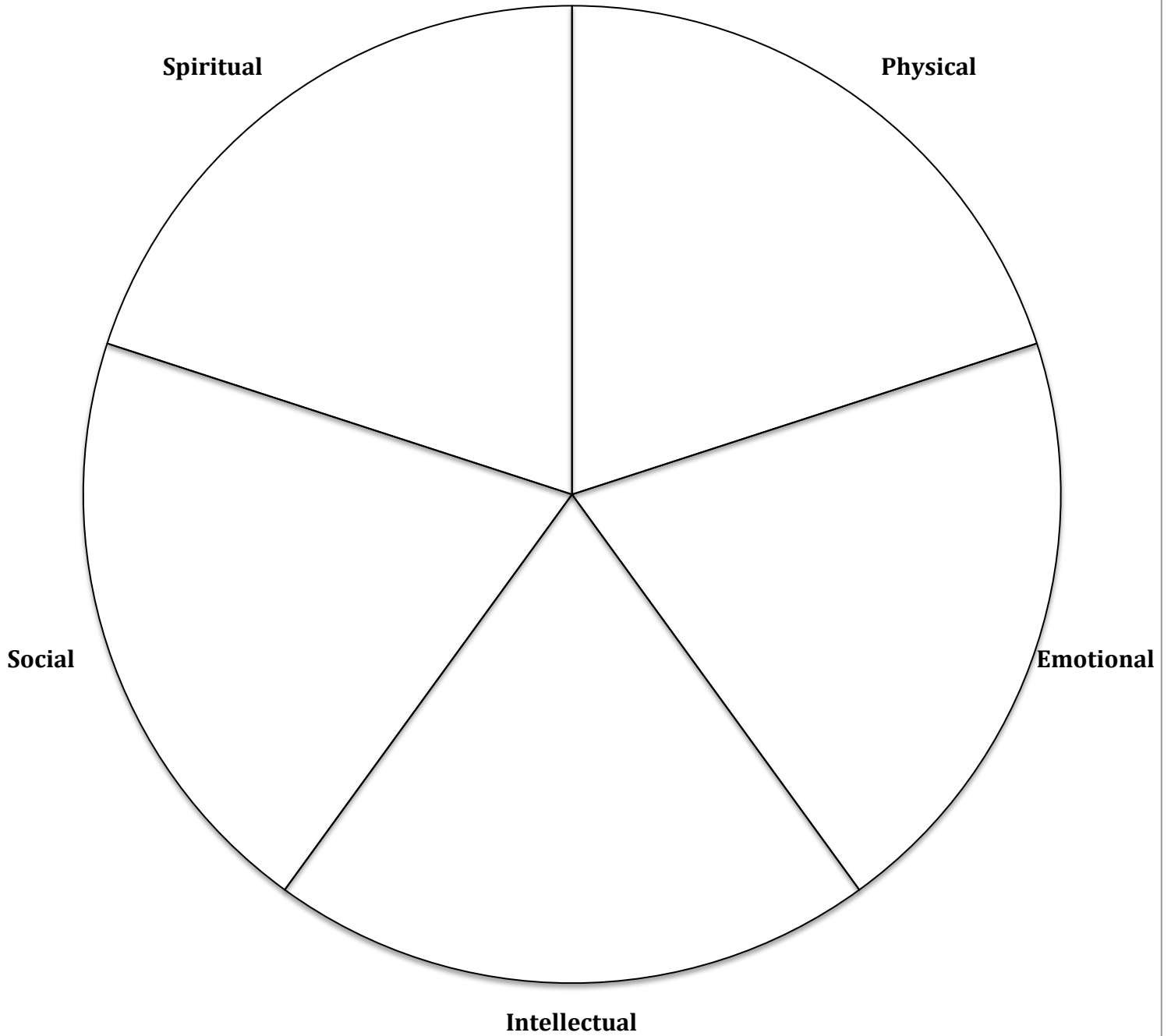
Strategies or practices that support my wellness

1. _____
2. _____
3. _____
4. _____

Give examples of how YOUR personal wellness practices set the stage for a healthy school community?

1. _____
2. _____
3. _____
4. _____

Wellness Wheel



Resources

1. Alberta Centre for Active Living, www.centre4activeliving.ca/workplace
2. Alberta Education – Framework for K-12 Wellness Education, <http://education.alberta.ca/teachers/program/wellnesseducation.aspx>
3. Alberta Healthy School Community Wellness Fund, <http://www.wellnessfund.ualberta.ca/>
4. Alberta Health Services Website, <http://www.albertahealthservices.ca/2909.asp>
5. ASEBP: An APPLE a Day, Includes health articles, healthy tools and more, www.ohilifestyles.com/default.aspx?key=8c1af957-eb45-4d3d-9a70-29da341ab3ce
6. The Canadian Council for Health and Active Living at Work, www.cchalw.ca/english/
7. Canadian Mental Health Association (Alberta), A wide variety of information on mental health including: Mental Health and the Family and Children's Mental Health, www.cmha.ab.ca
8. Dietitians of Canada: EAT Tracker, www.eattracker.ca/
9. Ever Active Schools (EAS), Ever Active Schools is a free membership program available to all Alberta school communities, www.everactive.org
10. Fit Deck Exercise Playing Cards, fitdeck.com/
11. Health and Physical Education Council (HPEC), <http://hpec.teachers.ab.ca>
12. Healthy U, <http://www.healthyalberta.com/>

Physical Activity Apps

Nike and **Nike Training Club** (free) - The most popular running app on iTunes. Friends can be added to help motivate your workouts.

RunKeeper (free) - This running app lets you track your workout performance over time, while connecting with your friends to make your workouts social. This app also lets you track other activity, including cycling.

Yoga Apps – There are numerous yoga apps that are either free or at a low cost and easy to follow.

Healthy Eating Apps

Sodium 101 (free) - To help people take control of how much sodium they consume, the Canadian Stroke Network has developed the Sodium 101 App.

Fast Food Calories App (\$0.90) – Handy fast food restaurant nutrition guide for you to keep your healthy meals on track when you have to eat on the run.

Mental Well-Being Apps

I-Gratitude App – Helps you stay positive, say goodbye to misery and hello to success and happiness. Includes: vision board, timed and random alerts, daily quotes and more.

Sleep Cycle – A bio-alarm clock that analyzes your sleep patterns and wakes you are in the lightest sleep phase.

Day One Journaling App – Helps you remember, record and track your life in a simple way that will provide a valuable resource in the future.

GPS for the Soul – An app for better living. The app is based on two truths: that we all have within us a centered place of harmony and balance, and that we all veer away from that place again and again.