

Ever Active Schools is leading the way in providing quality professional development for school communities. These unique learning opportunities can be accessed for conferences, conventions, professional development days, staff or parent council meetings or tailored to meet your individual needs.

Costs are \$250 for 90 minutes, \$350 for half day, \$650 for full day plus GST and applicable travel and accommodations from Edmonton or Calgary, if required.

Call 780-454-4745 or email info@everactive.org to request a professional learning opportunity today! Contact us or visit our website: www.everactive.org for any help you may need in building your healthy school community.

*Get involved! Membership is FREE!
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**SUPPORTING QUALITY
PHYSICAL EDUCATION,
PHYSICAL ACTIVITY,
HEALTHY EATING, AND
MENTAL WELL BEING,
INCLUDING STAFF WELLNESS.**

**BUILD A HEALTHY SCHOOL
COMMUNITY WITH EVER
ACTIVE SCHOOLS!**

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**EVER
ACTIVE
SCHOOLS**
BUILDING HEALTHY SCHOOL COMMUNITIES

**2011-2012 PROFESIONAL
LEARNING OPPORTUNITIES**

Back to Basics: Tips and Tools for Quality P.E.

Come join Ever Active Schools and learn activity ideas that are inclusive, active and fun for all students. Activities explored will be from all dimensions in Physical Education and will highlight the Ever Active Schools resource: Recipe Card Lesson Plans. Walk away with teaching strategies, organizational tips, assessment tools and techniques to cover all the basics in Physical Education.

Got a Few Minutes? Implement Meaningful DPA

Do you want to incorporate daily physical activities that involve curricular outcomes? Are you looking for more physical activity opportunities for your students that foster cooperation and social skills? If so, then this is the workshop for you! This session will include activity ideas for the classroom, gymnasium, multipurpose room and outdoors taken from two Ever Active Schools' resources: Recipe Card Lesson Plans & DPA Bins. Visit www.everactive.org to view activity videos and to purchase these must have resources.

Get Moving! Promoting Physical Activity Programs

Are you organizing an event or program before, during or after school? Looking for support with recess, intramurals or with ideas to incorporate more physical activity in the day? If so, then this workshop is for you! Ever Active Schools will provide ideas on how to increase the quality and quantity of the physical activity opportunities in your school. Through activities such as creative indoor recess ideas and innovative intramural programs this can be achieved.

Explore FMS Through Lead-Up Games

Lead-Up Games are low organized activities that focus or mimic various sport skills without actually playing the sport in its entirety. Lead-Up activities give students the opportunity to utilize these various sport skills in small settings; therefore, allowing for a better learning experience without the stress of actually playing the "real" game. Come and learn activities involving modified rules and skills where the focus is on improving fundamental movement skills, confidence and having fun. This workshop also incorporates two new Physical Literacy initiatives created by the Be Fit For Life Network (Move & Play Through Physical Literacy) and Special Olympics Canada (Active Start and FUNdamentals Program Guides).

Your Nutrition Environment

There are many opportunities within the home, school and community to improve the nutrition environment. Come join Ever Active Schools in this workshop and learn about integrating nutrition education in the school, resources for the classroom, including classroom parties, healthy snacks and portion sizes, strategies for parents to help in making healthy choices, and resources in the community. Resources, including the Alberta Nutrition Guidelines for Children and Youth and the School Nutrition Handbook will be utilized.

Health Promoting Schools (HPS): Steps to Creating a Healthy School Community

Research shows that healthier students are better prepared to learn and are more successful in school. Health Promoting Schools (HPS), also known as Comprehensive School Health, is a school-wide approach that links health and education and connects the home, school and community. Come learn about the EAS Program and the steps to success in creating a healthy learning environment. This workshop will include essential elements learned from the Alberta Healthy School Community Wellness Fund and Physical and Health Education Canada.

Mental Wellness: Part of Your Healthy School Community

There is no health without mental health! Positive interactions, adapting to change, coping with adversity and finding balance in all aspects of life are critical elements of maintaining mental health. Participants will leave this workshop with an understanding of what mental health looks like as well as strategies to improve the mental health of the school community.

Other possible topics include, but are not limited to: A Taste of FMS, Physical Literacy in Action!, Revitalize! Making Staff Wellness a Priority, Assessment For Learning in P.E., Differentiated Instruction in Physical Education, Dynamic DPA, Interactive Health 1.0 & 2.0, The Amazing Race for School Communities and more. Visit the EAS Website for workshop handouts and more @ www.everactive.org/professional-development