

SPECIAL INTEREST ARTICLES:

- ❖ HEALTHY EATING FOR TWEENS AND TEENS
- ❖ ENERGIZER DAYS ACROSS THE PROVINCE
- ❖ FEEDBACK CORNER

BACK PAGE HIGHLIGHTS:

YOUR DPA RESPONSES

EAS INITIATIVES 04-05

PERPETUAL MOTIONS

IMPORTANT DATES



FOR AWESOME RESOURCES, IN-SERVICES AND A MONTHLY ACTIVITY CALENDAR, VISIT THE WEBSITE AT:
schoolscomealive.org

MOST REQUESTED WORKSHOPS:

- 1) CREATING A DESIRE TO PARTICIPATE
- 2) NO GYM? NO PROBLEM!
- 3) A,B,C,D'S OF PHYSICAL EDUCATION
- 4) MOTIVATING THE MASSES

CALL SHELLEY AT:
780.454.4575

EVER ACTIVE SCHOOLS / 780 454-4745

HEALTHY TWEENS N' TEENS

Six things parents can do to keep their teens and tweens healthy

- 1) Eat with them. They will make healthier choices.
- 2) Eat at home. They will eat less of the "treat" foods and more of the "good for you" foods. This is important since most Alberta tweens and teens are eating in fast food restaurants 2-4 times a week.
- 3) Focus on girls. Alberta research shows that they are less likely to meet even the minimum nutrition recommendations and are more likely to be inactive.
- 4) Maintain a healthy weight. A child with an overweight parent is more likely to become overweight.
- 5) Active families create active youth. Alberta data shows heavier students were less active than normal weight students and their activity dropped off as they got older.
- 6) Encourage your children's school to implement healthy policies that provide nutritious foods and increase activity among students.

School staff are important role models, second only to families.

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ENERGIZER DAYS 2004!

CALGARY NOVEMBER 12

Morning session: 9 AM – 12 PM
Afternoon session: 1 – 4 PM

Father Doucet Elementary
65 Shannon Drive SW

LETHBRIDGE NOVEMBER 29

All Day session 9 AM – 3:30 PM

Location: TBA

RED DEER DECEMBER 1

All day session 9 AM – 3:30 PM

RDPSD Central Office
4747 – 53rd Street

GRANDE PRAIRIE DECEMBER 3

All Day session 9 AM – 3:30 PM

St. Gerard School
9724 - 88th Ave

EDMONTON DECEMBER 7

All day session 9 AM – 3:30 PM

Barnett House (Room 140)
11010 – 142nd Street

REGISTRATION INFORMATION

FAXBACK FORMS AND REGISTRATION DEADLINES WILL BE AVAILABLE ON OUR WEBSITE: WWW.EVERACTIVE.ORG

ALL SESSIONS ARE FREE OF CHARGE AND INCLUDE LUNCH (FULL DAY SESSIONS ONLY).

LOOK FOR AGENDAS TO BE POSTED ON THE WEBSITE IN EARLY NOVEMBER

FEEDBACK CORNER

"What is your favourite activity to do when it rains outside?"

E-mail replies and ideas for next month to doug@everactive.org

EVER ACTIVE SCHOOLS

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WE'RE ON THE WEB!

SEE US AT:

WWW.EVERACTIVE.ORG

THE NOVEMBER
BULLETIN WILL BE
MAILED OUT TO YOUR
SCHOOL ON NOVEMBER

IN THE NEXT ISSUE:

- * ENERGIZER UPDATES
- * FEEDBACK CORNER RESPONSES
- * FAMILY FUN CALENDAR UPDATE
- * RESOURCE DEVELOPMENT OPPORTUNITY

EVER ACTIVE INITIATIVES 2004-2005

Here is what the staff at Ever Active have on the go:

- * 5 Energizer Days across the province.
- * Updated Promising Practices: we are currently reorganizing and updating this document to be distributed to all EA schools.
- * Hard Copy November Bulletin mailed to your school.
- * Give One – Get a Tonne: Together with Schools Come Alive we will be producing a Daily Physical Activity specific resource developed by schools, for schools. More details in the November Bulletin.
- * Look for us at HPEC as well as a variety of Teacher's Conventions across the province.

COMMENTS FROM SEPTEMBER'S FEEDBACK CORNER

"Just wanted to let you know that my school has started implementing DPA and so far so good. We thought we would start early and see how it works so that all of the bugs could be worked out. We are a small elementary and timetabling gym use is difficult, but I have created some 'Wellness' binders for each staff member so that they can do active classroom games when they don't have a gym."

"Our school is an Ever Active school so in a lot of ways our staff is already onside in terms of getting students active. We are not piloting the program this year but will be looking at ways we can implement Daily Physical Activity in September 2005. Our biggest challenge will be arranging our large student body within our limited facilities."

Want to see more comments here? Respond to this month's FEEDBACK CORNER on page 1.

PERPETUAL MOTIONS

MUSINGS FROM DOUG'S DESK

This little poem came home in my children's newsletter. It reminded me of why we as educators do what we do – to make a difference in the lives of children.

If I had my child to raise over again,
I'd build self-esteem first and the house later.
I'd finger-paint more and point fingers less.
I would do less correcting and more connecting.
I'd take my eyes off my watch and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often.
I would be firm less and affirm more.
I'd model less about the love of power,
And more about the power of love.

Yours in perpetual motion,

Doug

Anonymous

DATES TO REMEMBER

National Family Week

Oct 4-10, 2004

Walk to School Week

Oct 4-8, 2004

International Walk to School Day

Oct 6, 2004

Rock, Paper, Scissors World Championships

Oct 16, 2004 (Toronto)

National School Safety Week

Oct 17-23, 2004

International Year for Sport and Physical Activity

2005 (United Nations)

Non-Smoking Week

Jan 18-24, 2005

Heart Month

February 2005