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HOW TO USE THIS BULLETIN

If your school is currently a member of the Ever Active Schools Program, you regularly get this bulletin via e-mail and for this issue only, as a hard copy mailed to your school. If you are not a member, you are getting this bulletin as a special mail-out to all ATA schools in the province. Take a moment to peruse the material in this bulletin and feel free to contact the Ever Active Schools office for further information. Enjoy!

*Doug Gleddie
Provincial Coordinator*

WHAT IS THE EVER ACTIVE SCHOOLS PROGRAM?

Ever Active Schools (EAS) is an innovative and evidence-based program available to all Alberta school communities. Ever Active Schools contribute to the healthy development of children and youth by fostering social and physical environments that support active living and positive health behaviors. The purpose of the program is to encourage, identify and recognize schools that value and promote positive healthy behaviors and practices, as well physical activity opportunities, through initiatives that affect the entire school community. Ever Active Schools will support and enhance the physical education and health curricula, which ensure that each student has equal opportunity to understand and experience the value of a healthy active lifestyle.

A unique feature of the program provides member schools with a measure for healthy active behaviour within their school community. This assessment tool allows each school to critically reflect upon current practice. Schools create a Game Plan to address their own strengths and weaknesses based on a Comprehensive School Health model that encompasses home, school and community. Each year a Growth Report is submitted to record improvements and keep the program on track.

The EAS program is currently working with over 170 schools in Alberta. Of this number, 123 schools have submitted Game Plans to increase health behaviors in their school community.

BENEFITS TO EVER ACTIVE SCHOOLS

Interested in having your school become "Ever Active"? Submit an application form, a game plan and a \$50 membership fee (good for 2 years). In return you receive:

- ☞ Opportunities to participate in initiatives such as the "Give One, Get a Tonne" resource to support implementation of the daily Physical Activity Initiative from Alberta Learning (see page 2 for details)
- ☞ Professional development opportunities (Energizer Days) and opportunities for sharing, mentorship and networking with other schools
- ☞ A resource kit that includes: the EAS binder, posters, Promising Practices, Ever Active Everywhere and other items
- ☞ Support for health and physical education curriculum implementation
- ☞ Regular Bulletins like this one with information on the latest resources and updates from around the province
- ☞ Recognition and rewards for your school each year you are Ever Active

To register and receive an application form, visit our website or contact Kristin: info@everactive.org or phone 780-454-4745

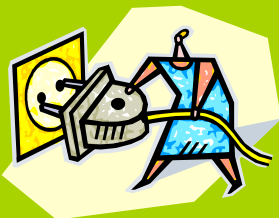


*FOR EVER ACTIVE
MEMBER SCHOOLS
ONLY!*

*WONDERING HOW YOUR
SCHOOL WILL IMPLEMENT DAILY
PHYSICAL ACTIVITY?*

*GIVE ONE, GET A TONNE IS A
GREAT WAY TO NOT ONLY GET
YOUR SCHOOL THINKING ABOUT
DPA, BUT TO RECEIVE IDEAS
FROM SCHOOLS AROUND THE
PROVINCE.*

GET



ENERGIZED!

COMMENTS FROM LAST MONTH'S FEEDBACK CORNER

I like running when it rains because the air seems to be less dusty. With my boys at home, we go sliding down a hill full of wet grass or dirt biking.






With students, I enjoy playing large group games like skittles or dynamite in the gym. I do both games with two full classes at a time. For myself, I like to bike in the rain and take my children out to jump in puddles.

What do I like to do in the rain? I go from one extreme to the other. I like to run in the rain and I also like to curl up inside with a good book or a crossword puzzle!

To see your comments here, be sure to respond to "Feedback Corner" on page 4.

GIVE ONE, GET A TONNE!

30 minutes of daily physical activity, will be mandatory for grades 1-9 beginning September, 2005. Is your school ready? Ever Active Schools (EAS) are uniquely situated to implement the Daily Physical Activity Initiative (DPA) because of their commitment to involving a variety of stakeholders in the creation of a healthy active school community. *Give One, Get a Tonne* is a resource development project to further support Ever Active member schools as they prepare to implement DPA. Submit the required materials (see below) to the EAS office and receive a binder full of submissions from around the province.

-  School Profile: grade levels, population, location etc.
-  Timetables: actual or proposed timetables for DPA implementation
-  Year plans: PhysEd and Activity plans for the year
-  Resources: favourite print, internet and human resources
-  Special Event Planning Ideas

The specific forms and further information for *Give One, Get a Tonne* will be available online (www.everactive.org) in November as well as presented at the Energizer Days. This initiative is only available to current Ever Active Schools members. New schools may participate upon receipt of membership requirements.

ENERGIZER DAYS: COMING SOON TO A CITY NEAR YOU

Energizer Days are an opportunity for Ever Active School members to get together and share thoughts and ideas, find out about new initiatives and resources, participate in active sessions and generally have a great time getting energized! Schools who are not yet members are also invited to come and see what being an Ever Active School is all about. **Registration forms are now online at www.everactive.org** and regional agendas will be available soon. Speakers and sessions will vary by region and may include: Schools Come Alive, Alberta Milk, Alberta Learning, Be Fit For Life, EAS updates as well as others.

CALGARY: NOV 12

LETHBRIDGE: NOV 29

RED DEER: DEC 1

GRANDE PRAIRIE: DEC 3

EDMONTON: DEC 7

Energizer Days are a **free professional development opportunity** with lunch and snacks included. Travel and supply teacher costs are the responsibility of each school.

ATTENTION KINDERGARTEN – GRADE THREE TEACHERS

Nutrition & Active Living Education workshops are available ONLINE!

Learning about Healthy Eating & Active Living is as easy as...

1. Logging on to www.albertamilk.com/nutritionworkshop
2. Completing the online workshop
3. Receiving materials for the classroom including a teacher's manual, posters, food cards and more! ...And it's FREE

Be ready to have fun and help your students learn about nutrition and active living as soon as you receive your package! We also provide workshops right at your school for kindergarten to grade six teachers. For more information or to book a workshop call 1-800-252-7530 ext. 318.

WOMEN AND LEADERSHIP PROGRAM

The **Canadian Association for the Advancement of Women and Sport (CAAWS)** Women and Leadership program is a series of three professional development sessions (Effective Communication, Conflict Resolution and Influencing Change) that have been designed for women by women. Each half-day session blends theory with practical applications and provides an opportunity for women working or volunteering in the sport or active living communities, recreation field or school system to share experiences, reflect on ideas and apply specific techniques. The program was developed to build and enhance leadership skills and foster a network of female physical activity and sport leaders. The program is offered to women of all ages, from every level of responsibility, with varied experience and diverse backgrounds, providing a unique opportunity to develop and polish skills and gain confidence as leaders. Time for group interaction and personal reflection are built into each module, allowing for excellent networking opportunities as well. To host a Women and Leadership session, or for more information, please contact:

Joanne Gesell joanne@inmotionnetwork.org
InMotion Network (780) 644-5613

MAKE YOUR SCHOOL A HEALTHY LIVING ZONE

The Government of Alberta's Healthy Alberta web site contains all kinds of information on healthy eating and active living, including information specifically for teachers. Look under the "Children and Youth" section.

You can also register to receive practical, informative healthy living tips every week. Simply visit the site at WWW.HEALTHYALBERTA.COM to sign up.

SPECIAL OLYMPICS ALBERTA

In January of 2005, Special Olympics Alberta, in cooperation with Edmonton Public Schools, will pilot the new School Based Program at L. Y. Cairns Junior and Senior high school in Edmonton. For detailed information contact the Special Olympics Alberta Provincial Office at 780-425-0719

www.specialolympics.ab.ca



FOOD AND BEVERAGE GROUP	CRITERIA FOR SELECTION	RECOMMENDED FOODS (SNACKS), BEVERAGES AND SERVING SIZES	ESSENTIAL NUTRIENTS PROVIDED	COMMENTS
GRAIN PRODUCTS <i>Choose whole grain and enriched products more often</i>	- low in saturated fat - source of fibre - source of B vitamins and iron - fat limit of 5 g	- grain-based bars: 30 to 40g - muffins: 55g - snack breads: 55g - cookies: 30g - crackers: 20g	- complex carbohydrates (starch) - B vitamins - fibre	- Foods high in saturated and trans. fat increase the risk of coronary artery disease.
VEGETABLES AND FRUITS <i>Choose dark green and orange vegetables and fruit more often</i>	- good source of vitamin C and/or vitamin A and/or folacin and/or fibre	- fresh whole fruit: 1 piece - canned fruit or 100% fruit sauces: 125ml - fresh vegetables: 125g (with a low fat dip) - 100% dried fruit: 40g - 100% fruit juice - vegetable juice - 125-250 ml for all	- vitamin C - vitamin A - folacin - fibre	- Fruit and vegetables provide needed nutrients. - If dried fruit is eaten as a snack, brushing of teeth should be encouraged. It is recommended that dried fruit be eaten as part of a meal. - Beverage serving size should be limited to 250ml, which is equal to 2 servings of fruit or vegetables or 125ml, which is equal to 1 serving.
MILK AND MILK PRODUCTS <i>Choose lower-fat milk products more often</i>	- lower fat or non-fat (yogurt & milk: 2% or less M.F.; cheese: 20% or less M.F.) - foods: source or good source of calcium - beverages: good or excellent source of calcium & excellent source of vitamin D	- yogurt: 175ml - cheese: 30-50g - milk puddings: 125ml - milk or flavoured milk - yogurt-based drinks - calcium fortified soy beverages - 250ml for all beverages	- calcium - vitamin A - vitamin D	- Beverage serving size should be 250ml, consistent with Canada's Food Guide to healthy Eating Habits - There is an increased need for calcium prior to puberty: 3 to 4 servings per day
MEAT AND ALTERNATIVES <i>Choose leaner meats, poultry, and fish, as well as, dried peas, beans and lentils more often</i>	- sodium: 480mg or less - source of B vitamin - source of iron	- ready-to-eat legumes (plain, uncoated): 30g	- protein - B vitamin	- It is strongly recommended that foods containing peanuts or other nuts not be made available in schools, since some students may have life threatening allergies to nuts.
OTHER FOODS <i>Taste and enjoyment can also come from other foods and beverages that are not part of the four food groups</i>	- low in fat and low in saturated fat - sodium: 480mg or less - source of at least one vitamin or mineral	- pretzels: 50g - plain popcorn: 50g - baked chips: 50g - water		- Plain water is a healthy beverage choice and is the preferred fluid for proper hydration

SCHOOLS COME ALIVE – ONLINE RESOURCES

Schools Come Alive provides leadership through workshops, resource development and collaborative partnerships to increase physical activity opportunities and promote healthy choices in Alberta schools.

Positive feedback has been received about the increasing number of Schools Come Alive resources now available on-line, look for:

- 👉 Workshop handouts
- 👉 Facilitator packages
- 👉 E-copies of the ACTIVE newsletter
- 👉 Monthly Activity Calendars which share ideas for integrating physical activity with classroom instruction

Feedback is always welcome as to what is working and what is still missing. Call Shelley at 780-454-4745 or email shelley@schoolscomealive.org

FEEDBACK CORNER

“What are you doing to promote positive nutrition habits in your school community?”

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

