



3RD FLOOR, PERCY PAGE
CENTRE
11759 GROAT ROAD
EDMONTON, AB
T5M 3K6
PHONE:
780 454-4745
FAX:
780 453-1756

INFO@EVERACTIVE.ORG

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Happy Fall!

As the first month of school comes to a close I hope you have found the time to reflect on what it means to be a healthy active school community. Although we tend to get caught up in events and special days, the comprehensive school health approach transcends these and provides a focus for everything that is done in your school community. Over the coming year, our goals at Ever Active Schools are to improve our communication with our members, provide opportunities for sharing and networking and continuing to recognize the wonderful work being done across Alberta. In the descriptions below, you will find initiatives designed to meet these three goals in a variety of ways.

Staffing: EAS would like to welcome Roxane Landsborough as our new administrative assistant. Roxane will start on October 3 and will begin contacting schools for information, renewals, contact updates and making sure you have everything you need.

DPA Sharing Day Resource: Promising Practices for DPA will be completed by the end of October 2005. Look for a workshop in your district delivered by *Schools Come Alive* featuring the information gathered by EAS. The resulting resource will be shared at Energizer Days and on the EAS website.

Energizer Days 2005: Dates are set. Agendas are started. In partnership with the Regional Consortia, E-Days are coming soon to a city near you! See page two for dates and details.

2006 Family Fun Calendar: On a disappointing note, we will not be distributing the calendar this year. We are investigating a few different resources to help our EA families stay healthy and active!

Promising Practices 2005: This revised document has been reformatted and updated to include all the latest ideas from member schools. A paper copy will be distributed at Energizer Days and a CD with a searchable database will be sent to all member schools in January 2006.

EAS Database: Over the summer we had a customized database put together to better serve our members. We will have a much easier time keeping track of communication and sharing. The new database will be up and operational by mid-October.

Revised Member Benefits: Look to page three for a description of our equipment kits for new members and renewal rewards for our "old schools".

Student Leadership Camp: An exciting opportunity to tap into your student's perceptions of how a healthy active school community works. See page 2 for a full description of the chance to be involved with this *Live Outside the Box* partner initiative.

We have a full slate of initiatives for this year and look forward, as always, to working with the dynamic and passionate people who champion EAS.

Yours in perpetual motion,

Doug Gleddie
Provincial Coordinator

MARK YOUR CALENDAR!



ENERGIZER DAYS 2005

The Ever Active Schools Program is hosting these days in conjunction with the Alberta Regional Consortia to energize, motivate and activate your healthy school community! All current Ever Active schools, as well as schools who are interested in joining the program are invited to join in a day of networking, peer support, resource sharing and planning. There will be opportunities for general discussions as well as grade level groupings (K-12). Each school may send an administrator and a teacher. These days are offered at no cost for EA member schools. Non-member schools are charged \$50.00, which will go towards an Ever Active membership (2 years / \$50!) upon completion of the application form and game plan. Snacks and lunch are included in this free P.D. opportunity, however, neither EAS or the Consortia are able to cover supply teacher costs. Speakers and presentations will vary by location.

Location	Consortia	Date	Time	Website
Grande Prairie	NWRL	Nov 21	9:00 – 3:30	www.nrlc.net
Medicine Hat	SAPDC	Nov 28	9:00 – 3:30	http://people.uleth.ca/~sapdc
Lethbridge	SAPDC	Nov 29	9:00 – 3:30	http://people.uleth.ca/~sapdc
Edmonton	ERLC	Dec 2	8:30 – 3:30	www.eric.ualberta.ca
LacLaBiche	LN	Dec 5	9:00 – 3:30	www.learning-network.org
Calgary	CRC	Dec 7	9:00 – 3:30	www.crcpd.ab.ca
Red Deer	CARC	Dec 9	9:00 – 3:30	www.carc.red-deer.com

Please register for the day through your consortia. Specific sites for each E-Day will be e-mailed to all participants. For more information, please call or email the office at 780.454.4745, info@everactive.org or visit our website at www.everactive.org

LIVE OUTSIDE THE BOX: STUDENT LEADERSHIP CAMP

The Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF) launched the Live Outside the Box (LOTB) campaign in February 2003. The campaign targets 10-14 year olds and encourages them to increase physical activity and reduce screen time. Ever Active Schools is partnering with the ASRPWF in support of this campaign to offer a student leadership workshop in **Edmonton on November 16, 2005**. As part of our ongoing support system for member schools we will offer a one-day workshop designed to provide student leaders with the knowledge, skills and attitudes to address physical activity and screen time in their school communities. Up to 20 current EA member schools would have the opportunity to send a leadership pod of one teacher and 2-3 student leaders (ages 10-14) for a one-day workshop focusing on healthy active lifestyles. The intent would be to empower the students to affect change in their communities as well as to listen to their ideas and views regarding how best to reach youth with the LOTB message. The agenda for the day will include:

- ☞ “Student only” time to gather thoughts and ideas regarding the LOTB message and how to best put these ideas in motion
 - ☞ “Teacher only” time to assess and reflect on supporting the creation of healthy active school communities
 - ☞ Joint physical activity sessions for both teachers and students
 - ☞ Joint planning sessions for teachers and students in conjunction with similar schools and grade levels
- Upon completion of the workshop, each leadership pod will be given a banner to use as motivation for their school community. When each leadership returns to their school community they will be expected to:
- ☞ Hold a planning meeting with stakeholders to initiate strategies designed to promote the LOTB message through-out the rest of the school year
 - ☞ Send a status / progress report to EAS reporting on plans for implementation by December 2, 2005

Through a grant from the ASRPWF, EAS will cover the following costs: a supply teacher for one day, snacks and lunch for all participants, workshop venue and materials. Schools will be responsible for travel expenses and any other associated costs. Since attendance is capped at 20 schools, all efforts will be taken to have a diverse representation of Alberta schools involved. Limited travel subsidies will be available for schools coming from further than 200 km away. **For further information or to receive an application form, please email doug@everactive.org. Application deadline is October 21. Schools will be notified as soon as possible following the deadline.**

SCHOOL SHARING: ROUND HILL SCHOOL

A number of our member schools have taken the time to send the EAS office updates of the very cool happenings in their school communities. In the interests of sharing, we would like to encourage these submissions and will share one or two in each Bulletin. All it takes is a quick email or fax along with an attachment of whatever information was handed out to parents or students. Feel free to send events, campaigns, processes or approaches that facilitate healthy active school communities. Our first submission comes from Pat Bohnet at Round Hill School who sent in a parent letter describing how their school is contributing to Hurricane Katrina relief.

Round Hill School (RHS) decided to take an active approach to raising money for the relief efforts. Calculations were done and found that New Orleans and RHS are separated by roughly 4000 km. This translates into over 4 million steps! Kellogg's donated 60 step-counters to the school and they are using these on a daily basis to count the number of steps combined to reach the goal of 4 million steps.

A goal has been set to raise \$1000 for Hurricane Katrina Relief. Funds are raised in two ways: each student donates 25 cents per 1000 steps taken each day or, each student donates \$10 to account for the roughly 40,000 steps needed from each to attain the goal. Donations will also be collected from other community members. Congratulations to RHS for being Ever Active and using their physical and financial efforts to raise funds for this cause. If you would like more information on what RHS does to stay Ever Active, phone Pat at 780-672-6654.



MEMBERSHIP BENEFITS:

EAS is always looking for new ways to recognize and support our member schools. Your input and feedback is very important and helps us decide where to place our resources so they can be most effective. Take a moment to read over the benefits below to be sure you are taking full advantage of the program.

EAS binder: this serves as a place to hold your game plan, committee contacts, resources and other pertinent information received at E-Days or through contact with other schools.

Posters: a variety of posters have been distributed to each new school. This past June, each member school received a set of 6 posters in support of the DPA initiative.

Activity / Equipment Kit: Prior to 2004-2005 member schools received an *activity bag* of low-cost equipment. For member schools post September 2004, EAS has initiated an equipment kit in partnership with Sportfactor. There are three options available (see the website for details) and Schools Come Alive has created a handout of activities to support learning with the equipment.

Renewal Rewards: All schools renewing their membership receive a 10% off coupon to Wintergreen. As well, we will be providing a 3'X5' banner to each school that renews from September 2005 onward. Many members shared that a banner for their school would help them to identify as an EA school and provide a visual reminder.

Energizer Days: Be sure to check out when the E-Days train is coming to your area (page 2). This is an important networking and sharing day as we seek to build communities of champions across the province. Together we can reflect upon best practices and share the wonderful things happening in our communities.

Finally, our office is always ready for your phone call or email – let us know what you are up to and how we can support you more!



ALBERTA MILK: SCHOOL AND TEACHER AWARDS

EXTREME SCHOOL MAKEOVER: NUTRITION EDITION

School Awards

Interested in winning \$500 for your school?

Six awards of \$500 will be given to schools for initiatives to improve the school nutrition environment. This can include changes to your cafeteria, vending machines, special event menus, classroom parties, and items used in fundraising.

Whether your school has already started to make changes to improve nutrition, or, you are just thinking about making changes, here is your chance to make a difference at your school and win money to help you along the way!

Application Deadline: March 30, 2006

Awards to be announced: April 15, 2006

TRIED AND TRUE: NUTRITION STRATEGIES

Teacher Awards

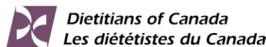
Do you have a great way of incorporating nutrition into your classroom or have you been a part of a project to make your school more nutrition friendly?

Six awards of \$100 will be given to teachers for fabulous strategies used to incorporate nutrition in the classroom. If you have changed the types of foods that are served at classroom parties, have snack guidelines or have great nutrition lessons you use to meet curriculum goals, we would love to hear from you.

Application Deadline: November 30, 2005

Awards to be announced: January 15, 2006

This project is a joint initiative of:



Canadian Cancer Society
Société canadienne du cancer

ALBERTA / N.W.T. DIVISION



Visit the Alberta Milk website at www.albertamilk.com/healthyschoolawards for criteria and application forms. For more information on the school or teacher awards, please contact Pamela Drinnan, RD at Alberta Milk, by email at pdrinnan@albertamilk.com or by phone, in Edmonton (780) 577-3332 or toll free 1-877-361-1231 ext. 3332

SCHOOLS COME ALIVE – WORKSHOPS 2005-06

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

Schools Come Alive workshops can be tailored for staff meetings and school or district professional development days. Eight workshops are offered and descriptions can be found at www.schoolscomealive.org. The following four selections are designed to help school communities implement Alberta Education's Daily Physical Activity (DPA) Initiative.

Title	Audience
DPA for the Elementary Generalist Teacher	K-6 Teachers
The DPA Handbook Comes Alive!	1-9 Teachers
Promising Practices for Implementing DPA	1-9 Teachers / Administrators
The Amazing Race for School Communities	2-12 Teachers

Costs are \$200 for an hour, \$300 for a half day and \$500 for the full day plus GST and applicable travel and accommodation expenses from Edmonton. **Schools Come Alive provides a 25% discount on workshop fees** (travel and accommodation excluded) to all **Ever Active School members**.

Call Shelley at 780-454-4745 or email shelley@schoolscomealive.org

