

MARCH / APRIL  
2005

# EVER ACTIVE BULLETIN

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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*IS YOUR SCHOOL  
ALREADY DOING  
DPA OR DPE THIS  
YEAR?*

*PARTICIPATE IN THE "GIVE ONE,  
GET A TONNE!" SHARING DAY.*

*SHARE IDEAS*

*NETWORK WITH  
SIMILAR SCHOOLS*

## EAS CELEBRATES TURNING FIVE!

Ever Active Schools is celebrating its fifth year of existence by giving each of our active member schools a special gift at the Health and Physical Education Conference in Fort MacMurray ([www.hpec2005.com](http://www.hpec2005.com)). Gifts will be handed out at lunch on Saturday, May 14.

Bernie Brown, a pencil artist and former PE teacher from Okotoks, agreed to work with Ever Active Schools to create an original drawing. Each active member school will receive a numbered print to hang in their school. Although we hope to see many of our champions at the conference, for those unable to make it we will be mailing out the gift.

To check out more of Bernie Brown's work please visit:

[www.berniebrown.com](http://www.berniebrown.com)

## FAMILY FUN CALENDAR FEEDBACK WINNER!!

Congratulations to Raylene and the staff at Thorsby Elementary School! A feedback form from their school was randomly drawn from all of those we received here at the office. Thorsby Elementary will soon be enjoying a \$200 equipment package that includes items such as rubber farm animals, scooters and exercise balls. Thanks to all who sent in feedback forms – we have tabulated all of the results and are busy making plans for the new and improved 2006 Family Fun Calendar.

## GIVE ONE, GET A TONNE! SHARING DAY

Thanks to those schools who have participated so far in the *Give One, Get a Tonne* (GOGAT) development project to further support Ever Active member schools as they prepare to implement Daily Physical Activity (DPA). We are currently going over all the information received. In an exciting development, Ever Active Schools is partnering with Alberta Education to facilitate a "sharing day" to gather promising practices for the implementation of daily physical activity.

We will be bringing together teachers and administrators from schools already implementing DPA or DPE (daily physical education) to share ideas, timetables and solutions. A document will be produced sharing the findings from around the province. The sharing day would take place between June 6 and 9, 2005 depending on availability of school staff.

If you and your school would like to get involved, please email [doug@everactive.org](mailto:doug@everactive.org)



# Alberta

*"PROVIDE HEALTHY SNACKS TO  
ALL CHILDREN PRIOR TO THE  
WRITING OF ACHIEVEMENT  
TESTS."*



## COMMENTS FROM LAST ISSUE'S FEEDBACK CORNER

### "What does Comprehensive School Health mean to you?"

Thanks to everyone who submitted! Keep that feedback coming!

*"Thinking about the school community as a whole – not just connected pieces"*

*"Our school is greater than the sum of its parts – when we think holistically, we are able to keep a common goal in mind for home, school and community."*

*"It means educating the whole child, as well as trying to reach beyond the doors of the school."*

*"For our school, it means making a concerted effort to have the school community active and healthy."*

## PROMISING PRACTICES

The following are an expanded version of what can be found in the Promising Practices document to encourage the development of a healthy, active school community.

### Community Activity Days

**Equipment:** physical activity "experts" from around the community (tae kwon do, Pilates, sports clubs, etc.)

**Organization:** Use a half day to promote physical activity in the community by hosting a Community Activity Day. Invite local experts and instructors to showcase their programs and get students "hooked" on activities they may not have been able to try before. Have students choose which 2 activities they would like to try and rotate through. Get a local grocery store or your parent council to sponsor a nutrition break.

### Exam Busters

**Equipment:** Mozart CD, juggling scarves / grocery bags

**Organization:** During the ever hectic exam times in May and June, try the following stress relievers:

- Y use juggling breaks just prior to the exam to relax students
- Y allow water and healthy snacks in the class
- Y provide a nutrition break in between exams (brain food!)
- Y designate a gym with a variety of activity stations for those students who complete exams early.
- Y Half-way through the exam, have students flip their paper over, stand-up, stretch and do a few activities like jumping jacks and push-ups
- Y Play classical music like Mozart quietly in the background – studies have shown it increases scores!

## FEEDBACK CORNER

### "How do you use the Promising Practices document?"

E-mail replies and ideas for the next issue to [doug@everactive.org](mailto:doug@everactive.org)

## ACTIVE LIVING CHALLENGE DAY – MAY 26

Get your school moving... And break a Guinness World Record along with thousands of other Albertans. Together with Safe Healthy Active People Everywhere and the Be Fit for Life Centres, Albertans are challenging the record for the **Most People Walking Simultaneously** on **Thursday, May 26 at 10:00 am MST.**

Register on-line at [www.shapeab.com](http://www.shapeab.com) or call **780-406-8530**

To warm up for your Guinness challenge, CAHPERD is hosting the a National School Challenge on May 26th, 2005. The goal of this year's challenge, **SpecTAGular**, is to get 225,000 participants playing tag for a minimum of 30 minutes.

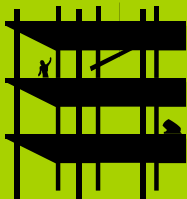
To get more information or to register your involvement please visit the CAHPERD website.

[www.yearofsportandpe.ca](http://www.yearofsportandpe.ca)

WE'RE ON THE WEB!

SEE US AT.

[EVERACTIVE.ORG](http://EVERACTIVE.ORG)



WORKING TOGETHER  
TO CREATE HEALTHY  
ACTIVE SCHOOL  
COMMUNITIES



### Key Benefits to Students who participate in the National School Run Day

1. **They take part in what could be the largest event of its kind in Canadian history:** With a potential 5 million participants, the National School Run Day will be remembered for years to come.
2. **They continue Terry's legacy and honour the 25<sup>th</sup> Anniversary of the Marathon of Hope:** Terry himself said that "if you contribute a dollar you are a part of the Marathon of Hope"
3. **They celebrate a National Role Model:** The Companion Order of Canada, the Order of the Dogwood, the Sword of Hope, and the Lou Marsh Award are among the awards that Terry has received.
4. **They learn about the value of goal setting:** When Terry set out his goal was to run across the country to raise \$1 million. He eventually raised \$24 million.
5. **They commemorate courage:** At the end of his run Terry said, "I'm gonna do my very best. I'll fight. I promise I won't give up."
6. **They engage in physical activity:** Regular exercise and physical activity are extremely important and beneficial for long-term health and well-being

For more information on Terry Fox, please visit our website:  
[www.terryfoxrun.org](http://www.terryfoxrun.org)