

MAY / JUNE  
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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## NEW RESOURCE!

LOOK FOR  
PROMISING  
PRACTICES  
TO SUPPORT DAILY  
PHYSICAL ACTIVITY  
ON THE EAS  
WEBSITE IN  
NOVEMBER 2005

## EAS YEAR IN REVIEW WITH A VIEW TO 05-06!

### REVIEW

Wow! What an amazing year. It is with great pleasure that I look back upon 2004-2005 from my role as the provincial coordinator. First of all, I have enjoyed meeting so many of you through my travels this year. What a wealth of passionate, dedicated professionals we have in this province. It is truly wonderful to see all the amazing things Alberta teachers and schools accomplish in the name of active healthy school communities. I thought I would share a few quick stats to sum up the past school year.

**New EAS member schools this year: 22**

**Workshops and presentations done by EAS staff: 52**

**Energizer Days:** Medicine Hat, Lethbridge, Calgary, Red Deer, Edmonton and Grande Prairie (over 100 participants)

### VIEW

Looking forward to the 2005-2006 school year (any one remember way back to Y2K?) the planning is well underway. In terms of office staff, I will be continuing in my role as the Provincial Coordinator. Kristin Heppell, our administrative assistant and the happy voice you hear on the phone, is moving on to enter her Introductory Professional Term in Education at the U of A. Thanks for all your hard work and dedication Kristin – we wish you all the best!

Planning for the 2005 Energizer Days is underway – this year we will be partnering with the Alberta Regional Consortia to deliver one E-day in each consortia region (6) across the province. More details to come in September! The 2006 Family Fun Calendar is currently under development and we hope to distribute in December of 2005. The Promising Practices document is also being updated (see page 2). Finally, we are looking at providing an EAS banner to renewing schools in 2005-2006. As always, feel free to contact us with ideas, suggestions or questions. Looking forward to meeting many more of you in 2005-2006!

Yours in perpetual motion, *Doug Gleddie*

## DPA SHARING DAY GIVE ONE, GET A TONNE

Ever Active Schools partnered with Alberta Education to facilitate a “sharing day” to gather promising practices for the implementation of daily physical activity (DPA). On June 6<sup>th</sup> 22 teachers from schools across the province gathered to share timetables, ideas and discuss options for DPA. The results of this day will be formatted and made available to all EAS members by the end of October 2005. Ideally, the format will be a searchable database including solutions to common challenges, timetables, scheduling details and ideas for all types of schools. Thanks to those teachers who were able to join us for the day and share their expertise.

An offshoot of this day was the production of new physical education and health icon posters. Alberta Education sent out a set of 5 posters, the 4 PE icons and the health juggler, to all grade 1-9 schools along with the DPA handbook in the middle of June. If you are an EAS member, you will have received a second set of the posters that included a 6<sup>th</sup> Ever Active poster.

# Alberta



"PROMISING PRACTICES ARE A GREAT SOURCE OF INNOVATIVE AND NEW IDEAS TO FOSTER HEALTHY ACTIVE SCHOOL COMMUNITIES."



## COMMENTS FROM LAST ISSUE'S FEEDBACK CORNER

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

Here are your thoughts – thanks for all the submissions this year, don't forget to submit your feedback to [doug@everactive.org](mailto:doug@everactive.org).

*"Each staff meeting, I present 2-3 ideas from the Promising Practices and we discuss how to adapt and implement these at our school"*

*"We use the Promising Practices to inspire us to improve in areas we need more help with."*

*"Not only do I enjoy reading what other schools are doing, I also use the various websites shared in the document to access more resources."*

*"Our school uses the Promising Practices to move activity and healthy choices to the forefront of everything we do."*

## PROMISING PRACTICES

The following are an example of what can be found in the Promising Practices document to encourage the development of a healthy, active school community. This document is currently being revised and will be available to schools in late September 2005. We hope to also have a searchable version on our website.

### Active Living Announcements

**Equipment:** school P.A. system, student leaders, submission box

**Organization:** Have student leaders include information on active living in the school announcements. Potential announcements could include quick activity tips, nutrition information, upcoming events, UV index, among others. Student leaders can prepare and read announcements or have a submission box for ideas from students, staff and parents.

### Active Staff Meeting

**Equipment:** Your staff! A variety of equipment options, music cd

**Organization:** Energize those long staff meetings with one or more of the following:

- Y Activity breaks like juggling (scarves or plastic grocery bags), rubber chicken relays or team building opportunities (human knot).
- Y Teach staff a new game or dance halfway through the meeting
- Y Set a staff goal to enter a 5K fun run – encourage staff to motivate each other and train together
- Y Try a walking staff meeting
- Y Use some simple yoga stretches and poses to bend away the stress
- Y Encourage healthy snacks and drinks at meetings

## FEEDBACK CORNER

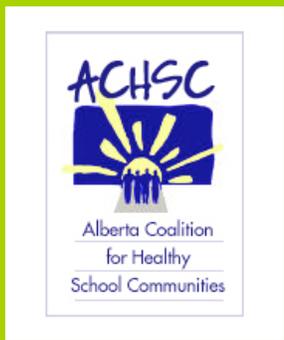
**"Share your favourite quick and easy healthy lunch ideas for those super busy school days."**

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



StepsCount, a Canadian company committed to reliable pedometers, has developed several teachers' resources and classroom tools to make your school pedometer program a success.

For those who did not get a chance to see their booth at CAPHERD, visit [www.StepsCount.com](http://www.StepsCount.com) <<http://www.StepsCount.com>> , or call toll-free 1.866.342.2328."



The Executive Committee of the Alberta Coalition for Healthy School Communities (ACHSC) is pleased to announce the official launch of a new website to further the ACHSC mission:

"to promote and foster healthy school communities through a comprehensive school health approach that enhances the health of Alberta children and youth."

[www.achsc.org](http://www.achsc.org)



### Where do we start?

#### Planning:

The event will be held on Friday, September 16, 2005. Schools are free to hold a Terry Fox Run, where students can run, walk or wheel a course, or hold any other type of fundraising activity, such as an aerobics a thon, bake sale, barbecue, "Fear Factor" challenge, loony day, etc...

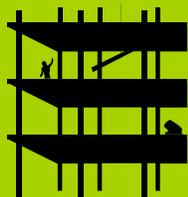
#### Materials:

The Terry Fox Foundation will provide all the promotional materials (videos and posters) and all participating students will receive Terry Fox ribbons, bookmarks and tattoos. True to the spirit of Terry Fox, The Foundation does not give prizes to students who raise the most funds. Students are encouraged to raise funds for cancer research for the same reasons why Terry Fox did so – to help others.

#### Fundraising:

Students can raise funds by using pledge sheets, by making a donation, or by holding other fundraising events. The Foundation does not encourage children to collect funds by going door to door. As per Terry's wishes, no one is turned away from a Terry Fox event: if certain students do not make a donation, they may still participate. Staff / student challenges are encouraged! This "one time only" simultaneous national event will be a great way to start the 2005 school year! Teachers and staff are encouraged to issue a challenge to students, such as "if you raise X amount of dollars, I will shave my head / die my hair / wear a dress / kiss a pig etc. These challenges go a long way to not only raising more money for the cause, but also for building school spirit.

In accordance with Terry Fox's wishes, all funds raised will be invested in cancer research. In the year 2003, cancer was the cause of death of over 7 million people worldwide. Terry Fox had a dream of a world without cancer. On Friday, September 16, 2005, this country's students will seize the torch that Terry left us to rid the world of cancer: join them.



WORKING TOGETHER  
TO CREATE HEALTHY  
ACTIVE SCHOOL  
COMMUNITIES

Any questions? Call your  
**Terry Fox Foundation provincial office**  
1-888-836-9786