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*IS YOUR SCHOOL
PILOTING DPA THIS
YEAR?*

*PARTICIPATE IN THE "GIVE ONE,
GET A TONNE!" PILOT PROJECT.*

SHARE IDEAS

*NETWORK WITH
SIMILAR SCHOOLS*

*FIND OUT HOW
OTHERS ARE
IMPLEMENTING DPA*

ENERGIZER DAYS

Thanks to all who came out in 2004 to help make the Energizer Days a huge success. Over 120 participants came together to share ideas, hear about resources, be active together and get ENERGIZED in 6 different locations! We truly have some amazing teachers in this province facilitating healthy, active school communities. We are taking a good look at the feedback provided on each day and are working on making Energizer Days 2005 even better. Look for information and dates to come in mid-September.

Special thanks to the presenters who were able to come and share with us.

Jennifer and Lee: Alberta Milk

Marg: Alberta Education

All the staff who came from the following Be Fit for Life Centres: Calgary, Lethbridge, Red Deer, Grande Prairie, Edmonton and Medicine Hat.

Shelley: Schools Come Alive

Sherry: Safe Healthy Active People Everywhere

FAMILY FUN CALENDARS

5 pallets, 350 boxes and 37,500 calendars later we are finally finished distributing the 2005 Ever Active Schools Family Fun Calendar. Kristen hardly left the mailroom for 2 weeks! Don't forget to collect and fax in your feedback forms to be eligible for a \$200 customized equipment package. The draw will be postponed until March 9 to allow for those schools who received their calendars later to get their entries in. Only the winning school will be contacted. Plans are currently underway for the 2006 edition and we are always open to ideas on how to improve this resource.

UPDATE GIVE ONE, GET A TONNE!

Give One, Get a Tonne (GOGAT) is a resource development project to further support Ever Active member schools as they prepare to implement Daily Physical Activity (DPA). This project is an opportunity to share ideas with other schools and find new ways of implementing DPA in your school.

The Ever Active Schools Program would like to put out a call for schools that are piloting DPA within this school year (2004-2005) to contribute to a pilot project of the GOGAT resource. All schools that participate will receive a package of other submissions from around the province. The pilot project will be open to any school currently implementing DPA. Please email the EAS office (info@everactive.org) to receive an electronic submission form and more information.

Submissions will include:

- ☞ School profile: facilities, demographics, student population
- ☞ Program previous to DPA implementation
- ☞ Details regarding scheduling, timetabling, facilities use, and staffing.

With the completion and evaluation of a successful pilot project, we can then look forward to collecting a larger pool of submissions for the fall of 2005.

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



COMMENTS FROM LAST ISSUE'S FEEDBACK CORNER

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

Thanks to Joy Taylor for her submission from Holy Trinity School in Calgary:

- provide time just prior or just after recess for all children to eat a healthy snack so that at recess they can use the time to be active
- provide healthy snacks as part of a daily "All-star" award program
- sell only milk at noon
- encourage the parents to try for healthy snacks if they want to bring in birthday treats
- only serve healthy snacks at all of our staff meetings
- bring in presenters such as Byblos bakery, Alberta milk displays, sugar displays
- school nurse has displays on hand during parent/teacher interviews
- provide healthy snacks to all children prior to the writing of achievement tests and for special activities like skiing or the Halloween Happening.

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.

Activity Carts for Classroom Teachers

Equipment: printed instructions for classroom type fitness activities (deck of fun) or games for small spaces (rubber chicken desk relay) as well as simple equipment needed for those activities. Adjust contents of carts for different grade levels.

Organization: Create a number of Activity Carts for your school. Stock each cart with equipment and ideas for a variety of activities. Make the carts available for teachers to sign out. Encourage teachers to use these carts in as many ways as possible. Elementary Teachers may be able to teach PE in their classrooms or small spaces with the carts. Junior High or High School may use the carts to energize their classes.

Outside Activity Circuit / Indoor Walking Circuit

Equipment: Outdoor: designated activity stations (monkey bars, goal posts, other created stations), walking trail, maps. Indoor: designated activity stations around the school (hallways, classrooms, foyers, stairwells), "route maps", activity descriptions.

Organization: Set up an indoor and outdoor walking/activity circuit that students can do either in class or at recess/lunch/breaks. Include components of fitness such as strength (arm-wrestling), muscular endurance (wall-sits), cardio (skipping) and flexibility (partner stretching) interspersed with walking/jogging to the next station. Make laminated posters for each station detailing the activity and be sure to include choices for students to make. Include pulse rate sections so students can measure their heart rates periodically.

FEEDBACK CORNER

"What does Comprehensive School Health mean to you?"

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



COMMUNITY LINKS / OPPORTUNITIES

The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) is excited to launch a new website, devoted entirely to the **2005 International Year of Sport and Physical Education**. The new site, www.yearofsportandpe.ca features information on our National and Provincial initiatives, resource and tools, free downloads, a calendar of events and much more. CAHPERD hopes that the new site will act as a hub where everyone participating in the Year of Sport and Physical Education across the country can share resources and events and stay connected!



Alberta Coalition for Healthy School Communities Conference

Mark your calendars now for the Alberta Coalition for Healthy School Communities (ACHSC) Conference to be held on April 25-26, 2005 at the Delta Edmonton South. The conference will feature international, national and provincial speakers who will focus on evidence-based practice in comprehensive school health. Conference details will be posted at www.achsc.org.

For more information contact Lori Baugh Littlejohns at lori@achsc.org or 403-318-2318.

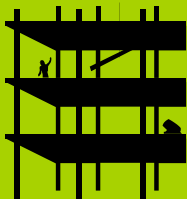
Healthy Active Schools – a resource to support the Summer Active campaign.

Look for this valuable resource to appear in your school in early March. This national wellness campaign is supported provincially by Alberta Community Development in partnership with the Dietitians of Alberta, AADAC, Be Fit For Life Centres, Schools Come Alive and Ever Active Schools. The Summer Active School Resource Guide contains a wealth of ideas, guidelines and resources to support healthy, active school communities.

WE'RE ON THE WEB!

SEE US AT:

EVERACTIVE.ORG



WORKING TOGETHER
TO CREATE HEALTHY
ACTIVE SCHOOL
COMMUNITIES

TRUE NORTH, STRONG AND FIT!



HPEC 2005
FORT McMURRAY, AB
MAY 12-14

Come join us up north for HPEC 2005!! We are looking forward to a great conference and want you to be a part of it. **Keynote Speakers:** Silken Laumarm and Dennis Hull, both appearing thanks to the National Speakers Bureau, and Gerry Dee, former PE teacher turned comedian. Visit our website for a registration package or more information: www.hpec2005.com

Early Bird Fee: \$265 (Before January 31)
After January 31: \$300

