



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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Dear Champions,

Welcome to a new year of promoting and championing healthy active Alberta school communities. The 2007-2008 school year brings many new initiatives and activities to the EAS office. This issue of the Bulletin will update you on a few!

As you know, EAS is a special project of the Health and Physical Education Council (HPEC) of the Alberta Teachers' Association (ATA). As a result of a resolution passed at the ATA's 2007 Annual Representative Assembly, active members of the ATA have the opportunity to join one specialist council of their choice each year at no charge. This is a fantastic opportunity to have the Health and PE voice heard across this province!

To select your free HPEC membership you need to go to www.teachers.ab.ca to start. If you already have a user name and password you can login and go to the features section on the right hand side and look for **Automatic Specialist Council Memberships**. If you are not yet a member of this on-line teachers community, choose the login section and select the new user option. You will need to hold some form of ATA membership and your **Alberta Teaching Certificate Number**. This process will take between 7-10 minutes. When complete, you will be able to select HPEC as your specialist council of choice.

Membership in HPEC allows you to attend the annual conference, receive the semi-annual journal, the **Runner** and become one of many colleagues who recognize and support the value of Health and PE in our schools, curriculum and teaching community.

See you at www.teachers.ab.ca !

Doug Gleddie
Provincial Coordinator



NEW TEAM MEMBERS!

Tracy Lockwood is the new project coordinator of **Schools Come Alive**. Tracy is on secondment from the St. Albert Protestant School Board where her last assignment was at Wild Rose Elementary teaching PE for the last five years. Please visit www.schoolscomealive.org for more information on the project and how you can book Tracy for the latest and greatest in PE and Health workshops.

Jardath Nelson has been added to the **Ever Active Schools** team as Project Coordinator. His responsibilities include working on provincial EAS initiatives and helping to develop the **Battle River Project**, an exciting new development for EAS (more info page 2). Jardath is on secondment from the Battle River School District where he has been teaching physical education at Viking school for the past eight years.

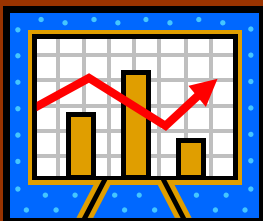
WELCOME!
Tracy Lockwood – Schools Come Alive
Jardath Nelson – Ever Active Schools



LIVE
OUTSIDE
THE BOX.

EVERYTHING IS MORE FUN WHEN IT'S REAL.

www.liveoutsidethebox.ca



HEALTHY ACTIVE SCHOOL SYMPOSIA (HASS) RETURN THIS FALL!

In the fall of 2006 Ever Active Schools successfully launched it's first Healthy Active School Symposia. This fall marks the second installment of what could turn into an annual event. As always, we welcome your feedback on the day and if you were unable to attend, we'd love to hear why!

The Healthy Active School Symposia are designed to provide your school community with the knowledge, skills and attitudes to address school health issues including physical activity, screen time, nutrition, mental health and more. The agenda for the day will include guest speakers, member school presentations, school/community visioning and planning time.

Dates and locations for **HASS 2007** are as follows:

- 👉 Edmonton: September 25, 2007
- 👉 Grande Prairie: Postponed until May 2008
- 👉 Red Deer: October 2, 2007
- 👉 Calgary: October 4, 2007

Looking forward to seeing many of you there!

BATTLE RIVER PROJECT

Ever Active Schools applied for funding from the Active Living Strategy (ASRPWF) in the spring of 2007 and were very pleased to have **The Battle River Project** accepted. The project will seek to answer the following question:

"How can the school environment and healthy behaviors (healthy eating, physical activity, and mental health) of children and youth be positively improved when a comprehensive school health model, Ever Active Schools, is implemented with school district support?"

EAS is partnering with the Battle River School Division, East Central Health, and the University of Alberta to facilitate this project and further examine the creation and support required for healthy active school communities. The project begins in September 2007 and will run for three years. Please contact the office for further details and check the website for progress reports.

ONLINE GROWTH REPORTS

Member schools were asked to complete their annual growth plans in a new on-line format in May and June 2007. As of September 32% (n=74) of potential respondents and 49% (n=57) of schools had completed the report. Initial data analysis reported very high levels of satisfaction with EAS. The program was rated as valuable to their work in creating and sustaining a healthy active school community. All reports (100%) indicated the Ever-Active school program has made a difference in their schools. Some school reports indicated that policy changes were made within their schools. Most of these changes related to daily physical education, more opportunity for physical activity, and healthy food choices. The EAS office will make the report available on-line and will continue to meet the needs indicated by member schools. To complete our report, we would ask all the remaining schools to submit their on-line report (it takes about 20 minutes!). Jardath will be contacting all remaining schools and asking you to complete the report by the end of October.

PROMISING PRACTICES

The four selections on this page are taken from the EAS Promising Practices document. The Promising Practices resource is a compilation of the best and most unique activities and ideas schools in the Ever Active Schools program have submitted over the past 6 years. The complete document can be downloaded from our website, www.everactive.org. A hard copy has recently been mailed out to all Ever Active member schools – please let us know if you did not receive your copy!

TERRY FOX RUN (SCHOOL / COMMUNITY)

Equipment: Location for run, student and teacher leaders

Organization: Organize a Terry Fox Run (www.terryfoxrun.org) for your school. Have all students participate. Use the run as an opportunity for students to raise funds for a worthy cause. The run can also be used to teach students about cancer, and about the values of Terry Fox personified.

- 👉 Terry Fox National School Day Run September 28th.
- 👉 Terry Fox at Work Day September 14th.
- 👉 Terry Fox Run September 16th.

SPORTS SWAP (SCHOOL WIDE)

Equipment: Venue for a sports swap or an online forum

Organization: Recycle school equipment and surplus equipment from recreational centers in your community by donating or selling it to families within the school community (e.g., used rollerblades or cross country skis). Alternately, create a sports equipment swap where members of the school community (families, community organizations) could sell or buy used equipment. This could be done one evening in the school gym, or it could be ongoing through a forum on the school's web site. An equipment auction is also a great way to raise funds for the school.

TARMAC UNIT (DIVISION 1 & 2)

Equipment: Varies depending on games, tarmac, teacher leaders

Organization: Teach a tarmac games unit at the beginning of the school year so children can play these games during recess for the rest of the school year. Give the children a periodic refresher through teaching tarmac games once every couple of months. Make equipment for these games available to the students during recess.

ACTIVITY LOG (ALL DIVISIONS)

Equipment: student notebook, calendar, activity tracker (see www.everactive.org)

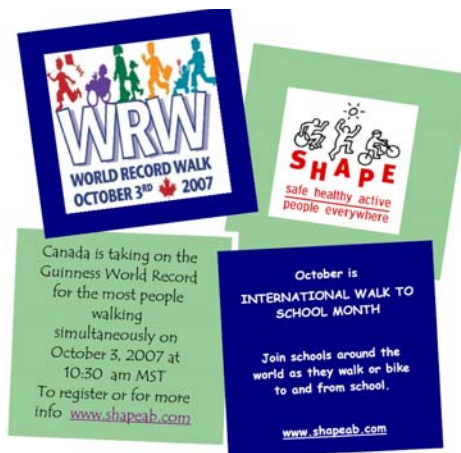
Organization: Encourage children to make healthy living and lifestyle choices by having them keep a record of their patterns of activity, nutrition and other healthy lifestyle choices. Improve fitness levels through the development of fitness units and provide frequent opportunities to build fitness into the day. Monitor results on an individual basis, with logbooks providing an opportunity to observe progress. Include a space to set goals and record activity in agendas.



WORLD RECORD WALK OCTOBER 3RD, 2007

YOU ARE INVITED TO JOIN US!

LAST YEAR AUSTRALIA CHALLENGED AND BEAT OUR WORLD RECORD. WE NEED TO WORK WITH CANADIAN PARTNERS, TO COUNT THE NUMBER OF PEOPLE WALKING SIMULTANEOUSLY FOR 30 MINUTES.



Join the "walkolution" and join thousands as we aim to break the Guinness World Record for the largest number of people walking one kilometer simultaneously. Register www.shapeab.com

SHAPE (Safe Healthy Active People Everywhere)
Phone 780.406.8530 Fax 780.406.8564

www.iwalktoschool.org



REMEMBER TO
CHECK OUT
CANADA'S
NEW FOOD
GUIDE!

EVERYONE JUMP 2007

In partnership with EAS, here is a great opportunity from OPHEA for **Grade 5 classrooms** to participate in a fun, free educational challenge to raise the awareness of the importance of regular physical activity and healthy nutrition in preventing type 2 diabetes.

The first 500 schools who register for the Everyone Jump Educational Challenge will receive the **Everyone Jump 2007 Manual** which includes three lessons plans directly linked to the Grade 5 curriculum and accompanying music CD, as well as instructions and submission forms for participating in the Educational Challenge. To participate in the Educational Challenge, students can work individually or in a group to design a poster, compose song lyrics, write a paragraph or create a physical activity for the classroom setting (winning entries for this option will be published in an Everyone Jump Physical Activity Resource!)

Winning entries will be recognized with an Everyone Jump Celebration Concert for their entire school! The Everyone Jump Physical Activity Resource containing the winning entries from the Educational Challenge, complete with the Everyone Jump music CD, will be provided to **all classrooms** who submit entries to the Educational Challenge.

The Educational Challenge Submission deadline is on **World Diabetes Day, November 14, 2007**. Don't delay, Register Today!

For more information and to register for Everyone Jump 2007 please see the attached Flyer and [fax back your completed order form](#).