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Dear Champions,

Hopefully by the time you receive this Bulletin some signs of spring will have begun to appear. As I came into the office the other day I heard birds singing again (and then it got cold and snowed the next day...). Spring is a time of renewed energy, growth and warmth. Take advantage of this time to congratulate yourself on a job well done, recruit some help, tell someone how critical they are to the success of the program, involve more student leaders or try something new. Here are a few ways to get started on your spring cleaning!

Promising Practices: All member schools received a hard copy of the newly revised *Promising Practices* (also downloadable online). Thumb through your copy and pick a few ideas to try. Feel free to use the form at the back to send in your own great ideas to be included in the next edition.

HASS 2007: Check page 2 for details about the upcoming Symposiums in Edmonton, Grande Prairie, Red Deer and Calgary. Consider having your team present about the cool things you do. Contact the EAS office if your school would like to do a presentation and look for registration details in April.

Healthy School Community Awards: Nominate an individual or group, non-profit organization, business or school/health authority to receive this award (page 4). It would be awesome if the selection team was flooded with applications from Ever Active Schools – I know you are doing cool things – let others know as well!

Enjoy your Spring!

Doug Gleddie
Provincial Coordinator



Minister Dave Hancock (AHW) and Minister Hector Goudreau (ATPRC) join in the line dance at the Activity Tracker launch.



HEALTHY ACTIVE SCHOOL SYMPOSIUMS

In the fall of 2006 Ever Active Schools successfully launched its first Healthy Active School Symposiums. The symposiums were held in Grande Prairie, Edmonton, Red Deer and Calgary. We had 56 school communities represented by 174 students, 29 parents and 112 school staff. Based on feedback from the participants, the Healthy Active School Symposiums were viewed as a huge success and plans are now being finalized for the 2007 edition.

The Healthy Active School Symposiums 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 is still tentative but will include guest speakers, member school presentations, school/community visioning and planning time as well as a resource fair.

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

- 👉 Edmonton: September 25, 2007
- 👉 Grande Prairie: September 27, 2007
- 👉 Red Deer: October 2, 2007
- 👉 Calgary: October 4, 2007

Please note, registration will be open to all schools but space is limited so be sure to register early! If you are not a member school be sure to stay in the loop by visiting www.everactive.org and clicking on *registration*.

ACTIVITY TRACKER – NOW ONLINE!

Albertans now have another resource to help them lead more active, healthy lives. To achieve the health benefits of physical activity, Canada's Physical Activity Guide recommends a minimum of 90 minutes a day for children and youth and 60 minutes a day for adults. Ever Active Schools has created a web-based physical activity tracker that allows individuals and schools to log their daily physical activity minutes in pursuit of this goal.

When a participant signs up online and reaches the required number of minutes for 30 consecutive days, they qualify to receive a certificate of achievement signed by the **Lieutenant Governor of Alberta, His Honour, Norman L. Kwong, CM, AOE**. All Albertans will be able to access this new resource available on the Ever Active Schools Program (EAS) website – www.everactive.org.

Additionally, students, staff and parents of Ever Active Member Schools are able to sign up under their school name to further monitor and assess the physical activity levels of their school community. Please visit our website for more resources to support healthy active school communities, information on the program, and to log into the Physical Activity Tracker.

www.everactive.org

info@everactive.org

PROMISING PRACTICES

The three 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.

ACTIVE LIVING ANNOUNCEMENTS

Equipment: School sound system, student leaders, ballot box, paper & pencils

Organization: Have student leaders include information on active living in the morning announcements to create a healthy school environment. Have leadership students prepare announcements, or have a ballot box where students, teachers and parents can submit ideas and advice to be shared. Potential announcements include:

- 👉 Active Living tips
- 👉 The Ever Active Tip of the Day
- 👉 Upcoming events
- 👉 Active Living Trivia
- 👉 Reminders for living healthy (e.g., drink water, wear a hat)

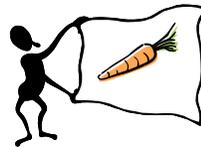


AND TODAY'S
EVER ACTIVE
TIP IS....

BEAN BAG BOCCE TOURNAMENT

Equipment: Bean bags of various colors and sizes, field or gym space

Organization: Hold a lunchtime bean bag bocce tournament as an alternative to traditional intramurals. Play like traditional bocce, using one bean bag as a marker, and then giving each individual a bean bag of a different colour. Use a round-robin format over several lunch hours. Provide the winner with an active living related prize, and give awards to other participants (e.g., most sportsmanlike player, most fun player, etc.). Students could nominate each other for these categories.



CARROT CELEBRATION

Equipment: Healthy snacks

Organization: Instead of traditional snacks and celebration treats (cupcakes, cookies, rice crispy squares), teach proper nutrition by sharing healthier food (low in fat and sugar) with the class. For an even more exciting event, pick one fruit or vegetable and have each student in the class bring a dish that incorporates that food. Your classroom could create a healthy cookbook from this project and use it as a fundraiser. Award prizes for achieving classroom goals – extra physical education time or some form of activity, instead of videos or movies.



HEALTHY SCHOOL COMMUNITY AWARDS

A new provincial award program will honour individuals, businesses, organizations and communities for encouraging healthy lifestyles among children and youth. The award will celebrate programs that address healthy eating, physical activity and mental well-being within school communities. The program will also promote best practices in creating healthy school communities.

Nominations will be accepted from individuals, schools, school authorities, health authorities, organizations, or businesses. The award program will honour 12 recipients, with a maximum of three in each of these four categories:

- **Individuals or groups of parents, teachers or students, children and youth** who have made outstanding contributions to improving healthy eating and physical activity levels of people involved in school communities.
- **Businesses** that have made outstanding commitments/contributions to a healthy school community.
- **Not for profit, community associations, or local/municipal organizations** that have made outstanding commitments/contributions to a healthy school community.
- **School authorities or health authorities** that have made outstanding commitments/contributions to a healthy school community.

The nomination submission deadline is March 30, 2007. For more information, visit www.health.gov.ab.ca or call (780) 415-2752. If you are located outside of Edmonton, call toll-free 310-0000.

EATING WELL WITH CANADA'S FOOD GUIDE

In February 2007, the Minister of Health released "Eating Well with Canada's Food Guide". This revised Food Guide provides recommendations on the amount of food for individuals by age and gender as well as guidance on the quality of food choices. Canada's Food Guide translates the latest science on nutrition and health into a practical pattern of eating to help Canadians make healthy food choices and reduce their risk of chronic disease. It has been one of Canadians' most trusted sources of information for 65 years and provides the basis for many nutrition policies and programs developed across the country.

Canadians now have a wealth of information available at their fingertips with a new Food Guide web site that includes interactive tools such as "My Food Guide" which enables users to select personal food and activity choices. My Food Guide is an interactive tool that will help you personalize the information found in *Canada's Food Guide*. By entering personal information, such as age and sex, selecting various items from the four food groups and choosing different types of physical activities, you can create a tool that is customized just for you. There are lots of foods to choose from in each of the four food groups, so be sure to try different combinations when creating this tool that illustrates how you can eat well with *Canada's Food Guide*.

Also launched is a resource for educators and communicators that includes background information and tips to complement recommendations in Canada's Food Guide. For more information on Canada's Food Guide, including information on how to obtain a copy, please visit the Food Guide web site at: www.healthcanada.gc.ca/foodguide.

