

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA

Schools Come Alive and Ever Active Schools

SCHOOLS
COME *Alive!*

JOIN FORCES!!



Ever Active Schools is pleased to add the staff and services of Schools Come Alive under the EAS umbrella. As one organization, we will be more efficient in the delivery of services and supports, development of partnerships and providing leadership in the area of healthy active school communities. This merger enables more Alberta schools to access a wide variety of improved services and supports for *physical activity, healthy eating* and *mental wellbeing* under the following four *pillars* of Ever Active:

Education:

Developing and delivering professional development opportunities, supporting the implementation of wellness curricula, planning and coordinating events to support Alberta schools.

Schools:

Providing support and services to member and associate schools, maintaining a provincial database of members and associates, assessing the capacity for health promotion and assisting schools with Action Plans through the development and delivery of implementation supports.

Communication:

Continued website development, updates and improvements, producing and distributing this newsletter (EverACTIVE!) three times per year, maintaining the Health Promoting Schools Alberta Promising Practices Database and networking and advocating for health promoting schools (HPS).

Research:

Promoting and monitoring research in member schools, linking with key HPS research and developments, linking member schools with current research from Alberta universities and evaluation of the EAS framework.

EAS will continue to partner with Alberta school communities to facilitate the development of healthy children and youth. **All services and supports formerly offered by SCA will now be available through EAS.** Check out www.everactive.org for further information.

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Ever Active Schools is the number one source for physical activity, physical education, and health and wellness program in-servicing in the province! For a complete listing of all the workshops offered, visit www.everactive.org or call 780-454-4745.

The Ever Active Schools Program facilitates the development of healthy children and youth by fostering social and physical environments that support healthy, active school communities.

EAS is a project of the Health and Physical Education Council of the Alberta Teachers' Association and is funded by Alberta Tourism, Parks and Recreation (ASRPWF), Alberta Health and Wellness and Alberta Education.

Upcoming Events

October 31 • Alberta Happily Ever Active Calendar orders due » www.everactive.org

November 14 • World Diabetes Day » www.worlddiabetesday.org

November 16-22 • National Addictions Awareness Week » www.naaw.net

December 3 • International Day of Disabled Persons » www.un.org/esa/socdev/enable

January 15 - February 27 • WinterActive Campaign » www.winteractive.ca

January 21-27 • National Non-Smoking Week » www.nnsw.ca

February 11 • Winter Walk Day » www.shapeab.com

February • Heart Month » www.hsf.ca

March • Nutrition Month » www.dietitians.ca

Have an idea for how Ever Active Schools can further support the creation of healthy active school communities?

We always welcome feedback as to what is working and how we can improve.

Call (780) 454-4745 or email info@everactive.org with your suggestions.



A COLLABORATIVE PROJECT
The Health and Physical Education Council
acknowledges the generous contribution of





HEALTH PROMOTING SCHOOLS UPDATE

Battle River Project (BRP) Update

The Champions meeting last June provided time for everyone to plan and share. The Champions had an opportunity to share their dreams and aspirations for the project and our schools. Below is a list of some of their dreams:

- A culture and environment that is positive everywhere (healthy food choices, active students and teachers, respect and care for one another.)
- Policy that is useful, firm and true
- All students and staff being aware of healthy lifestyles and knowledgeable about making healthy choices. Being a leader in this field.
- Schools working with health agencies to promote healthy living.

We have used some of the dreams of the Champions to help guide our direction in year two. We are also using the results from the REAL Kids Survey and the SHAPES survey.

The results of the surveys will be provided to the schools at the upcoming Champions meeting. The meeting will also consist of presentations by Mental Health Promotion, AADAC, East Central Health and BFFL. It will be a great day for learning and sharing.

This year is going to be very successful! We are going to continue to survey the grade 5, 8 and 11 students. The schools will also have the opportunity to meet and network and share. They will be provided with various chances to attend workshops based on their goals. We are looking forward to an exciting year!

If you would like more information about the Battle River Project please contact the Project Coordinator, Shannon Horricks, at shorricks@brsd.ab.ca or at 780-672-7785.

Educational Opportunities

Ever Active Schools workshops are tailored for school, district or convention needs (e.g., grade level, intended audience, awareness of program of studies). Access these learning opportunities for professional development days, conferences, staff meetings or school council meetings. Costs are \$250 for an hour, \$350 for a half day, or \$600 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. Member schools receive a 25% discount upon booking a workshop, associate schools receive a 10% discount. Learning opportunities can also be designed to meet individual needs. Call 780-454-4745 or email tracy@everactive.org to request a workshop today!

Health Promoting Schools Alberta Promising Practices Database

EAS is currently working on the development of a website that will become a “one stop shop” for resources, activities and supports for health promoting schools across the province. This tool would be searchable, flexible and expandable through a continual submission process vetted by EAS staff. Preliminary consultations have occurred with teachers and health professionals to determine content, format and design. This new site will enable schools to benefit from the great ideas, resources and supports that may currently only be available on a local or regional basis. Searchable categories will include:

- Home, school, community
- Curriculum: physical education, health, cross-curricular links, DPA
- Rural, urban
- Physical activity, healthy eating, mental wellbeing and student leadership
- Grade levels
- The EAS 4 E's (education, everyone, environment, evidence)

EAS Program Staff

Introducing the EAS Team!

Director: Doug Gleddie

Doug has worked in education since 1994 and has been the Director of the Ever Active Schools Program (EAS) for the past four years. Doug's previous experience includes 10 years of teaching encompassing two continents, 12 grades and a wide variety of subjects including health and physical education. He is also currently a PhD student in the Faculty of Secondary Education at the University of Alberta.

Education Coordinator: Tracy Lockwood

Tracy's previous teaching experience includes 11 years of teaching a variety of subjects, including Physical Education and Health to elementary and secondary students. She brings a wealth of experience and enthusiasm to her EAS role being the previous year's Schools Come Alive Project Coordinator and has had well over 100 speaking engagements in the past 3 years.

Project Coordinator (Communications and Battle River Project): Shannon Horricks

Shannon obtained her Bachelor of Education degree from the University of Alberta in 2000. She began her teaching career in the classroom with grade six and soon added grades 1-6 physical education. She was also a School Health Champion and the lead teacher for the AISI Project in her school. Her teaching experience does not stop with children. Shannon also leads group fitness classes for adults in the evenings.

Schools Coordinator: Joyce Sunada

Joyce holds a Bachelor of Education Degree with a major in Physical Education and a Diploma in Radio Arts. Her 24 years of teaching experience includes all subject areas at the elementary level, junior high leadership, a four year administrative position and her favorite assignment, elementary Physical Education. Joyce is a trained workshop Facilitator and has presented sessions locally and provincially, including sessions at the Health and Physical Education Council Conference.

Some of the workshops offered by EAS include:

WORKSHOP TITLE	VENUE/LENGTH	DESCRIPTION
Assessment For Learning in Physical Education	Classroom <i>Half or Full Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> Changing assessment practices is similar to changing a golf swing - in the middle of a tournament! During this session we will build on Alberta Assessment Consortium resources and explore strategies to engage students in a meaningful assessment process in Physical Education. Leave with ideas that will motivate your students to achieve!
Beyond ‘One Size Fits All’ (Differentiated Instruction) in Physical Education	Gymnasium or Large Space <i>Half or Full Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> Come experience what differentiated instruction can look like in Physical Education. Participate in physical activities that support student learning and leave with ideas and strategies to meet the varied needs of all students in your PE classes.
DPA for the Classroom Teacher	Classroom or Large Space <i>Half or Full Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 6 Teachers</i> Challenged to offer daily physical activities in the classroom or other small spaces? Interested in offering active learning opportunities for students? Learn about new resources available to support the implementation of DPA, the health and PE programs, and how to support student learning in all subject areas through participation in physical activity. Come prepared to participate!
Dynamic DPA: New Activities From the DPA Handbook	Classroom or Small Space <i>1-Hour, Half Day</i>	Come ready to move and have some fun as you discover many ways to enhance your DPA repertoire. This workshop will focus on newly added activities, equipment and facility usage tips, scheduling, mentoring tips, and other current research from <i>Daily Physical Activity: A Handbook for Grades 1-9 Schools</i> .
Interactive Health: A Resource Toolbox for Health Teachers	Classroom or Small Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Grades 1-9 Teachers</i> This hands-on, teacher focused workshop will showcase Health resources that are directly related to the curriculum. Participants will be exposed to online and print resources as well as sharpen their integration and technology skills to enhance the K-9 Health and Life Skills Program.
Recipe Card Lesson Plans	Gymnasium or Large Space <i>Half Day</i>	WHO SHOULD ATTEND: <i>Grades 1-6 Teachers</i> If you need quality PE lessons that meet the expectations of the program of study, then this workshop is for you. EAS has gathered six division I units and six division II units and have packaged them into an easy to follow and use resource. After this workshop, participants will understand the ABCD's of PE, participate in quality PE lesson plans and be able to improve their personal planning and preparation.
The Amazing Race for School Communities	Gymnasium or Large Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Grades 1-12 Teachers</i> A fast-paced teambuilding activity where groups work together to complete a variety of challenges, pass through road blocks and detours to complete the final puzzle. A great opportunity to support student learning of Physical Education General Outcome C-Cooperation, and integrate skills included in other subject areas. Come prepared to participate, cooperate and have fun!
The Hip Hop Comeback!	Gymnasium or Large Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> Just like the sideburns of the 1980's, Hip Hop Dance has come back to the Schools Come Alive repertoire of workshops being offered. Come prepared to participate in this workshop of new Hip Hop and Top Rock moves that your students will be sure to love. Also included in this workshop, is a list of recommended songs.

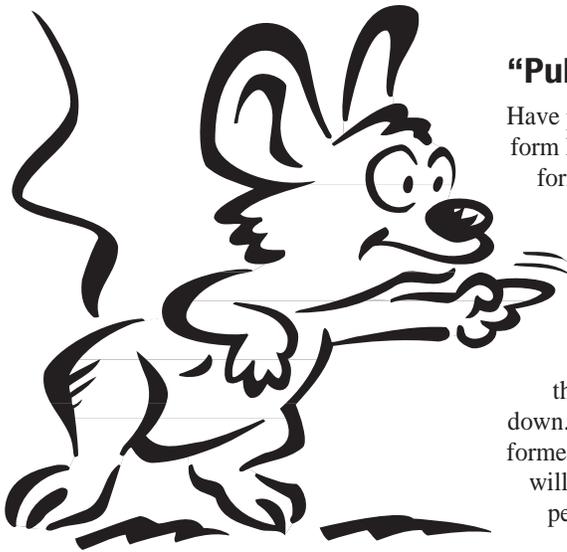
Membership Categories

More schools can now access the programs and services of EAS. There are currently two types of memberships: EAS Member and EAS Associate. Check out www.everactive.org to sign up!

	EAS MEMBER	EAS ASSOCIATE
Definition	Schools that are currently in the EAS database and are actively implementing an Action Plan for a healthy active school community.	Schools that have decided to <i>associate</i> with EAS and are interested in learning more about healthy active school communities and potentially becoming a member.
Process and Commitments	Find out if your school is a current member by checking the list on the website. Complete an annual assessment of your school community (on-line each April-May). Submit an Action Plan. To maintain member status, both the assessment and action plan need to be submitted annually.	Go to the website (membership page) and complete the required form. Congratulations your school is now an Associate! Each year (April/May) your school will have an opportunity to complete the on-line assessment tool, submit an action plan and become a Member .
Benefits	Recognition programs, complete website access, full event support, opportunities to participate in special projects and events, connections with other member schools, and member rates for workshops and presentations and more!	Become part of a provincial network, greater website access, invitations to events, partial EAS event support and a discount for workshops and presentations.

Active Assemblies

Assemblies can be a regular occurrence at school. Why not energize your students by trying one of these large group activities at your next assembly?



“Pull My Finger”

Have participants in groups of 6-10 form large circles. Groups can be formed using Intramural groups, grade-level groups or picking the closest 6 people beside you. Each participant holds out their left hand with their palm up and flat and holds out their right index finger pointing down. Once the circle is properly formed, each participant’s right finger will be touching the left palm of the person beside them. The teacher

or leader calls out a key word, such as “cheese”. When the key word is called out, participants attempt to squeeze the finger of the person beside them with their left hand while trying to pull their right finger away. The leader can feel free to call out words that rhyme with the keyword, such as, “please”, “keys”, “sneeze”, etc. to see if the participants are paying attention.

Have participants change hands for round two and for a real challenge have them cross their arms.

The “Aroostasha” (a-R00-stah-shaw)

Actively Remembering the Benefits of Physical Activity

Try this activity at your next assembly or special event. It is a sure way to get the entire group moving and laughing. This activity is also effective for staff meetings, parent council or any general gathering.

Starting off:

- a. Participants should be facing the leader (elevate the leader in some way for a large group) with enough space to turn around in a circle.
- b. Explain that participants will be repeating the words after you EXCEPT the Aroostasha dance, which is done all together
- c. The Aroostasha dance just consists of saying the following phrase in a rhythmic fashion while turning around in whatever position you end up in... Aroostasha, Aroostasha, Aroostasha, sha (one direction) – repeat in the other direction:

Aroostasha, Aroostasha, Aroostasha, sha

- d. Repeat the phrases in order below starting with arms up and finishing with the aroostasha dance in the final position
 - i. Arms up – dance
 - ii. Arms up - wrists together – dance
 - iii. Arms up – wrists together – elbows in – dance
 - iv. Etc...
 - v. Incorporate the “Benefits of PA” phrase after each direction – as you progress have the participants say those phrases on their own (good memory aid!)
1. ARMS UP! - ACCESS the ENERGY
 - a. start bent over and raise your arms and torso as high as possible while shouting the phrase
 - b. feel free to elongate the AAAAAAARMS UUUUUP!

2. WRISTS TOGETHER – INCREASE BLOOD FLOW

- a. Use a sort of whispery voice to say the phrase as you bring your wrists together in front of your face

3. ELBOWS IN – MAINTAIN HEALTHY BODY WEIGHT

- a. Bring your elbows in tight to your sides
- b. Use a squeaky, high voice for the IIIIIIIIN!

4. KNEES TOGETHER – INCREASE BONE DENSITY

- a. Bring both knees together so they are touching

6. FEET OUT – LIVE A BALANCED LIFE

- a. Keeping the knees together, move your feet out as far as possible
- b. Tip! For the dance you may want to hop a bit...



WINTERGREEN Phys-Ed

The Physical Education Activity Centre is sponsored by Wintergreen – visit www.wintergreen.ca for more information about unique Canadian products and services.

Check out our WINTERGREEN DPA Indoor or Outdoor Kits! Developed in response to Alberta's Daily Physical Activity initiative, it's all the tools you need to implement your DPA program! Contact your Alberta Sales Consultant, Marcel Gagne at: 1-800-268-1268 ext. 505, marcel@wintergreen.ca for a personalized preview today!

The "Aroostasha" (a-ROO-stah-shaw)...continued

7. BUM OUT – ENCOURAGE HEALTHY DIGESTION

- a. Keeping all your other body action stick your bum as far out as possible
- b. Try to maintain your dignity as you hop around and do the dance (good luck!)

8. HEAD UP – ENERGIZE YOUR BRAIN

- a. Lift your head up as high as possible and do the final dance!

The main ingredient to add to this activity as a leader is a ton of fun and an utter lack of embarrassment. Feel free to jazz up the phrases and use different voices and syncopation to add variety.

HAPPY AROOSTASHAING!

For a quick energizer at your next assembly try the following:

- Do the wave. Start with one side of the gym and work your way to the other side with everyone raising their arms above their head.
- Divide the audience in 3 or 4 groups and give each group a sound. Rehearse the sound with each group. Then tell a silly story, and use these sounds as sound effects.
- Have a cheering competition between certain grades or by gender.



equipment idea



MINI PARACHUTES

Looking for a new version of an old piece of equipment? How about trying the 6' Mini Prism Parachute. You can still play the some of the same activities as you did with the large parachute, except in groups of 4-6 students. Get your students soaring with the activities below:

Elevator

Hold the parachute with enough tension to keep it flat at waist height. One student in each group or the teacher gives the signals: first floor, second floor, third floor, etc. The students at the same time, raise or lower the chute according to the floor that is called out.

Popcorn

Ask the students while holding onto the parachute with two hands to make a fast wave action. Toss 4-6 light balls onto the parachute. The balls will 'pop' up and down. Try using a variety of types of balls to see how the size and material affect the popping action.

Floating Cloud

The students hold the parachute at their waist. On the signal, everyone raises the parachute without letting go. When the signal "release" is given, the students let go of the parachute. If everyone lets go at the same time and at the same level, the parachute floats straight down like a cloud. To make this activity more challenging, have the students try and catch another groups parachute.

For more parachute activities see the resource "Parachute Games", Strong, T.; LeFerre D. Learning Resources Centre (LRC) Order No. 396243, www.lrc.education.gov.ab.ca

HEALTHY EATING CENTRE

Nutrition Guidelines

The Alberta Nutrition Guidelines for Children and Youth, released in June, 2008, have been developed to assist organizations/schools in providing young people with healthy food choices from the time they enter daycare right through to high school.

- The Guidelines are divided into three categories: *Choose Most Often*, *Choose Sometimes*, and *Choose Least Often*. Categorizing foods will allow schools to

make nutritious foods more accessible and limit the availability of foods that are less nutritious in the school environment.

- The Guidelines also include information to help school boards develop nutrition policies. Nutrition policies that include eliminating the sale of junk food should use the *Choose Least Often* category to define junk food.

- A single copy of the Guidelines will be sent to each school authority central office and two copies will be sent to each school in the province by November 2008.

To download this resource go to: www.healthyalberta.com



Teaching Just Got Easier!
Visit POWERTOPLAY.COM

POWER TO PLAY!

BOOK NOW!
FREE workshop for Alberta teachers and pre-service teachers.

BRAND NEW must-have healthy eating and physical activity resource for K-3.

Brock Lee and Coco Lait engage students through fun, healthy eating adventures in your own classroom.

Designed by teachers, dietitians and students, **POWER TO PLAY!** easily integrates healthy eating into the Alberta curriculum with a focus on Language and Mathematics. And the program is **FREE!**

Teachers receive:

- DVD featuring seven exciting super missions
- CD with creative, child-friendly songs
- Easy-to-use teacher's guide with four grade-specific programs
- Full colour support material including 103 food picture cards and 10 study prints
- Fun Energy Blasts that meet new Daily Physical Activity requirements

Be among the first K-3 teachers in Alberta to use this program based on the new Canada's Food Guide.

milk ALBERTA SPORT, RECREATION PARKS & WILDLIFE FOUNDATION ALBERTA LIVESTOCK INDUSTRY DEVELOPMENT FUND

To book a workshop visit www.powertoplay.com or call 1-877-361-1231 ext. 333

Developed by the team of Registered Dietitians at Dairy Farmers of Canada. Adapted for use in Alberta by the team of Registered Dietitians at Alberta Milk.

MENTAL WELLBEING CENTRE

Mental Health First Aid Canada

If a child experiences a physical health emergency or injury it is important to have someone administer first aid until professional help arrives. The same is true for a mental health emergency.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

MHFA is an evidence-based program being delivered world wide to improve mental health literacy and decrease stigma by providing knowledge, skills, and specific actions to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

Based on interest expressed by schools in the past and as a start to increasing mental health literacy and reducing stigma, funding has been provided by Alberta Health and Wellness to establish MHFA as a resource in every school in Alberta. Alberta schools are the first in Canada to be offered this opportunity.

Program and registration information was sent to all school principals, and more than 500 individuals from more than 227 schools have already registered.

One person from each school can receive training and anyone can attend – teachers, counselors, librarians, administrative staff- and the training will continue until December 2009. Primary school participants are slated to receive the MHFA Canada - *Basic* course and Junior and Senior High participants are asked to enroll in MHFA Canada *For Adults who Interact with Youth* (MHFA Canada - *Youth*).

The MHFA curriculum

The intent of teaching the MHFA Canada - *Basic* course to Primary School participants is that it enables them to utilize MHFA with adults they come in contact with. Other more suitable programs for children under 12 are being piloted in Alberta this fall.

MHFA Canada - *Youth* (ages 12-24) contains additional program modules on deliberate self-injury and eating disorders along with activities and examples more suited for this age group. The same action steps and information about mental disorders are taught in both the MHFA Canada - *Basic* course and MHFA Canada - *Youth*.

ASI Funding

The Alberta Schools Initiative funding covers the costs of providing training to one person per school, instructor and facility fees, and material costs. Schools and/or school jurisdictions are responsible for identifying the individuals to be trained and to cover other costs associated with the training, such as travel and accommodation costs. Any additional participants beyond one person per school will be able to attend at a registration cost of \$95 per person.

Training is available in: Calgary, Edmonton, Fort McMurray, Grande Prairie, Lac La Biche, Lethbridge, Medicine Hat and Red Deer.

Other locations will be considered on a case-by-case basis and MHFA Canada will do its best to accommodate their needs. To help coordinate and plan for these requests, please identify:

- the number of participants interested in enrolling for this group session;

- the participant's school;
- preference for where the course will take place (city, town);
- preferred dates; and,
- the facility location

How to Register for ASI

If you are interested in registering your teachers or school staff in the Mental Health First Aid course please call; Toll Free 1-866-989-3985 or email: mhfacanada@amhb.ab.ca.

Individuals contacting MHFA Canada directly to register can either:

- check with their school Principal/Administration for the proper registration form and course schedules; or,
- request a copy of the registration form and course schedules from MHFA. However, please ensure you notify your school Principal/Administration that you are interested in enrolling on behalf of your school for the MHFA Canada in Schools program.

QUICK FACTS

The prevalence of mental health concerns in children and youth is estimated at 20%. The most common presenting mental health problems in teens are: depression, anxiety, disruptive behaviour disorders, eating disorders, ADHA and developmental disorders.¹

Although youth suffer more from mental disorders than other age groups, up to 80% will not receive mental health services. The main reasons help is not sought relate to stigma and shame and stigma comes from a lack of knowledge which is pervasive among Canadians.²

Almost half (48.7%) of male teens state they can't/don't talk to anybody about their mental health concerns. Nearly three quarters (72.9%) of female teens report that they feel really stressed and almost half (47.9%) of female youth state they feel really depressed. Surveys of youth behaviour show that the doctor is the last person that teens confide in with emotional concerns. Peers and teachers come first.³

Recognizing the need to de-stigmatize mental health problems with youth and encourage youth to seek appropriate help, Alberta Health and Wellness has funded training for one person in every school in Albert to receive Mental Health First Aid Canada training.

^{1,2,3} Mental Health Commission of Canada, Countering Stigma and Discrimination: Operational Plan – June 2008. Retrieved August 20, 2008 from www.mentalhealthcommission.ca.

ALBERTA TOURISM, PARKS AND RECREATION UPDATES

SummerActive/WinterActive

These six-week community mobilization initiatives are designed to help Canadians of all ages improve their health and quality of life through healthy living. The goal is to spread the message that active living, healthy eating, living smoke-free and participation in sports are all key parts of a healthy lifestyle. WinterActive is the sister campaign to the popular SummerActive campaign which runs annually during May and June.

Last year, hundreds of events and programs organized as part of SummerActive and WinterActive helped thousands of Canadians take the first step towards adopting a healthy lifestyle. The Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF)

and Alberta Tourism, Parks and Recreation sponsor the SummerActive and WinterActive campaigns. The ASRPWF is a provincial Crown Corporation committed to the promotion of sport, recreation and active living in Alberta.

The WinterActive campaign runs from January 15 to February 27, 2009 (www.winteractive.ca) and the SummerActive campaign runs from May 7 to June 19, 2009 (www.summeractive.ca).

This year the SummerActive/WinterActive resource has been created as one. In it you will find a wealth of physical activity,



healthy eating and many other ideas for the home, school and community.

This resource is available as a pdf on the EAS website and copies should arrive at your school in November.

Funding Programs

Visit the Alberta Sport, Recreation Parks & Wildlife Foundation website to see if you are eligible to submit a grant for your school initiative:

www.tpr.alberta.ca/asrpfw/programs/funding/index.asp



Development Initiatives Program

Some guidelines of the project include:

Purchase of Equipment

- Equipment for the effective running of programs is eligible.
- Quotes and Sources of Estimate must be included.
- Office related equipment will be considered low priority.
- **Items not to be funded:** uniforms and similar club apparel, and items of a personal nature for club members (footwear, jackets, waterbottles, etc.).

Conferences and Events

- Application may be made for costs of speakers.

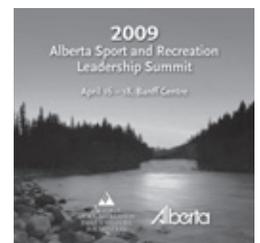
Alberta Coaches Education Voucher

opportunity is offered through the partnership with the ASRPWF and the Alberta Schools' Athletic Association (ASAA). The focus is to support and encourage high school teacher/coaches and physical educators to pursue NCCP certification by providing them with a voucher to be used towards an NCCP course. Visit www.asaa.ca/new/coachresources.php if you are interested and complete the application form. To find a list of approved agencies, check out the schedule of NCCP courses nearest you or find out how to host an NCCP course visit <http://www.tprc.alberta.ca/asrpfw/programs/sports/nccp/index.asp>.

Alberta Sport and Recreation Leadership Summit:

This bi-annual event provides opportunities for association staff, board members, coaches and officials to attend educational sessions,

exchange ideas and to enhance networking opportunities. The next Leadership Summit is scheduled for April 16-18, 2009 at the Banff Centre. A total of thirty-four sessions will be available including an opening and closing keynote, four half-day institutes and twenty-eight concurrent workshops. As well, on the Friday evening of the Leadership Summit, the Alberta Sport, Recreation, Parks and Wildlife Foundation will host an awards banquet recognizing the contributions and achievements of athletes, coaches, officials and sport volunteers. For more information on the 2009 Leadership Summit, please visit www.tpr.alberta.ca/asrpfw.



ALBERTA EDUCATION UPDATES

K–12 Wellness Programs of Study Revision

To achieve improved learning and wellness outcomes, a review of the current wellness-related programs of study (K–9 Health and Life Skills, Career and Life Management, and K–12 Physical Education) was initiated in the 2007–2008 school year.

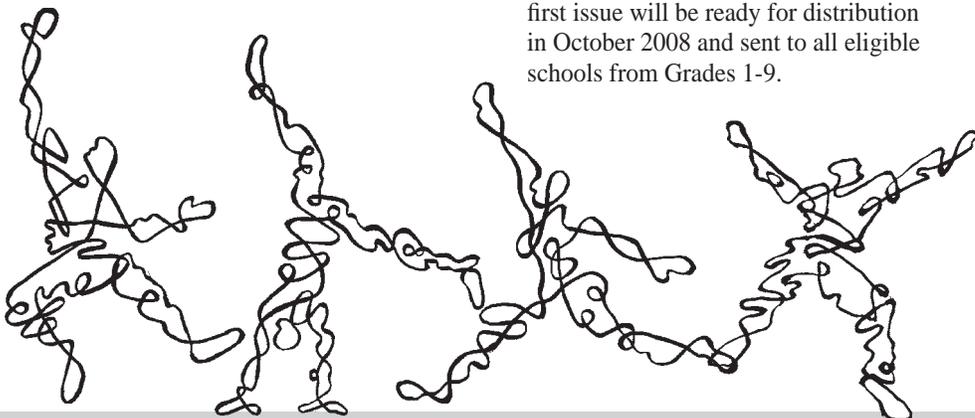
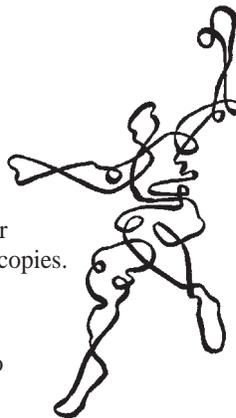
- A comprehensive literature review and stakeholder consultations were completed between November 2007 and March 2008 and indicated a need for a moderate to significant level of change to the current wellness-related programs of study.
- Results from the K–12 Wellness literature review and stakeholder consultations are posted on the Alberta Education website at website at <http://www.education.alberta.ca/teachers/program/pe.aspx> and <http://www.education.alberta.ca/teachers/program/health.aspx>.
- A draft K–12 Wellness Framework is currently being developed and is anticipated to be released by January 2009 for consultation.
- Education stakeholders will have an opportunity to provide feedback through a variety of methods including face-to-face meetings and on-line interactive feedback forums.

Daily Physical Activity

- Results from the Daily Physical Activity (DPA) survey indicate that DPA has had a positive impact on student learning and the school environment, has increased student wellness, and is considered a positive initiative and a priority in schools. The *Daily Physical Activity Survey Report*, including an executive summary in French and English, is available on the Alberta Education website, <http://education.alberta.ca/media/756345/dpaexesum.pdf>
- DPA brochures have been developed to support school authorities promote physical activity in the school community. A copy of this brochure will be sent

to all grades 1 to 9 schools in October 2008 with details for ordering additional copies.

- The *DPA Survey Report* indicated recommendations to implementing Daily Physical Activity. Included in the recommendations was to create a series of topic-specific booklets in French and English to compliment the *DPA Handbook*. Alberta Education provided a grant to Ever Active Schools to develop, print and distribute these booklets. The first issue will be ready for distribution in October 2008 and sent to all eligible schools from Grades 1–9.



Meet the K-12 Wellness Team Members

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Learning Technology Branch

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Learning and Teaching Resources Branch

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ALBERTA HEALTH AND WELLNESS UPDATE

Regional Health Promotion Coordinators for Healthy Weights

Health Promotion Professionals have been hired over three years, as of 2007, in each health region in Alberta to facilitate innovative community-based initiatives and approaches. The objective is to promote healthy weights for children and youth. See the list below to contact your region's Coordinator for the latest information and services that they might provide.

1 • CHINOOK

Margaret Banmann
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Lyndsey Robinson*
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2 • PALLISER

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Health Promotion Facilitator
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Stephanie Hlady
Health Promotion Facilitator (Phys Ed)
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3 • CALGARY

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Healthy Living / Strengthening Community Action
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4 • DTHR

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Health Promotion Facilitator
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5 • ECH

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Pamela Boyson
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6 • CAPITAL

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7 • ASPEN

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Health Promotion Leader
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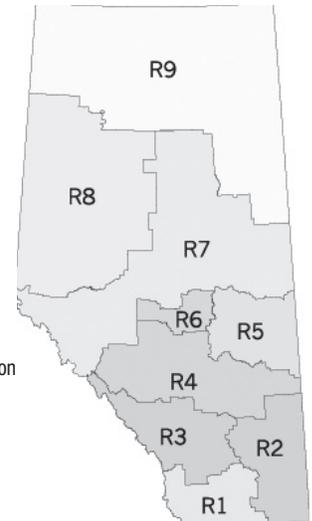
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8 • PCHR

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Renee Nuttall
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- 1 Chinook Regional Health Authority
- 2 Palliser Health Region
- 3 Calgary Health Region
- 4 David Thompson Regional Health Authority
- 5 East Central Health
- 6 Capital Health
- 7 Aspen Regional Health Authority
- 8 Peace Country Health
- 9 Northern Lights Health Region



9 • NLHR

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Health Promotion
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Melanie deSilva
Healthy Active Youth Specialist
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* Lead contact for region regarding grant or work plan.

CREATE A MOVEMENT CAMPAIGN



A life-altering condition is overtaking Alberta's youth.

Sales of fast food are plummeting. Living rooms are gathering dust. Reality show plots are being totally forgotten. Experts call it Health. The symptoms are unmistakable; more energy, sudden optimism, clearer skin, thicker hair, better grades and a general feeling of wellbeing are often the first signs. Even more terrifying, officials have new data showing that Health is highly contagious.

To contain this rapidly spreading situation, the Alberta Government is sending a team called the Healthbusters across the province. Their mission: to educate Alberta's youth about how easy Health is to catch and the mind-boggling symptoms that it can lead to.

Armed with an interactive video booth, free T-shirts, a wind tunnel full of prizes, and extensive knowledge of the causes of Health, the Healthbusters are prepared to blast teens out of their sloth-like existence and poor nutritional choices.

Is your school or community at risk for Health?

You need the Healthbusters. Email Allison Hunter at ahunterassociates@gmail.com for more information on how you can host the Healthbusters.

Make no mistake: The Health is coming.



PROMISING PRACTICES HIGHLIGHTS

Whether you call it best practices, lessons learned or promising practices, the ideas shared here demonstrate the success and positive impact on student learning in the school environment.

The Promising Practices document is a collection of ideas and resources to assist a school community in creating an environment that supports active living, healthy eating and mental health. These Promising Practices will be available soon as an online, searchable database. Contact the EAS office to submit your ideas.

To download your copy visit: www.everactive.org

Adventure Races – p.13

Equipment:

Varies depending on the activity or event, large outdoor area

Organization:

Have the staff or students at your school organize your “First Annual Adventure Race.” Students can compete in teams of four in an event that incorporates river canoeing, portaging, running, orienteering, mountain biking, kayaking, surprise challenges or rope climbing. Be sure to consult the safety guidelines for your school jurisdiction. Visit www.acicr.ualberta.ca for a copy of the new 2008 Alberta Safety Guidelines for Schools.

Bully-Free Zone – p.16

Equipment:

Community leaders

Organization:

Make your school a bully-free zone. Several initiatives exist to create healthy school environments. These include Peace Makers (www.peacemakers.ca), Be Cool (www.stanfield.com/conflict-1.html), Dare to Care (www.daretocare.ca) and Challenge Day (www.challengeday.org). Lions Quest also offers a conflict management program (www.lions-quest.ca). As well, you could develop a Problem Elimination Team (PET) of students that will monitor recess activity.

Fantastic Fundraisers – p.22

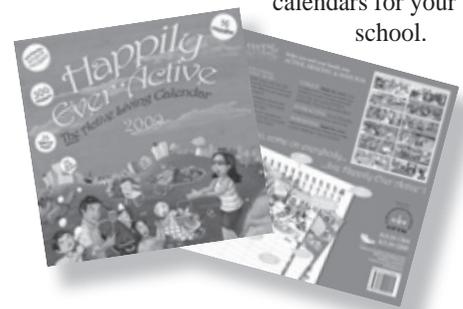
Equipment:

Varies depending on fundraising initiative

Organization:

Instead of selling chocolate-covered almonds or having a bake sale, come up with some healthy, creative ways to raise funds for your school. Here are a few ideas:

- Purchase *The Happily Ever Active Calendar* as a healthy alternative to traditional fundraisers. This Healthy Living Calendar-Alberta Edition will help families keep track of their healthy lifestyle while offering tips for healthy eating, mental well-being and active living. Visit www.everactive.org to order these full size calendars for your school.



- Invite members of the community to an active fundraising event at your school and use funds raised to purchase needed equipment.
- Rent out your gym in the evening, with proceeds going toward developing a school fitness facility.
- Sell entertainment books.
- Make a school cookbook, sell popcorn or auction off school promotional items (see the SummerActive/WinterActive resource for more great ideas available on the EAS website: www.everactive.org)



The Health and Physical Education Council (HPEC) of the Alberta Teachers' Association, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.

There is an HPEC Regional Representative (RR) in each of the eleven districts across the province (see map on opposite page). The RR is your health and physical education lifeline! They are your source of information for events, opportunities and workshops happening in your area, and serve as a liaison between the HPEC executive and it's members across the province. If you are a new health or PE teacher, or would like to be added to your RR's contact list, please send them an email, introduce yourself, and provide them with your contact information. RR's always welcome suggestions and ideas for what professional development opportunities are needed in your area. Get connected today!

**HPEC
Members!**
Not Receiving Your
Copy of the Ever
ACTIVE! Newsletter?



Mighty Peace District

RR: Darren Flynn
Glenmary School
PEACE RIVER

E-mail: flynn.d@hfcrd.ab.ca

Athabasca District

RR: VACANT
Thanks to Craig MacDougall who did a tremendous job serving as RR for the Athabasca district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca

Central East District

RR: VACANT
Thanks to Jayson Boyson who did a tremendous job serving as RR for the Central East district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca



Red Deer District

RR: Susan Dillabough
Delburne School
INNISFAIL

E-mail: sdillabough@chinooksedge.ab.ca



North Central District

RR: Dylan Dellezay
Ecole J.E. Lapointe School
BEAUMONT

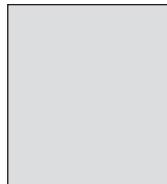
E-mail: dylan.dellezay@blackgold.ca



Calgary City District

Co-RR: Sonia Sheehan
Foundation for the Future
Charter Academy
CALGARY

E-mail: sonia.sheehan@shaw.ca



North East District

RR: Shalynn Zakordonski
St. Mary's High School
VEGREVILLE

E-mail: shalynnz@eics.ab.ca

Palliser District

RR: VACANT
Thanks to Lori McCarthy who did a tremendous job serving as RR for the Palliser district. If you're interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca



Greater Edmonton District

RR: Heather Rootsarth
St. Clement School
EDMONTON

E-mail: rootsarth@ecsd.net

South East District

RR: VACANT
Thanks to Brenda Bower who did a tremendous job serving as RR for the South East district and is now the Vice-President. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca



Greater Edmonton District

RR: Jodi Harding
St. Cecilia Junior High School
EDMONTON

E-mail: hardingj@ecsd.net



South West District

RR: Fred Jack
Palliser Education Centre
LETHBRIDGE

E-mail: fjack@adlc.ca

The Ever ACTIVE! newsletter is now being sent electronically to HPEC members. If you are not receiving Ever ACTIVE!, please contact the Ever Active Schools office to update your member information today! Email karen@everactive.org or call Karen Gouge @ 780-454-4745.

Upcoming HPEC RR Events

Calgary Drive-In Workshop

Thank you to everyone that attended the October 22 Drive-In workshop at Woodman Junior High School. Be sure to enquire about the Calgary Spring workshop being offered. Email Sonia Sheehan for more details: soniasheehan@shaw.ca

Mighty Peace News

- A Drive-In workshop is being planned for December or April. Email Darren Flynn with your ideas and topics you would like to see presented: flynn.d@hferd.ab.ca
- A Mighty Peace "Fun Bus" to the HPEC Conference in Banff is being organized. If you are interested in getting on board email Darren Flynn.

Edmonton/North Central Drive-In Workshop

Plans are underway for two combined Drive-In workshops on Monday, November 3 and Monday, March 23. Contact Dylan Dellezay: Dylan.dellezay@blackgold.ca for more information on sessions provided and registration information.

The Council Needs You!

HPEC is currently accepting nominations of HPEC members that are interested in being on the Executive Council.

Being a part of this Council will allow you to:

- Be a leader in the province in the areas of Health and Physical Education
- Use the professional development that you gain as one of your ATA Professional Growth Plan goals
- Meet the requirements of the Alberta Initiative for School Improvement (AISI)

Currently there are vacancies within the Council in the following positions:

- Athabasca District Regional Representative
- Central East District Regional Representative
- Palliser District Regional Representative
- South East District Regional Representative

See the HPEC Regional Representative Boundaries Alberta Map to locate your area within the HPEC Districts and email Brenda Bower (HPEC Vice-President) if you are interested in this opportunity: brenda.bower@sd76.ab.ca

The Runner

The Runner is HPEC's Journal publication and has a collection of lesson plans, articles and information for Health and Physical Education teachers. To download your copy of The Runner visit www.hpec.teachers.ab.ca



HPEC/CAHPERD Conference 2009! Banff Alberta Moving Mountains

Be sure to register for this joint HPEC/CAHPERD Conference taking place April 30-May 2, 2009 @ www.cahperd.ca/Banff09

HPEC Regional Representative Boundaries



Automatic Specialist Council Membership is here!

Membership has its privileges, especially if it's an HPEC Membership!

HPEC Membership privileges include: attendance at the annual HPEC Conference, semi-annual electronic subscription to *The Runner*, and involvement in a professional organization that provides support in the areas of Health and Physical Education. As a result of a resolution passed at the Alberta Teachers' Association's (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. Register for your free HPEC membership today at www.teachers.ab.ca. Login if you already have a user name and password and go to the features on the right hand side and look for Automatic Specialist Council Memberships. If you are a new user, you can become a member by choosing the login section of the site. You will need your teaching certificate number to register.

Your HPEC membership expires every year on August 31. Be sure to renew your HPEC membership each year.

COMMUNITY CONNECTIONS

Swim to Survive® School Grants

Go Swim!
Be Fit!
Be Safe!



These two **Swim to Survive School Grants** provide rural Alberta students a minimum of three in-water **Swim to Survive** lessons during school hours.

Grant funds may be used to help defray the costs of: transporting students, swim instructor/lifeguard costs, or aquatic facility rental costs.

1. Swim to Survive School Grant:

For rural Alberta schools (Grade 3 students only).

2. Swim to Survive School Grant – Special Populations:

For Alberta schools located on a Reserve or Colony (for all grade levels).

The Swim to Survive experience consists of:



- A minimum of 3 in-water lessons of 30-60 minutes each. (Can be taught by swimming instructors or by school teachers and volunteers under the watchful eye of an NLS lifeguard.)
- Teaching a sequence of three basic skills: Roll entry – Tread water – Swim. Students perform these skills with or without the assistance of a lifejacket.
- Plus, 3 in-classroom water safety lessons taught by the school teacher.

Teaching essential skills necessary to survive an unexpected fall into deep water and more!



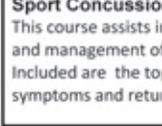
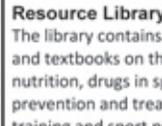
Tel: 780.415.1755 | experts@lifesaving.org

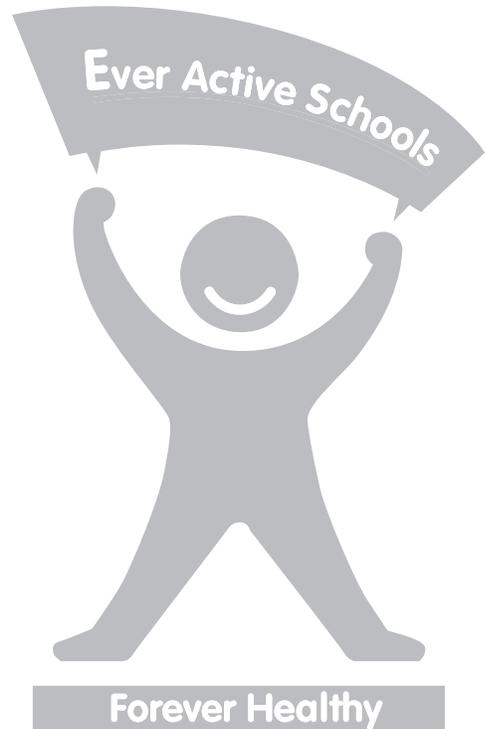
www.lifesaving.org



11759 Groat Road
Percy Page Centre
Edmonton, AB
T5M 3K6
Phone: (780) 415-0812
www.sportmedab.ca

Sport Medicine Council of Alberta

	<p>Athletic First Aid</p> <p>This course provides the opportunity to increase theoretical and practical knowledge in the treatment and prevention of athletic injuries.</p>
	<p>Sport Nutrition Level 1</p> <p>This course reviews the fundamental concepts of nutrition, and how those concepts can be utilized to improve athletic performance.</p>
	<p>Equivalency Certificate Program</p> <p>High School teachers can complete these courses, themselves, and then conduct the courses for their students. These students will then receive an equivalency certificate.</p>
	<p>Sport Concussion Course</p> <p>This course assists in the recognition and management of sport concussions. Included are the topics of signs/symptoms and return to activity.</p>
	<p>Resource Library</p> <p>The library contains up-to-date DVD's, and textbooks on the topics of sport nutrition, drugs in sport, athletic injury prevention and treatment, strength training and sport psychology.</p>
Medical Kits Sales and Rentals	
	



Forever Healthy



www.funteamalberta.com

For More Information Contact us:

Phone: (780) 490-0242

Email: admin@funteamalberta.com

A GREAT OPPORTUNITY TO PROMOTE ACTIVE LIVING IN YOUR SCHOOL!

FunTeam Alberta is excited to introduce our NEW Family Try-athlon Program. This program is a great way to help schools and communities get active. A FunTeam Family Try-athlon is extremely easy to do.

We Provide You With:

- A \$300 Grant for prizes and event activation
- Promotional Material and Registration Forms
- A Wrap up BBQ sponsored by M&M Meat Shops
- Gatorade for Participants
- A chance to win a family getaway to Jasper!!!

The **Active Start** and **FUNDamentals** programs are new sport initiatives developed by Special Olympics Alberta to develop basic motor/sport skills through fun and positive movement experiences for children with intellectual disabilities.

Active Start

Active Start is a family-centered activity program targeting young children with intellectual disabilities throughout Alberta between the ages of 2-6 years. The **Active Start** program has many benefits:

- **Substantial and improved development of physical, cognitive, and social abilities;**
- **Introduction of positive social experiences through appropriate play activities;**
- **Education for parents/caregivers in areas including nutrition, basic motor skills, and the Special Olympics organization; and**
- **Opportunities for parents/caregivers to expand their networks and support systems.**

Active Start is facilitated by a trained coach. The program can be modified to be conducted in any space with any number of participants.

FUNDamentals

FUNDamentals is a family-centered program targeting young athletes in Alberta between the ages of 7&10 years. The program provides children with a more in-depth introduction to sport-related motor skills along with training and competition while maintaining an atmosphere of fun and meaningful interaction.

FUNDamentals also acts as an introduction for participants and families/caregivers to the sporting opportunities and resources provided by Special Olympics Alberta.

For more information

www.specialolympics.ab.ca
info@specialolympics.ab.ca
780.415.0719 / 1.800.444.2883



EVER ACTIVE SCHOOLS SUCCESS STORY

Foundation for the Future Charter Academy - St. Lawrence Campus

Submitted by: Brian Broad

Foundation for the Future Charter Academy (FFCA) – St. Lawrence Campus in North West Calgary has been an Ever Active School (EAS) member for six years. Their students range in age from Kindergarten to Grade 4 and they have about 20 staff members.

When FFCA set out to become a member of EAS they faced a number of hurdles. Due to the academic nature of the school and its high academic success, there was concern that less time would be spent on the core subject areas. Another challenge they came up against was, being a charter school, all of their students are bused from all parts of North West Calgary. None of their students live in the community where the school is located. Thus it was very difficult to host programs outside of school time, such as the 'walking school bus' program. Perhaps the largest challenge was the parent demand for a creative playground at a facility that not only did not have one, but that FFCA did not own.

In order to become an EAS school FFCA formed a committee that was comprised of a P. E. specialist, staff members and parents. This gave them view points from all parties involved. The initial 'game plan' addressed the following; 1) Continue to have P.E. classes taught by a specialist and increase students gym time. This ensured that all five dimensions of the P.E. curriculum were being taught as well as appropriate skill



progressions. 2) Host some 'out of school' activities that would get families engaged in 'active' events and allow students to showcase what they learned to their parents. This was also an opportunity for families to exchange ideas of how they are active outside of school. 3) Have Staff Members set good examples of an active lifestyle, even if additional training was required. 4) Build a creative playground.

Some of FFCA's proudest moments include; Great success hosting family evenings that include In-Line Skating and Mission Impossible. They also built their creative playground and managed to raise the money in only one year. They were the top fundraising school in Alberta for the Jump Rope for Heart event, raising over \$14,000.00 with a student body of only 275. And their Terry Fox Runs have experienced huge success.



The staff and students at FFCA love to be active. The obesity rate in their school is consistently under 1% of their student population. All of the staff maintain good health and participate with the students in extracurricular activities. This year FFCA is looking forward to hosting many new and favorite events, they will be incorporating a TGfU (Teaching Games for Understanding) approach to activities such as basketball and soccer.

EAS is an invaluable resource for keeping their school focused on Health and Physical Education goals. EAS also gives them the tools to achieve success. What FFCA Physical Education teacher Brian Broad really appreciates about being an Ever Active School are the contacts he makes with other professionals and EAS members. Brian states, "These are hands down the best Physical Education people in the province and probably the country. They are passionate about what they do and more than eager to help others do it better."



Come by and visit!

3rd floor, Percy Page Centre
11759 Groat Road, Edmonton, AB T5M 3K6
Phone (780) 454-4745 • Fax (780) 453-1756

**Have a success story
you'd like to share?**

Contact Joyce Sunada (joyce@everactive.org)
to let everyone know the cool things
your school community is doing.