

SCHOOLS  
COME

# ACTIVE

NEWS AND UPDATES REGARDING HEALTHY ACTIVE LIVING IN ALBERTA SCHOOLS

## Ring in the New, Bring Back the Old!

### Activity Calendars Are Back!

By popular demand, the Schools Come Alive Activity Calendar is back. You can now look forward to a Seasonal Activity Calendar four times a year. The Activity Calendar is intended

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*Schools Come Alive* is the number one source for physical education and health in-servicing in the province! For a complete listing of all of the workshops offered, visit [www.schoolscomealive.org](http://www.schoolscomealive.org) or call (780) 454-4745.

Schools Come Alive provides leadership through workshops, resource development and collaborative partnerships to increase physical activity opportunities and promote healthy choices in Alberta school communities.

A project of the Health and Physical Education Council of the Alberta Teachers' Association, SCA is funded through a grant from the Alberta Sport Recreation Parks and Wildlife Foundation.

to support teachers with activity ideas for Physical Education and the Daily Physical Activity Initiative. Some of these activities are offered as warm-up ideas or activities for a lesson that would support the P.E. Outcomes. Activities that can be shared with students for when they are not at school are also included to support the General Outcome D: Do It Daily...For Life!

To access a downloadable copy of the Seasonal Activity Calendar-Winter Edition with the latest and greatest activities to do in the winter months, visit the Schools Come Alive website @ [www.schoolscomealive.org](http://www.schoolscomealive.org).

**Schools Come Alive will continue to offer professional development opportunities for all teachers. Here**

**are a few of the workshops being offered in 2007-08:**

### Assessment For Learning in Physical Education:

WHO SHOULD ATTEND: K-12 Teachers

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

## UPCOMING EVENTS

January 18 - February 29 » Winteractive, [www.winteractive.ca](http://www.winteractive.ca)

February » Heart Month, [www.hsf.ca](http://www.hsf.ca)

March » Nutrition Month, [www.dietitians.ca](http://www.dietitians.ca)

May 1-3 » HPEC Conference 2008, Grande Prairie, [www.hpec2008.com](http://www.hpec2008.com)

May » SpecTAGular, [www.cahperd.ca](http://www.cahperd.ca)

May 22 » Alberta Active Living Challenge Day, [www.befitforlife.ca](http://www.befitforlife.ca)

May 26 - June 1 » National Sun Awareness Week, [www.dermatology.ca](http://www.dermatology.ca)

May 31 » World No Tobacco Day, [www.aadac.com](http://www.aadac.com)

*Have an idea for how Schools Come Alive 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 [admin@schoolscomealive.org](mailto:admin@schoolscomealive.org) with your suggestions.*

Education. Leave with ideas that will motivate your students to achieve!

### Beyond One Size Fits All (Differentiated Instruction in Physical Education)

WHO SHOULD ATTEND: K-9 Teachers

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.

### Daily Physical Activity for the Classroom Teacher:

WHO SHOULD ATTEND: K-9 Teachers

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 in a variety of activities that can be used on Monday!

### So, You Have to Teach Health...

WHO SHOULD ATTEND: K-9 Teachers

Still looking for resources to support the implementation of K-9 Health and Life Skills? Come experience student learning activities from the "must have" resources and see what else is new and available to get your students hooked on health!



A COLLABORATIVE PROJECT

The Health and Physical Education Council acknowledges the generous contribution of



# physical education

## K-12 PHYSICAL EDUCATION UPDATE



Activity

Benefits Health

Cooperation

## Daily Physical Activity (DPA)

The results of the Daily Physical Activity survey conducted last spring will be released in February 2008. You will be able to find the DPA Survey Report on the DPA web site at

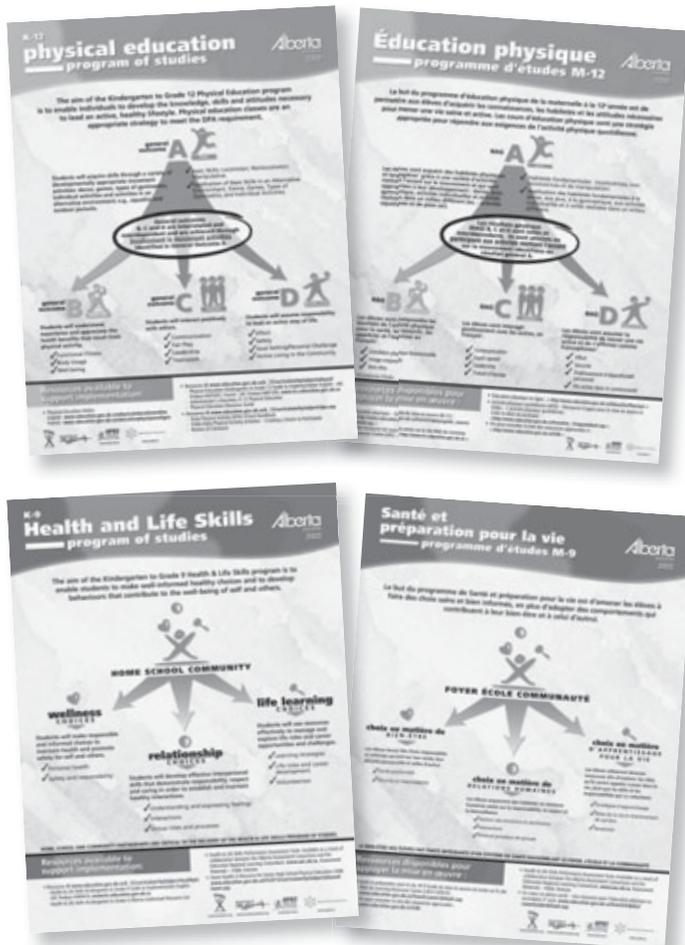
<http://education.alberta.ca/teachers/resources/dpa.aspx>

Other resources on this webpage that support the DPA initiative include:

- Daily Physical Activity: A Handbook for Grades 1-9 Schools, 2006
- Daily Physical Activity for Children and Youth: A Review and Synthesis of the Literature, 2006
- Video - Daily Physical Activity Initiative: Creating a Desire to Participate
- CFLRI Pedometer Study: Objective Measures of Physical Activity Levels of Alberta Children and Youth, 2007

## Posters

The new K-12 Physical Education and K-9 Health and Life Skills posters were sent to schools at the end of January 2008. The posters have French on one side and English on the other. Use them to promote the Program of Studies in your school.



## Create a Movement CAMPAIGN

Alberta Health and Wellness has recently launched new public awareness campaign called Create A Movement to encourage Albertans to take aggressive action to lead healthier lives. The campaign aims to encourage young people and their parents to eat healthy and be more active to reduce their risk of obesity and chronic disease. Albertans are urged in this campaign to put their knowledge into action, to eat smart, move more and enjoy the benefits of better health.

The Create A Movement campaign includes a series of television, radio, public transit, print and cinema advertisements directed at young people and parents. For more information on this campaign, visit the website [www.createamovement.ca](http://www.createamovement.ca).





PHYSICAL EDUCATION

# activity centre

Do it Daily...For Life!

## WINTERGREEN Phys-Ed

The Physical Education Activity Centre is sponsored by Wintergreen – visit [www.wintergreen.ca](http://www.wintergreen.ca) for more information about unique Canadian products and services.

## Schools Come Alive Top 10 List!

*Looking for some activities to engage your students for when they first come into the gym or playing area? Do you want activities that require little set up or explanation? Here are some to get your students active right away!*

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](mailto:marcel@wintergreen.ca) for a personalized preview today!

### TOP TEN INSTANT WARM-UP ACTIVITIES:

#### #10 Dynamite

Unlike regular dodgeball, this activity is played throughout the playing area and there are no set teams. On the signal, students are to try and hit other students below the waist by throwing the ball. If a student is hit, he/she must sit or squat down. Students re-enter the activity when the teacher calls out, "Dynamite!" Call out "Dynamite" often to increase the activity of all students.

#### #9 Triangle Tag

In groups of four, three students hold hands forming a triangle and one student, the 'tagger' stands on the outside of the triangle. One student in the triangle is chosen to be the 'target'. The object is for the student on the outside to tag the 'target' on the back as the triangle moves around in a small space. The 'tagger' must only tag from the outside and not reach over the triangle. If the 'target' is tagged, a new tagger and target are chosen. Try this activity with five students where four hold hands forming a box and the fifth student is the 'tagger' on the outside.

#### #8 Ball Tag

Choose 2 students to be "it" and give them pinnies to wear and one soft ball to tag with. The two "its" use the ball to tag, but they can only pass it to one another and cannot move while holding onto the ball; however, pivoting is allowed! The other students try not to get tagged and can move anywhere throughout the playing area. If tagged, that student becomes an "it" and puts on a pinnie. Once all students have been tagged, a new game starts with two new "its". The activity is now played where if you are tagged, you must remove your pinnie and become an "it". As more "its" are in the activity, more balls can be used.

#### #7 Corner Shuffle

Prior to this activity place a deck of cards face down and one pylon at each corner of the playing area. Tell students that each

suit will represent a locomotor skill. Eg. hearts=jogging, spades=hopping, diamonds=side shuffle, clubs=walking lunge. During the activity, students move to a corner, pick up a card, place it back face down and move to the next corner while performing the locomotor skill that the card represents. Be sure that students place their card face down and beside the pylon. Try placing a small box at each corner to keep the cards together.

#### #6 RPS Who's It

Choose 2 or 3 students to be "it" and have them hold onto a soft ball. If tagged, the two students have a RPS challenge. If the "it" loses the challenge, the tagged student is given a chance to get away. If the "it" wins the challenge, the ball is given to the tagged student who becomes the new "it".

#### #5 Sea, Shore, Shell

Students line up on the centre line. This line represents "Sea". One of the end lines is the "Shore" and the other the "Shell". The teacher calls out one of the names: "Sea, Shore or Shell" and points to where the students are to run. If "Shore" is called, all students must run to the line representing "Shore". Be sure to have the end lines at least 2 metres away from the wall. For a challenge, tell students to listen to what you say and not to what you are pointing at and call out a line, but point in the other direction.

#### #4 RPS Walking Tag

Students partner up and do a RPS challenge to determine who is "it". On the signal, the "its" chase their partner while walking only. If tagged, the partner becomes the new "it" and does a 360° turn, then chases their partner. Change up the activity that students complete when they are tagged or give students a choice between two activities if they are tagged. Other activities to complete if tagged

include: 5 tuck jumps, 5 chicken/jumping jacks, jump up and touch the ground 3 times, or 3 squats.

#### #3 Change the Way You Move

This is a tag activity where the taggers hold onto a soft ball to identify that they are "it". On the signal, the "its" chase other students and touch them with the ball. If tagged, the student must change the way they move in the playing area (eg. From walking to sliding, sliding to hopping, hopping to galloping, etc.) Change the "its" frequently throughout the activity.

#### #2 Equipment Match-Up

This activity could be a great way to get your students organized for a lesson! As students enter, have them choose a piece of equipment that has been spread out throughout the playing area. They are to play with the piece of equipment safely until a signal is given. Upon the signal, students can either change their piece of equipment with another student's or find another person who has the same equipment as theirs and use it together. Try using equipment that is going to be used in the lesson.

#### #1 Jelly Fishing

Choose 2 or 3 students to be "it". The "its" are Spongebob characters. (Spongebob Squarepants, Patrick, or Gary). All other students are "jellyfish". On the signal, the Spongebob characters begin "jellyfishing". If the jellyfish are caught they must go to "Bikini Bottom" (a designated corner marked off with pylons). Jellyfish are freed when the teacher calls out, "Crabby Patties"! Be sure to call out, "Crabby Patties" often. Another variation to free jellyfish could be to have other jellyfish run to bikini bottom without getting caught and touch a caught jellyfish on the shoulder to free them. Only one jellyfish can be saved at a time.



# Health / CALM UPDATES



## Wellness Focus Groups

To achieve improved learning and health outcomes, Alberta Education conducted focus groups with stakeholders to discuss Wellness programs/models in the context of Alberta schools. They looked at possible Wellness definitions, the current Wellness-related programs of study (Physical Education, Health and Life Skills, and Career and Life Management), and discussed key implementation issues for a K-12 Wellness program for Alberta students. The K-12 Wellness focus groups with education stakeholders took place in January and February, 2008 in various locations across the province (Red Deer, Calgary, Peace River, Grande Prairie, Edmonton, Fort McMurray, Lethbridge and Medicine Hat).

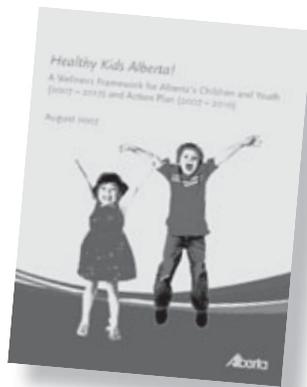
## Wellness Fund Grant Applications

Alberta Health and Wellness established the Alberta Healthy School Community Wellness Fund to address issues of health and wellness among children and youth within Alberta school communities. The fund supports projects that promote healthy school communities and aims to improve the health and wellness of school-aged children and youth. The deadline for applications for the Category A Larger Grant Funding up to \$50,000 is February 20, 2008. The deadline for Category B Smaller Grant Funding up to \$10,000 is March 28, 2008. Information on the Healthy Alberta School Community Fund, including the application forms and work plan templates for the Large and Smaller Grant Categories are available at the Alberta Coalition for Healthy School Communities website at <http://www.achsc.org/>



## Healthy Kids Alberta

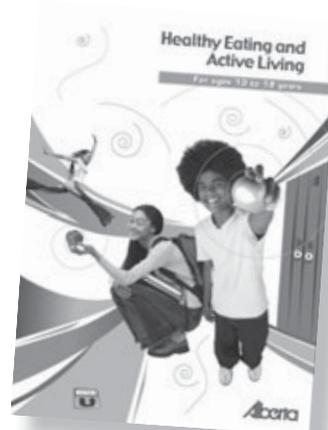
The Government of Alberta document entitled "Healthy Kids Alberta! A Wellness Framework for Alberta's Children and Youth (2007/2017) and Action Plan (2007/2010)" was sent, in December 2007, to participating ministries and stakeholders who attended the HKA Stakeholder Forum in March 2007. The first goal of Healthy Kids Alberta! (HKA) is to provide a provincial wellness framework that facilitates a comprehensive, cross-sectoral approach for current and future child and youth wellness activities. The HKA Wellness Framework also provides a foundation and focus for implementing immediate actions, as well as the wellness issues of Alberta's children, youth and their families to be identified and responded to over the next ten years. This document is a culmination of ideas and perspectives of fourteen ministries and government organizations, theme-specific task groups, youth and community stakeholders.



## Healthy Eating and Active Living

For ages 13 to 18 years

Check out this new resource for teens that contains a wealth of information about active living, healthy eating, and a positive self image. Download this and many other resources by going to About Healthy U – Healthy U Tools & Resources on the Healthy U website @ [www.healthyalberta.com](http://www.healthyalberta.com).



### Alberta Education Contact Information

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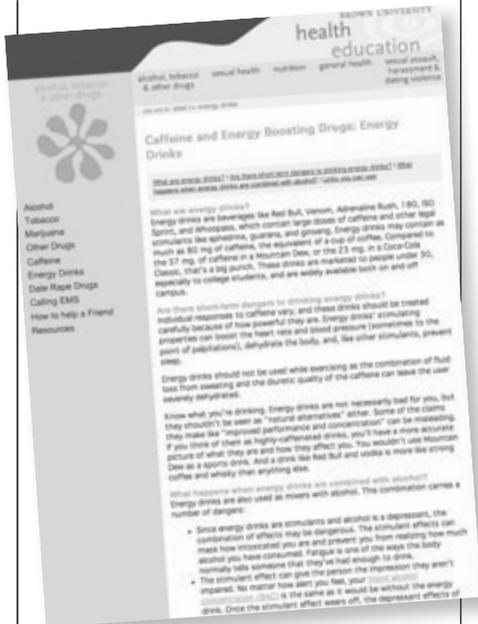
## Worth READING

### Caffeine and Energy Boosting Drugs: Energy Drinks

Walk into any convenience store and you will see many new and very expensive energy drinks that claim to supply the body with a burst of mental and physical energy.

Some brands of energy drinks approach the maximum intake of caffeine for a 10-12 year old (as recommended by Health Canada). Caffeine may negatively affect behavior, sleep and blood pressure in children. Read this article to learn more about the effects of energy drinks on heart rate and blood pressure.

This article along with links to more information on Energy Drinks can be found on the Brown University website @ [www.brown.edu](http://www.brown.edu). Search "Energy Drinks" at the bottom of the page, then click on the website entitled, "Energy Drinks".



## Staff Wellness TIP

When schedules are busy and life is hectic it is not always easy to make healthy eating a priority. However, when our bodies are fuelled with good nutrition it can be easier to cope with stress and have energy to be active throughout the day. Consider the following ideas the next time you are preparing a healthy meal or snack for school to not only get you through the day, but to have an impact on your health and wellness!

- Stock up on healthy foods: Create a small "stash" of non-perishable food you can keep at your desk. Examples include dried fruits (raisins, dried cranberries, dried apples or apricots), individual containers of canned fruit or applesauce, whole-grain crackers, mini-boxes of whole-grain cereal.

## Healthy Eating on the Job

- Pack a water bottle: A lack of water can make it harder to concentrate. Keep a water bottle with you throughout the day.
- Make your brown bag meals your healthy meals: A healthy brown bag meal should include choices from all four of the food groups from Canada's Food Guide ([www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)). Play it safe and use insulated containers and ice packs to keep foods at safe temperatures.
- If possible, avoid eating at your desk: Desktops have been shown to harbour high levels of bacteria, which can pose a health risk. Enjoy lunch in the staff room or, weather permitting, head outside for some lunch and fresh air.

**Advice for different ages and stages...**

**Get well and be active today and every day!**

**How do I count Food Guide Servings in a meal?**

**Recommended Number of Food Guide Servings per Day**

Age Group	Grains	Vegetables	Fruit	Protein	Dairy
1-3 years	1	1	1	1	1
4-8 years	3	3	3	2	2
9-13 years	4	4	4	3	3
14-18 years	6	6	6	5	5
19-30 years	7	7	7	6	6
31-50 years	7	7	7	6	6
51-70 years	6	6	6	5	5
71+ years	5	5	5	4	4

**What is One Food Guide Serving?**

**Make each Food Guide Serving count...**

**Water and Hydration**

**Enjoy a variety of food from the four food groups**

**Limit your alcohol intake**

Resources:  
 Healthy U – [www.healthyalberta.com](http://www.healthyalberta.com)  
 Peel District School Board – [www.peelregion.ca](http://www.peelregion.ca)



# regional representatives

*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 its 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 ACTIVE Newsletter?**



### Mighty Peace District

RR: Darren Flynn  
 Glenmary School  
 PEACE RIVER

E-mail: [flynn.d@hfcrd.ab.ca](mailto:flynn.d@hfcrd.ab.ca)



### Red Deer District

RR: Susan Dillabough  
 Delburne School  
 INNISFAIL

E-mail: [sdillabough@chinooksedge.ab.ca](mailto:sdillabough@chinooksedge.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 Shane Gau at [sgau@brsd.ab.ca](mailto:sgau@brsd.ab.ca)



### Calgary City District

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

E-mail: [sonia.sheehan@ffca-calgary.com](mailto:sonia.sheehan@ffca-calgary.com)



### North Central District

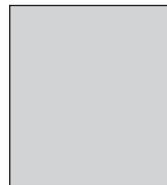
RR: Dylan Dellezay  
 Ecole J.E. Lapointe School  
 BEAUMONT

E-mail: [dylan.dellezay@blackgold.ca](mailto:dylan.dellezay@blackgold.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 Shane Gau at [sgau@brsd.ab.ca](mailto:sgau@brsd.ab.ca)



### North East District

RR: Shalynn Zakordonski  
 VEGREVILLE

E-mail: [shalynnz@eics.ab.ca](mailto:shalynnz@eics.ab.ca)



### South East District

RR: Brenda Bower  
 Crescent Heights High School  
 MEDICINE HAT

E-mail: [brenda.bower@sd76.ab.ca](mailto:brenda.bower@sd76.ab.ca)



### Greater Edmonton District

RR: Heather Rootsart  
 St. Clement School  
 EDMONTON

E-mail: [rootsaerth@ecsd.net](mailto:rootsaerth@ecsd.net)



### South West District

RR: Fred Jack  
 Palliser Education Centre  
 LETHBRIDGE

E-mail: [fjack@adlc.ca](mailto:fjack@adlc.ca)



### Central East District

RR: Jason Boyson  
 Charlie Killam School  
 CAMROSE

E-mail: [jboyson@brsd.ab.ca](mailto:jboyson@brsd.ab.ca)

**The ACTIVE newsletter is now being sent electronically to HPEC members.** If you are not receiving ACTIVE, please contact the Alberta Teachers' Association and update your member information today! Email [hpec@ata.ab.ca](mailto:hpec@ata.ab.ca), or call Phyllis Fournier at (780) 447-9400.

A MIGHTY PEACE OF THE ACTION  
GRANDE PRAIRIE

**HPEC**



**HPEC 2008**

## A Mighty Peace of the Action

May 1-3, 2008 • Grande Prairie Regional College

KEYNOTE SPEAKER: Rick Matishuk

CONFERENCE CO-CHAIRS: Carrie Yanishewski and Cindy Clarkson

For more information and to register for the Conference visit  
[www.hpec2008.com](http://www.hpec2008.com).

## 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](http://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.

## HPEC District Representative Boundaries



## Upcoming HPEC RR Events

### Mighty Peace District is hosting a Drive-In Workshop

When? February 20, 2008 @ 4:00 p.m.

Where? Grande Prairie Regional College

Contact Darren Flynn <[flynn.d@hfcrd.ab.ca](mailto:flynn.d@hfcrd.ab.ca)> for more information.

### A bus will be heading to the HPEC Conference in Grande Prairie from Edmonton.

Contact Heather Rootsart (RR-Greater Edmonton District) or Dylan Dellezay (RR-North Central District) to see where the stops will be.

### North Central & Greater Edmonton District Drive-In Workshop

April 21, 2008 from 4:00-7:00 p.m. @ St. Clement School

Contact your HPEC Regional Reps. Heather Rootsart <[rootsaerh@ecsd.net](mailto:rootsaerh@ecsd.net)> or Dylan Dellezay <[dylan.dellezay@blackgold.ca](mailto:dylan.dellezay@blackgold.ca)> for more information.

# what's happening

**new equipment  
no cost**



**NEW USES  
FOR OLD  
STUFF.**

## The recycled piece of paper

It all started with the Daily Physical Activity Handbook. This idea that we can use paper to play! We all have the classroom bins of recycled paper, but where does it go from there? The shredder, the outside paper bin...how about to our Daily Physical Activities and Physical Education classes?

### Paper Play

Each student starts out with two pieces of recycled paper. Have students stand on their paper to be used as "skates". Demonstrate the proper skating form and have students move throughout the skating area while watching out for other skaters. Encourage students to move in different directions (side to side, forward or backward) while using their arms for momentum. Ask students to move like hockey players, figure skaters, and speed skaters. To speed skate students place one hand behind their back and take long strides. Try putting on paper "cross-country skis" and have students move around the playing area. Emphasize students moving opposite hand as foot while they ski. Leave one piece of paper behind and use the other as a "snowboard" and push the board around. Scooter play is next where students leave one piece of paper on the floor while they scoot around on the other one. Have them change feet so that they are scooting with the other foot forward.

### Juggling

Continue the paper play and have students crumple one piece of scrap paper into a ball. Toss and catch the paper ball with two hands, then one hand. Toss it with one hand and catch it with two. Toss the ball up, clap once and catch it in two hands. Toss the ball up and clap two, three or four times and catch. Toss and catch with both right and left hands. Toss, touch your shoulder or knees and catch. Toss, turn around and catch. Toss while standing up and catch while sitting down, try the reverse. Toss under the knee,

Alberta  
Centre for  
**Active Living**  
Research and education for the promotion of physical activity

### 2008 Physical Activity Forum Preventing Childhood Obesity: Big Picture Strategies

**When:**  
Calgary: May 14, 2008  
Edmonton: May 15, 2008  
Videoconference for Albertans outside  
Edmonton and Calgary: May 15, 2008



**More information and registration:**  
Alberta Centre for Active Living website:  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)

#### 1. Edmonton and Calgary Events

The Alberta Centre for Active Living and Mount Royal College are proud to co-sponsor this important one-day Physical Activity Forum in Edmonton and Calgary.

This event gives you access to the latest research and best practice information about issues related to childhood obesity and overweight.

**Keynote speaker Dr. Mark Tremblay** is the Senior Scientific Advisor on Health Measurement at Statistics Canada and the Director of Healthy Active Living and Obesity Research at the Children's Hospital of Eastern Ontario Research Institute.

A panel discussion will follow Dr. Tremblay's presentation. Panellists include experts in Aboriginal, disability, low income, nutritional, environmental and childhood obesity issues.

#### 2. Videoconference

In partnership with the Alberta Healthy Living Network, Albertans outside Edmonton and Calgary will also be able to participate in a videoconference with the Forum's speaker, Dr. Mark Tremblay.

The Alberta Centre for Active Living is sponsored by



Alberta



and catch. Toss behind the back and catch in front, reverse. Practice other ways of tossing and catching the ball. Throw the ball to a spot on the wall, ceiling, and floor. Toss and catch with a partner. Use a second piece of paper as a second ball and juggle. Juggle with a partner or in a group of three. How many different ways can the ball be thrown and caught without being dropped? What other tricks can be done with the paper ball using a variety of body parts? Demonstrate tricks for the class. Uncrumple a paper ball and write one healthy eating habit/problem solving skill/benefit of being active on the ball. Younger students can draw pictures instead of writing. When the teacher signals, students have a 'snowball fight'. A paper one of course! After a minute or two, students stop throwing and find a snowball and read the message on the ball. Students then write another message on the paper, crumple it up again and begin another 'snowball fight' on the teacher's signal. At the end, have students share some of the messages with the class.

# what's happening

## Be Fit For Life School Programs 2007-08

### New Programs available with The Calgary and District Be Fit For Life Centre for 2008!

The Calgary and District Be Fit For Life is proud to have an additional 12 school programs for 2008. Now there are 12 more ways that your students can learn about Active Living, Healthy Eating and Fitness in a fun and innovative way! Health, Wellness, and Fitness programs are now available for Teachers too! For more information contact the Calgary and District Be Fit For Life Centre @ (403) 220-8011 or bfit4lif@ucalgary.ca

### New Resource for Teachers from Be Fit For Life Resistance Band Activities for Elementary Students

Use resistance bands in fun ways and link to the Physical Education outcomes. For more information contact the Edmonton Be Fit For Life Centre @ (780) 492-0758 or lindsay.wright@ualberta.ca.



## Nutrition Month is Just a 'Beet' Away

### March is National Nutrition Month®!

The theme of this annual event changes each year with this year's theme being a "Spotlight on food and nutrition!" You are encouraged to take action to eat healthier, be more active and feel great. During March, put healthy eating in the spotlight. Information for dietitians, educators, parents and community leaders about Nutrition Month® can be found online @ [www.dietitians.ca](http://www.dietitians.ca). Additional web-based features on the site include, building your own one-day menu online and using the "Food Guide Calculator" to see if you are meeting the *Canada's Food Guide* recommendations, taking 'Nutrition Challenges' to test your nutrition knowledge, completing crosswords, and finding answers to the web-based scavenger hunt. You can even check out the Virtual Grocery Store and go along on a virtual shopping tour.

## Active Living in Alberta!

Check out the new website:

[www.activelivinginalberta.ca](http://www.activelivinginalberta.ca)

and link to the partners that make up the Active Lifestyles Portfolio (ALP), including Schools Come Alive. The ALP is a partnership of fourteen Alberta active living organizations that are funded by the Alberta Sport Recreation Parks and Wildlife Foundation and Alberta Tourism Parks Recreation and Culture.



# get active!

## Is Your Neighborhood Walkable?

Picture a neighborhood that you could walk to the grocery store, park, or school. This neighborhood would be accessible to everyone and there would be plenty of parks for people to gather. Find out if your neighborhood is conducive to walking by checking out the online tool that provides you with a Walk Score @ [www.walkscore.com](http://www.walkscore.com). A calculation is created according to how close you are to grocery stores, fitness facilities, parks and other amenities.



## Alberta Fitness Leadership Certification Association (AFLCA)



Ever Active Kids is a Children & Youth Fitness Module which gives you the tools to develop physical activity programs for children and youth.



**Become an Ever Active Kids Leader and let's get children & youth active!**

The workshop covers:

- children and adolescent physical development
- exercise and activity adoption
- adherence and attrition
- how children differ from adults physically, psychologically, socially, morally designing activities and programs
- motivation theories
- physical activity patterns of children and youth
- how to be an exemplary EAK leader

This course is excellent for any exercise specialist interested in leading classes for children and youth.

**Watch for course dates in 2008!**

Don't miss this great opportunity!!

Information can be found on our web site at [www.provincialfitnessunit.ca](http://www.provincialfitnessunit.ca).

Faculty of Physical Education & Recreation

Campus Recreation  
and Community Programs

active life  
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## Active U School Programs



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### Spring Activity Programs for Grades K to 12

Bring your students to the Faculty of Physical Education and Recreation at the University of Alberta. They will experience and enjoy a range of exciting sports, games and other recreational and fitness activities at one of Canada's premiere universities!

- Active U School Programs are taught by highly skilled staff and designed specifically for students.
- Classes cater to students at all levels of ability in a caring, non-competitive, inclusive environment.
- Emphasis on having fun while being active and learning different sports and activities
- The one day activity programs are held at the Van Vliet Centre on Main Campus and at Foote Field and Saville Sports Centre at South Campus between May 1 – June 27, 2008.

Call 492-2231 or e-mail [activeschools@ualberta.ca](mailto:activeschools@ualberta.ca) for more information. A list of all activities is available @ [www.campusrec.ualberta.ca](http://www.campusrec.ualberta.ca). Get to the 'Active U School Programs' link by looking under 'Programs'.

# get active!

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**Fitness Leader 35**

**Fitness Leadership**  
SINCE 1984  
**AFLCA**

This unique 5-credit high school course requiring 125 hours of time tabled instruction has been developed through collaboration with the Alberta Fitness Leadership Certification Association (AFLCA) and Edmonton Public Schools.

This course provides students with an opportunity to learn and experience the role of a fitness leader and may lead students to further study or employment as a fitness leader. Students will have the opportunity to obtain AFLCA certification upon completion. The course covers topics relating to fitness theory such as anatomy, physiology, biomechanics, training and conditioning, leadership, and nutrition, as well as specialized practical areas such as group exercise, resistance training, aquatic exercise or fitness for the older adult. Teachers will have the option to cover at least two of specialty areas depending on interest. For further information please contact Debbie Ponich, AFLCA Program Coordinator at [debbie.ponich@ualberta.ca](mailto:debbie.ponich@ualberta.ca) or 780-492-4435.

To learn more about the AFLCA please visit our web site at [www.provincialfitnessunit.ca](http://www.provincialfitnessunit.ca)

HEALTHY EATING & NUTRITION EDUCATION

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# St. Alphonsus School

There are some schools that really take their students' health to heart, and St. Alphonsus (SA) elementary and junior high is one of them. They have been an Ever Active School since the beginning of the program and have shown a lot of growth in their school community, especially when it comes to physical activity and nutrition. SA has also received the Active Edmonton Award two years running, and after reading this article you'll be able to see why!

The whole school is active, with extremely high participation in extra-curricular activities and team sports. For example, they have introduced activities such as hip-hop dance classes to engage a diverse range of students. In addition to their daily physical activity, being an Ever Active School has resulted in more students at SA working out and trying out for teams.

Brent Bradford, the school's physical education teacher, had the fitness facility built four years ago in order to allow the students to engage in different types of activity and to increase physical activity levels. They have both cardio and weight equipment, which students are taught how to safely use. In addition to in-school use, on Mondays, Wednesdays, and Fridays, from 4-8 pm the facilities are open to the junior high students and the broader school community. The gym is also made available at these times for all students, who often engage in basketball and badminton with family and friends. Suzanne Rozycki,

the school's assistant principal, noted that, "This program keeps the kids safe, it is very social, and they learn how to make physical activity a part of daily life."

The nutrition program is also showing that the school's health community is strong. The manager of the school's store along with Brent Bradford, look at the store's menu, and try to stick to the motto, "the healthy choice is the easy choice." They also run a daily breakfast program for the junior high students, who are provided with a healthy meal to get their day started off right, and taught what goes into a proper diet. The elementary school students are given a wholesome snack to make sure they are getting proper nutrients to help them have a successful school day. The grade 5's also get to participate in a Young Chefs program, where they learn to cook nutritious meals. This complements the Ever Active Schools approach as nutrition and physical activity go hand in hand.

Upon talking with the students at SA, it is obvious they feel very supported. As one student put it, "This school is pretty athletic, we have a lot of opportunities for everyone."



A second student added, "The teachers are really helpful and willing to give extra time, they are really devoted to us." One of the key features of maintaining this high level of participation is that all teachers in both the elementary and junior high coach teams and supervise the fitness areas, and there is an impressive willingness of staff to volunteer. Brent Bradford believes that being an Ever Active School is really critical and can be maintained. "Having a healthy school is what always felt important here. We wanted to make sure that if the principal leaves that the programs will continue, and that happens by having all of our staff and parents involved."

St. Alphonsus is a stellar example of what an Ever Active School can be. They should be very proud of their accomplishments in creating and supporting a healthy active school community!



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Ever Active Schools visit  
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