

SCHOOLS  
COME

Alive

# ACTIVE

NEWS AND UPDATES REGARDING HEALTHY ACTIVE LIVING IN ALBERTA SCHOOLS

## It's been a BUSY year!

Schools Come Alive has been busy presenting health & physical education related sessions at Teacher Conventions and with various school jurisdictions across the province! In fact, Schools Come Alive, along with Ever Active Schools, facilitated a two-day "Train the Trainer" workshop in Yellowknife, N.W.T.



Schools Come Alive provides leadership through workshops, resource development and collaborative partnerships in order to

improve healthy active lifestyles in Alberta schools.

Workshops are tailored for school, district or convention needs. SCA also provides great presentations for staff meetings, professional development days, or School Council meetings. This year's most sought after workshops have been DPA for the Classroom Teacher, Assessment for Learning and Beyond 'One Size Fits All' (Differentiated Instruction) in Physical Education. Stay tuned for more workshops to be offered in the Fall.

### Health and Physical Education Quotes are Powerful

Some words to post and use:

*"Be Cool...Play in School."*

*"Every winner was a beginner."*

*"The mind is like a parachute, it works better when it's open."*

*"Fitness zone ahead."*

*"The game is never more important than the people you play it with."*

- Debra Demaline Maxted

*"Winning doesn't always mean being first. Winning means you're doing better than you've ever done before."*

- Bonnie Blair

*"Life is 10 percent what happens to you and 90 percent how you respond to it."* - Lou Holtz (University of Notre Dame football coach)

*"A winner's strongest muscle is her heart."* - Cassie Campbell (Gold Medalist for Team Canada's Hockey Team)

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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.

## UPCOMING EVENTS

**May 8-June 20** » SummerActive 2008, [www.summeractive.ca](http://www.summeractive.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)

**May 22** » It's a Toss-Up – Retro Style, [www.cahperd.ca](http://www.cahperd.ca)

**May 31-June 1** » Little Big Run, [www.littlebigrun.ca](http://www.littlebigrun.ca)

**June** » is Recreation and Parks Month, [www.arpaonline.ca](http://www.arpaonline.ca)

**June 1-8** » Commuter Challenge Week, [www.commuterchallenge.ca](http://www.commuterchallenge.ca)

**October 6-10** » International Walk to School Week, [www.goforgreen.ca](http://www.goforgreen.ca)

*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.*



A COLLABORATIVE PROJECT

The Health and Physical Education Council acknowledges the generous contribution of



# ACTIVE of interest . . .

did.....

# you know?

The DPA for the Classroom Teacher handout is now available online in French.

Visit [www.schoolscomealive.org](http://www.schoolscomealive.org) to download your copy and many other resources to support Health, Physical Education and the DPA Initiative.



## Alberta Healthy School Community Wellness Fund

*A new funding source from Alberta Health and Wellness is available for school communities thanks to a partnership between Alberta Coalition for Healthy School Communities and the University of Alberta, School of Public Health.*

The Alberta Healthy School Community Wellness Fund was established to support school communities to promote and enhance health using a comprehensive school health model. If your school community is looking to develop capacity in supporting healthy eating, active living and/or promoting a positive social environment this may be the opportunity for you!

### Funding

Two categories of grants are available. In each year of the Wellness Fund, a sponsoring organization may submit an

application for more than one project in either Category A or B, but may not apply for more than one grant for any one project.

### Category A: Larger Grants

Grants over \$10,000 and up to \$50,000 per year are available for approved projects.

### Category B: Smaller Grants

Smaller grants up to \$10,000 are available for smaller school community projects or activities.

Grant application forms are available on the Alberta Coalition for Healthy School Communities Website @ <http://www.achsc.org/>

For more information please contact,

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**NATIONAL SCHOOL RECOGNITION AWARD PROGRAM (R.A.P.)**

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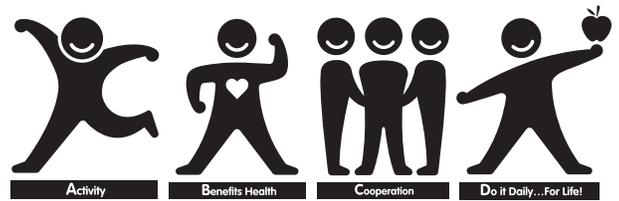
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# physical education

## K-12 PHYSICAL EDUCATION UPDATE



## Daily Physical Activity (DPA)

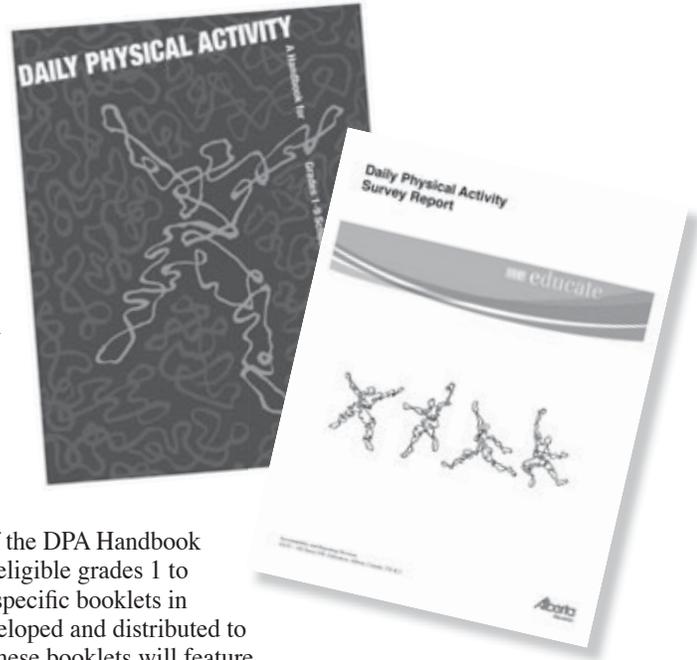
In Spring 2007, Alberta Education conducted a Daily Physical Activity (DPA) implementation survey. The intent was to gather school-level information regarding perceptions of DPA and to provide a greater understanding of DPA implementation in grades 1 to 9.

Alberta Education is pleased to release the Daily Physical Activity Survey report. The full report and executive summary are now available on the Alberta Education Web site at <http://education.alberta.ca/teachers/resources/dpa.aspx>. The executive summary is also available online in French at <http://education.alberta.ca/francais/teachers/progres/core/edphys/appui/apq.aspx>. Some of the key findings of the report include:

- The majority of respondents agreed that students are satisfied with the DPA opportunities provided to them.
- Survey results 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 their school.
- Most schools are scheduling daily physical education classes to monitor the DPA requirements.
- Principals and teachers indicated the biggest challenges to DPA implementation are scheduling and a lack of facilities and/or space.

The survey helped identify the many variables that influence DPA outcomes and provided an opportunity for schools to provide feedback on promising practices and challenges associated with implementation of the DPA Initiative.

Alberta Education has already moved forward on actions to provide further support to schools in their efforts to implement daily physical activity. For example, copies of the DPA Handbook were recently mailed out to all eligible grades 1 to 9 schools and a series of topic-specific booklets in French and English will be developed and distributed to schools starting in Fall 2008. These booklets will feature promising practices, equipment and facility usage tips, scheduling, funding, mentoring tips, and other current research.



If you have any questions regarding the DPA report, please contact:

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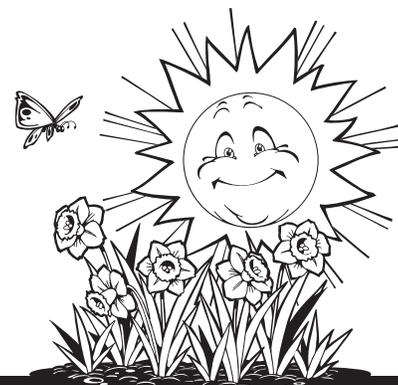
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## Schools Come Alive Top 10 List!

*Spring has finally sprung which means that Physical Education can now be taken outside on a regular basis. If you have a field, tarmac or playground, then these activities are for you!*



### TOP TEN OUTDOOR ACTIVITIES:

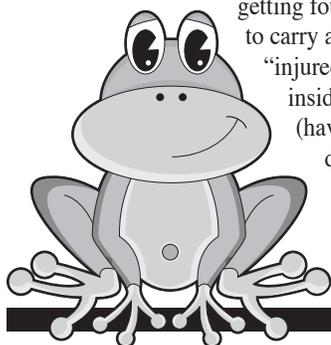
#### #10 Adventure Obstacle Course

Set up an outdoor obstacle course in the shape of an oval around the playing field. Be sure to check for debris or sharp objects before setting up. Students can move through the course individually or in pairs. Some ideas for set up are: Mats to climb over, skipping ropes to walk along or jump rope with, hoops to step into (simulating tires), large foam dice to roll for the number of jumping jacks or chicken jacks to perform, play huts or tunnels to crawl through, soccer balls with a net to kick into and/or large pool noodles with doweling placed inside the ends and pushed into the ground to crawl under.

#### #9 Leapin' Lily pads

Scatter 8-10 hoops around the playing area. Choose 2-3 students to be "frogs". The rest of the students are "ladybugs". At the signal, the frogs move around and try to tag the ladybugs. When tagged, the ladybug must lay on their back with their feet and hands extended in the air. The ladybugs that have not been tagged can try to "save" their fellow ladybugs by

getting four ladybugs to carry and set the "injured" ladybug inside a lily pad (have students demonstrate how to safely



carry an "injured" ladybug, and how to carefully set them down on the ground). When all four ladybugs are holding onto to the "injured" ladybug, they are safe and cannot be tagged by the frogs. After the ladybug is placed down on the lily pad, all five ants have five seconds to get away before they can be tagged by the frogs. The activity ends when all of the ladybugs have been tagged and are laying on their backs. Frogs can be changed when the activity ends or after a certain amount of time.

#### #8 Soccer/Baseball/Tennis Ball or Frisbee Golf

In pairs or groups of three, students move throughout the outside playing area using a scorecard that indicates where they are to move next. Provide each group with a scorecard, clipboard, pencil, and one ball. Each group starts at a different hole and one group member at a time throws the ball to the next hole, while keeping track of their number of throws. Examples of a hole locations include: the baseball backstop, the soccer goal posts and the playground monkey bars.

#### #7 Driver's Training

This activity is a great warm-up to learning! Prior to this activity, pylons can be placed down to create a road or parking lot as the playing area. You can also make driver's licenses for

the students to enhance their driving experience. Cues are called out to the students and they follow the cues by completing the actions. The cues and actions for this activity are:

**Speed limit** – walk inside the playing area

**Bumpy road** – skip

**Narrow road** – gallop

**Highway** – run

**Flat tire** – hop on one foot

**Out of gas** – sit

**Emergency** – freeze

**It's raining** – jumping jacks

**Traffic jam** – 3 pushups and return to speed limit

**Stuck in the mud** – run in place

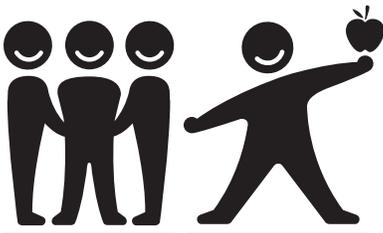
**School zone** – walk slowly

**Construction zone** – leap over potholes

**Ambulance** – go to the closest sideline

#### #6 Kingball

Divide the class into 4 teams, and divide the playing area into 4 squares using the cones. Each team "owns" their own square. A ball is placed inside a hula hoop in the far corner of each square. Each team has one player designated to guard the ball. The object of the game is for each team to try to steal any opponent's ball and return it to their hoop without being tagged. If a player is tagged in another team's territory, that player must sit or squat down and is frozen. A team member can rescue this



## 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.

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!

player by tagging him/her. If rescued, both players are free to re-enter the game. If the tagged player is carrying a ball, the ball must be placed back in the hoop. Players may not kick the ball. The ball may be passed to another team member, but it **MUST** be carried across the boundary line. If the ball is knocked out of a player's hands, anyone may pick it up.

### #5 Topsy-Turvy

Divide class in half. One half will be "topsy" and the other half will be "turvy." Scatter pylons/cones in the playing area - half will be placed upright and the remainder will be placed laying down. On your signal, students run within the area. The "topsy" place the cones upright and the "turvy" knock them down with their hands. Continue for 1-2 minutes, then switch roles.

### #4 Air Ball

Divide the class into teams of 5-6 players. The goal is to advance the football or another ball of choice by passing it to other teammates until a touchdown is scored. The game is started with a 'throw off' from behind the goal line. All team members must be behind the goal line before the 'throw off' occurs. The receiving team must be in a scattered formation on the other side of the midfield line before receiving the 'throw off'. The ball is caught or quickly picked up after the 'throw off' and put into play by using various passing techniques to advance the ball. Forward passes, lateral passes, backward passes, and underhand passes are all acceptable means of advancing the ball. Once the ball is caught, the receiver has 3 seconds to pass the ball to another teammate. The receiver is allowed 2 steps to get his/her body under control after catching a pass. After a catch, the receiver is also allowed 1 "air self toss" if they wish. Player to player defense is only permitted and no 'double teams' on the receiver. If the offensive team drops a pass, it is a

turnover. If the defensive team touches the ball and the ball hits the ground, it is a turnover and the ball is awarded to the defensive team. Any ball intercepted is a turnover and the defensive team now converts over to offense and tries to score a TD. After each TD, put the ball back in play with a 'throw off' from the goal line.

### #3 Up Against Baseball

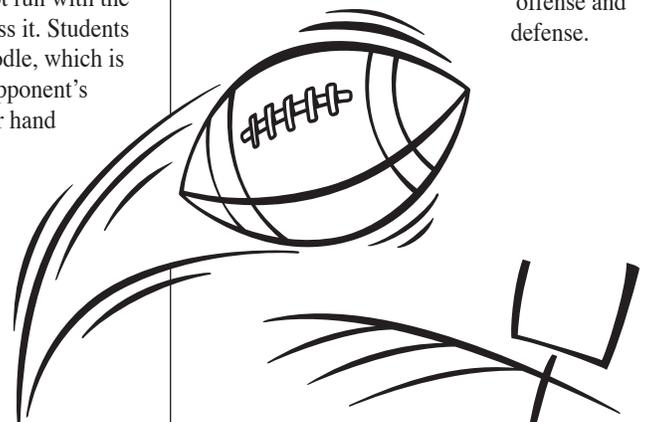
In pairs, students find a spot in front of the school wall. Each pair makes lines or chalk marks about three feet apart that mark off a single, double, triple and home run (or 1-2-3-4). One student throws a tennis ball or wiffle ball on the ground and then up against the wall. The defense/fielder must try to catch the ball before it bounces on the ground after hitting the wall. If caught, then it's an out. The offense/thrower scores points/runs for every ball that lands past the marked lines. Switch after three outs or after a certain time as designated by the teacher. Try adding more players to this activity and play doubles.

### #2 Frisbee Noodle Swat

Separate the students into two teams. Place a chair or large pylon at each end of the playing area and set a bowling pin or ball on top of each. The object of the activity is to knock the bowling pin off of the opponent's chair. Team members pass the Frisbee to each other as they move down the field. More than one Frisbee is used and students must not run with the Frisbee. They can only pass it. Students each hold a short pool noodle, which is used to knock down the opponent's Frisbee and use their other hand to catch and throw their team's Frisbee. Points are awarded for each knock down of the bowling pin. Instead of using a Frisbee, a ball can be used.

### #1 Double Flag Football/Rugby

Divide the class into 4 groups and give out flag belts and two flags to each student. Use 4 colors of flags to distinguish each group or have the groups wear different colored pinnies. This activity is played using half of the soccer field from sideline to sideline. The object is to get touchdowns as in regular football. Students attempt to get to the end zone with at least one flag attached. Several footballs or rugby balls are used (7-8 works well). To begin, two groups are on defense and two on offense. The defensive groups try to take the flags from the other two groups. Those on offense may run and pass the ball as often and in any direction they wish. On command, the offense starts on one side and tries to get to the other. If students lose 1 flag, they can still run with a ball. If they lose 2 flags, they must put the ball on the ground. A ball that touches the ground is out of play. If a touchdown is scored, the group receives one point if they have one flag left on the scorer's belt and 2 points if there are two flags left on the scorer's belt. A student without the ball may not have flags taken. There is no blocking of the flags and interceptions are permitted. After the teams play for a certain time, switch offense and defense.





# Health / CALM UPDATES



## Regional Health Promotion Coordinators for Healthy Weights

Health Promotion Professionals have been hired for the next three years 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.

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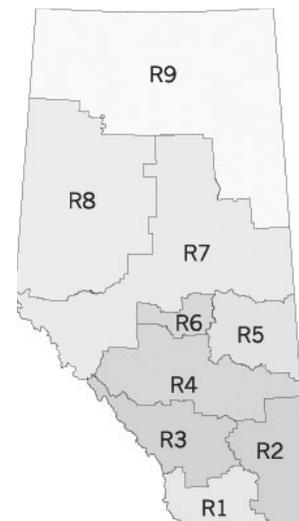
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- 1 Chinook Regional Health Authority
- 2 Palliser Health Region
- 3 Calgary Health Region
- 4 David Thompson Regional Health Authority
- 5 East Central Health
- 6 Capital Health
- 7 Aspen Regional Health Authority
- 8 Peace Country Health
- 9 Northern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



### 7 • ASPEN

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\* Lead contact for region regarding grant or work plan.

## K-12 Wellness Focus Groups

Alberta Education would like to thank all teachers and administrators for their contribution to the Wellness Focus Groups that took place in Winter 2008. The data collected is currently being analyzed as part of the Review Step of the *Alberta Curriculum Development, Approval and Implementation Cycle*.

## Worth READING

### After School Programs in the 21st Century

The “Issues and Opportunities in Out-of-School Time Evaluation” research brief from Harvard Family Research Project draws on seminal research and evaluation studies to address two primary questions: Does participation in after school programs make a difference? If so, what conditions appear to be necessary to achieve positive results?

This 12-page brief concludes with a set of questions to spur conversation about the evolving role of after school programs in the efforts to expand time and opportunities for children and youth in the 21st century. You can download a copy of the research brief and access supplementary resources at the link below:

<http://www.gse.harvard.edu/hfrp/projects/afterschool/resources/issuebrief10/>



## Staff Wellness

TIP

## Creating a FUN Workplace

Dr. Norman Cousins says,

*“Laughter is an igniter of great expectations.”*

Children laugh an average of 400 times a day and that number drops to only 15 times a day by the time people reach age 35. Laughter releases endorphins (a chemical 10 times more powerful than the pain-relieving drug morphine) into the body with the same exhilarating effect as doing strenuous exercise. Laughing increases oxygen intake, thereby replenishing and invigorating cells. It also increases the pain threshold, boosts immunity, and relieves stress.

### TAKE THE ... “IS YOUR STAFF SUFFERING FROM TERMINAL SERIOUSNESS” TEST:

Scan your staff room and take note:

Do you regularly catch people laughing or smiling?	<input type="radio"/> YES	<input type="radio"/> NO
When something funny happens do people stop and appreciate it?	<input type="radio"/> YES	<input type="radio"/> NO
Does your staff participate in fun activities? ie. Staff Meetings (No, this is not a joke)	<input type="radio"/> YES	<input type="radio"/> NO

If you answer no to two or more of these questions, your staff might be suffering from “terminal seriousness”.

This test was adapted from the Judy Urquhart, Motivational Keynote Speaker’s website: <http://www.idoinspire.com>

The average adult needs at least 12 good laughs a day. Here are some tips to consider when creating humor with your staff:

#### Capture gems from the air

Almost daily, someone in your life says something truly hilarious — sometimes intentionally. Intentional or not, write it down. Once a year, read your collection from beginning to end.

#### Post humor on the wall outside your door or in your staffroom

Look for jokes and comics and post them up for staff. As people pass, they’ll stop to read your postings and laugh.

#### Add some fun into your staff meeting

Ask to present a Daily Physical Activity at the next staff meeting. It will be a sure way to get your staff laughing. Not to mention, they will come away with a new activity. Visit the Schools Come Alive website @ [www.schoolscomealive.org](http://www.schoolscomealive.org) to download the DPA for the Classroom Teacher handout or refer to your DPA Handbook (K-9) for some energizing activities.

#### Get a cartoon-a-day desk calendar

Every morning make a little ritual of tearing off yesterday’s cartoon and reading today’s. Save the really good ones. Post the bad ones inside the staff bathroom door.

#### Throw away your boring coffee mug

Get one that’s really ridiculous, with a cartoon character sculpted on it — maybe Wiley Coyote or Bullwinkle. Take it with you to staff meetings.

### Something to post in your staffroom: Excuse Notes from Parents

The following is a partial list of actual written excuses given to teachers by parents of students:

- Dear School: Please excuse John from being absent on Jan. 28,29,30, 31,32, and also 33.
- Chris will not be in school because he has an acre in his side.
- My son is under the doctor’s care and should not take fzical ed. Please execute him.
- Carlos was absent yesterday because he was playing football. He was hit in the growing part.
- Please excuse Joyce from P.E. for a few days. Yesterday she fell off a tree and misplaced her hip.
- Please excuse Ray Friday from school. He had very loose vowels.
- Please excuse Blanche from jim today.
- Ralph was absent yesterday because he had a sore trout.
- Please excuse Lisa. She is having problems with her ovals.



# 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

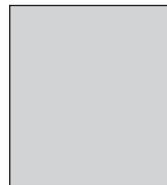
RR: Dylan Dellezay  
 Ecole J.E. Lapointe School  
 BEAUMONT

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  
 St. Mary's High School  
 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.

## 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



## Opportunities for Leadership Within the Health and Physical Education Council

### The Council Needs You!

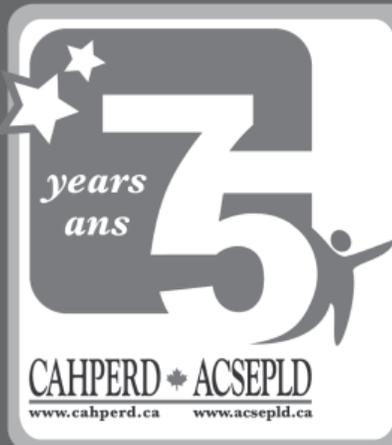
HPEC is currently accepting nominations of HPEC members that are interested in being on the Executive Council.

- Network with other Health and Physical Educators
- Be the first to know about new initiatives
- Help plan events/conferences

E-mail Shawn O'Neill (HPEC Past President) if you are interested in this opportunity: [stoneill@cbe.ab.ca](mailto:stoneill@cbe.ab.ca)

## HPEC/CAHPERD CONFERENCE 2009! BANFF, ALBERTA

CELEBRATING ALL CHILDREN LIVING HEALTHY & ACTIVE LIVES!



The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) celebrates 75 years of advocating for healthy and active children in schools. As part of the celebration CAHPERD has developed a special 75th anniversary web portal dedicated to the past, present and future of physical and health education.

The 2009 CAHPERD National Conference will be held in partnership with the Health and Physical Education Council (HPEC), Alberta in beautiful Banff, AB from April 30 to May 2, 2009.

Check it out [www.cahperd.ca](http://www.cahperd.ca)

## Upcoming HPEC RR Events

### Greater Edmonton/North Central Drive-In Workshop on Monday, May 12

Sessions include:

- Core stability/fitness related activities
- 'Survivor' for your gymnasium
- Team building
- Dance

Sessions will be geared for all grade levels and it will run from 4:00-7:30 p.m. at Ecole J.E. Lapointe in Beaumont. For \$10 including pizza, it's a steal of a deal!!! To register e-mail Heather Rootsart @ [rootsaerth@ecsd.net](mailto:rootsaerth@ecsd.net) or Dylan Dellezay @ [dylan.dellezay@blackgold.ca](mailto:dylan.dellezay@blackgold.ca). Hope to see you there!

# what's happening

**new equipment  
low cost**



**NEW USES FOR  
OLD STUFF.**

## The deck of cards



Pocket Rockets-A/A, Cowboys-K/K, Snowmen-8/8, Hockey Sticks-7/7, Sailboats-4/4, and Ducks-2/2. No, these are not the names of your Intramural Teams. (Well, maybe they are). These are some slang terms when playing cards. When it comes to card activities in Physical Education, however, all you have to know are the rules to a few activities and a deck of cards and you'll have your students moving in an instant.

### Fabulous Four Fitness

Place four different colored poster paper in the four corners of the gym. On each poster, list numbers and letters corresponding to a deck of cards 2,3,4...Q,K,A, and write fitness activities associated with each number/letter. Pictures can also be created for each activity for younger students. Hand each student a card and have them start at a certain color. After they finish the activity at the corner, ask them to move to another corner on their own and do that activity. To increase student motivation, play some upbeat music. After the students complete the activities at each corner, have them exchange their playing card for another one. Some examples of fitness activities at each corner are: crunches, push-ups, jumping jacks, leg lifts, squats, side crunches, line jumps, wall push-ups, lunges.

### Card Color Passing

Divide students into pairs and have them share one ball. Place a deck of cards in the center of the playing area and ask one partner to come over and draw one card from the deck. If a student draws a black card, the partners must bounce pass to one another. If the student draws a red card, the partners must chest pass to one another. The number on the card represents how many passes are to be made. For example:

- 10 of Spades = 10 bounce passes
- King of Hearts = 13 chest passes
- Ace of Clubs = 11 bounce passes

As soon as the task is completed, one partner places the card in their pocket (or places it in a safe place) and draws another card from the teacher. The activity continues until the deck is completely drawn. When the cards are all drawn, students count the number of cards they have collected. Shuffle all the cards and begin again.

### Card Suit Warm-Up

Separate the students into pairs and have them line up along the end line with their partner (one in front of the other). Assign each pair a card value. Example Ace, King, Queen, Jack, 10, etc. At the other end of the playing area, randomly place the cards face down. On the signal, students run down to the other end, one at a time, flip over a card and see if it matches what they were given. If it matches, they keep the card. If it does not, they turn it back over and jog back to their partner and switch roles. When the pair has 4 matching cards, they bring them to the teacher and quietly stretch at a designated area until all the others are done.

communities  
**choosewell**

## What it's all about.

*Communities ChooseWell* is a province-wide wellness initiative and part of the Government of Alberta's *Healthy U* campaign.

Under the program, communities can commit to encouraging their residents to live healthier lifestyles. Community leaders are supported throughout this initiative with promotional materials and resources to help promote existing, and build new, healthy living initiatives. Registration for the 2008 *Communities ChooseWell* ends May 15, 2008 and the initiative will officially run through to February 15, 2009.

The idea of "choosing well" lends itself to all kinds of positive thinking about making healthy food choices, engaging in healthy recreation activities and promoting and advancing wholesome living. This is done through a variety of pursuits such as family programs, special events, seniors walking groups and media coverage.

## Let's choose to build a healthier Alberta together!

All Alberta communities (municipalities with populations ranging from 50 to 50,000+) and any community league or association within major municipalities and are eligible to get involved! The program will also recognize every community that participates. This year, a provincial forum and additional resources will be provided to help community coordinators. Each participating community will receive a range of promotional and support materials to help spread the message of healthy eating and active living!

**To register YOUR community in the 2008 *Communities ChooseWell* please visit**

**healthyalberta.com** or contact  
the Provincial Coordinator at  
**(780) 415-1745** or  
**ccc@arpaonline.ca.**



# what's happening



**SummerActive is** Canada's annual, six-week community mobilization initiative 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 and physical activity are all key parts of a healthy lifestyle.**

Last year, hundreds of initiatives and programs organized as part of SummerActive helped thousands of Canadians **take the first steps** towards adopting a healthy lifestyle.

Many of these initiatives were promoted through existing healthy living programs and events that were **organized locally**, under the umbrella of the national campaign.

SummerActive is the sister campaign to **WinterActive** campaign which runs annually during January and February.

## Energize your bunny with...SummerActive

May 8 to June 20, 2008

### Lead

- ✧ Plan an initiative (event) for your school, workplace or community that will lift the spirits
- ✧ Build on existing opportunities and promote your initiative under the umbrella of SummerActive
- ✧ Register your initiative and your participation numbers on the national website ([www.summeractive.ca](http://www.summeractive.ca)) for a chance to win prizes!

### Participate

- ✧ Get Active!
- ✧ Participate in an initiative organized by your school, workplace or community
- ✧ Participate on your own anytime during SummerActive.
- ✧ Register your participation on the new look national website ([www.summeractive.ca](http://www.summeractive.ca)) for a chance to win prizes!



## Alberta Initiatives

### Alberta Active Living Challenge Day

- ✧ Get Active Alberta! Join thousands across the province on Thursday May 22, 2008 for Alberta Active Living Challenge Day. Participate in 30 minutes of physical activity on May 22<sup>nd</sup> and register your individual participation or your group's participation at [www.befitforlife.ca](http://www.befitforlife.ca) or call your local Be Fit For Life Centre.
- ✧ Schools participating in CAHPERD's School Challenge "It's a Toss Up!" (30 minutes of throwing activities) on Thursday May 22<sup>nd</sup> will be automatically registered for Alberta Active Living Challenge Day. Log onto CAHPERD's website to participate in the annual School Challenge. [www.cahperd.ca/nationalschoolchallenge/index.cfm](http://www.cahperd.ca/nationalschoolchallenge/index.cfm)



### SummerActive and Communities ChooseWell

Communities ChooseWell and SummerActive have renewed their partnership!

- ✧ Plan an initiative (event), or build on an existing one for your school, workplace or community that will engage people for Communities ChooseWell
- ✧ Send in your early success stories to Communities ChooseWell and you will automatically be registered for SummerActive and a chance to win SummerActive prizes.
- ✧ [www.healthyalberta.com](http://www.healthyalberta.com)

### Healthy Active School Communities Resources – New Edition this Fall

These resources have been developed to provide information about promoting and adopting healthy, active lifestyles for the home, school and community. The ideas included can be easily modified to challenge students and participants at every age level and support the development of the knowledge, skills and attitudes necessary to lead active and healthy lifestyles. Download past copies of the Healthy Active School Communities resources in English and French from [www.everactive.org](http://www.everactive.org).

Contact Pam McEwin for details on these events and much more!  
[Pam.McEwin@gov.ab.ca](mailto:Pam.McEwin@gov.ab.ca), (780) 422-0779, [www.summeractive.ca](http://www.summeractive.ca)

Alberta

# get active!

## Alberta Centre for Active Living - Physical Activity Forum 2008

### Edmonton and Calgary Events

The Alberta Centre for Active Living and Mount Royal College are proud to co-sponsor an important one-day Physical Activity Forum in Edmonton and Calgary. Keynote speaker Dr. Mark Tremblay is the Director of Healthy Active Living and Obesity Research (HALO) at the Children's Hospital of Eastern Ontario Research Institute. A panel discussion will follow Dr. Tremblay's presentation. Panelists include experts in Aboriginal, disability, low income, nutritional, environmental and childhood obesity issues. 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.

### Preventing Childhood Obesity: Big Picture Strategies



#### When & Where

Calgary: May 14, 2008

Edmonton: May 15, 2008

Videoconference: May 15, 2008

Visit the ACAL website @ [www.centre4activeliving.ca](http://www.centre4activeliving.ca) for more information.

**WATER SKI & WAKEBOARD ALBERTA**

## YOUTH PROGRAMS 2008

**RIP 'N RIDE - ALL SUMMER LONG!**  
Wanna learn to Waterski or Wakeboard? Rip N Ride can teach people of all ages how to ski or ride, and you don't need to own a boat! Full day and Week-long Rip 'n Ride sessions coming to a lake near you in 2008:

- Rockyview Water Ski Club (Calgary) June 30 - July 2**
- Lake Isle (30 min. W of Edmonton) July 2 and 3, July 14-18, Aug 18-22**
- Shalom Park Water Ski Club (Edmonton) July 7-11, Aug 5-8**
- Pigeon Lake (near the Prov. Park) July 28-31**

**NEW KIDS ON THE WATER - June 1, 8**  
A half-day beginner program for kids 6 - 11 years of age, supervised by the Shalom Park Water Ski Club. Lunch and all equipment is included, held the first two Sundays in June.

**KIDSKI - begins in may**  
Also at Shalom Park, a 10-week program designed for kids who know how to slalom ski and would like to get involved in competitive water skiing.

**LEARN TO RIDE - July and August**  
This Week-long Wakeboard program at Lake Isle is for first-time boarders and includes all equipment and lunch.

**where do I sign up?**  
To register for any of the above programs, visit our website at [www.wswa.ca](http://www.wswa.ca), or give Waterski & Wakeboard Alberta a call at **415-0088**.  
Let's Rip! Let's Ride! This Summer!

**Water Ski and Wakeboard CANADA**

[www.wswa.ca](http://www.wswa.ca)  
11759 Great Road, Edmonton, AB / 780-415-0088 / 1-866-258-2754

*This promotion may be redistributed in your school or school newsletter.*

# get active!

		<b>Sport Medicine Council of Alberta</b> Sport Medicine Supplies Therapist, Athletic, & Basic First Aid Kit Sales Therapist & Physician Kit Rentals Sport Nutrition Course Athletic First Aid Course Taping & Strapping Course Drugs in Sport Resources Memberships High School Equivalency Programs Speakers Bureau Publications & Flyers
<b>NEW Sport Medicine Resource Library</b> We have added the most up-to-date DVDs, videos, textbooks, and multimedia to the library in the areas of: <ul style="list-style-type: none"> <li>• sports nutrition</li> <li>• drugs in sport</li> <li>• athletic injury prevention and treatment</li> <li>• strength training</li> <li>• sport psychology</li> </ul> The Sport Medicine Resource Library is geared towards: <ul style="list-style-type: none"> <li>• coaches</li> <li>• parents</li> <li>• students and athletes over the age of 12</li> <li>• some resources suitable for children in grades 1-6</li> </ul>		 <b>Sport Medicine Council of Alberta</b> 11759 Groat Road Edmonton, AB T5M 3K6 Phone: (780) 415-0812 <a href="http://www.sportmedab.ca">www.sportmedab.ca</a> <small>Alberta Alberta Lottery Fund</small>

**Special Olympics Alberta**

**WINNING AT LIFE.**

*Year round in Alberta, over 3000 athletes are training and competing with Special Olympics. With opportunities available at every level - local, provincial, national, even international, you're sure to find the right program for you.*

*Try our new youth development programs or sign up for one of fifteen summer & winter sports.*

Register today at  
**1-800-444-2883**  
[www.specialolympics.ab.ca](http://www.specialolympics.ab.ca)

**Swim to Survive®**

Grant applications available  
June 2008

## Go Swim! Be Fit!

All children should learn to

The *Swim to Survive School Grant* provides Grade 3 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.

Available to all Alberta rural schools and communities.

**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 & 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.

Supported by

Tel: 780.415.1755 | [experts@lifesaving.org](mailto:experts@lifesaving.org)

[www.lifesaving.org](http://www.lifesaving.org)

**SCHOOLS**  
**COME *Alive***



# health promoting schools update

## Ever Active Schools Healthy Active Schools Symposia 2008



*EAS is building upon the success of HASS 2007 and will host the third annual Healthy Active Schools Symposia (HASS 2008) to motivate school teams, provide up to date information, examine opportunities for sharing and networking and further support healthy active school communities and the partners that make it happen.*

**HASS 2008 is open to all interested Alberta school communities as well as individuals such as community health nurses or other practitioners.** 98% of last year's participants would recommend this event to other school communities! Each event is presented as a partnership between Ever Active Schools and the local Regional Health Authority.

Each invited member or associate school (see definition on this page) would be entitled to bring their EAS champion, a new teacher or health contact, an administrator, 4 student leaders, and a parent or community stakeholder. Non-member schools would be invited to bring a school champion (teacher or admin), four students and a community adult (parent or health practitioner).

EAS, in partnership with Regional Health Authorities will provide the facility, snacks, lunch, materials and the supports indicated above. Content for the day would include (check the website for agendas):

- Opportunity for grade-level (students and adults) groups to meet together and discuss challenges and opportunities

- A variety of discussions and presentations (physical activity, healthy eating, mental wellbeing and student leadership)
- Large group physical activities to energize and motivate participants
- Opportunity to share and network with similar school communities
- School community planning time for teams to set goals, strategies and outcomes for the school year



	Invited Stakeholders	Registration Fee	Supports
<b>EAS Member School:</b> currently in the EAS database and actively working on a game plan for a healthy school community. *	8 per school	\$100 / school	Mileage (1 vehicle per school) 1 Sub (\$200 / school)
<b>Associate School:</b> signed up as "interested" through the registration page on the EAS website and beginning to plan for a healthy school community. *	8 per school	\$150 / school	Mileage (1 vehicle per school)
<b>Non Member School:</b> not signed up with EAS in any way. *	6 per school	\$200 / school	n/a
<b>Individual:</b> any individual not connected with a particular school (e.g. school health nurse).	1 per registration	\$50 / individual	n/a

\* For detailed descriptions of the EAS membership process and benefits, please visit [www.everactive.org/membership.html](http://www.everactive.org/membership.html)

## Locations and dates for the 2008 HASS events

(most up to date info found on the web! [www.everactive.org](http://www.everactive.org))

**Edmonton** (Sept. 17 – Best Western Sherwood Hotel)

**Red Deer** (Sept. 23 – Red Deer Lodge)

**East Central** (Sept. 25 – Kinsella)

**Grande Prairie** (Oct. 1 – Grande Prairie Inn)

**Calgary** (Oct. 7 – St. Leo Centre)

**Lethbridge** (Oct. 9 – Lethbridge Lodge)

**High Level** (Oct. 15 – TBA)

**Fort McMurray** (Oct. 17 – TBA)

**Aspen Health Region** (Oct. 22 – Westlock)

**Treaty Six Band Schools** (Oct. 28 – TBA)

**Palliser Health Region** (Oct. 30 – Medicine Hat)

Space will be limited and preference will be given to those who register early and to those school communities able to commit to bringing all stakeholders.

**Register early to ensure your school's involvement!**

**For further information** please email [info@everactive.org](mailto:info@everactive.org) or phone 780-454-4745. You can also check out feedback and agendas from HASS 06 & 07 and view more information about HASS 08 at [www.everactive.org/news.html](http://www.everactive.org/news.html)

*Looking forward to spending a day with your school community!*

Doug Gleddie  
Director

Rhonda Schillberg  
Administrative Assistant

## HASS Registration

This year, all registration will be on-line at:

[www.everactive.org/news.html](http://www.everactive.org/news.html)

All registrations received before **June 13, 2008** will be entered into a draw for \$60 Human Kinetics gift certificates (total of 10)

Final Deadline for Registration and Payment is: **September 10, 2008**

## EAS Membership Opportunities:



The EAS membership process is currently under revision to

provide new opportunities for Alberta schools to join the program. Visit [www.everactive.org](http://www.everactive.org) to keep apprised of the latest changes and opportunities. As of Fall 2008, there will be two basic categories:

**EAS Member:** schools currently in the EAS database and actively working on a game plan for a healthy active school community. These schools will complete an online assessment each year and also submit a game plan. Member benefits include recognition programs, full website access, full EAS event support, opportunities to participate in special projects and events and member rates for workshops and presentations.

**EAS Associate:** schools signed up as "interested" through the registration page on the EAS website (form to change slightly for Fall 2008) and beginning to plan their healthy active school community. These schools will have an opportunity once a year to complete an online assessment and move to member status. Associate benefits include greater website access, invitations to events, partial EAS event support and a discount for workshops and presentations.

# Charlie Killam School

Camrose is fortunate to have Charlie Killam School, a bright spot in Alberta's education system that includes 55 minutes of daily physical education for every student.

Graced with a wide range of equipment in their fitness centre, they have the advantage of offering an after-school fitness club open to any students. During physical education time they are taught exercise programs and how to properly use the equipment, including the use of heart rate monitors which allow the students to see what zones are safe when they are working out, and to become more in-tune with their bodies.

The majority of Charlie Killam youth start off their day with a walk around the loop of the school (it is a continuous circular structure). Many wear pedometers and challenge each other to see who can get the highest number of steps, and the most laps before the bell rings. This is a great energetic way for kids (and adults!) to get their day started.

The school's principal, Carol Brown, says that her school always makes an effort to go after any type of grant for funding activity-related programs. This, along with embracing Ever Active events has created a very participatory environment. They offer lunchtime intramurals and lots of extracurricular instruction; including activities other than team sports in order to accommodate those students who prefer alternative activities. When renovations

were planned for the school's building,

part of the planning process involved making sure that there were ample active spaces for the kids, including common areas with Ping-Pong tables.

Charlie Killam also runs an outdoor education club that uses the facilities around Camrose as well as running team-building trips. A grade 9 student got to take part as a leader on a canoe trip for students that wouldn't otherwise get to participate in such an experience. They went 110 km in a week, and saw a great deal of growth in the kids who were negative at first but were great friends and had learned a lot by the end.

A breakfast program is also part of Charlie Killam's effort to be a healthy school. It is offered free of charge everyday and has 70 to 100 students who attend. They make an effort to offer more nutritious options at all their meals, including salads and wraps at lunch. The school also recently abolished their pop machines and replaced them with milk and juice options to lower the sugar intake of their students.

In March of this year, Charlie Killam hosted a health fair, in which 18 of the 30 teachers were actively involved in planning



and all of who participated. The health fair was a type of conference for the students, who each choose 3 physical education activities, Nutrition activity and 2 health and wellness activities. Several options were offered including broomball, yoga, Pilates, tai chi, massage, stress management, alternative nutrition, a session with AADAC and more. This event was very successful in giving the kids the chance to participate in different pursuits and to see the variety of possibilities available in maintaining a healthy body and mind.

There appears to be a strong passion and commitment by the teachers and administration to having a healthy school environment, which then filters down to the excitement of their students. Charlie Killam is most definitely an Ever Active School.