

## EVER ACTIVE SCHOOLS FAST FACTS...

- ❖ WORLD HEALTH DAY –  
APRIL 7TH
- ❖ MAY IS PHYSICAL ACTIVITY  
MONTH
- ❖ SMART TOOL AVAILABLE  
TO ASSESS YOUR SCHOOL.
- ❖ SUMMER ACTIVE BEGINS!  
MAY 8TH – JUNE 20TH

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Ever Active Schools – [www.everactive.org](http://www.everactive.org)

Spring Flowers



## HACKY SACK ANYONE?

Every once in a while, I have the privilege of picking up my two children from school. There is no bus service to their school and all the parents fill the parking lot with their cars – and then sit in them and wait for their kids to come out. My usual routine is to do one of two things: if it's cold, I put my mitts and touque on and walk laps around the building; if it's nice enough, I grab my ever present hacky sack out of the glove compartment and bust out some mad skillz (if you consider 3-5 in a row mad skillz).

Last week I was busy trying to beat my latest hacky sack record while being observed by at least 50 parents sitting in their vehicles and I had a thought... What if the school had a “playground box” for parents? You know, the box full of misc. equipment that many elementary classrooms keep so that kids can grab stuff to play with at recess. Why not a box full of things for parents to play with? Hacky sacks, Frisbees, footballs, skipping ropes, basketballs etc. How cool would it be for a kid to walk out of school and see his mom involved in a vigorous game of soccer (soccer mom, of course). Or, her dad skipping rope (double dutch)?

The Parent Playground Box – give it a try! I'd love to hear how it goes!

[doug@everactive.org](mailto:doug@everactive.org)

## Uncas Elementary – WinterActive Contest Winners

Ever Active Schools is proud to present Uncas Elementary School with a \$60 dollar gift certificate from Human Kinetics for their achievements in the Winter Active Contest, which took place in the month of February. Their entire school community documented and contributed all of their physical activity during the month of February.

Uncas school community participated in 80 different activities during this contest. Their top ten activities through out Winter Active included, Active Play in the Snow, Physical Education classes, Walking, Running/ Jogging, Cleaning the house, Ice Hockey, Swimming, Skating, Soccer and Boxing. A

total of 31,240.8 minutes (roughly 520 hours) were logged for the schools number one favorite activity, Active Play in the Snow!

EAS would like to send a special thanks to Jen Pedersen and all staff, parents, and administrators for their time and effort in coordinating and participating in this event with Uncas Elementary School. It is the time and efforts contributed by these people, which make an event like the Winter Active Contest a successful one.

Congratulations Uncas Elementary!

## EDBERG SCHOOL – THE LITTLE SCHOOL WITH HEART



**“ONE OF THE KEY COMPONENTS TO ITS EARLY SUCCESS HAS BEEN THE ‘BUY IN’ FROM THE STAFF AND STUDENTS AT THE SCHOOL’  
PRINCIPAL – PAT BOHNET**

I recently was invited to attend the 100<sup>th</sup> day of school celebration at Edberg School. Located just southeast of Camrose, the little school with heart put on a big celebration! Using the Amazing Race game, the 37 students at Edberg School were put through a variety of challenges to celebrate this ‘Ever Active’ event. This is just one of the many whole school activities they have planned. Each month the students and staff get together in their cross grade families to participate in an activity. These cross grade families allow older students to work with younger students and develop their leadership skills. The students’ love these days because they get to be active, laugh, and enjoy the activities planned.

Edberg School became an Ever Active School member this year (2007-2008). New principal, Pat Bohnet, introduced the program to the school and the program has taken off. To kick off the program, Pat brought some students and a parent to the Healthy Active Schools Symposium (HASS) event in September. Here the students had the opportunity to learn about the Ever Active program, participate in activities, and develop a game plan for their school. One of the key components to its early success has been the ‘buy in’ from the staff and students at the school. The staff believes that student wellness is a priority and needs to be addressed. To accomplish this priority the staff has been fully supportive of activities and programs that are leading towards accomplishing this goal. The

students, initially saddened by the disappearance of pop, are now enjoying the new nutritious juices and snacks as well as hot lunch program offered at school. Each student also enjoys lots of physical activity with daily physical education classes, intramural and extracurricular activities in which each student participates.

Edberg School has chosen to participate in the Battle River Project. This three-year project is a Healthy Schools Initiative run in partnership with Battle River School Division, Ever Active Schools and East Central Health. This project is designed to help schools make improvements in the areas of physical activity, nutrition, and mental wellness within the school community. Through this project Edberg hopes to improve on the initial successes it has already accomplished in such a short period of time.

I thoroughly enjoyed my afternoon at Edberg School! I had the opportunity to visit with friendly staff and students. The staff enjoys the family like atmosphere of the school and the students like having the opportunity to work closely with the “cool teachers” along with all the “fun activities” they get to do at their school. The warm welcoming environment of Edberg School is just one indication that our newest Ever Active School is moving forward in a healthy, active direction! Good luck and continued success Edberg School.

Jardath Nelson, Project Coordinator

## CAHPERD RAP AWARDS



**NATIONAL SCHOOL  
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(RAP.)**

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### GET SMART GET ACTIVE BIKE TOUR – ADVOCATING FOR QUALITY DAILY PHYSICAL EDUCATION PROGRAMS

University of Victoria student, Tyler Duncan, has committed to promoting the importance of Quality Daily Physical Education to the healthy development of children and youth by undertaking a Cross-Canada bike ride. With the support of CAHPERD, Tyler's *Get Smart Get Active Tour* will reach a wide-ranging audience and will stimulate more awareness and support for Quality Daily Physical Education!

On March 31st, 2008 Tyler will put his foot to the peddle in Victoria, BC where he will begin his 7000 km trek from Victoria, BC to St. John's, NL. Along the way Tyler plans to talk to students, community groups and policy makers about the need for Quality Daily Physical Education programs for all Canadian children and youth as a critical intervention to reverse the obesity and physical inactivity that is currently plaguing our nation.

#### Help Support Tyler's Cause:

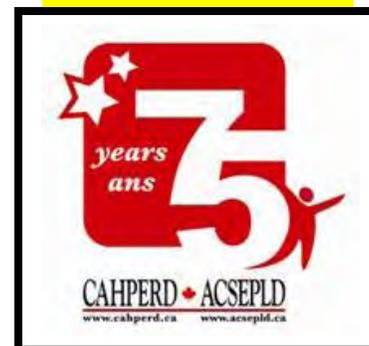
- **Promote the Tour** – Post information about the tour and provide links to the *Get Smart, Get Active Tour's* website in your newsletters and websites.
- **Have Tyler speak to your school/community** about the importance of Physical Education in the lives of children. Talk it up once he leaves – we need advocates who will continue to deliver the message long after Tyler has completed his Tour.
- **Log on to the *Get Smart, Get Active Tour* website** and show Tyler we're all behind him – he will be checking it while en route!
- **Donate to the cause** – create a campaign in your community that donates to the Tour for every kilometer he peddles – or challenge your school board or province to match your contribution! Donations are being accepted to support the *Get Smart, Get Active Tour* and to ensure a lasting legacy that will support Physical Education advocacy and programs in Canada.

Visit Tyler's website for full details <http://www.getsmartgetactive.com/home.html>

Tyler's Trip Calendar <http://www.getsmartgetactive.com/schedule.html>

Support Tyler by joining Tyler's Facebook Page

<http://www.facebook.com/group.php?gid=6325398559>



THE SELECTIONS ON THIS PAGE ARE TAKEN FROM THE EAS PROMISING PRACTICES DOCUMENT.

## SCHOOL OLYMPICS – BEIJING 2008

Equipment: Varies depending on activity or event.

Organization: During the next Olympic Games, have staff and students organize a Summer Olympics as part of physical education class or homeroom intramurals. Each team is responsible for creating its own flag and uniform, as well as choosing a team anthem. Hold an opening ceremony to introduce the teams, the competition structure and the rules of the sporting events. Teams could compete in a variety of events (e.g., track and field events, outdoor activities and games). Award points to teams for medal placement in each event, for sportsmanship, and for having the best team

spirit. At the closing ceremonies, present awards and play the appropriate team anthems.

Catch the Olympic Spirit for the summer of 2008!

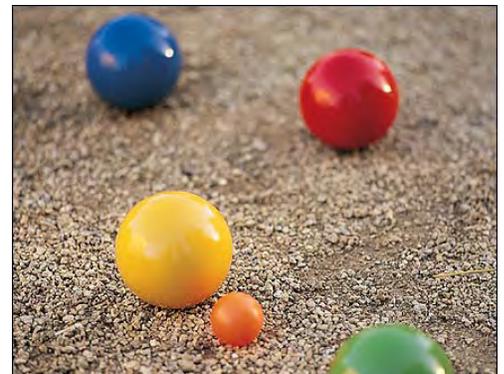


## BEAN BAG BOCCE TOURNAMENT

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

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

categories.



## GARDENING CLUB – SCHOOL WIDE COMMUNITY

Equipment: Gardening supplies, plants, student, teacher or community leader

Organization: Start a gardening club at your school. Ask parents, community members, and local nurseries to donate plants for students to care for. Have students create gardens around the school to develop a more attractive school environment. Gardening is also a great alternative activity to traditional sports.

Get all kinds of people involved from your teachers and students to community members and grandparents.



## ***ENERGIZE YOUR SCHOOL WITH SUMMERACTIVE!***

**MAY 8 – JUNE 20, 2008**

### **SummerActive is...**

- A national healthy living campaign designed to encourage Canadians to lead healthier lifestyles through active living, healthy eating, living smoke-free and participation in physical activity and sports.
- A tool that can be used for organizing and promoting active living, healthy eating, tobacco reduction and/or sport participation initiatives.
- The sister campaign to WinterActive, which runs annually during January and February. WinterActive 2008 saw over **68,549** Albertans participate in **83** events across the province.
- Initiatives organized locally through existing healthy living programs and events under the umbrella of the national campaign.

### **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. After participating in 30 minutes of physical activity on May 22, [register](#) your individual participation or your group's participation on [www.befitforlife.ca](http://www.befitforlife.ca) or call your local Be Fit For Life Centre. Schools will be able to participate in CAPHERD's School Challenge (TBD) and 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)

#### **Healthy Active School Communities Resources**

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 copies of the Healthy Active School Communities resources in English and French from [www.everactive.org](http://www.everactive.org).

#### **SummerActive and Communities ChooseWell Challenge**

[Communities ChooseWell Challenge](#) and SummerActive have renewed their partnership! What you need to know:

- Plan an initiative (event), or build on an existing one for your school, workplace or community that will engage people for Communities Choose Well Challenge



WEBSITES FOR  
MORE  
INFORMATION!

[WWW.SUMMERACTIVE.CA](http://WWW.SUMMERACTIVE.CA)

[WWW.CAHPERD.CA](http://WWW.CAHPERD.CA)

[WWW.BEFITFORLIFE.CA](http://WWW.BEFITFORLIFE.CA)

[WWW.HEALTHYALBERTA.COM](http://WWW.HEALTHYALBERTA.COM)

[WWW.SCHOOLSCOMEALIVE.ORG](http://WWW.SCHOOLSCOMEALIVE.ORG)

**Alberta**  
Government

“USE OUR NEW HEALTH PROMOTION THEMES SECTION FOR YOUR NEWSLETTER.”



NEWSLETTER TIPS  
COMPLIMENTS OF  
“MOVING AND  
CHOOSING “ PALLISER  
HEALTH REGION AND  
ITS PARTNERS

### HEALTHY EATING TIPS

Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and 100% unsweetened fruit juice, yogurt and yogurt shakes, cheese, and eggs, or be creative with last night's leftovers.

Get the most nutritional value – go for the whole grain. Whole grains include all parts of the grain kernel. The more a whole grain is refined during processing, the more nutrients are lost. Enriched products like pasta, white flour and some breakfast cereals have vitamins and minerals added back, however the original fibre and some micronutrients and minerals of the wholegrain are still missing. Buy foods with “whole” in front of the grain in the ingredient list such as whole rye flour instead of rye flour. For more information about grains and their health benefits read, [“It’s Always a Great Time for Grains!”](#)

### ACTIVE LIVING TIPS

- Make meaningful and satisfying physical activity choices a valued and integral part of daily living.
- Accumulate 30 minutes or more of moderate physical activity most days of the week.
- Choose from an endless range of opportunities to be active according to your own abilities and desires:
  - Take the stairs instead of the elevator
  - Get off the bus early and walk home
  - Join friends in a sport activity
  - Take the dog for a walk with the family
  - Follow a fitness program

### TOBACCO REDUCTION TIPS – SOME HELPFUL TIPS PROVIDED BY “SUCCESSFUL” QUITTERS ARE:

- Buy only one pack at a time
- Spend more time in non-smoking areas and with non-smoking friends
- Drink lots of water
- Chew sugarless gum when you have a craving
- Cut back on caffeine and alcoholic drinks if these beverages are a trigger to smoke
- Focus on not smoking one day at a time, don’t worry about tomorrow or next week
- Change your daily routine – go for a walk after supper, each breakfast in a different room
- Write down you reasons for quitting

**For an interactive step-by-step guide to quitting smoking visit:**

[http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/nou-maintenant/guide/index\\_e.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/nou-maintenant/guide/index_e.html)

## SMART TOOL PILOT PROJECT

Ever Active Schools has teamed up with Center for Health Promotion-Government of South Australia to provide 100 schools with the opportunity to collect data on the wellness of their school.

### What is the SMART tool?

SMART, the School Mapping and Reviewing Tool is an online, interactive survey to enhance the learning, health and wellbeing in school communities.

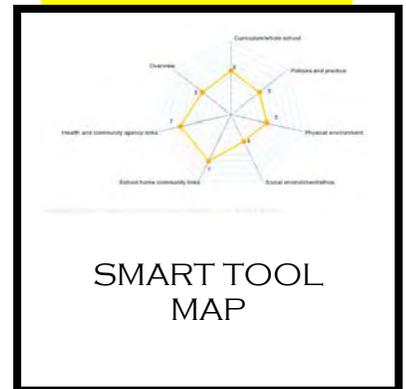
SMART has been developed to reflect the principles of the health promoting school, which is a place where everybody works together to create the best environment for learning and working. This is a way of thinking and working that is demonstrated in everything that is done in the school and is included in the school vision or site plan. Key principles of a health promoting school are:

- Wellbeing is central to learning
- What is learned in the classroom is supported by a physical and social environment that promotes wellbeing
- Everyone in the school community has something to contribute and should have the chance to have a say.

SMART has a number of sections that relate to key aspects of school life. The first section has questions about the 'feel' of the school and the way people work together. Subsequent sections cover the processes that are in place in the school, the safety of the site, how the school connects with parents and careers, how the school is involved with the local community, and the curriculum. Each section asks a number of questions that gives each person who does the survey a chance to say how well they think the school is doing in relation to health promoting school principles. Evidence can be provided to support the answers: this gives the administrators more information to assist with planning. When submitted, the survey results are sent to the person on the site who is administering the survey. All responses are confidential and participants cannot be identified.

SMART automatically collates and stores answers and evidence and provides a MAP of how health and wellbeing is perceived by people in the school or site. The information collected is best used to stimulate discussion, and contributes to planning by identifying areas for development. It can also be used to monitor change, by repeating the survey at regular intervals and comparing MAPs and evidence.

To use the SMART tool in your school **OR** for more information contact Jardath Nelson at [jnelson@brsd.ab.ca](mailto:jnelson@brsd.ab.ca)



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*EVER ACTIVE  
SCHOOLS  
FOREVER HEALTHY*

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WE'RE ON THE WEB!

SEE US AT:

[EVERACTIVE.ORG](http://EVERACTIVE.ORG)

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## ABOUT OUR ORGANIZATION...

The Ever Active Schools (EAS) is a special project of the Health and Physical Education Council of the Alberta Teachers' Association. Funding is provided through the Alberta Sports Recreation Parks and Wildlife Foundation (Tourism, Recreation and Culture), Alberta Education, and Alberta Health and Wellness. The vision for EAS is that Alberta students live, learn and play in healthy active school communities. To move towards reaching the vision, partnerships are formed with Alberta school communities. This interaction facilitates the development of healthy children and youth by fostering social and physical environments that support healthy active school communities.

## BREAKFAST FOR LEARNING GRANT

If you would like to learn more about breakfast for learning and its programs visit [www.bflalberta.org](http://www.bflalberta.org) [\(<http://www.bflalberta.org/>](http://www.bflalberta.org) (Alberta Site) or contact Valerie Wilbur, Alberta Coordinator. Also contact Valerie or visit the website if you would like to receive this newsletter and other updates regularly. Next deadline for grant applications is May 15, 2008.

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## BATTLE RIVER PROJECT UPDATE...

The Battle River Project in the Battle River School Division continues to move forward. The participating schools are involved in program planning for next year in the three focus areas: mental wellness, physical activity, and healthy eating.

Battle River Project Schools are participating in the Mental Health First Aid training. This training is done over a period of two days. The first workshop is April 3<sup>rd</sup> and 4<sup>th</sup>.

Over the months of April and May participating schools will be involved in collecting data for the research component of the project. The Grade 5 students will be participating in the REAL Kids Alberta study, which involves two surveys and height and weight measurements. The Grade 8 and Grade 11 students will be participating in a SHAPES survey designed for the project assessing the areas of mental wellness, healthy eating, and physical activity.

More to come as the project moves on...