

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA



EXTRA... EXTRA!

Active Kids are Fit to Learn!

The 2009 Report Card on Physical Activity for Children and Youth provides current information from research across Canada focusing on those settings and indicators that impact the activity levels of children and youth.

Currently, Canadian children and youth have received a grade of 'F' for physical activity levels. However, the proportion of children and youth meeting the guidelines has increased from 9% to 13%. This still means that a whopping 87% are not meeting the guidelines of 90 minutes of physical activity per day!

The report card debunks the idea that reducing time from physical education and physical activity to make time for academics results in a rise in achievement. On the contrary, academic achievement of students may increase by providing students more opportunities to be

physically active. Evidence has shown improvements in cognitive or behaviour functions. Physical activity enhances memory and learning, promotes the generation of new nerve cells in the brain and protects the nervous system from inquiry and disease. In addition, there is a possible link of improvements in self-esteem, classroom behaviour and/or attention span.

To read more about the Report Card go to:

www.activehealthykids.ca/ReportCard/2009ReportCardOverview.aspx

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

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

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

Upcoming Events

January • The EAS Happily Ever Active Calendar Contest begins!!!

February • Heart Month » www.heartandstroke.ab.ca

February 4-7 • Alberta Winter Games » www.awg2010.ca

February 10 • Alberta Winter Walk Day » www.shapeab.com/EventCalendar.asp

February 12-28 • Vancouver Winter Olympics » www.vancouver2010.com

Feb/March • Alberta Teachers Association Upcoming Teachers Conventions » www.teachers.ab.ca/PROFESSIONAL%20DEVELOPMENT/TEACHERS%20CONVENTIONS/Pages

About%20Teachers%20Conventions.aspx

March • Nutrition Month » www.dietitians.ca

March 15 • Deadline for art entries into the EAS Calendar contest.

March 12 -21 • Paralympic Olympic Games » www.gov.bc.ca/themes/2010olympics

Have an idea for how Ever Active Schools can further support the creation of healthy active school communities? We always welcome feedback as to what is working and how we can improve. Call (780) 454-4745 or email one of our staff with your suggestions.



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





HEALTH PROMOTING SCHOOLS UPDATE

Notes from Director's Desk

By the time you read these words, Ever Active Schools will have hosted its first ever Health Promoting Schools conference. We chose a bit of an ambitious name – *Shaping the Future*, but are confident that when school communities choose to promote health that is EXACTLY what they do – shape the future! Together, we can change behaviour and attitudes today that will impact generations to come – lofty goals indeed!

Since it's still January, let's take a look at the concept of shaping the future in the light of New Year's resolutions... Do you have any? Lose a pound or two, stop annoying your mother-in-law, hit the gym, spend more time with the family, attend more EAS workshops – all worthy goals indeed! How about your school community, any resolutions there? What if your personal health resolutions could actually impact your school community? Let me explain...

I was able to attend the OPHEA Conference in October 2009 and heard a phenomenal talk by Pinball Clemons. Be sure to ask Shannon, our Project Coordinator, how she enjoyed his keynote! Although he covered a number of elements as he spoke, he kept coming back to this: RENEW – You, INSPIRE – Team, and EMPOWER – Community. The basic concept is to start with self-renewal and spread outwards from there. We have since adapted (stolen) this progression and used it as a framework to examine mental health as part of a healthy school community. Again, let me explain!

RENEW – You. Ever been on a plane? In the unlikely event of a loss of cabin pressure, a little yellow mask will drop down and provide oxygen... If you are travelling with dependents, who do you put the mask on first? You're right – you! Simply put, you can't help others if you don't help yourself. Take care of your health; mentally, physically, intellectually, socially, and emotionally. What will you do this year to renew – YOU?

INSPIRE – Your Students. Some of the most vibrant and definite change I have seen in school communities began with a teacher

on a mission. They “caught health” and were determined to inspire their students to do the same. You play a large role in the lives of your students – might as well make it a positive one! How will you inspire – YOUR STUDENTS?

EMPOWER – Your School. Now that you AND your students are on board it's time to shake up the whole community! Margaret Mead said, “A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.” Work together to change your school community into a place that values health and seeks to make a difference. Is there time in this New Year to empower – YOUR SCHOOL?

Consider making healthy schools your New Year's resolution and begin *Shaping the Future* of our children. Remember, Ghandi said, “It is health that is real wealth and not pieces of gold and silver.” and, an unknown grade 4 student once said, “You can't do math if your dead – health is important!”

DOUG GLEDDIE

Educational Opportunities

Ever Active Schools workshops are tailored for school, district or convention needs (e.g., grade level, intended audience, awareness of program of studies). Access these learning opportunities for professional development days, conferences, staff meetings or school council meetings. Costs are \$250 for 90 minutes, \$350 for a half day, or \$600 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. Member schools receive a 25% discount, Associate schools receive a 10% discount, upon booking a workshop. Learning opportunities can also be designed to meet individual needs. Call 780-454-4745 or email tracy@everactive.org to request a workshop today.

Battle River Project (BRP) Update

As the New Year unfolds there are many great things happening in the Battle River Project. I have had the wonderful opportunity to meet with many of the administrators and champions to discuss some of the initiatives currently within their schools; as well as, the changes for the New Year. Some of those positive initiatives have been:

- Character Development Programs
- Challenge Days
- Aligning food offered at school with the Nutrition Guidelines
- Grub Tubs (tubs where students can deposit food they do not want for others to access)
- Offering non-traditional activities to be physically active
- Teaching games and DPA activities

In the last update, I shared some of the ideas from the Administrative Procedure. Since that time, the procedure has been continually reworked based on the feedback from many of the stakeholders. It is based on the idea that the Health Promoting Schools Approach recognizes that health and quality learning are interdependent. The approach addresses health in every aspect of the school environment.

Those areas are: Mental Well-being, Physical Activity and Healthy Eating.

Mentally well individuals have the **knowledge, skills, attitudes** and **opportunities** necessary to realize their abilities, to cope with the normal stresses of life, to work productively, and to contribute to their communities.

Physically active individuals have the **knowledge, skills, attitudes** and **opportunities** necessary to lead active lifestyles.

Individuals committed to healthy eating have the **knowledge, skills, attitudes** and **opportunities** necessary to make appropriate food and beverage choices.

If you would like more information about the Battle River Project please contact the Project Coordinator, Shannon Horricks: shorricks@brsd.ab.ca

HASS Update

Ever Active Schools would like to extend a heartfelt thank you to everyone who participated in the nine Healthy Active School Symposia (HASS) this fall. As well, special thanks goes to our Alberta Health Services partners across the province for assisting us with the organization and presentation of each event.

The focus of HASS 2009 was, "Walking the Talk". The adults shared what is currently happening in their District/Board/Division, Community, School and Home to create a healthy, active school community. This allowed for rich dialogue among participants and a whole lot of sharing and exchanging of good ideas. Individuals were encouraged to implement one change in one of the above areas and then watch the ripple affect!

Students were encouraged to be "Agents of Change" and engaged in active leadership and team building opportunities. They met children from other schools as well as developed a closer bond with individuals from their own school. Students also identified areas of strength in their school and areas that they wanted to improve. The categories they looked at were: Healthy Eating, Physical Activity, Mental Well-Being and Student Leadership.

After lunch adults and students put their new discovered ideas together to start an action plan for their school. Students and staff were energized and optimistic that they could make a difference in their school community and had a number of initiatives in mind that they wanted to try. The day concluded with two 30-minute activity sessions and a brief wrap up.

All in all very worthwhile days! Across the province 113 schools attended bringing 304 adults and 408 students. Just imagine the ripple affect of 712 people embracing one small change that will move them towards a healthier, active lifestyle! I get goose bumps just thinking about it!



HASS Inspired Action:

At Ecole Boreal in Fort McMurray, the grade 7 and 8 students are leading Daily Physical Activities to the younger students every Monday and Thursday.

We also have a cooking class where students make only healthy recipes. They sell what they make, so they can fundraise for their school trip to Quebec. Thank you again for all the ideas you gave to us! NADINE GURTNER

Fort McMurray Composite High School... "groups at our school can now only sell healthy snacks like fruit cups and smoothies for 'fundraising sales' instead of sweet treats like brownies and cookies..." DANA SCHATTLER, PHYSICAL EDUCATION TEACHER

"We all really enjoyed the HASS day, the students were pumped to get things going! So far we have had 2 student meetings and are attending a Parent council meeting to talk about the HASS and the kinds of things the students would like to implement. Thanks for your support at EVER ACTIVE!" LYNN BONNAH, ECOLE BELLEVUE, BEAUMONT

Reminder to all schools in Lethbridge and the surrounding area: The Lethbridge HASS will take place at the Victory Church just East of Lethbridge on Tuesday February 9th.

To register for this empowering event go to: www.everactive.org/registration-hass

We look forward to seeing you there!

What's Happening!

TEACHER'S CONVENTIONS

EAS is coming to a Teacher's Convention near you! Look for us at the following conventions:

CATCA – CENTRAL ALBERTA » February 5

- Interactive Health 2.0
- Mental Wellness: Part of Your Healthy School Community

NCTCA – NORTH CENTRAL – February 5

- RCLP 2nd edition

CCTCA- CALGARY CITY- February 11 & 12

- Interactive Health 2.0
- Considering a School Nutrition Makeover? Bite Off What You Can Chew!

NETCA – NORTH EAST ALBERTA- February 11

- Interactive Health 2.0
- Mental Wellness: Part of Your Healthy School Community
- Considering a School Nutrition Makeover? Bite Off What You Can Chew!
- Recipe Card Lesson Plans –Second Edition

SWATCA – SOUTH WEST ALBERTA- February 18

- Mental Wellness: Part of Your Healthy School Community
- Interactive Health 2.0

PDTCA – PALLISER DISTRICT- February 19

- Interactive Health 2.0
- Recipe Card Lesson Plans –Second Edition

GETCA – GREATER EDMONTON- February 25 & 26

- Interactive Health 2.0
- Recipe Card Lesson Plans –Second Edition
- Mental Wellness: Part of Your Healthy School Community

CEATCA – CENTAL EAST ALBERTA – March 4 & 5

- Interactive Health 2.0
- Recipe Card Lesson Plans –Second Edition

HPEC Conference 2010

The Health and Physical Education Council will be hosting their annual conference this year in Red Deer, April 29th – May 1st. For more information, please visit: <http://hpec.teachers.ab.ca/Pages/HPECCConference2010.aspx>

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PHYSICAL ACTIVITY CENTRE



Winter Olympic Stations

Equipment: Various equipment can be used depending on the activities chosen: recycled paper or carpet squares, scooters, bean bags, hula-hoops

Organization: Set up the activity stations and place students into groups. Students complete the activity at a station and move to a station that is open. Try playing upbeat music while the students are active. Stations can include the following:

- **Cross-Country Skiing:** Students step onto their paper skis and use floor hockey sticks turned upside down to move through a course set up with pylons. Carpet squares can also be used.
- **Bobsledding:** One student sits on a mat with a scooter placed underneath while the other group members hold onto the sides of the mat and pull it around a track. For a greater effect use indoor strings of light to make a pathway.
- **Curling:** Create rings using floor tape and use either bean bags as the curling rocks or scooters with a pylon taped on the top for the rock.
- **Luge:** Students move through a course while lying on a scooter.
- **Speed Skating:** Students one at a time step onto their paper skates and speed skate

around a circle marked off with pylons. When students round the last corner have them pick up a ball and throw it into one of the hula hoops taped onto the wall.

Variation/Inclusion: Have students design and create their own station. A picture card can be provided at each station and students with developmental disabilities can move through the stations with a partner.

equipment idea



Crazy Carpet!

Activities adapted from Daily Physical Activity: A Handbook for Grades 1-9 Schools

(Whole School or Large Group Physical Activities Section, pgs. 153-168)



Snow Angel Line Race

Divide students into teams of 2-3. On a signal to start, the first in line races to a designated spot while sitting on either their knees or seat on the crazy carpet. Once at the designated spot, the student gets off of the crazy carpet and lies down to make a snow angel, and then races back on the carpet. Once the next student in line has received a high five, the next team member in line moves. The students create the angels, one after another, connected in a straight line.

Chariot Races

Students create teams of five; four members are "horses" and one is the "rider." Teams will race a predetermined course with their chariots (crazy carpets) and the first team to complete the course with its rider on the chariot wins. Students may stay on the chariot

using ropes, handles or just by hanging onto the sides as they pull the chariot through the snow.

Winter Olympic Activities

Seal Walk – Divide the students into teams of 3-4. One team member seal walks (lying on his or her stomach, lifting upper body off the ground with arms and walks forward, dragging legs). The seal's legs must be laying on a crazy carpet. Once a seal reaches a predetermined spot, they come back and high five the next seal in line.

2-Person Bobsled

Two students could sit on a crazy carpet and the other two students pull them around a designated area.



Winter Carnival Activities

Equipment: Appropriate winter gear, various equipment needed depending on the activities chosen: parachute, bocce balls, sleds, scooters, poly spot markers or carpet squares, beanbags, playground balls

Organization: Snow Jam, Ice Fest, Bonhomme Carnival, Take the Chill Out of Winter Races; whatever the name may be for your winter event, below is a list of activities that can be used:

- **Sled Pull:** Divide the group into two teams and have one or two students sit on a sled. On the signal, pull the sled across a line and back.
- **Iceberg Walk:** A team must cross the “iceberg” by stepping only on carpet pieces or poly spot markers. One teammate’s foot must be on a marker at all times or the marker will float away. Markers can be passed to the front of the line. Should any team member touch the “iceberg”, the entire team must return to the start and begin again.
- **Penguin Bounce:** Each of the “penguins” (beanbags) must land on a poly spot marker. Each team member takes a turn holding a “penguin” on top of a rubber playground ball behind an indicated line and bounces the ball to propel the penguin in an attempt to have it land on a poly spot marker. Once all “penguin” beanbags have “bounced” onto a marker, the points can be added.
- **Human Curling:** Students in a group of four or five will take turns sitting on a scooter and be the “curling rock”. One group member will push the “curling rock” towards the target (colored lines or poly spot markers placed on the floor in a circle). Each line or ring in the circle represents points. Once all students have had a chance to be the “curling rock”, the points are added up.
- **Outdoor Snow Bowling:** Organize the students into 4 teams and hand each team one bocce ball (red, blue, green and yellow). The student at the front will toss their ball toward the parachute. One color will be tossed at a time. If the ball stops on the parachute, one point is awarded. If the ball lands on the same color as ball, two points are awarded. On the signal, the front student may collect the ball and return it to the next student in line.
- **Variation/Inclusion:** Try making your event a cross-curricular one by holding a Bonhomme Carnival to support the French curriculum and have activities such as:
 - **Ice Sculptures:** Create an ice sculpture in a large group or try small individual ones
- **Snowball For All:** Each team rolls a snowball in a certain amount of time big enough for the entire team to sit upon without breaking or falling off of it for 30 seconds.

made from water frozen in the shape of any containers at hand. Ideas for shapes include, rubber gloves filled with water, balloons filled and tied, then shaped using elastics, cookie moulds, and muffin tins. Color can be added to the sculptures by adding food coloring to the water before freezing.

Activities taken from Healthy Active Schools: A Resource to Support the 2008-09 WinterActive Campaign (Active Living in the Winter Section – compiled and submitted by Ever Active Schools)

Download the SummerActive and WinterActive resources @ www.everactive.org/summer-winter-active



HEALTHY EATING CENTRE

Nutrition Resources

Healthy eating is a very important part of an active, healthy lifestyle. As educators we are constantly looking for the most up to date nutrition information that is relevant to our students, staff and families. Alberta Health and Wellness and Alberta Health Services are two reliable and informative sources for nutritious food information. They both offer many valuable resources that teachers and parents can simply download from their websites and use. Here are a few that we know you will find to be very beneficial and informative!

Alberta Health and Wellness Resources

Alberta Nutrition Guidelines for Children and Youth

This resource provides research-based nutrition information for anyone providing food in childcare facilities, schools, recreation and community centres. The guidelines promote the overall health in children with a focus on practical healthy food choices. To make “the healthy choice, the easy choice,” foods in the guideline have been divided into three categories of food to choose, “most often, sometimes” and foods to choose “least often”. <http://www.health.alberta.ca/documents/Nutrition-Guidelines-2008.pdf#13>

Healthy Eating Active Living (HEAL) Brochures

These resource booklets explain to children and teens what it means to be physically

active, eat healthy, make healthy lifestyle choices and have a positive self-image.

Also includes information to parents/teachers/caregivers on creating healthy environments to support healthy growth.

www.health.alberta.ca/documents/HEAL-Brochure-6-12.pdf

www.health.alberta.ca/documents/HEAL-Brochure-13-18.pdf

Healthy U Resources and Tools

Free Healthy U resources all in one convenient place. A comprehensive list of great tools and resources on healthy eating and active living for all ages. Includes credible information for parents, teachers, children, teens as well as work place wellness. All resources are available in pdf format.

www.healthyalberta.ca/AboutHealthyU/280.htm



Making Meals Happen

The articles in this section are written with you in mind. You'll find lots of ideas for menu planning and eating on a budget as well as eating tips for people with special conditions. www.healthyalberta.ca/HealthyEating/664.htm

In the News

Newspapers, magazines and websites are full of information about how to stay healthy. Healthy eating is one good way. Eating well helps to prevent certain diseases and conditions (and helps us stay at a healthy body weight). The articles in this section give you reliable information about topics that have been “in the news” lately. www.healthyalberta.ca/HealthyEating/661.htm

Snackivity Box: (Preschool)

This resource was developed to provide caregivers with a simple way of creating healthy environments for young children in their care. The Snackivity Box provides fun and easy activities around physical activity and healthy eating for children aged 3 to 5 (also great for Division I students). www.healthyalberta.ca/Documents/Snackivity_Box_healthy_eating_section.pdf

snackivity box

Cookbooks for Kids

First there was The Amazing Little Cookbook. Now there's My Amazing Little Cookbook – an updated cookbook full of new and exciting recipes designed to teach kids ages 7 to 12 how to cook and to try out new foods. Recipes include healthy snacks, meals, drinks and desserts that require different degrees of adult supervision to make. www.healthyalberta.ca/HealthyEating/319.htm



Alberta Health Services Resources

The following AHS developed resources have been made available on the EAS website at: www.everactive.org/healthy-eating

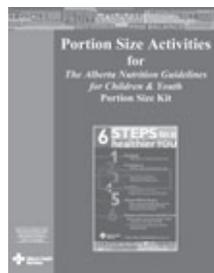
Steps to a Healthy School Environment: School Nutrition Handbook

Excellent nutrition resource used for classroom education (curriculum links included) with 29 downloadable handouts that can be used for students, staff and parents. This handbook will assist schools to teach healthy eating habits and reinforces these habits by providing healthy food choices throughout the school. Additional appendices include information on healthy food choices for breakfast programs, vending machines, cafeterias and school stores, classroom parties, as well as healthy rewards, fundraising ideas and sports nutrition.



Portion Size Kit Activities

Teach healthy portion sizes! This Portion Size activity Kit and Activities complement the Alberta Nutrition Guidelines for Children and Youth. This teaching tool consists of a blue lunch bag, items to represent different serving sizes (e.g. golf ball and tennis ball), healthy plate “Frisbees” and a variety of food picture cards. The Portion Size Activity Book, support the kit and includes K-12 activities linked to Alberta Education outcomes for K-9 Health and Life Skills and CTS: Foods.



Single Serving Packaged Food List

Comprehensive resource list of packaged foods available in the marketplace that meet the ‘Choose Most Often’ and ‘Choose Sometimes’ criteria as listed in the Alberta Nutrition Guidelines.” This list makes it easier to select healthier packaged foods from the huge number of products available in Alberta. It reflects examples of packaged foods found in Alberta stores as of July 2009.



MENTAL WELLBEING CENTRE

The Place of Mental Health in your School Community

It tends to be easier to be in touch with our physical health and most people can readily recognize the benefits of exercise and healthy food. Mental health, however, can be perceived as being a little more complex. Let's start with what it is!

Definition

• Mental health is much more than just the absence of mental illness. The World Health Organization defines mental health as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. This means that a mentally healthy person has: meaningful and positive interactions with other people and the environment; the ability to adapt well to change and cope with adversity; a balance in all aspects of life, including mental, physical, emotional, social and spiritual aspects. In the school setting, mental health can also be viewed as positive social environments. Schools can endeavor to be a place where mental wellbeing is valued and steps are taken to provide an optimal environment where both physical and mental health can flourish.

School Community Contributions to Mental Health

- Schools can be a natural place for students to engage in activities that build confidence and enhance self esteem. Many schools offer a wide variety of opportunities for all students to feel successful. Don't forget that other healthy habits are strongly connected to positive mental health – look into nutrition and physical activity policies at your school – Other ways to support positive social environments include:
- Mental Health First Aid Training for school staff.
- Provide at least one adult connection at school for each student. This could take the form of a staff / student connection program.
- Let students express themselves and be creative – not everyone likes hockey and not everyone likes music – provide opportunities for all!
- Avoid the tendency to sweep bullying under the carpet such as saying “that’s just girls” or “that’s just boys” – step in and make a difference.

There is no health without mental health! As with the other components of wellness it is important to find balance in all that you do. A healthy school will value mental health and encourage staff and students to watch for warning signs, maintain balance and take steps to improve mental health and quality of life!

Warning Signs

It is valuable to be able to recognize the warning signs of failing mental health. Although many of the following thoughts and feelings can be normal reactions in children and youth, if they last for more than 2-3 weeks, they may require attention. These signs are not always easy to read so be sure consult with qualified mental health professionals. Common warning signs in children include:

- withdrawing from social activities and/or isolating themselves
- feeling worthless or extremely guilty
- crying a lot for no particular reason
- sudden change in behaviour and/or acting out
- experiencing severe anxiety, panic or fear
- having very low energy or having too much energy
- not sleeping
- losing interest in hobbies and pleasurable activities
- having trouble concentrating or following through on plans
- decline in school marks
- feeling easily irritated or angry
- seeing things or hearing voices that others cannot
- experiencing significant difficulties with peers
 - persistent preoccupation and/or repetition that is out of the ordinary
 - bullying, threatening or intimidating others
- inappropriate use of drugs or alcohol;
- refusing to comply with authority figures.

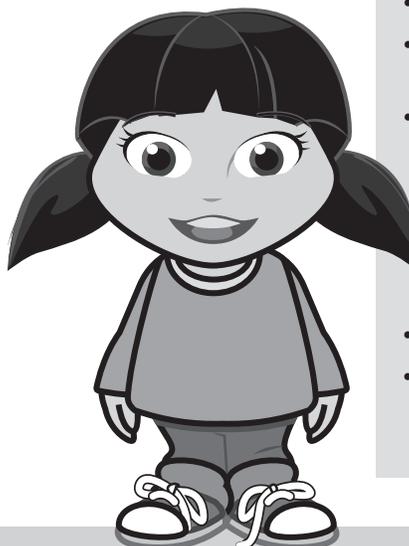
Weblinks...

Alberta Alliance on Mental Illness and Mental Health
<http://www.aamimh.ca>

Alberta Health Services
<http://www.albertahealthservices.ca/317.htm>

Canadian Mental Health Association (Alberta)
www.cmha.ab.ca

Grip Magazine
<http://griponlife.ca/grip/>



ALBERTA HEALTH & WELLNESS UPDATES

The Raising healthy Eating Active Living (REAL) Kids Alberta evaluation is set to begin its second round of data collection between March and May 2010, with grade five students in select schools across the province. The REAL Kids Alberta evaluation is a joint project of the School of Public Health, University of Alberta and Alberta Health and Wellness. The intent of this evaluation is to assess the impact the Alberta Health and Wellness Healthy Weights Initiatives and to provide some measure of health outcomes for children in Alberta.

The first round of data collection began in March 2008 in 148 randomly selected schools across Alberta. Additional schools were also selected for the survey, including APPLE Schools, The Battle River Project, Ever Active Schools, and the successful school recipients of the Alberta Healthy School Community Wellness Fund. The evaluation involves surveying grade five students, their parents, and the school principals to assess student and school health. The students are also weighed and measured, with the results remaining confidential. According to the baseline data from 2008, grade five students need ongoing opportunities for healthy eating and physical activity in healthy environments.

Summary of Results 2008:

- The majority of grade five students are not meeting Canada's Food Guide recommendations; in particular, only 27% of students are consuming enough fruits and vegetables
- Only 26% of students report being sufficiently physically active
- 47% of students spend three or more hours per day in front of a screen outside of school
- Among grade five students in Alberta, 29% were overweight or obese in 2008, which is substantially higher than estimates from an earlier study in 2004
- Parent responses indicated strong support for a school environment that promotes healthy eating (90%) and daily physical activity (95%)

All of the randomly selected schools have received a report that summarized the 2008 REAL Kids Alberta results for each school. In addition, each of the school districts also received a district-specific report. The additionally selected schools, such as the Battle River Project schools and the Wellness Fund Schools, can expect to see their reports in early 2010. The reports are often used to inform policy and practice in the school community. Some schools have used this information to support the planning of school environments, selection of programs, or applying for grants.

In the spring of 2009, thirty schools in the Edmonton area participated in a focused REAL Kids Alberta Pedometer Study. In this additional evaluation, the Grade 5 students completed surveys and recorded their physical activity using highly accurate, time-stamped

digital pedometers. Participating students wore the pedometers for one week and received their printed results at the end of that week. The pedometer study schools have recently received their school reports, which indicated that students continue to have lower than expected activity levels, although some schools have made concerted efforts to improve activity and nutrition, with improving results for students.

Following the upcoming 2010 edition of the survey, the participating schools and districts will receive a comparison report, which will show results from both 2008 and 2010. We hope the results of the REAL Kids Alberta evaluation will be helpful for schools, districts, and the Province in supporting ongoing school health programs.

For more information about REAL Kids Alberta, contact the Project Coordinator, Megan Purcell at mpurcell@ualberta.ca or 780-492-5472, or see www.realkidsalberta.ca.

Recent REAL Kids Alberta publications

Spitters H, Schwartz M, & Veugelers P. Parent and student support for school policies that promote healthy eating and active living. *Physical and Health Education Journal* 2009, 52(2), 30-34. www.realkidsalberta.ca/docs/PhysHealthEdJ52_2009.pdf

Simen-Kapeu, A, Kuhle, S. & Veugelers, P. Geographic differences in childhood overweight, physical activity, nutrition and neighbourhood facilities: implications for prevention. *Canadian Journal of Public Health* (forthcoming).

Carson, V., Kuhle, S., Spence, J.C., Veugelers, P. Parent's Perception of Neighbourhood Environment as a Determinant of Screen Time, Physical Activity, and Active Transport. *Canadian Journal of Public Health* (forthcoming).





The Alberta Healthy School Community Wellness Fund was established in 2007 by Alberta Health and Wellness in partnership with the School of Public Health and the Alberta Coalition for Healthy School Communities to provide financial support to school communities that demonstrate a collaborative, coordinated response to promoting physical activity, healthy eating and positive social environments. Funding has been provided to 70 projects in school communities across Alberta, reaching over 371 schools and 138,127 students and establishing more than 446 community partnerships in support of healthy schools.

Some highlights of activities that have contributed to the positive changes we've seen in Wellness Fund projects include the implementation of the Alberta Nutrition Guidelines to support making the healthy choice the easy choice as school communities modify vending, canteen and hot lunch options. Many schools have provided Professional Development opportunities for teachers in the area of Healthy Eating by connecting with community nutritionists which has allowed for cross-curricular connections and greater support in programs such as "Kids in the Kitchen" and other cooking clubs for students. In the area of Physical Activity, Ever Active Schools has provided many Professional Development opportunities for projects in order to provide quality Daily Physical Activity and Daily Physical Education to children. The purchase of moveable equipment and DPA bins has also been important in supporting improved physical activity in school communities. We have also seen some great things in the area of Positive Social Environments. Student leadership programs, character education and the use of the 40 Developmental Assets have proven successful.

One key to the success of all of our projects has been the use of an assessment tool in order to determine community needs prior to project planning. These tools can and should be utilized at check points throughout the project in order to acknowledge successes as well as provide insight for future direction. Two of the most commonly used assessment tools are the HATS tool from Ever Active Schools and the Healthy School Planner from the Joint Consortium for School Health.

ANNOUNCEMENTS:

The Wellness Fund would like to congratulate the 13 projects that were approved for funding in the Category B: Smaller Grant in November 2009. Please welcome the following newcomers to the Wellness Fund community:

- South Eastern Alberta School Communities for Healthy Opportunities for Children (Medicine Hat Area)
- HEART Program of Our Lady of Mount Pleasant School Y2: The Beat Goes On (Camrose)

- Climbing Ever Stronger : Healthy Students are Strong Students - Cardston Elementary (Cardston)
- Get R.E.A.L. Marwayne – Marwayne Jubilee School (Marwayne)
- Rosslyn School Project : Healthy Lifestyles Initiative – Rosslyn Jr. High (Edmonton)
- Breton High School circle of Life Memorial Garden - (Breton)
- Live, Laugh Learn – La Glace School (La Glace)
- APPLE – Activities to Promote Positive Living for Everyone – Provost Public School (Provost)
- Two Hills All Together for Healthy – Two Hills School (Two Hills)
- Belmont's TEAM (Together Everyone Achieves More) – Belmont School (Edmonton)
- Stirling School Healthy Eating and Active Living Campaign (Stirling)
- Student Health and Leadership – Changing Directions – La Crete School (La Crete)
- After the Bell - Town of Legal (Legal)

For complete information and descriptions of the project plans, please visit the Alberta Coalition for Healthy School Communities website: www.achsc.org/wellness_fund.htm

For further information on the Wellness Fund, please contact: Holly McPherson, Project Coordinator
Holly.mcperson@ualberta.ca

CALL FOR PROPOSALS!

We are currently accepting applications for both the Larger Grant A and Smaller Grant B categories. The application template can be downloaded from the link below. The same application template should be used for both grant categories. Please note that these projects will need to complete project work plans and submit evaluations by the Wellness Fund project end date of June 30, 2010.

- Category A. Larger Grants: Grants of over \$5000 and up to \$25,000 are available for new projects. Larger Grant projects must incorporate activities that demonstrate partnerships that include more than one school or community and preferably at a jurisdictional level and address at least two of the three priority areas of the Wellness Fund of Active Living, Healthy Eating, and Positive Social Environments.
- Category B. Smaller Grants: Smaller Grants: Grants of up to \$5,000 are available for smaller

school community projects or activities or with the approval of the Project Coordinator, for specific components of larger school community projects. The project must address at least one of the three priority areas of the Wellness Fund of Active Living, Healthy Eating, and Positive Social Environments.

Projects should aim to implement Comprehensive School Health initiatives which enable them to build and strengthen the capacity of each school community.

A healthy school community is one in which all citizens including teachers, students, parents, administrators and community leaders from the private, public and social sectors as well as government, organizations, clubs, and institutions work together to create physical and social environments that support active, healthy lifestyles for school-aged children and youth.

Projects could consider working towards:

- Linking food choices to the "Choose Most Often" category from Alberta's Provincial Nutrition

Guidelines and ensuring curricular and extra-curricular links have been made to healthy eating.

- Embedding a culture of active living by making links to both curricular and extra-curricular activities, making any necessary changes to the school community environment to support physical activity.
- Fostering a culture within school community where students, staff, parents, and community partners feel safe, valued and connected.
- Enacting policies that promote Comprehensive School Health and which encompass Healthy Eating, Active Living and Positive Social Environments.

The deadline for grant applications is Monday, January 11, 2010 at 4:00 p.m. Application forms and supportive documents can be obtained at the following link: www.achsc.org/wellness_fund.htm

ALBERTA TOURISM, PARKS AND RECREATION UPDATES

Alberta Tourism, Parks and Recreation Funding Opportunities

To enhance the quality of life in Alberta, the ASRPWF provides financial support to eligible sport and recreation organizations through the:

- Canadian Sport for Life Project Grant: provides support for the development and application of principles of the first four stages of the Long-Term Athlete Development (LTAD) framework into program design development and delivery.
- Coach and Official Development Initiatives: provides opportunities to further coaching development in Alberta.
- Development Initiatives Program: provides support to Albertans working in the areas of sport, recreation, parks and wildlife for project and program related endeavours.
- Hosting Program: encourages the development of youth in sport, recreation, parks and wildlife and promotes economic growth in Alberta.
- Podium Alberta - Alberta High Performance Athlete Assistance Program: provides support to Alberta High Performance Athletes.
- Sport Participation Initiative Program: provides support for the development and operation of programs designed to increase or enhance participation in sport for under-represented groups, or to provide opportunities for these groups in coaching, officiating, or volunteer.

Visit www.tpr.alberta.ca/grantprograms/default.aspx for further information, forms and deadlines.



The Happily Ever Active Calendar is available on our online store for \$15.00. Happily Ever Active will help keep track of your family's busy schedule and support you in making sure your children are healthy and active. Included are large spaces for writing and tips in the areas of healthy eating, physical activity and mental well being.

<http://www.everactive.org/online-store>

CONTEST

The 2011 edition of the Happily Ever Active Calendar will feature artwork from K-12 students across the province.

We are holding a contest open to all Alberta schools to obtain artwork to feature in our calendar. Look at the website for further information and a copy of the Release Form. **Deadline is March 15, 2010.** Enter as many times as you want.

ALBERTA EDUCATION UPDATES

Alberta Education has completed the review of wellness-related programs of study (K–12 Physical Education, Career and Life Management, K–9 Health and Life Skills) and as a result, developed the *Framework for Kindergarten to Grade 12 Wellness Education*. Copies of the framework are now available online at:

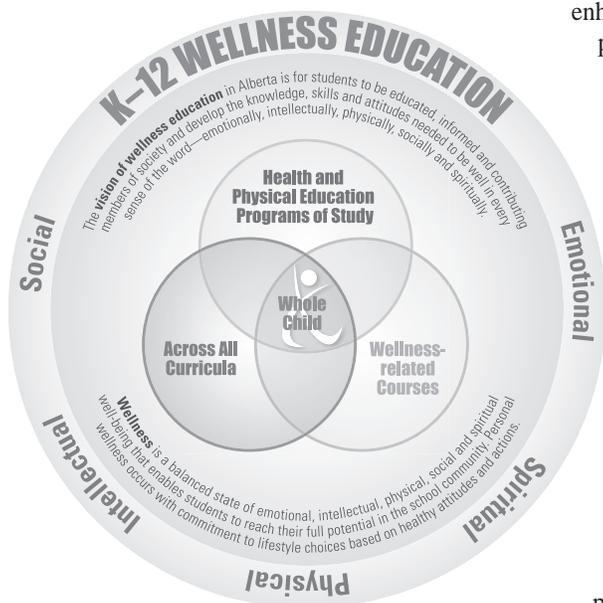
www.education.alberta.ca/teachers/program/pe.aspx (English) and

www.education.alberta.ca/francais/teachers/progres/core/edphys.aspx (French).

The framework responds to the growing concern for the health of children and youth in today's society and outlines the significant role that curriculum can play in improving student learning and health outcomes. The purpose of the framework is to outline the fundamental concepts and inherent values of wellness education and provide guidance for the future development and implementation of K–12 wellness programs of study in Alberta. The framework is holistic, student-centered and meets the needs and priorities of Alberta students living and learning in the 21st century.

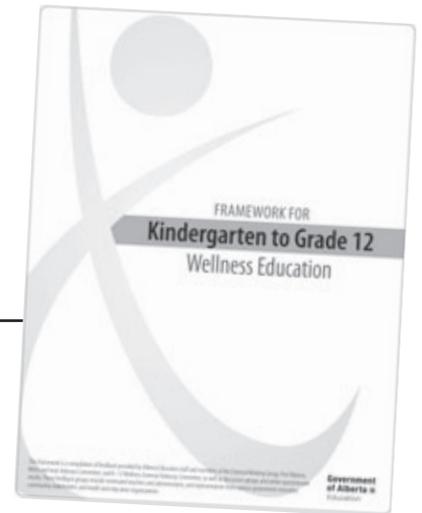
The structure of K–12 Wellness Education in Alberta includes three key components:

1. health and physical education programs of study (K–9 Physical Education, K–9 Health and Life Skills, Health and Physical Education 10–20–30)
2. wellness dimensions integrated across all K–12 subject areas
3. wellness-related courses from other areas that provide students with opportunities to gain in-depth knowledge and apply their skills in specific wellness-related topic areas.



Wellness education nurtures the whole child and enhances students' capacity for achieving their full potential—intellectually, physically, socially, spiritually and emotionally. Revisions to the current K–12 programs of study will begin at the high school level with the development of the Health and Physical Education (HPE) 10–20–30 programs of study. Many of the concepts from the current CALM Personal Choices general outcome and the four general outcomes of Physical Education will be considered in the development of HPE 10–20–30.

Planning is also underway to ensure that concepts related to career education, financial literacy, community engagement and volunteerism will continue to be addressed in the Kindergarten to Grade 12 curriculum. Stakeholders will have an opportunity to provide input in this phase of the planning process. More information about these opportunities will be shared when it is available.



Implementation of high school programming is scheduled to begin in 2014–2015, followed by K–9 in 2015–2016. Further information about K–12 Wellness Education can be found by visiting the Alberta Education website at <http://www.education.alberta.ca/teachers/program/wellness-education.aspx> or by contacting representatives directly:

- Karen Fetterly (English framework) 780-422-5079 or karen.fetterly@gov.ab.ca.
- Alan Chouinard (French framework) at 780-422-1983 or alan.chouinard@gov.ab.ca

(To be connected toll-free inside Alberta to either of these contacts, dial 310-0000).

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

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

Mighty Peace District

RR: Scott Randall
Good Shepart School
PEACE RIVER
E-mail: randall.s@hfcrd.ab.ca

Athabasca District

RR: Sheldon Germain
Sister Mary Philip
FORT MCMURRAY
E-mail: sgermain@fmcscd.ab.ca

North Central District

RR: Dylan Dellezay
École J.E. Lapointe School
BEAUMONT
E-mail: dylan.dellezay@blackgold.ca

North East District

RR: Tim Yakiwchuk
École Dickinsfield School
ST. PAUL
E-mail: timyakiwchuk@hotmail.com

Greater Edmonton District

RR: Lee Schaefer
University of Alberta
EDMONTON
E-mail: l.schaefer@shaw.ca

Greater Edmonton District

RR: Jodi Harding
St. Cecilia Junior High School
EDMONTON
E-mail: hardingj@ecsd.net

Central East District

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

Red Deer District

RR: Susan Dillabough
River Glen School
RED DEER
E-mail: sdillabough@chinooksedge.ab.ca

Calgary City District

Co-RR: Sonia Sheehan
Foundation for the Future Charter
Academy
CALGARY
E-mail: soniasheehan@shaw.ca

Palliser District

RR: Kendra Harper
Our Lady of the Snows Catholic Academy
CANMORE
E-mail: kharper@redeemer.ab.ca

South East District

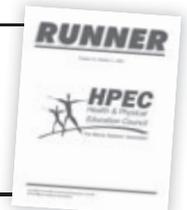
RR: Joral Maynes
J.C. Charyk Hanna School
HANNA
E-mail: joral.maynes@plrd.ab.ca

South West District

RR: Fred Jack
LETHBRIDGE
E-mail: fjack@adlc.ca

The Runner

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



The Council Needs You!

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

Being a part of this Council will allow you to:

- Be a leader in the province in the areas of Health and Physical Education
- Use your expertise for your ATA Professional Growth Plan goal
- Meet the requirements of the Alberta Initiative for School Improvement (AISI)

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

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

The Ever ACTIVE! newsletter is now being sent electronically to HPEC members. If you are not receiving Ever ACTIVE!, please contact the Ever Active Schools office to update your member information today! Email hpec@ata.ab.ca or call Phyllis Fournier at (780) 447-9400.

Renew Your HPEC Membership!

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

HPEC Membership privileges include: attendance at the annual HPEC Conference, semi-annual electronic subscription to *The Runner*, and involvement in a professional organization that provides support in the areas of Health and Physical Education. As a result of a resolution passed at the Alberta Teachers' Association's (ATA's) 2007 Annual Representative Assembly, active members of the ATA have the opportunity to join one specialist council of their choice each year at no charge.

Register for your free HPEC membership today at www.teachers.ab.ca. Login if you already have a user name and password and go to the features on the right hand side and look for **Automatic Specialist Council Memberships**. If you are a new user, you can become a member by choosing the login section of the site. You will need your teaching certificate number to register.

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

Upcoming HPEC Events

Thank you to all teachers who attended the October 21 HPEC Drive In Workshop at Woodman Junior High School in Calgary and the December 2 Mini HPEC Drive In Workshop at FFCA – SWE Campus in Calgary. All the presenters did a fantastic job sharing their professional knowledge and activities with workshop attendees. The next Calgary Drive In Workshops is slated for October 2010.

HPEC's Annual Conference is being held in Red Deer April 29th – May 1st. For more information, visit: <http://hpec.teachers.ab.ca/Pages/HPECCConference2010.aspx>

Thursday:

9:00am -4:00pm	Preconference
4:00 – 5:30pm	Registration
7:00 – 7:30pm	Mini key note
7:30 -10:00 pm	Wine and cheese <i>Past presidents wine and Cheese</i>

Friday:

7:00am	Physical activity session
8:00 – 9:00am	Registration
9:00 – 9:30am	Certificates of Commendation
9:30 – 10:30am	Keynote on Friday a.m. Dr. John Ratey
10:30-10:45am	Housekeeping
10:50am – 12:00pm	Sessions
12:00-1:00pm	Lunch – Robert Rutledge Address
1:00 – 2:15pm	Sessions
2:30 – 3:45pm	Sessions

4:00- 5:00pm	Annual General Meeting
5:30 – 6:30pm	EAS 10th Anniversary Wine and Cheese
6:30 -7:00pm	Distinguished Service Award
7:00 - 8:00pm	Supper
8:00pm – 1:00am	Dance

Saturday:

7:00am	Rise and shine (run)
9:00 – 10:15am	Saturday morning keynote; Steve Norris
10:15-10:30am	Nutrition Break
10:30-11:45am	Session
11:45am – 12:30pm	Lunch
12:30 – 1:45pm	Session
1:45-2:00pm	Nutrition Break
2:00 – 3:15pm	Session
End of Conference	

HPEC Annual Awards

The **Health & Physical Education Council** recognizes outstanding contributions to health & physical education in the following manner:

A. Certificates of Commendation

- District representatives may nominate up to two people in their zone who are current members of the council who have made or are making an outstanding contribution to Health and Physical Education (the number of nominees can be increased at the discretion of the awards committee). These nominations will be presented with a certificate of commendation at the annual conference.
- A summary of citations and biographical data of those receiving the certificates will be included in a booklet available for distribution at the conference award ceremony.

B. Distinguished Service Award

- The award may be conferred annually.
- The award shall be ratified by the table officers
- The award shall be announced and presented at the Annual Conference

Nomination Procedures

- The committee shall secure nominations for the Distinguished Service Award by:
 - advertising in the "Runner" and/or Newsletter.
 - Sending information forms to Council members with the "Runner" of newsletter prior to the nomination deadline, at least three months prior to presentation.
- All members of the Council are entitled to nominate persons for the award providing that they obtain letters of reference from two members of the Council.
- No Nomination shall be considered by the committee unless accompanied by the nomination blank appropriately documented and endorsed.
- Completed nomination forms shall be received by the committee not later than 6 weeks prior to the presentation of the award.

C. Local Incentive Recognition Program

The purpose of this award is to recognize the contribution made by groups of people, enhance

school physical education programs and/or enhance active healthy lifestyles of today's children and youth in school settings.

Guidelines:

- The children of the school must benefit directly from the contribution
- A group is considered to be two or more individuals
- The group may be a school, parent advisory council of another community agency
- Where more than one group works together to provide the contribution to the school, all groups are eligible to receive recognition
- There are no limit to the number of projects which are eligible to receive the award in a given year
- Any HPEC member is eligible to nominate groups for the award
- Groups may receive the award each time they implement a new project which enhances physical activity of youth

PROMISING PRACTICES HIGHLIGHTS

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

The Promising Practices document is a collection of ideas and resources to assist a school community in creating an environment that supports active living, healthy eating and mental health.

For additional ideas or to submit a promising practice go to: www.everactive.org/promising-practices and click on DATABASE.

Promising Practices Database

Here are two featured Promising Practices for you to consider as you start the New Year.

Family Activity Evenings

Submitted by Sonia Sheehan at FFCA – Southwood Campus, Calgary

Family activity evenings are an opportunity for our physical education program to be celebrated and shared with our school community. At the end of specific units (gymnastics, dance, inline skating, and fitness), an evening is organized for students, parents, siblings, and teachers to come to the school and participate in the activity. This allows parents to see the learning that is occurring during our quality physical education classes. It promotes family active living by encouraging all family members to participate in the activity.

We currently run a mission impossible family evening where students can highlight their gymnastic skills. A dance evening is also held where everyone can try the steps to the dances we have learned in class and then let loose during free dance time. This year we added a cultural component where families could share music and dances from their ethnic background.

We have also set up our fitness circuit for a fitness evening for students and parents to work out with the strength, flexibility, and cardio respiratory stations. Inline skating is another family evening that is offered. We organize this during our inline skating unit where the skating gear is provided.

Monthly campaigns to support healthy eating and active living (HEAL)

Submitted by APPLE Schools, Edmonton

Each APPLE School uses the bulletin board areas in the school to create an environment that supports healthy living in the school. The bulletin board provides the focal point for a monthly campaign to support HEAL messages. Each month a different theme is chosen.

There is a newsletter prepared to provide parents with similar information to the student bulletin board. Teachers are provided with material to support student learning in the classroom related to the bulletin board topic. As well, daily announcements are made to reinforce the message.

The monthly focus allows the school to run a whole school event of some sort; e.g., Winter Walk Day, or World Milk Day or Taste testing at recess for unique fruits and vegetables. By having a monthly focus the students receive messages about healthy living on a regular basis, in a motivating and innovative way. The bulletin board campaigns are truly one way to demonstrate the implementation of CSH by involving the entire school community.

The Promising Practices Database is now available...

And...

Ever Active Schools wants YOU...

to submit and search promising practices.

To do so, visit

<http://www.phecanada.ca/weightoftheworld/e/challenge/promisingpractices/>

Share your most promising activities, events and ideas with colleagues across the province and country!

COMMUNITY CONNECTIONS

Recipe Card Lesson Plans

ABCD's of Physical Education



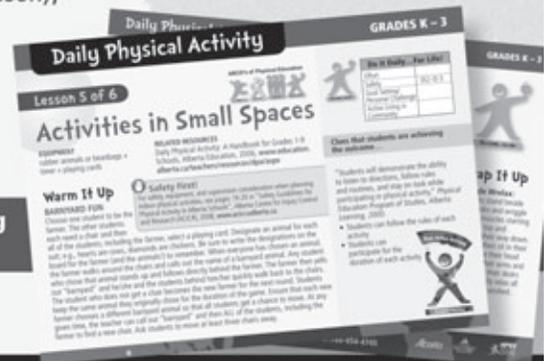
Forever Healthy

These sets are available for grades K-3, 4-6 and 7-9 and were developed for the Generalist teacher by experienced Alberta physical education specialists. Each set contains:

- 37 double sided, card stock, full colour 5"X7" cards
- All lessons include Warm It Up! (activities to get started), Whoop It Up! (main focus of the lesson), and Wrap It Up! (cool down activities)

\$20.00 per set

Purchase online www.everactive.org or phone (780) 454-4745.



www.funteamalberta.com

For further details on complete package contents, and how this program can contribute to healthy living understanding in your communities and schools, Please contact us at:

Phone: (780) 490-0242

Email: admin@funteamalberta.com

A GREAT OPPORTUNITY TO PROMOTE HEALTHY ACTIVE LIVING IN YOUR SCHOOL!

FunTeam Alberta is excited to introduce our NEW Mini-"Try"athlon Program! This dynamic and interactive program allows kids and adults alike to participate in great activities that make healthy living fun!

We Provide You With:

A complete package containing full color posters and all the sports equipment needed for each station complete with detailed instructions!!

EVER ACTIVE SCHOOLS SUCCESS STORY

St. Cecilia Junior High School

submitted by Jodi Harding

St. Cecilia Junior High School in Edmonton is an Ever Active School who is on the move to improve their Healthy, Active School Community. They have implemented a number of initiatives that are beneficial to students and staff and are committed to making further strides.

St. Cecilia has implemented a 'Health Hut' that is open 4 mornings a week to serve healthy breakfast snacks to students and staff. Wellness Wednesdays feature low cost nutritious lunches. These meals are prepared and served by Grandparent volunteers in the school community. As with many Junior High Schools, St. Cecilia faces the vending machine challenge. They are experiencing progress, as steps are being taken to increase the number of foods included from the "choose sometimes" and "choose most" often categories of the Alberta Nutrition Guidelines.

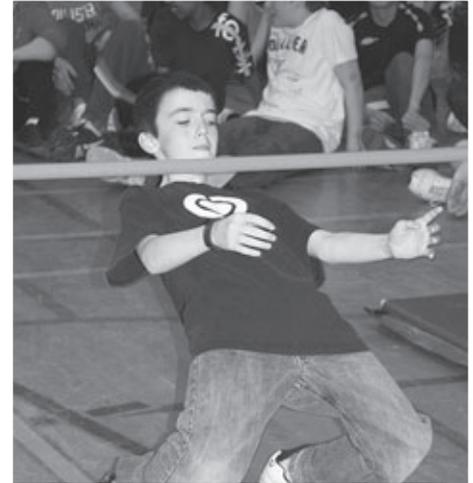
St. Cecilia is proud of the amount of physical activity available for their students. All students have a daily physical education class scheduled for 43 minutes per day (33 minutes on Thursdays). As well, there are numerous intramural and after school activities available for students of all skill levels. What great opportunities to promote active living to all students!

Since focusing on these nutrition and activity initiatives, Jodi Harding, Physical Education Teacher/Athletics Coordinator for St. Cecilia and Regional Representative for HPEC, reports that the students at St. Cecilia are overall, more involved in the physical

activities offered at her school. She notes the participation percentage in intramurals has definitely increased at the grade 7 and 8 levels and even the homeroom teachers are stepping up to the challenge when competitions arise between classes.

One of the biggest activity successes each year at St. Cecilia is the Dance Unit. There is great excitement surrounding the culminating school wide dance competition. This involves not only the students and staff, but local community members who come in to 'judge' the dancers based on a rubric developed by teachers. This is their most well attended day and is a huge success.

When asked what she feels the key pieces to sustaining their Healthy, Active School Community are, Harding identifies the following: creating a team within the school, setting aside time to plan with students and other teachers, and continuing to engage their PE Leadership class and utilizing them to continue helping with intramurals.



Congratulations St. Cecilia School on creating and maintaining a Healthy Active School Community! As we say at EAS, "Forever Active, Forever Healthy"!



Come by and visit!

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

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

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