

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA

SHAPING THE FUTURE!

Thanks to all the delegates who were able to come to **Shaping the Future**, Ever Active's first Health Promoting Schools Conference. We had over 140 people in attendance – here are a few of their comments:

"I found the conference to be very organized and the committee was very enthusiastic and helpful to the participants. One of the more enjoyable conferences I have attended this year."

"I appreciated that representatives from all levels of school districts, Alberta Health and even the government attended this conference. Comprehensive School Health has gained momentum over the last few years and conferences like this give us a voice!"

"What I liked best was the people I met, the networking, the positive atmosphere/energy/people, the motivation and affirmation in providing leadership in promoting health in our schools."

One of the conference outcomes was to provide feedback on a vision for the next 10 years. Delegates had the opportunity to contribute to the draft Healthy Schools Alberta framework – you can find this

discussion paper at www.everactive.org. Additionally, our post-conference survey results found that:

- 100% of delegates rated the keynote speakers as excellent or good
- 95% of delegates rated the concurrent sessions as excellent or good

As well, 78% agreed that it would be a good idea to alternate the conference location each year between Edmonton and Calgary and 86% agreed that the second week in January was a good date. So...until further notice, reserve January 13-15 2011 in Calgary for the Second Annual Shaping the Future Conference!!



A pedometer challenge team.

Upcoming Events

- April 29-May 1st • HPEC Conference Red Deer » http://hpec.teachers.ab.ca/Pages/RedDeer2010_Motivate_Activate_Celebrate.aspx
- May 20th • Alberta Active Living Challenge Day » www.provincialfitnessunit.ca
- May 25th • Red Deer Healthy Active School Symposium » <http://everactive.org/healthy-active-school-symposia>
- May 28 – May 31st • Little Big Run » www.littlebigrun.ca
- May 30 – June 5th • Commuter Challenge » www.commuterchallenge.ca
- May 31st • World No Tabacco Day » www.who.int/tobacco/wntd/2010/announcement/en/index.html
- June • Alberta Recreation and Parks Month » www.june.arpaonline.ca
- June 3rd • Alberta Bike to School Day » www.shapeab.com/EventCalendar.asp
- September 30th – Terry Fox Run » www.terryfox.org/SchoolRun/starting_a_new_event.html
- October 5 – 8th - International Walk to School Week » www.shapeab.com/EventCalendar.asp

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.

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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 (ASPRWF), Alberta Health and Wellness and Alberta Education.



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





HEALTH PROMOTING SCHOOLS UPDATE

Notes from Director's Desk

Anyone spend a few minutes watching the Olympics? What a great two weeks for Canada and our athletes. Did you feel like you were part of something really cool? A red and white, anthem singing, cheering in the streets, toque wearing celebration of our Canadian teammates? How about that gold medal final in men's hockey? An amazing display of team. Besides, I finally got to cheer for Jerome Iginla (can't cheer for him in a Flames jersey...) as he put aside his star status, became a role player, and ground out the game winning assist from the corner. Team. Quite a concept!

Easy to see in hockey, just look at how well our women played together. Easy to see in curling – gold or silver. How about John Montgomery, Maelle Ricker, Alex Bilodeau or Ashleigh McIvor? Are these individual athletes part of a team? You can say they are part of the Canadian Olympic team, but the fact remains that they compete alone. I would argue, however, that they still have a team behind and around them. Coaches, training partners, parents, siblings – listen to these athletes quickly pass the credit along when they win. Also listen to them take the blame personally when they fail. Even individual Olympic sports are team based.

The same concept of team you find at the Olympics is also critical to the creation and support of a healthy active school community. Yes, there are those who can and will go it alone and make some big changes in their school community. Chances are, however, that when they leave so will the changes. Michael Winner, a British film director said, "A team effort is a lot of people doing what I say." A model for effective change? I doubt it.

Most likely, if you are reading this newsletter, you are the champion at your school. I challenge you to build a team and lead a process so that together you affect positive change in the school community. The Health Assessment Tool for Schools is a prime opportunity to obtain the input of your team, reflect together on the results and make a plan for effective change.

Don't give in to the temptation to go it alone! The HATS is designed to be completed by a team, then reflected and acted on by that same team – not an individual. Cooperation and teamwork can be hard work and take a little longer – the end result is more authentic, practical and community based. I found an interesting quote from Mitchell Caplan, a CEO of a large company. "To succeed as a team is to hold all of the members accountable for their expertise."

Build your team, access the expertise in your community, lead the process, hold each other accountable and build a healthy school community – together!

DOUG GLEDDIE

Ever Active Staff

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Battle River Project (BRP) Update

We are celebrating a huge success in Battle River School Division! As of March 9, 2010, Administrative Procedure 190 has been unveiled! This document supports the implementation of the Healthy School Communities and Workplaces Policy.

Below are a few key points from the Administrative Procedure:

- School or site leaders, together with staff and stakeholders, will establish environments that support, ensure and integrate mental well-being, physical activity and healthy eating (e.g. via an annually established committee or other strategy).
 - Actively develop the relationship between students' sense of connectedness and their mental well-being.
 - Demonstrate the philosophical and curricular shift to outcome-based learning experiences that ensure successful, meaningful participation in physical activity and encourage lifelong fitness (i.e. K to 12 Physical Education Program of Studies, 2000).
- Beginning in September 2010, BRSD schools and workplaces will meet the following provisions for all food and beverages distributed, provided by or sold at the school for any school-related purpose (as per *Alberta Nutrition Guidelines for Children and Youth*):
 - 65% (minimum) meet the characteristics of the *Choose Most Often* category
 - 35% meet the characteristics of the *Choose Sometimes* category
 - 0% meet the characteristics of the *Choose Least Often* category.
 - Beginning in September 2010, fundraisers and activities must focus on and include food and beverage items that meet the characteristics of the *Choose Most Often* and *Choose Sometimes* categories. Up to two activities or fundraisers in each school year may include an item from the *Choose Least Often* category.

The policy can be viewed at: www.brssd.ab.ca/documents/policy/policy_21.htm

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

What's Happening!

Get Excited About Daily Physical Activity (DPA): An Ever Active Schools' Webinar with Tracy Lockwood and Shannon Horricks

When: April 15, 2010 @ 4:00 - 5:30 p.m.

Who should attend: Administrators, teachers, support staff, Alberta Health Services partners and consultants involved in promoting physical activity and/or comprehensive school health Grades 1-9

About this learning opportunity: Research says it all, academic achievement and physical activity go hand in hand. Numerous studies have shown that physically active students are better prepared to learn and are more successful in school. The impacts of daily physical activity on students, staff members, parents and the community will also be shared. You will learn about the: benefits of physical activity and its effect on school performance, strategies for incorporating daily physical activity; e.g. scheduling, professional development, integrating into other subject areas, and updates on resources to support the implementation of DPA.

To register visit: www.erlc.ca/programs/pdf/10-DL-394.pdf

Red Deer Healthy Active School Symposium

Tuesday, May 25th

CrossRoads Church

<http://everactive.org/healthy-active-school-symposia>

Dr. John Ratey – Author of: *Spark: The Beginning of a Revolution*

Wednesday, April 28th • 7:00pm

Mount Royal University

Active Living Forums:

Calgary • May 26th

Lethbridge • June 1st

Edmonton • June 4th

For more information visit:

www.centre4activeliving.ca/news/physical-activity-forum/2010-design/index.html

HPEC Conference 2010 – Motivate, Activate, Celebrate

EAS presents HPEC Pre-Conference Workshop – Calling All Physical Education Teachers! (Elementary Generalists & Specialists)

Thursday, April 30, 2010 (9:00-3:00 p.m.)

Mattie McCullough School - 26 Lawford Avenue, Red Deer, AB.

Cost: \$30.00 (includes lunch)

Workshop Title: Physical Literacy: It's All About Philosophy!

Workshop Description: Looking for support for your elementary physical education classes? Ready to participate in activities to take back to your staff? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, participants will walk away with the tools to approach lessons and lesson planning, FUNDamental Movement Skills, Teaching Games for Understanding and ways to create a positive learning environment. Come join Ever Active Schools for this Train the Trainer workshop and learn alongside other physical education teachers and elementary generalists on how to develop physically literate students.

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/HPECConference2010.aspx>



Health Assessment Tool for Schools (HATS)

EAS Members are required to complete the **Health Assessment Tool for Schools (HATS)** on an annual basis to maintain Member status. This feature will be made available online early April 2010 and all EAS Members and Associates will receive an invitation email with login and password information so they can complete the HATS. Associates that complete the HATS in will become Members as of September 1, 2010.

The Health Assessment Tool for Schools is a series of checklists that help school communities define practices and programs that positively influence health behaviours related to active living, healthy eating and mental well-being. For the most comprehensive information from the HATS Tool we recommend that **all members of the school committee** complete the tool. The results from these checklists are used to guide the yearly plans of Alberta schools and to help them follow a health promoting school (HPS) approach.

The HATS was developed by Ever Active Schools in partnership with APPLE Schools, Schools Come Alive and the University of Waterloo.

For a hard copy of the HATS as well as a facilitators guide, go online to: www.everactive.org/health-assessment-tool-for-schools

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 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.

PHYSICAL ACTIVITY CENTRE



Ever Active Schools is pleased to announce the availability of two sets of Division I Recipe Card Lesson Plans (RCLP) and two sets of Division II Recipe Card Lesson Plans (RCLP). Experienced Alberta Physical Education specialists developed the sets for Elementary Generalist teachers. Each package of double sided, full colour 5"x7" card stock contains 6 lessons in each of the five dimensions (types of gymnastics, dance, individual activities, alternative environments and games). As well the first editions include 6 DPA lessons appropriate for small spaces.

Recipe Card
Lesson Plans
Grades K-3
First Set

THE RECIPE LESSON PLAN

A total of organized into 5 units of 6 lessons each: types of gymnastics, dance, games, individual activities and alternative environment.

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).

Each lesson is directly linked to student learning outcomes from the Alberta Physical Education Program of Studies for Physical Activity. www.education.alberta.ca

ABCD's of Physical Education

Recipe Card
Lesson Plans
Grades K-3
Second Set

THE RECIPE CARD LESSON PLANS FEATURE:

A total of 30 lessons organized into 5 units of 6 lessons each: types of gymnastics, dance, games, individual activities and alternative environment.

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).

Each lesson is directly linked to student learning outcomes from the Alberta Physical Education Program of Studies

Recipe Card
Lesson Plans
Grades 4-6
First Set

THE RECIPE LESSON PLANS

A total of 30 lessons organized into 5 series of 6 lessons each: one for each of the five dimensions in the Alberta K-12 Physical Education Program of Studies (dance, games, types of gymnastics, individual activities, alternative environment).

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).

Each lesson is directly linked to student learning outcomes included in the K-12 Alberta Physical Education Program of Studies and to the Safety Guidelines for Physical Activity in Alberta Schools. www.education.alberta.ca

ABCD's of Physical Education

Recipe Card
Lesson Plans
Grades 4-6
Second Set

THE RECIPE CARD LESSON PLANS FEATURE:

A total of 30 lessons organized into 5 units of 6 lessons each: one for each of the five dimensions in the Alberta K-12 Physical Education Program of Studies (dance, games, types of gymnastics, individual activities, alternative environment).

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).

Each lesson is directly linked to student learning outcomes included in the K-12 Alberta Physical Education Program of Studies and to the Safety Guidelines for Physical Activity in Alberta Schools. www.acicr.alberta.ca



The following activities can be found in the RCLP:

Rabbits & Foxes

RCLP K-3 set, Types of Gymnastics Unit

Choose 4 -5 students to be foxes. Foxes must travel on their hands and knees/feet and try to tag the rabbits. All other students are rabbits and must travel by hopping on one foot. Students may need to vary the foot on which they are hopping often throughout the warm up. When a rabbit is tagged by a fox, they switch roles. (The rabbit becomes a fox and the fox becomes a rabbit) After about 5 minutes of play, signal the last minute of play. During the last minute, when a rabbit is tagged they become a fox, but the foxes do not become rabbits. The goal here is to catch all the rabbits as quickly as possible in the given time frame. Note the proper technique, teaching tips and video of hopping can be found at: www.education.alberta.ca/physicaleducationonline



Circle Goal

RCLP 4-6 set, Invasion Games Unit

Students form groups of 4 players. They find another group of 4 players and challenge them to a game of 'circle goal'. The two teams alternate players standing beside each other and form a circle. Players stand with feet shoulder width apart ensuring that the outside of each foot is touching the foot of the player next to them. Challenge each team to use only their hands to hit a sponge/nerf or gator ball in an attempt to roll it between the legs of a player from the opposite team. (**Gator type balls are available in the Div III EAS DPA Bins**) Players must maintain contact with the feet of the players beside them at all times. Encourage students to shoot the ball so it is difficult to defend,

for example; shoot with both right and left hands, add spin to the ball or look in a different direction from the way they are shooting. Ask students for suggestions as well. One point is scored every time the ball escapes the circle by going through the opposing team's legs.

The second edition Div II RCLP and the first edition Div III RCLP will be available soon. To order go to: www.everactive.org/everactive-resources.



Resistance Band Fun, All about Strength and Flexibility

RCLP 4-6 set, Individual Activities Unit

Provide each student with a resistance band. (**Resistance Bands are available in the Div II and III Ever Active Schools' DPA Bins**) If students have latex allergies, pantyhose or a towel can be used as an alternative.

Try the following activities:

The CHEST-er-field: Place one end of the band under right hand and extend it across the back, holding the other end with the left hand. Perform push-ups from knees to feet.

The BACK-attack: Sit with legs extended in front of body, wrap band around feet and hold each end in one hand. Keeping back straight, squeeze shoulder blades together and down.

The BICEP-blaster: Stand on the middle of the band and hold each end in one hand. Curl fists toward shoulders while keeping elbows close to body.

The TRICEP-brush off: Stand on the band and hold it with right hand at the base of neck. Keep right elbow up and close to head, while extending right arm up above the head. Repeat on left side.

The Glute-salute: Stand on the middle of the band and squat down bending knees to 90 degrees, then hold each end of the band in one hand. Straighten legs and repeat squat keeping weight on heel and knees directly above or behind toes.

The HAMSTRING-thing: Stand and secure a band around back of the ankle, holding both ends in one hand in front of the body. Lift foot back to touch buttocks keeping knees together. Use a wall or bar for support. Switch ankles and repeat.

The ABDUCTOR-with attitude: Stand with the band tied around each ankle or just above each knee, take one large step to the right and close left foot to right. Take three steps to the right and repeat taking three steps to the left.

HEALTHY EATING CENTRE

Celebrate food...from field to table!

Submitted by: Alberta Health Services

March is Nutrition Month! This year, Dietitians of Canada asks Canadians to Celebrate food... from field to table! Registered Dietitians/Nutritionists from Alberta Health Services encourage Albertans to plan healthy meals including local foods, plant your own indoor or outdoor garden, purchase healthy foods that are grown in Canada and prepare and enjoy meals with vegetables and fruit every day.

Eating well starts with planning weekly menus for you and your family. This promotes healthy eating with the added benefit of saving money by cutting out fast foods and ready-to-eat meals. Although it sounds like a time consuming task, it can take as little as 10 minutes each week. Follow these easy tips while planning your menu:

- Have 3 meals and 2-3 snacks each day.
- Follow Canada's Food Guide to include all four food groups: Vegetables and Fruit; Grain Products; Milk and Alternatives; and Meats and Alternatives.

- Enjoy 3-4 food groups with each meal and 2-3 food groups for snacks.

- Choose high-fibre foods often, including vegetables and fruit and whole grains.

- Limit foods that are high in fat, sugar and sodium (salt).

- Make a grocery list based on your menu and stick to it.

- Save your menus in a binder so that you can reuse them later.

Build a living relationship with your food: plant your own small or large garden and you can include home grown foods in your weekly menu. You don't need a lot of space—a few pots on your kitchen windowsill will do. You can also join a local community or school garden to meet your neighbors while growing fresh and tasty foods. Contact your local garden centre, borrow a book from the library or visit a gardening web site for tips.

If you aren't growing your own

FESTIVE SALAD (SERVES 8)

Cross Canada Dinner Menu
Visit www.dieticians.ca/eatwell for more delicious recipes.

900 g beets
250 mL shredded red cabbage
250 mL shredded carrots
4 green onions, thinly sliced
30 mL chopped fresh dill
(or 5 mL dried)
150 mL crumbled Canadian feta cheese
60 mL red wine vinegar
5 mL dried mustard
30 mL canola oil
30 mL water
15 mL honey
80 mL toasted sunflower seeds

1. Wash beets and cut away tops and tails. Wrap in foil and bake in preheated 375 F oven for about 45-60 minutes or until just tender. Unwrap, let cool and peel under running water. Cut into 1 inch chunks place in large glass or ceramic mixing bowl.
2. Add cabbage, carrots, green onions, dill and feta cheese and stir gently to combine.
3. Meanwhile, place red wine vinegar in a small bowl. Add mustard and whisk with a fork or small whisk to combine. Add oil, water and honey and continue to whisk. Pour over beets and other vegetables and stir to combine.
4. Garnish with toasted sunflower seeds.

Note: the flavour improves if this salad is made 6-8 hours before serving and refrigerated.

foods, choose great Canadian foods at the grocery store! Support our economy and enjoy a variety of Canada's delicious vegetables, fruit grains, meats and milk. Foods that have "Product of Canada" on the label are grown or made in Canada.

Include vegetables and fruits from your local grocery store, farmer's market or home garden in all of your meals and snacks, every day! You can enjoy your fresh produce throughout the year if you store them frozen, canned or dried. When produce grown close to home is not an option, imported vegetables and fruits increase the variety in our diets.

Get to know your food... from field to table. Make healthy eating a family affair. Together, learn about where our food comes from. Involve the whole family in meal planning, gardening and grocery shopping. Celebrate food together, and start eating for a healthier you!



MENTAL WELLBEING CENTRE

Resiliency

Alberta Health Services Website - Teacher Information Series on Resiliency – Grade 9 lesson plan www.aadac.com/552_627.asp

We all have the same needs. We have physical needs like safety, food and shelter. We need love and a sense of belonging. We need to be treated with respect, to have some power over our lives, to find life meaningful and to feel that we have accomplished something worthwhile.

Not all children get their needs fulfilled. They may grow up in abusive or neglectful families, or in life-threatening environments. They are labelled “at-risk” students. In spite of these set backs “at-risk” students can and do succeed due to the fact that they are resilient. Resiliency is the ability that people have to overcome difficult life circumstances.

Resiliency is not rare. Every child has the potential to be resilient. They can learn to solve problems, understand their circumstances, have good relationships with other people, be responsible for their actions, find humour in their troubles, and seize opportunities to be creative and change the world around them. They can learn to believe in themselves, in a brighter future, and in the basic goodness of the world. The factors that help them to become resilient people are:

1. Having caring and positive relationships in their lives
2. Having high expectations placed on them
3. Having the opportunity to contribute and participate in their families, schools and communities

When children have these three conditions present in their lives, they are more likely to develop the traits that make them able to overcome adversity.

Characteristics of resiliency:

Perceptiveness – You understand people and situations and are able to question what is happening in your family, school, or community.

Service – You give yourself to others, or to a cause that you believe in.

Independence – You can separate yourself from your family troubles, and are confident that you can make your own way in the world.

Optimism – You have hope for a bright future for yourself and the world.

Connection – You can seek out support from others and form caring and positive relationships.

Self-Motivation – You have the drive to fulfil your dreams and goals.

Creativity – You can express your experiences in a constructive and helpful way.

Spirituality – You have faith in something greater than yourself.

Sense of Humour – You can see the funny side of the world and your circumstances, and use this ability to put things into perspective.

Morality – When you make a decision, you use the information you have about the situation and you consult your own conscience (your sense of right and wrong).

Researchers found that at least 50 percent and usually closer to 70 percent of these individuals grow up to be not only successful by societal standards, but “confident, competent, and caring” persons (Werner & Smith, 1992).

The reason some individuals succeed when faced with risks and adversity is resiliency – the capability of individuals and systems (families, groups and communities) to cope with significant adversity or stress in ways that are not only effective, but tend to result in an increased ability to constructively respond to future adversity. Lifton (1994) identified resiliency as the human capacity of all individuals to transform and change, no matter what their risks; it is an innate “self-righting mechanism”.

It is important to understand that resiliency is not a static state. Rather, this capacity for resiliency develops and changes over time, is enhanced by protective factors within the individual and their social environments, and contributes to the maintenance or enhancement of health.

Elementary Resources on Resiliency:
www.aadac.com/552_595.asp

Jr. High Resources on Resiliency:
www.aadac.com/552_594.asp

Sr. High Resources on Resiliency:
www.aadac.com/552_593.asp

Teacher information series:
www.aadac.com/552_591.asp



ALBERTA HEALTH & WELLNESS UPDATES



These findings are from the 2008 results of the REAL Kids Alberta evaluation. The second round of data collection for the Raising healthy Eating and Active Living (REAL) Kids Alberta evaluation has started in schools across the province. Data collection will take place between March and May 2010 with grade five students. The same select schools that participated in 2008 have been invited to participate again this year. We are awaiting replies from some of the remaining schools to schedule survey visit times. If your school was invited to participate, please contact us as soon as possible, as the bookings are filling up quickly!

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, Battle River Schools, Ever Active Schools, and the successful school recipients of the Alberta Healthy School Community Wellness Fund.

This year, the REAL Kids Alberta Evaluation Assistants will be teaming up again with the Health Promotion Coordinators from Alberta Health Services to administer the surveys to grade five students across the province. The evaluation consists of the following:

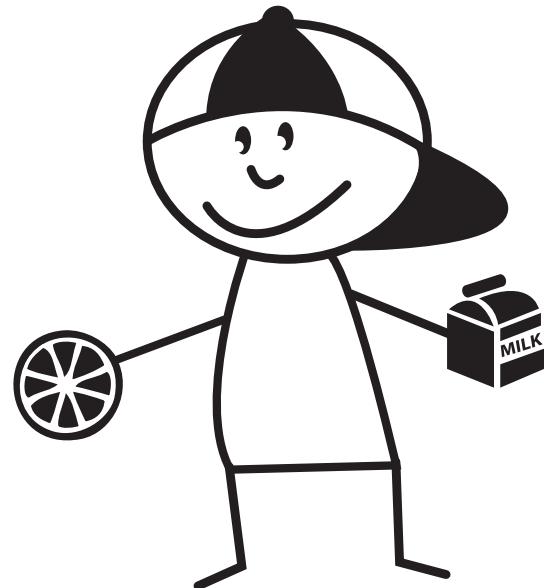
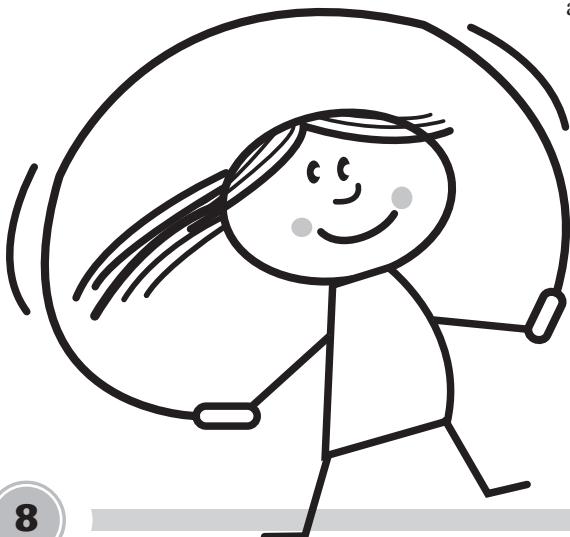
- Home Survey for parents
- A Student Survey and the Harvard Food Frequency Questionnaire to evaluate nutrition and physical activity, as well as assess knowledge and awareness of the importance of healthy living. The students are also measured for their height, weight and arm span.
- The Principal Survey evaluates the school environment, policy and practice relating to wellness.

DID YOU KNOW...
THAT ONLY 26% OF STUDENTS REPORT BEING SUFFICIENTLY PHYSICALLY ACTIVE?

THAT ONLY 27% OF STUDENTS ARE CONSUMING ENOUGH FRUITS AND VEGETABLES?

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 reports for the additionally selected schools from the Battle River Schools and eight Wellness Fund schools were sent out in February. 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 application for grants.

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.





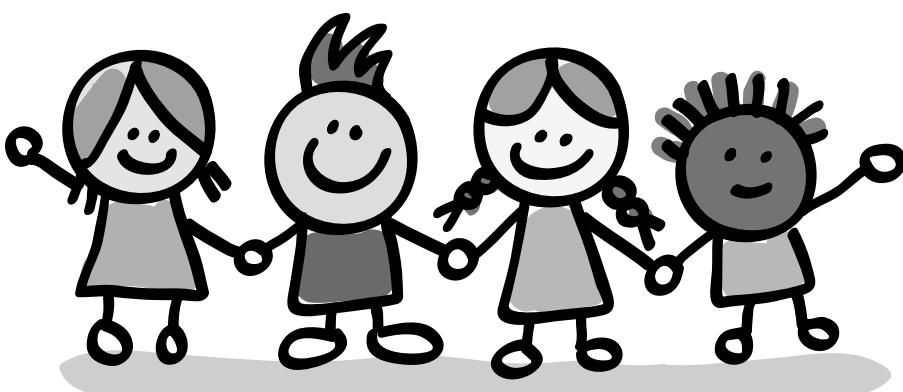
Update on the Alberta Healthy School Community Wellness Fund

Submitted by: Holly McPherson, Project Coordinator

In January, the Alberta Healthy School Community Wellness Fund awarded grants to eighteen new school communities. Please welcome the following new projects into our Wellness Fund community

With the addition of these new projects the Wellness Fund has provided funding to 88 school communities. There is currently work happening in all of the five health zones and we have projects in 37 out of 66 School Districts in Alberta. Since 2007, the Wellness Fund has provided almost \$2.6 million dollars to support Healthy School Community Initiatives. We are very proud to say that this work has impacted approximately 500 schools and 175 000 youth in our province through initiatives that address healthy eating, physical activity and/or positive social environments.

Large Grants (up to \$25 000)	Small Grants (Up to \$5000)
Fox Creek Positive Relationship & Active Living Project Northern Gateway SD	Feeding Body Mind & Spirit – St. Francis Xavier Edmonton Catholic SSD
Health Kits for WCPS Alternative/Outreach Schools Wolf Creek Public Schools	Choices for Change - High Level Public School Fort Vermillion SD
West Lethbridge Schools: A Healthy and Growing Community Lethbridge SD 51	Eldorado's Positive Playgrounds Eldorado Elementary School Wild Rose SD
Health Resource Kits - Wetaskiwin Regional Public Schools Wetaskiwin RD 11	Landing Trail School Gets Active Sturgeon SD 24
Sharing Wellness Fund Success Through New Media – Ever Active Schools Provincial Project	Better Food, Better Habits, Better Students - Junior High Outreach School - Lions Learning Centre Grande Prairie Public School District
Golden Hills Wellness Project Golden Hills SD 75	Easing the Transition for New Students and Staff: An On-Line Approach – Sturgeon Composite Sturgeon SD 24
Black Gold Regional Schools Healthy Schools Initiative Black Gold RD 18	Lilian Schick School: Quest for Healthy Living Sturgeon SD 24
	Woodhaven Wellness - Woodhaven Middle School Parkland SD 70
	Food For Thought- Spirit of the North Community School Fort Vermillion SD
	RECESS RECREATION- New Sarepta Elementary School Golden Hills SD 75
	Holyrood School Courtyard Development Edmonton Public Schools



ALBERTA TOURISM, PARKS AND RECREATION UPDATES

Winter Walk Day 2010 in the books

Approximately 60,000 Albertans registered a total of 1.3 million minutes of walking on February 10 in celebration of Winter Walk Day.

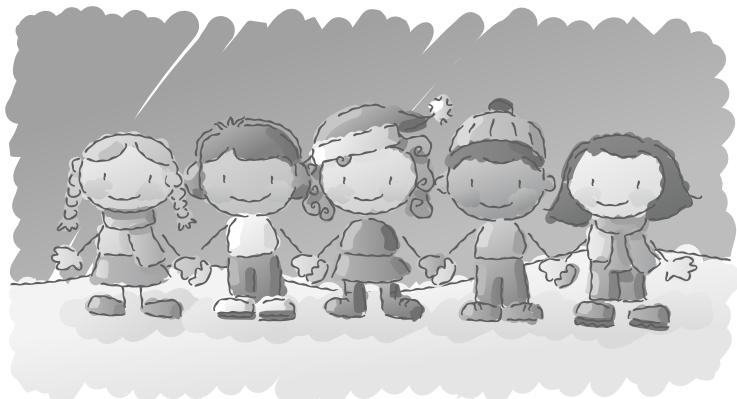
From Spirit River in the north to Lethbridge in the south, Albertans from playschools, seniors groups, workplaces, schools, colleges and universities showed just how easy it is to maintain a healthy, active lifestyle all year round.

Some participants transformed Winter Walk Day into more than a stroll – they seized the opportunity to get into the Olympic spirit. Students, staff and parents at Edmonton's Westbrook School had a memorable afternoon walk with one of Alberta's Olympic torch bearers. "It was an exhilarating experience, especially with our special guest Marjorie O'Connor leading our walk in her Olympic clothing and carrying her Olympic Torch," said Shauna Paul, Principal of Westbrook School.

Winter Walk Day partners SHAPE Alberta and the Be Fit For Life Network organized events throughout the province on February 10. The Alberta government supports these partners through the Alberta Sport, Recreation, Parks and Wildlife Foundation.

Winter Walk Day is an annual event encouraging Albertans to lead active outdoor lifestyles during winter and promoting the benefits of physical activity. Winter Walk Day 2011 will be on Wednesday, February 9.

Taken from: <http://tpr.alberta.ca/newsroom/winter-walk.aspx>



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.

ALBERTA EDUCATION UPDATES

The goal of Daily Physical Activity (DPA) is to increase students' physical activity levels. DPA is based on the belief that healthy students are better able to learn and that school communities provide supportive environments for students to develop positive habits needed for a healthy, active lifestyle.

Ever Active Schools, with the support of Alberta Education, has produced 4 tip booklets to support the implementation of daily physical activity.

Issue 1 – Inside this issue

- Tips for Teachers and Support Staff
 - Tips for Administrators
 - Resource Tips
 - New Daily Physical Activity Ideas
 - Success Stories

Issue 2 – Inside this issue

- Planning for DPA
 - Integrating DPA
 - School Admin Corner
 - Outdoor DPA Activities
 - Resource Support

Issue 3 – Inside this issue

- DPA in the School
 - DPA in the Community
 - DPA in the Home
 - Making DPA Connections
 - Resource Support

Issue 4 – Inside this issue

- Renew You
 - Inspire Your Students
 - Empower Your School
 - Empowering School Administrators
 - Resource Supports

Electronic copies of all four of the DPA Tip Booklets can be found on the Ever Active Schools website @ www.everactive.org/physical-activity

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

HPEC Members!

Not Receiving Your Copy of the Ever ACTIVE! Newsletter?

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.

Mighty Peace District

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

Athabasca District

RR: VACANT
If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.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

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 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)

*Email Brenda Bower (HPEC Vice-President) if you are interested in this opportunity:
brenda.bower@sd76.ab.ca*

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.

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



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 will be 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/RedDeer2010_Motivate_Activate_Celebrate.aspx

EAS presents HPEC Pre-conference Session: Physical Literacy: It's All About Philosophy!

April 29, 2010 • 9:00 am – 3:30 pm
Mattie McCullough School, Red Deer, AB
\$30 (includes lunch)

Looking for support for your elementary physical education classes? Ready to participate in activities to take back to your staff? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, participants will walk away with the tools to approach lessons and lesson planning, FUNdamental Movement Skills, Teaching Games for Understanding and ways to create a positive learning environment. Come join Ever Active Schools for this Train the Trainer workshop and learn alongside other physical education teachers and elementary generalists on how to develop physically literate students.

HPEC Annual Awards

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

A. Certificates of Commendation

- (a) 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 may be increased at the discretion of the awards committee). These nominations will be presented with a certificate of commendation at the annual conference.
- (b) 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

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

Nomination Procedures

- (a) The committee shall secure nominations for the Distinguished Service Award by:
 - i. advertising in the "Runner" and/or Newsletter.
 - ii. Sending information forms to Council members with the "Runner" of newsletter prior to the nomination deadline, at least three months prior to presentation.
- (b) 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.
- (c) No Nomination shall be considered by the committee unless accompanied by the nomination blank appropriately documented and endorsed.
- (d) 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 or 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

The Ever Active Schools Promising Practices Database is expanding and needs your submissions!

As Educators we are constantly looking for new and exciting ideas to use in our classrooms. We also have many unique lesson plans and activities to share. Help elevate the quality of healthy active teaching practices across the province by submitting your most promising practices to the Ever Active Data Base. Go to: www.everactive.org/promising-practices and click on Database to submit and retrieve great ideas. Thank you to Tamara, Jill and Sonia for their submissions!

On-line Recipe exchange

An online link from every school in Lethbridge School District #51 will have access to a recipe exchange. Families can post their favourite recipes and pull other favourites from the site. Interested people email their recipes in and then they are posted for others to see.

Web Site:

<http://nscs.lethsd.ab.ca/Recipe%20Exchange/index.htm>

Submitted by:

tamara.vanclavie@lethsd.ab.ca

Healthy Classroom Celebrations

An environmental scan was completed and this school chose to focus on healthy classroom celebrations as their first plan of action. The school formed a SNAC (School nutrition Action Committee) in Jan/09. Teachers and administration developed a template to guide all snacks brought into school celebrations (classroom parties and our hot lunch program) to set a school standard. The school is also developing an education package to go along with it. An allergy safe lunchroom was created in Sept 09.

You can also get students involved in planning fun, creative snacks for their celebrations. They love it!

Submitted by:

jill.lambden@albertahealthservices.ca

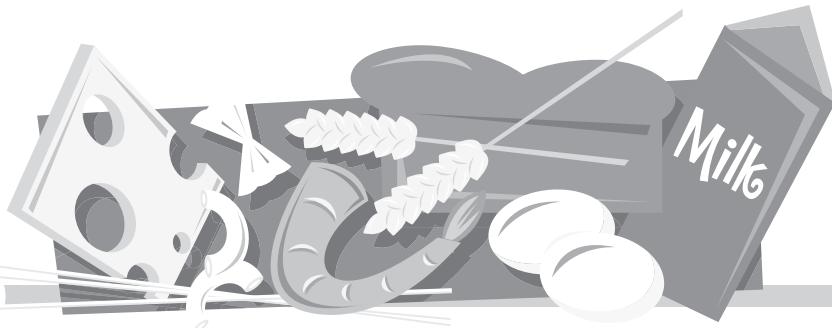
National Nutrition Month

At the beginning of the month of March, the school talks about National Nutrition Month. Canada's food guide, healthy eating, and the four food groups are discussed in class. Each student in the school is given the National Nutrition Month worksheet. This worksheet has valuable websites that provide information about healthy eating. Students need to research healthy eating at home with their families and then complete their healthy lunch and snack on the worksheet. Students need to include a food item from all four food groups in their healthy lunch. Students can draw, take pictures, or cut out pictures from flyers to create their healthy lunch. Once the worksheet is completed it is brought back to school and displayed on the wall outside the gymnasium. At the end of the National Nutrition Month the wall has approximately 200 examples of what a healthy lunch and snack should look like.

To encourage students to return worksheets an incentive, such as a sticker or charm, can be given.

Submitted by:

sonia.sheehan@ffca-calgary.com



COMMUNITY CONNECTIONS

Recipe Card Lesson Plans



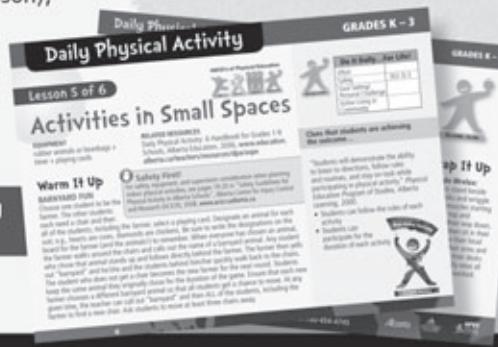
These sets are available for grades K-3, 4-6 and 7-9 and were developed for the Generalist teacher by experienced Alberta physical education specialists. Each set contains:

- 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.

ABCD's of Physical Education



Rip'nRide
Brave la vague

Water Ski and Wakeboard
CANADA

ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION



YOUTH PROGRAMS 2010

RIP 'N RIDE - ALL summer Long!

Wanna learn to Water Ski 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! Day, Multi-day and Weekend Rip 'n Ride sessions are coming to a lake near you in 2009.
(Dates subject to change, call or check website for updates).

Rockyview Water Ski Club (Calgary) July 7-8

Shalom Park Water Ski Club (Edmonton) June 24-25, July 5-6, 13-14, 22-23

Lake Isle (40 min. W of Edmonton) July 3-4; 10-11, 17-18, 24-25

Pigeon Lake (near Prov. Park) July 26-30, call for registration info

Strathcona County (near Sherwood Park) Aug., call for dates

Coach On Call (Sylvan Lake, Pine Lake, Wizard Lake, Gleniffer Lake) call for dates

NEW KIDS ON THE WATER and KIDSKI

Held at Shalom Park Water Ski Club, New Kids (May 30 & June 6) is a half-day (a.m. or p.m.) beginner program for kids 6 – 11 years of age. Lunch and all equipment is included. KidSki is a 10-week program (beginning in May) designed for kids who would like to get involved in competitive water skiing.

girls day out - girls only wakeboard camp!

At Lake Isle, July 23-25. Beginners to Advanced, all girls welcome.

where do I sign up?

To register for any of our programs, visit our website at www.wswa.ca, or call 780-415-0088. Let's Rip! Let's Ride! This Summer!

For more information on the Rip N Ride program visit: <http://ripnride.ca/>

Waterski & Wakeboard Alberta www.wswa.ca
11759 Groat Road, Edmonton, AB / 780-415-0088 / 1-866-258-2754

Please circulate this promotion in your school or school newsletter.

EVER ACTIVE SCHOOLS SUCCESS STORY



Killam Public School

Submitted by: Shannon Horricks

"Students will experience the benefits of being a member of a healthy, active learning community," is the first goal in Killam Public School's Three Year Plan. Killam Public School (KPS) is a community with a welcoming, safe and caring environment.

Killam Public has committed to encouraging active living through having at least one school-wide activity per month. These activities and the health benefits are communicated to students and parents via the school newsletter.

KPS has an intramural program and daily physical education. Also, they promote co-operative games during 'block' times. Blocks came from the idea of community building and getting to know and work with people of all ages on your 'block'. They are cross-graded groups of K-9 students and a teacher leader who remain together over their time at KPS. There is a major leadership role given to grade 9 students in the block group.

The staff at Killam Public also recognizes the importance of healthy eating. They have dedicated to offering students a nutritious snack item once a month. The nutritional value of the item is shared with them as well as their families. In addition, general nutritional information is communicated

home. KPS has chosen products for their concession to promote healthy eating.

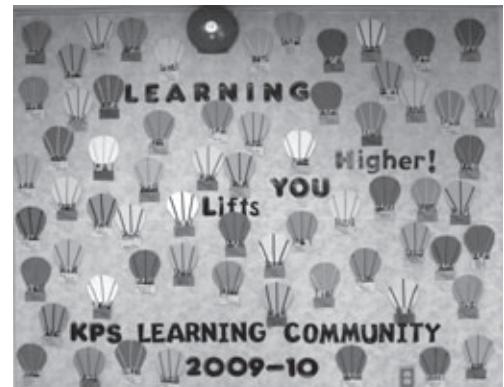
When you walk into KPS, it is evident that they recognize the importance of promoting school connectedness, student leadership, and mental well-being.

Their annual theme board at the school entry sets the tone for the year and features the names of every staff and student. Daily announcements feature a student a day who is recognized for acts of good citizenship.

Classes contribute to the community with responsibilities in the school. Junior High Leadership has been well established, organizing events for the grade 7-9 students. A new initiative this year was a leadership group for Gr. 4-6 where each month students from this level organize and run one school activity. All students have a chance to participate.

Our special education program has time allotted to helping students with social skills problems. These students also become involved with helping others in the school and community

To further strengthen the students' sense of belonging both to the school and Killam community, they hosted a



Killam Community Day. Members of the community were invited into the school to share and interact with students and staff.

Well done Killam Public School!



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.