

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA

Shaping the Future: Engaging Healthy School Communities



January 26-28, 2012
Delta at Kananaskis,
Alberta

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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

November 14 • World Diabetes Day » www.worlddiabetesday.org

December 3 • International Day of Persons with Disabilities » www.who.int/mediacentre/events/annual/day_disabilities/en/index.html

January 15-21, 2012 – National Non-Smoking Week » <http://nns.w.ca>

January 26-28, 2012 – Shaping the Future 2012 » www.everactive.org

February 8, 2012 • Winter Walk Day »

<http://www.asrpwf.ca/recreation-active-living/winter-walk-day.aspx>

February 2012 • Heart Month » <http://heartmonth.heartandstroke.ca>

February/March 2012 – Alberta Teacher's Conventions

February 7, 2012 – Lethbridge HASS » www.everactive.org

May 3-5, 2012 – HPEC 2012 » <http://hpec.teachers.ab.ca>

*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

Government
of Alberta





HEALTH PROMOTING SCHOOLS UPDATE

Notes from the Director's Desk

Ever Active Schools Partners with Kainai Board of Education: Empowering Youth through Photovoice

"Young people are not just the leaders of tomorrow – they have great untapped potential for responsible leadership today." (Brendtro, Brokenleg & van Bockern, 1990)

Student leadership is known to be a vital part of building a healthy school community. Decisions are often made that affect students although students are rarely consulted. In order to maximize the engagement and support from our students, it is important to provide them a platform to speak.

Ever Active Schools (EAS) has collaborated with the Kainai Board of Education for three years creating opportunities to further health and wellness in the community. As partners, we realized that we had not heard from the students and proposed "Photovoice" to empower the voice of youth within the community. Each year the project grew upon the previous year's success and has built new capacity within the community.

Within the project, participants were asked to represent their community or point of view by taking photographs, developing narratives to go with their photos, and conducting outreach (sharing). Photovoice is intended to give insight into how youth conceptualize their circumstances and their hopes for the future.

The project, titled *"Kainai First Nations Qualitative Study of Perceived Determinants of Health in Adolescents"*, involved eighteen grade 10 and grade 11 Kainai High School students. These students were given cameras and asked to take pictures of things in their community that represent important aspects of a healthy school community as well as barriers to wellness. Students organized pictures into themes and made posters for use in a focus-group setting. Several important findings emerged from this qualitative study into the perceived aspects of a healthy environment for adolescents.



The majority of students felt that friends/ social support played an important role within a healthy school community. Negative aspects of the physical environment that were identified included smoking and disregard of the environment (garbage, cigarette butts, etc). Tradition and culture valued, and the students expressed the importance of mentorship.

Although current messages around health for Aboriginal youth focus on obesity, Type II diabetes and mental health, these issues were not seen as "important" to youth health. The mass messaging of current health awareness campaigns did not connect with the students. Based upon the findings, Ever Active Schools have made the following suggestions and next steps to create a healthier school environment for Aboriginal youth:

- Review the themes with a youth group, council or student leadership

committee to validate the findings.

- Include outdoor activities that connect youth with nature and the land and to traditional sites with teachings from elders.
- Incorporate traditional language into the program.
- Work alongside Kainai and provincial partners to continue a long-term strategy to support health initiatives within First Nations, Métis and Inuit School Communities.

Special thanks to Alberta Health and Wellness and the Alberta Sport, Recreation, Parks and Wildlife Foundation for their generous support of the project.

For more information on Photovoice please visit www.everactive.org.

What's Happening?

HASS 2011 - 2012



EAS has partnered with Alberta Health Services, the Alberta Healthy School Communities Wellness Fund, the Be Fit For Life network and the Health and Physical Education Council to bring school teams a day of informational sessions and action planning to create a healthier school environment. Check which HASS is near you!



Welcome!

Ever Active Schools is growing! We are excited to announce that Jackie Crooks, Healthy School Communities Provincial Coordinator, and Audrey Seehagen, Healthy School Communities Knowledge Exchange Coordinator, have joined our team!



Jackie graduated from Lakehead University with an Honors Bachelor of Kinesiology Degree. She then made her way west where she obtained a Masters of

Science in Health Promotion Studies from the University of Alberta.

Through her practical experience and academic base, Jackie brings her knowledge and a passion for promoting healthy eating and active living programs. She has worked at the provincial level on programs that strive to improve school health, was the Project Lead for Alberta's first Wellness Forum and maintained the Healthy U website for the Province of Alberta. She has also been involved in health promotion at the policy level and knows how to acquire the needed information, tools and resources to achieve the Team's goals. Jackie leads a healthy lifestyle and enjoys daily exercise. Her favorite sports are running, cycling, and skiing, both alpine and cross-country. Being near the mountains is definitely an added bonus!

Thank you!

EAS would like to thank all the schools that took the time to complete the Health Assessment Tool for Schools (HATS). Remember! In order to maintain your Member status or to be upgraded from an Associate, your school team needs to complete the HATS annually. The HATS will be available for completion in Spring 2012.



Audrey comes to us from Health Services Research at the University of Alberta, where she was the Senior Research Projects Coordinator - Communications in Health Informatics.

Prior to that she held the position of Communications Director: Knowledge Broker, Special Projects Coordinator at the Integrated Centre for Care Advancement Through Research (iCARE), which was a collaboration between the University of Alberta and Alberta Health Services (formerly Capital Health).

Audrey is passionate about youth health and wellness. Audrey is also a creative writer and prize-winning poet: her poem entitled "Angels of Light," is currently hanging on the wall of the Poetry Walk at the University of Alberta Hospital and her poem, "Under the Circumstances," was published by the Spring Pulse Poetry Festival in 2011. She just completed 5 years as a Director of the Writers Guild of Alberta and remains active in the Edmonton and Alberta writing scene.

Connect with Us Monthly

Be sure to sign up for the monthly e-ACTIVE. The e-ACTIVE allows us to deliver the most up-to-date information for your healthy school community as quickly as possible. Look for your copy in your inbox. Archived copies are also available at: www.everactive.org.

Would you like to be added to our mailing list? Contact Rhonda at rhonda@everactive.org and we will be sure to stay connected with you!

PHYSICAL ACTIVITY CENTRE



Move & Play Through Physical Literacy

The Be Fit For Life Network has created the Move & Play Through Physical Literacy cards to assist activity leaders interested in integrating Physical Literacy into a variety of programs, activities and environments. These cards are designed to be used in a variety of applications including the home, school or community settings. Over 75 cards are included in this set, focusing on Active Start, FUNDamentals, and Learn to Train stages of the Long Term Athlete Development Model.

Active Start Card Example – Ages 3 – 6

FUNDamentals Example – Ages 6 – 9

Learn to Train Example – Ages 10 – 12

For more information: www.provincialfitnessunit.ca/bffl-k-6-school-programs/

MOVE & PLAY
Through Physical Literacy

How to Use These Cards | Overview

Active Start Age: 0 – 6
Objective: Learn fundamental movements and link them together during play.
Note: This resource is targeted at Age 3 – 6. For more games and activities for 0 – 3, use A Hop, Skip and a Jump: Enhancing Physical Literacy resource located in the related resources section.

FUNDamentals Age: Boys 6 – 9 | Girls 6 – 8
Objective: Learn all fundamental movement skills, build overall motor skills.

Learn to Train Age: Boys 9 – 12 | Girls 8 – 11 (ends with onset of puberty)
Objective: Learn overall sport skills.

Transitions Cards
Use transition cards to move and play with your participants while transitioning from activity to activity or from location to location. This will help to keep your group together and allow them an opportunity to stay engaged and connected.

Reference: Higgs, C.J. Balyi, and R.Way. 2008. *Developing Physical Literacy: A Guide for Parents of Children Ages 0 to 12: A Supplement to Canadian Sport for Life.* Vancouver, BC: Canadian Sport Centres.

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How to Use These Cards | FMS Icons



Fundamental Movement Skill (FMS) Icons

On each activity card you will find 3 icons in the top right corner. Each icon represents one of the categories of FMS. If the icon is in color, that group of skills is represented in the activity. If the icon is grey, that group of skills is not explored in this activity card.

Stability

Body rolling, dodging, balancing, bending, stretching, twisting, turning, swinging, stopping, pushing, pulling, rising and/or stretching, collapsing, swaying, shaking

Locomotor

Walking, running, jumping (vertically and horizontally), hopping, galloping, sliding, gliding, skipping, leaping, chasing, climbing, fleeing, cycling, skating, swimming, skiing

Object Manipulative

Underhand throw, overhand throw, rolling, kicking, striking, punting, volleying, catching, trapping

The SLO icons are read from left to right as they develop in progression: starting with stability skills, progressing to locomotor skills, and finally adding object manipulative skills. All activities in the Move & Play cards are a combination of these three skills.

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ACTIVE START MOVE & PLAY Through Physical Literacy

Active Safari Adventure

Equipment

- Open activity space

Activity Description

- Have participants spread out at one end of the open activity space.
- Call out the name of an animal (see list, over) and ask participants to first think about how that animal might move.
- Participants then move towards the opposite end of the space performing the animal movement.

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Safari Animal List

- Snake
- Monkey
- Elephant
- Giraffe
- Frog
- Zebra
- Cheetah
- Rabbit
- Lion

Skills Explored

Running, jumping, hopping, balancing

Encourage...

- Creativity
- Participation
- Exploration of movement

Safety

- Ensure the space is free from obstructions
- Participants have their eyes open and heads up

Take Home...

Encourage participants to try this at home by copying an animal they see in their neighbourhood

Variations...

- Add animal sounds that go along with the animal
- Change the theme of the animals (for example, zoo, farm, ocean).
- Have a second leader at the other end trying to guess what the participants are.





The Physical Education Activity Centre is sponsored by Sportfactor Inc. – your Alberta based supplier of school sports equipment and apparel. Call Sportfactor Inc. today at 1.888.989.9090 or visit www.sportfactor.net for all your daily physical activity equipment requirements.

FUNDAMENTALS MOVE & PLAY Through Physical Literacy

Jump the Creek be fit for life moving alberta

Equipment	Activity Description
<ul style="list-style-type: none"> Open activity space Lines on ground (tape or rope) 	<ul style="list-style-type: none"> Have participants choose a line to stand behind. Ask participants to show you 5 different ways to get over that line. Using the movement list provided on this card, ask participants to get over their line by hopping, jumping, or leaping. Progress to having participants jump over 2 lines set 1 foot apart.

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Movement List

- Jump
- Hop
- Backwards jump
- Side jump
- Turning jump
- Big leap
- Tuck jump
- Explosion (jumping jack in air)

Safety
To ensure proper landing and to protect joints, land as softly and quietly as possible

Remember...
Jumping and hopping are great resistance activities that help build strong muscles and bones, in addition to improving posture.

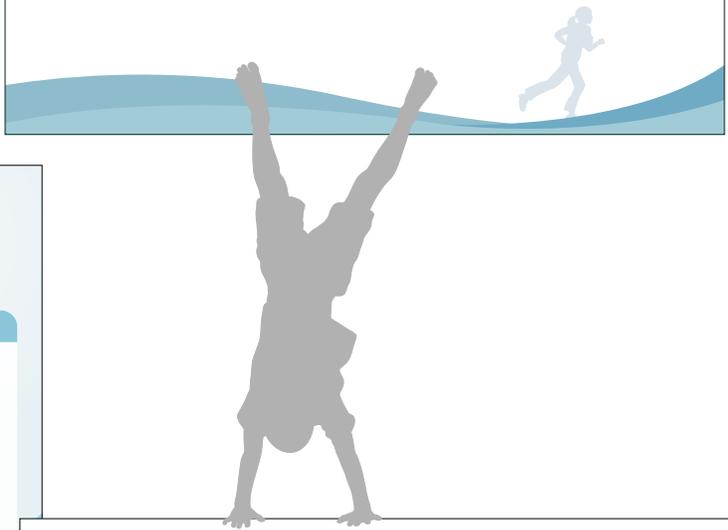
Variations...

- Little or no equipment is necessary for this activity. To increase the challenge, use equipment such as hurdles. Hurdles can be made by taping a hockey stick or a pool noodle across 2 widely spaced pylons.
- Play follow-the-leader with a partner or small group

Skills Explored
Jumping, hopping, leaping

Tips...

- Swing your arms to create momentum for the jump
- Bend your knees and explode over the line



LEARNING TO TRAIN MOVE & PLAY Through Physical Literacy

Circle In - Circle Out be fit for life moving alberta

Equipment	Activity Description
<ul style="list-style-type: none"> Open activity space 1 ball for every 2 participants 	<ul style="list-style-type: none"> In groups of 8 to 14, have participants form 2 circles (inner and outer) of equal number. If available, have the inner-circle participants stand on a marked circle. Each participant in the inner circle starts with a ball, facing an outer circle participant. Those in the inner circle underhand throw the ball to the participant directly opposite them in the outer circle. The inner circle participant side shuffles immediately to the right to receive a throw from the next person in the outer circle. The leader may choose to maintain the same throw or alternate throws between the circles. Participants continue throwing to each other while the inner participants continue moving around the circle.

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Call the Ball Instruction List

- Sit on the ball
- Right/left foot on the ball
- Right/left hand on the ball
- Right/left elbow on the ball
- Right/left knee on the ball
- Move the ball on the floor between your ankles
- Move the ball around your waist
- Attempt to spin the ball on your finger

Safety

- Remind participants to focus on their direction of travel
- Remind participants to come to a complete stop without sliding on the floor

Remember...
Link this activity with the dodging activities described in the FUNDamentals cards, for example, at Let's Dodge (x2), Wizards and Muggles, and Mission Possible, to combine stopping, accelerating, and dodging

Variations...
Depending on the level of your participants, this activity can be completed as a progression:

- Start with stopping at a marker, with the same instruction at each marker
- Progress to stopping at each marker, with random stopping instructions
- Take away the markers and have them stop on your voice command

HEALTHY EATING CENTRE

Healthy Rewards for Children

Submitted by: Alberta Health Services

The purpose of rewards is to reinforce good behavior. Children are often offered food to encourage good behavior. However, rewarding behavior with food can actually cause more harm than good.

What's the Harm of a "Little Treat"?

Using food to reward children is easy and works well, but this practice can lead to problems in eating habits, oral health, and nutrition.

It is important to be consistent when teaching children. Rewarding with unhealthy food contradicts the healthy eating messages that teachers, parents, and coaches promote.

Children may learn that the reward food is more valuable than other foods. It is confusing to a child to reward a positive behavior with something that can have negative health effects.

Eating Habits

Lifelong eating habits start in childhood. To encourage positive and healthy attitudes with food, it is best to not link food with success.

Children learn to prefer the reward food. Giving food in this way teaches children to eat when they are not hungry. Children may also learn to reward and comfort themselves with food. This may create an emotional dependency on food.

Ideas for Healthy Rewards

Here are some healthy non-food reward ideas that can be used at home or at school.

Positive Recognition: Words of praise and recognition are the best rewards for children because they reinforce the behavior right away and help build self-confidence. Besides, they are free!

Use words like, "Good job," "I am proud of what you just did," "You have really improved," and "Thank you for trying that." Offer certificates, ribbons, trophies or plaques. Write a thank-you note or a letter of achievement that recognizes the child's behavior.

Announce a child's achievement at a school-wide assembly or on the school's website.

Privileges: Brainstorm ideas with your students so they are more interested in

working for the rewards.

- Have the children write a list of fun activities they like to do. Write each idea on a piece of paper. Fold the papers and put them in a jar. When they have earned a reward, they can choose a paper out of the jar, and that activity on the paper will be their reward.
- Grant extra time for playing or reading.
- Plan a special activity with mom or dad.
- Allow children to be the leader, choose the next activity, or be a special helper.

Prizes: Children like to win prizes and they don't have to cost much. Be creative!

A treasure box can be filled with non-food items such as pencils, stamps, stickers, bubbles, puzzles, bookmarks, sidewalk chalk, temporary tattoos, action figures, or toy cars.

Children can earn points through good behaviour, which add up to a larger prize.

The Nutrition Policies from the Centre for Science in the Public Interest have great ideas for non-food rewards, available at: http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

How can Health Promotion Coordinators help you build a healthy school community?

Health Promotion Coordinators work with schools and school jurisdictions to create healthy school communities in many different ways. Health Promotion Coordinators can:

- Help with completing school health assessment tools and identifying priority areas for action.
- Assist with developing, implementing and evaluating school health action plans.
- Provide professional development opportunities related to healthy school communities, healthy eating, active living and positive well-being.
- Provide support for health and wellness policy development and implementation.

• Assist with interpreting and implementing the Alberta Nutrition Guidelines for Children and Youth.

• Connect schools and communities to resources that support healthy school environments.

• Participate on committees related to student health and success, healthy eating, active living and positive well-being.

• Provide information on available funding to support school health initiatives.

• Establish and build partnerships to create a collaborative and coordinated approach to supporting student health and success.

To find out more about the Healthy Weights Initiative and Health Promotion Coordinators, or to be connected with a Health Promotion Coordinator in your area, please email: HealthyWeightsTeam@albertahealthservices.ca



MENTAL WELLBEING CENTRE

Schools and Mental Health

We're all quite familiar with physical health, and we recognize the benefits of exercise and healthy food. The idea of mental health and well-being, however, tends to be more complex. What exactly is mental health, and how does it relate to healthy schools? Can schools play a role in improving the mental health of kids? And how can we recognize the warning signs of mental health problems in children and youth?

Read on for a basic guide to mental health as it relates to a healthy school community.

What Is Mental Health?

Mental health is more than just the absence of mental illness. 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.

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.

So what about schools? One way to look at mental health in schools is in the context of positive social environments. This means that schools strive to be a place where mental well-being is valued and take steps to provide an optimal environment where both physical and mental health can flourish.



What Can Schools Do to Improve and Contribute to Mental Health?

Schools are a natural place for kids to engage in activities that build their confidence and enhance self-esteem. Work with your school to ensure all students have a wide variety of opportunities to achieve success. Ask about the school's nutrition and physical activity policies, as these healthy habits are strongly connected to positive mental health.

Here are some other ways to support positive social environments in schools:

- Encourage mental health first aid training for school staff.
- Ensure that each child has an adult at the school that they are comfortable talking to. Many schools have staff/student connection programs, peer support programs or mental health promotion programs.
- Allow room for students to express themselves and be creative. Not everyone likes basketball and not everyone likes art!
- Pay attention to bullying and relational aggression (e.g., spreading rumours, gossiping, leaving friends out of the group deliberately). Don't sweep it under the carpet by saying something like "that's just girls," or "that's just boys." Step in and make a difference.

Warning Signs

Although many of the following thoughts and feelings can be normal reactions in children and youth, if they last for more than two or three weeks, they may require attention. These signs are not always easy to read, so be sure to consult with qualified mental health professionals.

Common warning signs of poor mental health in children include:

- ↻ withdrawing from social activities and/or isolating themselves
- ↻ feeling worthless or extremely guilty
- ↻ crying a lot for no particular reason
- ↻ sudden changes in behaviour and/or acting out
- ↻ experiencing severe anxiety, panic or fear
- ↻ having very low energy or having too much energy
- ↻ not sleeping or sleeping too much
- ↻ losing interest in hobbies and pleasurable activities
- ↻ having trouble concentrating or following through on plans
- ↻ declining school marks
- ↻ experiencing significant difficulties with peers
- ↻ bullying, threatening or intimidating others

Taken from: <http://www.healthyalberta.com/HealthyPlaces/803.htm>

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

Learn More

Mental Health and Wellness Services

Alberta Health Services connects you with a wide variety of programs and services for mental health and wellness. To speak to someone on the phone, call HealthLink at 1-866-408-5465.

Alberta Alliance on Mental Illness and Mental Health (AAMIMH)

The AAMIMH is a consortium of provincial organizations including professional associations and not-for-profit service provider organizations.

Canadian Mental Health Association (Alberta Division)

This association offers a wide variety of information on mental health. Topics include "mental health and the family" and "children's mental health."

Grip Magazine

This magazine written by youth for youth deals with all sorts of mental health issues.

ALBERTA HEALTH & WELLNESS UPDATES

Healthy School Initiatives MyHealth.Alberta.ca – Alberta’s New Online Health Resource

Results from the Raising healthy Eating and Active Living (REAL) Kids survey completed in 2008 indicated that only 27% of students are consuming enough fruits and vegetables and only 26% of students report being sufficiently physically active.

Using a comprehensive school health approach, healthy school initiatives have been adopted in more than 600 Alberta schools to enhance the health and wellness of school-aged children and youth. This has impacted more than 200,000 Kindergarten to Grade 12 students across the province, equating to over one-third of all Alberta students. For more information and great ideas to make school a healthy environment for students, please visit <http://www.healthyalberta.com/AboutHealthyU/543.htm> and click on “Sharing the Success for Wellness Fund Projects!”

Eye See ... Eye Learn®

Eye See...Eye Learn® is an early childhood program of the Alberta Association of Optometrists designed to ensure vision problems are not a factor in preventing children from reaching their full learning potential. Kindergarten aged children are able to get their eyes examined by an optometrist, and if required, the student may also receive a free pair of glasses. Funded by Alberta Education, the success of the program relies on the involvement of both parents and teachers. More than 50,000 parent packages are sent home with Kindergarten students each fall. Visit www.optometrists.ab.ca for more information.

Alberta has launched a new online resource with helpful information on how to keep children healthy and well as they embark on a new school year. MyHealth.Alberta.ca offers valuable information on over 8,700 health topics as well as tools that can help parents make important decisions about their family’s health.

In addition to general health information, parents can learn more about key health concerns such as:

Asthma: causes, symptoms, diagnosis, treatments, risk factors, prevention,

medications, and where to go for help.

Severe allergies: insect stings, foods, drugs, avoiding indoor and outdoor triggers, and administering Epinephrine shots.

Immunizations: recommended childhood immunization schedule, why each vaccine is used, effectiveness, and key considerations.

Visit MyHealth.Alberta.ca to explore health information and tools, provide feedback and discover how this resource can help your family.

Response Training Benefits Alberta Students with Severe Allergies

Parents of students with severe allergies are encouraged to contact their school board trustee or their school’s principal to ensure their child’s teacher is trained to recognize and respond to an allergic attack in the classroom. Knowing what to do and how to do it can mean the difference between life or death for an allergic student.

The Government of Alberta and Anaphylaxis Canada partnered to develop the Canadian Anaphylaxis Readiness Education (C.A.R.E.) web-based training program for schools across the province. This program, which incorporates graphics, audio and text, is designed to prepare educators for an anaphylactic reaction in their school. It provides teachers and administrators with important and easy-to-understand tips for keeping allergic students safe.

This important learning resource complements the Allergy and Anaphylaxis Informational Response (AAIR) resource kits introduced in all public, separate,

charter, private and francophone schools in Alberta in 2008. This kit contains information about anaphylaxis and asthma, including educational CDs and training devices for the EpiPen® and Twinject® brands of epinephrine auto-injectors available in Canada.

A variety of resources, including the Alberta School Boards Association anaphylaxis policy advisory, detailed research, promising practices, implementation procedures and external resources, can be viewed on Alberta Education’s website at www.education.alberta.ca/aair.



Alberta Healthy School Communities Award now accepting entries



Do you know of a person or group of people who have helped make a school community healthier for children and youth? You can help them get the recognition they deserve by nominating them for the Healthy School Communities Award.

This award is designed to reward and celebrate individuals and partners who work together to achieve positive health outcomes for children and youth. There are three categories for nomination: Individual Champions, School Champions, and Community Champions that have made an outstanding contribution to improving the health of children and youth in the school community.

The deadline for nominations is February 1, 2012.

Initiatives or activities should, as much as possible, address the components of healthy eating, active living and positive social environments. Partnerships between home, school and community should be demonstrated. Nomination forms must be received by the deadline. Successful nominees, as well as the school community involved in the initiatives or activities, will receive recognition.

A celebratory award presentation to honour award recipients will be held in Spring 2012.

This award program is part of Healthy U, an initiative that provides information, and resources in developing healthy school communities. It was also one of the government commitments made at the Action on Wellness: An International Symposium in October 2011.

Applications further details of the program and healthy workplace planning tools are available online at <http://www.healthyalberta.com> or by calling (780) 427-7164, toll free through 310-0000, or by emailing: health.u@gov.ab.ca.



On the Move with MEND

The Lethbridge College Be Fit for Life Centre is excited to be offering MEND (Mind, Exercise, Nutrition...Do it!) beginning in January 2012. This community and family based obesity prevention and weight management program is focused on improving the health and well-being of children.

MEND is aimed at helping children ages 7-13 achieve a healthy weight, children and their parents meeting twice a week for 10 weeks. As a family, they learn how to choose healthy foods and become more physically active. Evidence-based information is presented in a way that is easy to understand and non-threatening.

Registration is now open for the January session of MEND 7-13 in Lethbridge. For more information and to register contact:

Stephanie Wierl
Lethbridge College Be Fit for Life Centre
Phone: (403) 320-3202 Ext. 5379
Email: stephanie.wierl@lethbridgcollege.ca

Alberta is proud to be the first province in Canada, to be offering MEND. All MEND programs will be operated through community organizations with the support of Alberta Health Services.

Developed in the United Kingdom in 2005, MEND is currently offered in over 320 locations in the UK, Australia, New Zealand, Denmark and the USA.

For more information on other MEND programs in Alberta contact Health Link Alberta at 1-866-408-5465 or visit www.albertahealthservices.ca.



ALBERTA TOURISM, PARKS AND RECREATION UPDATES

Grants and Funding

The Alberta Sport, Recreation, Parks and Wildlife Foundation believes that all people should have opportunities to enjoy active living and participate in sporting events. After all, sports and physical activity are fantastic ways to enjoy living in our beautiful province.

They are pleased to provide a number of grants related to sport, recreation and active living.

Canadian Sport for Life Grant

Learn how not-for-profit organizations that deliver programs related to Canadian Sport for Life can apply for grants.

Development Initiatives Program

Get details on the Development Initiatives Program which supports sport, recreation, parks and wildlife projects and programs.

Donation Fund

The program assists partner Provincial Sport and Recreation Associations, the Alberta Sport Development Centres and Alberta Games in obtaining financial support. This program is established by the Foundation to help enlist donors to support sport and recreation development in the province of Alberta.

Event Support Grants

Find out about financial support available to communities and associations that are hosting major events.

Grants for Coaches and Officials

Explore funding opportunities through grants for coaches and officials.

Podium Alberta Grants for Athletes

Get information on Podium Alberta, a grant for high-performance athletes.

Sport Participation Initiatives Program

Learn how this program aims to increase sport participation and opportunities in coaching, officiating, and volunteer leadership for under-represented groups

For information on all of these grant opportunities, please visit: <http://www.asrpf.ca/grant-funding-programs.aspx>

Active Living Agencies

Ever Active Schools (EAS) is in partnership with agencies that work to increase the number of Albertans who are physically active, and the capacity of practitioners who help them. These agencies are funded by the Alberta Sport, Recreation, Parks and Wildlife Foundation and Alberta Tourism, Parks and Recreation.

Alberta Centre for Active Living

Supports practitioners and organizations that focus on physical activity, research, information and education. The Centre also supports related projects through partnerships.

Alberta Canadian Society for Exercise Physiology -- Health & Fitness Program (CSEP HFP)

Provides certification, continuing education and public safety through fitness appraisal and lifestyles counseling.

Alberta Fitness Leadership Certification Association (AFLCA)

Offers fitness leadership training and certification for fitness leaders and trainers. Recognized by other provinces, AFLCA certifications are transferable across Canada.

Be Fit for Life Network (BFFL)

Provides services, programs and resources for schools, communities and workplaces through nine regional centres.



ALBERTA EDUCATION UPDATES

Engagement Opportunities

Parents, students, educators, stakeholders, and members of the community are welcome to engage with Alberta education as we continue our journey of transforming ECS-12 education in Alberta. We hope that Albertans will take us up on this offer to engage by commenting on blogs, posting ideas, following us on Twitter and Facebook and participating in new initiatives as they are launched. We look forward to engaging with you at www.engage.education.alberta.ca/

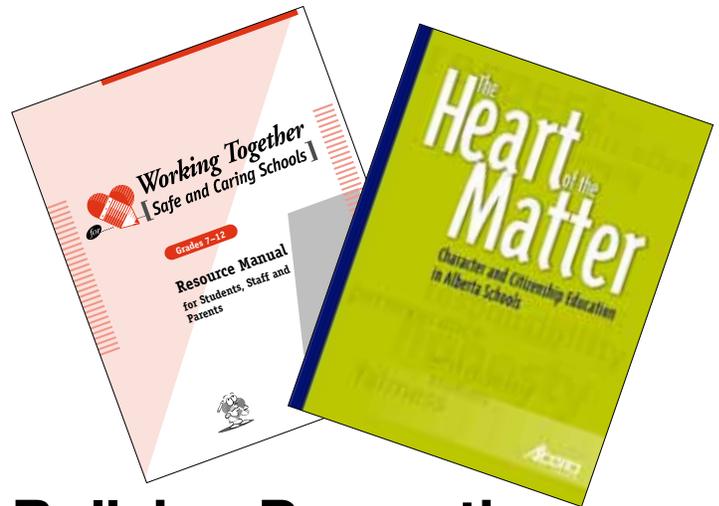
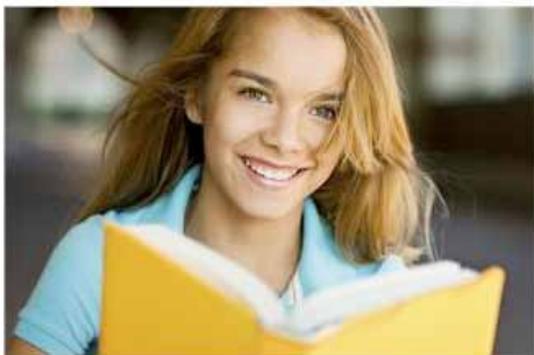
Parents looking for other ways to engage in their school community are encouraged to visit the Alberta School Councils' Association for more information at www.albertaschoolcouncils.ca.

New Curriculum Resources for Parents

Parents seeking information about what their children will be learning at school this fall can consult the Curriculum Handbooks for Parents series available at www.education.alberta.ca/parents/resources/handbook.aspx.

2011/2012 Guide to Education Now Available!

The Guide to Education: ECS to Grade 12 for the 2011/2012 school year is now available, in both English and French, at www.education.alberta.ca/admin/resources/guidetoed.aspx. A summary of key changes contained in the document is posted at the same location. The Guide to Education is an important policy and planning document for the programming and delivery of quality Early Childhood Services to Grade 12 education in Alberta.



Bullying Prevention

Alberta Education has developed several resources to help parents and students cope with bullying. Our Bullying Prevention webpage has information on caring, respectful and safe learning environments and we invite you to explore Bullying Prevention to see what Alberta's Prevention of Bullying Strategy is all about and how you can be part of the solution.

For more information go to: www.education.alberta.ca/teachers/safeschools/bullying-prevention.aspx.

Action on Curriculum

Action on Curriculum: Curriculum Standards and Process Redesign is aimed at ensuring Alberta's curriculum (programs of study, assessment, and learning and teaching resources) remains responsive and relevant for students. This project reflects the province's commitment to continually improve its work in providing a world-class, student-centred curriculum for students now and in the future.

"Engaging curriculum that inspires every student, every day" is the project's guiding vision. The task of the Action on Curriculum project is to make this vision a reality for all Alberta students.

For more information go to: www.education.alberta.ca/departments/ipr/curriculum.aspx.

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!



Connect With Us!

Central East Region:

Brad Burns
bradb@eics.ab.ca

Central East Region:

Jayson Boyson
jboyson@brsd.ab.ca

North Central Region:

Dylan Dellezay
dylan.dellezay@blackgold.ca

North Central Region:

Erik Larson
erik.larson@blackgold.ca

North East Region:

Tim Yakiwchuk
tim_yakiwchuk@sperd.ca

Greater Edmonton Region:

Jodi Harding
jodi.harding@ecsd.net

Greater Edmonton Region:

Lee Schaefer
lschaefer@ualberta.ca

Red Deer Region:

Dustin Devereaux
ddevereaux@rdpsd.ab.ca

Red Deer Region:

John Mauro
jmauro@rdcrd.ab.ca

Calgary City Region:

Jennifer Wallace
Jennifer.wallace@cssd.ab.ca

Calgary City Region:

Nancy Jarvis
nljarvis@cbe.ab.ca

Health Education

Representative:

Karen Potts
kpotts@mcsnet.ca

Palliser Region:

VACANT

Thanks to Kendra Mills who did a tremendous job serving as RR for the Palliser district. If you are interested in the RR position or know someone suited for the role, email Sonia Sheehan @ sonia.sheehan@ffca-calgary.com

Mighty Peace Region:

Scott Randall
randall.s@hferd.ab.ca

Athabasca Region:

Wade Hicks
wade.hicks@aspview.org

South East Region:

VACANT

Thanks to Joral Myers who did a tremendous job serving as RR for the South East district. If you are interested in the RR position or know someone suited for the role, email Sonia Sheehan @ sonia.sheehan@ffca-calgary.com

South West Region:

VACANT

Thanks to Fred Jack who did a tremendous job serving as RR for the Palliser district. If you are interested in the RR position or know someone suited for the role, email Sonia Sheehan @ sonia.sheehan@ffca-calgary.com

Automatic Specialist Council Membership is here!

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

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

Register for your free HPEC membership today at www.teachers.ab.ca. 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.

SAVE THE DATE!



**Camrose, Alberta
May 3-5, 2012**

Connect with health and physical educators, administrators, public health and recreational experts from across the province for an unforgettable professional development and networking experience!

For updates, please visit: hpec.teachers.ab.ca



Low Cost, Less-Competitive, Family Involvement, Complementary to Organized Sport, Safety, Manageable Time Commitment, Skill Development, Fair Play, Healthy Lifestyle Promotion & Fun!

A Great Opportunity to Promote Active Living in Your School!

The **FunTeam Mini Try-athlon** consists of various stations that children and youth play their way through.

We provide you with

- ★ A unique way to enhance your classroom's Daily
- ★ Physical Activity program
- ★ A **\$75 subsidy** to your school
- ★ Equipment for the stations
- ★ Colourful instructional posters for each station

Grants Available

www.funteamalberta.com



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1-888-FUNTEAM

info@funteamalberta.com



COMMUNITY CONNECTIONS

SCHOOL PHYS-ED PROGRAM FOR:



INTRO TO U/W HOCKEY

- Choose between one or two Intro to Underwater Hockey Pool Sessions for students to learn the basics while having fun playing uw hockey games
- Cost: \$12 OR \$16 for Two Sessions (per student)+GST. Minimum of 15, Max: 25-35 depending on Pool used.
- Offered in Metro Calgary & Edmonton Areas only, school must book one hour or 2: one hour pool sessions
- See: albertaunderwatercouncil.com



Bookings or Questions?
Please Contact UW Hockey
Instructor: Dave Bortolin:
780-429-0055,
dbortolin@hotmail.com

The AUC is a non profit organization founded in 1960

SCHOOL PHYS-ED PROGRAM FOR:



DISCOVER SCUBA EXPERIENCE

- Introductory Pool session for students to learn the basics of Scuba Diving while having Fun!
- Cost: \$30.00 +GST (per student) Ages 12+ Minimum 15 or more depending on your location in the province!
- You must book & transport to your local Pool
- See: albertaunderwatercouncil.com



Bookings or Questions?
Contact our Discover Scuba
Instructor:
Carson Ganci: 780-467-2576
carson@cganciphotography.com

The AUC is a non profit organization founded in 1960



Get Active with AFLCA Ever Active Kids

Let's Get Children and Youth
Motivated and Active.

This course establishes a framework for developing leadership and physical activity programs for children and youth.

For course dates, information and to access the registration form visit:

<http://www.provincialfitnessunit.ca/aflca-ever-active-modules/>

INTRODUCING ASAA ONLINE COACH EDUCATION www.ASAWeCoach.ca



Quality ONLINE Coach Education

Physical Education teachers and coaches at ALL levels

The Alberta Schools' Athletic Association (ASAA) is proud to announce that its new online coach education program, ASAAWeCoach.ca, is now live! After several years of work the website and first three courses have launched:

- Fundamentals of Coaching
- Teaching & Modeling Behaviour
- Engaging Effectively with Parents

Courses are aimed at school coaches, are easy to access, and are invaluable to those involved in school sport and physical education programs.

Be in on the ground floor to access these great new courses. Go to www.ASAWeCoach.ca for more information!



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cenovus
ENERGY

SUCCESS STORY

Cardston Elementary School



"Climbing Ever Stronger"

"A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has."

- Margaret Mead

This quote comes to mind when I think about the Cardston Elementary School (CES) Community. CES is a large K – 6 school (approx 800 staff/students) located in beautiful southwest Alberta. The school runs under the leadership of Principal Mark Bennett, and is strongly supported by the staff, families and the community of Cardston.

Three years ago Annette Bright, Char Berry, Kathy Schow and Lynda Stewart took a risk and stepped forward to initiate Comprehensive School Health (CSH) strategies that mobilized the school community into making healthier lifestyle choices. The results have positively impacted not only the staff and students, but the community of Cardston as a whole.

These individuals continue to engage staff members, parents, students and community members to support many healthy initiatives for the school within the following focus areas; Healthy Eating, Physical Activity and Positive Social Environments. Due to a substantial donation from the local Kinsmen, staff and students partake in Fruit Fridays.

Once a month the school's parent council collects, prepares and delivers fresh fruit to 702 students and 100 staff members. Fruit fact sheets are provided to staff and students outlining the health benefits of fruit consumption.

In addition to Fruit Fridays, fresh delicious and nutritious smoothies are sold at the "Tiki Hut" two Wednesdays a month. This offers the students healthy snack alternatives and ideas they

can make at home as well. Each month a different flavour is featured. The success of the Tiki Hut is due again to dedicated parent volunteers and grade 6 leadership students who ensure the drinks are ready and served on time. First Choice Savings and parent volunteers have helped to make this a success.

In the area of physical activity, CES prides itself on offering intramural programs, after school sports and has a designated area for gymnastics in one of the corridors in the school. This allows the students to have active movement breaks throughout the day. And of course we must mention the Cardston Kids Marathon! This past Spring, close to 1400 registrants from Cardston and neighboring towns gathered to run the final mile of their marathon together beginning at the Elementary school and ending at the Remington Center. Lunch and snacks were provided by the community members and school council volunteers.

The Cardston Kids Marathon was initiated by Patricia and Dwayne Beazer and has inspired the school and community as a whole. <http://www.youtube.com/watch?v=e78HBNXYvVo&feature=related>

<http://www.cardstonkidsmarathon.com/>

In the area of positive social environments, the Healthy School Committee engages fellow staff members to become 'Health Coaches' for the PAHL Groups - Promoting a Healthy Lifestyle. Each group consists of 8 – 10 students from grades 1 – 6, and a staff member (Health Coach). The purpose of the cross-grade groups is to promote healthy living and a positive social environment. The PAHL groups meet, create a greeting signal and discuss and experience healthy lifestyle choices. These groups also reinforce community connectedness and improve school spirit.

Adult leadership is an important component when implementing comprehensive school health, but student leadership is an integral part of the process as well. The CES student leaders attend the annual Ever Active Schools, Healthy Active School Symposium (HASS) in Lethbridge, help develop an action plan for their school and assist with the implementation of the initiatives.

Cardston Elementary School is an excellent example of what it takes to have a successful comprehensive school health program. They have school, home and community leaders that are willing to initiate, plan and implement healthy strategies that benefit the students within their school, and they also support one another to positively impact the whole community of Cardston!

At Cardston Elementary School Healthy Students are Strong Students! Congratulations to CES as they live and model their school motto: "Climbing Ever Stronger"!

