

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA

UNDERSTANDING THE NEW PHYSICAL ACTIVITY GUIDELINES

High obesity rates and low physical activity levels of Canadians has been a hot topic in the media. This article looks at the updated physical activity recommendations set out by the Canadian Society for Exercise Physiology (CSEP) earlier this year, as well as, the current trends in obesity and physical activity across the nation. Note, these guidelines are not specific to a school environment, the guidelines are daily requirements in and outside school hours.

In January of this year, the CSEP released a new set of physical activity recommendations for Canadians. Upon the release of the information, many misconceptions emerged. The guidelines began to get a bad-rap because to the uneducated eye the amount of activity looked to have decreased despite an obesity and inactivity epidemic. At closer look, the new recommendations happen to be more specific and more scientifically driven. So what are these new physical activity guidelines?

Children 5-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily: vigorous intensity activities should be performed at least 3 days per week & activities to

strengthen muscle and bone should be performed at least 3 days per week. Adults 18 and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week in bouts of 10 minutes or more. It is beneficial to add muscle and bone strengthening activities at least 2 days per week – adults with poor mobility should also perform activities to enhance balance. The universal take home statement from the guidelines states “More physical activity provides greater health benefits.”

Moderate activity is defined as anything that causes you to sweat a little and breathe harder (eg. brisk walking and bike riding). Vigorous activity is defined as anything that causes you to sweat and be ‘out of breath’ (eg. jogging or cross-country skiing). Achieving the above physical activity levels are proven to decrease risk of heart disease, stroke, high blood pressure, certain cancers, osteoporosis, overweightedness and premature death. To view the full guidelines refer to www.csep.ca/guidelines.

Statistics Canada completed a nation-wide survey of

health over the past two years. Objectively measured physical activity data determined that only 15% of adults are meeting the 150 minutes of moderate to vigorous physical activity recommendation and 7% of youth (5-17 years) are meeting the 60 minutes per day of moderate to vigorous physical activity recommendation (www.statscan.gov.ab.ca).

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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.

Upcoming Events

- May 31 • World No Tobacco Day » <http://www.who.int/tobacco/wntd/2011/announcement/en/index.html>
- June 1 • Wheel to School Day » www.shapeab.com/PDF/ShapeManual.pdf
- June 5-11 • Commuter Challenge » www.communterchallenge.com
- September 28 • Terry Fox National School Day » www.terryfox.org/SchoolRun/
- October 2 (Sunday) • Run for the Cure » www.runforthecure.com
- October 3-7 • International Walk to School Week » www.shapeab.com
- January 26-28, 2012 – Shaping the Future 2012 » www.everactive.org

*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.*

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.



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

This past January, Ever Active Schools (EAS) hosted the Shaping the Future Conference in partnership with Physical and Health Education (PHE) Canada. The conference brought together dedicated individuals, schools and organizations that share a vision of building healthy school environments. With over 200 delegates from across the country in attendance, the conference, held in Kananaskis, was an overwhelming success. Ever Active Schools is proud to lead the conference and have many to thank for the success of Shaping the Future.

The Alberta Healthy Schools Community Wellness Fund celebrated participating programs with a dinner and sharing session. Alberta can boast about many inspiring school health projects and it was exciting to gather them in one room. The leadership and courage of school health leaders have made great changes in the schools and districts around the province.

Dr. Kim Raine and Bill Gordon were hosted by the Alberta Coalition for Healthy School Communities. Kim spoke on the power of community building and how to make healthy choices a habitual part of our lives. A renowned expert in community capacity work, Kim's support of ACHSC and the conference is greatly appreciated. Bill followed with a wonderfully entertaining and educational look at healthy schools. When it comes to Comprehensive School Health, Bill is a legend. Thank you, Bill, for your tireless efforts in Alberta schools.

A big thanks to APPLE Schools and Alberta Health Services (Health Promotion Coordinators), as well. Ever Active Schools appreciates the partnership, support and wealth of knowledge you provide.

Throughout the conference, delegates shared ideas, highlighted promising practices, networked with each other, connected with numerous exhibitors and "shaped the future" of healthy schools in Alberta and beyond. Keynote addresses and concurrent session topics included vulnerable populations, community, mobilizing action (multi-levels of impact) and celebrating/showcasing stellar school examples. Ever Active Schools was honoured to have top researchers from across the country as well as non-traditional school partners work together to strengthen a comprehensive approach to adopting healthy living initiatives.

Beyond achieving the traditional objectives of hosting a conference, a wonderful energy was created throughout event. Reflecting, it wasn't "the what" that made a difference, it was "the who". It was the attendees, presenters, stories and partners and their outstanding work within

our schools. The stories and achievements were always there and Kananaskis provided a stage to celebrate and applaud.

Personally, I have met with many delegates since the conference and have received wonderful feedback. This means a great deal to EAS, PHE, and many others who have assisted in putting the event together. The most important feedback? Comprehensive School Health is on its way. School districts are not asking, "Why should we participate in Comprehensive School Health?" but, "Why not?" Schools are excited, teachers are engaged and students are sharing knowledge of healthy living in their homes and community.

With a midday break Friday afternoon, attendees enjoyed walks, runs, and other active living opportunities. Kananaskis provided an

unbelievable playground. Similar to our message to schools, it was vital to give attendees an active break to come back refreshed for greater learning.

Ever Active Schools will move towards making the conference an annual event. Feedback or suggestions to EAS are welcome at any time. Thank you to the 2011 attendees. We are already looking forward to next year.

Please join us in Kananaskis January 26 – 28, 2012

Brian Torrance



Physical Activity Guidelines con't...

Physical activity and sedentary time are on opposite ends of the continuum. Following the release of the physical activity guidelines, CSEP unveiled the world's first evidence-based sedentary guidelines. The sedentary time guidelines are an important step towards reducing the amounts of sedentary-type activities (sitting, tv viewing, computer usage, video games) that are common in the majority of the population's daily living. At the present time, sedentary guidelines are only available for youths aged 5-17 years. It is recommended that youth aged 5-17 years should limit recreational screen time to no more than 2 hours per day; lower levels are associated with additional health benefits. For all populations, research has concluded that decreased sedentary behaviour is associated with improved fitness, better maintenance of a healthy body weight, increased performance at school or work, improved self-confidence and stronger social relationships (friends). Ideas for decreasing sedentary behaviours could be as simple as

participating in 'active transportation' instead of using cars to get to school or work. Another idea is to socialize while walking with friends versus sitting and catching up over coffee.

According to Statistics Canada, adults are sedentary for 9.5 hours per day and youth are sedentary for 8.6 hours per day on average. These values equate to 69% and 62% of waking hours for adults and youth respectively.

So what does all of this mean? Physical activity is associated with a wide range of health benefits. Even if you are presently inactive, make physical activity a priority everyday to enhance your health and wellness: physical activity can be achieved by walking, jogging, raking the yard or anything that increases your breathing rate and temperature! Try to increase your physical activity levels and consciously decrease your sedentary time to achieve optimal health benefits!

For great ideas on building an ever active day visit www.everactive.org

What's Happening?

HASS 2011 - 2012

Planning has begun for the Healthy Active School Symposium (HASS) 2011 - 2012. EAS will continue to partner with Alberta Health Services, the Alberta Healthy School Community Wellness Fund, Be Fit For Life 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.

Continue checking www.everactive.org/healthy-active-school-symposia for more information and dates.



Professional Learning Opportunities

Ever Active Schools provides quality professional learning opportunities at the school, district and provincial level. Access these learning opportunities for conferences, teacher's conventions, professional development days, staff or school council meetings. Workshops can be tailored to individual needs. Costs are \$250 for 90 minutes, \$350 for a half day, or \$650 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. Call 780-454-4745 or email tracy@everactive.org to request a workshop today!

GOING GREEN

Ever Active Schools has begun an electronic newsletter, the e-ACTIVE! The e-ACTIVE allows us the ability to give you the most current up-to-date health promoting schools information as quickly as possible. As well, it reduces our carbon footprint.

Look for the monthly newsletter in your inbox. Archived copies will be available at: <http://everactive.org/ever-active-newsletter>. If you are not currently receiving the e-ACTIVE, please contact info@everactive.org.



PHYSICAL ACTIVITY FORUM

The Alberta Centre for Active Living and Mount Royal University are proud to co-sponsor this important half-day Physical Activity Forum in Edmonton and Calgary.

This dynamic and timely presentation will provide insights to practitioners and professionals about major developments in the field of human motivation, as applied to physical activity behaviour.

Edmonton - May 10, 2011
Calgary - May 12, 2011

After the keynote presentation, three experts will add their viewpoints in relation to Dr. Wilson's messages. Questions from the floor and further discussion will follow. On the list of Calgary panelists, EAS' own *Joyce Sunada*!

For more information <http://www.centre4activeliving.ca/physical-activity-forum/2011-motivation/index.html>

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Health Assessment Tool for Schools

If you haven't completed your HATS yet, you have until mid June!

HATS provides a "snap shot" of where your school is currently at, in regards to comprehensive school health.

Ever Active Schools would like to thank all Champions and Committees who have completed the HATS! Consider this an investment to enhance your healthy active school community!

Together we can ensure that all children live learn and play in healthy active school communities!

KAINAI UPDATE

On Tuesday March 8th the Kainai Board of Education (KBE) held their Board elections. Here are the results:

Johnny Day Rider Sr. - Chairperson/Member at Large

Lionel Weasel Head - Vice Chairperson/PAC Chair-Saipoyi Community School

Charlene Mountain Horse-Bruised Head - Secretary Treasury/Member at Large

Warren Twigg - Board Member/PAC Chair-Kainai High School

Sylvia Lowhorne - Board Member/PAC Chair-Aashoapi Elementary School

Kirby Many Fingers - Chief & Council/Representative

Jim Gladstone - Chief & Council/Representative

KBE had seven representatives from their school board attend the EAS Shaping the Future Conference in January. Great connections were made with delegates across the province and country and a wealth of knowledge was shared and gained. Several staff members are registered for the HPEC Conference in May. Both of these professional learning events are valuable opportunities that EAS and KBE attend and collaborate.

Ever Active Schools would like to congratulate all new and returning Board members and we looking forward to our continued partnership!

Schools Coordinators

Joyce Sunada - joyce@everactive.org

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PHYSICAL ACTIVITY CENTRE



Implement Daily Physical Activity With Ease!

DPA Activities:

K-3

My Body Song

NEW VERSION! Created by Ever Active Schools, 2011.

This song is sung to the tune of My Bonnie Lies over the Ocean. Under each song line there is an appropriate 'action' described for students to engage in as they sing. To teach the song the Leader can sing one line and have the students repeat the line back. The next step is to sing the verse together as a group.

When singing the chorus have the students begin in a standing position and every time they sing a word that begins with a "B", students change their level. For example: Standing to begin. Sing - "Bring" (sit) "Back" (stand) "Bring" (sit) "Back" (stand) and continue the pattern throughout the chorus.

«My body is active and healthy

(run on the spot)

«My body is firm and trim

(strike a strong pose and say - "uh!")

«60 minutes of daily activity

(perform squats)

«Working out with a friend at the gym

(continue performing squats)

CHORUS:

«Bring back, bring back

«Oh bring back my body to me, to me

«Bring back, bring back

«Oh bring back my body to me, to me

4-6

Sports Galore

Activity adapted from Saskatchewan in Motion DPA Manual. Download @ <http://www.saskatchewaninmotion.ca/educators/daily-physical-activity-manual>

Call out the following sports-related skills for students to mimic for at least 10-15 seconds each. Consider playing upbeat music in the background to increase motivation and energy!

Shoot a jump shot

Run through tires

Bat a baseball

Serve a tennis ball

Downhill ski

Cross-country ski

Spike a volleyball

Swing a golf club

Throw a football

Juggle a soccer ball

Shoot an arrow

Shoot a hockey puck

Swim underwater

Field a ground ball and throw it to first

Dunk a basketball

Challenge students to come up with their own sport-related skills.

7-9

Roman Ball

Activity taken from Grade 7-9 Ever Active Schools Recipe Card Lesson Plans. Visit www.everactive.org/everactive-resources to order the cards.

Instruct groups of 4 students to stand around a large hoop. Provide one student in each group with a small ball. On the signal to begin, the student with the ball stands in place and throws the ball so it hits inside of the hoop. The remaining three students move around and all try to prevent the ball from landing on the floor after it bounces inside the hoop. If the ball is caught by one of the students, she/he then tries to throw the ball in the hoop while the three remaining students attempt to prevent it from landing after the bounce. The throwing student cannot change her/his location, so must explore other ways to prevent the three others from catching the ball; e.g., by varying speed, "faking," varying angles. The three receiving students can change their location, so must explore ways to ensure they can catch the ball; e.g., by coordinating their "coverage," closing space.





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.



EQUIPMENT IDEA

POOL NOODLE

NOODLE VOCABULARY

Grande - Uncut noodle
Demi-Noodle - Cut in half noodle
Foot-long - A 12” noodle
Noodlette - A small noodle piece about 2-3” long

HORNET TAG

For this tag game, the instructor will choose 4 – 6 participants to be a “hornet”. Each “hornet” will have a stinger (a noodle piece). The “hornets” will attempt to tag others using their stinger. Once the “hornet” tags another person, they lose their stinger (just like a real hornet). The person tagged must leave the playing area and perform a fitness activity designated by the instructor. When the task is complete, they may re-enter the game. Once the stinger is dropped, any player not tagged may pick it up and then becomes the new “hornet”.

NOODLE DUEL

Each student will need a partner for this activity. Each partner will have their own noodle piece and stand facing their partner touching their noodle pieces end to end. When the game begins, one partner will count to 3 then say “go”. Each partner will attempt to touch the other partner’s

shoe first with their noodle. When a shoe has been touched, the partners will get into start position again (end of noodle to end of noodle) and start another round. The game will continue until the teacher stops the activity.

LEANING TOWER OF NOODLES

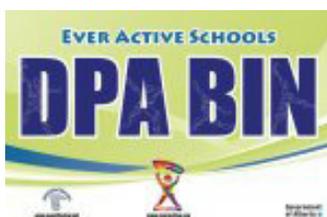
All students will collect a demi-noodle then find a partner. The teacher will have the partners find an open space in the gym where they will stand one step apart. Each partner will place their noodles on the floor like a tower with their hand on top. When the activity begins, they will say “go” and let go of their noodle and attempt to catch their partner’s noodle before it falls to the ground. If successful, they will each take a step further apart and try it again. If they are unsuccessful, they may try again from the same distance. The game continues until the warm-up is over.

NOODLE MADNESS

Four to six teams attempt to collect the most noodlettes by gathering them (one at a time) from other team’s hula hoops. Each team will begin with a collection of noodlettes and there will also be one extra hoop in the middle of the playing area full of noodlettes for collecting. All team members may move when the game commences. Remind students that they may NOT guard their hoop. For safety, remind students to watch for others and do not pick up noodlettes by leading with their heads.



Source: Chad Triolet
<http://noodlegames.net/index.html>



Purchase a K-3, 4-6 and/or 7-9 Daily Physical Activity (DPA) Bin from Ever Active Schools and receive grade-specific equipment and ready-to-use print and media resources that compliment the equipment.

Visit <http://www.everactive.org/physical-activity> to see a list of the contents and then go to: www.everactive.org/everactive-resources to order your bin online!

HEALTHY EATING CENTRE

Recently, the 5/30 Challenge ran from March 1st to April 11th. This challenge encouraged individuals to eat at least 5 servings of fruits & vegetables and to participate in at least 30 minutes of physical activity a day. Registered individuals could track their fruit and vegetable intake as well as their physical activity on-line. An important part of this challenge was to record fruit and veggie intake on a hard copy.

"In the first week I discovered that I did NOT consistently eat at least 5 fruits and vegetables a day. However, since I have a competitive spirit and did sign up for the challenge, I made sure I consumed the suggested amounts and more on most days. As for the physical activity, I participated in at least 40 minutes a day and often 60. It was a great opportunity to actually set daily goals and then track my success," Joyce Sunada, 5/30 Challenge Participant.

Some of you may ask how can I get 5 portions of fruits and vegetables per day?

Here are tips from the 5/30 Challenge website: http://www.defisante530equilibre.ca/index.php/ds_eng/content/view/full/480

Eating at least 5 portions of fruit and vegetables per day does not have to be complicated! Just think about eating them at each meal – 1 portion at breakfast, 2 at lunch and 2 at dinner – and voila! You're already at 5 portions!

Want to achieve the 7 or 8 portions recommended for adults by Canada's Food Guide? All you need to do is add 2 or 3 portions as snacks!

Not getting 5 every day? Maybe it's because you don't think of it, or you lack preparation time.

Here are some simple tricks to help you overcome these obstacles:

- ☑ Keep fruit and vegetables within reach – when we don't see them, we don't think of eating them.
- ☑ Save time by choosing vegetables that are prewashed and prepared, like baby carrots and lettuce mixes. You can also stock up on frozen fruit and vegetables; they're just as nutritious as fresh!
- ☑ Eat fruit and vegetables when you're the most hungry: enjoy a salad before attacking the main dish (instead of after), crunch on raw sliced vegetables while waiting for dinner to be served, eat fruit as a snack instead of as dessert, etc. Test it out – you'll be amazed at how much more of them you'll be able to eat!

Additional ideas to increase your fruit and veggie count:

- ☑ Shred or finely chop vegetables and cook them into stew, chili, pasta sauce, soup or lasagna (this will make them deceptively delicious)
- ☑ Chop veggies up Sunday night and have them available in the fridge for 'easy pickings' all through the week

- ☑ Serve fruit smoothies for breakfast or snack time
- ☑ Make fruit/veggie 'kabobs' for lunches or snacks. They are appealing and easy to eat!

These vegetable recipes and more can be found on the Healthy U website at:

<http://www.healthyalberta.com/HealthyEating/841.htm>

Garden Vegetable Kabobs

340 grams Cherry tomatoes

1 bunch broccoli, cut into florets

1 Red onion

1 Medium zucchini

Soak 12 wooden skewers in water until ready to use.

Wash and trim all vegetables. Blanch the broccoli by dropping into boiling water for one minute, then plunging into cold water to stop the cooking process. Cut zucchini, peppers and onion into thick slices. Thread vegetables on skewers.

Combine lemon juice, garlic and pepper in a bowl. Reserve and set aside half of the marinade mixture. Brush kabobs with remaining marinade. Preheat grill and brush with oil.

Grill kabobs, turning and brushing with reserved marinade frequently, approximately 8 - 10 minutes or until vegetables are tender crisp.

Tip: For more flavour, marinate kabobs overnight.
Storage tip: Store kabobs in refrigerator for up to three days.

Ginger Orange Carrots

1 Small orange

5 ml Orange rind peel

1 ml Ginger

5 ml Non-hydrogenated margarine

500 ml Carrots, thinly slice

From the orange, grate rind peel to measure 5 mL. Using a juice grinder, squeeze the orange and save the juice. In a non-stick skillet, combine the orange rind, half of the orange juice, ginger, margarine and sliced carrots. Cook over medium heat for 12 minutes. Add remaining orange juice. Cook uncovered just until the carrots are tender and the juice has evaporated.



MENTAL WELLBEING CENTRE

Building Self Confidence

The Three Legged Confidence Stool

Confident youth are resilient youth. Providing opportunities to build skills, learn responsibility, and how to respect self and others, each comprise one of the legs of the “3 Legged Self Confidence Stool”. All three legs need to be fully developed in order to provide the necessary strong foundation for individuals to build self-confidence and resiliency skills. Schools, families and communities have numerous opportunities to positively enhance each of the components below.



Encourage Skill Development

Mastering a new skill naturally increases self-confidence. The more we are able to do ourselves, has a direct and positive impact on how confident we feel. As youth master individual skills, their confidence will increase. It is important to provide new experiences to learn new skills. Each mastered skill strengthens the first leg of the *Three Legged Self-Confidence Stool*.

When teaching a new skill, keep in mind to chunk each skill into smaller learning steps. Chunking skills provides more opportunities for youth to be successful, and further build self-confidence.

Adults should provide encouragement to youth when they are faced with new learning opportunities and help to nurture a “stick to it” attitude. It is important that the praise given be specific and honest.

Finally, as youth are developing new skills teach them to view mistakes as learning opportunities.

Encourage Responsibility

A powerful tool to teach responsibility is to model the behaviors you are hoping for. Focus on the behaviors you want and not the behaviors you do not want.

Volunteering is a great way to encourage responsibility and the development of the second leg of the “3 Legged Self-Confidence Stool”. Involving youth in decision-making occasions, such as where to volunteer, further boosts feelings of responsibility and self-confidence.

However, there will be times when youth make poor decisions. Self-confidence

is a fragile thing. Always ensure you state that you are disappointed in their poor decision BUT you still approve and accept them. When poor decisions are made use these situations as times to involve youth in discussions around consequences and as opportunities to be involved in the undoing of their misdeeds.

As youth mature teach the concept of linking privileges to responsibilities; the more responsible they become the more privileges they will earn.

Encourage Self Respect and Respecting Others

The third leg of the *Three Legged Self-Confidence Stool* is developing self-respect and learning how to respect others. Time is a valuable, often limited resource. Therefore, spending time with youth sends the message that you value and respect them.

Taking the time to listen to the challenges and stressors they face can provide many teachable moments and opportunities to model respectful behaviors.

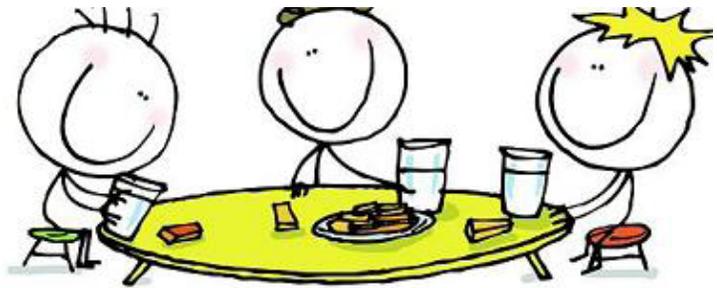
Always capitalize on situations that allow you to show appreciation when a job is well done. Teaching self-respect is the first way of teaching how to respect others. Developing self-confidence lays the foundation to many other life skills.

Finding ways to strengthen each of the legs of the *Three Legged Self-Confidence Stool* will boost self-confidence and build resiliency. Using a comprehensive approach in capitalizing on opportunities to build skills, encourage responsibility and teach self-respect and respect for others will benefit all.

ALBERTA HEALTH & WELLNESS UPDATES

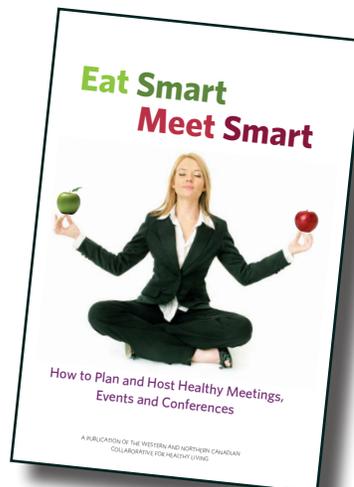
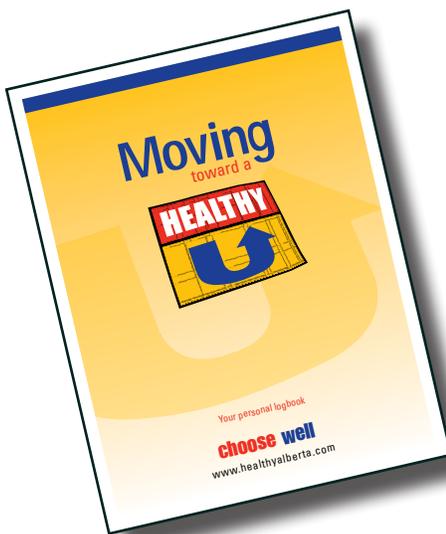
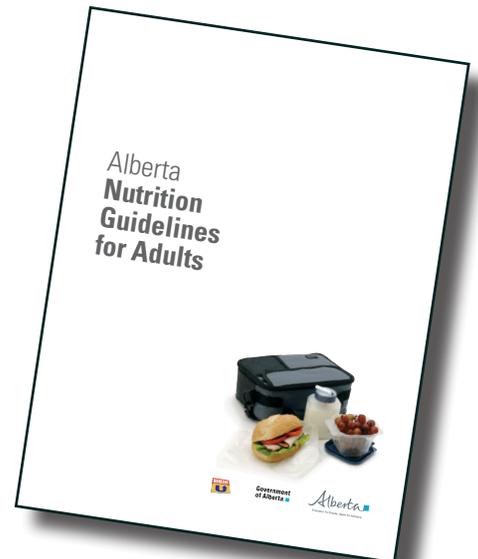
Healthy Eating Toolkit

The Healthy Eating Toolkit has been developed by Alberta Health and Wellness to assist employees and employers in making the healthy choice the easy choice to make at home, at work and during active times with family and friends. The toolkit includes:



- **Alberta Nutrition Guidelines for Adults:** Only available online.
- **Healthy U Food Checker:** An application that makes it easier to select the healthy choice for food and beverages by providing the user with the ability to input the nutrition information from a Nutrition Facts Table.
- **Eat Smart, Meet Smart:** Information on how to plan, and host healthy meetings, events and conferences.
- **How to choose well at work:** An Employer's Guide
- **Moving toward a Healthy U:** Your personal logbook

For other Healthy U tools go to <http://healthyalberta.com/AboutHealthyU/280.htm>.



Healthy School Communities Award

The Healthy School Communities Award announced in October 2010 by Alberta Health and Wellness, celebrates individual, school, and community champions who work together to achieve positive health outcomes for children and youth. Hundreds of individuals and groups help make our school communities healthier for children and youth. The deadline for nominations for the awards was March 1, 2011 and successful recipients will be announced in Spring 2011.



Need More Information on the Physical Activity Guidelines?



Healthy U was developed as a public information and education campaign to support and encourage Albertans to lead healthier lifestyles by providing them with access to information on healthy eating and active living.

The goals for the program are:

- To encourage and support Albertans to become more physically active and in eating healthier and more wisely;
- To increase the number of Albertans who are physically active;
- To increase the number of Albertans who eat a balanced diet following the Canada's Food Guide to Healthy Eating.

This web site has been developed to give Albertans access to current, evidence-based information about healthy eating and active living choices and factors that affect health. The site is designed to help visitors find reliable health information and encourage them to live healthier lifestyles.

Visit: <http://www.healthyalberta.com/ActiveLiving/668.htm> for more articles on active living.

For Physical Activity Guideline PDFs visit: <http://www.csep.ca/english/view.asp?x=804>



ALBERTA TOURISM, PARKS AND RECREATION UPDATES

Olympic icons highlight 2011 Leadership Summit

John Furlong, CEO for the Vancouver 2010 Winter Olympic and Paralympic Games, and Mark Tewksbury, former Olympic champion, headlined the list of speakers at the 2011 Alberta Sport and Recreation Leadership Summit in Banff from April 7-9.

As the CEO of the 2010 Games, Furlong's vision resulted in an event that touched the hearts and minds of every Canadian. He was recently awarded the Order of Canada for his outstanding efforts.

Tewksbury, Olympic champion and Canada's Chef de Mission for the 2012 Summer Olympics, has long been recognized for his achievements in sport, humanitarianism and leadership. Debbie Muir, one of the Olympic movement's top coaches and an instrumental member of Canada's Own the Podium program, co-facilitated the opening keynote alongside Mark.

"The Alberta Sport and Recreation Leadership Summit is an important training and educational development opportunity for the provincial sport and recreation community," said Alf Fisher, Acting Chair, Alberta Sport, Recreation, Parks and Wildlife Foundation. "The summit is one of many initiatives that help us sustain a strong provincial recreation and sport development system that can build leaders, nurture talent and strengthen communities."

The summit featured 20 sessions focusing on areas such as physical activity, children and youth-based programming, high performance athletics and coaching. In fact, EAS facilitated, "A Taste of FMS" session.



2011 Winter Walk Day a Success!!

More than 100,000 Albertans throughout the province braved cool temperatures on February 9 and logged 2.4 million minutes for Winter Walk Day, an annual event encouraging Albertans to walk for a minimum of 15 minutes outdoors.

"I'm very pleased that so many Albertans stepped up and made the time to participate in Winter Walk Day," said Tourism, Parks and Recreation Minister Cindy Ady. "Even 15 minutes of walking can make a difference to our overall health and well-being, and I encourage all Albertans to do what they can to stay active year round."

The Alberta government supports Winter Walk Day partners Safe Healthy Active People (SHAPE) Alberta and the Be Fit For Life Network through the Alberta Sport, Recreation, Parks and Wildlife Foundation. For more information about Winter Walk Day, the AMA Challenge awards or to view photos from various events throughout the province, visit www.shapeab.com.

Mark it on your calendar: Winter Walk Day 2012 is on February 8th!

Step Up
Alberta!

Participate in Wheel to School Day June 1, 2011

Wheel to School Day is held the first week of June to celebrate and encourage students to bike or wheel to school on a regular basis. Wheel to School Day is also a great opportunity to remind and encourage bike safety, rules of the road, bicycle fit, bicycle maintenance and proper helmet fit for all students and staff.

For more information on what your school can do for Wheel to School Day, download the Alberta SHAPE Manual <http://www.shapeab.com/PDF/ShapeManual.pdf>

Be sure to register on-line starting April to receive additional tips and ideas at www.shapeab.com



ALBERTA EDUCATION UPDATES

Speak Out

The Alberta Student Engagement Initiative has created both a space and a means to allow students aged 14 to 19 from across Alberta to reflect on and discuss their education with other students and key stakeholders.

In February, 2011, the Speak Out website featured a discussion forum on healthy students and healthy schools along with a survey asking students questions about their health and lifestyle choices.

The 3rd Annual Speak Out Conference, held April 15 to 17, 2011, featured a session in which 44 students from across Alberta, discussed how they can contribute to healthy school environments and what students think schools should do to support healthy lifestyle choices.

Asking for students' input and taking action on students' ideas will help to create more actively engaged citizens and a stronger education system.



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!

Mighty Peace Region:
Scott Randall
Good Shepard School
PEACE RIVER
randall.s@hferd.ab.ca

Athabasca Region:
Vacant
Thanks to Craig MacDougall who did a tremendous job serving as RR for the Athabasca district. If you are interested in the RR position or know someone suited for the role, email Susan Dillabough @ sdillabough@chinooksedge.ab.ca

North Central Region:
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Ecole Coloniale Estates School
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North East Region:
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Ashmont Elementary School
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Greater Edmonton Region:
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Greater Edmonton Region:
Jodi Harding
St. Cecilia Junior High School
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Central East Region:
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 Susan Dillabough @ sdillabough@chinooksedge.ab.ca

Red Deer Region:
Scott Luck
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Calgary City Region:
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Foundation for the Future Charter Academy
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Calgary City Region:
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CALGARY
jessica.badzgon@cssd.ab.ca

Palliser Region:
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Our Lady of Snows Catholic Academy
CANMORE
kharper@redeemer.ab.ca

South East Region:
Joral Maynes
J.C. Charyk Hanna School
HANNA
Joral.maynes@plrd.ab.ca

South West Region:
Fred Jack
LETHBRIDGE
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Health Education Representative:
Karen Potts
kpotts@mcsnet.ca



The Council Needs
YOU!



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)

Currently there are vacancies within the Council in the following positions:

- Athabasca District Regional Representative
- Central East District Regional Representative

Email Susan Dillabough (HPEC Vice-President) if you are interested in this opportunity:

sdillabough@chinooksedge.ab.ca

HPEC Annual Awards

Distinguished Service Awards:

Description of the 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.

Qualifications for Candidates:

- (a) The candidate must be a former or current member of the Health and Physical Education Council.
- (b) The candidate shall have performed distinguished, meritorious and special service as a leader in the Health and Physical Education Council and/or in an area related to health and physical education in which he/she has made exemplary contributions.
- (c) Executive committee members are ineligible to receive a Distinguished Service Award during their term of office.

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" or 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.

Certificates of Commendation

The Health and Physical Education Council recognizes outstanding contributions to health and/or physical education in the following manner:

(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 are to be included in a booklet available for distribution at the conference award ceremony

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.

Qualifications:

- (a) the children of the school must benefit directly from the contribution
- (b) a group is considered to be two or more individuals
- (c) the group may be a school, parent advisory council or another community agency.
- (d) where more than one group works together to provide the contribution to the school, all groups are eligible to receive recognition
- (e) there are no limit to the number of projects which are eligible to receive the award in a given year
- (f) any HPEC member is eligible to nominate groups for the award
- (g) groups may receive the award each time they implement a new project which enhances physical activity of youth

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

HPEC Membership privileges include: discounted registration 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.

PROMISING PRACTICES HIGHLIGHTS

Educators across the province are engaged in promoting and implementing Comprehensive School Health (CSH). There are many ‘tried and true’ activities, events and lesson plans that contribute the success of CSH. *Ever Active Schools* and *Physical Health Education (PHE Canada)* are committed to gathering these practices and sharing them with you. As a result PHE Canada is currently hosting the Promising Practices database on the following website:

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

Be sure to take sometime to search for and submit your schools’ promising practices today! Thank you to Leslie Sherlock, Ariel Haubrich and Caley Hume for their submissions!

BRAIN BOOSTERS

Every morning at Ranchlands Elementary School in Calgary, 40 children grades 2-6, go to the gym for 30 minutes of aerobic activity. Each of these students has been identified as having some type of attention deficit. The program is based on the book “Spark” by Dr. John Ratey and is further inspired by the practice of a Saskatoon teacher, Alison Cameron, who took on a similar project with her grade 8 class.

Activities include running to music, fitness circuits and a variety of high activity games. All classroom teachers have noted a huge improvement in both the learning and behavior of their students that attend these sessions. Heart rate monitors were purchased and the students enjoy wearing them as a motivator to keep moving. This program has been a terrific success and the students (39 boys and 1 girl) love it!

Submitted by: Leslie Sherlock
ljsherlock@cbe.ab.ca

SAY HI

In Wainwright, visible, healthy adults in the community (i.e. RCMP, librarians, counselors, teachers, coaches etc.) are given buttons that say “Hi”. For a week, students are challenged to approach these adults, introduce themselves, state which school they attend and share something interesting about themselves. The adult in turn, does the same and gives the student a “Hi” button. Students are encouraged to collect the buttons and hand them in at school. Awards are then given to the students who received the most buttons. This project is a great way to build relationships, connect youth & adults and partner with local community groups.

Submitted by: Ariel Haubrich
ariel.haubrich@btps.ca

TASTY EATS

Here is a way to create a healthy cookbook and teach students about nutrition at the same time:

Have each student bring in a healthy recipe from home. Depending on the age of the students, they can print or handwrite it themselves on a recipe card or page and then decorate it how they choose. In small groups or as a class discuss the recipes and why they are healthy. Discuss what food group each ingredient belongs to then put each recipe in a booklet. Have the booklet reproduced so each student can have a copy. This would make a great Mother’s Day gift as well!

Submitted by: Caley Hulme
caley@phecanada.ca



COMMUNITY CONNECTIONS

2011-2012 EVER ACTIVE SCHOOLS PROFESSIONAL LEARNING OPPORTUNITIES

Back to Basics: Tips and Tools for Quality P.E.

Come join Ever Active Schools and learn activity ideas that are inclusive, active and fun for all students. Activities explored will be from all dimensions in Physical Education and will highlight the Ever Active Schools resource: Recipe Card Lesson Plans. Walk away with teaching strategies, organizational tips, assessment tools and techniques to cover all the basics in Physical Education.

Got a Few Minutes? Implement Meaningful DPA

Do you want to incorporate daily physical activities that involve curricular outcomes? Are you looking for more physical activity opportunities for your students that foster cooperation and social skills? If so, then this is the workshop for you! This session will include activity ideas for the classroom, gymnasium, multipurpose room and outdoors taken from two Ever Active Schools' resources: Recipe Card Lesson Plans & DPA Bins. Visit www.everactive.org to view activity videos and to purchase these must have resources.

Explore FMS Through Lead-Up Games

Lead-Up Games are low organized activities that focus or mimic various sport skills without actually playing the sport in its entirety. Lead-Up activities give students the opportunity to utilize these various sport skills in small settings; therefore, allowing for a better learning experience without the stress of actually playing the "real" game. Come and learn activities involving modified rules and skills where the focus is on confidence and having fun. This workshop also incorporates two new initiatives created by Special Olympics Canada (Active Start and FUNDamentals Program Guides).

Get Moving! Promoting Physical Activity Programs

Are you organizing an event or program before, during or after school? Looking for support with recess, intramurals or with ideas to incorporate more physical activity in the day? If so, then this workshop is for you! Ever Active Schools will provide ideas on how to increase the quality and quantity of the physical activity opportunities in your school. Through activities such as creative indoor recess ideas and innovative intramural programs this can be achieved.

Your Nutrition Environment

There are many opportunities within the home, school and community to improve the nutrition environment. Come join Ever Active Schools in this workshop and learn about integrating nutrition education in the school, resources for the classroom, including classroom parties, healthy snacks and portion sizes, strategies for parents to help in making healthy choices, and resources in the community. Resources, including the Alberta Nutrition Guidelines for Children and Youth and the School Nutrition Handbook will be utilized.

Health Promoting Schools (HPS): Steps to Creating a Healthy School Community

Research shows that healthier students are better prepared to learn and are more successful in school. The HPS, also known as Comprehensive School Health, is a school-wide approach that links health and education and connects the home, school and community. Come learn about the EAS Program and the steps to success in creating a healthy learning environment. This workshop will include essential elements learned from the Alberta Healthy School Community Wellness Fund and Physical and Health Education Canada.

Mental Wellness: Part of Your Healthy School Community

There is no health without mental health! Positive interactions, adapting to change, coping with adversity and finding balance in all aspects of life are critical elements of maintaining mental health. Participants will leave this workshop with an understanding of what mental health looks like as well as strategies to improve the mental health of the school community.

Other possible topics include, but are not limited to: A Taste of FMS, Physical Literacy in Action!, Revitalize! Making Staff Wellness a Priority, Assessment For Learning in P.E., Differentiated Instruction in Physical Education, Dynamic DPA, Interactive Health 1.0 & 2.0, The Amazing Race for School Communities and more. Visit the EAS Website for workshop handouts and more @ www.everactive.org/professional-development

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/>



EVER ACTIVE SCHOOLS SUCCESS STORY

Spark for Learning

An innovative project for St. Anthony School

Submitted by: Marni McDermott
Principal St. Anthony School
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The “Spark for Learning” project at St. Anthony School aligns with the Comprehensive School Health model and with the Calgary Catholic School District Healthy Choices for Healthy Learners initiatives. Two years ago, we were inspired by the book, “Spark: The Revolutionary new Science of Exercise and the Brain” (2008) by Dr. John Ratey.

We were initially excited by the extensive research that shows that moderate to intense exercise at a target heart rate for a given period of time can have significant impact on learning. The benefits include improved reading levels, increased preparedness for learning, focus for students with ADHD or attention difficulties and decreased behavior issues in schools.

The “Spark for Learning” project involves daily cardiovascular based physical activity and its’ impact on learning, attention and focus, student behaviors, self-esteem, mental health, resiliency and pro-social skills.

Last year, we implemented a daily morning exercise program with a class of grade 7 students and our observations supported the research. We witnessed decreases in behavior issues, positive impacts on student attention/focus and social difficulties. In addition, we saw changes in fitness levels and improvements in student self-confidence. The biggest surprise was the positive impact on fitness and satisfaction levels of staff members; this was not an intended target, just a “happy accident”.

After our first experimental year, we decided to implement a school-wide exercise program targeting all students from grades 4 through 7.



We believed that the SPARK project would make a difference, and give our students a better chance of becoming successful, at learning, and in life. Since August 2010, students and staff spend the first 30 minutes of the day engaged in moderate to vigorous physical activity to set the stage for academics. Each student is provided with a heart rate monitor to help them self-regulate and keep themselves in their target training zone.

Inspired by the Calgary Catholic School District’s Healthy Choices for Healthy Learners initiative, we also made a decision to promote overall healthy choices in our school. We adhere strictly to nutritional guidelines when planning special lunches as well as stocking our school canteen. Collectively, the staff has decided to encourage healthy eating in the staff room. We believe that modeling for students is one of the most powerful strategies.

As we near the end of our first official year of the “SPARK for Learning” project, we have seen benefits in many areas including student learning, motivation and focus. As the Principal, I am thrilled to see a decline in the number of office

discipline referrals. Parents have also reported improvements in their child’s attitude as well as some isolated parental reports of improved fitness conditioning for their child on hockey and soccer teams.

Part of our SPARK project focuses on parent education in the areas of fitness and its’ impact on learning as well as teaching parents about the positive impact that good nutrition can have on student learning.

Moving forward, we will finish the year by doing post-measurements in the areas of fitness, academic progress and behavioral improvements. We will work hard in planning the next phase, ensuring that the morning exercise program is sustained and improved. In addition, we are excited by the interest that our project has created in our school district and beyond. We have many visitors from other schools to see our program in action and have provided in-services for district teachers in hopes that similar projects will be implemented to promote learning.



Come by and visit!

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**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.