

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA

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Ever Active Schools



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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

- March • Nutrition Month » <http://www.dietitians.ca/Your-Health/Nutrition-Month.aspx>
- April 25 • Whitecourt Healthy Active School Symposium » www.everactive.org
- June 6th • Wheel to day » <http://shapeab.com/programmevents/wheel-to-day/>
- May 3 – 5 • HPEC 2012 » <http://hpec2012.ca>
- May 25 – 27 • Fit Rendezvous 2012 » <http://www.provincialfitnessunit.ca/events/event-1767/>
- July 26 – 29 • 2012 Alberta Summer Games » <http://www.albertagames.com/>

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



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





HEALTH PROMOTING SCHOOLS UPDATE

Notes from the Director's Desk

Tools for a school's "wellness team" to address health related issues

Did you see the news piece last week featuring a monster truck rolling over a school's deep fryer? What a visual to show we are getting healthy!

Schools are hives of busyness. Walking down a hallway, it is evident how amazing teachers and parents are for creating and taking on projects. From coaching sports teams to grad committees to holiday concerts to Terry Fox runs, teachers and parents go above and beyond to make their community a special place.

It all starts with an idea. One wellness thought - How can we get rid of our deep fryer? - added to a bit of passion can kickstart a health momentum. However, to take the creative into the concrete, one needs the support of a team. A wellness team is crucial to achieving goals. Quite often individuals plow ahead alone but it is vital to have support, and maybe some TV coverage, along the way.

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford

Most likely, Mr. Ford is referring to his ingenious assembly line but his idea of keeping and working together can ensure success for teams. To create a wellness team, start the conversation in your school community. Bring people together who are interested about health and wellness. Believe it, they are out there! Once your team is set, it is time for an assessment, using the Health Assessment Tool for Schools (HATS) or the Joint Consortium for School Health Planner. Then discuss a plan and set common goals. Finally, incorporate a dialogue of health in your school community. Invite parents, teachers, school administration, and students to become involved to work together on the school action plan. Be sure to celebrate your successes and reassess your goals to help set future action.

What's your monster truck idea?



Alberta schools are forging ahead with wellness but vary with readiness to tackle certain issues. Some wellness teams are meeting for the first time while others are beginning to eliminate deep-fried foods or sugar-sweetened beverages in their cafeterias. These teams are on a journey and along the way are supported by Ever Active Schools (EAS) and other provincial partners keen to help. EAS aims to support and assist your wellness team in addressing comprehensive school health issues in your school environment. You have an idea and Ever Active Schools can support the process and above all offer encouragement.

Ever Active Schools reminds you: You Are Not Alone!!

Recently, the Alberta Policy Coalition for Chronic Disease Prevention surveyed Albertans and key school stakeholders on restricting sugar sweetened beverages. The Coalition asked, "Do you support restricting sugar sweetened drinks and other unhealthy foods from vending machines in schools and all public buildings? 80% of Alberta school trustees were in support of this while 82% of Albertans were in support. Alberta school trustees were also 67% in support of "Mandating priority space for healthful

foods and beverages in grocery stores and cafeterias in workplace and schools." Next, the wellness team can help educate the school community about these issues:

Why is restricting sugar sweetened beverages important?

1. Sugar sweetened beverages (soda pop) have ZERO nutritional benefit. Chocolate milk and juice, although loaded with sugar, have some nutritional benefit. Soda pop has none.
2. The consumption of sugar-sweetened beverages contributes to obesity, behavior, issues and inability to focus and learn.

That's great support to get started. Remember Mr. Ford's quote? The first step is coming together and starting your school wellness team. Once the team has been established, Ever Active Schools, as well as a number of other associations, can assist in the progress and ultimately success.

Look out deep fryers! Wellness teams are growing and are building healthy learners in Alberta Schools.

Good luck! Ever Active Schools is here for you and your wellness team. Please contact us at info@everactive.org if you need help.

What's Happening?

HASS 2011 - 2012



Be sure to register your school for the Whitecourt Healthy Active School Symposium! This event will allow students and adults to work together toward a healthy school community!

Connecting in Kananaskis: Knowledge Exchange Workshop



The Connecting in Kananaskis – Supporting Healthy School Communities meeting/workshop was held at the stately Delta Hotel on January 25, 2012, prior to the Ever Active Schools Shaping the Future conference. Thank you to Robert Manolson of Powerful Play Experiences for leading the activity workshop.

“Good momentum...the post-meeting survey of participants showed 88% - 98% of respondents felt they had an opportunity to meet face-to-face, network with other CSH leaders and provider groups across Alberta, and were encouraged to build and strengthen connections...this builds on the work of previous provincial and national knowledge projects and is another positive step toward aligning school health initiatives in Alberta,” commented Brian Torrance, Director of Ever Active Schools.

Representatives from schools, government ministries and multiple community service groups participated in this creative meeting that connected participants from across Alberta by building innovative “Success Teams.” Previous work successes were written onto poster boards and used to draw potential Success Team members together through interest and discussion.



Each team of 5 to 8 participants aimed to represent rural and urban locations as well as diverse sectors. Ten dynamic projects were born! Through creation of a face-to-face opportunity and by encouraging both purposeful networking and creative work project planning, each participant has a chance to work with others in a new way, to make even greater strides in supporting the healthy school community concept. The meeting room was bursting with enthusiasm!

“With each of the participant’s dedication to youth health and wellness fuelling their own ‘Success Team,’ even more good things are poised to happen for youth in Alberta,” states Knowledge Exchange Coordinator, Audrey Seehagen.

Stay tuned for updates! For more information, please contact audrey@everactive.org.

Welcome Katelynn!

Ever Active Schools is still growing! We are pleased to announce that Katelynn Theal has joined our team!

As the Healthy Hearts Afterschool Hours Community Coordinator, Katelynn will work to provide opportunities and resources for rural communities in Leduc County to address barriers to physical activity and engage in afterschool programming. The program will focus on children and youth, including their families in Leduc and surrounding rural communities (Devon,

Calmar, Thorsby, Warburg, Beaumont, and New Sarepta).

Katelynn graduated from Dalhousie University in Nova Scotia with an Honors Bachelor of Science Degree in Kinesiology, obtaining her certification as an Exercise Physiologist. After working for some time as a Personal Fitness Trainer, Katelynn obtained a Masters in Public Health-Health Promotion from the University of Alberta, where she completed her practicum right here at EAS. She grew up competing in gymnastics and then flipped from competing to coaching, working with preschool groups, recreational groups developing fundamental movement skills, and even competitive athletes.

Katelynn has been a part of a number of initiatives and research projects looking at increasing physical activity levels in children, and researching tools and resources to assist school teachers to implement physical activity policies. She is eager to put these experiences to good use here at EAS. Katelynn is a fitness instructor who enjoys any and all fitness classes, and she is also a year round recreational runner.

Katelynn can be contacted at katelynn@everactive.org



PHYSICAL ACTIVITY CENTRE



Fitness Dice

Ever Active Schools and Be Fit For Life paired to create a new free resource! The Fitness Dice Poster can be used as a daily physical activity. It focuses on the three components of fitness (cardiovascular endurance, muscular strength and flexibility). On-line you will find a ready-to-use poster, downloadable copy of the activities below and a blank poster. Thank you to the Alberta Sport, Recreation, Parks and Wildlife Foundation for their support.

Equipment Needed:

- Fitness Dice Poster
- 6-8 Dice
- Open activity area

Activity Description:

Place the Fitness Dice Poster in an area where all participants can see the activities. Prior to participating, show the group how to complete each activity listed on the poster.

Airplane Balance – Start by balancing on one foot, bend at the waist and lean forward with arms extended to the side.

Hit the Deck – Start from standing and drop to the floor on your stomach as fast as you can and get back up again

Superman Banana – Start lying on your stomach with arms and legs off the ground (Superman position). Engage your core muscles and rotate onto your back without letting your arms and legs touch the ground (Banana position).

Rag Doll – Start from standing, forward bend at the waist with a slight bend in the knees. Pretend that you are a rag doll with head, arms and hands relaxed.

Star Jump – Begin with feet together with hands by your side. Jump up and explode into the air, making a star position (hands and feet reaching out as wide as possible).

Floor Jack – Begin in a plank pose (the “up” position in a push-up). While maintaining this position, tap one foot to the right, return to center, then tap one foot



to the left and return to center OR jump both feet out on the floor at the same time and return feet to center.

Dice Routine

Invite participants to form a large circle and have them pass 5-6 dice across the circle to one another. Continue until the music stops or until the instructor calls ‘thumbs down’. The participants who are holding the dice look at the number under their thumb and then refer to the Fitness Dice poster to see the corresponding activity. Starting with one participant, the entire group then completes the activity and works their way around the circle to the others holding onto the dice to complete the Dice Routine!

Movement and Roll

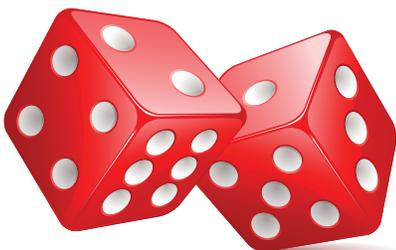
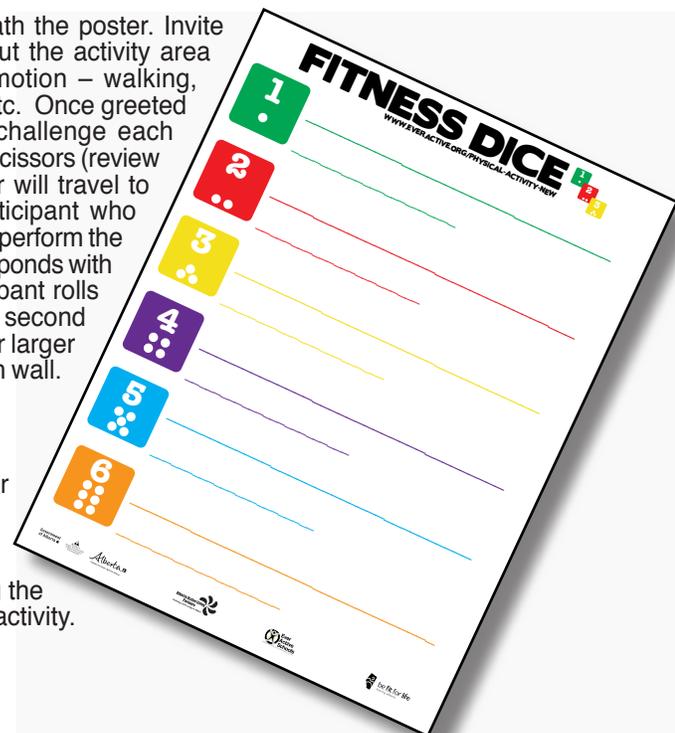
Participants move freely in an open area while holding a die. Choose different types of locomotion – walking, running, hopping, jumping, galloping, etc. On the instructor's command “roll”, participants come to a safe stop, roll their dice and do the corresponding Fitness Dice poster activity. Participants retrieve their die and continue in the locomotion chosen by the instructor.

Rock Paper Scissors Fitness

Place 5-6 foam dice underneath the poster. Invite participants to move throughout the activity area using different types of locomotion – walking, hopping, galloping, skipping, etc. Once greeted by another participant, they challenge each other to a game of rock, paper, scissors (review the rules as needed). The pair will travel to the poster together. The participant who wins, rolls the die and they both perform the activity on the poster that corresponds with the number rolled; e.g., participant rolls a 2 and they both complete the second activity listed on the poster. For larger groups, put up a poster on each wall.

Circuit Stations

Use the Fitness Dice poster activities individually as the base for circuit stations. Have a die at each station and invite participants to roll, determining the time and/or repetitions for the activity.






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.

Beanbag Bootcamp

Equipment: Obstacle-free space, bean bags (one per participant), boot camp station cards

Organization: Arrange the activities below into stations around the playing area. Divide participants into evenly numbered groups and have each group start at a different station. Encourage participants to perform the activities at each station in a controlled, slow manner. Have participants change stations after approximately 30 seconds. Ask participants to move to each station using different locomotor movements such as: heel walk, bear crawl, skipping, galloping, etc. Play upbeat music to motivate participants.

The Bean Bag Boot Camp stations can include:

Pop Over – With a bean bag on the floor, hop side to side over the bean bag starting and landing with both feet together. Have participants bring their arms up in front as they ‘pop’ over the bean bag.

Bean Bag Shuffle – Hold the bean bag in the hands. Touch the bean bag to the floor and shuffle to the right for four shuffles, then touch the bean bag to the floor, then

shuffle to the left four times touching the bean bag to the floor.

Squat Press – Start in a squat position with the bean bag on one shoulder. As you stand up, lift the bean bag over your head and across to the other shoulder. Squat back down and place the bean bag on the opposite shoulder.

Download the full set of card at: <http://everactive.org/physical-activity-new>



Music Motivates! Can we suggest...

- ⊙ Good Feelin' - Flo Rida
- ⊙ One More Time – Daft Punk
- ⊙ Petal to the Metal – Kazzer
- ⊙ More - Usher
- ⊙ Howlin' For You – The Black Keys

Want more: Download the list at: <http://everactive.org/physical-activity-new>

Everybody Dance Now!!

Below you will find two dance activities to be used as an unstructured dance with participants moving freely around the open space. Any of the following combination of moves can be incorporated into these dances for the age and ability level of the participants. These are great low risk activities to get your students moving and loving dance!

Party Rock Anthem Dance

Equipment: Obstacle-free space, “Party Rock Anthem”, by LMFAO, stereo

Organization: Participants can also be cued to travel during any of the steps. (Step 1) March w/ High Knees. Arms can change to pump down in front or up high in the air (Step 2) Triple Tap Out w/ Clap (Tap right foot front, side and together, then clap & tap left foot front, side, together, then clap) (Step 3) Jump & Surf (Jump with right foot in front like you would stand on a surfboard and bounce or shake for 4 counts, then jump and switch feet so the left foot is in front for 4 counts). For older participants, change this move to Jump Up & Down with one arm straight up in the air and switch arms after 4 or 8 counts. (Step 4) Step Touch (R, then L with a clap). (Step 5) Arm Pump (push hands down 2 times on each side while bouncing) (Step 6) Arm Swing. (move arms in a circular motion 2 times on the right, then 2 times on the left). Repeat any of the moves above during the song.

Want to see what *That's Not My Name* looks like? Check out our YouTube channel at: <http://www.youtube.com/EverActiveSchools>

That's Not My Name Dance

Equipment: Obstacle-free space, “That's Not My Name”, by the Ting Tings, stereo

Organization: (Step 1) Skip, Cross Skip (arms cross in front while pretending to skip), (Step 2) Hopscotch (land on two feet, then hop on one, repeat), (Step 3) Patty cake (during chorus): 1. Stomp right, stomp left 2. Clap 2 times 3. Tap right heel, tap left heel 4. Cross, open, down (tap opposite hand to opposite shoulder, same hand to same shoulder, tap both hands on legs) 5. Hi 10 a partner

The first two steps are done everywhere while the music is playing and are performed before the chorus. Step 3 has to start at a certain time. Right after the artist sings, “...forget my name, name, name...” and starts to say, “They call me Hal, they call me Stacy...”, you start the stomp, stomp, clap, clap, heel, heel, cross, open, down, high ten. Have participants move close to a partner prior to the chorus, so they can do the high ten. Right after the chorus when the artist sings, “That's not my name, That's not my name, That's not my name, That's not my name”, participants are to show attitude by crossing their arms and pointing their finger and also saying out loud four times, “That's not my name”.



HEALTHY EATING CENTRE

How do Partnerships Help Support Healthy School Communities?



Submitted by: Alberta Health Services

Partnerships are an essential part of any healthy school community. Not only do partnerships make school health initiatives possible, they also make them easier by increasing access to resources, information and support. Partnerships can improve the benefits of school health initiatives by bringing everyone together to make the school community the best possible place to learn, work, and play.

Partnerships are not just the supportive working relationships within schools (between staff and students), between schools, and between schools and other community groups. Partnership also refers to the connections between a school and students' families, as well as the relationships with organizations, businesses and professionals from other sectors. Building on the unique perspectives, expertise, resources, and skills of each partner can strengthen school communities and make initiatives more sustainable.

Many partnership opportunities exist to support healthy school communities. For example:

□ The school might partner with students' families to run a healthy fundraising initiative.

□ Teachers, parents, students, and administrators within a school community might work together to create a school wellness team.

□ Schools can partner with other schools or their district to share ideas and resources or plan joint school health projects.

□ Partnerships between schools and the community can improve community access to school facilities for recreation in exchange for access to community facilities for school events.

□ By partnering with the health sector, schools and school jurisdictions may access a dietitian to help identify healthy foods to serve to students.

Health Promotion Coordinators are also partners who support healthy school communities. For example, Health Promotion Coordinators are able to recommend school health assessment tools and help schools through the assessment process. They can provide professional development for staff around healthy eating, active living, and positive well-being. Health Promotion Coordinators also support the creation of school health and wellness policies. To find out more about partnering with Health Promotion Coordinators, or to connect with a Health Promotion Coordinator in your area, please email: HealthyWeightsTeam@albertahealthservices.ca.

Looking to make your meetings healthier?

Eat Smart Meet Smart will help you plan meetings, events and conferences that are healthy for your participants - and healthy for your organization. Meetings, events and conferences are a central part of today's work world, and many involve food and drinks and long periods of sitting. This guide provides ideas for how you can make healthy choices and add physical activities that will

Healthy School Fundraising

Submitted by: Alberta Health Services

Many schools rely on fundraising to supplement school budgets and pay for equipment, supplies and events. Common fundraisers include vending machine sales, hot dog lunches and candy sales.

With growing concern about the health and well-being of students, many schools are rethinking whether selling unhealthy foods is an appropriate way to raise money. Research shows that non-food and healthy food fundraisers produce profits equal to or greater than profits from unhealthy fundraisers. Why not think outside of the box and try some of these great ideas:

- Sell items that promote physical activity. Examples include: gym passes, jump ropes, mouth guard kits, pedometers, sports equipment, sports bags with activity themes (e.g. soccer, baseball), sunscreen and water bottles.

- Sell healthy snacks and lunches that meet the Alberta Nutrition Guidelines for Children and Youth.

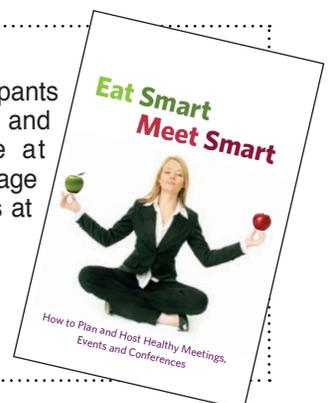
- Have a student art show and sale.

- Recruit students to volunteer their services for a small donation. They could do yard work, snow shovelling, dog walking or car washes.

To learn more about healthy fundraisers and other ways to support student wellness in your school community, please email: HealthyWeightsTeam@albertahealthservices.ca

help keep participants alert, productive and engaged while at work, and encourage healthier choices at home, too

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



MENTAL WELLBEING CENTRE

Pan-Canadian Joint Consortium for School Health

This toolkit has been designed to promote Positive Mental Health perspectives and practices in the school context. It is important to note that Positive Mental Health does not simply represent another program or initiative to be added to the workload of staff or implemented through a rigid structure. Instead, the toolkit is meant to facilitate a shift in practice, and to set in motion a process for engaging school and community strengths in fostering the positive growth and development of children and youth.

This Positive Mental Health toolkit is derived from evidence-informed practices and is linked with a partner document entitled Schools as a Setting for Promoting Positive Mental Health: Better Practices and Perspectives (JCSH 2010). The references and citations indicated throughout the toolkit can be found in the Reference section at the end of the Better Practices document. These practices can be embedded into your everyday routines and implemented over time, at your own pace. They are founded in a strength-based approach that looks beyond simply addressing problems in the school community. Rather, this approach recognizes that both schools and students already have strengths and gifts that can be built upon and nurtured.

Positive Mental Health

The Public Health Agency of Canada describes Positive Mental Health as “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity”

School as a Critical Setting

According to Stewart, Sun, Patterson, Lemerle and Hardie (2004) the role of the school has been regarded both nationally and internationally as an important environment for promoting the psychological wellness and resilience

of children and youth. Schools provide a “critical context for shaping children’s self-esteem, self-efficacy and sense of control over their lives”. Given that children and youth spend more than six hours daily and over 180 days a year in school, the educational context provides key opportunities for delivering activities and comprehensive initiatives related to Positive Mental Health.

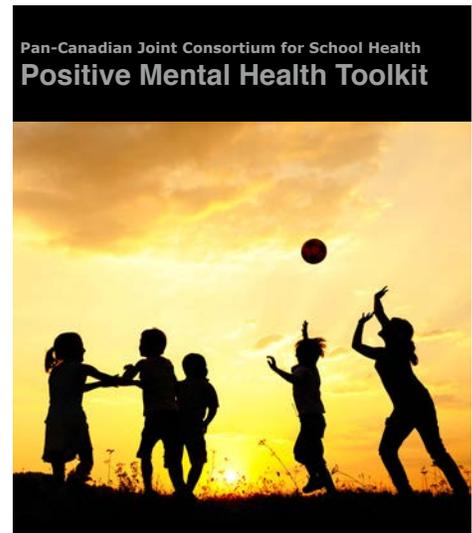
Comprehensive School Health Framework: A Model for Positive Mental Health Promotion

The Pan-Canadian Joint Consortium for School Health Comprehensive School Health Framework has been recognized internationally as a better practice framework for supporting children and youth’s academic development concurrently with addressing school health areas in an intentional, multifaceted and integrative manner. Comprehensive School Health:

- Affirms that physically and emotionally healthy children and youth are more likely to reach their academic potential
- Recognizes that the school setting has the potential to positively contribute to students’ Positive Mental Health
- Promotes the belief that healthy lifestyle choices positively impact children’s and youth’s physical health and emotional well-being
- Integrates health into all aspects of school and learning
- Bridges health and education concerns and systems
- Requires the support and collaboration of families, community members, and services providers (JCSH, 2009)

Correlates of Positive Mental Health

- ☺ Increased understanding and destigmatization of mental health conditions
- ☺ Enhanced opportunities for children and youth to demonstrate age-appropriate autonomy and choice



- ☺ Heightened sensitivity to the needs of others and demonstration of pro-social behaviours
- ☺ Increased involvement in structured and unstructured physical activities
- ☺ Reduction in high-risk behaviours
- ☺ Enhanced academic achievement and school attendance
- ☺ Decreased oppositional behaviour
- ☺ Increased academic confidence and engagement

Download the full resource for more information on:

- Components of Positive Mental Health
- Mental Fitness: A Way of Working Together
- Positive Mental Health Indicator Worksheet
- Steps to Implementation
- Sample Planning Tool
- Authentic Parent Engagement
- Authentic Student Engagement
- and more!!!

<http://www.wmaproducts.com/jcshfulltoolkit/index.html>



ALBERTA HEALTH & WELLNESS UPDATES

Wellness Fund Projects and Partners Celebrate their Success and Share their Knowledge



The Alberta Healthy School Community Wellness Fund was delighted to host its second annual Wellness Fund Celebration Dinner in January at a pre-conference event at the Shaping the Future Conference held in Kananaskis. The dinner brought together Wellness Fund projects and partners to network, develop new ideas, build relationships and celebrate the great work occurring in school communities across Alberta.

Full advantage was taken of the wealth of knowledge in the room through some structured learning and sharing sessions; it was overwhelming how readily almost eighty people in attendance participated. Participants provided constructive feedback on Wellness Fund resources in order to further improve them to support

with the development of Healthy School Communities.

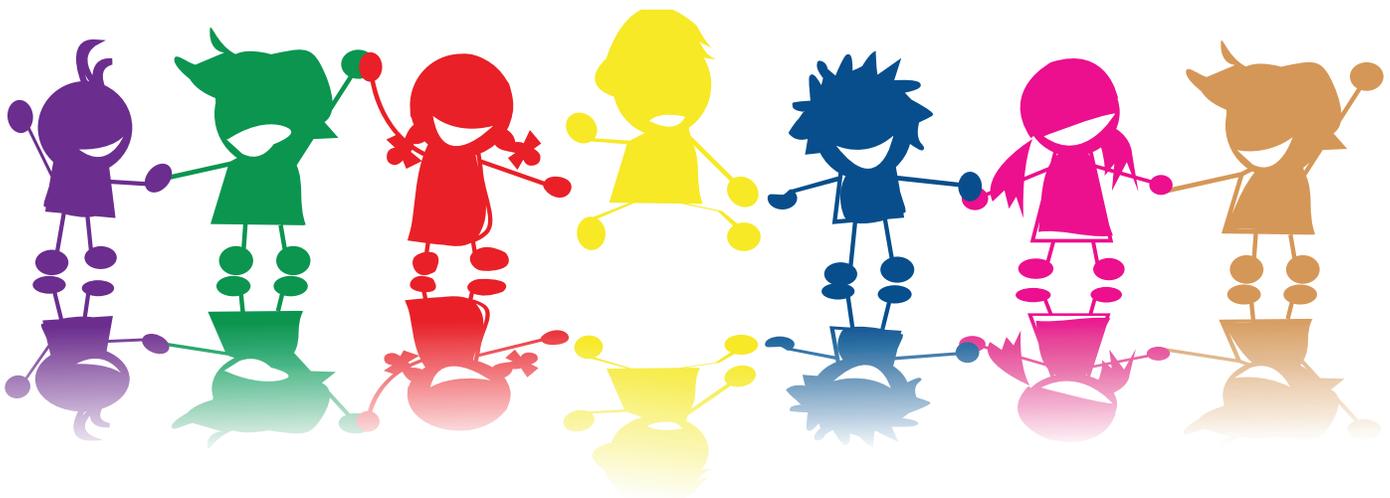
Participants also put their heads together to provide an initial framework for a student focused handbook. The ideas generated will be brought forward for student leaders to review at the fourth annual Speak Out Conference.

These valuable learnings built upon the inaugural Wellness Fund dinner learnings which contributed to the Wellness Fund Handbook.

The event was interspersed with Wellness Fund videos highlighting the incredible achievements of projects across the province. The evening culminated with an awards ceremony which recognised the work of current large projects. Thanks to Leah Yardley from Be Fit for Life for providing the evening's energizer, using the reverse lunch model to get everyone moving before the meal was served.



Evaluations indicated that the meal was enjoyed by all. Thanks to everyone for the work you do!



ALBERTA EDUCATION UPDATES

Student Leadership Opportunity

Alberta Education is now accepting applications for the Minister's Student Advisory Council 2012-2013. The Council consists of 24 youth, ages 14 to 19, with different backgrounds, opinions, experiences and perspectives from all regions of Alberta. Council members:

- are ambassadors for Speak Out!
- are active on the Speak Out website discussion boards and blogs.
- host a Speak Out Forum using the DVD Toolkit in their school.
- meet with the Minister of Education a few times each year to share their perspectives on education.
- receive media training, public speaking and facilitation training and leadership opportunities.

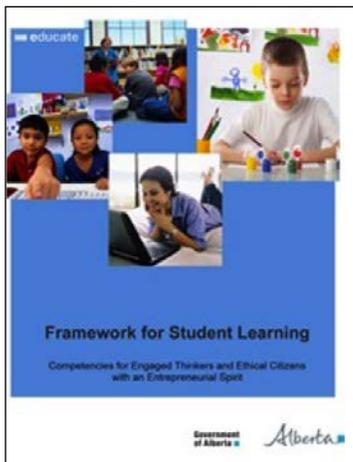
With 200,000 youth from Grades 9-12 in Alberta, it's a huge opportunity to take a leadership role to ensure the student voice is heard and considered.



Deadline for application is Friday, May 18 at 4:30pm. For more information go to www.speakout.alberta.ca/Council/tabid/65/Default.aspx.



Framework for Student Learning



Alberta Education recently released the Framework for Student Learning: Competencies for Engaged Thinkers and Ethical Citizens with an Entrepreneurial Spirit. This framework is the culmination of work involving engagement with stakeholders and experts, review of trends and research, and development of ideas and recommendations. This document describes a future in education that acknowledges the need for competencies to be more central in the education of Alberta's young people in the 21st century. For more information go to www.education.alberta.ca/department/ipr/curriculum/framework.aspx

10 Point Plan for Education

Albertans want the best possible learning opportunities and experiences for our students. As part of government's commitment to education, Minister Lukaszuk announced a 10 Point Plan for Education which outlines how we can address some of the most pressing challenges students face every day.

The 10 new initiatives do not need to wait for new education legislation to be implemented and will be rolled out over the coming months. Some are pilot projects which may provide important lessons about efficiencies and better results and some may become longer term practices. All 10 points are in addition to new education legislation. For more information go to www.education.alberta.ca/department/ipr/10ptplan.aspx. More information about each of the initiatives will be available as they are announced.

10-Point Plan for Education

To Do:

<input type="checkbox"/>	Reducing travel time for students who spend more than one hour on a bus and enabling students to better use technology when they travel.
<input type="checkbox"/>	Creating more opportunities for students to earn credits in high school and post-secondary institutions at the same time.
<input type="checkbox"/>	Updating school design specifications to better support communities.
<input type="checkbox"/>	Co-ordinating building playgrounds and new schools.
<input type="checkbox"/>	Reducing the administrative burden for charter schools.
<input type="checkbox"/>	Supporting First Nations students by working more closely with the federal government.
<input type="checkbox"/>	Creating a stronger voice for parents in the education system.
<input type="checkbox"/>	Providing better information to increase transparency, clarity and accountability in the education system.
<input type="checkbox"/>	Reviewing provincial achievement tests.
<input type="checkbox"/>	Examining the operational requirements of full-day kindergarten.

Government of Alberta

ALBERTA TOURISM, PARKS AND RECREATION UPDATES

Canadian Sport for Life in Alberta

The Alberta Sport, Recreation, Parks and Wildlife Foundation is committed to supporting and providing lifelong physical activity opportunities for Albertans through coordination at the provincial and national levels.

Tracy Lockwood, Ever Active - Education Coordinator and Lee Schaefer - HPEC, Education Sector:

FMS Webinars and other resource development for teachers - FMS Through Lead Up Games

Rob Meckling - City of Red Deer and Leah Wirun - County of Strathcona, Recreation:

ARPA initiatives, Youth Task Group projects and addressing FMS programming in Strathcona County

They believe in promoting physical literacy, which emphasizes fundamental sport and movement skills for children which will pave the way for a lifetime of involvement in sport and physical activity.

James Hood - Swim Alberta, Michael Neary - Cross Country Alberta and Sean Nickerson - Livesaving Society, Sport Sector:

Focus should be PSO implementation of LTAD and new Canadian Sport Policy

Visit <http://www.asrpf.ca/cs4l-in-alberta.aspx> for more information. There you can also access the Long Term Athlete Development Plan for Parents.

Alberta Ambassadors

Vicki Harber - University of Alberta, Faculty of Phys. Ed and Recreation and CS4L Expert

Chaired the National CS4L PreConference - Moving Physical Literacy Forward. Engaged in Physical Literacy Training in different delivery formats

Elaine Danelesko, MRU Integrative Health - Director, Early Childhood Sector:

Policy development for childcare settings and resources for Active Start

Stephanie Wierl, Be Fit for Life - Lethbridge, Active Living Sector:

Presented at the National CS4L Conference, engaged in Move and Play workshops and Healthy U programs

Laura Crawford, Health Sector:

Focus on MEND and Healthy Weights initiatives

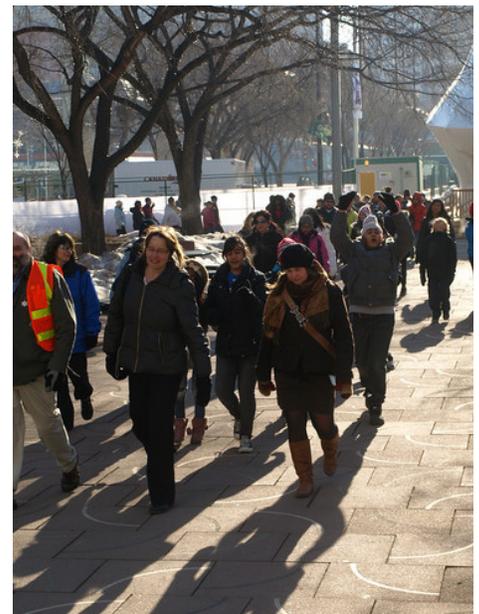


Winter Walk Day 2012



This year, over 113 000 Albertans got outside and walked on February 8, 2012. Participants included groups/individuals from schools, communities, workplaces, older adult communities, and daycares. Over 3 146 973 minutes were completed this Winter Walk Day, congratulations Alberta!

This year's Alberta Winter Walk Day was supported by Alberta SHAPE, the Be Fit For Life Network, Alberta Motor Association, Alberta Blue Cross, Alberta Tourism, Parks and Recreation, and the Alberta Sport Recreation Parks and Wildlife Foundation.



PROMISING PRACTICES

The Promising Practices Data base is hosted on PHE Canada's website in the following location: <http://www.weightoftheworld.ca/weightoftheworld/e/promisingpractices/>. The purpose of the database is to host successful ideas, lessons, events, initiatives and programs for educators and health promotion professionals to access. The hope is that these shared ideas will be utilized throughout the province and country to further enhance Comprehensive School health. Check out the website for ideas and submit one or two of your own today!

Physical Activity Throughout the School Day

Georges Vanier Elementary School in Surrey, BC, provides opportunities for students to be physically active many times throughout the school day. The morning begins with 15 minutes of student-led activity. Older students visit other classes every morning to lead aerobics using their own music and posters they made identifying personalized sequences of moves. Everyone loves the morning workouts and some students who were arriving late before now make sure to get to school on time!

Recess provides another opportunity for physical activity. From early January to Spring Break, students can skip during recess in the gym. Each day, a different grade spends 15 minutes double and single rope skipping and Chinese jumping with the help of grade 5 student leaders.

At lunchtime, students are encouraged to head to the gym--intramurals, badminton, and outdoor games like hopscotch and four square are offered throughout the year.

This school also organizes after school activities such as Power Kidz, a club that teaches students about healthy eating and cooking. Open gym time is offered after school with a variety of activities, and running and walking clubs take place in the nicer weather.

Contact Bryna Kopelow for more information: info@actionschoolsbc.ca

And visit <http://www.actionschoolsbc.ca/Content/Quick%20Links/ASBC%20Success%20Stories.asp> to read about more promising practices and success stories in BC

Breakfast Program



Ashmont Elementary and Secondary Schools are located on the junction of Highway 28 and Highway 29. Our school is a diverse community of learners hailing from Saddle Lake, Goodfishlake, Boyne Lake, Lottie Lake, Ashmont and the surrounding community.

Providing a safe, healthy learning environment is our goal, as our students face many barriers that hinder learning. Therefore many of the programs we implement

focus on enhancing self-esteem, making healthy choices, and fostering a positive learning environment.

Students have the opportunity to eat in the morning, at snack time, and at lunch if they did not bring a lunch to school. At no time do the students need to be concerned about not having food to eat while at school. Unfortunately, we do have a number of students who do not have food on a daily basis. Fortunately, due to our breakfast program, being hungry does not become a reason for those students to struggle at school.

Contact Tim Yakiwchuk for more information: tim_yakiwchuk@sperd.ca

Attention Calgary and Area Schools!

\$6,000 in Health & Wellness Prize Money up For Grabs in Returning 5K for \$6G School Contest

Get out of the classroom for an outdoor lesson in healthy, active living. The 5K for \$6G Contest is back and the 2012 Calgary Marathon AstraZeneca Family 5K is asking educators to be "Fitness Champions" in their schools. The school-based fitness competition is meant to challenge students from Grades 4-12, educators and their families to be active, have fun, and participate in the AstraZeneca 5k race, which sold out in 2011 at 1600 runners and walkers. A new route and space for 3000 participants ensure it's going to be the biggest and best event yet. Calgary and area schools can be a part of the action by registering a school team and enlisting students, staff and their families to run or walk on May 27th. The schools with the

highest number of participants, based on the percentage of their total school population, are eligible for up to \$6,000 in fitness-related prize money. Registered schools could also receive a visit from Olympic Gold Medalists Hayley Wickenheiser or Carla MacLeod (Women's Hockey) two all-star champions of active, healthy living and the AstraZeneca 5K for \$6G. Put your hand up to participate in the 5K for \$6G and show students how running can really pay off. Run 5K. Win \$6G. 100% Fun!

For more information, please visit the Calgary Marathon website or email schoolcontest@calgarymarathon.com to get started!



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
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North East Region:

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Jodi Harding
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Greater Edmonton Region:

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Red Deer Region:

John Mauro
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Calgary City Region:

Jennifer Wallace
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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.

Health and Physical Education Council Conference 2012

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: www.hpec2012.ca



Keynote Speaker: Michael "Pinball" Clemmons

Renowned as one of pro football's most electrifying players, Toronto Argonauts running back Michael "Pinball" Clemmons was the CFL's all-time all purpose yardage leader. However, it is his exceptional character, in addition to his outstanding athletic ability, that has made him the remarkable fan favourite throughout Canada.

Pinball's tireless community involvement and participation in countless charitable causes exemplify the qualities he possesses, which are so rarely found in today's professional athletes. He has used his superb leadership and communication skills in his former roles of Coach, President and CEO of the Toronto Argonauts - and now as the vice-chairman of the franchise. In 2001, Clemmons was honoured with the Order of Ontario, and he was inducted into the Canadian Football Hall of Fame in 2008.

Pinball's presentations are at once captivating and empowering, and clearly demonstrate the capabilities of teamwork. Pinball inspires his audiences by illustrating what is possible and what it means to beat the odds. Pinball communicates his heartfelt stories with a passionate spirit and his patented, contagious smile. Organizations respond to his presentations with rave reviews and overwhelming enthusiasm.

Michael founded and heads the Michael "Pinball" Clemmons Foundation, committed to providing the resources to quicken education and build character among youth through projects around the globe.

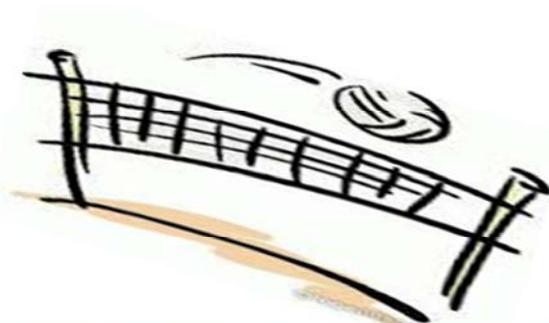
Alberta Snowmobile Association Safe Riders



The Alberta Snowmobile Association (ASA) is pleased to offer free of charge to Alberta school, our Safe Riders safety program. Our instructors will bring messages and materials on safe snowmobile and ohv riding practices, safety, legal requirements and environmental respect. Our presentations can be tailored to individual classes or full assembly presentations. Contact the ASA today to book for this year or next. Presentations are booked on a first come, first serve basis! Visit www.altasnowmobile.ab.ca for more information!



COMMUNITY CONNECTIONS

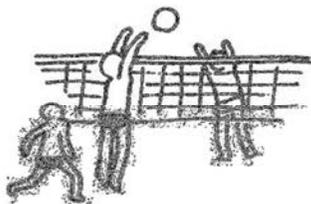


The **Alberta Volleyball Association** is an incorporated non-profit society whose goals are to promote and increase interest in the sport of volleyball; improve the quality of players, coaches, and officials; act as an information provider for those interested in volleyball; and organize and encourage participation of *all age groups* in the sport of volleyball throughout the province of Alberta.

Programs offered include:

- **Go Centre (Edm):** *Go Leagues* (ages 13 - 18) 8-12 week program which runs in the Fall/Winter/Spring. The format is twice a week, one session focuses on skill acquisition while the second session will be game based. *Go Atomic* (ages 9 - 12) is an 8 week program with adapted rules for youth (ages 9-10).
- **Indoor Season:** AVA sponsored tournaments for *Club Volleyball* (13U - Adult Masters).
- **Summer Camps:** *Jasper Volleyball Camp* (ages 13-18) is a live-in or day camper program; intensive 6 day developmental volleyball camp. *Sylvan Lake Volleyball Camp* (ages 13 - 18) is also an intensive 6-day volleyball experience in which the camp emphasizes basic skills, fitness, and is suitable for all levels of athlete. Both the indoor game and the beach game will be covered in detail.
Go Centre ~ U of A Camps (ages 13-18) emphasizes indoor technical skills, tactics, and team play.
- **Beach:** *Leagues* (Youth, Men's, Women's, Coed), *Tournaments, Clinics, School Provincials,* and *Sand Court Rentals.*
- **NCCP Clinics/Coaching Symposiums:** Clinics and symposiums which provide novice and experienced coaches learning experiences designed to assist them in improving their coaching abilities.
- **Officials Clinics:** Theoretical and practical training environments and mentorship programs for ages 16 and up. A great way for "athletes and non-athletes" to participate in sport.
- **High Performance Camps:** A series of Camps offered for all athletes interested in furthering development in the sport of volleyball. In addition to on-court **sessions with** some of **Alberta's top coaches**, these camps will also provide an opportunity for athletes to partake in educational sessions in the fields of sport psychology, nutrition, and physical training.

See us on our website: www.albertavolleyball.com





RUGBY ALBERTA, the provincial governing body of Rugby in association with Alberta Sport, Recreation, Parks and Wildlife Foundation is pleased to announce the Rugby Alberta Coaching Conference for 2012. The conference will take place on March 31st and April 1st 2012 at Victoria Soccer Club, Edmonton.

Topics for coaches/teachers working with athletes aged 6yrs to 12 yrs:

1. High Five Sport Certification Course
2. NCCP Fundamental Movement Skills Certification Course
3. Mental Skills – Helping Players Deal With Focus and Concentration
4. Physical Skills – Developing Physical Skills and Literacy
5. Technical Skills – Developing Rugby Through Small Sided Games
6. Technical Skills – How To Teach/Coach A New Player To Play Rug by In 1 Hour.

Topics for coaches/teachers working with athletes aged 13 yrs+:

1. Mental Skills - Helping players to understand and cope with arousal, anxiety, pressures and failures.
2. Physical Skills - Developing Evasion Skills
3. Tactical Skills – Giving Feedback to Players - Game Review & Player Analysis.
4. Technical Skills - Principles of Attack (15-a-side Rugby)
5. Technical Skills – Principles of Defence (15-a-side Rugby)
6. .Technical Skills – Principles of 7-a-side Rugby

Key Speakers:



Dr. Vicki Harber (Professor - Faculty of Phys. Ed & Recreation) **Topic: Coaching the Female Athlete**



John Tait (Head Coach-National Senior Women’s Program) **Topic: Principles of Sevens Rugby**



Aaron Takel (Director of Rugby—Rugby Alberta) **Topic: Game Review & Player Analysis**



Graeme Moffat (Canada U20 & U19 Men`s Coach) **Topic: Principles Of Attack & Defense**



Lisa Rogerson (Mental Skills Coach—ASDC) **Topic: Helping Athletes Deal With Focus & Concentration**

For more information, visit our website, www.rugbyalberta.com or follow this link: <http://www.rugbyalberta.com/clientuploads/Coaching/2012%20Coaching%20Conference/Alberta%20Coaching%20Conference%202012.pdf>

Alberta Rugby Union | 11759 Groat Road
Edmonton, Alberta T5M 3K6 | www.rugbyalberta.com | 780-415-1773 | info@rugbyalberta.com



SUCCESS STORY

St. Elizabeth Seton Elementary Junior High School

Student leadership in action is a great way to describe St. Elizabeth Seton School. This Ever Active School is also a P H A T school. PHAT? Really you say? Representing Positive Healthy & Active Today – PHAT is also a slang word used by teens to denote something of ‘excellence’ and ‘top rate’ and well... just plain cool. What teen wouldn’t want to be PHAT? And that is exactly what the University of Calgary’s Be Fit For Life Centre was trying to do when they developed the project – engage teens, giving them a voice for their own health in their school community and providing amazing leadership opportunities.

The goal of the PHAT project has been to engage the students in the implementation and promotion of healthy eating, physical activity, and positive social environments. The students at St. Elizabeth Seton sure proved that! They had what it took to be a PHAT school - although it didn’t happen over night. The first year there were only a handful of students belonging to the PHAT Team but now in the third year, there are close to 50 “PHATTIES” (PHAT Team nickname) who are absolute superstars in health promotion and engagement within the school. The success has to be credited to not only the students but also the perseverance and dedication of Jackie

Porcu who believed in the project from day one. Vice Principal Jennifer Orr, teachers Veronika Janik & Jennifer Roff also provide adult leadership and guidance to help sustain the PHAT project.

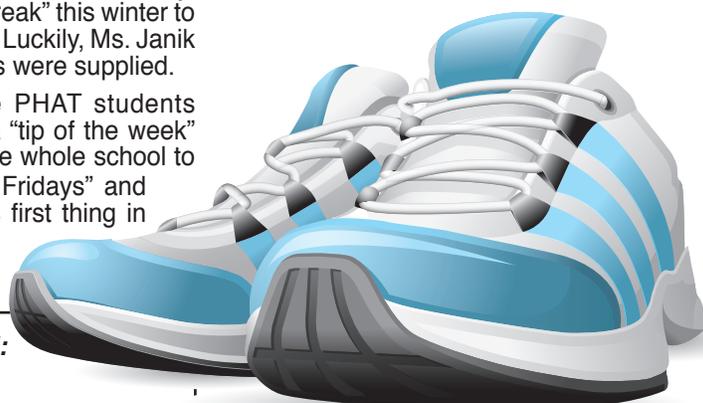
Students confidently lead 6 clubs that engage the elementary and junior high students through out their school’s 6-day cycle. There is a Drama, Yoga, Glee, Running and Sports Club (one for the elementary & a separate one for the junior high) The student leaders, under the supervision of staff create and lead the activities for attending students. The drama and yoga clubs appear to be the most popular at this time.

The PHAT team also hosts annual events like the “PHAT Fair” a day or week of activities that reinforce healthy active lifestyles with in their school community. They also held a “Jail Break” this winter to raise money for charity. Luckily, Ms. Janik was freed and the funds were supplied.

Monday mornings the PHAT students create and announce a “tip of the week” over the intercom for the whole school to hear. Fridays are “Fit Fridays” and feature dance activities first thing in the morning to ensure the whole school gets moving.

During the Healthy Active School Symposium (HASS) in Calgary the St. Elizabeth Seton’s “PHATTIES” facilitated a session outlining their school’s program. They did a very professional job of demonstrating their club activities and allowed the participants to experience the activities that they lead in their school. Many school’s went away inspired and empowered by the energy and leadership of this amazing team! The media took time to interview these emerging leaders as well and appreciated the quality communication skills of each of the students!

Congratulations to the St. Elizabeth Seton PHAT Team for creating a healthy active school community and for providing outstanding student leadership!



Title of Bulletin Board:

Healthy Hearts

Category:

Physical Education

Materials:

lots of paper and some crayons and scissors

Description:

Students cut out their own hearts after watching a demonstration on how to cut a bilateral heart folding some paper. Invite students to write what they do to keep their heart healthy on the front and their name.

The heart gets put on the board, and students love reading what all the other kids wrote on their hearts. They talk about it at lunch.

Do you have a bulletin board you’d like to share? Like us on Facebook for upcoming contests!

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.