

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA



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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 Alberta Education.

Upcoming Events

March • Nutrition Month » <http://www.dietitians.ca/your-health/nutrition-month.aspx>

April 18-20 • ASRPWF Leadership Summit »
<http://www.asrpwf.ca/news-events/2013-leadership-summit.aspx>

April 20-23 • International Physical Literacy Conference »
<https://www.confmanager.com/main.cfm?cid=2545&nid=15426>

May 2-4 • HPEC Conference » <http://www.hpec.ab.ca/conference-2013>

May 2 • Canada Health Day » <http://www.cha.ca/events/canada-health-day-2/>

June • Recreation Month » <http://arpaonline.ca/events/recreation-parks-month/>

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 info@everactive.org with your suggestions.



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



NOTES FROM THE DIRECTOR'S DESK

Shaping the Future: Engaging Healthy School Communities

Ever Active Schools recently hosted the fourth annual, Shaping the Future – Engaging Healthy School Communities Conference with over 315 delegates. This year's theme was recognizing and empowering "School Health Champions".

The conference brought together leaders from the health, education, active living and recreation sectors. All of which have a vested interest in creating and supporting healthy school communities. Shaping the Future provided an opportunity to network, learn, share and re-energize as well as recognize the health champion within each delegate as we work together to 'shape' the health of Alberta children and youth.

All aspects of comprehensive school health were covered through the concurrent and keynote speakers, from both a provincial and national perspective, thus providing delegates with a tool kit of information, resources and supports to use going forward.

Wellness is holistic, it is what we do in our homes, the environment that we live in, our communities and our overall work. Each health champion has an opportunity and a responsibility to be a role model, to 'walk the talk' of a healthy lifestyle and demonstrate the commitment it takes to create a healthy school community. During the conference there was time set in the schedule for personal activity, this energized and empowered delegates to participate and modeled the importance of individuals taking responsibility for their well-being.



The collaboration among partners always enhances the conference, and also sets the stage for strong working relationships throughout the coming years. We would like to thank our partners and funders for their generous contributions in making the conference a huge success: Alberta Health, Alberta Education, Alberta Tourism, Parks and Recreation, the Alberta Sport, Recreation, Parks and Wildlife Foundation, Health and Physical Education Council, the Alberta Healthy School Community Wellness Fund, Healthy Schools-Healthy Future, APPLE Schools, Alberta Health Services and many others. These meaningful partnerships and collective voice have been a key reason the work of healthy school communities is moving forward.

It's encouraging seeing the momentum continue and new champions engaged with this important work.



HPEC Promoting Healthy School Communities Award Winner, Meghann Springett

WHAT'S HAPPENING

Provincial Tour of School Health: Summary and Thank you!!

The HASS events are a tremendous way for provincial and local organizations to partner and increase the awareness and implementation of Comprehensive School Health. 12 Healthy School Symposium events took place around the province of Alberta beginning in early fall and the last two were completed in February 2013. This year we had:

159 schools, 909 students and 463 adults. In total we touched 1372 participants.

Each event was created from a provincial agenda and then modified to meet the needs of the local communities. The events have become a connecting point for school wellness teams and school health initiatives within the province.

The kick off of each HASS started with a Student Keynote Speaker, many of these students were from the Alberta Education Ministers' Student Advisory Council. These incredible young adults set the stage for their peers and inspired them to take charge of their own health and the wellbeing of their school communities. In

Fort McMurray the students who kicked off the event were part of the Mayor's Advisory Council for Youth. In Peace River a local high school leadership team member started the day for us. It is evident that student leadership is alive and well throughout Alberta. A big thank-you to all those students who participated and to Speak Out for providing us with quality speakers.

Ever Active Schools would like to thank all of our partners who assisted with the planning, organization and hosting of these events throughout Alberta. The HASS event has become a connecting point for school wellness teams and school health initiatives within our provinces.

All school teams who attended are invited to contact any of the HASS partners for further information, resources and support. Our hope is that school teams walked away with increased readiness in some areas and empowerment for sustainability in other areas.

We are currently reviewing the feedback forms with our partners, Alberta Health Services, Alberta Healthy School Community Wellness Fund, Be Fit for Life and Apple Schools. We will use this feedback to help create our future HASS events. To review the agendas and registration process used this past year, please visit: <http://www.everactive.org/hass-2012-2013>.

What are you Doing After School?

Does your school, community, or club have an after school program? Do you promote healthy living behaviours to youth between the hours of 3-6pm? Tell us about it. We want to know what you do between 3-6pm, and we want to know how you do it!

For 13 years Ever Active Schools has worked with teachers and school administrators on professional development and resource development to help create quality physical education programs, and build school communities that promote healthy eating, physical activity and positive mental health. We now see this role extending into the after school hours. We have been working in Leduc County promoting current after school programming, adding additional programs and creating a collaborated approach between multiple sectors including recreation and education. We are working towards developing and delivering quality after school programming in Leduc County and now want to widen our lens provincially.

Contact Katelynn Theal (info below) and share your story. No story is too big, or too small. You are the champions, and together we can spread health beyond school communities into "after school communities"

Contact Katelynn at katelynn@everactive.org, 780-454-4745 or 587-983-3640.

2013 International Physical Literacy Conference

April 20-23
at the Banff Centre
in Banff, Alberta, Canada

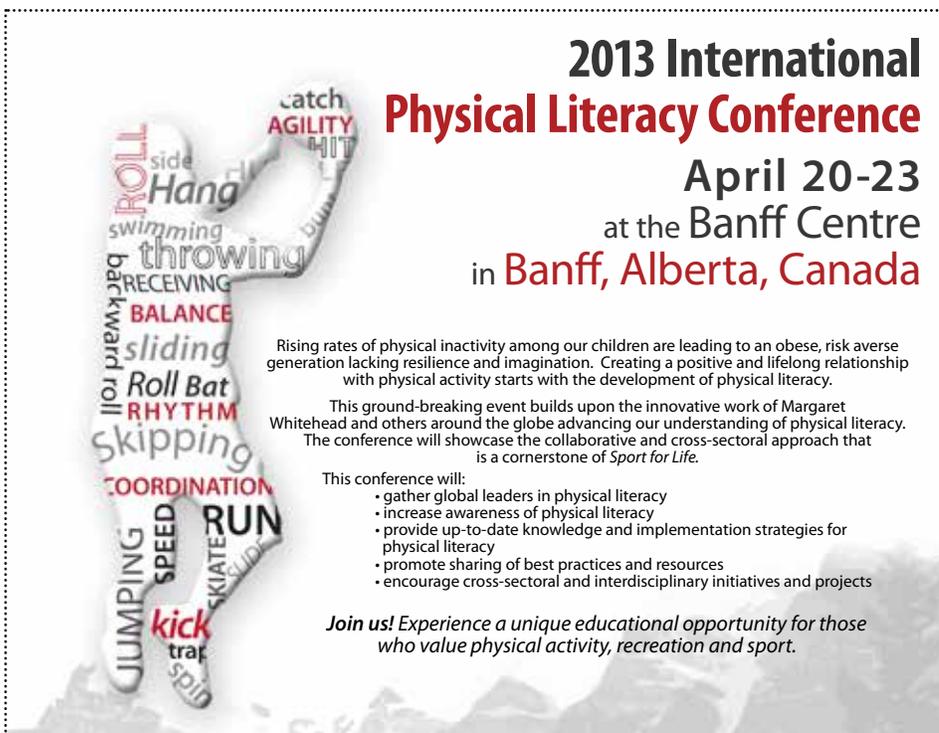
Rising rates of physical inactivity among our children are leading to an obese, risk averse generation lacking resilience and imagination. Creating a positive and lifelong relationship with physical activity starts with the development of physical literacy.

This ground-breaking event builds upon the innovative work of Margaret Whitehead and others around the globe advancing our understanding of physical literacy. The conference will showcase the collaborative and cross-sectoral approach that is a cornerstone of *Sport for Life*.

This conference will:

- gather global leaders in physical literacy
- increase awareness of physical literacy
- provide up-to-date knowledge and implementation strategies for physical literacy
- promote sharing of best practices and resources
- encourage cross-sectoral and interdisciplinary initiatives and projects

Join us! Experience a unique educational opportunity for those who value physical activity, recreation and sport.



MINISTRY UPDATES

Ever Active Schools (EAS) is a special project of the Health and Physical Education Council of the Alberta Teachers' Association. Funding is generously received through three ministries - Alberta Health, Alberta Education and Alberta Tourism, Parks and Recreation - through the Alberta Sport, Recreation, Parks and Wildlife Foundation.

Alberta's Education Act—Putting Students First

On November 19, 2012 Alberta's new Education Act was passed in the Legislature.

Alberta's new Education Act is a significant step toward bringing to life the vision for education that thousands of Albertans like you shared with us through Inspiring Education and subsequent consultations. The Act will help us ensure that all Alberta children get a chance to reach their full potential and become engaged thinkers and ethical citizens with an entrepreneurial spirit.

All Alberta students deserve a welcoming, caring, respectful and safe place to go to school, a place where bullying is simply not tolerated. Alberta families deserve options about what kind of educational experience is right for them and their children. The Education Act provides that and helps ensure your children have the supports and environments they need to succeed.

The Education Act is the first legislation in Canada to formally recognize the role of parents as a child's first

and most important teacher. Our new legislation recognizes that all partners in education—students, parents, teachers, school boards and government—must work together for Alberta to maintain the best education system in the world.

You can read information regarding Alberta's new Education Act at:

http://www.assembly.ab.ca/net/index.aspx?p=bills_status&selectbill=003&leg=28&session=1

Speak Out

The date has been set for the 5th annual Speak Out conference. On April 12–14, 2013 the conference will bring almost 250 students together ages 14–19, their chaperones, and a multitude of Alberta Education staff and partners. The Wellness Education team



at Alberta Education will be asking for student's to share their ideas regarding the future of High School Wellness related curriculum development at the conference. The Healthy Schools team will be presenting to Parents/Chaperones about Comprehensive School Health and how to become involved on the school health action team, support the assessment of the school, action plan and take action to support a healthy school community. Participants will work together to explore current tools and practices that support schools to make the healthy choice the easy choice. More information can be found at: www.speakout.alberta.ca/

My Child's Learning: A Parent Resource



Alberta is committed to creating an inclusive education system that inspires and enables all students to achieve success and fulfillment as engaged thinkers and ethical citizens, with an entrepreneurial spirit.

We recognize that parents play an important role in shaping the way their children view learning. As a parent, you understand more than anyone else how your child learns and processes information. This resource will provide you with a better understanding of Alberta's curriculum and how you can help your child. Here, you'll discover what your child is learning, how they're assessed and what resources are available to help them be successful from Kindergarten to Grade 12.

This resource also contains information on the variety of educational choices you have for your child. More information can be found at: <http://www.learnalberta.ca/content/mychildslearning/>

Refreshed Healthy U Website to Support Health Champions

A refreshed version of HealthyAlberta.com was released November 2, 2012 to give Albertans easier 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, including you, find reliable health information and encouragement to lead a healthier lifestyle.

The website was initially developed as a part of Healthy U in 2002 and has been going strong for 10 years! The 2012 – 2014 campaign focuses on families and children up to 12 years to make healthier choices that will develop healthy habits that will last a lifetime.

The refreshed HealthyAlberta.com website makes it easier than ever before to find what you need to reach optimal health. It also provides evidence-based information on healthy eating, active living and mental wellness for schools, communities and workplaces.

Want to know how to eat better?

HealthyAlberta.com has you covered. You will find nutrition guidelines, the Healthy U Jr. Chef app, the Food Checker which is a unique online tool helps take the confusion away by allowing you to compare the nutrition information you find on packaged foods, a comprehensive healthy eating toolkit and a ton of amazing healthy recipes.

Want to be more active?

Again, we've got you covered. Check the site out for a number of great ideas to be more active in any environment at any time so you can reach your health goals.

Want to know what is new and upcoming?

Find information on programs, events, funding, awards and news visit HealthyAlberta.com.

What are you waiting for?



RESEARCH ROUND-UP

Kindergarten to Grade 12 Wellness Education in Alberta: Health and Physical Education Curriculum

“Many researchers agree that health and physical education in its current state is in need of considerable reform (Humbert, 2006, Kirk, 2010; Locke 1992; Penney & Chandler, 2000; Richard, 2007). Students in many studies explain how their health and physical education programs are not meeting their needs and that the curriculum has little relevance to their lives (Dyson, 2006; Gibbons & Gaul, 2004; Humbert et al., 2008; Kilborn, 1999). Although over the past 20 years jurisdictions have revised their curriculum documents, this has often resulted in what seems to be a reshuffling of learning outcomes with little change to curricular models. In Alberta, however, a philosophical shift in how HPE outcomes are addressed is about to take place.”

This peer reviewed article looks at the key features of the *Kindergarten to Grade 12 Wellness Framework*. Starting with the reasoning behind the importance of wellness, the article continues by defining the dimensions of wellness. After looking at the *Wellness Framework*, it discusses future directions such as:

- Support for Implementation
- Assessment and Accountability

The article encourages us to:

- open our minds to explore the opportunities of alternative curricular models with holistic goals and innovative implementation strategies,
- listen to our students and think about learning in the 21st century,
- align the goals of faculties in health, physical education, recreation, and kinesiology, and use a multifaceted, collaborative approach.

Learning experiences that meet the needs of students through a HPS/CSH approach provide them with the foundation for lifelong learning and the ability to promote, practise, and apply the competencies needed to be well-emotionally, physically, intellectually, spiritually, and socially. Alberta's Framework for Kindergarten to Grade 12 Wellness Education offers a new direction for the future to help achieve the goal of improving health and learning outcomes for all students.

Kilborn, M. (2012). Kindergarten to grade 12 wellness education in Alberta: Health and physical education curriculum. *Physical and Health Education Journal*, 78(1), 6-11

Connecting on Social Media

Looking for people and organizations to connect with on social media? Below are great suggestions that promote active living, healthy eating and a positive social environment.

Active for Life

@activeforlife • www.activeforlife.ca

Move more, move better, move forever. Give kids the right start in sport and they'll be active for life!

CS4L / ACSV

@CS4L_ACSV • www.canadiansportforlife.ca

A movement to improve the quality of sport & physical activity in Canada.

David Kittner

@YouthFitnessGuy • YouthFitnessGuy.com

Resources for parents, teachers & coaches to enhance the physical, emotional & educational well-being of kids through Play, Physical Activity & Fitness.

ParticipACTION

@ParticipACTION • www.participACTION.com

ParticipACTION is the national voice of physical activity & sport participation in Canada.

AHS_behealthy

@AHS_behealthy • www.albertahealthservices.ca

Take charge of your health with info from Alberta Health Services, including family health, disease prevention, nutrition, AHS wellness initiatives and much more...

Dr. Michele Borba

@micheleborba • www.micheleborba.com

TODAY Parenting Contributor • Bullying Expert • Psychologist • Keynotes to 1M+ • OLPC Ambassador • Author 22 books • Educator • Raising Mentally and Morally Strong Kids!

Be sure to connect with us on Twitter, Facebook and YouTube!



Imagine a school without ACTIVE PLAY...



Abandoned playgrounds

Empty gymnasiums

SEDENTARY STUDENTS

Poor Health

Imagine ACTIVE PLAY in all Alberta's schools...

Physical Activity

Aerobic Endurance

PHYSICAL LITERACY

Problem-solving

Risk Taking



Let's work together to ensure MORE ALBERTANS ARE MORE ACTIVE MORE OFTEN.



Join us April 18-20 at the 2013 Leadership Summit to learn about the policy outcomes that are shaping sport, active living, and recreation.



To register for the 2013 Leadership Summit please visit: <http://www.asrpf.ca/news-events/2013-leadership-summit.aspx>

For more information on the Active Alberta Policy please visit: <http://tpr.alberta.ca/activealberta/default.aspx>

COMPREHENSIVE SCHOOL HEALTH RESOURCE CENTRE

2012-2013 Professional Development

Ever Active Schools is pleased to announce the professional development opportunities for the 2012 - 2013 school year. Below you will find sample activities from our professional development offerings. If you would like more information on professional development opportunities contact Tracy, the Education Coordinator, by email at tracy@everactive.org or by phone 780-454-4745.

Zombie Tag

(This activity was adapted from ThePhysicalEducator.com)

Equipment: Obstacle-free space, 3-4 soft objects, recycled paper, hoops or poly-spot markers

Organization: Choose 2-3 participants to be “viruses” and provide of them each with a soft object, such as a rhinoskin ball, loofah, foam Frisbee, etc. Invite the other participants to be “humans”. On a signal to begin, the “viruses” attempt to tag the “humans” by touching them lightly with the object/virus. If tagged, a human becomes a “zombie” and picks up a piece of recycled paper, places his/her foot on it and drags it around zombie-like. A hoop or poly-spot could also be used for the ‘zombie leg’. If a “zombie” then tags a “human”, he/she gives up the ‘zombie leg’ and turns back into a human. Once all humans are zombies the activity ends. To end the activity quickly, play “last human standing” where a zombie does not give up his/her leg, but turns humans into zombies.

Variation: To change the skills involved, viruses can pass the objects to each other. In order to tag a human, he/she cannot move with the object, but can move when not in possession of it in order to stand closer to a human and receive a pass and tag him/her.

Thumball Activities

Equipment: Obstacle-free space, soft balls with exercises written on them, music, music player

Organization: Divide participants into groups of 5-6 and invite them to form a circle. When the music starts, participants begin to toss, roll or bounce the ball within the circle. When the music stops, the participant holding onto the ball looks to where their thumb is located and reads the activity out loud for the entire group to perform; ie. Hold a plank pose for 5 breaths, jump side to side 10x, stand up and sit down 8x, etc.) Once the group finishes the exercise activity, the ball begins to be passed around again. Play for a designated amount of time.

Variations: 1. Invite participants to write activities on the balls. 2. Write ‘get to know you’ questions on the balls as an introductory activity. 3. Have participants move around the outside of the circle after they make a pass and return back to their spot before being passed to again. 4. Write subject area questions on the thumball as review

Good Time Dance/HASS Flash Mob

Equipment: Obstacle-free space, “Good Time”, by Owl City and Carly Rae Jepsen, music player

Organization: This dance is quite unstructured with participants moving around the entire activity space. Participants can be cued to travel during some of the steps. (Step 1) Step clap (Step 2) Hands move up slowly from down low on one side to up high above head, then down low on the other side (Step 3) On the word “Alright”, hands move back and forth above head (Step 4) Continuous jump with fist pump above head (Step 5) On the word “Whoa”, hands go side to side above head 4 times, then fist pump 4 times above head. Repeat the moves above during the song. You can also see the video of this dance on the Ever Active Schools YouTube Channel @ www.youtube.com/user/everactiveschools

(This dance was created and is used with permission by the Be Fit for Life Network, <http://www.provincialfitnessunit.ca/about-bffl/>)





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



Fitness Skillastics™

This activity kit was created to make fitness and calisthenics fun. Fitness Skillastics features 26 fitness exercises, all approved by leading fitness experts, covering all four of the fitness components – flexibility, cardiovascular/respiratory endurance, muscle strength and muscle endurance.

Three different coloured numbers lets you match drill repetitions to your students' fitness levels. Includes 10 additional team-building activities and other instructional ideas. Your students will ask to play it over and over.

Colourful cartoon characters highlight the major muscles used in each drill. The instructional manual identifies the muscles to help you teach muscle recognition. Ideal for grades 1 to 8. The kit includes one 5' x 7' colourfully illustrated reinforced nylon activity mat, 6 various coloured game piece

beanbags, 6 various coloured dice and 6 mini 20" x 27" reinforce nylon activity mats.

The object of the game is simple:

1. Divide your group into 6 teams. Each team is assigned a coloured bean bag and oversized dice located around the mat. The teams are scattered throughout the playing area, away from the mat.
2. The game begins with one child from each team running to the mat and rolling their team's colour die. The child moves their team's bean bag the number of squares rolled.
3. The child reads the directions on that square and reports back to his or her team and either explains the drill or points it out on a miniature game mat passed out to each team prior to play.
4. After completing the drill, another

child from the same team goes to the mat and repeats the process.

The emphasis is on participation, not winning or losing !

Available for purchase through Sportfactor Inc. Call 1.888.989.9090



Mental Well-Being Apps

Mental health affects many aspects of our lives. It influences how we think and feel about ourselves and others. It also affects our ability to cope with change and adapt to major life events. The Canadian Mental Health Association describes mental health as:

"... striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process... Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance."

Here you will find a list of apps to help achieve balance in our busy lives. Do you have an app suggestion? Share it with Tracy at: tracy@everactive.org



i-Gratitude

Helps you stay positive, say goodbye to misery and hello to success and happiness. Includes: vision board, timed and random alerts, daily quotes and more.

"The single greatest thing you can do to change your life today would be to start being grateful for what you have right now. And the more grateful you are, the more you get." ~Oprah Winfrey

Sleep Cycle

A bio-alarm clock that analyzes your sleep patterns and wakes you when you are in the lightest sleep phase.



Day One Journaling App



Helps you remember, record and track your life in a simple way that will provide a valuable resource in the future.

GPS for the Soul

An app for better living. The app is based on two truths: that we all have within us a centered place of harmony and balance, and that we all veer away from that place again and again.



COMPREHENSIVE SCHOOL

March is Nutrition Month: Choosing & Preparing Food for a Healthier You

March is Nutrition Month! This month allows Registered Dietitians the opportunity to promote healthy eating messages to the Canadian public. This year's theme across Alberta is "Choosing & Preparing Food for a Healthier You!" Alberta Health Services dietitians have compiled information relevant for school aged children and youth for use by interested schools on the following key topic areas:

- Choose and Prepare Healthy Foods for Young Families
- Choose and Prepare Foods with Little or No Added Sugars
- Choosing Healthy Fats
- Choose and Prepare Healthy Grains
- Hold the Salt: Choosing and Preparing Healthy Food with Less Sodium
- Plan Ahead: Shop with a List!

Below you will find excerpts from the compiled information. Download the full handout, complete with newsletter tidbits, lesson plans and PA announcements, at: <http://www.everactive.org/nutrition-month-march-2013?id=824>

Be sure to follow AHS on Twitter @AHS_behealthy during March for daily Nutrition Month tweets.

Suggested Websites

AHS School Nutrition website

Visit this website for a list of nutrition education resources that align with the Comprehensive School Health Model, Alberta Education Curriculum, the Alberta Nutrition Guidelines for Children and Youth, and Eating Well with Canada's Food Guide. <http://www.albertahealthservices.ca/2925.asp>

Dietitians of Canada

For Nutrition Month, the Dietitians of Canada site will include information about shopping starting February 2013. <http://uat.dietitians.ca/Your-Health/Plan-Shop-Cook/Shop-Smart.aspx>

Below is an example of the downloadable resources that correspond to key messages for Nutrition Month.

Healthy Snacking

Snacking can be an important part of healthy eating if you choose the right foods. Use this handout to help make healthy snack choices for you and your family.

Healthy snacks help us meet our nutrient needs, increase our energy levels and manage our hunger.

Healthy snacking tips

- Choose foods from the four food groups of Canada's Food Guide. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.

- Foods that are high in fat, sugar, and salt are not part of Canada's Food Guide. Examples are candy, pop, fruit drinks, and chips. These foods give you lots of calories but not many nutrients. It is best to limit these foods.

- Children need two to three snacks a day. Adults can usually get the nutrients they need without snacking, and should choose healthy snacks if needed.

- Plan ahead. Prepare healthy snacks in advance so they are ready to grab and go. Cut up vegetables and fruit, and store them in plastic containers for easy snacking.

- Carry healthy snacks to eat when you get hungry away from home. Keep small amounts of nuts, trail mix, or whole grain crackers in the car for after school snacks, your drive home from work, or between sports events.

- Water and low fat milk are the best drink choices to enjoy with snacks.

Healthy snack ideas

- Raw vegetables like carrots, peppers, zucchini, cherry or grape tomatoes.

- Baby carrots with hummus and whole

grain pita triangles.

- Pumpernickel bread with peanut butter and banana.

- Fresh, frozen, or canned fruit topped with low fat yogurt.

- A smoothie or blender drink made with fruit, yogurt, and milk.

- Sweet red, yellow, or green peppers and bread sticks with low fat salad dressing or dip.

- Whole wheat tortilla wrap made with salmon or tuna and salad dressing, onions, celery, and green peppers.

- Small low fat bran muffin with melted cheese and apple slices.

- Mixed dry cereal and a container of milk.

- Dark green leafy salad with orange sections and

almonds.

- Popsicles made with 100% fruit juice or yogurt.

- Low fat cheese on low fat whole grain crackers or rice cakes.

- Half a sandwich made with whole grain bread, lean meat, fish, egg, or low fat cheese; add lettuce or mustard.

- Celery sticks and peanut butter.

- Mini pizza made with a whole grain English muffin or pita, topped with tomato sauce, vegetables, and cheese.

- Water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to 1/2 cup (125 mL) per day.

The full handout includes more healthy snack ideas and recipes. To download the Healthy Snacking Resource, visit: <http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf>



HEALTH RESOURCE CENTRE

The Power of SMART Goals

Submitted by: Alberta Health Services

The spring season is a time for fresh beginnings and provides great opportunity for your school community to set new goals or re-visit existing ones related to health and wellness.

Just like your health or your family's health, improving the health of your school community can be overwhelming and it may be difficult to know where to begin once you've identified a long term vision of the health issues you'd like to change. The SMART acronym is a powerful formula to use when setting goals and can help turn your school's vision into smaller, achievable steps. By taking small steps, and achieving meaningful successes regularly, your school community members feel confident and motivated as they work towards a long-term vision for school health.

SMART Goals are: Specific, Measurable, Attainable, Realistic, Time-bound

Specific: Goals should describe exactly what you want to achieve. To avoid being unclear, try to answer "who, what, where, when and how" questions within your goal.

Measurable: It is important to include measurable targets within your goal. These targets will help you to know when you have been successful.

Attainable: Consider your school's current health behaviours, attitudes, skills and available supports and then decide how you will reach your goal. What activities will be done?

Realistic: Start small, let your school community experience some successes, and then set more challenging goals. Think about potential barriers or challenges to success. If goals are set that are unrealistic, your school may feel that it is not making progress and members may lose motivation. Consider the time, resources, and supports that will be available to your school when setting a goal.

Time-bound: Set a period of time that you will spend working toward the goal, and the time when the goal will be achieved. Consider how much time is needed to complete it.

Examples of SMART goals are:

"To encourage healthy eating among students and staff, our school will only

GOAL SETTING

Specific
Measurable
Achievable
Realistic
Timely



offer food choices that follow the Alberta Nutrition Guidelines for Children and Youth during special events and celebrations"

"To develop stronger connections between older and younger students, our school will initiate a youth mentorship program for grades 4-7 at the beginning of the school year"

"To encourage students to be physically active, our school will offer recreational activities during the lunch hour at least three days per week during this school year"

Keys to Success: How to Achieve Goals

- Set goals based on your school community's values and needs. It is important that your school community is motivated to achieve the goal and that it is not being driven by someone or something outside of the school. Engage the whole school community during the process so the goals reflect the voices of staff and students.

- If you come up against barriers, seek help from people or schools with experience. They might have some creative ideas and solutions.

- Write goals down in a school health action plan and revisit the action plan to reflect and evaluate where your school is and where it needs to go.

- Celebrate the achievement of all goals, large and small, as this helps keep momentum going.

- Once your school has achieved a goal, reflect on the process. Thinking about factors that contributed to this success can guide you and your school community when you set goals in the future.

Setting SMART goals on a regular basis and working towards these goals can give your school community a sense of direction when it comes to creating a healthier environment. By establishing a vision with goals attached to it, your school community is on track to make meaningful improvements in student and staff health.

Additional Resources

Alberta Healthy U Goal Setting Logbook
<http://www.healthyalberta.com/Logbook.pdf>

Health Canada, Eat Well and Be Active Toolkit, Setting SMART Goals Activity
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/plan-3-eng.php>

The Esteem Team, Canada's Goal Setting Program for Youth
<http://www.motivatecanada.ca/en/esteemteam>

From Dreams to Action: Setting SMART Goals, Government of Alberta Learning Information Service

<http://alis.alberta.ca/ep/eps/tips/tips.html?EK=138>

HEALTH AND PHYSICAL EDUCATION COUNCIL



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Interested in being a Regional Representative or getting involved in the council? Know someone who would be great? Contact Sonia Sheehan at sonia.sheehan@ffca-calgary.com

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!



Medicine Hat, Alberta | May 2-4, 2013

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.hpec.ab.ca

Membership has its privileges!

As a benefit of ATA membership, active members of the ATA are entitled to join one specialist council of their choice at no charge.

Specialist councils are an integral part of the Association's activities. Granting members automatic membership in a specialist council is an innovative step toward increasing Professional Development opportunities for educators throughout Alberta and a way of promoting the professional expertise of teachers in curriculum and specialty areas.

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

COMMUNITY CONNECTIONS



www.albertalacrosse.com info@albertalacrosse.com

The **Lacrosse FITS** program is a fun and active training program built for teachers with little to no experience in the sport of lacrosse. Each [detailed lesson module](#) provides a variety of engaging activities for students, which require little preparation time.

1 set of equipment (30 sticks & 30 balls) and 1 set of written materials - \$625+provincial taxes. www.lacrosse.ca

SUCCESS STORY

Florence MacDougall Community School

Florence MacDougall Community School is a K-3 school in High Level Alberta. Over the past 3 years, they have been working hard to create a positive social environment through physical activity. Many initiatives have been brought to the forefront of their school community by a dedicated team of leaders including Principal Kevin Crosby, Phys. Ed teacher Ben Geisbreicht, teaching assistant Heather Jukes, Special Education Coordinator, Michelle Gilbert and parents Trudy King and Tracey Schempp.

Florence MacDougall has been an Ever Active School for the past three years and they have established a number of great programs. Among them is the fruit exchange program. In this initiative, the students are able to exchange any unhealthy food in their lunch for a 'healthier' option. As well, they have started a successful walking club that takes place three days a week under the direction of teaching assistant Donalda Testawich, each day is devoted to one grade (1-3). They are very proud of their social conflict resolution group which is made up of 35 grade 3 students who get the opportunity to work in teams of 4 to help on the Kindergarten and grade 1 playgrounds. It gives the students a chance to take on a leadership role within the school and become more involved.

More recently, they have been excited to introduce brand new initiatives such as offering yoga with parent leader Cassi Hutchinson twice a week for the grade 1 and 2 students. In addition, teacher volunteers spend extra time supervising after school open gym time twice a week, where the students get to play a variety of different sports or have free gym time. Activity breaks have been implemented with morning announcements and during



assemblies. They even have student-assisted breakfast drop off in the morning where a student group puts together a basket of fruit for each class and distributes the baskets on Mondays for those students who don't have a healthy option to start off their day!

This would not be possible without the support Florence MacDougall Community School has received from staff willing to supervise and guide activities, parents who cook healthy lunches and give their input and time to the school as well as community members providing some funding and support.

One of the biggest challenges that was faced when building their healthy active school community was finding a committed group who were willing to invest time in order to get the initiative going. However, once the dedicated committee was established the process took off! Upon overcoming that hurdle, the Principal Kevin Crosby said that the biggest piece

of advice that he can give to other schools wanting to create a healthy active school community is to get students, staff and parents involved. He found it especially effective to run focus groups with the students to get feedback and input as well as have some concrete information to share with the community in order to show the effectiveness of the school initiatives.

Moving forward, Florence MacDougall Community School hopes to build on what they have created so far! Their awesome parental support has committed to provide healthy hot lunches two days a month and they can't wait to see their recently added programs grow!

This success story demonstrates that age has no limitation in the pursuit of building a healthy active school community! Awesome job Florence MacDougall and congratulations for creating a Healthy School Community School!

For more information about the successes at Florence MacDougall School, please contact Kevin Crosby: kevinc@fvsd.ab.ca



You are a health champion and we want to recognize you!

Ever Active schools is looking for more success stories from schools across Alberta. If you have initiatives that contribute to a healthy active school community that you would like highlighted on the Ever Active Schools website or in our newsletter, please click on the link below and complete the survey. www.surveymonkey.com/s/BF922WP