

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

November 14 • World Diabetes Day »

http://www.who.int/mediacentre/events/annual/world_diabetes_day/en/index.html

November 7, 27, 29 • HASS Lac la Biche, Edmonton, Camrose » www.everactive.org/hass-2013-2014

December 3 • International Day of Persons with Disabilities »

<http://www.idf.org/worlddiabetesday>

January 23-25, 2014 • Shaping the Future Conference » <http://everactive.org/shaping-the-future>

February 2014 • Heart Month »

<http://heartmonth.heartandstroke.ca/site/c.jhLOKYPDLqF/b.5203909/k.BEF8/Home.htm>

March 2014 • Nutrition Month » <http://www.dietitians.ca/Your-Health/Nutrition-Month.aspx>

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



NOTES FROM THE DIRECTOR'S DESK

Partnerships

Submitted by Brian Torrance, Director

Last week, Alberta Health hosted the International Symposium on Wellness. It was a terrific conference that brought together individuals from across various sectors into the conversation of how can we become a healthier population, "healthy, happy and out of the hospital," as Associate Minister of Wellness Dave Rodney would say. The Chief Medical Officer of Health, Dr. Talbot, closed his talk by saying, "the future of health is you," as he pointed to the 400 delegates in the audience. It was a push for collaborative actions as 'you' meant everyone...all of us. We have moved away from thinking that health care will make us healthy, as that's not its purpose; health care is to help us when we are sick. Future health and wellness depends on everyone in all environments – parks, workplaces, community halls, schools and more. The message is wellness affects and depends on everyone.

We are all in this together. It's key that our partnerships are meaningful and sustainable, and collectively we will accomplish our shared goals of healthy children and youth. We have to realize that without partnering and working together then we are not best supporting the work. So often we get busy in our organizational work but the busyness should be on the partnerships where we will see the greatest results.

Ever Active Schools connects with partners from across Alberta and nationally. I love to see the great potential of these partnerships and how they impact the communities. I would even go as far as saying it's the part of this job that I most appreciate and I strongly believe leads to impactful outcomes.

One of Ever Active Schools' core strategies is the facilitation of collaborative partnerships around the work of healthy school communities. Supporting healthy school communities is unique. Numerous sectors are involved and actively working within schools to support health and learning outcomes in children and youth. There is a lot of help, but the difficult piece is making sure we are all pulling in the same direction and we are working in an active coordinated system for optimal results. We often hear the need to work together and understand we are collectively stronger; however, the reality is that the work remains complex.

Complexity comes in the scale of the issues that lay ahead. To strive for a change in population health, a movement of social change needs to occur which cannot happen from only one organization. Profound, large-scale change occurs when support is widespread and we collectively approach the larger issues with a planned,

integrated and holistic approach. When addressing complex issues, never doubt that collectively there is no challenge too great. Issues such as recycling, smoking, and seatbelts are all examples of things that as a society we have changed our thinking. Through those examples, we cannot think of the one organization that led the change, as it wasn't just one organization. Thinking back to what Dr. Talbot said, it was all of us!

Partnerships start with relationships. A relationship with a person, an organization or a school can help identify shared goals, backgrounds and values. Starting with the foundation of where you and your organization are coming from, what you believe in and your values pave the way for meaningful collaboration.

At Ever Active Schools we often work with organizations that want to help school communities and we are in schools seeing and hearing that the school community needs support. Facilitation of collaborative partnerships is acting as a bridge to connect support to where it is needed. Great things can happen when you ask for help and the most amazing things happen when we collectively work to overcome challenges.

A great place to connect and build partnerships is at the annual Shaping the Future Conference. The conference brings together leaders from the health, education, active living and recreation sectors who share a vested interest in supporting healthy school communities. The conference educates and works to build key partnerships to address wellness. Each year we explore evidence-based best practices, success stories, research, innovation, knowledge exchange and networking opportunities. The goal is to have you come away each year feeling engaged, revitalized and collectively working together.

If you are in need of partnership, support or further information regarding Shaping the Future, please contact us at info@everactive.org or brian@everactive.org.



WHAT'S HAPPENING

Calgary HASS kicks off Alberta tour



Sixteen schools from the Calgary area attended the first HASS of the year, on September 23. The other eleven HASS events will be rolling out throughout October and November.

“The Calgary HASS went really well,” says Joyce Sunada, EAS coordinator and HASS lead. “The attending schools were eager, engaged and shared a ton of successful ideas from their schools.”

The day is an opportunity for school communities to share their healthy initiatives, learn what other schools are doing and hear from student leaders by way of a keynote speaker. Most importantly, we hope the students get a sense of their role as leaders so they can go back to their schools and help implement healthy changes.

Once again, Ever Active Schools has partnered with Alberta Health Services, Be Fit for Life, Apple Schools and the Alberta Wellness Fund to host the Healthy Active Schools Symposia (HASS) across the province.

Keynote speaker Reanne LaRocque took the stage to talk about mental well-being. She asked participants how they deal with stress - playing video games, reading and listening to music were some of their responses. Seven years ago, Reanne was

struggling with stress-related seizures. Today, with the help of her family, teachers, friends and health professionals, she is seizure-free and able to focus on doing well in school and applying for university.

The day was packed with break-out sessions, active energizers and healthy snacks. A highlight of the day was when EAS coordinator Kim Hordal-Hlewka and the high school students led everyone in a flash mob, to Katy Perry’s song “Roar.”

Thanks to our partners, the hard-working committee members and Joyce for putting on such a successful day.

Read our blog post and see more photos at <http://everactive.org/calgary-healthy-active-school-symposium-2013?id=938>.

The AMA Youth Run Club wants your school to participate



The AMA Youth Run Club is a free, fun, school-based running program designed to get children and youth physically active.

Schools that register will receive resources, prizes and support from a provincial Run Club Coordinator. If your school already has a run club, join the AMA Youth Run Club and receive further support.

You can register your school online at <http://www.everactive.org/2013-2014-registration>. Contact runclub@everactive.org or call 780-454-4745 for more information.

January 23 - 25, 2014 ~ Delta Lodge, Kananaskis, AB



EAS is now accepting concurrent session and exhibitor applications and registrations for Shaping the Future. Visit our website <http://everactive.org/shaping-the-future> or contact jackie@everactive.org for more information. Ever Active Schools is also hosting a symposium prior to the Shaping the Future conference on the importance of youth engagement in healthy social and physical environments during the critical after school hours. Visit <http://everactive.org/pre-conference-2014> for more information.

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 3 ministries - Alberta Health, Alberta Education and Alberta Tourism, Parks and Recreation - through the Alberta Sport, Recreation, Parks and Wildlife Foundation.

Alberta's Strategic Approach to Wellness: Health for All, Wellness for Life

Alberta's Strategic Approach to Wellness provides a starting point for further discussion, for action and for change. It is intended to form the foundation upon which we can move forward together in creating Health for All: Wellness for Life in Alberta. It provides a compelling reason and rationale for focusing proactively on the factors that impact our wellness so that all Albertans have the same opportunity to experience good health.

Wellness is about the quality of life we build with our families, schools, communities and workplaces. Over time we have learned a lot about why some people are well and others are not. Our wellness is affected by our personal behaviours and by the communities in which we live. Moving unhealthy people to healthy communities improves their health: moving healthy people to unhealthy communities decreases their health.

Creating a healthier province than we have now is the most important challenge that faces us. This challenge will require all of us working together to be successful and it will benefit not just us but future generations. All Albertans want to experience wellness and realize their fullest potential as individuals, families and communities.

Government cannot tackle this issue alone. We will collaborate and work with stakeholders on multiple levels in order to make a difference in the lives of Albertans. For further information go to <http://healthyalberta.com/1607.htm>

2013 International Wellness Symposium

The 2013 International Wellness Symposium was held on October 1-2 at Chateau Lake Louise, Lake Louise, Alberta. A special pre-symposium session on workplace wellness was offered on September 30.

This year's conference theme was "Wellness: It's For Life" and captured the idea that wellness is a lifelong endeavor, touching almost every aspect of our lives, and affecting every one of us. 387 diverse stakeholders participated in the symposium, hearing from world renowned speakers including Richard Wilkinson, Michael O'Donnell, Robert Bateman, Dr. Lawrence Frank and Tod Maffin.

At the closing of the symposium, Alberta's Strategic Approach to Wellness: Health for All, Wellness For Life was released by government. To view the document go to <http://www.health.alberta.ca/documents/Strategic-Approach-Wellness-2013.pdf>.

Alberta Education's Curriculum Redesign

Curriculum Redesign is one of the initiatives that will help build Alberta and bring the vision of Inspiring Education to life by supporting teachers' best practices and fostering innovation to ensure all students have the opportunity to reach their full potential.

Curriculum Redesign involves revising our provincial programs of study, assessments and learning and teaching resources, as well as our processes to develop these elements of curriculum.

Alberta's new digitally-based curriculum will focus on developing competencies and ensuring literacy and numeracy are foundational in student learning. These changes mean moving from what students know to how they apply what they know in their personal life and work.

COMPREHENSIVE SCHOOL HEALTH RESOURCE CENTRE

New Professional Learning Opportunities for 2013-14

Ever Active Schools is pleased to announce the professional development opportunities for the 2013-14 school year. For more information or to register for any of the sessions below, contact Shannon, the Curriculum Education Coordinator, at shannon@everactive.org or 780-454-4745.

Becoming a Healthy School Community: School and District Presentation

Healthy students are better learners and leaders! Creating a Healthy School Community provides opportunity for students to aspire to be ethical citizens, engaged thinkers, with an entrepreneurial spirit. Comprehensive School Health (CSH) is an internationally recognized approach and is a shared responsibility for creating healthy school communities between educators, students, families and community partners, including public health, sport, recreation providers and others. This presentation will include the available programs and services from Ever Active Schools and other community partners and government agencies to get your school and/or district on its way to be more healthy and active.

Daily Physical Activity (DPA) Greatest Hits

Ever Active Schools' newest resource Daily Physical Activity (DPA) Greatest Hits is now available and has physical activities to support implementation of DPA for grades 1-9. Come prepared to experience activities for the classroom/small spaces, the gym/open indoor and outdoor spaces, cross-curricular, and cooperative activities to support the implementation of daily physical activity in your school. You will leave with valuable activities for students to experience teamwork, communication and leadership!

Health Curriculum Matters

The aim of the Health and Life Skills K-9 Program is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others. In this session, participants will be challenged to

meet the curriculum outcomes by planning with a purpose, teaching activities that link to other subject areas and incorporating lessons and resources, including online and print that engage students. NOTE: This workshop can be tailored for K-6 or 7-9 teachers.

Physical Literacy: Connecting with the Physical Education Curriculum

Join Ever Active Schools in this interactive session to learn and share what it means to develop physically literate students. You will learn about activities that develop fundamental movement skills, discuss the important role that educators play and be introduced to tools and resources available and how they can be used in a physical education setting. This session will leave you with the knowledge, skills and tools to support the development of physical literacy and foster fundamental movement and sport skills that enable individuals to lead an active, healthy lifestyle.



The Connected PE Teacher

Looking for innovative ways to motivate and engage your students in Physical Education? Interested in bringing new tech tools and ideas to your classes? If so, then this workshop is for you! Come join Ever Active Schools and learn about websites, apps and online tools that can help improve to bring a healthier, more balanced approach to your physical education program.

Wellness Starts with YOU!

Need a boost to get you started in your personal wellness journey? Want tools and supports that will help you take steps towards a healthier, more balanced you? Come and experience ways to create a culture of wellness with yourself, your staff and your school community. This session will also provide successful ideas, including online tools and resources to help create an environment that supports you.

For other opportunities, including:

- Aiming Your P.E. Program in the Right Direction
- DPA on a Budget
- Mental Health: Part of your Healthy School Community
- Motivate & Move the Masses in P.E.
- Student Leadership...Inspiring Change
- Assessment for Learning in P.E.
- Got a Few Minutes? Implement Meaningful DPA
- Back to Basics: Tips and Tools for Quality P.E.

For more information on these opportunities, contact Shannon at 780-454-4745 or shannon@everactive.org.



COMPREHENSIVE SCHOOL

Daily Physical Activity: Greatest Hits

Ever Active Schools is please to announce the upcoming resource, Daily Physical Activity: Greatest Hits. This resource is jam packed with over 60 pages of activities to support the implementation of daily physical activity (DPA). The activities are divided into Classroom and Small Space DPA, Cooperative DPA, Cross-Curricular DPA, 'Dollar Store' DPA and Large Space DPA. The following are examples from the resource. Check <http://everactive.org/everactive-resources> to purchase the resource.

Desk Relay – Word Relay

Visit <http://www.everactive.org/video-clips> to see a video clip of this activity.

Equipment: One beanbag, rubber chicken or other safe object for every row of 5-6 students.

Organization: Have students sit in rows of desks or chairs with the first person in each row holding one object. On the signal to begin, the object is passed over his/her head to the next person and so on until the end of the row. The last student runs to the front of the room, touches the wall and sits in the first desk while everyone else moves to sit in the desk behind them. Continue for 2 minutes. Have each group count how many times they were able to pass the object down the row – then challenge each group to beat their score by two!

Variation: Change the way the object is passed, instead of over the head, try under the desk, or alternate to the right, then left, etc. Have the students choose how to modify this activity! Place letters on a wall or board. Assign each row of students a word (possibly from the word wall or another appropriate topic). One at a time, students will move to the letters, touch the first letter of the word, hop on one foot around the room and back to their desk. Rows of students work together to spell the assigned word. Consider having each row choose the word for the next row to spell. Challenge students to stand beside the first desk in the row and hit each letter with a bean bag as opposed to touching it with their hand.

Inclusion: Provide enough room for students in wheelchairs to wheel beside a desk and up to the front of the room. Allow students to choose how they move to the front. Pass a large, soft object so it is easier to grasp.

Subway Tag

Equipment: Small obstacle free area, pylons (optional).

Organization: Ask students to choose a partner. One decides to be "A" and the other "B". Choose a small area for students to participate in and be sure that students know the boundaries. On signal to go, student "A" spins around 3 times while student "B" hides and moves among the other students. "A" attempts to find their partner and tries to tag him/her. If tagged, he/she must spin around 3 times, then attempts to tag his/her partner. Be sure to chose locomotions that are safe for the given space.

Benchball OR Swampball

Equipment: Obstacle free space, pylons, 4-5 gator balls, 2 benches (optional)

Organization: Divide the class into two groups and the gym into four parallel quadrants. Have each group stand in the middle two quadrants (divided by pylons). This is their swamp. They cannot leave their swamp until they catch a ball thrown by a teammate who is on their island. Select one student from each team to go to the opposite island, so the other team's swamp is between them. This student on the island attempts to throw balls over the oppositions swamp to have one of their players catch the ball so they can leave the swamp. The swamp in the middle is allowed to block the throws and return it to the person on their island. The activity is over when all of their players successfully get out of the swamp and onto their island.

Variation/Inclusion: After a student catches a ball in their swamp, they must make it across the other team's swamp without being tagged. If they are tagged, they have to return to their swamp and catch another ball.

Beach Ball/Balloon Review

Equipment: Obstacle-free space, balloon or beach ball (one for each group of three to four), permanent markers, review questions.

Organization: Organize participants into groups of 3-4. Have students write the questions on an inflated balloon or beach ball. The questions can be student or teacher generated. On the signal (ie. music playing), participants toss the balloon or beach ball back and forth. When the music stops, whoever is holding the balloon or beach ball calls out a physical activity to complete, such as 5 jumping jacks or 5 squat jumps. You could also include cross-brain activities such as 'Criss-Cross' - crossing opposite hands to knees and uncrossing and 'Cross-Crawling' – touching opposite hand to opposite knee while marching. For more Brain Gym activities check out, <http://igreen.tripod.com/gerpe/id29.html>. After completing the physical activity, the person holding the balloon or beach ball reads the question that his/her thumb is on. The individual can answer the question or have the group work together to answer the question.

What is DPA?

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

The policy states that school authorities shall ensure that all students in grades 1 to 9 are physically active for a minimum of 30 minutes daily through activities that are organized by the school.

Schools have the responsibility of creating and nurturing a learning environment for students that supports the development of the lifelong habit of daily physical activity and that supports healthy lifestyles.

Daily physical activities should vary in form and intensity, take into account each student's ability, consider resources available within the school and the larger community and allow for student choice.

HEALTH RESOURCE CENTRE

Ideas for Teaching Healthy Eating in Core Subject Areas

Submitted by Teresa Jungwirth, AHS Healthy Children and Youth Team Intern

Support for healthy eating in schools leads to:

- Better learning outcomes
- Improved student conduct
- Opportunities for students to apply knowledge gained in the classroom
- A healthy school image
- Healthy habits and growth among students.

A Comprehensive School Health Approach to Healthy Eating

The best way to support healthy eating at school is through a Comprehensive School Health (CSH) approach. CSH is a research-based approach that supports health and learning outcomes among students. Schools can use the four pillars of CSH (see figure) to improve healthy eating among students.



- **Teaching and Learning:** Teaching about healthy eating and training school staff on this topic
- **Healthy School Policy:** Making school guidelines that include healthy eating
- **Social and Physical Environments:** Building a school setting where students can access and enjoy eating healthy foods
- **Partnerships and Services:** Forming networks with partners who can assist with and provide guidance on healthy eating (e.g. health sector partners, community groups).

The table to the right offers ideas for teaching about healthy eating in core subject areas, which is an action that fits in the “Teaching and Learning” pillar of CSH. These are just a few ways that students could learn about healthy eating, both in health class and other subject areas.

| Ideas for Teaching Healthy Eating | Core Subject (K-9) | | | |
|---|--------------------|------|---------|----------------|
| | Language Arts | Math | Science | Social Studies |
| Have students... | | | | |
| Name or list healthy foods that begin with each letter of the alphabet | ✓ | | | |
| Sort their lunch items into their correct food groups and count the number of servings per food group | | ✓ | | |
| Name and discuss a farm animal that provides food and a food item which comes from that animal | ✓ | | ✓ | |
| Study and taste test foods from diverse cultures | | | | ✓ |
| Read Canada’s Food Guide and look up the words and foods that they do not know | ✓ | | | |
| Read Canada’s Food Guide for First Nations, Inuit and Métis and compare the different foods to learn about aboriginal culture | ✓ | | | ✓ |
| Bring in household items that could be used to show the size of food guide servings and use these to count the number of servings they ate from each food group in the last day | | ✓ | | |
| Name a part of the body and describe how food affects its function | ✓ | | ✓ | |
| Plant a classroom garden with seeds or seedlings of healthy foods | | | ✓ | ✓ |
| Write a report on the food supply and how foods get from farms to stores | ✓ | | | ✓ |
| Bring in food labels and create graphs to compare and contrast the contents of each food | | ✓ | | |
| Design posters, flow charts or figures of how food is broken down and used in the body | ✓ | | ✓ | |
| Bring in news articles or advertisements about food or healthy eating and assess the credibility of the content | | | | ✓ |
| Find out the nutrient needs for their age/sex group and the role of each nutrient | | ✓ | ✓ | |

Extend classroom learning by taking students on a field trip with connections to healthy eating. A few field trips that might engage students include:

- Farm or Orchard
- Farmer’s Market
- Grocery Store
- Restaurant (behind the scenes)
- Food Manufacturing or Processing Plant
- Greenhouse.

Alberta Health Services (AHS) provides a variety of healthy eating resources to help you use the ideas above in your classroom. These resources include lesson plans that support the Teaching and Learning pillar of CSH and Alberta Education’s Health and Life Skills Curriculum outcomes:

- Healthy Eating Starts Here:

<http://www.albertahealthservices.ca/5602.asp>

- School Nutrition: Healthy Eating Lessons: <http://www.albertahealthservices.ca/2918.asp>.



COMPREHENSIVE SCHOOL HEALTH RESOURCE CENTRE

Positive Social Environments

Recommended for K-6:

One

By Kathryn Otoshi

This book is a great piece of literature that connects to a variety of different curricular areas. Not only can you connect to colors and numbers for Kindergarten and Grade 1 but the moral of the story is the importance of celebrating that we are all unique and different. It is about supporting students in developing behaviors that contribute to the well-being of self and others.



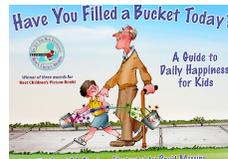
Health and Life Skills Curriculum links: Relationship Choices – Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Recommended for K-6:

Have You Filled a Bucket Today?

By Carol McCloud

This book encourages positive behaviour by giving simple examples of how easy and rewarding it is to be kind, thoughtful and appreciative on a daily basis. A great classroom idea is to have buckets for each student and when something thoughtful or kind has happened to a student you begin to fill that student's bucket. This can be a great visual that connects to building relationships with all students.



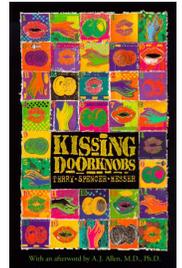
Health and Life Skills Curriculum links: Relationship Choices – Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Recommended for 7-9:

Kissing Doorknobs

By Terry Spencer Hesser

This book does an excellent job connecting to how we feel when things begin to change around us and the fact that we do not have control over everything that happens in our own lives. Through this story we learn how Tara, the main character in the story, copes with all the things around her. This book connects to many areas of the Alberta Health and Life Skills Curriculum Grades 7-9.



Health and Life Skills Curriculum links: Relationship Choices – Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Assessing Your School Community



Pan-Canadian
Joint Consortium for School Health

Joint Consortium for School Health - Healthy School Planner

<http://www.jcsh-cces.ca>

Healthy school assessment tools have the potential to identify programs and practices, assess needs and provide direction for schools to positively influence health behaviours related to physical activity, healthy eating and positive social environments.

Ever Active Schools supports having schools complete an assessment of their school community. In previous years, we have asked schools to complete the HATS tool. Commencing this 2013-14 school year, EAS is asking that schools use the Joint Consortium for School Health (JCSH) Healthy School Planner.

By having Alberta Schools using the same assessment tool it provides schools and partners with a common language when connecting to the key priority areas of Comprehensive School Health. The JCSH Healthy school Planner is assessable all year round and requires no assigned login.

If a school used the HATS assessment tool in the 2012-13 school year results can still be accessed online through the accounts login or by contacting the Ever Active Schools office.

If you have questions about the JCSH-Healthy School Planner please contact the EAS office at 780-454-4745.

Other Resources for K-12:

JCSH - Positive Mental Health

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

Mental Health Matters

<http://education.alberta.ca/admin/supportingstudent/safeschools/mhm.aspx>

Compassionate Classrooms – Understanding Student Mental Health

<http://www.teachers.ab.ca/SiteCollectionDocuments/ATA/Publications/Human-Rights-Issues/Compassionate%20classrooms%20booklet%20COOR-79e.pdf>

HEALTH AND PHYSICAL EDUCATION COUNCIL



The Health and Physical Education Council (HPEC) of the Alberta Teachers' Association, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.

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

HPEC Membership

Membership has its privileges, especially a 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.

Connect with the HPEC RRs!

- | | | |
|---|---|---|
| Central East Region: Brad Burns bradb@eics.ab.ca | Calgary City Region: Jennifer Wallace Jennifer.wallace@cssd.ab.ca | South East Region: VACANT |
| North Central Region: Erik Larson erik.larson@blackgold.ca | South West Region: Corey Rowe corey.rowe@westwind.ab.ca | Interested in being a Regional Representative or getting involved in the council? Know someone who would be great? Contact Jayson Boyson @ jboyson@brsd.ab.ca. |
| North East Region: VACANT | Palliser Region: Myrna Pauls paulsm@fsd38.ab.ca | |
| Greater Edmonton Region: Mark Huculak mark.huculak@ecsd.net | Health Education: Karen Potts kpotts@mcsnet.ca | |
| Red Deer Region: Dustin Devereaux ddevereaux@rdpsd.ab.ca | Mighty Peace Region: Matt Snider mat.snider@gppsd.ab.ca | |
| John Mauro jmauro@rdcrd.ab.ca | Athabasca Region: Wade Hicks wade.hicks@aspview.org | |

COMMUNITY CONNECTIONS

Wrestling In Alberta Schools

From the Playground to the Podium



There are countless ways your school could benefit from a wrestling program. In Alberta over 3000 school-based athletes participate every year in one of the oldest sports in the history. Through wrestling, thousands of Alberta students are learning the benefits of hard work, discipline, physical fitness and physical literacy. In addition to being an excellent sport on it's own, Wrestling is renowned for it's reputation as a cross-training sport for Football and Rugby. Wrestling is also a great sport for women. Since 1992 Alberta women have gone on to win countless medals at national and world championships and even 2 Olympic medals.

A big part of the success of many of these athletes comes from the dedication of school based programs in Alberta. Last year there were over 1000 wrestlers registered at over 100 high schools in Alberta. From Fort Vermillion to Vauxhall, chances are there is a wrestling club near you. Alberta wrestlers are given opportunities they might not otherwise see with opportunities for travel and exposure to other communities. Wrestling is one of the few sports that is truly inclusive, allowing everyone a chance to play. There are no try-outs and every athlete is taught to appreciate and work with their own body. They are taught that they can be successful regardless of their physical build and that success comes with hard work.

The Alberta Amateur Wrestling Association is offering schools across Alberta the opportunity to have outreach clinics for your students. In addition to these clinics, the AAWA would love to help your athletics department get on track with a wrestling program. We can provide coach training in the fall and winter seasons. For more information please contact the Alberta Amateur Wrestling Association at 780-643-0799 or at aawatechnical@ocii.com.



11759 Groat Road
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T5M 3K6
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(780)427-0524 (Fax)
<http://www.albertaamateurwrestling.ca>

COMMUNITY CONNECTIONS



LIFESAVING SOCIETY®
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AN ACTIVE START:

SWIM TO SURVIVE® PROGRAM GRANT

The **An Active Start: Swim to Survive® Program Grant** is available for schools, community organizations and aquatic facilities to deliver the Swim to Survive® Program. The Swim to Survive® Program must be delivered to new Canadians, Aboriginals and those of low social stratification who are school-aged children (K-12).

Anyone from a school, community organization or aquatic facility can teach the program. The program can be delivered at an open water recreation area or a swimming pool. It is meant to be taught in a safe environment, with National Lifeguard certified lifeguards.

Funding must be used to provide program lessons, transportation, recognition items, instructor and aquatic facility rental costs.

The Swim to Survive® Program consists of:



- Three, in-water sessions, of 30-60 minutes each; teaching the Swim to Survive® Standard Sequence: ROLL ENTRY - TREAD WATER - SWIM 50M (with/without a lifejacket on)
- Practice time to reinforce skills and allow participants to achieve an Active Start
- Three, in-class sessions, up to 30 minutes each; teaching Water Smart® safety education

Sessions must be completed by March 31, 2014.

For more information about the Swim to Survive® Program Grant, visit www.lifesaving.org.

AN ACTIVE START - ANYONE CAN LEARN TO SWIM, WE CAN TEACH YOU



Lifesaving Society Alberta and Northwest Territories
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SUCCESS STORY

Crestomere School: Carrying on the conversation

By Heather Kipling (Reprinted with permission from AHS)



Crestomere School may be small, but its students are starting big conversations.

What started out as a small Social Studies assignment has grown into an awareness campaign, encouraging students and the community to openly discuss mental health and mental illness.

"We were talking about current events, and at the time, Bell was doing their Let's Talk (about mental illness) campaign," says teacher Bryan Lachapelle of his Grade 9 class. "(The students) decided they

wanted to create something that would help eliminate stigmas and stereotypes surrounding mental health and mental illness. "What they've created is a video that they want to share with the world."

To develop the video, the students consulted with Alberta Health Services Mental Health liaison Lisa Hagemann, who provides support and resources to schools, the community and patients who may be in crisis. She explains that homegrown awareness of mental illness in schools is important. "One of the places that we can make a difference in changing people's attitudes and beliefs regarding mental illness and substance abuse is educating our youth," says Hagemann.

One in five Canadians will experience a mental disorder or substance use problem in their lifetime, Hagemann says. It can affect people of any age group, any educational level, any kind of job, and economic status. But it isn't always easy to talk about, and it can be "a scary subject for kids." "By getting kids talking about it, we can teach them that it's OK to talk about it, that it's not something to hide or to be ashamed of."

Developed entirely by the class, the video chronicles the challenges young people

face every day when they are dealing with a mental illness. It can be viewed by visiting <http://teensonmentalhealth.blogspot.ca/2013/04/thevideo.html>.

"There is a lot of meaning in the video, and I hope we're able to spread the word. If it helps even just one person that's great," says student Ferron French-Scott. Classmate Samantha Aarten agrees.

"It is something important that we all should be talking about," says Aarten, who explains that the class learned different signs and symptoms of mental illness, as well as effective ways to talk about it with others. "We all have to do our part to let people know that they aren't alone, that there are people they can talk to and get help from."

"I'm very proud of this class," says Lachapelle. "(They're doing) something that I honestly think is going to make a difference."

The Grade 9 class presented the project to the rest of the school on May 8, during Mental Health Week, which focused on youth mental health this year.

Have a success story you'd like to share in our newsletter or on our website? Contact megan@everactive.org.



- Choose between one or two sessions for Intro to Underwater Hockey for students Ages 10+ Learn the snorkel basics & have fun playing underwater hockey games!
- Cost per student: \$14/ for one hour pool session (BASIC) OR \$18 for two separate one hour sessions (COMPREHENSIVE)+ GST, Maximum: 25-30 depending on Pool Facility
- Minimum 15—OR MORE depending on location in Alberta
- All gear supplied—just bring bathing suit/towel
- School responsible for pool bookings & transportation



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Please Contact UW Hockey
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Serving Alberta's underwater sports community since 1960

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

For more info visit our website: albertaunderwatercouncil.com

The AUC is a non profit organization founded in 1960 to promote Underwater Sports in Alberta!