

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA



Healthy Active School Symposia

SUCCESS!

The Ever Active School crew has completed their first Tour D'Alberta as we hosted *Healthy Active School Symposia* in 11 different locations across the province from September to February. Each event was held in partnership with the local health region and included sharing, planning, learning and even a little bit of fun! Attendance this year was a whopping **151 schools** including **376 adult** participants and **392 student** participants! A special thank you to each of the regional health promotion coordinators who helped plan the days as well as all our presenters. Hope to see you all next year!



Planning for HASS 2009 has already begun. Based on your feedback, we are adding more emphasis on student leadership and planning. Stay tuned to www.everactive.org for further information.

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Ever Active Schools is the number one source for physical activity, physical education, and health and wellness program in-servicing in the province! For a complete listing of all the workshops offered, visit www.everactive.org or call 780-454-4745.

The Ever Active Schools Program facilitates the development of healthy children and youth by fostering social and physical environments that support healthy, active school communities.

EAS is a project of the Health and Physical Education Council of the Alberta Teachers' Association and is funded by Alberta Tourism, Parks and Recreation (ASRPWF), Alberta Health and Wellness and Alberta Education.

Upcoming Events

February • Heart Month » www.hsf.ca

March • Nutrition Month » www.dietitians.ca

HPEC Conference 2009 • April 30 – May 2/09 » www.hpec.teachers.ab.ca

Summer Active • May 7 – June 19, 2009 » www.provincialfitnessunit.ca/summer-winter-active

World No Tobacco Day • May 31st » www.who.int/tobacco/en

Alberta Active Living Challenge Day • May 21, 2009

Commuter Challenge Week • May 31 – June 7, 2009 » www.business.ualberta.ca/cabree
MARK488/Commuter_Challenge/Commuter%20Challenge.pdf

June • Parks and Recreation Month

 **this link takes you to the same place**

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 tracy@everactive.org with your suggestions.



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





HEALTH PROMOTING SCHOOLS UPDATE

Notes from Director's Desk

As we slowly emerge from the deep freeze of winter into the gradual thaw of spring there can be a sense of pushing to the finish line. School life seems to flow downhill all the way from Spring Break until the end of June. It is easy to get caught up in the day-to-day practice of working with students and forget the potential impact of our work. Haim Ginott (1972) reminds us of this responsibility:

I have come to a frightening conclusion. I am the decisive element in the classroom. It is my personal approach that creates the climate. It is my daily mood that makes the weather. As a teacher I possess tremendous power to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration.

As Health and Physical Education teachers, not only does this apply to our practice but also to the content we cover. It is important to remember that how we approach physical activity, healthy eating or mental wellbeing can have a lifetime's worth of impact, negative or positive, on the children and youth we work with. Of course, we all hope that we use "our powers" for good but sometimes we don't get to see the effects that our work can have. Fortunately, life sometimes allows us a glimpse of the legacy available to us. As I was mountain biking (MTB) at Sun Peaks this past summer I ran into (not literally) two young men that I taught years before in grades 4/5 and 8/9. We caught up for awhile, exchanged some ideas for good runs and then went our separate ways. Later in the day, both of their parents took the time to come and tell me that their whole family is now into biking as a result of a class that I taught that ended in a two day MTB excursion. They thanked me for taking the time and energy to introduce their boys to this lifelong physical activity and expressed how much they appreciated my impact on their boy's lives. Needless to say, I was riding pretty high for the rest of the day. We may not always

be able to see the results of our work directly, but rest assured it DOES make a difference! As you cruise through the Spring, remember: Use your powers for good and you do make a difference... FOR LIFE!



Battle River Project (BRP) Update

Momentum has been building in Year Two of the project! The year began with a gathering of the Champions and creating action plans. Since then, the first year data has been compiled and distributed to schools. There are many exciting accomplishments around the region.

Many champions voiced a concern about eliminating junk food from their canteens. They were concerned about the lack of funds for their sports teams. Numerous schools have made the shift and are making MORE money than ever before! Some schools, in an effort to create a more positive social environment, have students producing the hot lunch program.

Many staff members have been modeling living a healthy lifestyle. Some examples from around the region are staff wellness challenges, weight loss challenges, and training together for a road race.

If you would like more information about the Battle River Project please contact the Project Coordinator, Shannon Horricks: shorricks@brsd.ab.ca

Educational Opportunities

Ever Active Schools workshops are tailored for school, district or convention needs (e.g., grade level, intended audience, awareness of program of studies). Access these learning opportunities for professional development days, conferences, staff meetings or school council meetings. Costs are \$250 for an hour, \$350 for a half day, or \$600 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. Member schools receive a 25% discount upon booking a workshop. Learning opportunities can also be designed to meet individual needs. Call 780-454-4745 or email tracy@everactive.org to request a workshop today!

EAS Program Staff

Introducing Renee Schultz!



Ever Active Schools is pleased to welcome Renee Schultz to our team! Renee is currently enrolled in the Recreation and Health Education program at the University of Victoria and will be working for Ever Active Schools as a Co-operative Student for the next few months.

Renee hales from southwest Saskatchewan and is excited to be on the Alberta prairies close to family and friends for her third co-op work term. Renee has a strong aquatic background. She has life-guarded and provided swimming instruction to swimmers of all ages. As well, Renee has coached and played hockey, snowboarded and hiked extensively through out the past several years. Sports and recreation have always been a central and important part of Renee's life which has translated into her career goals. Renee has plans to travel, explore surfing and scuba diving in the near future to enhance her recreation experiences.

Renee comes highly recommended by her previous co-operative employers, as well as her co-op advisor. Her main project focus is to develop the next Happily Ever Active Fundraising Calendar. Renee will also contribute to the continued growth of the Promising Practices Data Base and participate in networking opportunities that will enhance her understanding of the role of Ever Active Schools in Alberta. Renee is working out of our Calgary office, which is located in the Physical Education and Recreation Department of Mount Royal College.

Renee hopes to promote healthy and happy living in future career opportunities and is excited for the array of possibilities in the health promotion and recreation field following her graduation.

Some of the workshops offered by EAS include:

WORKSHOP TITLE	VENUE/LENGTH	DESCRIPTION
Considering a School Nutrition Makeover? Bite Off What You Can Chew!	Classroom or Large Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Kindergarten- Grade 12 Teachers</i> Many Alberta schools are re-examining their nutrition environment. School stores, vending machines, cafeterias, fundraisers, special events and meetings all provide opportunities to encourage and model healthy eating within the school community. This workshop includes an appetizer from the Alberta Nutrition Guidelines, some success story snacks and a main course of strategies for implementing healthy eating.
Heart Health - Support for Outcomes B & D	Classroom or Small Space <i>1 Hour or 2 Hour</i>	WHO SHOULD ATTEND: <i>Grades 5-9 OR 10-12 Teachers</i> Heart Health is grounded in the skill of learning to listen to the language of the heart...the heart beat. This workshop will primarily address outcomes B: Benefits Health & D: Do It Daily...for Life. Participants will engage in activities using the Heart Health resource from Alberta Education and explore inquiry-based learning activities.
Hitting the Target: Assessment For Learning in Physical Education	Classroom w/ Open Space for Activities <i>Half or Full Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> Changing assessment practices is similar to changing a golf swing - in the middle of a tournament! During this session, we will build on Alberta Assessment Consortium resources and look at practical tools and strategies for developing quality assessment and instruction in Physical Education. We will explore the backwards design approach to planning and examine effective feedback. Be prepared to engage in meaningful dialogue to stimulate critical thinking about grading practices and leave with ideas that will motivate your students to achieve!
Interactive Health: A Resource Toolbox for Health Teachers	Classroom or Small Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Grades 1-9 Teachers</i> This hands-on, teacher focused workshop will showcase Health resources that are directly related to the curriculum. Participants will be exposed to online and print resources as well as sharpen their integration and technology skills to enhance the K-9 Health and Life Skills Program.
Mental Wellness: Part of Your Healthy School Community	Classroom or Small Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> There is no health without mental health! Positive interactions, adapting to change, coping with adversity and finding balance in all aspects of life are critical elements of maintaining mental health. Participants will leave this workshop with an understanding of what mental health looks like as well as strategies to improve the mental health of the school community.
Recipe Card Lesson Plans	Gymnasium or Large Space <i>1 Hour or Half Day</i>	WHO SHOULD ATTEND: <i>Kindergarten – Grades 6 Teachers</i> If you need quality PE lessons that meet the expectations of the program of study, then this workshop is for you. EAS has gathered six division I units and six division II units and have packaged them into an easy to follow and use resource. After this workshop, participants will understand the ABCD's of PE, participate in quality PE lesson plans and be able to improve their personal planning and preparation.

Happily Ever Active™
The Active Living Calendar

Ever Active Schools and Lucy Pink publishing have teamed up once

again to provide Alberta schools with a healthy and positive fundraiser. The 2010 Happily Ever Active Calendar is currently being developed by Ever Active staff to ensure a well-timed delivery to Alberta schools and families. The Happily Ever Active calendar promotes healthy eating, mental well-being and active living. This year's calendar will also have an earlier release date so that fundraising can occur this spring. The 2009 - 2010 calendar will be designed to follow the school year so busy families can organize their schedule around important Alberta holidays and school events.

An evaluation of the previous calendar edition is currently underway in order to ensure we bring you the best possible product for the upcoming school year. Current Canadian health research, fun activity ideas, promising practices and easy recipes are just a few exciting elements of this year's calendar that you can look forward to. Visit www.everactive.org for progress updates, order forms and promotional flyers.

DID YOU KNOW...?

Director - Doug Gleddie, who leads the EAS staff, is working on his PhD and teaches at the University of Alberta. As a knowledgeable 'on the go' person, Doug creates vision and purpose. If you'd like more information about the overall EAS program or insights on the latest research relevant to Comprehensive School Health, Doug's the man! doug@everactive.org

Education Coordinator - Tracy Lockwood is the queen of movement breaks. You can always count on Tracy to provide fun, active breaks when attending a meeting. She also develops and facilitates numerous workshops. Her participants appreciate the differentiation used to communicate her message. To find out more about the available workshops and PD opportunities contact Tracy: tracy@everactive.org

Project Coordinator - Shannon Horricks is our fitness guru, and is a prime role model for leading a healthy active lifestyle. She is also our 'mass' communicator - she is the editor of the Active Newsletter and 'keeper' of the website. Submissions for our publication can be forwarded to Shannon: shorricks@brsd.ab.ca

School Coordinator - Joyce Sunada is the Dollar Store DPA Doll. As a key member of EAS in the South, she is busy making connections and providing support to member and associate schools across the province. She can also be seen developing and facilitating many workshops. If assistance with your Action Plan is what you need, then Joyce is your gal! joyce@everactive.org

Cooperative Activities

BOTTOMS - UP

Equipment: None

Organization: Group students into two even teams of up to 12 players. Use an open flat space of about 10 meters by 10 meters. Start the activity with two players sitting face to face with their knees bent, in the position they would be in if they were finishing a sit-up. Students connect by holding each other's wrists. The goal is to lean back and pull on each other with equal force, without ever dropping the grip. They must raise their bottoms off the ground at the exact same time. Their feet must remain flat on the ground at all times. All players on the

team must accomplish this initial task in pairs before they move on to the next level. Students may communicate verbally to problem solve.

The next level requires three people, all connected by their wrists and sitting in the same starting position as the first challenge to raise their bottoms off the ground at the same time. All players on the team must accomplish this task in threes before moving on to groups of fours. Continue the challenge of raising bottoms off the ground at the same time and keep it going until all twelve people are connected and able to complete the task

without breaking the grip or lifting their feet off the ground.

Variation/Inclusion:

- Adjust the number of students on each team. Use a lower number with lower grades.
- Challenge the students to perform the task without using verbal communication.

Resource: Catch them Being Good by Tony Diccio and Coleen Hacker, PhD

GROUP JUGGLE

Equipment: Juggling balls, beanbags, tennis balls or small gator balls.

Organization: Students form a circle of 6 – 10 students. The challenge is simpler with a smaller number of people in the group. The students establish a passing order by tossing the object across the circle so that everyone has received the object once by the time it gets back to the starting point. The object cannot be passed to the person directly beside them. Students must remember who they pass to and receive from.

Identify one student to be the 'Group Juggle Leader'. Start each round with this person. For the first round have the students call out the name of the person they will pass to. Have the students practice their passing order until they've 'got it'! After they have been successful passing with one object, introduce another, following the same pattern. Always have the 'Group Juggle Leader' add the objects into the game.

After two objects have been added take time for each group to reflect on their success or

limited success. Draw out the following ideas:

- Make eye contact with the person you are passing to
- Throw with an underhand toss with a rainbow pattern
- Increase accuracy by stepping forward as you release the pass
- Keep the fingers wide apart with wrists facing each other when receiving a pass

Variations/Inclusion:

- Continue to add objects into the circle if students are tossing successfully.
- Change the number of students in each group – more students = more challenging juggle.
- Use different objects for different levels of ability.





WINTERGREEN Phys-Ed

The Physical Education Activity Centre is sponsored by Wintergreen – visit www.wintergreen.ca for more information about unique Canadian products and services.

Check out our WINTERGREEN DPA Indoor or Outdoor Kits! Developed in response to Alberta's Daily Physical Activity initiative, it's all the tools you need to implement your DPA program! Contact your Alberta Sales Consultant, Marcel Gagne at: 1-800-268-1268 ext. 505, marcel@wintergreen.ca for a personalized preview today!

TIGHT ROPE



Equipment: A strong rope approximately ½ to 1 inch in diameter

Organization: Two teams ranging from eight to twenty-six people. Two teams or groups line up facing each other. After each team lines up they sit down on the ground. Each team must designate a captain who is to be the only one who can speak for the group. The teacher then places the rope in a straight line between them. Each person on both teams is asked to place two hands firmly on the rope with palms facing down to the ground. Hands should be placed on the rope

in an alternating fashion so that the partner across the rope has one hand between their partner's hands. The sequence is; my left hand, partner's right, then my right hand and my partner's left hand. That format continues all the way down the line.

The object of the challenge is to have two equal groups on each side of the rope pull equally on both sides in order to pull themselves up off the ground in one perfectly even motion at the exact same time. Each captain will give the instructions to their group.

Variation/Inclusion:

- Change the captain. Have the group repeat the activity to a stand, and then lower back down to the sitting position.
- Repeat the sequence of standing up and sitting down two or more times.

Resource: Catch them Being Good by Tony Diccico and Coleen Hacker, PhD

equipment idea



Tarps can be used for much more than protecting your boat from the elements in the fall and winter. Try these activities to get your students moving and thinking!

The following activities are used with a plastic tarp approximately 5" x 7" or 6" x 9" with groups of about four to six students.

TARPS

- Flip the tarp over and stand on the other side while not touching the floor
- Move the tarp ten feet in any direction while not touching the floor
- Cover the tarp so none of it is showing
- Enclose the entire group in the tarp
- Make an igloo and protect yourself from the cold, no one showing
- Scatter tennis balls throughout the gym. Each group tries to collect as many tennis balls, one at a time into their tarp and run it over to a bucket. Without touching the tennis ball with their hands, let it roll into the bucket, go get another one.
- Each group catches thrown Frisbees in their tarp. One group member throws three Frisbees and the rest of the group catches them. The next group member grabs the Frisbees, throws them from a designated line for the group to catch on the tarp. The activity ends when all group members have thrown the three Frisbees.



HEALTHY EATING CENTRE

Steps to Healthy Vending machine or Canteen at Your School

Providing affordable and accessible healthy options in school vending machines can help make the healthy choice the easy choice. Use the following guidelines to help align your vending machine options with the nutrition guidelines.

Step 1: Get Your School on Board!

Support from the entire school, including staff, students, parents and school council, is crucial in making healthy change. Consider the school's food budget, and think about being flexible in the school's profit expectations, especially in the beginning.

Step 2: Get Your Vendor on Board!

Food suppliers and vendors play an integral role in making healthy vending a success and need to be aware of the changes that are expected to take place, what the healthy vending criteria are, and what expectations you have of them. Ensure that your vendor has healthy options available and that there are no contracts with the vendor or other food suppliers at your school that might prevent the project from going ahead. Involve the vendors from the beginning of the project.

Step 3: Get Students Involved!

Enlisting the help and input of students during all the stages of development makes healthy change something students are "doing", rather than something that is being "done to" them. Students are also the best resource for what is cool and popular to eat, what foods would never sell, as well as what types of messages and marketing are the most effective in their peer group. Students can do a lot to promote the healthy vending machine project and can have

a large impact on the success of the project. Peer role modeling is a powerful health promotion tool.

Step 4: Develop a List of Products to Sell at Your School

Look at the products that are available at your school. Peruse the lists found in this manual and decide on what products to try at your school. Ask the student's involved in the project to help create the list of products that will be available at your school. Vendors should also be part of this process to ensure that they can access them from their distributors. You will notice that a healthy vending machine requires about 15 different items.

Step 5: Determine the Price

Consider the influence of price when selling healthier food choices in the vending machine. Research has shown that price is important to students and pricing healthy choices competitively or even lower than traditional junk food will help sell healthy items.

Step 6: Do a Taste-Test with Students

Once a list of options has been developed, do some sampling with students to narrow down which food items would be preferred. Ask which flavours are the most popular, and what price students are willing to pay for the items. This is also a chance for students to try new foods that they may like, but would have been too skeptical to buy from the machine without trying first. Alternately, the taste-test event can also be used as an opportunity to launch the advertising messages developed (see nutrition website), as well as a chance for the vendors to get involved with the students and witness the feedback first

hand (if possible). Make the event fun, and focus on positive change, rather than on what foods are being removed from the machines. Share the results of the taste-test with your vendor and together create a list of 15 or so nutritious items you want to have in your vending machine.

Step 7: Launch a Grand Re-Opening of Our Vending Machine

Invite all students, parents, teachers, staff and vendors, to the unveiling of your new and improved vending machine. Involve local TV news or newspapers to further emphasize the importance and fun around the changes being made. Have contests or give out prizes throughout the day. For example, an undercover student or teacher could watch what items are being purchased from the machine, and give prizes to students making the healthiest choices, or a few food items could have stickers attached to the back of them that signify a winning item and entitle the student to a prize.

Nutrition Guidelines

The Alberta Nutrition Guidelines for Children and Youth, released in June, 2008,

has been developed to assist organizations/schools in providing young people with healthy food choices from the time they enter daycare right through to high school. A copy was sent to all schools in November 2008.

To download this resource go to: www.healthyalberta.com



Upcoming HPEC RR Events

Calgary Drive-In Workshop

Thank you to everyone that attended the October 22 Drive-In workshop at Woodman Junior High School. Be sure to enquire about the Calgary Spring workshop being offered. Email Sonia Sheehan for more details: soniasheehan@shaw.ca

Mighty Peace News

- A Drive-In workshop is being planned for December or April. Email Darren Flynn with your ideas and topics you would like to see presented: flynn.d@hfcrd.ab.ca
- A Mighty Peace "Fun" Bus to the HPEC Conference in Banff is being organized. If you are interested in getting on board email Darren Flynn.

Edmonton/North Central Drive-In Workshop

Plans are underway for two combined Drive-In workshops on Monday, November 3 and Monday, March 23. Contact Dylan Dellezay: Dylan.dellezay@blackgold.ca for more information on sessions provided and registration information.

Renew Your HPEC Membership!

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.

MENTAL WELLBEING CENTRE

Stress Busters for Kids

A certain amount of stress can be good – think of the stress your muscles need to grow and get stronger. The problem is when there is too much stress: lack of sleep, restlessness, poor performance, ulcers etc. – all products of too much stress. Kids also get overstressed and it can be easy to overlook the causes. Exams, peer pressures, relationship choices, family issues are among some of the stress categories for kids. So how should kids deal with stress? Read on and take away some essential tips!

- Stress affects our bodies, minds and feelings
- Symptoms of overstress in kids can include: whining, crying, sudden behaviour changes, fighting with family and friends, poor school performance and changes in eating habits (too much or too little)
- Keep in mind that stress can appear suddenly (like back to school) or gradually (drop in marks over the space of a term)
- It is important for adults to model effective stress management techniques, as well as, teach coping skills

Adults Can...

- Be engaged with your students. Know what is going on in their lives. Ask lots of questions about school, friends, life in general and be prepared to listen!
- Coordinate homework and exam load with other teachers to avoid overloading certain times of the year.
- Teach stress management techniques and model them yourself!

Parents Can...

- Be sure to spend plenty of quality time with your kids – the more stress, the more time they need!
- Ask lots of questions about school, friends, life in general and be prepared to listen!

- Avoid overloading their schedules with too much stuff (soccer, ballet, music, homework, etc.)
- Provide a consistent and regular structure for your families life
- Teach stress management techniques and model them yourself!

Kids Can...

- Identify the source or sources of their stress. If they don't know what is causing the stress it is hard to deal with it!
- Prioritize responsibilities and plan ahead. For example, begin preparing for exams a few weeks before instead of waiting until the last minute. Help them to plan this time on a calendar
- Take care of your body – good sleep, physical activity and good nutrition are effective stress busters.
- Use a support system (good friends, family) and share your feelings with them.
- Take time for yourself – what are you doing that is “all about you”?
- Laugh! Lots! This is your bodies natural stress release mechanism.

Stress is natural and necessary for growth – overstress is not! Be aware of the potential stressors in your student's life and begin to take steps to handle and reduce the negative stress. Don't forget, these tips can help with your own stress levels as well – be a model and don't let your stress, stress your students out!

Alberta Heart and Stroke Foundation: Visit the website for definitions of stress and ways to deal with it. <http://www.heartandstroke.ab.ca/site/c.lqIRL1PJtH/b.3650923>

Alberta Mental Health Board: Check out the many mental health supports for children and youth by visiting: <http://www.amhb.ab.ca/knowledge/childrenAndYouth/Pages/default.aspx> Resources include GRIP magazine (written by youth, for youth) and All for One.

Kids Have Stress Too! Visit this website from the Psychology Foundation of Canada for tips and information on kid's stress: <http://www.psychologyfoundation.org/kidshavestresstoo.php>

University of Alberta: tips for reducing exam stress from the University's academic support staff. www.uofaweb.ualberta.ca/academicsupport/nav03.cfm?nav03=52237&nav02=50367&nav01=27013

YOU TUBE: Check out this powerful public service announcement produced with the University of Alberta Psychology Department and Kids Have Stress Too! www.youtube.com/watch?v=L13Cq6Z53FE

QUICK FACTS

- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.
- The economic cost of mental illnesses in Canada for the health care system was estimated to be at least \$7.9 billion in 1998 - \$4.7 billion in care, and \$3.2 billion in disability and early death.

Sources: The Report on Mental Illness in Canada, October 2002. EBIC 1998 (Health Canada 2002), Stephens et al., 2001

ALBERTA TOURISM, PARKS AND RECREATION UPDATES



WinterActive occurred from January 15 to February 27, 2009

On January 10, 2009 the Edmonton Lessard Community League launched WinterActive in Alberta with a fun filled evening of skiing and snowboarding at Snow Valley ski hill, Edmonton. The night was filled with over 250 smiling faces and rosy red cheeks.

Winter Walk Day, February 11, 2009, was a success with over 150 events occurring



across the province. Didn't get a chance to participate this year? Look for the event next year at www.shapeab.com.

The Healthy Active School Communities resource has been developed to provide information about promoting and adopting healthy, active lifestyles for the home, school and community all year long. Download a



copy of this resource in English and French from www.everactive.org.

Contact Kerry Robertson for more information: 780-422-0779
Kerry.robertson@gov.ab.ca

Canadian Sport For Life Programs and Workshops



Canadian Sport for Life Project Grant

The purpose of the *Canadian Sport for Life* Project Grant is to support implementation of the *Canadian Sport for Life* and *Long-Term Athlete Development (LTAD)* framework. Grants are available from the ASRPWF for the development and application of the principles of the first four stages of the LTAD framework into program design, development and delivery. These stages are "Active Start," "FUNdamentals," "Learning to Train," and "Training to Train." Eligible applicants include educational institutions and school boards.

Application deadline is May 1, 2009. For further information and to download an application package visit: <http://www.tpr.alberta.ca/asrpwf/programs/funding/index.asp>

Active Start Workshops

Thanks to the partnership of Ever Active Schools, the Integrative Health Institute at Mount Royal College, the Faculty of Physical Education and Recreation, University of Alberta and Canadian Sport for Life, two *Active Start workshops* were successfully held on February 2nd in Edmonton and February 3rd in Calgary.

Active Start is the first step towards lifelong physical fitness. The workshops on physical literacy trained participants (educators or facilitators in early childhood education, public health or recreation) to deliver and *teach the Active Start principals and approaches* as part of the Active Start stage of Canadian Sport for Life framework.

Stay tuned for a FUNdamentals Skill workshop in March, 2009. For more information: dean.kozak@gov.ab.ca or (780) 415-0265



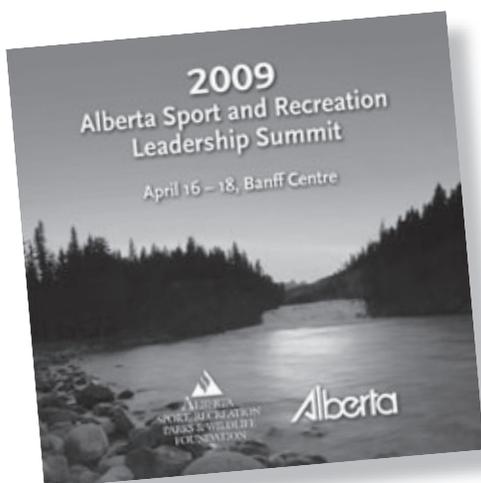
Children and Youth Physical Activity Targets

On May 22, 2008, Federal, provincial and territorial Ministers responsible for sport, physical activity and recreation established Canada's first-ever Pan-Canadian physical activity targets for children and youth, aged 5 - 19. On November 12, 2008, 45 Alberta stakeholders from several sectors and levels of government attended a consultation meeting in Edmonton to discuss the new physical activity targets for children and youth, and strategies to raise physical activity levels. Currently, approximately 10% of Canadian children and youth are meeting the recommended Canadian guideline of participating in 90 minutes of moderate-to-vigorous physical activity over and above activities of daily living, as measured by the *Physical Activity Levels of Children and Youth Study (CANPLAY)*, coordinated by the Canadian Fitness and Lifestyle Research Institute <http://www.cflri.ca/>

Alberta Sport and Recreation Leadership Summit:

This biannual event provides opportunities for association staff, board members, coaches and officials to attend educational sessions, exchange ideas and to enhance networking opportunities. The next Leadership Summit is scheduled for April 16-18, 2009 at the Banff Centre. A total of thirty-four sessions will be available including an opening and closing keynote, four half-day institutes and twenty-eight concurrent workshops. As well, on the Friday evening of the Leadership Summit, the Alberta Sport, Recreation, Parks and Wildlife Foundation will host an awards banquet recognizing the contributions and achievements of athletes, coaches, officials and sport volunteers.

For more information on the 2009 Leadership Summit, please visit www.tpr.alberta.ca/asrpfw.



Be Fit For Life 2008 - 2009 School Programs



Be Fit For Life offers a variety of interactive and fun educational programs to encourage and promote Active Living in your school. Programs can be tailored to the needs of your students based on request.

Yoga Techniques for the Classroom ***NEW***



Are you looking for a way to incorporate Yoga into your classroom? The new Yoga Techniques for the Classroom Program includes both PowerPoint and Yoga Cards to help bring energy, balance, calm and relaxation to staff and students. This session includes yoga techniques, games, discussion, and brainstorming.

TARGET AUDIENCE: K – Grade 9

2008 Yoga Techniques School Fees

- \$200.00** **Yoga Techniques for the Classroom Workshop (more than one teacher)**
- 45 minute to 1 hour workshop
 - Certified Yoga Instructor or Be Fit For Life Staff will lead the session
 - One set of Yoga Cards with links to other areas of the curriculum
 - Five PowerPoint sequences presentations for Yoga Techniques Session for in the classroom (5 min, 10 min, 20 min, 30 min & entire deck sequences)
 - If you have attended the workshop you can purchase additional Yoga Techniques for the Classroom Packages for \$45 each at the workshop only.
- \$100.00** **Yoga Techniques for the Classroom Session (One Classroom)**
- 45 minute to 1 hour session with students and teacher
 - Certified Yoga Instructor or Be Fit For Life Staff will lead the session
 - One set of Yoga Cards with links to other areas of the curriculum
 - Five PowerPoint sequences presentations for Yoga Techniques Session for in the classroom (5 min, 10 min, 20 min, 30 min & entire deck sequences)
 - An additional instructor fee of \$50 per hour will be charged for additional hours
- \$75.00** **Yoga Techniques for the Classroom Resource Only**
- One set of Yoga Cards with links to other areas of the curriculum
 - Five PowerPoint sequences presentations for Yoga Techniques Session for in the classroom (5 min, 10 min, 20 min, 30 min & entire deck sequences)



Be Fit For Life Centre, Provincial Fitness Unit
Faculty of Physical Education and Recreation
University of Alberta
Edmonton, AB T6G 2H9 • 780-492-4435
www.befitforlife.ca



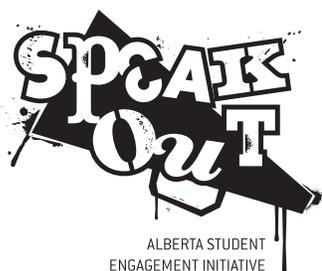
ALBERTA EDUCATION UPDATES

K–12 Wellness Programs of Study Revision

Alberta Education is reviewing its programs and policies related to wellness, which includes,

K–12 Physical Education (PE), Career and Life Management (CALM), K–9 Health and Life Skills, Daily Physical Activity (DPA) and wellness-associated supports. This revision is one of Alberta Education's commitments to the *Healthy Kids Alberta!* (HKA) strategy and to the *Healthy Alberta School Communities* (HASC) strategic plan, and is an important part of addressing health and learning outcomes for Alberta students. The wellness education revision provides an opportunity to link programs of study, resources and supports for implementation with other ministry and cross-ministry initiatives, current research, and the principles of comprehensive school health.

A draft framework for K–12 wellness education is currently being developed in English and French. The purpose of the draft framework is to describe the fundamental concepts and inherent values of wellness education and to provide guidance to the future development and implementation of K–12 wellness education in Alberta. It is anticipated that the draft framework will be released in the spring of 2009 in order to gather feedback from stakeholders with the final framework scheduled to be released in summer 2009. Stakeholders will have an opportunity to provide input through a variety of methods including discussions groups, online feedback forms, Health and Physical Education Council (HPEC) conference, and Speak Out.



Speak Out

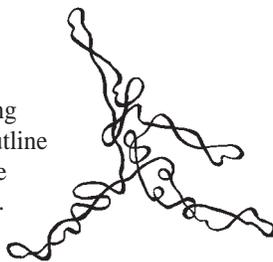
Speak Out is an interactive website for students with a number of ways to get involved. Young Albertans can anonymously share ideas using discussion boards, blogs, surveys and polls. Speak Out is an opportunity for Alberta's youth to share their experiences and ideas and to help the people who make decisions about our schools understand the issues that are important. To participate, go to www.speakout.alberta.ca.

Supports for DPA

Alberta Education, in partnership with Ever Active Schools, has created *Take Action!*, a DPA tip booklet featuring promising practices, equipment and facility usage tips, scheduling ideas, funding information, mentoring tips and other current research. *Take Action!* is available on the Alberta Education website at www.education.alberta.ca/teachers/resources/dpa.aspx.

In addition, Alberta Education has developed DPA brochures in English and French to support school authorities in promoting physical activity in the school community. The DPA brochures highlight

the benefits of being active daily and outline the results from the DPA survey report. The brochures provide parents, teachers and community members with resources and support for promoting DPA in school communities. For more information on accessing these brochures, contact Lynn Bonnah, K–12 Wellness Program Consultant, directly by e-mail at Lynn.Bonnah@gov.ab.ca or by phone at 780-422-0627 (dial 310-000 for toll free access).



Education Minister

Dave Hancock



Launches Public Dialogue on the Future of Education

Albertans will shape the future of education in Alberta through *Inspiring Education: a Dialogue with Albertans*, a unique public engagement initiative to take place across the province in 2009.

The process will involve Albertans in extensive discussion about education as a foundation for the future societal and economic success of the province. If we are to be successful individually and collectively as a province, there is a need for a clear understanding of what it will mean to be an educated Albertan 20 years from now.

The discussions will focus on five key values – opportunity, fairness, citizenship, choice and diversity – which are critical to the success of Alberta's education system.

The open dialogue approach will include not only traditional stakeholder participation but also reach out to an extensive cross section of Albertans with diverse points of view and perspectives. *Inspiring Education* is different than a consultation in that it is looking at taking a step forward to create a broader public appreciation of the importance of education in Albertans' lives, and how education is increasingly the basis of a thriving, healthy society and economy.

The Steering Committee is co-chaired by Athabasca-Redwater MLA Jeff Johnson and Edmonton teacher Brent McDonough. Membership is comprised of three additional MLAs and 16 other individuals from across the province. A Working Committee consists of representatives from other government departments and the traditional education stakeholder groups. This group will contribute to development of the resulting education policy framework.

More information will be available once the dates and locations of the spring regional discussions are confirmed.

PROMISING PRACTICES HIGHLIGHTS

Whether you call it best practices, lessons learned or promising practices, the ideas shared here demonstrate the successes and positive impact on student learning and in the school environment.

The Promising Practices document is a collection of ideas and resources to assist a school community in creating an environment that supports active living, healthy eating and mental health.

To download your copy visit: www.everactive.org

Reverse Lunch Recess

Students go out to the playground for their 'recess' portion of their lunchtime as soon as the noon bell rings. After 20 – 30 minutes (depending on the length of a schools' noon break) the bell rings and students come back into the school. They wash up their hands and proceed to the eating area for a relaxed lunch.



Garbage-less Recess

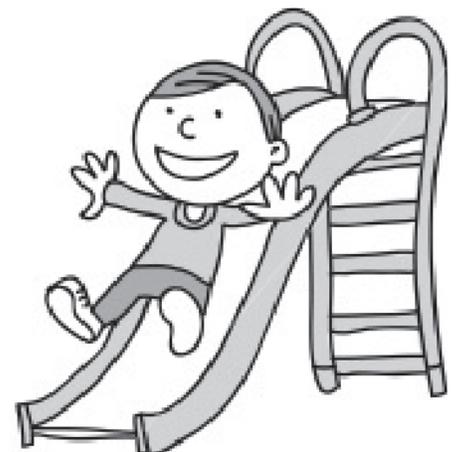
Students are allotted time in class just prior to their recess break to eat their nutritious snack. Students do not take snacks outside for recess, as a result there is no garbage on the playground and students have the full 15 minutes to enjoy activity!

I don't have any artwork for school yard activities - this is from istock and to purchase this (vector-art) would cost \$25.00. Can we spend that?



PODS or Big Family Groups (BFG's)

Staff &/or student leadership students organize every student in the school into a POD or BFG of multi-age group children. A staff member is assigned as the adult leader of the POD/BFG. Every month the group meets and engages in team building activities that focus on a predetermined character trait the school is trying to enhance. These groups foster teamwork, cohesion and a sense of belonging. Once the PODS/BFG's are established in a school the groupings can be utilized for Activity Days, Student Health Conference days and a number of other community building activities that exist at individual schools.



Promising Practices Database Update

EAS has joined forces with PHE Canada to work together on the promising practices database. This database will be a great place to search for resources, activities and supports from Alberta and across Canada. Look for more information on this website in the middle of February.

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 (see map on opposite page). 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 its 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 Members!
Not Receiving Your Copy of the Ever ACTIVE! Newsletter?



Mighty Peace District

RR: Darren Flynn
Glenmary School
PEACE RIVER

E-mail: flynn.d@hfcrd.ab.ca

Athabasca District

RR: VACANT
Thanks to Craig MacDougall who did a tremendous job serving as RR for the Athabasca district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca

Central East District

RR: VACANT
Thanks to Jayson Boyson who did a tremendous job serving as RR for the Central East district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca



Red Deer District

RR: Susan Dillabough
Delburne School
DELBURNE

E-mail: sdillabough@chinooksedge.ab.ca



North Central District

RR: Dylan Dellezay
Ecole J.E. Lapointe School
BEAUMONT

E-mail: dylan.dellezay@blackgold.ca



Calgary City District

Co-RR: Sonia Sheehan
Foundation for the Future
Charter Academy
CALGARY

E-mail: sonia.sheehan@shaw.ca

North East District

RR: VACANT
Thanks to Shalynn Zakordonski who did a tremendous job serving as RR for the North East district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca

E-mail: shalynnz@eics.ab.ca

Palliser District

RR: VACANT
Thanks to Lori McCarthy who did a tremendous job serving as RR for the Palliser district. If you're interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca



Greater Edmonton District

RR: Heather Rootsart
St. Clement School
EDMONTON

E-mail: rootsaerth@ecsd.net



South East District

RR: Joral Maynes
J.C. Charyk Hanna School
HANNA

E-mail: joral.maynes@plrd.ab.ca



Greater Edmonton District

RR: Jodi Harding
St. Cecilia Junior High School
EDMONTON

E-mail: hardingj@ecsd.net



South West District

RR: Fred Jack
Palliser Education Centre
LETHBRIDGE

E-mail: fjack@adlc.ca

The Ever ACTIVE! newsletter is now being sent electronically to HPEC members. If you are not receiving Ever ACTIVE!, please contact the Ever Active Schools office to update your member information today! Email hpec@ata.ab.ca or call Phyllis Fournier at (780) 447-9400.

The Runner

The Runner is HPEC's Journal publication and has a collection of lesson plans, articles and information for Health and Physical Education teachers. To download your copy of The Runner visit www.hpec.teachers.ab.ca

The Council Needs You!

HPEC is currently accepting nominations of HPEC members that are interested in being on the Executive Council.

Being a part of this Council will allow you to:

- Be a leader in the province in the areas of Health and Physical Education
- Use your expertise for your ATA Professional Growth Plan goal
- Meet the requirements of the Alberta Initiative for School Improvement (AISI)

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

- Athabasca District Regional Representative
- Central East District Regional Representative
- Palliser District Regional Representative
- North East District Regional Representative

See the *HPEC Regional Representative Boundaries Alberta Map* to locate your area within the HPEC Districts and email *Brenda Bower (HPEC Vice-President)* if you are interested in this opportunity: brenda.bower@sd76.ab.ca

HPEC Regional Representative Boundaries



The ATA Educational Trust

The ATA Educational Trust is a registered charitable organization, closely affiliated with the Alberta Teachers' Association and supported by annual donations from local teacher associations, retired teachers and other individual groups or persons wishing to improve the teaching practice in Alberta public schools.

Each year the Trust offers three categories of awards, worth approximately \$35,000: (1) \$500 bursaries, (2) \$300 conference grants and (3) project grants.

The Trust also contributes \$5,000 annually to the Educational Leadership Academy, an in-residence program that the ATA offers each summer to teachers and others aspiring to positions of educational leadership.

Visit www.teachers.ab.ca > Professional Development > Grants, Awards and Scholarships for more information.



PHYSICAL & HEALTH EDUCATION CONFERENCE
MOVING MOUNTAINS

HPEC/CAHPERD Conference 2009! Banff Alberta Moving Mountains

Be sure to register for this joint
HPEC/CAHPERD Conference taking place
April 30-May 2, 2009 @
www.cahperd.ca/Banff09

COMMUNITY CONNECTIONS



www.funteamalberta.com

For More Information Contact us:

Phone: (780) 490-0242

Email: admin@funteamalberta.com

A GREAT OPPORTUNITY TO PROMOTE ACTIVE LIVING IN YOUR SCHOOL!

FunTeam Alberta is excited to introduce our NEW Family Try-athlon Program. This program is a great way to help schools and communities get active. A FunTeam Family Try-athlon is extremely easy to do.

We Provide You With:

- A \$300 Grant for prizes and event activation
- Promotional Material and Registration Forms
- A Wrap up BBQ sponsored by M&M Meat Shops
- Gatorade for Participants
- A chance to win a family getaway to Jasper!!!

All Teachers with AFLCA certification!
We have a great opportunity for you.
Use your passion for fitness and for kids.

Become an Ever Active Kids course facilitator.



Ever Active Kids is a fitness training module which provides the underpinning knowledge and practical tools to develop physical activity programs for children and youth.

Topics covered include:

- children and adolescent physical development
- exercise and activity adoption
- adherence and attrition
- how & why children are different: psychologically, socially & physically
- how to design activities and programs
- physical activity patterns of children and youth
- how to be an exemplary EAK leader

INTERESTED?

Contact AFLCA program coordinator Debbie Ponich
 email: debbie.ponich@ualberta.ca
 phone: 780-492-4435
 or visit www.provincialfitnessunit.ca



Ever Active Kids fitness module was developed by the Alberta Fitness Leadership Certification Association specifically to address the needs of children and youth. Let's get our children active!



11759 Groat Road
 Percy Page Centre
 Edmonton, AB
 T5M 3K5
 Phone: (780) 415-0812
www.sportmedab.ca

Sport Medicine Council of Alberta



Athletic First Aid

This course provides the opportunity to increase theoretical and practical knowledge in the treatment and prevention of athletic injuries.



Sport Nutrition Level 1

This course reviews the fundamental concepts of nutrition, and how those concepts can be utilized to improve athletic performance.



Equivalency Certificate Program

High School teachers can complete these courses, themselves, and then conduct the courses for their students. These students will then receive an equivalency certificate.

Sport Concussion Course

This course assists in the recognition and management of sport concussions. Included are the topics of signs/symptoms and return to activity.

Medical Kits Sales and Rentals



Resource Library

The library contains up-to-date DVD's, and textbooks on the topics of sport nutrition, drugs in sport, athletic injury prevention and treatment, strength training and sport psychology.

Arts Touring Alliance of Alberta



Showcase for Young Audiences



SEE IT LIVE!

Great to actually see some of the available performers.
John Wilson Elementary, Red Deer

Next Showcase:
Saturday, October 17, 2009
Dow Centennial Centre
Fort Saskatchewan, AB



jacque@artstouring.com

www.artstouring.com



So **ALL** Kids Can Play!



We believe that no kid should be left on the sidelines and **ALL** should be given the opportunity to experience the positive benefits of organized sports. KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

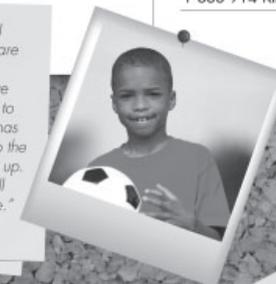
Get Involved!

- Apply
- Donate
- Volunteer

1-888-914-KIDS (5437)



"Having someone I don't even know care about me so much that they would give me the opportunity to compete in sports has prompted me to do the same when I grow up. ... Thank you for all that you have done."
- Jane, age 12



WWW.KIDSPORT.AB.CA

Go Girl is a one day program aimed at getting girls physically active. For more information on how you can obtain funding for your OWN Go Girl, visit our website!



WWW.INMOTIONNETWORK.ORG



EVER ACTIVE SCHOOLS SUCCESS STORY

Cardinal Newman School

Submitted by: Shawn Browne

Cardinal Newman School is a part of the Calgary Separate School District and has a student population of eight hundred students ranging from kindergarten to grade nine. It is located in south Calgary. We have a teaching staff of forty-five and became a member of the Ever Active Schools several years ago as a result of the direction of Mrs. Verhappen, our Elementary P.E teacher. She examined some of our best practices and also identified areas where we could focus more direction. Staff at the school continue to support activity on a number of different levels.

There were a myriad of programs/events that took place within the school last year that tied in with ever-active schools.

Students, staff, and parents joined hands to take part in the nation wide National Schools Day Terry Fox Run/Walk. Each student brought in two dollars to donate to the Canadian Cancer Society. Prior to the run students viewed the Marathon of Hope video and gained a better understanding of Terry and his remarkable willpower and determination. Students, teachers, and parents ran/walked one of three different courses ranging from 1 k to 3k. Volunteers marshaled the routes. We are planning to participate in the run again this year on Friday, September 26, 2008.

In late May all junior high Physical Education students took part in the second annual Active Living Day. Students chose

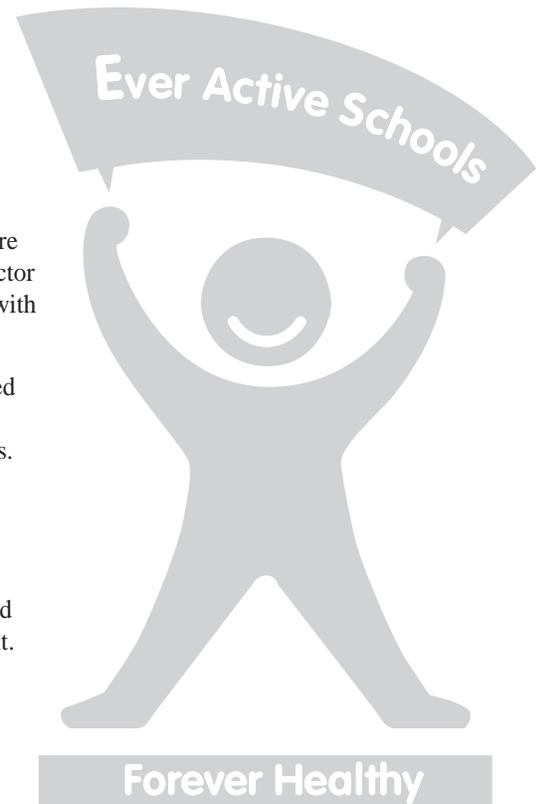
from the following choices: golf lessons, indoor soccer, volleyball, bowling, wall climbing, and mountain biking. We are planning the event again this year with a couple of new activities being offered. The aim of the event is to increase student awareness to the many activity choices that are available within the city.

Cardinal Newman offers a Sport Performance Option at the junior high level and one of the highlights of the course was a field trip to Peak Power where students underwent advanced fitness testing and observed a Max Vo 2 test with the exercise physiologist explaining the various changes that were taking place within the body. Students were also informed that genetics does play a factor in endurance activity performance along with training.

Cardinal Newman P.E students participated in the McDonald's Active Challenge in celebration of the 2008 Summer Olympics. Students were introduced to the different components of fitness and went through athletic conditioning and individual assessment periodically over the school year. The elementary P.E program received \$500.00 dollars to purchase P.E equipment. The program is running again this year and schools/teachers can register online.

Cardinal Newman School also runs an elementary intramural program in alignment with the school's athletic program. The program is directed by the elementary P.E staff and supported by junior high student volunteers.

Needless to say, it is going to be another active year at the school.



Come by and visit!

3rd floor, Percy Page Centre
11759 Groat Road, Edmonton, AB T5M 3K6
Phone (780) 454-4745 • Fax (780) 453-1756

**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.