

# RESOURCES FOR TEACHERS

**Discover Healthy Eating** -Elementary school teachers can download your own copy of Discover Healthy Eating! This curriculum support resource offers a choice of teaching activities that correspond to the Health and Physical Education Curriculum (1998). Background information, glossary and a listing of additional resources are also included. To get your copy, visit [www.toronto.ca/health/dhe\\_index.htm](http://www.toronto.ca/health/dhe_index.htm)



A Physical Activity Idea Book for Elementary Classroom Teachers – download the activities at [www.emc.cmich.edu/BrainBreaks](http://www.emc.cmich.edu/BrainBreaks)

**Nordic Walking** - Just like pink is the new black, Nordic walking is the new way to walk. Nordic walking involves the use of special walking poles. It burns up to 40% more energy than plain old walking. Nordic walking is taking off in Halifax with The Trail Shop ([asc.nordicwalking@hotmail.com](mailto:asc.nordicwalking@hotmail.com)) and Spring Run and Trek ([www.spring.ca/EN/runtrek](http://www.spring.ca/EN/runtrek)) offering how-to workshops and regular walking sessions.

**Infinity Sticks** - Infinity Sticks are designed to get children moving and thinking creatively. The workshops are designed to engage children in the wonderful act of juggling and all that this entails. School workshops are currently available. For more information, visit [www.infinitysticks.ca](http://www.infinitysticks.ca)

**LONG LIVE KIDS** - The LONG LIVE KIDS campaign is an initiative of the Children's Healthy Active Living Program (CHALP). This one-of-a-kind Canadian collaboration brings together industry, issue experts and government to provide Canadian children with

tools for healthy eating, active living and improved media literacy in order to support a balanced lifestyle and achieve optimal health and development. To order your free DVD, visit: <http://longlivekids.ca/llk.phtml>

**Fitness Finders Inc.** - Fitness Finders, Inc. is committed to enhancing the health, education and fitness of all people. They offer a variety of programs, including The Feelin' Good Mileage Club, I Love to Read Club, Character Bound and the Mega Mileage Club for as low as 37cents per child. For your catalogue or more information, visit [www.fitnessfinders.net](http://www.fitnessfinders.net)

**Everybody Move** "Everybody Move!" "Daily Vigorous Physical Activity" is a resource, DVD and CD all in one package. This resource has everything one needs to get "everybody moving" – whether in a small confined space or a large spacious gym. The CD provides the music, the DVD, the demonstrations and the resource book puts everything together. "Everybody Move!" was developed by teachers committed to getting their students active and found success by providing various daily fitness breaks throughout the school day. This resource is designed to help anyone, regardless of their expertise, to begin a program of daily vigorous physical activity breaks. For more information, please visit [www.mohawkcollege.ca/external/cira/template/everybody\\_move.html](http://www.mohawkcollege.ca/external/cira/template/everybody_move.html)

## EVERYONE JUMP...

Everyone Jump is a fun, interactive music CD and Teacher's Guide for Grades 4 to 6, designed to teach students about type 2 diabetes. A cross-curricular resource, designed by teachers for teachers, Everyone Jump raises awareness of the importance of regular physical activity and proper nutrition in preventing type 2 diabetes. To order your free copy, visit [www.ophea.net/Ophea/Ophea.net/Everyone-Jump-Overview.cfm](http://www.ophea.net/Ophea/Ophea.net/Everyone-Jump-Overview.cfm)



# Balance

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## HEALTHY LIVING REGIONAL ACTIVITIES

**Riverside Education Centre** - From October 2 - 6 students Junior/Senior High School, Parrsboro District High School, and River Hebert District High School to explore and identify collaborative

participated in International Walk to School Week. Students showed school spirit and added more physical activity to their day by walking laps around the soccer field. A smoothie taste-testing activity was also part of the week's events. On this day, students that walked were able to sample three different kinds of healthy smoothies and then vote for their favourite. The winning smoothie will be featured as a new menu item in the cafeteria. This event was supported by the REC Healthy Lifestyles Working Group.



approaches with Recreation that will promote and increase healthy eating and physical activity opportunities in each school. The youth summit was a great success and that will lead to several new initiatives in each school, with the assistance of the student leaders.

**Trenton Middle School** - Fitness day at TMS was a huge success! On Tuesday, October 24th students started the day and were inspired by Olympic and World Champion Kayaker Karen Furneaux. She captivated the audience by talking about her D.R.E.A.M. and how each of us can succeed in achieving our dreams if we work hard enough at it. Students then traveled to three, one hour sessions throughout the school on various topics around health and fitness. Presentations included Boxing, Powerlifting, Horseback riding and jumping, Turbo Jam, GPS, Mountain Biking, Kickboxing, Running, Healthy Eating, Speed Stacking, Co-operative Games and much, much more. We had positive feedback from both our presenters and our students.

**Cumberland Youth Summit** - The CCRSB HPS Program in partnership with Recreation Departments in Amherst, Springhill and Oxford and the Cumberland Active Communities Coalition held a Youth Summit on November 3. The day brought students and school leaders from Amherst Regional High School, EB Chandler Junior High School, Pugwash District High School, Oxford Regional High School, Springhill

## OPPORTUNITIES FOR STUDENTS

**NOVA SCOTIA LIGHTHOUSE WALKING TOUR** - The program consists of a virtual walking tour of most of the lighthouses located around the province of Nova Scotia. Participants walk over designated areas, indoors and out, and record their accumulated distances. Download the FREE How to Manual at [www.nslps.com/virtual\\_walking\\_tour.asp](http://www.nslps.com/virtual_walking_tour.asp)

## IMPORTANT INFORMATION FOR TEACHERS

**ACTIVE HEALTHY LIVING WEBSITE** - In January 2007, PE, PAL, PDR and Health specialists will have access to CCRSB's "Active Healthy Living" website. PE teachers Daren White – Spring St. Academy, Phil Scott – Springhill High School and PDR teacher Jill Fraser – Trenton Middle School have been putting in some extra hours on this exciting new initiative. The site will offer teachers lesson plan ideas, resources, new games and classroom activities as well as links to related websites. Future plans will include a teacher forum and an equipment exchange forum. Forward any suggestions that you might have to Sue Stevenson - [stevenson@ccrsb.ednet.ns.ca](mailto:stevenson@ccrsb.ednet.ns.ca)

## Contact Information and Supports

The Sport Animator and Active Healthy Living Consultant are happy to provide the following physical activity/physical education supports and guidance to your school community:

- Creative ideas for curricular and extra-curricular ideas for physical activity
- Information and ideas for school exploratories
- Additional funding sources to supplement Health Promoting Schools funding
- A list of resources – local recreation departments and their initiatives; recreation, sport and physical activity contacts; services of Sport Nova Scotia; recommended equipment suppliers; useful websites; list of guest speakers; and instructors and access to community facilities
- Assist in the development of long-term physical activity planning
- Support to Health Promoting Schools and the Physical Activity Working Group
- Support for non-traditional activities
- Guidance and curriculum resources for Physical Education, PDR/Health and PAL teachers

- Health Promoting Schools – guide schools through self-assessment and planning
- Mini-workshops on non-traditional activities – speed stacking, Dance Dance Revolution, etc.
- Tips for promoting physical activity in your school
- Ideas to increase the physical activity participation of female adolescents
- Assist in physical activity programming
- Train students in High Five Leadership Development and train Playground Activity Leaders
- Assist in coordination of sport, recreation, physical education and physical activity events, fairs, etc.

**Anitra Dagley**- Sport Animator  
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# HEALTH PROMOTING SCHOOLS PROGRAM ACTIVITIES

Health Promoting Schools has expanded this 2006-07 school year. Seventy-four schools applied for and have received HPS funding to support a variety of initiatives supporting increasing healthy eating and physical activity. Of schools that were eligible to receive School Breakfast funding fifty-one applied for and received funding.

The overall funding request for both programs far exceeded our Board's allocation from the Department of Health Promotion and Protection. We are continuing to lobby for increased funding for 2007-08.

Our continuing focus, along with our partners in Public Health, is supporting the implementation of the new Food & Nutrition in Schools Policy. Please feel free to contact the Public Health Nutritionist, which serves your Family of Schools as they are working with us in partnership to support the phased-in implementation process.

The CCRSB HPS Team is very pleased that so many schools are actively participating and encourage you to call on us to assist and support you in realizing your healthy school goals. For more information, contact Coleen Davidson (HPS Partnership Team Co-chair) or Joy Shears, Sue Stevenson and Anitra Dagley.

## Healthy Eating Working Group

This group will be assisting schools in the implementation of the new Food and Nutrition Policy, coordination of School Breakfast Programs, and other food related activities within the school.

On Friday October 27th 175 participants took part in the "Something to Sink Your Teeth Into - A Healthy Eating Workshop" held at Northumberland Regional High School. Food service providers, volunteers, principals, vice principals and teachers, commodity representatives attended the in-service. The day consisted of workshops on topics such as In your Own Back Yard - Accessing Nutritious Food Locally, Slice & Dice with Nova Scotia Products, Policy to Practice: Deciphering Nutrition Labels, Food for Thought: Digesting the School Food Policy and Tasty Menus with Policy Appeal. The highlight of the day was a Networking Lunch and Trade Show Exhibit where 28 various commodity groups and food suppliers provided valuable information. The day was a huge success. The participants left with a full stomach, lots of free samples of food, and most importantly valuable information to aid our schools on their journey to becoming Health Promoting Schools. For more information please feel free to contact **Joy Shears Community Education Programmer at 661-2497.**



**Food and Nutrition in Schools Policy** - Starting this school year, Nova Scotia public schools are getting a healthy eating makeover!

The province unveiled its new Food & Nutrition Policy for Nova Scotia Public Schools last month. "The goal is to make it easier for students to choose healthy foods, which will ultimately improve the health of this population" said Lindsay Ward, a Public Health Nutritionist with the Pictou County Health Authority.

The policy includes lists of foods that are grouped according to their nutritional value.

"*Maximum*" foods are high in essential nutrients and low in fat and can be served or sold daily.

"*Moderate*" foods may be lower in fibre and higher in fat, salt or sugar and can be served and sold no more than twice a week or make up no more 30 per cent of choices at a school.

"*Minimum*" foods are very high in sugar, fat, salt, caffeine or artificial sweeteners and can be served or sold only once or twice a month at special functions.

The policy will be phased in over the next three years to give schools time to make the necessary changes.

January 2007 - Deep fryers, doughnuts, chocolate bars, chips and ice-cream treats will be phased out. The only beverages served and sold will be 100% juices, water and milk or soy milk.

September 2007 - School fund-raisers can involve only non-food items or foods from the "maximum" or "moderate" lists.

June 2008 - Donairs, hotdogs, pepperoni pizza and other foods from the minimum-nutrition list will be phased out.

June 2009 - Most of the foods and drinks served or sold in schools will be from the maximum-nutrition list and all schools are expected to be in line with the policy.

To download a copy of the policy, please visit: [www.ednet.ns.ca/healthy\\_eating](http://www.ednet.ns.ca/healthy_eating)

**The Hub Bid**  
Central Nova Region

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**Central Nova Scotia's Bid to host the 2011 Canada Winter Games**

It's our time.....  
to host Canada in 2011

stay tuned to find out how  
you can get involved!

# INTERESTING WEBSITES

## Pedometers and Physical Activity Programs

[www.new-lifestyles.com](http://www.new-lifestyles.com)

## PA Opportunities for Girls and Women

[www.activestrategy.ca](http://www.activestrategy.ca)

## Speed Stacking E-News

[www.speedstacks.com](http://www.speedstacks.com)

## Body and Mind

[www.bam.gov](http://www.bam.gov)

## Girls Health

[4girls.gov/index.htm](http://4girls.gov/index.htm)

## Injury Free Zone

[www.injuryfreezone.com](http://www.injuryfreezone.com)

## Paralympics School Program

[cms.nortia.org](http://cms.nortia.org)

## Moving on the Spot

[www.toronto.ca](http://www.toronto.ca)

## Girls on the Run

[www.girlsontherun.ca](http://www.girlsontherun.ca)

## Omnikin Ball

[www.omnikin.com](http://www.omnikin.com)

## Health Finder Kids

[www.healthfinder.gov](http://www.healthfinder.gov)

## Health Finder Teens

[www.healthfinder.gov](http://www.healthfinder.gov)

## Sports and Nutrition

[www.urbanext.uiuc.edu](http://www.urbanext.uiuc.edu)

## Good Character

[www.goodcharacter.com](http://www.goodcharacter.com)

## Baby Think it Over

[www.timolson.com](http://www.timolson.com)

## Dole 5 A Day

[www.dole5aday.com](http://www.dole5aday.com)

## Healthy Place

[www.healthyplace.com](http://www.healthyplace.com)

## Reality Works

[www.realityworks.com](http://www.realityworks.com)

## Atlantic Women in Sport and Physical Activity

[www.cscatlantic.ca](http://www.cscatlantic.ca)

## Benefits of Parks and Recreation

[www.cpra.ca](http://www.cpra.ca)

## Teen Health WEBSITE

**Teen Health** - [www.chebucto.ns.ca/Health/](http://www.chebucto.ns.ca/Health/)  
**Sexuality and U** - [www.sexualityandu.ca](http://www.sexualityandu.ca)



## Teacher Profile

### Michelle Ripley (Physical Education/Dance) Amherst Regional High School



"Enthusiasm is contagious! We need to be positive, active role models for what we teach.....now more than ever" Michelle Ripley's philosophy is definitely more than words. Her students and colleagues recognize and appreciate her positive energy and outgoing approach to physical activity and fitness. She truly believes that we have to constantly promote active lifestyles through PE and provide students, especially adolescent girls, with a variety of engaging activities in a non-threatening environment. Grade 9 Physical Education classes at ARHS are split according to gender. Michelle notes that this is the perfect opportunity to engage young women in activities that they experience success in and enjoy in a safe and comfortable space. Many girls at ARHS continue on to take PE in grade 10

Michelle graduated with a BSC in Physical Education from St. FX in 1997 and has been teaching senior high PE and Dance for the last 10 years. One of her professors at X left a lasting impression when he repeatedly stated that "a big part of being a physical educator is being physically fit yourself." Michelle sets very high standards for both herself and for

her students. As the head coach of the senior girls soccer team at ARHS, she demands commitment and a good work ethic from her players which has resulted in a well respected team provincially.

During a recent visit to ARHS, I witnessed one of Michelle's dance classes. A diverse group of energized students were eager to demonstrate a few of their moves. Lead by their choreographer Michelle, students paired off and performed a medley of dances from the jive to the tango. In PE, Dance and varsity soccer, Michelle's athletic ability is evident as she not only instructs but participates with infectious enthusiasm. "Students love it when you participate (and can show them a thing or two)...it makes you human!"

Thanks to Michelle and all of the dedicated and committed PE teachers in CCRSB. Your impact is incredible and can last a lifetime! Keep them moving.....and smiling!