



Balance

An Active Healthy Living Newsletter For CCRSB

Vol. 1 Issue 1

WINTER 2006

AN INNOVATIVE SCHOOL IDEA!

Dr. W.A. MacLeod Students are "On the ball"



Grade 4/5 students in Mark Fortune & Shauna MacDougall's class are experimenting with exercise balls to improve students' posture and fitness levels.

Upcoming Events

High Five Training

Are you interested in leadership training for your high school students? High Five is now being offered during class time or after school. Please contact the Sport Animator for more information.

Regional 4-6 Health Inservice

February 22, 2006 Best Western Glengarry Hotel
Elementary Health teachers representing CCRSB will have the opportunity to receive new curriculum ideas and materials. Topics will include nutrition, active classrooms, safe communication and healthy relationships with a lunchtime health display providing the latest on many community and provincial health services. Personal wellness will be addressed and maybe even experienced! See you there.

Nova Scotia Health Promotion Physical Activity Grants

Who is eligible to apply?

Eligible applicants include not-for-profit organizations, schools, district health authorities, community health boards and municipalities in Nova Scotia with a mandate to promote physical activity.

What projects can be funded?

Funding will be considered for initiatives that provide a new or expanded opportunity and contribute to regular physical activity. Eligible costs must be directly related to the new or expanded program and may include leadership, equipment, facility rental, transportation and liability insurance. Any equipment purchased through the Grant Program must be accessible to the public.

How much funding is available?

Applicants are eligible to apply for up to 50 percent of total project costs to a maximum of \$10,000.

CCRSB Physical Activity Grant Recipients 2005

Trenton Middle School
GR Saunders Elementary
Cumberland North Academy
Riverside Education Centre
East Stewiacke Elementary

What is the application process for 2006-2007?

Contact your regional representative to determine if you are eligible for funding:

Region: Fundy
Counties: Colchester, Cumberland, East Hants
Contact: Jim Campbell
campbelji@gov.ns.ca or 893-6215

Region: Highland
Counties: Pictou
Contact: Gerard MacIsaac
macisagx@gov.ns.ca or 863-7380

New and Noteworthy



What is it?

The tax credit, or healthy living incentive, is the result of a commitment made by Premier John Hamm to provide an allowable tax expense starting at \$150 per child to help with the cost of registering children and youth in sport or recreation activities that offer health benefits.

Who is eligible?

Children and youth aged 18 and under who are registered in an eligible organized sport, physical recreation, or physical activity program will be eligible for the tax credit.

Who has registered?

Numerous provincial sport organizations, local sport clubs and recreation departments have registered.

What next?

If your child has been registered with one of these organizations, please keep the receipt for income tax purposes.

For more information or to register:

<http://www.gov.ns.ca/ohp/HealthyLivingIncentive.html>

Canada Games Days

Canada Games Day is an event that offers young people, 4 to 14 years of age, a sport and educational experience that mirrors the excitement and spirit of the Canada Games.



If you'd like to host a Canada Games Day, all you need is the Catch the Spirit - Canada Games Day Kit. This easy-to-use package was mailed to every school in Spring 2005. For more information on implementing your Canada Games Day, contact the Sport Animator.

Walking Tour of Canada:

REGISTER your school and participate in the fun and informative Walking Tour of Canada! Register online at: <http://asrts.goforgreen.ca>

Trenton Middle School

School Profile

Trenton Middle School offers a Girls Only (GO) Club at their school. The GO Club takes place every Wednesday and Thursday after school with 45 girls participating. The girls participate in such activities as badminton, aerobics, Tai Kwan Do, Hip Hop Dance, Gymnastics, Broom Ball, Hand Ball, and Self Defense. Due to the overwhelming success of the GO Club and the creative efforts of the school administration, a GO2 Club for Guys Only is in the works!

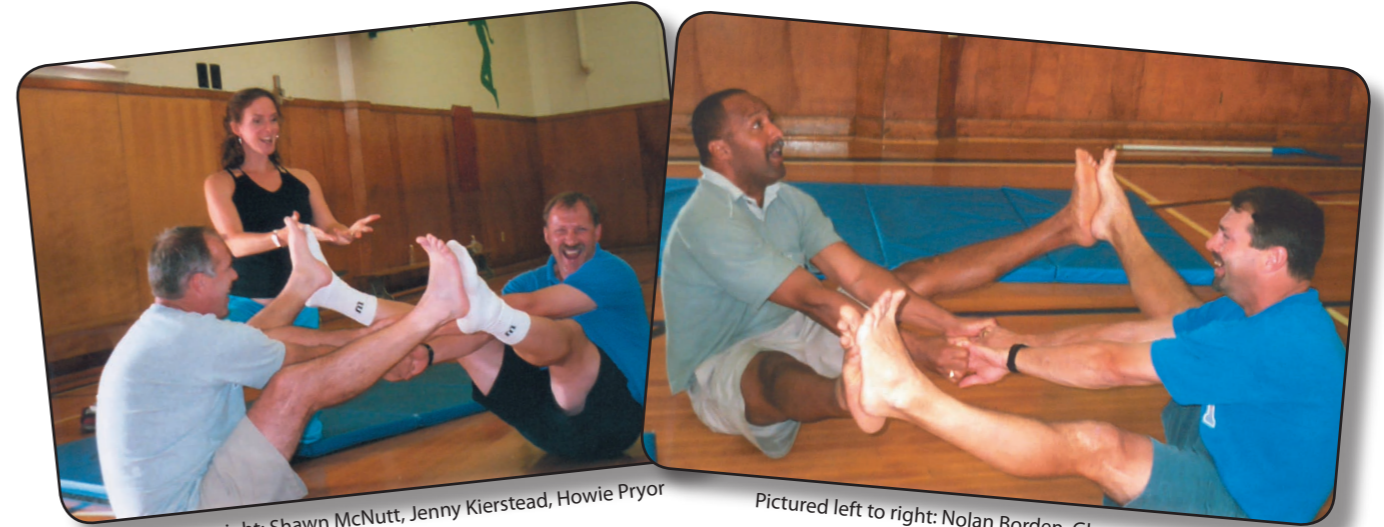
In addition, in just two years, the school has increased their extra-curricular activities from hockey to basketball, soccer, volleyball, softball, track, cross-country running, tennis, and badminton.

The school just received a \$10,000 Physical Activity Grant to support the GO Club and other physical activity and wellness initiatives in their school. Thank you to Allison and her hard working team for all the great initiatives.

"I really like GO club! It gives us girls a chance to participate in activities, boys have hockey so I think it is a really good idea to have it. A lot of girls joined up this year. It's good for girls because we get a lot of exercise and we all look forward to it each week. I think we are very lucky to have Ms. McLellan teach us aerobics and Lyndsay to teach us HipHop."

"I like GO club because it helps girls who aren't active and it gives you lots of energy!"

P-6 PE Inservice October 2005



Pictured left to right: Shawn McNutt, Jenny Kierstead, Howie Pryor

Pictured left to right: Nolan Borden, Glenn MacKinnon

Daren White – Spring Street Academy

You never know what fun-filled activity you may witness when you peek into the gymnasium at Spring Street Academy. A sea of smiles and constant movement are the norm in the PE classes of innovative teacher Daren White. In a recent conversation with Daren he shared some of his favorite teaching moments, personal pursuits and his philosophy towards teaching elementary Physical Education.

Daren's teaching experiences include PE, Music, French and the School for the Deaf where he also coached wrestling for 4 years. Last year he received two well deserved major teaching awards for Nova Scotia: The Innovative Teacher Award – NSTU and The Certificate of Excellence – CCRSB

In October, at the P-6 PE in service, Daren provided teachers with resources to assist in PE assessment. His guidance and suggestions were greatly appreciated! Daren's passion for teaching is evident in his quest to provide students with a challenging and joyful experience. He would describe his philosophy for teaching as "giving children the best day they've ever had and the desire to come back and do it again!" Knowing that many of his students want to become PE teachers reflects greatly on the positive role model that Daren has been.

Locally, Daren is well known for his artistic abilities. He recently completed a sport mural on one of the town buildings. Rick Rhodes, PE teacher at West Highlands Elementary noted that Daren also guided his students in their own school mural. A talented educator, truly devoted to the wellness of young people, Daren strives to create and offer an exciting PE program. His love of music and knowledge of French add depth to his teaching, reaching all of his students. Word's out that Daren's newest passion is Yoga!

Thanks to Daren 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!



Resources

Leadership in Community Sport - A Guide for Parents, Teachers and Sport Volunteers

Leadership in Community Sport provides information on such topics as organizing a practice, parent-coach meetings, filling a volunteer role and ensuring sport safety.

The resource can be viewed or downloaded free of charge by visiting:

http://www.sportnovascotia.ca/contents/programs/leadership_cs.htm

Team Work and Team Play

Download your free copy of Raccoon Circles - Team Work and Team Play, A Guide for Facilitators at:

<http://www.teamworkandteamplay.com/resources.html>

The Bottomless Bag Again, 2nd Edition

This resource is a collection of a variety of activities including user-friendly games, challenging initiatives, adventure stunts, initiative

problems, co-operative games and ropes activities. Most activities require minimal or no props and are easy to organize. Order your copy at the NS School Book Bureau.

Just Loosen Up

A free resource guide on sexual health can be downloaded at http://www.gov.ns.ca/health/publichealth/content/sexual_health.htm

Nova Scotia Food and Nutrition Policy

Download the policy at: http://www.ednet.ns.ca/healthy_eating

Balance First™ Resource Kits

Balance First™, a program designed to help students learn the importance of energy balance. The Balance First™ Resource Kit is built around the idea that health is a resource for living – a way to vitalize and energize daily life.

To order your FREE copy of the Balance First™, visit: www.capherd.ca **One copy per school.**

Interesting Websites!

Youth Running for Fun Program
Canadian Association of Health, Physical Education, Recreation and Dance
American Association of Health, Physical Education, Recreation and Dance
Sport Nova Scotia
Recreation Nova Scotia
Nova Scotia Health Promotion
Heartwood Institute
Peak Experiences
Coalition for Active Living
Active 2010
Trails Nova Scotia
Young Gay America
Operation Respect (Don't Laugh at Me)
Right to Play
Sport Stacking
Nova Scotia Fitness Association
Violence Prevention
Sexuality Education
PE and Health Education
Active living Network
Bullying Awareness
Stop Smoking

www.doctorsns.com
www.capherd.ca
www.aapherd.ca
www.sportnovascotia.ca
www.recreationns.ns.ca
www.gov.ns.ca/ohp
www.heartwood.ns.ca
www.peak.ca
www.activeliving.ca
www.active2010.ca
www.trails.gov.ns.ca
www.younggayamerica.com
www.operationrespect.org
www.righttoplay.com
www.speedstacks.com
www.nsfa.info
www.m4c.ns.ca
www.sexpressions.ca
www.pecentral.org
www.activeliving.org
www.bullying.org
www.sickofsmoke.com

Contact Information

Contact **Anitra Dagley**, if you are requesting more information on:

- Before and after school programs
- Recess and lunch time activities
- After School Bussing
- Funding Opportunities
- Newsletter Contributions
- High Five Training
- Information on Sport Nova Scotia and local recreation

department programs and services

Anitra Dagley

Sport Animator

Office: 896-5549

Cell: 890-9025

E-mail: dagleya@ccrsb.ednet.ns.ca

Contact **Sue Stevenson**, if you are requesting more information on:

- Curriculum for Physical Education, PAL, PDR and Health
- Equipment Needs and Exchanges
- Newsletter Contributions
- Teacher Resources and Support
- Mentoring Requests
- Professional Development

Sue Stevenson

Active Healthy Living Consultant

Office: 896-5566

Cell: 890-1010

E-mail: stevensons@ccrsb.ednet.ns.ca