

Teacher Notes

MOVING TO INCLUSION ADAPTIVE EQUIPMENT BAG - An equipment bag of adaptive toys is available for loan from Recreation Nova Scotia. Recreation, community, and school groups are welcome to use the Adaptive Equipment Bag to assist in making physical activities inclusive and available to everyone regardless of ability. For more information, please contact Recreation Nova Scotia at (902) 425-1128.

Speedminton - The new racquet sport for every age and skill level! Speedminton® is great as an alternate to tennis, squash or badminton, or just to have fun at the beach, a park, in the gym, or your backyard. Introductory lessons as well as advanced exercises and lots of possibilities for fun games are available to download at www.speedminton.ca

Menu of Choices - Download lesson plans and other resources at www.menuofchoices.ca

Bullying - www.bullyingcourse.com This website offers different online learning resources for parents, educators and others who are interested in addressing the issue of bullying more effectively in their homes, schools and communities.

Being Girl - www.beinggirll.ca is a place where girls can come together to learn, share, communicate with each other and have loads of fun with games, quizzes, polls and lots more. For girls, by girls!

Canadian Cross Country Fitness Challenge - Run, Walk, Swim, Bike, Ski and Row your way across the world without leaving home. The purpose of the Cross Country Fitness Challenge is to motivate people to become physically active for a long time. To get started, visit www.c2cfitcanada.com

"Canadian children still not active enough" - With children back into the school routine,

and fall activities underway, don't forget to encourage the young people in your life to be active. The 2007 Report Card on Physical Activity for Children and Youth found that overall progress on improving physical activity among children and youth has stalled in Canada for the third straight year. One startling statistic is that Canadian children between the ages of 10 and 16 spend an average of 6 hours every day in front of a computer, television or video game screen. One of the recommendations from the 2007 Report Card is to Transform the After School Hours from Screen Time to Active Time. It encourages parents, care givers and teachers to engage children with meaningful, enjoyable activities to replace sedentary time with physical activity time. For more suggestions and ideas, or to read the complete report, visit <http://www.activehealthykids.ca/>

ACTIVE HEALTHY LIVING

Balancing mind, body and spirit.

This new website provides Physical Education, Health, and Healthy Living teachers with resources and an opportunity to share, ask questions, and obtain new ideas to add to your existing curriculum. The site is run and maintained by P.E., Health and Healthy Living teachers who understand the need for more resources and communication between teachers throughout the board. Check it out! <http://ccrsbonline.ednet.ns.ca>

New Authorized Learning Resources

In 2007, the Dept. of Education has listed many new resources to support learning in Health Education and Physical Education.

Teachers are encouraged to visit the NS Book Bureau website regularly at: <https://w3apps.ednet.ns.ca/nssbb/> to conduct an ALR Resource Search to discover new and existing learning resources.

KIDS: GET OUT & GET ACTIVE THIS WINTER!

Ski and Snowboard Free With a Grade 5 SnowPass. Grade 5 kids can ski and snowboard for free this winter, courtesy of the Canadian Ski Council. The Grade 5 SnowPass program offers Canadian school children enrolled in grade 5, or born in 1996, up to three free days of skiing or snowboarding at EACH participating ski area in the region in which they live. Grade 5 SnowPass applications are available online www.snowpass.ca Applications are available Canada-wide at Sport Mart, Sport Chek, Sports Experts and Intersport stores across the country. For more information, contact Colin Chedore, President, Canadian Ski Council, 905-212-9040, email: info@skicanada.org, or visit: www.skicanada.org

Opportunity for Schools

Tim Horton's Community Partnership Program - Schools and community agencies working with economically disadvantaged youth may be eligible for sponsorship to attend the Tatamagouche Camp between September and May. Interested schools can contact Anitra Dagley for more information.

Contact Information and Supports

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

Anitra Dagley- Sport Animator
Office: 896-5549 Cell: 890-9025 dagleya@ccrsb.ca
Sue Stevenson- Active Healthy Living Consultant
Office: 896-5566 Cell: 890-1010 stevenson@ccrsb.ca



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Feeding Our Minds - A Healthy Eating Workshop

On Friday October 26th 125 participants took part in the "Feeding Our Minds - A Healthy Eating Workshop" held at Northumberland Regional High School, hosted by the Health Promoting Schools Regional Team. The participants included food service providers, volunteers, principals, vice principals, teachers and commodity representatives.



The highlight of the day was a Networking Lunch and Trade Show Exhibit where 17 various commodity groups and food suppliers provided valuable information and plenty of food samples. Overall 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 schools on their journey to becoming

The day consisted of workshops on topics such as Healthy Food in Schools: The Right Fit, Breakfast Business, School Gardens: (Not So) New Approaches to a Health Promoting School, Get Cultural -> AgriCultural!, Food Security - What is it and whose business is it anyway? and Cook it up Healthy a food demonstration by Mary Sue Waisman, professional dietitian.

Health Promoting Schools.

For a complete listing of the vendors, workshop topics or more information on the overall outcomes of the day please contact Joy Shears at shearsjd@ccrsb.ns.ca. If you would like more information on the Food & Nutrition Policy for Nova Scotia Public Schools please visit <http://www.ednet.ns.ca/>.

Upcoming Events

Girls Healthy Living Week - February 18-24, 2008

Boys Healthy Living Week - April 21-27, 2008

Active Classrooms

Active Classrooms is a site based workshop aimed at teachers who want to incorporate more physical activity into their P-7 curriculum. This two hour workshop gives the entire school staff

new, quick and fun physical activities that can easily be adapted in the classroom setting. The training includes sessions on Healthy Bones, Healthy Hearts, Healthy Muscles, and Healthy

Self. Each teacher will receive valuable planning tools and resources to assist them. To book a training session for your staff, contact Anitra Dagley or Sue Stevenson.

CCRSB ♀ LEADERSHIP



The Girls Leadership Project is a leadership development program for high school girls designed to sharpen, develop and improve leadership skills with a focus on healthy lifestyles. Young women from 8 high schools throughout CCRSB will participate in a series of workshops, seminars and meetings providing them the opportunity to speak out from their own lives, learn more about themselves as leaders, and ultimately change their lives and school communities.

The program aims to inspire each participant to discover her own voice and develop her own personal leadership style. CCRSB school-communities will benefit from an increase in the number of female leaders/role models in healthy, active living.

For more information, contact Sue Stevenson.

ACTIVE HEALTHY LIVING GRANTS

P – 9 Physical Education Equipment Refresh Grant: The Dept. of Health Promotion and Protection has provided this funding to P-9 schools to refresh PE equipment. Fifteen grants of \$500 are available this year. Schools must submit a request for funding with rationale and specific needs stated. Funds must be spent by January 31st, 2008.

Awards and Incentives Grant: The Dept. of Education in partnership with the Dept. of Health Promotion and Protection is offering this physical activity award program that is supplementary to the HPS initiative. Twenty grants of \$500 will be awarded to schools in celebration of their accomplishments of students and student groups in the area of physical activity.

The awards are not directed to sport teams(traditional sport) or competitions but instead target students who have not been previously active. Schools must submit a request for this grant with a description of the activity program and how the funding will be used. Funds must be spent by Jan. 31st, 2008.

Please send requests to Sue Stevenson.



Playground Activity Leaders In Schools

The Playground Activity Leader (PAL) Training is an interactive workshop that teaches students leaders new and traditional games and activities that can be incorporated into their before school, recess and lunch time activity.

The PAL program strives to:

- Increase physical activity
- Decrease conflict and reduce the incidence of playground bullying
- Provide leadership opportunity for students
- Increase cooperation among students



Students at Alice Street Elementary participated in a recent PALs training session

Students will learn how to facilitate playful active games to teach other children to initiate active play on their own. The workshop is valuable for students, teachers, playground supervisors, parent teacher associations, school advisory councils and families.

To book a training session for your school, contact Anitra

Margo Hilchey - PE Teacher at Pictou Academy

Teacher Profile



Picture an entire grade 11 Physical Education class running in a 10 km event! It creates an incredible image and it happens every year at Pictou Academy. Margo Hilchey, PE teacher, has designed her Physical Education 11 course around training for the Johnny Miles 10 km youth Run, held annually in June. Students are required to maintain a running log/journal as they complete scheduled runs in class as well as on their own. Gradually increasing their fitness levels and gaining awareness about personal nutrition becomes part of the routine as they prepare for the main event. Several students raise the bar, choosing to run the Half Marathon(20 km)!

Margo, a Dal / St.FX grad, has taught PE, Science, Math and Biology at Pictou Academy for the past 13 years. Outgoing and extremely enthusiastic about promoting active living, Margo models what she teaches, training with her students, and kayaking and golfing in her free time. She notes

that an attitude shift is occurring towards valuing lifelong physical activity and healthy eating. Student feedback on the PE 11 course and the 10 km running event has been positive and the enthusiasm continues to grow at Pictou Academy. Thirty-five students have registered for the course in the second semester.

Congratulations to Margo and to her PE students for their outstanding dedication and commitment to Physical Education and active living.

School Profile- Hants North Rural High School



Grade 7-9 students enjoying team building activities as part of the Healthy Living Fair held on November 6

Hants North Rural High School is well on its way to becoming a Health Promoting School. During the 2006-2007 school year Hants North celebrated very successful Girls and Boys Healthy Living Weeks. The school held over 14 events, ranging from workshops on Healthy Body Image to a presentation from the Esteem Team. The school plans to celebrate these weeks again this year. The school is also developing a Health Promoting School plan for the 2007-2008 school year. By creating several youth leadership committees to assist with initiatives throughout the school. The school will host their very first Healthy Living Fair on November 6. We wish Hants North Rural High the best of luck with their healthy living initiatives.

Websites – PDR

Sexuality

www.sexualityandu.ca/eng/index.cfm

Self Esteem

www.teachingsexualhealth.ca

Body and Mind

www.esteemteam.com

Young Gay America

www.bam.gov./teachers/index.htm

Nutrition Resources for K-8

www.younggayamerica.com

Female Leadership

www.missionnutrition.ca

Girls and Tobacco

www.menuofchoices.ca/

School Health

www.caaws.ca

www.caaws.ca/activeandfree/e/index.cfm

www.cpha.ca/schoolhealth/

www.safehealthyschools.org/school_health_report.htm

www.cash-aces.ca/

www.healthcanada.gc.ca/foodguide

Food Guide Servings Tracker