

# RESOURCES & OPPORTUNITIES FOR TEACHERS

## PDR GRANT

PDR lead teachers may apply for \$300 to assist in the purchase of resources to support their school's PDR curriculum. Support materials such as demonstration kits, posters, texts, DVDs, videos, etc may be added to enhance current PDR programs. Ten grants of \$300.00 are available and the deadline for applications is June 8th. Please send a detailed request, outlining the educational impact and a description of the resources, to Sue Stevenson, Active Healthy Living consultant. [stevenson@ccrsb.ca](mailto:stevenson@ccrsb.ca)

**Heart and Stroke Foundation Teacher Resources** - The Heart and Stroke Foundation wants students and families to live healthy and active lives. Here you'll find information to help you inspire heart-healthy habits in your students. All the information on this page is Canadian, current and has been approved by Foundation experts. For valuable teacher resources, visit [www.heartandstroke.ca](http://www.heartandstroke.ca)

**Team Building Challenges** - This user-friendly resource challenges participants, promotes teamwork, and initiates problem-solving methods. It contains 15 challenges to

help your students build self confidence and improve interpersonal relationships. Order online at [www.mohawkc.on.ca](http://www.mohawkc.on.ca)

**Planet Health** - An interdisciplinary curriculum for teaching middle school nutrition and physical activity. An innovative, interdisciplinary approach to health education. You can use this curriculum to teach students about nutrition and physical activity. Students actively engage in brainstorming, debates, case studies, classroom demonstration, games, group projects, and presentations. Related subjects: language arts, math, science, social studies, and physical education. Order online at [www.humankenetics.com](http://www.humankenetics.com)

**SportFit™** is a fun, easy online sport education and fitness motivation program that promotes healthy, active lifestyles. SportFit matches students' personal preferences and physical attributes with the sports that they may have a natural ability towards. An internet-based program for children and youth, SportFit™ helps students to discover where their interests and skills can lead them - to an ice arena, mountain top, outdoor field or swimming pool! To begin a program at your school, visit: [www.sportfitcanada.com](http://www.sportfitcanada.com)



**2007 AAPAR Outdoor and Adventure Conference July 26-29, 2007 Coeur D'Alene, Idaho USA** - The purpose of this conference is to provide outdoor and adventure principles and practices that professionals can immediately put to use. Participants will include physical educators, teacher preparation instructors, undergraduate and graduate students, outdoor/recreation specialists and community leaders (such as youth-organization staff) who want to lead outdoor pursuits. In keeping with the philosophy outdoor recreation/education, opportunities will be provided for family recreation, so feel free to bring your family! For more information and to register, visit [www.aahperd.org](http://www.aahperd.org)

## INTERESTING WEBSITES

**Lungs Are For Life** [www.lungsareforlife.ca](http://www.lungsareforlife.ca)  
**Active Living Alliance** [www.ala.ca](http://www.ala.ca)  
**Right to Play Program** [www.4edu.ca/tors/RTP](http://www.4edu.ca/tors/RTP)  
**Kellogg's Kidzcount** [www.kidzcount.ca](http://www.kidzcount.ca)  
**True Sport** [www.truesportpur.ca](http://www.truesportpur.ca)  
**Healthy Canadians** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)  
**Culture, Education, Sport, and Ethics Program**  
[www.cultureandsport.com](http://www.cultureandsport.com)  
**Campaign for Real Beauty**  
[www.campaignforrealbeauty.ca](http://www.campaignforrealbeauty.ca)



Willow Street Running Club trains for the Bluenose Marathon 2007.

## 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](mailto:dagleya@ccrsb.ca)  
**Sue Stevenson** - Active Healthy Living Consultant  
 Office: 896-5566 Cell: 890-1010 [stevenson@ccrsb.ca](mailto:stevenson@ccrsb.ca)



# Balance

An Active Healthy Living Newsletter For PE, PDR & Health Teachers  
 Vol. 2 Issue 1  
 Spring 2007

## GIRLS HEALTHY LIVING WEEK

**Over 75 events were held in support of Girls Healthy Living Week.** Girls had the opportunity to participate in a variety of events, including: Girls Only Intramurals; Healthy Eating Workshops; Body Image Workshops; Internet Safety for Girls Information Sessions; After School Sports; Yoga, Kickboxing and Dance Lessons; Mother/Daughter Luncheons and Sports Games; Outdoor Adventure Club; Smoothie Taste Testing; and Fitness Expos.

**In celebration of Girls Healthy Living Week, Springhill High School** launched the Be Smooth Suck it Up Smoothie Program at the school. Through the Health Promoting Schools initiative, the school purchased blenders to start selling nutritious smoothies in the cafeteria as part of their HPS plan. The Youth Health

Centre together with Public Health Nutritionists Trudy Reid and Dawn Ripley, Health Promotion Coordinator Camille Dumond and Youth Health Centre Coordinator Jessica Amirault worked together to organize this event. All girls from grades nine to twelve were given an opportunity to prepare smoothie recipes for student taste testing. The event introduced students and staff to several healthy smoothie recipes and allowed students to take an active part in identifying healthy food options for the school cafeteria.



Smoothie Program Launch Springhill.

**Wallace Elementary also hosted a healthy living fair for students on February 23.** The students participated in cooperative games, speed stacking, dance dance revolution, dancing, cross-country skiing, snowshoeing and orienteering. The students also had the opportunity to sample smoothies throughout the day. The school has purchased speed stacking and dance dance revolution, through the health Promoting Schools initiative, to increase physical activity levels of students at the schools.



Students at River John Consolidated School participate in Project Adventure team building initiatives - the new Girls Only Outdoor Adventure Club.

## CAAWS Announces CCRSB Girls Healthy Living Week as a WISE fund recipient

Canadian Association for Advancement of Women and Sport (CAAWS) announced March 15, 2007 the names of the twelve national recipients of its WISE Fund grants of \$900. The WISE (Women in Sport Encouragement) Fund was developed in response to the ongoing financial need within the sport community. The Fund is made available on an annual basis to assist active girls and women and/or

organizations offering sport programs targeted to girls and women. The 2007 Fund is the fourth time CAAWS has offered the grant program. CCRSB Girls Healthy Living Week has received this award and has given grants to Girls Healthy Living Week participants to promote more girls-only initiatives at school. CCRSB will use the WISE Fund monies to underwrite the costs of this grant program which is intended to capitalize on the momentum achieved through their 'Girls Healthy Living Week'.

## HPS PROGRAM ACTIVITIES

Parrsboro and Advocate students and teachers came together on March 23 to attend a youth action team planning day. Through the Health Promoting Schools initiative, schools are encouraged and supported in the creation of youth action teams. These teams are made up of students and an advisor who will support student-led HPS initiatives at the school. Both Parrsboro and Advocate have created teams at their schools and these students have started to create exciting goals and ideas to implement at their schools. The Youth Action Teams are supported by the Health Promoting Schools team. For more information on creating a Youth Action Team at your school, please contact any member of your Health Promoting School Team.



## INTERNATIONAL DAY AGAINST HOMOPHOBIA

ALL THE COLORS OF THE RAINBOW were visible at CEC on MAY 17th, International Day Against Homophobia. Over 800 students and staff showed their amazing support by wearing rainbow colors, white ribbons, peace stickers and/or rainbow stickers to demonstrate respect for diversity. Some teachers showed their support by using this day as an interdisciplinary opportunity to educate, increase awareness and to promote discussion on violence and discrimination of all types, including homophobia.



## CANADA HAS A NEW FOOD GUIDE!



On February 5th, 2007 Health Canada released a revised Food Guide for Canadians. Eating Well with Canada's Food Guide provides the best, most current information available for eating well and living healthy.

### Key Messages from Eating Well with Canada's Food Guide:

- ✓ Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar, or salt.
  - Have vegetables and fruit more often than juice.
- ✓ Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar, or salt.
- ✓ Drink skim, 1%, or 2% milk each day and select lower fat milk alternatives.
- ✓ Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.
- ✓ Include a small amount - 30 to 45 ml (2 to 3 tbsp) - of unsaturated fat each day.
- ✓ Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar, and sodium.
- ✓ Drink water regularly.

For additional information about Canada's Food Guide and other nutrition resources please contact your local Public Health Nutritionist. Stay tuned for workshops and in-servicing opportunities for teachers offered by the Chignecto-Central Regional School Board HPS Team.



### Regional Public Health Nutritionists:

**Trudy Reid, Chignecto 667-2885**

trudy.reid@cha.nshealth.ca

**Lindsay Ward, Celtic 752-7600 x 3307**

lindsay.ward@pcha.nshealth.ca

**Natalia De Amicis, Nova/Cobequid 883-3437**

natalia.deamicis@cehha.nshealth.ca

To view, print or ORDER COPIES of the new Canada's Food Guide visit Health Canada's website at <http://www.healthcanada.gc.ca/foodguide>

## Shauna Heighton-Physical Education/PDR Teacher River John – Salt Springs – Scotsburn

### Teacher Profile



How fortunate we are to have Physical Education specialist Shauna Heighton in the Pictou family. Shauna, a graduate from Dalhousie University with her BPE and Bed, is a diehard outdoor enthusiast and brings a wealth of experience and expertise to all three of her schools through a diverse and exciting curriculum and through her new "Outdoor Activity Club for Girls"! As a 90% circuit teacher, Shauna has an extremely demanding schedule as she offers outstanding PE and PDR programs to her students as well as a variety of extra-curricular activities. Her outdoor program for girls provides instruction in mountain biking, hiking, camping, and kayaking. Applying for grants to support the new girls project and strengthening partnerships in surrounding communities have been part of Shauna's plan to

provide more healthy living opportunities for her students. Thanks to Shauna and our entire team of Physical Education specialists for their ongoing commitment to the health and well-being of our youth.



## PROGRAM PROFILE

### STAR Program- (Sensory/motor Training And Recreation) Submitted by Kelly Mercer

Who doesn't enjoy physical activity combined with socializing with friends and peers? Everybody, that's who! For children with special needs this proves to be difficult and certainly not the daily norm. Seeing that there was nothing available for their children in this regard, two Truro parents approached the Nova Scotia Community College (NSCC) Recreation Leadership Faculty to support, through the use of student volunteers, a program similar to the Acadia SMILE program. Through that contact, STAR was born.

Now in its fourth year, STAR is in full swing and is offered to elementary school aged children with special needs in Colchester County. The program runs in two 8 week sessions during the academic year. Each session runs on Sunday mornings for two hours with the first hour being in the

NSCC Wellness Centre gym and the second hour in the Truro Centennial Pool.

Before each session begins, the students are matched with a child and during the orientation are encouraged to conduct research and conference with parents to gain an understanding of their child's diagnosis. They then take this information and incorporate the child's needs into the weekly goals of 'play'. To date, STAR has been able to accommodate approximately 20 children per session and these children are delighted and enjoying the healthy benefits of increased physical activity.

**For more information on the STAR Program, contact Kelly Mercer at 893-7373 or Janet Carrigan at 893-3656.**