

# Teacher Notes

**The Dove Self Esteem Fund** - The Dove Self Esteem Fund was developed to help free the next generation from self-limiting beauty stereotypes. Committed to reaching 5 million young women by the end of 2010, the Dove Self-Esteem Fund invites you to play a role in supporting and promoting a wider definition of beauty. Visit [www.campaignforrealbeauty.ca](http://www.campaignforrealbeauty.ca) for more info.

**Weight of the World (WoW)** is an educational program that promotes physical activity and healthy eating among children and youth and helps young people kick-start daily life changes in schools, families, communities and the world. Check it out at [www.phcanada.ca/weightoftheworld/e/index.cfm](http://www.phcanada.ca/weightoftheworld/e/index.cfm)

**Operation Respect - Don't Laugh at Me:** Through music, video, and classroom activities, the "Don't Laugh at Me" (DLAM) programs help sensitize children to the painful effects of behaviors that too often are accepted as necessary rites of passage in childhood - ridicule, disrespect, ostracism and bullying. Order your free curriculum guide, cd and video at [www.operationrespect.org](http://www.operationrespect.org)

**At My Best™** is a unique school-based program that focuses on three key areas of wellness: physical activity, nutrition and emotional well-being. Developed by PHE Canada and AstraZeneca Canada, At My Best™ has been officially endorsed by the College of Family Physicians of Canada and

is now available to primary schools across Canada. The At My Best™ Kindergarten-Grade 3 toolkit will support the optimal physical and emotional growth of students by inspiring and motivating them to make healthier choices today, and helping them to develop lifelong healthy habits. The At My Best™ Kindergarten-Grade 3 toolkit will support teachers by providing curriculum-based lesson plans and numerous teaching resources, including classroom posters, task cards, blackline masters, a music CD, an accompanying storybook and take-home materials. FREE resource now available online at: [www.atmybest.ca](http://www.atmybest.ca)

**Grade 4/5 Snow Pass program** has been offered to over 32,000 children every year for the past 12 years. Do you have students in Grade 4 or 5? If so, give them the ticket to ski and ride FOR FREE!\* The Snowpass is a great way to introduce your students to skiing or snowboarding and promote healthy active winter activities. This program offers up to 3 free coupons for lift passes at 7 participating areas in Atlantic Canada. Teachers can be winners too!!! All you have to do is fill out an application form at: [www.snowpass.ca](http://www.snowpass.ca)

## Teacher Opportunities

**Become a 2010 Olympic Torch Bearer** in your Community - More than 12,000 people will have an opportunity to carry one of the most enduring and globally recognized symbols of the Olympic Movement. To apply to become a torch bearer, visit [www.carrythetorch.com](http://www.carrythetorch.com)

**PHE Canada Conference** [www.phcanada.ca](http://www.phcanada.ca)



**AAPHERD Conference** Tampa, Florida March 31-April 4th. Visit [www.aahperd.org](http://www.aahperd.org)

**Nova Scotia Sea School - 3-day Winter Travel Expedition** Experience the magic of winter as you navigate through the pristine wilderness of Nova Scotia on a 3 day snowshoe adventure in the Tobetic Wilderness. Learn traditional and current backcountry and no-trace camping practices to prepare gear, select campsites, cook food, stay warm and chill out under the stars. This course is open to all levels of experience. February 6-8 -\$250, includes all food and camping gear  
TO REGISTER: please contact Heather Kelday at [heather@seaschool.org](mailto:heather@seaschool.org) or 902 423-7284 [www.seaschool.org](http://www.seaschool.org)

**The Yoga Loft** One of the highlights for 2009 includes a Children's Yoga Teacher Certification Course on the weekend of February 21-22. This is with Tiffany McLintock, the founder of Teeny Yogini, who is flying in from Philadelphia to teach the course. The course is open to yoga teachers and non-yoga teachers, including school teachers, daycare leaders, recreation leaders, and parents who want to bring yoga into their family life. Contact 902-429-3330.

## Live and Unplugged

Stay tuned for Live and Unplugged, a province-wide program that encourages students in grades 4-6 to unplug their computers, TVs and video games and replacing that time with active play. Information will be sent to schools in early February. Be prepared to get up, get out and get active!

## Websites

Teen Mental Health  
Food for Thought  
Health Check  
Promoting Relationships/Eliminating Violence  
Respect in Sport  
Pathways for People  
Apple Schools  
Up, Down All Around  
Helmet Safety

[www.teenmentalhealth.org](http://www.teenmentalhealth.org)  
[www.foodthoughtful.ca](http://www.foodthoughtful.ca)  
[www.healthcheck.org](http://www.healthcheck.org)  
[www.prevnet.ca](http://www.prevnet.ca)  
[www.respectinsport.com](http://www.respectinsport.com)  
[www.pathwaysforpeople.ca](http://www.pathwaysforpeople.ca)  
[www.appleschools.ca](http://www.appleschools.ca)  
[www.gymns.ca](http://www.gymns.ca)  
[www.plan-itsafe.com](http://www.plan-itsafe.com)

## Contact Information and Supports

The Sport Animators 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: 883-5311 Cell: 890-9025 [dagleya@ccrsb.ca](mailto:dagleya@ccrsb.ca)

**Sue Stevenson** - Active Healthy Living Consultant  
Office: 883-4103 Cell: 890-1010 [stevenson@ccrsb.ca](mailto:stevenson@ccrsb.ca)

**Ashley Phillips** - Sport Animator (Chignecto Family)  
Office: 661-2538 Cell: 694-4799 [phillipsad@ccrsb.ca](mailto:phillipsad@ccrsb.ca)  
AHL website: [www.ccrsbonline.ednet.ns.ca](http://www.ccrsbonline.ednet.ns.ca)



# Balance

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## 2008 TAPHE Conference



On October 24, Truro hosted the Teachers Association for Physical and Health Education Conference at Truro Junior High School. Over 480 physical and health education teachers from across the

province participated in over 60 workshops. Ted Termertzoglou, who represents teachers nationally, delivered the keynote and celebrated teachers contributions to the health of young people across the

province. Physical and Health Education Canada sponsored a luncheon to kick off the program, "At My Best" and over 50 exhibitors provided information and resources to the teachers.

## CCRSB GIRLS LEADERSHIP UPDATE

All eight high schools are back in full swing with their Girls Leadership Programs. GL teams range from 8-15 leaders representing grades 9-11. These young women have taken on the challenge of increasing healthy living opportunities for the girls in their school/communities. Events and projects vary from school to school providing females with lunchtime, after-school and evening programs in yoga, modified games, mountain biking, pedometer challenges, skating and many other non-traditional physical pursuits. One new and exciting activity was introduced to CEC students last year by the GL team. The CEC Girls Leadership Group organized a

ballroom dance lesson at the end of last year prior to the prom. It was free to students as the one time free class was taught by a very accomplished student dancer. Only 80 people came and either watched or participated. "It was a huge success and so much fun!" Because of the incredible amount of interest, the leadership team brought the idea to the HPS committee and they agreed to support 12 weeks of free ballroom dance lessons to students this year. HPS funding

was used to pay the student instructor to lead the students. Currently CEC has about 40 students involved in ballroom lessons and they may even be doing a performance for the school during the upcoming talent show. The Girls Leadership team at Pugwash District High has received a grant for \$1025 from the Cumberland County Community Health Board Wellness Program. Their mandate is to introduce inactive teenage girls to various types of physical activity outside of the school setting along with healthy shopping and eating practices. The leaders hope that these young women will take some of this knowledge back to their families and friends.

**Upcoming GL Events**  
**NCCP- Intro to Coaching Feb. 5-6**  
**Leadership Retreat- Tim Hortons Camp Feb 16-17**

## PE Teacher: Margie MacIntyre Cobequid Consolidated and Chiganois Elementary

Teacher Profile



What do you get when you cross an enthusiastic Physical Education teacher and a Cape Breton Fiddler? The students at Chiganois Elementary and Cobequid Consolidated know the answer as they make their way to the gym to experience Ms. MacIntyre's PE class. In her 29th year of teaching Physical Education, Margie continues to plan and deliver an exciting, challenging, inclusive program, curricular and extra-curricular. In addition to her busy schedule, Margie organized and held a health promoting Sports Fair at Cobequid Consolidated, Old Barns, last April with 25 exhibitors and displays. The focus of the day was on families stepping up their activity level with an emphasis on wellness and healthy eating. She's ready to roll again this April with another Sports Fair as she strives to support children and parents towards healthy living. Margie notes that the highlight of her career has been "the fantastic support from parents and administrators". Her passion towards Physical Education and physical activity is demonstrated daily in both of her schools as she provides students with positive physical learning experiences. Congratulations and thanks to Margie MacIntyre for her expertise and pride in her profession!

Remember... March is Nutrition Month - "Stay Active and Eat Like a Champion" [www.dietitians.ca](http://www.dietitians.ca)  
and... Help your students "Take the Roof off Winter" [www.taketheroofoffwinter.ca](http://www.taketheroofoffwinter.ca)

## Program Profile- Youth Action Team (YAT)

The Youth Action Team (YAT) at Parrsboro Regional High School was created in 2006 under the direction of Physical Education teacher advisor, Charlene Smith with the support of the regional Health Promoting School (HPS) team. The group consists of two student representatives from each grade level. Since its beginning, there have been several beneficial outcomes. In the beginning, the group discussed issues that related to health, fitness and well being of students. From that it was realized that students needed more all-inclusive activities - where all students had the opportunity to participate. The group presented possible activities at an assembly, sharing with students recent findings from health related research. In the 07-08 school year, they expanded on the idea that elementary students needed



more student lead activities at noon to increase their physical activity levels. The YAT took Playground Activity Leaders in Schools (PALS) training and then trained 16 students in the Elementary School to be PALS. These elementary students now lead activities at lunch for all students. The YAT also held a smoothie test tasting, a smoothie recipe contest and gave out a Healthy Living Award at the Sports Banquet. For 2008-2009 the YAT has scheduled monthly special events which will include a free skate, snow sculptures, winter carnival event, Hawaiian dance, taste testing, tug of war and Most Outrageous Group Activity (MOGA) Madness. The CCRSB HPS team extends a big thank you to Charlene Smith and the Parrsboro YAT for their ongoing commitment to this program.



Playground Activity Leaders In Schools

Playground Activity Leaders in Schools (PALS) training has been delivered in 11 elementary schools this year. The PALS program trains students to lead playground games and activities for younger students at recess or lunch. This program provides a leadership opportunity for elementary students and encourages physical activity and inclusion among students. Maple Ridge Elementary School began the PALS program in October. Students at this school lead playground games and activities during 3 lunch hours a week. The PALS



are having fun playing new games and providing leadership to the younger students at the school. One leader recently stated "after PALS, the kids go inside with a smile on their face..this makes me feel good".

*"The PALS model leadership and inspire children to join activity on the playground. As a PEBS school this program has fit nicely into our philosophy. A wonderful program indeed!!"*

Janice MacKenzie, Maple Ridge Elem. PE Teacher

## AHL Mentoring Program



Mentor Daren White leads PE 7-8 Dance and Assessment inservice.

CCRSB is in the process of implementing Phase 2 of the Active Healthy Living Mentoring Program, designed specifically for Physical Education and Healthy Living (PDR) teachers (7-9). A team of six PE and Health teachers completed the NSELC Mentoring module last year and are now providing instructional and content mentoring throughout the board. This year, there will be a focus on supporting the new PE 10 curriculum implementation, P-9 assessment and reporting, and support for Healthy Living 7-9. The Active Healthy Living mentors will include a combination of consulting, collaborating, and coaching to help teachers improve their teaching practice. Please call or email Sue Stevenson, Active Healthy Living Consultant, if you would like to discuss the mentoring options. Because there are a limited number of days available, teachers will be processed on a first come first serve basis.

### Mentors:

Daren White (P-6 Physical Education English and French)  
Shauna Heighton (P-12 Physical Education / Healthy Living 7-9)  
Ruth Ann Murray (7-12 Physical Education)  
Larry MacKenzie (10-12 Physical Education)  
Michelle Ripley-Stubbart (9-12 Physical Education / Dance 11)  
Jill Fraser (Healthy Living/PDR)