

Teacher Notes

Sport Nutrition Programs

Several programs have been developed by Coaching Association of Canada to assist athletes and coaches with identifying and managing their sport nutrition needs in specific situations. Parents Nutritional Checklist is an interactive tool which helps parents identify their child's specific nutritional challenges and the resources that will help them address those issues. The Coach's Nutritional Screening Tool and the Athlete's Nutritional Checklist are interactive tools which help coaches and athletes identify specific nutritional challenges and the resources that will help them address those issues. Training Diet - Everyday Eating helps athletes and coaches maintain a consistent training diet all year round. Eat Smart, Win Smart in Torino is a nutritional resource package designed to assist high performance athletes with maintaining their training diet while at Olympic and Paralympic Games in cold climates like Torino. Eat Smart, Win Smart in Athens is a nutritional resource package designed to assist high performance athletes with maintaining their training diet while

at Olympic and Paralympic Games in hot climates like Athens. Eat Smart, Win Smart in Bangkok is a nutritional resource package designed to assist high performance athletes with maintaining their training diet while at the 2007 Summer Universiade in Bangkok. For more information visit www.coach.ca

Resources

Another way to Take Action in Secondary Schools: Ophea's well received Take Action in Secondary Schools resource is now available online for use as a complement to the hardcopy edition of the Educator's Guide to Substance Use Prevention. This online interactive and searchable version provides a way for us to continually update content and for you to have easy access to information for your secondary school. Check out www.opheaprograms.net/tasecondary
The ABC's of Size Bias: The ABCs (Anti-Bias Classroom) of Size Bias website explores stereotyping and discrimination of students considered overweight within the school setting. Lesson plans and teacher resources are available at: www.tolerance.org/teach/activities/

The Purpose of Fitness Assessment in a Quality Health and Physical Education Program

- Six Key Messages developed by OASPHE: What is the purpose of fitness assessment as part of a quality health and physical education program? Ask yourself: does your approach when using fitness appraisal tools encourage your students to engage in physical activity? Do your teaching and learning strategies help all students acquire the knowledge and skills to maintain and improve their personal health-related fitness as part of their commitment to lifelong healthy active living? Teachers who adopt the practices set down in six provincial messages may be certain that they will engage and motivate all students to participate in moderate to vigorous physical activity in order to maintain and/or improve their personal health-related fitness. This will inevitably help all students acquire the comprehension, commitment and capacity to lead a healthy active life. The six provincial messages along with a complete literature review can be found on the OASPHE website www.oasphe.ca

ACTIVE HEALTHY LIVING

CCRSB is in the process of implementing Phase 1 of the Active Healthy Living Mentoring Program, designed specifically for Physical Education, PAL, Health and Healthy Living (PDR) teachers. Six PE and Health teachers have completed the NSELN Mentoring module and are beginning the process of instructional and content mentoring throughout the board. For this year four teachers have indicated interest in the program and have applied to participate in this first phase of the program. At the end of this school year we will review the initiative and create a plan for the 2008-9 year.

Mentoring has proven to be the most successful vehicle for professional development. The Math and Literacy mentoring programs have had an incredibly positive impact on teaching and student learning and have set standards for the mentoring approach for PE and Health. The Active Healthy Living mentors will include a combination of consulting, collaborating, and coaching to help teachers improve their teaching practice. Please contact Sue Stevenson at stevensons@ccrsb.ca if you are interested in learning more about the program.

MENTORING PROGRAM

Websites

Kids Health For Kids
Nova Scotia Outdoors
Canadian Cancer Society
The Canadian Health Network
Sport Fit
ParticipACTION
Canadian Association for School Health
Canadian School Physical Activity & Nutrition Network
Physical Education and Activity Online
Green Gym

www.kidshealth.org/kid/stay_healthy/
www.nsooutdoors.com/index.html
www.cancer.ca
www.canadian-health-network.ca
www.sportfitcanada.com
www.participaction.com
www.cash-aces.ca/
www.canspann.uwaterloo.ca/
<http://fusion.uleth.ca/crcd/physedlinks>
www.greengym.com

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:
Active Healthy Living Website: www.ccrsbonline.ednet.ns.ca

Anitra Dagley- Sport Animator
Office: 883-5549 Cell: 890-9025 dagleya@ccrsb.ca
Sue Stevenson- Active Healthy Living Consultant
Office: 896-5566 Cell: 890-1010 stevensons@ccrsb.ca



Balance

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Girls Healthy Living Week



Over 135 events were held in celebration of Girls Healthy Living Week. Activities ranged from the snowshoeing/environmental education outing at the Tantramar Wetlands Centre to an open swim at the Pictou Fisheries Pool. Over 3200 girls participated in events held throughout the week.

Thank you to all schools who participated.

"The greatest success during Girls Healthy Living Week was that inactive girls, girls who are shy and girls who do not enjoy conventional PE class were active in a safe, fun and supportive environment."

- Youth Leader (Riverside Education Centre)

"Girls who never participated were involved during this week, and now I'm seeing more girls and new groups of girls coming into the gym for physical activity. I think this week had a great impact on the girls. The girls were left inspired and motivated." - Youth Leader (EB Chandler Junior High)

Physical Education 10 - PHOTO REQUEST

This course will provide students with a variety of fitness and sport experiences to enhance their understanding of personal fitness and growth. Physical Education 10 includes some theory components, coupled with predominantly active experiences whereby students will have the opportunity to participate in a variety of indoor and outdoor fitness, sport, and recreational experiences.

The emphasis of this curriculum is to provide students with experiences that require them to take and reflect on their personal responsibility for active, healthy living now and throughout



life. The course is divided into (4) four modules:

Outdoor Pursuits, Exercise Science, Personal Fitness, and Leadership.

A new resource is being written for the new PE

10 course by Ted Temertzoglou, Thompson Publishing. He is working with the province as he attempts to create a resource with a Nova Scotia flavor. The goal is to provide our students and teachers with a text that features and celebrates Nova Scotian PE students and athletes. In an effort to highlight CCRSB students and our outstanding PE programs, high school Phys. Ed. and PAL teachers have been asked to submit student photos and profiles. If you require information, please contact Sue Stevenson at 896-5566 or stevensons@ccrsb.ca.

PE Teacher: Glenn MacKinnon Salmon River Elementary & Valley Elementary



Physical Education for everyone! What an ideal dream for all schools, all Physical Educators and of course, all children. Salmon

River Elementary School in Truro demonstrates an incredibly diverse and inclusive Physical Education program lead by Glenn MacKinnon. Glenn, who also teaches at Valley Elementary, is a well known and well respected PE teacher who has been teaching in Truro for over 20 years. Providing a positive learning environment for all students is obviously of great importance to Glenn as he welcomes a grade 2 class for a snowshoeing experience. One of the students participating is Rachel, an enthusiastic 7 year old who is blind, who rushes to prepare for the outdoor adventure! Walking hand in hand with classmates through the snowy trails allows Rachel to experience physical activities with her friends while promoting the natural inclusion of all. Glenn organizes and

leads break time and lunchtime activity sessions such as skipping, gymnastics and dance in the gym. Again, everyone is welcome as he modifies activities to suit all participants. Having fun while developing a positive attitude towards being active seems to be the goal!

Julie Windebank, Rachel's APSEA itinerant teacher, praises Glenn for his standards for participation, behavior and skill development. She notes that he adapts activities to make PE safe, fun and inclusive as he promotes healthy active living. In early childhood development, vision plays a critical role in learning concepts and movement, so children who are blind or visually impaired are at risk of being delayed in motor development; they may develop abnormal posture, gait, and have poor flexibility and level of physical fitness. Glenn works closely with Rachel's EA and has created a challenging and exciting learning environment for Rachel, as she has the opportunity to work and play with classmates developing strong physical and social skills, as well as learning to enjoy an active lifestyle. APSEA has supported Glenn by providing consult visits from two PE teachers employed by APSEA who are trained and experienced in blindness and visual impairment. Julie feels that Glenn has had a huge impact on Rachel's skill levels and her positive approach to Physical Education.

Thank-you to Glenn and to all of our Physical Educators who are making an effort to create an inclusive teaching environment and developing PE programs that celebrate active and healthy lifestyles for all students!

School Profile- North Colchester High School



The Girls Leadership Program at North Colchester High is well underway. North Colchester High School is one of 8 high schools taking part in the CCRBS Girls Leadership Project. This group of females kick started their project by holding after school yoga sessions for junior high girls. This winter they started a ski club that hits the slopes at Ski Wentworth every Friday night! These enthusiastic girls are not stopping here! They have begun to plan great events for the remainder of the school year. These events include yoga, DDR, Speed Stacking, and a recreational basketball tournament.

Breakfast Program



Our schools, students, and staff are finding continued success with their breakfast programs every month. Toast, cereal, cheese, fruit, and milk are a great way for students to start the day and many schools are branching out and trying new menu choices. Elmsdale District Elementary are having great adventures with smoothie taste testing; Once a month Northport Consolidated Elementary has a hot

breakfast with eggs, French toast, fruit, and more; Trenton Elementary students are getting a taste of grilled cheese sandwiches; and the Chignecto-Central Adult High Schools are having fun with taste testing a variety of different fruit each week.

If you are having a breakfast event, need advice or support with your program, please contact Ashley Phillips, Breakfast Program Manager at 661-2497 or phillipsad@ccrsb.ca



SAVE THE DATE!
October 24, 2008
TAPHE Conference
"Merging Mind & Movement"
Truro, NS

QUICK WARM-UP GAMES

Stretch Wave

Location: Gymnasium, multi-purpose room, classroom, outside.

Equipment: None

How to Play: Working as a team to create the 'wave', this stretching activity is a great way to get students cooperating while involving them in leading a fun stretching session.

- Have students form a circle arms length apart from the person next to them.
- Each circle made requires a teacher/student leader to lead a series of stretches.
- The leader starts off by demonstrating and holding a stretch.
- One at a time, in a clockwise direction, the students follow the lead of the leader and perform and hold the stretch, creating a wave around the circle.
- When the stretch reaches the last person, the leader starts a new stretch. Students should hold the previous stretch until the new stretch comes to them.
- Circle size and number of groups required should be monitored to ensure each student is holding the stretch for approximately 10 to 15 seconds.

Team Tag!

Location: Gymnasium or large indoor/outdoor area.

Equipment: Four pylons

How to play: Set up a big square using the pylons. Break children into four teams. Ask each team to line up at a pylon. (It is important they are inside the square in a line. No one should be outside the square) At the sound of the whistle the first player races around the outside of the square. (completing 1 lap) While completing this lap they are trying to tag the member of the teams in front of them that are running too. If they tag them (lightly) they yell 1, 2, etc. and keep running to try and tag the next person running, until they have reached their team. They cannot tag the same person twice on one lap! Once they reach their team they go to the end of the line and the next person is running. When done you ask them to add up all their teams' points.



Health Promoting Schools

HPS has a new logo! A Health Promoting Schools logo contest was held in December 2007. Over 18 schools submitted 347 entries. Thank you to everyone who submitted logos - it was a tough decision! Congratulations to Shayna Piercy, a Grade 12 student at Hants North Rural High School for her winning entry. Hants North Rural High School has received \$500 towards HPS initiatives at the school.