



Playground Activity Leaders In Schools



Playground Activity Leaders in Schools Expression of Interest

The **Playground Activity Leader in Schools (PALs) Training** is an interactive workshop that teaches elementary students how to lead games and activities for their younger peers during their school breaks, such as before school, recess, and lunch time.

The PALs program strives to:

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

The Playground Activity Leadership in Schools (PALs) program will be provided by the Sport Animator/Health Promoting Schools representative in your FOS. **Four schools per family will be provided with full PALs implementation during the 2009-2010 school year.** If you are interested in participating, please email Ashley Phillips at phillipsad@ccrsb.ca or phone 661-2538

PALs Program Requirements:

- ✓ The PALs on site staff advisor will meet with the CCRSB representative to discuss the program in more detail.
- ✓ The PALs on site staff advisor **must** attend the PALS school training session in order to properly support and oversee the PALs throughout this program.
- ✓ The training will be 2 ½ hours in duration.
- ✓ A **maximum** of 10-12 students from your two senior grades levels (eg. grades 5 and 6) will be able to participate in this initial training.
- ✓ The PALs on site staff advisor will be responsible for the weekly school based coordination of the program.
- ✓ PALs will be offered at your school at least 2 times per week, for the duration of the school year.
- ✓ The PALs and the supervisor will complete a mid year and year end evaluation form.
- ✓ A CCRSB representative will visit your school every 2 months after the training session to check in with the PALs.

- ✓ A CCRSB representative will provide all necessary ongoing support.