

EVER ACTIVE SCHOOLS  
FAST FACTS...

- ❖ CANADA REGAINS IT'S TITLE FROM AUSTRALIA ON THE WORLD RECORD WALK DAY 2007!
- ❖ FEBRUARY IS HEART MONTH
- ❖ EDMONTON PUBLIC BANS JUNK FOOD FROM ITS SCHOOLS
- ❖ WINTER ACTIVE BEGINS IN JANUARY

## INSIDE THE BULLETIN:

- SUCCESS STORIES – ST. ALPHONSUS SCHOOL...2
- WELLNESS GRANTS...3
- CAHPERD RAP AWARD...3
- PROMISING PRACTICES...4
- WINTER WALK DAY...5
- WINTER ACTIVE...5 BREAKFAST FOR LEARNING...5
- HEALTH PROMOTION THEMES...6
- NUTRITION INNOVATION AWARDS FOR TEACHERS AND SCHOOLS...7

[www.everactive.org](http://www.everactive.org)

## HASS 2007!

Thank you to all the school communities able to attend this year's **Healthy Active School Symposia (HASS)**. EAS hosted events in Edmonton, Red Deer and Calgary with Grande Prairie's event postponed until May 1, 2008 (to be held in conjunction with the HPEC Conference). We had 285 participants from 47 school communities (156 students, 96 school staff, 33 health practitioners / education consultants) in attendance.

EAS staff have already started planning for the **HASS 2008** events by evaluating your feedback, looking for facilities and seeking out new partners. Hopefully, we will see even more of you in September / October 2008. Check the website for updated information and registration details by mid-January.

Speaking of the website... Take a few minutes and browse the newly revised EAS website! One of the new sections features success stories from our members across Alberta – if you would like to contribute your story, please send Rhonda an email!

Finally, be sure to take some time to enjoy the winter wonderland as you take a well deserved Christmas break! If you need something to do – why not take a moment and nominate a superb PE teacher for the CAHPERD PETE Award – check it out at <http://www.cahperd.ca/eng/awards/peteacher.cfm> deadline is **Dec. 31, 2007**

*Doug Heddie*

## PREMIER'S AWARD FOR HEALTHY WORKPLACES

Applications are now being accepted for the third annual Premier's Award for Healthy Workplaces. As part of the *Healthy U @ work* initiative, 10 Alberta employers will be recognized for their commitment to improving the health of their employees. The award is designed to recognize employers that provide strategies, initiatives, policies and/or programs that promote support and enhance a healthy workplace and the efforts of workers to remain healthy at work and beyond. The initiatives **must** include (but are not limited to) **both** physical activity or active living and health eating components that are part of *Healthy U*.

The award program is open to all Alberta workplaces, including businesses, municipalities, schools, health regions, not-for-profit organizations and government departments. The award features four categories based on the number of employees in the workplace. Award applications are due on December 14, 2007 at 4p.m. Visit <http://www.healthyalberta.ca/AboutHealthyU/263.htm> to apply.


 The logo for the province of Alberta, featuring the word "Alberta" in a stylized, bold, black font. The letter 'A' is particularly large and has a unique shape, with the 'l' and 'b' following its lead. The 'e' and 'r' are also stylized, and the 't' is a simple vertical bar. The 'a' at the end is a lowercase letter with a rounded bottom.

## SUCCESS STORY – ST. ALPHONSUS SCHOOL

There are some schools that really take their students' health to heart, and St. Alphonsus (SA) elementary and junior high is one of them. They have been an Ever Active School since the beginning of the program and have shown a lot of growth in their school community, especially when it comes to physical activity and nutrition. SA has also received the Active Edmonton Award two years running, and after reading this article you'll be able to see why!

The whole school is active, with extremely high participation in extra-curricular activities and team sports. For example, they have introduced activities such as hip-hop dance classes to engage a diverse range of students. In addition to their daily physical activity, being an Ever Active School has resulted in more students at SA working out and trying out for teams.

Brent Bradford, the school's physical education teacher, had the fitness facility built four years ago in order to allow the students to engage in different types of activity and to increase physical activity levels. They have both cardio and weight equipment, which students are taught how to safely use. In addition to in-school use, on Mondays, Wednesdays, and Fridays, from 4-8 pm the facilities are open to the junior high students and the broader school community. The gym is also made available at these times for all students, who often engage in basketball and badminton with family and friends. Suzanne Rozycki, the school's assistant principal, noted that, "This program keeps the kids safe, it is very social, and they learn how to make physical activity a part of daily life."

The nutrition program is also showing that the school's health community is strong. The manager of the school's store along with Brent Bradford, look at the store's menu, and try to stick to the motto, "the healthy choice is the easy choice." They also run a daily breakfast program for the junior high students, who are provided with a healthy meal to get their day started off right, and taught what goes into a proper diet. The elementary school students are given a wholesome snack to make sure they are getting proper nutrients to help them have a successful school day. The grade 5's also get to participate in a Young Chefs program, where they learn to cook nutritious meals. This complements the Ever Active Schools approach as nutrition and physical activity go hand in hand.

Upon talking with the students at SA, it is obvious they feel very supported. As one student put it, "This school is pretty athletic, we have a lot of opportunities for everyone." A second student added, "The teachers are really helpful and willing to give extra time, they are really devoted to us." One of the key features of maintaining this high level of participation is that all teachers in both the elementary and junior high coach teams and supervise the fitness areas, and there is an impressive willingness of staff to volunteer. Brent Bradford believes that being an Ever Active School is really critical and can be maintained. "Having a healthy school is what always felt important here. We wanted to make sure that if the principal leaves that the programs will continue, and that happens by having all of our staff and parents involved."

St. Alphonsus is a stellar example of what an Ever Active School can be. They should be very proud of their accomplishments in creating and supporting a healthy active school community!



*"HAVING A HEALTHY SCHOOL IS WHAT ALWAYS FELT IMPORTANT HERE. WE WANTED TO MAKE SURE THAT IF THE PRINCIPAL LEAVES THAT THE PROGRAMS WILL CONTINUE, AND THAT HAPPENS BY HAVING ALL OF OUR STAFF AND PARENTS INVOLVED."*



## ALBERTA HEALTHY SCHOOL COMMUNITY WELLNESS FUND

The School of Public Health is pleased to be working in conjunction with The Alberta Coalition for Healthy School Communities (ACHSC) and Alberta Health and Wellness to provide funding for projects that support healthy school communities. The Fund will provide \$3 million over the next three years to promote healthy school community initiatives. The goal of the Wellness Fund is to support healthy school communities in Alberta to plan, implement, and evaluate comprehensive school health approaches to enhance the health outcomes of school-aged children and youth. The resulting initiatives will demonstrate the benefits of working together to promote healthier children and youth at the school community level where efforts are proven to be effective. Two categories of grants are available.

### Category A: Larger Grants

Grants over \$10,000 and up to \$50,000 per year are available for approved projects.

**Upcoming deadlines are December 14<sup>th</sup>, 2007 and March 28<sup>th</sup>, 2008**

### Category B: Smaller Grants

Smaller grants up to \$10,000 are available for smaller school community projects or activities.

**Upcoming Deadline February 28<sup>th</sup>, 2008**

Grant application forms are available on the Alberta Coalition for Healthy School Communities Website at [www.achsc.org](http://www.achsc.org)

For more information please contact,

*Rachel Rose*

Project Coordinator

Alberta Healthy School Communities Wellness Fund

Rachel.rose@ualberta.ca

Phone: (780) 492-3527

## CAHPERD - RECOGNITION AWARD PROGRAM (RAP)

The Quality Daily Physical Education (QDPE) Recognition Award Program (RAP) identifies, recognizes and encourages excellence in school physical education programs. All QDPE and QPE RAP schools receive an award banner and a free one-year CAHPERD membership. The QDPE RAP requires schools to assess their physical education programs based on the criteria identified in the RAP application form. Any Canadian K-12 school can apply for either of the RAP awards. **This year's Recognition Award Program has now been launched online at [www.cahperd.ca](http://www.cahperd.ca)!**

Congratulations to St Mary's High School in Vegreville, AB! This year's first applicant to the 2007 - 2008 Recognition Award Program!

If you offer a regularly scheduled Quality Physical Education Program apply for the Elementary/Junior High Award.

**OR**

If you offer a semester/credit based Quality Physical Education curriculum then apply for the Secondary School Award.

For any questions regarding the Recognition Awards Program consult the "About RAP" Section of the website or contact: [qdpe@cahperd.ca](mailto:qdpe@cahperd.ca)

This year's Recognition Award Program is generously supported by AstraZeneca Canada Inc.



THE SELECTIONS ON THIS  
PAGE ARE TAKEN FROM  
THE EAS PROMISING  
PRACTICES

WWW.EVERACTIVE.ORG



## HEALTH FAIR EXTRAVAGANZA

**Organization:** Give students the opportunity to choose from many different sessions related to health and physical activity. Each student will then rotate to several (for example, six) different sessions throughout the day. Have staff, community members, parents or facilitators from provincial sport organizations lead the sessions. Students can participate in the organization of the fair. Conduct a school-wide survey to generate ideas for potential sessions. Potential presentation topics include: healthy snacking, be fit for life, hip hop dance, bike safety, back health, first aid, yoga, dental hygiene, play safely, tobacco free kids, personal health, heart health and fire safety. Have teachers and students evaluate the sessions. Students could fill in questionnaires about what they learned. Another idea is to hold a career fair to make students aware of the jobs that are available in various health and wellness fields, and the organizations that exist to provide them with assistance.

To link this to other curriculum areas, have a health fair with a science fair format, where students develop their own health projects. Increase awareness of health and related issues by inviting students from other schools and parents to visit and view displays.

## ICE SPORTS DAY

**Equipment:** community venue, skates, miscellaneous supplies, teachers and parents or community members to lead sessions.

**Organization:** Organize a day for your students to get out and experience a sport in the community. Set up stations for students to try different aspects of skating and ice sports. Some ideas for stations are ringette shots; an obstacle course; a course where students have to pick up things off of the ice; a slalom course, a station where they can learn to fall down properly.

Set up some time at the local curling rink to introduce your students to the sport of curling. Use community members, parents, or teachers to introduce the students to the sport of curling.

Cross Country Skiing: Look to share equipment with other neighboring schools. Perhaps even share instruction and resources from neighboring schools. Get the students involved in winter sport activities.

Set up games and activities outside during the winter months to meet the curriculum goals and use an alternate environment.

## COOKING CLASSES

**Equipment:** community or teacher leaders, cooking facilities, food, students and their parents.

**Organization:** Make cooking classes available for students to attend with their parents or alone after school hours. Include community leaders and class instructors. Ask participants to share their own healthy recipes. At the end of the sessions, have a class potluck where participants display their new cooking skills. You could also provide nutrition workshops for students and parents. Feel free to contact your local nutritionist in your regional health authority and or family liaison worker.

**WINTER WALK DAY IS COMING TO YOU ON  
WEDNESDAY FEBRUARY 6<sup>TH</sup>, 2008  
PLAN AN ACTIVITY AT YOUR SCHOOL!**



**Mark it on your Calendar!**

The dates for WinterActive 2008 have been confirmed. The campaign will run **January 18 to February 29, 2008.**

The WinterActive launch will occur through the efforts of Medicine Hat College Be Fit For Life Centre on **Friday, January 18<sup>th</sup>**, and will include a video conferencing component. Check out [www.winteractive.org](http://www.winteractive.org)

WEBSITES FOR  
MORE  
INFORMATION!

[CAHPERD.CA](http://CAHPERD.CA)

[SHAPEAB.COM](http://SHAPEAB.COM)

[WINTERACTIVE.ORG](http://WINTERACTIVE.ORG)

[CREATEAMOVEMENT.CA](http://CREATEAMOVEMENT.CA)

A

[HEALTHYALBERTA.CO](http://HEALTHYALBERTA.CO)

M

[SCHOOLSCOMEALIVE.ORG](http://SCHOOLSCOMEALIVE.ORG)

**BREAKFAST FOR LEARNING PROGRAM**

If you would like to learn more about Breakfast for Learning and its programs visit [www.bflalberta.org](http://www.bflalberta.org) or contact Valerie Wilbur, Alberta Coordinator. Also contact Valerie or visit the website if you would like to receive this newsletter and other updates regularly. Next deadline for grant applications is May 15, 2008.

Valerie Wilbur  
Alberta Coordinator  
Breakfast for Learning Alberta  
(780)459-9558  
[Valerie.wilbur@telusplanet.net](mailto:Valerie.wilbur@telusplanet.net)  
[Valerie.wilbur@telusplanet.net](mailto:Valerie.wilbur@telusplanet.net)

**Alberta**  
MISS CALGARY AND BREAKFAST FOR LEARNING IN ALBERTA

Alisia Fieldberg is Miss Calgary 2007, and she has chosen Breakfast for Learning as her charity to support as an ambassador throughout the upcoming year. She joined our Council members and the Canadian Progress Club in Sherwood Park on July 1st to promote Breakfast for Learning and help fundraise. At Calgary's Harry Potter Family Street festival in July, she hosted a Breakfast for Learning booth equipped with a "Hungry Hungry Hippogriff" game (see photo) and the "Healthy Hoppers" lunch and snack ideas (see recipes in this newsletter). She also answered questions about our programs in Alberta and how parents and children can get involved. In August, Alisia partnered with the Kids Caring Kids group in Airdrie, and held an Old Time Country Fair to raise funds and awareness for Breakfast for Learning in Alberta. "Being involved in interactive community events to promote Breakfast for Learning has been exciting and rewarding," says Alisia. We look forward to Alisia's continuing as our ambassador this year, and thank her for all her enthusiastic support.



*Congratulations to Miss Calgary, Alisia Fieldberg, recently crowned Miss Canada!*

**BREAKFAST FOR LEARNING ALBERTA WISHES TO THANK**

- ENMAX Energy Corporation - our new supporting partner
- Alberta's Promise, for building this new relationship
- TELUS, for a major gift donation
- Edmonton Glenora Rotary Club
- Sherwood Park Canadian Progress Club

The generous support from all of our donors helps provide the grants which keep the school nutrition programs thriving and feed hungry children, in order that they may learn in school.

**FUEL UP WITH VEGETABLES AND FRUITS PROGRAM**

As a result of our two supporting partners, the Edmonton Oilers Community Foundation and ENMAX Energy Corporation, Breakfast for Learning Alberta is pleased to announce our Fuel Up with Vegetables and Fruit Program.

This program will be launched in September 2007. Additional grant money will be awarded to all the Breakfast for Learning funded schools in Alberta to accompany their nutrition grants. The Fuel Up with Vegetables and Fruit funding is to be used to purchase vegetables and/or fruit for the school nutrition program. How this will best work will be up to each program. If you do not already serve fruit or veggies, it will allow you to add these healthy foods to your menu. It could mean that you can add more variety to what you normally serve. Also included is a resource booklet to accompany your Fuel Up with Vegetables and Fruit grant. We are very thankful to both our supporting partners for enabling us to offer this exciting new aspect to our school nutritional programs.



Please visit the Breakfast for Learning Alberta website for new Alberta success stories and announcements of upcoming events.  
Our website address: [www.bflalberta.org](http://www.bflalberta.org)

Alberta Grant application deadlines:  
October 15, 2007; May 15, 2008

ALBERTA'S PROMISE  
TELUS  
ENMAX

“USE OUR NEW HEALTH PROMOTION THEMES SECTION FOR YOUR NEWSLETTER.”

**NUTRITION - MUFFIN MADNESS**

Over the years muffins have grown in size. They used to fit into the palm of your hand but now they have grown to have the same amount of calories as a fast food hamburger! Next time choose a smaller sized muffin that is low in fat and contains whole grains such as bran, oatmeal or oat bran. Better yet try making your own!

**PHYSICAL ACTIVITY - DO MORE WATCH LESS**

We are spending more and more time in front of the T.V. or computer. The time spent on these screen-based activities is seen as a reason for the increasing numbers of overweight and obese children.

Reducing screen time and replacing it with healthy activities will benefit you and your family. Replace it by being active. Go tobogganing, take a winter walk, try ice-skating, build snow castles, and enjoy our great winter months.

**HEALTH AND WELLNESS - MAINTAIN BALANCE BETWEEN WORK AND PLAY**

For a child struggling with academics, focus not just on studies but also on developing other personal strengths. Encourage your child to participate in activities such as sports, crafts, music, cooking or clubs. Avoid having your child spend too much time after school and in the evening struggling with homework. A shorter amount of quality homework is more effective than a longer session! Children need free time to play, relax and pursue other activities to maintain a healthy balance.

**HEALTH PROMOTION AND INJURY PREVENTION - SLEDDING AND TOBOGGAN SAFETY**

**Check out the hill:**

Check the weather and physical conditions of the hill to see that it is safe.

Select a hill with a gentle slope and a long run off area

**Check your style:**

Always sit or kneel facing forward

Keep hands, arms, and legs inside the sled to prevent injury

Wait until the path is clear before starting down the hill

Keep an eye out for oncoming sledders and quickly get out of the way when you reach the bottom of the hill

Climb back up the hill by keeping to the side (away from where the people are coming)

A responsible adult should accompany any **CHILD UNDER FIVE** and children under twelve should be supervised

**Check your gear:**

Choose a sled or toboggan that is easy to control

Wear CSA approved safety helmets

Dress properly with mittens, hats and warm waterproof footwear.

Avoid long scarves or clothes with drawstrings, which may get caught up in sleds.



NEWSLETTER TIPS  
COMPLIMENTS OF  
“MOVING AND  
CHOOSING “ PALLISER  
HEALTH REGION AND  
ITS PARTNERS

## NUTRITION INNOVATION AWARDS FOR ALBERTA TEACHERS

### DO YOU HAVE A GREAT WAY OF INTEGRATING NUTRITION INTO YOUR CLASSROOM?

Up to six awards of \$100 will be presented to teachers for innovative strategies used to incorporate nutrition into any classroom. If you teach physical education, health or even math, and you have great nutrition lessons you use to meet curriculum goals, we would love to hear from you.

[Click here](#) to download your copy of the Tried and True: Nutrition Strategies booklet, which features the six award-winning teachers and their strategies for 2005-06.

**Application Deadline: March 31, 2008**

**Awards Announced: April 30, 2008**

### INTERESTED IN WINNING \$500 FOR YOUR SCHOOL?

**Up to six awards of \$500** will be given to schools for initiatives to improve nutrition at their school. This can include changes to your cafeteria, canteen, tuckshop, vending machines, special event menus and items used in fundraising.

Whether you have already started to make changes to improve nutrition at your school or you are just thinking about making changes, here is your chance to make a difference at your school and win money to help you along the way!

[Click here](#) to see the six award winning schools from 2005-06.

**Application Deadline: March 31, 2008**

**Awards Announced: April 30, 2008**

## CONTACT US!

3rd Floor Percy Page Centre  
11759 Groat Road  
Edmonton, Alberta  
T5M-3K6

Doug Gleddie  
Director  
[doug@everactive.org](mailto:doug@everactive.org)

Jardath Nelson  
Project Coordinator  
[jnelson@brsd.ab.ca](mailto:jnelson@brsd.ab.ca)

Phone: 780-454-4745  
Fax: 780-453-1756

Rhonda Schilberg  
Administrative Assistant  
[info@everactive.org](mailto:info@everactive.org)



*EVER ACTIVE SCHOOLS,  
FOREVER HEALTHY!*

*WWW.EVERACTIVE.ORG*

**EVER ACTIVE  
SCHOOLS**