

**EVER ACTIVE SCHOOLS
FAST FACTS...**

- ❖ BEIJING SUMMER OLYMPIC GAMES – AUG. 8-24TH.
- ❖ EAS IS EXPANDING TO CALGARY!
- ❖ REGISTER TODAY FOR HASS 2008!
- ❖ ALBERTA NUTRITION GUIDELINES FOR CHILDREN AND YOUTH ARE NOW AVAILABLE ONLINE.

INSIDE BULLETIN:**EVER ACTIVE NEWS...2****KRAFT FUNDING****OPPORTUNITY...3****SWIM TO SURVIVE GRANT...3****PROMISING PRACTICES...4****SUCCESS STORIES – ROSARY****SCHOOL...5****HEALTH PROMOTION THEMES...6****BATTLE RIVER PROJECT****UPDATE...7****ABOUT EVER ACTIVE ...8****Ever Active Schools****On the Web: www.everactive.org**

Welcome to summer!

I am sure you have been looking forward to the end of June as much as I have been... This month always seems to go by in a flash of report cards, exams, field trips, supervision, sports days and water fights (that's just the teachers!). From our angle in the EAS office the month is primarily taken up with meetings, figuring out resources and activities for the next school year and general planning. This past June has been especially busy for a number of very good reasons!

First off, EAS is pleased to welcome Schools Come Alive as the two special projects of the Health and Physical Education Council merge under the EAS umbrella. All the great work the SCA coordinators have done in the past will continue as part of the Health Promoting Schools philosophy. This also means that **Tracy Lockwood** will join EAS as the new **Education Coordinator**.

Speaking of staffing, we have two more announcements to make! **Shannon Horricks-Prins** joins us as the **Battle River Project Coordinator** – her time is split between that project and any number of provincial responsibilities for EAS. **Joyce Sunada** joins us as the first ever Calgary based staff and will help deliver programs to the south of the province as well as coordinate the school membership aspects of EAS.

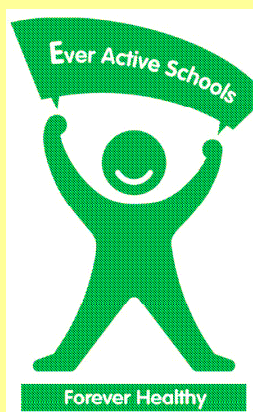
Finally, check out page 2 for more exciting projects and initiatives coming your way for the 2008-2009 school year. Be sure to let us know how we can serve your healthy school community!

Have a safe, active and healthy summer!

Doug Gleddie

HEALTHY ACTIVE SCHOOL SYMPOSIA 2008 DATES

- September 17th – Capital Health Region HASS – Edmonton
- September 29th – Calgary Health Region HASS – Calgary
- October 1st – Peace Country Health HASS – Grande Prairie
- October 6th – David Thompson Health Region HASS – Red Deer
- October 9th – Chinook Health Region HASS – Lethbridge
- October 15th – Northern Lights Health HASS – High Level
- October 17th – Northern Lights Health HASS – Fort MacMurray
- October 22nd – Aspen Health Region HASS – Westlock
- October 23rd – East Central Health HASS – Kinsella
- October 28th – Treaty Six Band Schools HASS – TBA
- October 30th – Palliser Health Region HASS – Medicine Hat



EVER ACTIVE NEWS

Highlight #1: Ever Active Schools is in the process of designing an on-line promising practices database. Focus groups are being run with teachers and health professionals to make sure this resource becomes THE place for *Health Promoting School* resources. EAS hopes to have the database up and running for the HASS 2008 events.

Highlight #2: EAS and the Alberta Health Regions are partnering together this year for the first time to bring the Healthy Active School Symposia across Alberta. This year there will be 11 HASS Events going from Medicine Hat to High Level and Lethbridge to Fort MacMurray and places in between. This new partnership will allow us to reach out to all school communities across Alberta.

Highlight #3: Ever Active Schools and Schools Come Alive are planning a merger for the fall of 2008! The merger will bring together two programs with a long-standing reputation for helping schools. The merger should prove to be beneficial for all involved. Check the website in late August for all of the details

EVER ACTIVE HAS A NEW MEMBERSHIP PROCESS

The EAS membership process is currently under revision. As of Fall 2008, there will be two basic categories.

- **EAS Member:** schools currently in the EAS database and actively working on a game plan for a healthy active school community. These schools will complete an online assessment each year and also submit a game plan. Member benefits include recognition programs, full website access, full EAS event support, opportunities to participate in special projects and events and member rates for workshops and presentations.
- **EAS Associate:** schools signed up as "interested" through the registration page on the EAS website (form to change slightly for Fall 2008) and beginning to plan their healthy active school community. These schools will have an opportunity once a year to complete an online assessment and move to member status. Associate benefits include greater website access, invitations to events, partial EAS event support and a discount for workshops and presentations.

Please see the website www.everactive.org/membership.html for more details or contact Rhonda at info@everactive.org

COMMUNITY MAKEOVERS – FUNDING OPPORTUNITY

This summer Kraft Canada is committing \$200,000 towards upgrading communities across Canada. Do you know of a community centre, community park or sports field in need of an upgrade? Kraft Community Makeovers will range between \$25,000 - \$50,000. Interested groups should submit a story along with three photos that tell Kraft why their community deserves to be rejuvenated. The competition ends July 31st, 2008. Entries will be judged on community spirit, originality and overall need. Applicants should show how their community centre, park or play field is the nucleus for the energy, activity and sense of connection in the neighbourhood. For more information visit: www.savourssummer.ca
<<http://www.savourssummer.ca>>



SWIM TO SURVIVE SCHOOL GRANT

The *Swim to Survive* School Grant* is a one-year project of the Lifesaving Society Alberta and NWT, which is funded by a grant from the Alberta Sport, Recreation, Parks and Wildlife Foundation. The purpose of the grant is to reach as many rural Alberta grade 3 students with swimming skills and, in so doing, develop lasting habits for safe, healthy, and active living.

The Lifesaving Society's *Swim to Survive* School Grant* is for rural Alberta grade 3 students and consists of a minimum of:

3 in-water lessons of 30-60 minutes each (during school hours).

Teaching a sequence of three basic skills:

Roll entry - Tread water 1 minute – Swim 50 metres.

Performed with or without the assistance of a lifejacket.

Plus, 3 in-classroom water safety lessons (up to 30 minutes each) taught by the school teacher or swim instructors

*The Lifesaving Society's *Canadian Swim-to-Survive® Standard* defines the essential skills required to survive an unexpected fall into deep water. Even the more advanced student can gain from the *Swim to Survive* experience through the additional challenge items contained in the program. The *Swim to Survive Program's* flexibility and simple design makes it ideal for schools. *Swim to Survive* is an affordable way for schools to give their students a meaningful swimming experience where no child is left out.

Who may apply for a grant?

Eligible applicants must serve a rural setting, which is defined as a municipality, town or village with a population less than 10,000. Within this setting any public, separate or charter school or school board (regardless of the language of instruction) is eligible to apply.

Check out website for an application

http://www.lifesaving.org/training_programs.php?page=434



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

NEW!!
THE PROMISING PRACTICES ONLINE DATABASE WILL BE AVAILABLE TO MEMBERS IN THE FALL OF 2008!!



SUMMER ACTIVITY LOG

Equipment: One notebook

Organization: Over the summer encourage your children to make healthy living choices by having them keep record of their patterns of activity, nutrition and other healthy lifestyle choices. Improve fitness levels throughout the summer and provide frequent opportunities to build fitness into the day. Monitor results on an individual basis, with logbooks providing an opportunity to observe progress. Students could also learn about healthy lifestyles by recording their parents' activity or by keeping a family journal of lifestyle choices. An easy way to do this is to include a space to set goals and

record activities in your log. Sit down with your family and plan activities to keep your whole family active through the summer months.



ELITE EXPERIENCE

EQUIPMENT: Community members and venue, transportation (bus or parent drivers)

Organization: Provide students with the opportunity to experience the training and competition of elite athletes, organize field trips to practices and games. For example, in Calgary you could attend a flames game or speed skating competition at the Olympic Oval. In Edmonton, see if you can watch the Eskimos practice or attend a sporting event at the University of Alberta. Invite athletes back to your school to participate with the students or to speak at assemblies.



NO ELECTRONICS CHALLENGE DAY

EQUIPMENT: Anything you see fit... as long as it is not electronic!

Organization: Challenge students, teachers and other members of the school community to go for a whole day without using any electronics. This means no computers, calculators (feel free to use an abacus!), video games, cell phones, TVs or, if you really want to get picky... cars (since most now have computers in them). Offer families some ideas for active games or activities they can do at home to break out of their normal routine.



ECOLE ORIOLE PARK SCHOOL

Oriole Park Success Story

What does a health promoting school look like? Oriole Park is a powerful example of a school that takes health to heart. Their school has been an Ever Active member since the founding of our organization (not sure how long exactly). In this time they have successfully shown commitment towards improving their school physical education programs and increasing the overall health of their school community. It is the favourite subject of all the kids, and even the teachers and administrators have become more aware of how important activity is. The school consistently receives 100% satisfaction for its physical education program from the parents. Oriole Park has modified curricula and school policies to increase the amount of moderate to vigorous activity for students. All students have 30 minutes of daily physical education.

Children and youth spend substantial amounts of time in school, so it's important that schools provide adequate physical activity. The dramatic rise in childhood and adolescent obesity suggests that there is a pressing need for us to systematically and effectively promote behaviours that will prevent the development of these weight issues. The cumulative health impact of physical inactivity is significant. These issues include heart disease, type two diabetes, high blood pressure, and cancer. Many of these health concerns do not come to light until one is at a later time in their life. However, research has shown that over weight individuals are more susceptible to these life treating diseases. Therefore children and adolescent should be our priority to educate and promote healthy lifestyles.

Chris Good, the school's vice-principal addresses the positive effects of physical activity and healthy eating in the monthly newsletters by emphasizing a wellness message and incorporating wellness tips every month. He uses research and has discussed themes such as bike safety, nutrition and the importance of sleep. In addition, an organization called 'Loaves and Fishes' provides lunches for sometimes 30-40 kids, as well parents run a lunch program once a month. The lunch program is in the process of changing burgers and fries to more nutritious options such as subs. Teachers are also giving their students healthier snacks, not just candy anymore! They have fruit/veggie platters, along with cheese and cracker trays which are brought in by the supporting parents for class parties.

The school's physical education teacher said the following about Ever Active Schools, "It's good to have a provincial organization that sends us out initiatives, and the forms they give us help us plan our programs. Their direction toward wellness is encouraging, and the Healthy Active School Symposiums involve and teach kids to spread the message."

Oriole really takes the four E's: education, everywhere, everyone, and environment to heart. They have goals set out under each E that they hope to achieve within a year or two. For 'education' they plan on improving fitness, assessment goals, accessing more community resources and student leadership. The notion of 'everywhere' is emphasized using alternate environments. For example they have the gym open for outside groups after hours and they have a wall of fame with pictures of students who have shown leadership traits. For 'everyone' they have intramurals, the Go Girl program, and a parent council that bought skates for the students to use. For 'environment', they have physical education messages in assemblies, gym open houses and in-services for teachers. Oriole Park is really dedicated to being an Ever Active School and continues to show great progress!



"It's good to have a provincial organization that sends us out initiatives, and the forms they give us help us plan our programs. Their direction toward wellness is encouraging, and the Healthy Active School Symposiums involve and teach kids to spread the message."

WEBSITES FOR MORE INFORMATION!

WWW.SUMMERACTIVE.CA

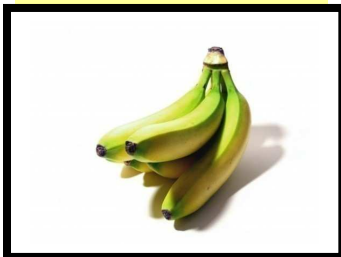
WWW.CAHPERD.CA

WWW.BEFITFORLIFE.CA

WWW.HEALTHYALBERTA.COM

WWW.SCHOOLSCOMEALIVE.ORG

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



NEWSLETTER TIPS
COMPLIMENTS OF
“HEALTHY LIVING “
EAST CENTRAL
HEALTH REGION,
HEALTHY LIVING
CENTER.

HEALTHY HEART TIP

High Blood Pressure:

High blood pressure affects one in five Canadians. It is the number one risk factor for stroke and a major risk factor for heart disease.

What is high blood pressure?

Blood pressure is a measure of the pressure or force of blood against the walls of your blood vessels called arteries. The top number represents the pressure when your heart contracts and pushes blood out (systolic) and the bottom number is the lowest pressure when the heart relaxes between beats (diastolic). Normal blood pressure is 120/80 mm Hg.

How it causes heart disease and stroke:

Over time high blood pressure can damage blood vessel walls causing scarring that promotes the build up of fatty plaque, which can narrow and eventually block arteries. It also strains the heart and eventually weakens it. Very high blood pressure can cause blood vessels in the brain to burst resulting in a stroke.

HEALTHY LIVING 101

- **Eat more fruit and vegetables.** Eating more fruits and vegetables has been linked to the prevention of heart disease and certain cancers, improved weight maintenance and a sense of overall wellbeing. Adults should aim for eight ½ cup servings per day.
- **Get some regular exercise.** Adding exercise to your day can add years to your life. Canada’s physical activity guide recommends 30-60 minutes of moderate physical activity per day. You do not have to do it all at once. Leave a little earlier and walk to work. Go for a walk on your lunch break. Go for a bike ride with your family!
- **Limit your TV watching.** Winter in Canada creates a society of TV Zombies! Cut the umbilical cord and find something else to occupy your time. “Your eyes are going to turn square!”

Healthy Living 101 cont’d

Drink lots of water. Water is needed for almost every process in your body. When you don’t get enough fluid you may feel tired, dizzy, confused or you may mistake your thirst for hunger.

Eat fewer sugary foods. High sugar foods and drinks add extra calories to your day without the benefit of health-boosting nutrients such as vitamins, minerals, and fibre.

Manage your stress. Identify what your stress triggers are. Develop skills that help you to manage or decrease your stress.

Set some SMART goals. People who set goals are more likely to make a change. Your goals should be challenging yet achievable. Use the acronym S.M.A.R.T. to make your goals Specific, Measurable, Attainable, Relevant, and Timely.

BATTLE RIVER PROJECT UPDATE...

The Battle River Project in the Battle River School Division will complete its first year at the end of June. The final workshop will bring participating schools together for a day of planning, sharing, fun and laughter. During the day the participants will work on their school plans, share ideas, learn about the Alberta nutrition guidelines, and participate in some fun activities. The day will help the schools prepare to implement their work plans for the upcoming school year.

Over the months of April and May participating schools have been involved in collecting data for the research component of the project.

The Grade 5 students participated in the REAL Kids Alberta study, which involves two surveys and height and weight measurements. The Grade 8 and Grade 11 students will be participated in a SHAPES survey designed for the project assessing the areas of mental wellness, healthy eating, and physical activity.

The University of Alberta (REAL Kids) and the University of Waterloo SHAPES team are currently being analyzed and a report will be sent out to each school.

Next year Shannon Horricks-Prins will be taking over as the Battle River Project Coordinator. I would like to thank all the participating schools for choosing to participate in the project and I wish them continued success over Year 2 of the project. Shannon will begin at the end August of 2008. Please contact her at shorricks-prins@brsd.ab.ca

BATTLE RIVER PROJECT SUMMARY...

Essentially, this project examines the following question: “How can the school environment and health behaviours (healthy eating, physical activity and mental wellness) of children and youth be positively improved when a Comprehensive School Health model, The Ever Active Schools Program, is implemented with School District support?” The heart of this project is cooperation and partnership between the school district (Battle River School District - BRSD), the health region (East Central Health - ECH) and Ever Active Schools (EAS). The BRSD committed to providing 0.2 FTE of the coordinator’s salary as well as numerous “in-kind” contributions such as participation in district wide professional development days, school release time, office space and other supports for the Project Coordinator. ECH is involved through membership in the steering committee, providing supports to participating schools, as well as enhancing access to health services and expertise. EAS provides the comprehensive school health framework, links with other schools around the province, expertise in school based programs and provincial experience. Participating schools will be supported with funds through the project and the district (in-kind) to provide release time for staff to meet together, plan and implement. The project is projected to run for three years. This project is key to the future expansion of EAS to meet recommendation #14 of the Active Living Strategy. Through district wide implementation, the potential exists for both an implementation and financial model that can be applied to other districts seeking to integrate health and education outcomes.



**EVER ACTIVE
SCHOOLS**

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*EVER ACTIVE
SCHOOLS
FOREVER HEALTHY*

WE'RE ON THE WEB!

SEE US AT:

EVERACTIVE.ORG

ABOUT OUR ORGANIZATION...

The Ever Active Schools (EAS) is a special project of the Health and Physical Education Council of the Alberta Teachers' Association. Funding is provided through the Alberta Sports Recreation Parks and Wildlife Foundation (Tourism, Recreation and Culture), Alberta Education, and Alberta Health and Wellness. The vision for EAS is that Alberta students live, learn and play in healthy active school communities. To move towards reaching the vision, partnerships are formed with Alberta school communities. This interaction facilitates the development of healthy children and youth by fostering social and physical environments that support healthy active school communities.

