

EVER ACTIVE!

NEWS AND
UPDATES REGARDING
HEALTHY SCHOOL COMMUNITIES IN ALBERTA

20/20 VISION

At HPEC 2010 – Motivate, Activate, Celebrate – in Red Deer, EAS marked 10 years of motivating, activating and celebrating healthy active school communities in Alberta.

Over the last decade EAS has adapted to meet the needs of school communities including a shift in focus from environments supportive of physical activity to a health promoting schools approach inclusive of the 4 E's, with focus areas in physical activity, healthy eating, mental wellbeing and student leadership. In 2008, EAS added the staff and services of Schools Come Alive enabling the program to provide education, school support, communication and research. We began the 09-10 school year with four program staff and two administrative assistants working out of offices in Edmonton, Calgary and Camrose. Now, as EAS enters its second decade, it is time for new growth and change once again. The Battle River Project has provided us with evidence to explore a district model for implementation of the health promoting schools approach. The Healthy Schools Alberta Framework is being explored and developed as a way to more effectively reach all school communities in Alberta. And, in the EAS offices it is also time for a change in staffing and leadership.

First off, the Calgary office is moving from Mount Royal University to the University of Calgary. As well, we have seconded Vicki Switzer from the Calgary Board of Education to be our Project Coordinator. Vicki brings a wealth of experience in mental health and wellness and also holds a Masters of Counselling. She will be working with Joyce Sunada, our schools coordinator, out of the UofC office. Rhonda Schilberg and Karen Gouge remain in the Edmonton office as stellar admin support along with Tracy Lockwood (Education Coordinator) and Shannon Horricks (0.8 Communications Coordinator and 0.2 Battle River Project Coordinator). Finally, EAS welcomes Brian Torrance as the new Director of EAS. Brian has a background in school health promotion and has worked with the *Healthy Hearts* research study for the past 8 years. He has a passion for evidence, teamwork, communication and collaboration that will serve him well in his new role.

After 6 years as Director, it was a difficult decision to move on to a position with Grant MacEwan

University in the Department of Physical Education. I do believe, however, that it is time for new leadership and direction for this very successful little program. My time with EAS is something I will always treasure. I was privileged to meet many amazing people, work on cool and influential projects, serve on committees and working groups and most of all play a role in the development and support of healthy school communities in Alberta. I benefitted greatly from those who went before me and was supported (ok, carried...) by a staff second to none. Thanks Rhonda, Tracy, Karen, Joyce and Shannon for all that you are. I believe that this next decade will be one of sustained growth for healthy schools. We have an opportunity to be world leaders and reach our vision of all *Alberta students living, learning and playing in healthy school communities*. I look forward to the 2020 vision that you and EAS will create together. Thank you,

Doug Gleddie
Director Emeritus
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Ever Active Schools is the number one source for physical activity, physical education, and health and wellness program in-servicing in the province! For a complete listing of all the workshops offered, visit www.everactive.org or call 780-454-4745.

The Ever Active Schools Program facilitates the development of healthy children and youth by fostering social and physical environments that support healthy, active school communities.

EAS is a project of the Health and Physical Education Council of the Alberta Teachers' Association and is funded by Alberta Tourism, Parks and Recreation (ASRPWF), Alberta Health and Wellness and Alberta Education.

Upcoming Events

- September • whole grains month » www.wholegrainscouncil.org
- September • Fruits and Veggies – More Matters Month » www.fruitsandveggiesmatter.gov
- September 19-25 • National TV Turnoff Week » www.tvturnoff.org
- September 30 • Terry Fox National School Day » www.terryfox.org/SchoolRun/
- October 3 (Sunday) • Run for the Cure » www.runforthecure.com
- October 4-8 • International Walk to School Week » www.shapeab.com
- October 11-15 • National School Lunch Week » www.schoolnutrition.org
- November 14 • World Diabetes Day » www.worlddiabetesday.org
- December 3 • International Day of Persons with Disabilities » www.who.int/mediacentre/events/annual/day_disabilities/en/index.html
- January 16-22, 2011 – National Non-Smoking Week » <http://nns.wa>
- January 27-29, 2011 – Shaping the Future 2011 » www.everactive.org

Have an idea for how Ever Active Schools can further support the creation of healthy active school communities? We always welcome feedback as to what is working and how we can improve. Call (780) 454-4745 or email one of our staff with your suggestions.



A COLLABORATIVE PROJECT
The Health and Physical Education Council
acknowledges the generous contribution of

Government
of Alberta





HEALTH PROMOTING SCHOOLS UPDATE

Notes from Director's Desk

The Fall Season. All Racers to the Start Line.

Welcome back! The Fall Season is similar to the start line of a race. Months, and in many cases years, of preparation go into a race. Much like that, we have been preparing for the next ten months of educating Alberta youth. In my first year with Ever Active Schools, I could not be more excited about the importance of our cause to improve childhood health in Alberta schools and the amazing people on the start line that are ready to take it on!

For the previous eight years, I have been fortunate enough to work alongside Black Gold Regional Schools in a project called Healthy Hearts. The project started with an AISI grant spearheaded by Dr Paul Wozny and brought together a district of health champions, the University of Alberta, and eight communities dedicated to assessing and improving the health of children and adolescents. The purpose of the study was to gain a better understanding of the current health of our youth. The study included blood pressure, insulin sensitivity, BMI, questionnaires, physical activity, nutrition and fitness. It gave the research community qualitative and quantitative data of the health of Albertan children and will continue to do so in future years.

In the simplest terms, research is about asking a question and discovering answers. It can be thrilling as the results come through but it can also be time consuming. Conducting research in a school-based population with over 2700 students takes time and the patience of Black Gold Regional Schools allowed the study to be a scientific success. As I quickly learned, successful scientific findings were only part of the story of what was happening in the school district. The project had a powerful indirect effect on the students and staff. Health was becoming a priority and a focus. I felt it was always there, now becoming more visible, gaining momentum and supported at all levels. Health was becoming a conversation piece, relationships were being made, knowledge was being exchanged, students were asking questions, and parents were offering community support. In 2002, the AISI grant brought together a team to help with the project and after the initial three years the project relied on the volunteerism of the schools. In most cases it was one to two, health champions or lead teachers that kept the school community committed to the project. The support kept things moving forward, continued the energy of making health part of the culture of the school and contributed to a healthier school community.

Black Gold Regional Schools is one example of the many positive and inspiring health focused projects occurring in our province. We have districts implementing wellness policies, communities addressing the lack of physical activity after school, and initiatives that are building capacity in our schools. I am honoured to be the new Director of Ever Active Schools and to be able to hear the success stories and meet the many "Champions" that we have working in Alberta Schools. champions that we have working in Alberta Schools. Doug Gleddie and Marg Swartz, previous Ever Active School Directors, have left a wonderful legacy in Ever Active Schools that I hope to continue in the coming years. With a terrific team currently in place at Ever Active Schools, we will continue to be a source of

Ever Active Staff

Director, Brian Torrance – brian@everactive.org

Education Coordinator, Tracy Lockwood – tracy@everactive.org

Project/Communication Coordinator, Shannon Horricks – shorricks@brsd.ab.ca

School Coordinator, Joyce Sunada – joyce@everactive.org

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Administrative Assistant, Rhonda Schilberg – rhonda@everactive.org

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information, inspiration, and support for making physical activity, healthy eating, student leadership and mental wellness a priority in the school.

Our group is excited that we are able to be in position to support and help. We are on the start line with you and are ALWAYS here to help you in any way.

Please reach out if you would like assistance and keep in touch.

BRIAN TORRANCE
Director Ever Active Schools
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780 298 2341

Healthy Active School Symposia 2010

Calgary » October 4th – First Alliance Church

Fort McMurray » October 5th – Mac Island

Edmonton » October 20th – North Pointe Community Church

Red Deer » October 26th – Crossroads Church

Peace River » October 27th – HFCD Central Office

Medicine Hat » Oct 28th – Esplande

Kinsella » TBD

High Level » TBD

Lethbridge » February 8th, 2011 – Victory Church

Shaping the Future

A Health Promoting Schools Conference
January 27-29, 2011

Ever Active Schools is hosting its second conference at the Delta Lodge at Kananaskis, Alberta. The purpose of the conference is to bring together individuals from across the country who have a vested interest in the assessment, planning and implementation of Health Promoting Schools. The focus of this event is to share Promising Practices and provide opportunities for participants to network, learn, share and revitalize!

Look for more information coming soon!

What's Happening!

2010-2011 Ever Active Schools Workshop Offerings

Ever Active Schools provides quality professional development at the school, district and provincial level. Access these learning opportunities for conferences, conventions, professional development days, staff or school council meetings. Costs are \$250 for 90 minutes, \$350 for a half day, or \$650 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. As always, Member and Associates receive a discounted rate. Call 780-454-4745 or email tracy@everactive.org to request a workshop today!

| WORKSHOP TITLE | VENUE/ LENGTH | DESCRIPTION |
|---|--|---|
| A Taste of FMS (FUNDamental Movement Skills) | Gymnasium or Large Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Kindergarten – Grade 6 Teachers</i> Looking for support for your elementary physical education classes? Ready to participate in activities to take back to your staff? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, participants will walk away with the tools to teach FUNDamental Movement Skills (FMS). The FMS provide the basic motor skills that are the foundation to all later movement in life whether sport specific, active living or recreation. Come join Ever Active Schools in this active session for a 'taste' of developing physically literate students through FUNDamentals. |
| Considering a School Nutrition Makeover? Bite Off What You Can Chew! | Classroom or Large Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Kindergarten - Grade 12 Teachers</i> Many Alberta schools are re-examining their nutrition environment. School stores, vending machines, cafeterias, fundraisers, special events and meetings all provide opportunities to encourage and model healthy eating within the school community. This workshop includes an appetizer from the Alberta Nutrition Guidelines for Children and Youth, some success story snacks and a main course of strategies for implementing healthy eating. This workshop has been created in partnership with Alberta Health Services. |
| DPA in Action! | Classroom or Small Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Grades 1 – 9 Teachers</i> "Physical Activity plays an important role in facilitating learning and academic achievement" (Active Healthy Kids Canada Report Card, 2009). Come and learn new ways of how to incorporate physical activity into your daily routine. This session will include activity ideas for the classroom, gymnasium, multipurpose room and outdoors taken from two Ever Active Schools' resources: <i>Recipe Card Lesson Plans & DPA Bins</i> . Visit www.everactive.org to view activity videos and to purchase these must have resources. |
| Health Promoting Schools: Steps to Success | Classroom or Small Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for K-6, 7-9 OR 10-12 Teachers</i> Research shows that healthier students are better prepared to learn and are more successful in school. Schools are in the business of providing programming and resources to ensure student success and a quality Health Promoting Schools (HPS) program does just that! The HPS program (also known as Comprehensive School Health) is a school-wide approach that links health and education and connects the home, school and community. Ever Active Schools (EAS) is an innovative, evidence-based program that promotes healthy, active school communities. Come learn about the EAS Program and the steps to success in creating a healthy learning environment. |
| Lessons & Links: Teaching the B & D Outcomes in Physical Education | Gymnasium or Large Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Grades 5-9 OR 10-12 Teachers</i> Participants will leave this workshop better prepared to teach the B (Benefits Health) & D (Do it Daily...For Life) outcomes of the Physical Education curriculum. Three quality resources that have been developed by Alberta Physical Education specialists will be highlighted throughout this session: Ever Active Schools Recipe Card Lesson Plans, Senior High Heart Health and Pumping it Up! Participants will learn practical, easy-to-use activities and assessment ideas that can be implemented in their classes the very next day. Be prepared to motivate your students to set goals and lead healthy active lifestyles! Visit www.everactive.org to find out more about these must have resources. |
| Mental Wellness: Part of Your Healthy School Community | Classroom or Small Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Kindergarten – Grade 12 Teachers</i> There is no health without mental health! Positive interactions, adapting to change, coping with adversity and finding balance in all aspects of life are critical elements of maintaining mental health. Participants will leave this workshop with an understanding of what mental health looks like as well as strategies to improve the mental health of the school community. |
| Physical Literacy in Action! | Gymnasium or Large Space Half Day or Full Day | WHO SHOULD ATTEND: <i>This workshop is available for Kindergarten – Grade 6 Teachers (can be tailored for grades 7-9 & 10-12)</i> Looking for support for your elementary physical education classes? Ready to participate in activities to take back to your students? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, participants will walk away from this active session with the tools to create a comfortable learning environment, teach skills while Teaching Games for Understanding (TGfU) and teach FUNDamental Movement Skills (FMS). The FMS provide the basic motor skills that are the foundation to all later movement in life whether sport specific, active living or recreation. |
| Revitalize! Making Staff Wellness a Priority | Classroom or Small Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Kindergarten – Grade 12 Teachers</i> Teachers who take care of their own wellness and maintain a healthy work/life balance have more energy, sleep better and serve as healthy lifestyle role models for their students. Come join Ever Active Schools for an energizing session to help support your physical activity level and manage stress. You might even leave with an activity or two for your students! |
| Teaching Quality P.E: Activities to Promote a Recipe for Success | Gymnasium or Large Space 90 min. or Half Day | WHO SHOULD ATTEND: <i>This workshop is available for Grades K-3, 4-6, 7-9 OR 10-12 Teachers</i> If you need quality PE lessons that meet the expectations of the program of study, then this workshop is for you! EAS has gathered lesson plans for Division I, II and III and have packaged them into an easy to follow and use resource. Participants will come away from this workshop with quality lesson plans and strategies for physical education and an understanding of the ABCD's of PE. Visit www.everactive.org to order these must have resources. NOTE: First and second sets of K-3 and 4-6 of the Recipe Card Lesson Plans are available for purchase as well as one set of 7-9. Lesson Plans can be modified to meet the needs of grades 10-12. |

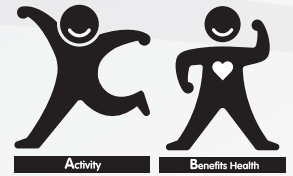


HPEC 2011 - 50 Years of Health and Physical Education Conferences
May 5 – 7, 2011
 SAIT Polytechnic, Calgary

- ✓ Top quality PD
- ✓ Interactive and engaging sessions
- ✓ Colleague recognition presentations
- ✓ Engaging networking opportunities
- ✓ Fun social events

Co Chairs:
 Jessica Badzgon » jessica.badzgon@cssd.ab.ca and
 Joyce Sunada » joyce@everactive.org

PHYSICAL ACTIVITY CENTRE



A Taste of FMS - (FUNdamental Movement Skills)



Activity

| Activity | |
|-----------------------------|----------|
| Basic Skills | A(K-6)-1 |
| Application of Basic Skills | |



Benefits Health

| Benefits of Health | |
|--------------------|----------|
| Functional Fitness | |
| Body Image | |
| Well-Being | B(K-6)-8 |

Locomotor Skills:

- Walking
- Running
- Jumping (vertical & horizontal)
- Hopping
- Galloping
- Sliding
- Skipping
- Leaping
- Chasing
- Climbing
- Fleeing
- Cycling
- Skating
- Swimming

Round Up

Equipment: Obstacle-free space, hoops, pylons (optional)

Organization: Choose four to seven students to be cowboys/ cowgirls. The cowboys will run throughout the activity area holding a hoop and using the hoop as a lasso to try and catch a horse. All other students are horses and must travel by galloping throughout the activity area. If a horse is encircled by a hoop and is captured, the cowboy/girl brings them to the corral, a designated corner of the activity area. A horse that is captured must perform a special exercise, e.g., 5 tuck jumps and a leap or have the class choose, before being free to leave the corral and join the other horses on the open range. Play western music during the game and stop often to have cowboys/ girls switch roles by giving their hoop to a student who has not yet had a turn being a cowboy/girl.



Activity

| Activity | |
|-----------------------------|-----------|
| Basic Skills | A(K-30)-3 |
| Application of Basic Skills | |



Do it Daily...For Life!

| Do it Daily...For Life! | |
|----------------------------------|-----------|
| Effort | |
| Safety | D(K-30)-3 |
| Goal Setting/ Personal Challenge | |
| Active Living in Community | |

Triangle Tag

Equipment: Obstacle-free space

Organization: Divide participants into groups of 4. Have three of them hold hands and form a triangle. The fourth participant stands on the outside of the triangle. He/she is the "chaser". Choose one of the triangle participants to be the "target". The "chaser" tries to tag the "target" on the back while the others maneuver in order to not let the chaser touch the target's back. Change target and chaser often.

Stability Skills:

- Body Rolling
- Dodging
- Balancing
- Bending
- Stretching
- Twisting
- Turning
- Swinging
- Stopping
- Push
- Pull
- Rise/Stretch
- Collapse
- Sway
- Shake





The Physical Education Activity Centre is sponsored by Sportfactor Inc. – your Alberta based supplier of school sports equipment and apparel.

Call Sportfactor Inc. today at 1.888.989.9090 or visit www.sportfactor.net for all your daily physical activity equipment requirements.



Activity

| Activity | |
|-----------------------------|-----------|
| Basic Skills | A(K-30)-5 |
| Application of Basic Skills | |



Cooperation

| Cooperation | |
|---------------|-----------|
| Communication | |
| Fair Play | C(3-30)-3 |
| Leadership | |
| Teamwork | |

Team Tower

Equipment: 4 tennis balls/pair, gator balls or soft foam balls (at least one per pair)

Organization: Each pair creates a tower with their tennis balls. Gator balls are thrown to attempt to knock over other team's towers. One member from each team must guard the tower at all times. The ball can only be thrown if his/her team's tower is standing and he/she must be within one step of their tower when trying to knock an opponent's down.

Variation: Have students set towers up away from any walls. After a certain amount of playing time, give students the option of relocating their towers

Object Manipulation Skills

- Underhand Throw
- Overhand Throw
- Catching
- Kicking
- Striking
- Punting
- Dribble with feet
- Dribble with hands
- Volleying
- Trapping

new

Learning Opportunities With Ever Active Schools

Ever Active Schools provides quality professional development at the school, district and provincial levels. Workshops can be tailored to meet your educational needs. Access these learning opportunities for conferences, conventions, professional development days, staff or school council meetings. Costs are \$250 for 90 minutes, \$350 for a half day, or \$650 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. As always, Member schools receive a 25% discount and Associate schools receive a 15% discount upon booking a workshop. Call 780-454-4745 or email tracy@everactive.org to request a workshop today!



Forever Healthy

HEALTHY EATING CENTRE

The following resources can be found on the Ever Active website at:
www.everactive.org/healthy-eating

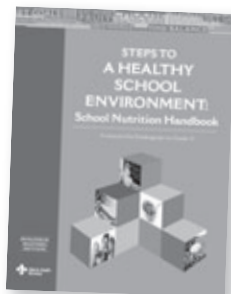
Steps To A Healthy School Environment: School Nutrition Handbook

A resource for Kindergarten to Grade 12

This resource has been developed by Registered Dietitians and Regional Health Promotion

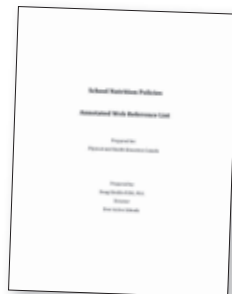
Coordinators from Alberta Health Services, Edmonton Area. It can be used for classroom education (curriculum links are included) and handouts for students, staff and parents and newsletter inserts. It includes information on healthy food choices for vending machines, cafeterias and school stores, classroom parties, as well as healthy rewards and fundraising ideas. This handbook will assist schools to teach healthy eating habits and reinforce these habits by providing healthy food choices throughout the school.

Each section has been broken up: Part 1 includes all the background information and tips on how to put healthy eating into practice in school. Appendix A includes 29 handouts that can be used for students, staff and parents. Appendix B includes Breakfast Program Resource, Fundraising the Healthy Way and Sports Nutrition Handbook.



School Nutrition Policy: Annotated Bibliography

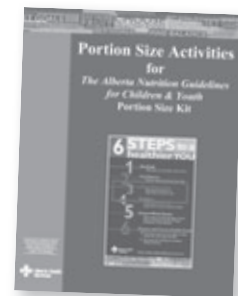
This web reference list developed by PHE Canada contains website links and a brief description of a variety of school nutrition policies from across Canada.



Portion Size Kit Activities

Teach healthy portion sizes! To support the Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness has recently released a Portion Size Kit (2009).

This teaching tool consists of a blue lunch bag, items to represent different serving sizes (e.g. golf ball and tennis ball), healthy plate “Frisbees” and a variety of food picture cards. The Portion Size Activity Manual, developed by Alberta Health Services, support the kit and includes K-12 activities linked to Alberta Education outcomes for K-9 Health and Life Skills and CTS: Foods.



Single Serving Packaged Food List

The Single Serving Packaged Food List is meant to help schools and recreation centres implement the Alberta Nutrition Guidelines for Children and Youth. This list makes it easier to select healthier packaged foods from the huge number of products available in Alberta. The foods are listed as *Choose Most Often* or *Choose Sometimes*, as in the Guidelines. Foods are further organized either according to the four food groups from *Canada's Food Guide*, or as a mixed dish. **The list is not an endorsement for any particular products, brands or stores. It reflects examples of packaged foods found in Alberta stores as of July 2009.**



MENTAL WELLBEING CENTRE

Wellness is a multifaceted concept encompassing the overall health of an individual's body, mind and spirit. By definition, wellness is the state or condition of being in good mental and physical health and stress is a perceived strain on an individual's physical or emotional state of well-being. Stress can adversely affect every aspect of an individual's wellness. The following are some suggestions for individuals to use to nurture wellness and combat stress:

BODY "Just Breathe"

Stress is an everyday occurrence and not all stress is bad. However, when stress becomes chronic it can lead to many health concerns. According to Health Canada, stress is a risk factor that has been associated with many diseases such as heart disease and mental illness.

When faced with stress overload use a 3-step approach. First, learn to recognize your physical signs of when you are becoming over-stressed. Below are some of the common signals your body might be sending to indicate you are on overload.

- Increased feelings of sadness, guilt and or irritability
- Change in weight, sleep patterns or appetite
- Inability to concentrate or make decisions
- Lack of interest or enjoyment

Next identify what is triggering your stress overload. By identifying your triggers can provide clues as to how to best deal with your stress. Finally find a way to relax. It is physically impossible to be stressed and relaxed at the same time! Because everyone is unique, there is no single approach to cope with stress. However, we all need to breathe to survive. A couple of deep cleaning breath can be a simple approach to use when faced with potential stress provoking situations. So if in doubt just breathe! Visualize inhaling white, calming thoughts as you exhale whatever is triggering you.

MIND "Change the Color and Change How You Feel"

With the leaves turning color and fall just around the corner, it is time to head back to school and examine the color of your thoughts.

Our thoughts are powerful tools that fuel our emotions. **Green** thoughts feed feelings of well-being, confidence and calm. Whereas **red** thoughts feed feelings of stress, and self doubt. **Red** thoughts pull the emotional carpet out from under your feet and act as roadblocks, preventing you from achieving a sense of well-being and the ability to passionately pursue your hopes and dreams.

Feelings act as a thought barometer indicating whether you have positive or negative thoughts swimming around in your head. Next time you are feeling overwhelmed, stressed, unappreciated or incapable, take a moment to examine your thoughts. Ask yourself, "What am I thinking? Are my thoughts **green** (positive) or **red** (negative)?" Over time it will become easier to use your feelings to quickly identify the color of your thoughts and improve your ability to change your thoughts from **red** to **green**. Remember **green** means go, moving you towards achieving your goals, and **red** means no.

SPIRIT "Feed the Spirit"

Building school connectedness, an essential part of being a Health Promoting School, can be accomplished when you show kids you care. Taking care of a child's mental health feeds their spirit. The following are suggestions of ways to SHOW THAT YOU CARE:

- Notice them
- Surprise them

- Call them by name
- Smile a lot
- Listen to them
- Remember their birthdays
- Play with them (You are never too old to play, you get old when you stop playing!)
- Applaud their efforts and successes
- Believe them
- Ask them to help you

Taking time to care for yourself is essential if you are in the business of taking care of others. Finding time to feed your spirit, manage your stress, requires a consistent effort and daily planning. By taking care of yourself you ultimately have more to give others. Here are ways to LIGHTEN UP:

- Watch a sunrise
- Spend time doing something or being with someone that feeds your spirit (avoid energy suckers!)
- Say something nice – give a compliment
- Visualize yourself succeeding (**green** thoughts)
- Get a massage
- Give a massage
- Talk less listen more
- Go for a walk
- Get enough sleep (...)
- Go star gazing

My challenge to you is, check off as many of the items listed above before you receive our next newsletter. Take care and remember to LIGHTEN UP.



ALBERTA HEALTH & WELLNESS UPDATES

THANK YOU TO ALL OF THE SCHOOLS WHO PARTICIPATED IN THE 2010 RAISING HEALTHY EATING AND ACTIVE LIVING (REAL) KIDS IN ALBERTA EVALUATION!



The survey of grade five students, their parents and school administrators was completed successfully in 148 randomly selected schools across Alberta, as well as select schools from APPLE Schools, Battle River Project, Ever Active Schools, and some successful recipients of the Alberta Healthy School Community Wellness Fund.

The data is currently being analyzed, with school reports to be sent to participating schools this winter. The upcoming school reports will compare findings on nutrition and physical activity from the first round of the REAL Kids Alberta survey, completed in 2008, with the 2010 results.

The school reports are often used to inform policy and practice in

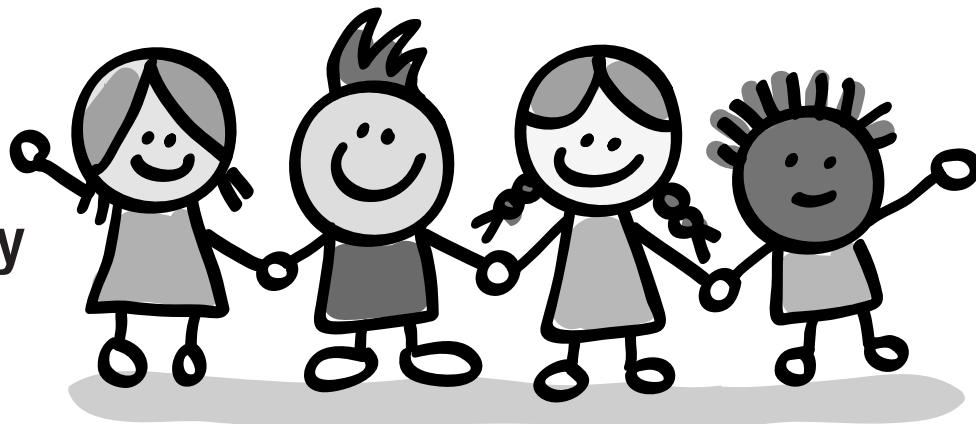
the school community. Some schools have used this information to support the planning of changes to the school environments, selection of programs that support healthy living, or applications for grant funding. .

The REAL Kids Alberta evaluation is a joint project of the School of Public Health, University of Alberta and Alberta Health and Wellness. The intent of this evaluation is to assess the impact the Alberta Health and Wellness Healthy Weights Initiatives and to provide some measure of health outcomes for children in Alberta.

For more information about REAL Kids Alberta, contact the Project Coordinator, Megan Purcell at mpurcell@ualberta.ca or 780-492-5472, or see www.realkidsalberta.ca.



Alberta Healthy School Community Wellness Fund UPDATE



In June, the Alberta Healthy School Community Wellness Fund awarded grants to a further seventeen school communities. Please welcome the following new projects into our Wellness Fund community!

With the addition of these new projects the Wellness Fund has provided funding to 102 healthy school community projects! Currently, this support is reaching all of the five health zones and over 600 schools.

Since 2007, the Wellness Fund has provided almost \$3.4 million dollars to support Healthy School Community Initiatives. We are very proud to say that this work will continue to impact schools and students in our province.

| Large Grants (up to \$25 000) | Small Grants (Up to \$5000) |
|--|--|
| School Wellness Teams for Healthy Change <i>Medicine Hat</i> | Cultivating a Community of Unity and Acceptance Samuel W. Shaw <i>Calgary</i> |
| Moving Forward in KAINAI – Blood Tribe Reserve <i>Kainai Board of Education</i> | Healthy Choices Cooking Victoria Park High <i>Lethbridge</i> |
| Body, Mind and Spirit – Empowering Our School Community <i>Edmonton Catholic</i> | Wabamun School’s Building Bridges Project |
| Building Healthy School Communities <i>Lethbridge</i> | SPARKing Healthy Choices for Healthy Learners at St. Anthony School <i>Calgary Catholic</i> |
| Healthy Schools <i>Wild Rose Public Schools</i> | Let’s Get Moving! Ecole Bishop Savaryn <i>Edmonton</i> |
| STAR Catholic Schools Health Initiative Committee <i>St Thomas Aquinas RCSR D 38</i> | The Mobile Classroom Program Westmount Charter <i>Calgary</i> |
| The ABC’s of Promoting Healthy Learning & Living Monsignor Fee Otterson <i>Edmonton Catholic</i> | Positive Active Living at School - P.A.L.S <i>Saint Joseph Calgary Catholic SD</i> |
| Division Health Network <i>Medicine Hat Catholic</i> | Lakeview Learning Garden-Good Food starts with a Seed <i>Calgary Science School</i> |
| Healthy Kids, Healthy Families <i>Westwind SD74</i> | |



ALBERTA TOURISM, PARKS AND RECREATION UPDATES



Every day throughout Alberta students are being driven to school when they could be walking or biking. Communities and Schools see increased traffic congestion and potential safety concerns. Parents are concerned for their child's health and safety. How can we encourage students to

walk to bike to school? SHAPE promotes several events throughout the year to help schools bring awareness to and promoted walking/biking to school. SHAPE is available to assist schools throughout the year. Other opportunities Walking School Buses, walking buddies or establishing weekly walk to school days such as Walking or Wheeling Wednesdays.

International Walk to School Week October 4 – 8, 2010

Last year over 40 countries participated from around the world participated - children, parents, school teachers and community leaders celebrating the many benefits of walking — all hoping to create communities that are safe places to walk.



Join the movement and millions of walkers around the world as we walk to school during this week! Register your school online and ideas, participant items and posters to promote your event will be sent to you. Everyone is welcome to participate!

Register at www.shapeab.com

Winter Walk Day

February 9, 2011

Come on Alberta – take time to Walk...

- ❁ to school
- ❁ to work
- ❁ to library
- ❁ to friend's house
- ❁ around the neighborhood
- ❁ with the dog
- ❁ with your family or friends

Throughout Alberta on Winter Walk Day thousands of Albertans will be participating by walking outside for a minimum of 15 minutes. Everyone of any age is welcome to join us! Schools, workplaces, seniors centers, daycares, commuters, individuals and dogs.

Schools, individuals, community or work groups pre-register at www.shapeab.com and a package full of ideas and tips will be sent to you. Schools will receive a participant award for students.

BIKE to School Day

June 1, 2011

Get on your helmet, dust off your bike and join us on...

June 1st

for Alberta Bike to School Day.

Schools or individuals can participate!
Come on Alberta bike to school!

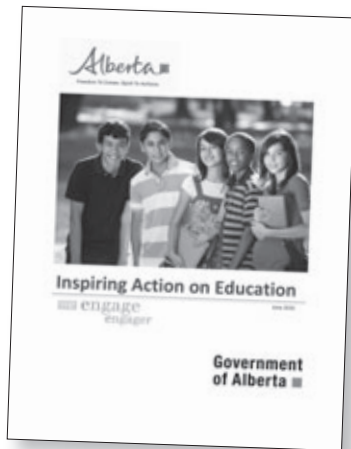
Register online at www.shapeab.com and ideas and suggestions to organize your day will be sent to you.



ALBERTA EDUCATION UPDATES

Inspiring Action

Transforming a complex system such as education requires careful thought, research, analysis and, above all, continued meaningful interaction with all Albertans. To aid the next phase of the ongoing dialogue about the future of education, the Minister has released the **Inspiring Action on Education** (<http://engage.education.alberta.ca/>) discussion paper. The discussion paper links the vision, principles and policy and governance shifts of *Inspiring Education* with the day-to-day work of teachers, school boards, the Ministry of Education and other contributors to student success.



Your participation in this phase of the dialogue is essential. You can provide input online by visiting the **Inspiring Action** website, which features the discussion paper, videos, facilitated online discussions and related information. A series of themed online discussion guides, each focusing on a specific transformational shift, are also available. I invite you to check back regularly to see what's new.

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Curriculum Handbooks, Curriculum Summaries and Curriculum Express for Parents

Alberta Education encourages parents to take an active role in the education of their children and provides resources to support their involvement. The 2010-2011 *Curriculum Handbooks for Parents* are available on the Education website at www.education.alberta.ca/parents/resources/handbook.aspx.

The *Curriculum Handbooks for Parents* provide in-depth information on what students are expected to learn at each grade level, including Physical Education (Kindergarten to Grade 12) and Health and Life Skills (Kindergarten to Grade 9). The *Curriculum Summaries* provide concise grade-at-a-glance information. They are available for Kindergarten to Grade 12 in General and Catholic versions and in English and French. *Curriculum Express for Parents* provides a short explanation of the curriculum for parents of children in Kindergarten to Grade 3 who have limited proficiency in the English language.

Healthy School Initiatives

Results from the *Raising Healthy Eating Active Living (REAL) Kids* survey completed in 2008 indicated that only 27 per cent of students are consuming enough fruits and vegetables and only 26 per cent of students report being sufficiently physically active. To promote healthy eating in schools, more healthy choices are being offered in vending machines, canteens and hot lunch programs. In addition, a number of schools purchased Daily Physical Activity bins that provide grade-specific equipment with print and media resources to assist teachers in getting students more physically active in the classroom.

Healthy school initiatives were adopted in more than 500 Alberta schools to enhance the health and wellness of school-aged children and youth. One activity that contributed to positive changes in schools is the development of school nutrition policies to support the implementation of the **Alberta Nutrition Guidelines for Children and Youth** (www.healthyalberta.com/HealthyEating/758.htm).

Bounce Back Book

The third book in the series *The Bounce Back Book: Building Resiliency Skills in the Early School Years* is being delivered to all Alberta elementary schools this fall. Alberta Health Services – in partnership with Alberta Education, Alberta Children and Youth Services, Mount Royal University and the University of Calgary – developed this book



for parents, caregivers and teachers to help children age five to nine develop resiliency skills. Information is included about the importance of open and consistent communication between parents and other adult caregivers and teachers. For online copies of the Bounce Back series, visit www.albertahealthservices.ca/1652.asp.

The Health and Physical Education Council (HPEC) of the Alberta Teachers' Association, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.

There is an HPEC Regional Representative (RR) in each of the eleven districts across the province. The RR is your health and physical education lifeline! They are your source of information for events, opportunities and workshops happening in your area, and serve as a liaison between the HPEC executive and its members across the province. If you are a new health or PE teacher, or would like to be added to your RR's contact list, please send them an email, introduce yourself, and provide them with your contact information. RR's always welcome suggestions and ideas for what professional development opportunities are needed in your area. Get connected today!

HPEC Members! Not Receiving Your Copy of the Ever ACTIVE! Newsletter?

The Ever ACTIVE! newsletter is now being sent electronically to HPEC members. If you are not receiving Ever ACTIVE!, please contact the Ever Active Schools office to update your member information today! Email hpec@ata.ab.ca or call Phyllis Fournier at (780) 447-9400.

Mighty Peace District

RR: Scott Randall
Good Shepard School
PEACE RIVER
E-mail: randall.s@hfcrd.ab.ca

Athabasca District

RR: VACANT
Thanks to Craig MacDougall who did a tremendous job serving as RR for the Athabasca district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca

North Central District

RR: Dylan Dellezay
École Coloniale Estates School
BEAUMONT
E-mail: dylan.dellezay@blackgold.ca

North East District

RR: Tim Yakiwchuk
Ashmont Elementary School
ST. PAUL
E-mail: tim_yakiwchuk@sperd.ca

Greater Edmonton District

RR: Lee Schaefer
University of Alberta
EDMONTON
E-mail: l.schaefer@shaw.ca

Greater Edmonton District

RR: Jodi Harding
St. Cecilia Junior High School
EDMONTON
E-mail: hardingj@ecsd.net

Central East District

RR: VACANT
Thanks to Jayson Boyson who did a tremendous job serving as RR for the Central East district. If you are interested in the RR position or know someone suited for the role, email Brenda Bower @ brenda.bower@sd76.ab.ca

Red Deer District

RR: Susan Dillabough
River Glen School
RED DEER
E-mail: sdillabough@chinooksedge.ab.ca

Calgary City District

RR: Sonia Sheehan
Foundation for the Future Charter Academy
CALGARY
E-mail: sonia.sheehan@ffca-calgary.com

Calgary City District

RR: Jessica Badzgon
Calgary Catholic School Division
CALGARY
E-mail: jessica.badzgon@cssd.ab.ca

Palliser District

RR: Kendra Mills
Our Lady of the Snows Catholic Academy
CANMORE
E-mail: kharper@redeemer.ab.ca

South East District

RR: Joral Maynes
J.C. Charyk Hanna School
HANNA
E-mail: joral.maynes@plrd.ab.ca

South West District

RR: Fred Jack
LETHBRIDGE
E-mail: fjack@adlc.ca

The Council Needs You!

HPEC is currently accepting nominations of HPEC members that are interested in being on the Executive Council.

Being a part of this Council will allow you to:

- Be a leader in the province in the areas of Health and Physical Education
- Use your expertise for your ATA Professional Growth Plan goal
- Meet the requirements of the Alberta Initiative for School Improvement (AISI)

Currently there are vacancies within the Council in the following positions:

- Athabasca District Regional Representative
- Central East District Regional Representative
- Palliser District Regional Representative
- South East District Regional Representative

See the *HPEC Regional Representative Boundaries Alberta Map* to locate your area within the HPEC Districts and email Brenda Bower (HPEC Vice-President) if you are interested in this opportunity: brenda.bower@sd76.ab.ca

Automatic Specialist Council Membership is here!

Membership has its privileges, especially if it's an HPEC Membership!

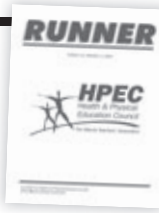
HPEC Membership privileges include: attendance at the annual HPEC Conference, semi-annual electronic subscription to *The Runner*, and involvement in a professional organization that provides support in the areas of Health and Physical Education. As a result of a resolution passed at the Alberta Teachers' Association's (ATA's) 2007 Annual Representative Assembly, active members of the ATA have the opportunity to join one specialist council of their choice each year at no charge.

Register for your free HPEC membership today at www.teachers.ab.ca. Login if you already have a user name and password and go to the features on the right hand side and look for **Automatic Specialist Council Memberships**. If you are a new user, you can become a member by choosing the login section of the site. You will need your teaching certificate number to register.

Your HPEC membership expires every year on August 31. Be sure to renew your HPEC membership each year.

The Runner

The Runner is HPEC's Journal publication and has a collection of lesson plans, articles and information for Health and Physical Education teachers. To download your copy of *The Runner* visit www.hpec.teachers.ab.ca



Upcoming HPEC Events

Calgary Drive-In Workshop

Calgary HPEC Drive in Workshop

Wednesday October 27, 2010

Central Memorial High School
5111 – 21 Street S.W., Calgary

Registration: 4:00-4:30pm

Session A: 4:30 – 5:30pm

Session B: 5:35 – 6:35pm

Session choices include: basketball coaching, physical literacy, zumba, African dance, golf, cardio in small spaces, recipe card lesson plans, balloon fun, hip hop and yoga for youth.

Visit www.hpec.ab.ca or email Calgary HPEC Regional Representative Sonia Sheehan at Sonia.sheehan@ffca-calgary.com for more information

Mighty Peace News

Low Organized Warm-up Games

Div. 3+4 Darren Flynn

Looking for a way to keep your PE classes exciting and fresh? Come and learn some great warm-up and low-organized games.

Glenmary Gym

Elementary Games

Div. 1 + 2 Scott Randall

This session will demonstrate a variety of age-appropriate games for students in Kindergarten to upper-elementary. Many of them can be adapted to teach the learner outcomes for your grade-level. Modifications that will allow you to meet your students' various abilities and to help them to find success will be shared. Attendees will leave with a variety of activities they can use with their students on Monday and a handout of all games taught.

T.A. Norris Gym

Physical Education Unit Planning

Div. 3 Jace Ferguson & Jordan Loughlin

This session will be of benefit for PE teachers in planning the year. We will be sharing our cycle of unit planning and we will touch on assessment in PE. We will be sharing our rubric and how we mark in each unit.

Glenmary Rm. 34

Dodgeball Alternatives

Div. 1-4 Scott Randall

Although the sport of Dodgeball can be a fun and exciting activity, for many children it can be a very stressful game, especially when you take into account the various developmental levels of children. This session will demonstrate a number of games and modifications of old games that change the focus away from human targets to throwing at objects. Attendees will leave with a variety of activities they can use with their students on Monday and a handout of all games taught.

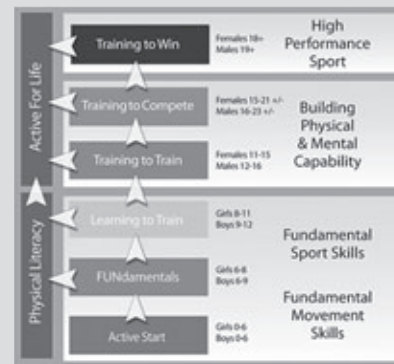
T. A. Norris Gym

Developing Physical Literacy in Our Children and Youth

The Canadian Sport for Life www.canadiansportforlife.ca/ movement increases sport's contribution in Canadian society recognizing sport as an important part of everyone's life by promoting each child's healthy and logical development in a sport or physical activity.

This chart describes the 7-stage Canadian model of Long Term Athlete Development (LTAD) program that serves as a foundation to CS4L.

Canada's Long-Term Athlete Development Model



Alberta's commitment is to develop a coordinated approach to increase physical literacy levels for Albertans and promote linkage and integration with other sectors and

partners at the provincial level. Physical literacy will pave the way for a lifetime of involvement in sport and physical activity.

Alberta has a network of CS4L ambassadors that have sector specific knowledge.

The Alberta Ambassadors are:

University of Alberta: Dr. Vicki Harber

Early Childhood Education: Early Childhood Centres, Early Childhood Educators (Sector Lead: Elaine Danelesko)

Education: K-12 and Post Secondary (Sector Lead: Tracy Lockwood – Ever Active Schools)

Health: Provincial Health (Sector Leads: Heidi Piovoso & Judy Newman – AB Health Services)

Physical Activity: The Active Living Portfolio group (Sector Lead: Stephanie Wierl – Be Fit for Life Centre - Lethbridge)

Recreation/Municipalities: All municipalities (*regardless of size*) (Sector Lead: Rob Meckling – City of Red Deer)

Sport: All PSO's and Community Clubs (Sector Lead: James Hood - Swim AB)

<http://tpr.alberta.ca/asrpfw/programs/sports/CS4L/Ambassadors/index.asp>

The above individuals are the people, "on the ground" within the sector who act as a mentor and conduit and source of information/resources for their own sector. For more details, check out the **Alberta Ambassador presentation** @ www.canadiansportforlife.ca/upload/docs/2010%20WS%20Presentations/Alberta%20Ambassador%20Network%20presentation.pdf

Fundamental Movement Skills (FMS)

The FMS workshops introduce participants to the value of solid fundamental movement skills teaching leaders of youth how to analyze and improve a child's movement pattern along a development continuum.

A community, school, college, university, recreation department may choose to host one of the following workshops aimed at improving children's lives through physical literacy:

- FMS Community Leader
- FMS High School Leadership
- FMS Coach Professional Development

Visit <http://tpr.alberta.ca/asrpfw/programs/sports/Coaching/FMS/index.asp> for more information on these FMS workshops.

Ever Active Schools also offers Physical Literacy and Fundamental Movement Skills workshops. To download a copy of the latest workshop offerings visit: www.everactive.org/professional-development-



SAVE THE DATE!!!

50 Years of Health and Physical Education Conference

HPEC 2011

May 6 & 7th (Pre-conference May 5th)
at SAIT Polytechnic, Calgary

CO CHAIRS:

Jessica Badzgon » jessica.badzgon@cssd.ab.ca
and Joyce Sunada » joyce@everactive.org

- ✓ Top quality PD
- ✓ Interactive and engaging sessions
- ✓ Colleague recognition presentations
- ✓ Engaging networking opportunities
- ✓ Fun social events

COMMUNITY CONNECTIONS



Experience the World of Team Handball

**Mini Handball
Grade 3-6**

Jr/Sr High School

Check Alberta Team Handball has to offer your School

- Resources and lesson plans for all levels of play.
- We offer School coaching and referee courses.
- We offer School Clinic's for Teacher and Student's who are interested in learning and understanding about the game.
- We offer Festival's for Mini Elementary School's.
- We offer to Jr High School's a winter invitational tournament and a Provincial Championship Tournament.

What Else do we have to Offer!

- Coaching and Referee clinic's through Alberta Team Handball Federation.
- Direct access to Resources through our website.
- Opportunity for Jr/Sr High School Students to Travel internationally (USA High School Championships, European tournament's)
- Students in Jr/Sr High School will have many opportunities to play on club, Provincial or National teams.

Contact us
www.teamhandball.ab.ca
handballalberta@gmail.com
780-415-2666



Looking For A “One Stop” Physical Education Resource?

www.physedsource.com

Check It Out!



ActiveAte!
Your New Life Is Waiting

UNIVERSITY OF CALGARY
KINESIOLOGY

The ActiveAte resource kit offers a unique approach to lifestyle change combining the three components essential to the development of a healthier lifestyle in one complete program; nutrition education, behavioral change and physical activity.

ACTIVE LIVING
Be Fit For Life

Government of Alberta

ALBERTA SPORTS RECREATION TRAILS & WELLNESS SOCIETY

Alberta
Pursuing the Dream, Starting in Alberta

The tools provided in the kit include eight lesson plans, energizers, fitness challenges and games as well as an electronic participant manual.

The ActiveAte resource kit is designed to:

1. To teach children the importance of, and the necessary skills to lead long, healthy and productive lives.
2. To teach children the importance of making healthy food choices, participating in regular physical activity and feeling good about themselves in the achievement and maintenance of a healthy lifestyle.

Learning Objectives include:

1. To establish healthy eating habits
2. To establish healthy eating patterns that provide adequate nutrients
3. To encourage daily enjoyable physical activity tying into the school board mandate of Daily Physical Activity
4. To understand and accept body size and shape
5. To develop personal attributes and skills to feel good about ones self

For more information contact your local Be Fit For Life Centre
www.provincialfitnessunit.ca/bffl-contact



School Clinic Program

Netball is a **fast paced** game similar to basketball, however, there is no dribbling or moving with the ball. Netball teaches **essential skills** such as *quick passing, decision making*, as well as *teamwork*, and *court movement skills*, all of which are transferable and beneficial to other team sports. Our clinics are **enjoyed by students and teachers** alike, all over Alberta!

- We offer a **three day** clinic for **grades 4-9** during their normal physical education class
- All equipment is provided
- For **bookings and queries** please contact Jess Mitchell at coach@netballalberta.com or phone (403)9668041.
- Check out our **website** for more information!
www.netballalberta.com



**moving,
breathing,
learning
with yoga**

Workshops & classes for teachers

Storytelling & activities for kids

Fit for Life instruction

Health & Wellness presentations

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Love of life!

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DeChamplain
Pipella**

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coolsolutions@shaw.ca

PROMISING PRACTICES HIGHLIGHTS

The start of a new year is a great opportunity to create (or recreate) community in your school. Here are three great ideas from individuals around the province to do just that. The complete promising practice can be found at: www.phecanada.ca/weightoftheworld/e/promisingpractices/

Family Event Night

SUBMITTED BY: Tara

tarayagos@shaw.ca

SCHOOL/ORGANIZATION: Dr. Gerald B. Probe Elementary, Nicholas Sheran Community School, Mike Mountain Horse School, Lethbridge

DESCRIPTION: There are monthly family events held at each school, which allows students and their families to come together and learn a new activity, sport or art. The activities range from traditional sport activities like baseball and bike safety to drumming, juggling and team building activities. Families can learn to dance, play Frisbee golf and more. The activities were suggested by a group of parents and teachers. The events require the parents to stay with their children and participate while meeting other families from their community.

Fruit Fridays

SUBMITTED BY: "Bright, Annette"

annette.bright@westwind.ab.ca

SCHOOL/ORGANIZATION: Cardston Elementary School, Cardston Alberta

DESCRIPTION:

Fruit Fridays: Our parent council collects, prepares and delivers fresh fruit to our students (702) on the second school Friday of every school month. Students became

involved in the process by submitting logos and posters for our Fruit Friday Logo contest. The student body chose the winner of the Fruit Friday Logo Contest. School Wide Wellness Challenge: Springboarding from an idea designed by Grade 5 teacher Mrs. Kathy Schow, students receive Health Cards to record healthy food choices and daily activities. Health Cards are initialed by parents and returned to the classroom teacher. Students are invited to choose two healthy foods and complete 20 minutes of exercise on 20 occasions. Health Rewards vary between Wii Fit competitions to DPA supplies for the classroom. PAHL (Promoting a Healthy Lifestyle) Groups with Health Coaches: Grade 5 teacher, Mr. Toth coined the term, "CES Health Coach." Our Health Coaches help students to become active, healthy and happy. We have over 70 health coaches in our school that meet with students once a month. Our first PAHL meeting was February 25. During the 15 minute session, health coaches and buddies designed a name for their group, discussed healthy eating and active living, and played a short game. Health Kiosks: Three Health Kiosks (one per division) contain fundamental nutritional lesson plans and props as well as fun curriculum enhancing puzzles and puppets. Health Hustle: Grade 6 teacher, Mrs. Berry and our student council choreographed and created their own version of the Health

Hustle. The Health Hustle clip is played via closed circuit T.V. twice a week on the morning broadcast. The Health Hustle is now an integral part of our school assemblies and has really helped to get our school up and moving.

Active Assemblies (School-wide, Community)

SUBMITTED BY: Ever Active Schools, Edmonton

Have school assemblies that are more active in nature. Include a student leadership team in the organization process. Use these assemblies to remind students of playground safety and as pep rallies to increase school spirit. Be sure to give out active living awards at these assemblies. A hip-hop assembly could include a whole school dance (be sure to take photos!) and student dance demos. A beach day themed assembly could be complete with 'dune' buggy races and a "Beach Boys" dance. A martial arts theme could include demonstrations by students and staff, as well as whole-school activities. Assemblies could incorporate teacher, parent and student active-living participation and testimonials as well. Utilize group energizers to ensure students maintain their focus during the session.



Come by and visit!

3rd floor, Percy Page Centre
11759 Groat Road, Edmonton, AB T5M 3K6
Phone (780) 454-4745 • Fax (780) 453-1756

**Have a success story
you'd like to share?**

Contact Joyce Sunada (joyce@everactive.org)
to let everyone know the cool things
your school community is doing.