



**WELCOME BACK TO SCHOOL!**

**BREAKING NEWS**

IMPORTANT EVENTS COMING UP

**Fall... in motion GINORMOUS Walk/Run  
September 30th**

Elementary and High Schools located within walking/cycling distance to the downtown River Landing Amphitheatre are invited to join us for the Ginormous Walk/Run at 12:00pm

OR

Participate in the event at your own school.

See inside page for more information.



**Your school is invited to attend the**

**2011 in motion Leaders**

**Symposium**



**October 5, 2011**

**U of S Physical Activity Complex**

**12:30 – 3:30**

See inside page for more information.

**DON'T FORGET: CHAMPIONS GEAR UP MEETING**

See inside page for more details.

**INSIDE THIS ISSUE:**

Leaders Symposium	2
Fall... <i>in motion</i>	3
Champions Meeting	3
Ideas to get <i>in motion</i>	4
Fall... <i>in motion</i> Toolkit	4
Contact Info	4

**UPDATE YOUR SCHOOL INFO ONLINE**

All *in motion* schools are asked to fill out a 3 min. online survey that updates information that will help keep us connected to you.

All schools will receive the survey link from your Division.

**Become an *in motion* school**

If your school is not officially an *in motion* school. The beginning of the school year is a great time to get involved.

Lots of free resources and professional development opportunities are available for teacher Champions.

To get involved contact *in motion*.

See contact info on back.

Rescheduled from  
June 2011



# Your school is invited to attend the **2011 *in motion* Leaders Symposium** **October 5, 2011**

## U of S Physical Activity Complex

### 12:30 – 3:30

The ***in motion* Leaders Symposium** is a great opportunity to build an ***in motion*** team and involve student leaders in the planning and delivery of ***in motion*** at your school. School teams will learn great ways to lead ***in motion***, participate in a **FUN** team building activity and begin planning ***in motion*** activities for the 2011-2012 school year. **The Symposium can be attended by both elementary and high school teams.**

**GUEST SPEAKER: BRANDON SAND, Oskayak High School Student**

Brandon was one of four International Youth Ambassadors who participated in impossible2Possible Bolivia Expedition, running across the world's largest salt flat.

#### Elementary School Teams

may consist of the following:

- ⇒ Students: (Two or more students from grades 7 and 8)
- ⇒ ***in motion*** teacher Champion(s)
- ⇒ An Administrator
- ⇒ School Community Council Rep. or Parent
- ⇒ School Public Health Nurse

#### High School Teams

may consist of the following:

- ⇒ Students: (Two or more) - Students can be from the SRC or any students interested in leading ***in motion***)
- ⇒ ***in motion*** teacher Champion(s)
- ⇒ An Administrator
- ⇒ SRC Advisors
- ⇒ Physical Education Teacher

**For more information call: 655-4626 or Email: [bree.rooke@saskatoonhealthregion.ca](mailto:bree.rooke@saskatoonhealthregion.ca)**

**Registration Deadline: September 28, 2011**

**Online RSVP form — [www.surveymonkey.com/s/HS6CTW6](http://www.surveymonkey.com/s/HS6CTW6)**

*in motion* Proudly Presents

## Fall...*in motion* 2011



# GINORMOUS WALK/RUN

Friday - September 30th

Elementary and High Schools, be a part of the most

**GINORMOUS** Fall...*in motion* EVER!!!



Don't miss out on this great opportunity to help break last year's record of 22,700 people being active. Make sure your school is part of the GINORMOUS Walk to see **HOW MANY** people can be "in motion" on October 1st.

There are some awesome participation packages for schools and it is great opportunity to kick off your *in motion* school year!!!!

**WHEN:** Participate anytime on September 30 for a minimum of 30 minutes.

**WHERE:** You can participate right at your own school, in your own community! Or join us at River Landing by the amphitheatre at 12:00pm.

**WHO:** Get your whole school involved: students, staff, parents and even the community. We encourage schools from all school divisions in the Saskatoon Health Region to participate. Horizon School Division, Prairie Spirit School Division, Greater Saskatoon Catholic, Saskatoon Public, Division Scolaire Francophone.

**WHAT:** Have your entire school walk for the 30 minutes, or better yet get creative and have the biggest school physical activity event you can, using any type of fun physical activities. Make it a Ginormous Dance Party, Game of tag or Sport extravaganza. The options are limitless! (For more ideas and games for your school event check out [www.in-motion.ca/resources](http://www.in-motion.ca/resources)).

**AFTER THE EVENT:** A school representative MUST submit your school's participation numbers on-line at [www.in-motion.ca](http://www.in-motion.ca) by 11:59pm. Submitting your participation numbers will make your school eligible for even MORE great prizes such as a DJ DANCE party and many more cool prizes.

### ***Participation Incentives***

The **FIRST 50** schools registered to participate in the GINORMOUS WALK will receive a **Fall... *in motion*** package filled with cool *in motion* incentives such as beach balls and frisbees. These can be used as prizes during your school event. Participation packages will be given out at the September Champions meeting - see below for more details. [Sign up your school by e-mail - bree.rooke@saskatoonhealthregion.ca](mailto:bree.rooke@saskatoonhealthregion.ca)

---

## ***in motion* Champions Gear-Up Meeting** **September 13 (Urban)/September 20 (Rural)**

Mark your calendars for **September 13 (Urban)/ September 20 (Rural)** for the *in motion* teacher Champion Gear up meeting. The purpose of the meeting is to network with other *in motion* Champions, share ideas pick up resources, posters and **Fall...*in motion*** participation packages.

**Location/Time: TBA** (watch for emails)

The meeting is short and sweet with lots of stuff available to take back to your schools.

**RSVP by e-mail - [bree.rooke@saskatoonhealthregion.ca](mailto:bree.rooke@saskatoonhealthregion.ca)**

## IDEAS to Get *in motion*



- ☆ Get involved in Sports Day in Canada on **Saturday, September 17**. It is a national celebration of sport, from grassroots to high-performance levels, in communities across the country. Sports Day in Canada is presented by CBC Sports, ParticipACTION and True Sport.
- ☆ On **Friday September 16, Wear your hearts on your sleeves on JERSEY DAY**  
On Friday, September 16, all Canadians are encouraged to dig out their favourite jersey, team or club uniform and wear it proudly to school, work or play. In boardrooms, on Parliament Hill, and in classrooms, all will have the opportunity to demonstrate their love and support for sport by wearing their hearts on their sleeves.  
Visit: [www.cbcsports.ca/sportsday](http://www.cbcsports.ca/sportsday) for more information on Sports Day in Canada.
- ☆ Celebrate **International Walk to School** month for the **month of October**. This a great way to promote Active Transportation to students, staff and parents AND another great way to support October as ***in motion*** month.

## RESOURCES

- A Fall...***in motion*** Toolkit — [www.in-motion.ca/resources](http://www.in-motion.ca/resources)
- Inspiring Movement — [www.education.gov.sk.ca/physicalactivity](http://www.education.gov.sk.ca/physicalactivity)
- Active Healthy Kids Canada 2011 Report Card — <http://www.activehealthykids.ca/>



### **Saskatoon Health Region**

101-310 Idylwyld Drive N  
Saskatoon, SK  
S7L 0Z2

Phone: 655-DOIT (3648)  
Fax: 655-4498  
E-mail: [inmotion@saskatoonhealthregion.ca](mailto:inmotion@saskatoonhealthregion.ca)  
[www.in-motion.ca](http://www.in-motion.ca)

### **Children and Youth Strategy**

Bree Rooke - ***in motion*** Consultant  
655-4626 [bree.rooke@saskatoonhealthregion.ca](mailto:bree.rooke@saskatoonhealthregion.ca)

Brent Rioux—Senior ***in motion*** Consultant  
655-4691 [brent.rioux@saskatoonhealthregion.ca](mailto:brent.rioux@saskatoonhealthregion.ca)

***In motion*** is a health promotion strategy with a focus on physical activity. Its vision is that all citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of ***in motion*** is to ingrain understanding and behaviour change into the culture of our community.

***In motion***'s founding partners include:

- ◆ Saskatoon Health Region
- ◆ City of Saskatoon
- ◆ University of Saskatchewan
- ◆ ParticipACTION

### **Share your *in motion* events with us?**

Show off your school! Send us stories and pictures of your ***in motion*** activities and events and we will post them on our website! Motivate others and show them how much fun it is to be an ***in motion*** school!!

