

# *In motion* Elementary School Newsletter

## ***Taking the Lead: in motion* Leadership Symposium**

On May 31, 2006, 30 elementary and high school leadership teams showed their desire to work together to improve student health through physical activity. Over 200 students, teachers, administrators, parents and public health nurses assembled at the University of Saskatchewan, Physical Activity Complex for the 2006 *in motion* Leadership Symposium.

The afternoon was kicked off with a great presentation by Saskatoon high school teacher Miss Jacqueline Lavallee who shared her personal and professional experiences with physical activity and sport. Miss Lavallee talked about the empowering role sport and physical activity has played through her life and now as a teacher the role she plays to encourage her students to make activity part of their lives.

The opening address set the stage perfectly for the breakout sessions where team members each met with their peers to discuss the role they can play to help kids be more active. They also learned how an *in motion* school team can impact student health by promoting the benefits and

opportunities for students to be physical activity. The outstanding message being that the students on the *in motion* team are a key voice in the school initiative and as peer leaders their active involvement gives the physical activity message a higher profile among the student's.

To add fun and foster some team working skills the 30 teams got moving with a challenging *in motion* Amazing Race through the Kinesiology building and University Campus. The teams had to work together to solve clues and complete tasks that got them moving around campus. The afternoon event wrapped up with a healthy snack as they worked together to begin planning for their 2006-2007 school year.

Thank you to all the elementary and high school teams that attended. A special thank you to the rural schools that came to Saskatoon for the event.

**\*If your school was unable to attend but would like a copy of the planning documents used at the 2006 Symposium contact *in motion* at 655-7923.**

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### ***Not yet "in motion"***

If your school is not yet an *in motion* school. This is a great time to get involved.

The goal of an *in motion* school is to provide a minimum of 30 minutes of physical activity everyday to every student through a variety of options including physical education, intramurals, special events, classroom activities, etc...

## **Upcoming opportunities to be "*in motion*"**

- **September 12 - *in motion* Champions Gear up Meeting**  
4:00– 5:15 pm - Location TBA (See Page 3)
- **September 28 - Fall... *in motion* Celebration**  
12 –1 pm Victoria park - Register your classrooms to attend the celebration. (See Page 3)
- **September 29 - Terry Fox Run - National School Run** ([www.terryfoxrun.org](http://www.terryfoxrun.org))
- **October - Fall...*in motion* Community Stay Active Campaign** - (See Page 4)
- **October 4 - International Walk to school day.** ([www.goforgreen.ca/walktoschool](http://www.goforgreen.ca/walktoschool))

## Snacktivities at school

***In motion* Snacktivities** are small space activities that require very little or no equipment and can be done spontaneously and in short time intervals right in the classroom.

Snacktivities can be done as a quick break between subjects or at anytime to break up long periods of sitting. Using

Snacktivities in the classroom throughout the day can help reach the ***in motion*** goal of providing 30 minutes of physical activity per day to students.

***In motion*** has developed a complete resource of Snacktivities that is intended to supplement the ***in motion*** resource binder.

The complete **Snacktivities** resource can be downloaded from our website at:

[www.in-motion.ca/youth/](http://www.in-motion.ca/youth/)

**Below is a Snacktivity that can be copied and shared with other teachers to try out in their classrooms.**

## Give or Grab

### EQUIPMENT

Bean bag or Passable Object  
Pompom balls/ Any soft ball / paper ball

### SET UP

Partners

### HOW TO PLAY

One partner sits and the other partner gets in the push up position.

Two bean bags or objects are in front. On “go” the student in the push up position picks up the object, placing it in the other partners hands, alternating the objects.

When both objects are in partner’s hands, player grabs them and places back on the floor.



Grades K-3	
Grades 4-6	✓
Grades 7-8	✓

## Reducing Screen Time

### Did you know?

According to Statistics Canada 2004 data, the average Canadian watches **21.2** hours of TV per week.

- ◆ 2-11 year olds watch on average **15.2 hours** per week.
- ◆ 12- 17 year olds watch **12.7 hours** per week.

This time does not include other activities in front of a screen such as playing video games or surfing the internet. Recent studies indicate the relationship between TV viewing and excess body weight begins early in life.

\*\*\*Keep an eye out in the coming year for new ***in motion*** resources to help families reduce and replace screen time with physical activity.\*\*\*

## Back to School with Healthy Eating by Val Irvine - Public Health Nutritionist

Fall is a good time to re-evaluate our eating habits and to insure we are packing good nutrition into our school day. Eating well not only helps children grow and develop but students are also more attentive, settled and ready to learn.

### What can TEACHERS do to promote healthy eating?

- ◆ Follow curriculum guidelines to incorporate healthy eating at all grade levels.
- ◆ Make nutrition part of core subjects:
  - Geography – where does our food come from?
  - Language arts - check your library for books on food and eating.
  - Math – fractions in recipes and budgeting with grocery prices.
- ◆ Offer healthy foods for classroom celebrations - introduce new foods
- ◆ Provide non food incentives – novelty erasers, stickers

### What can SCHOOLS do to promote healthy eating?

- ◆ Become a Saskatoon Nutrition Positive school
- ◆ Provide pleasant areas and adequate time for eating lunch
- ◆ Offer a school Milk Program for details call SK Dairy Farmers at 306-949-6999
- ◆ Offer non food related items for fundraising. Consider cookbooks. <http://www.supporttimesurvival.com>

### What can HOME and SCHOOL committees do to promote healthy eating?

- ◆ Support your school in offering healthy food choices -join committees
- ◆ Offer healthy choices for special lunches, classroom parties, family events.

#### Nutrition Positive

Just a reminder to Saskatoon schools, new and previous participants, Register by mid October with your school board for this coming school year.



Need more information on this exciting program? Register for "Nutrition Positive Session" at Opportunities 2006!

#### To Become a Saskatoon Nutrition Positive school

Saskatoon Catholic Schools call 659-7075

Saskatoon Public School Division call 683-8334

## FALL...in motion Celebrating Saskatoon's 100th Birthday

The **2006 Fall...in motion Celebration** will be bigger than ever. This year we will be celebrating physical activity and Saskatoon's 100th birthday. The celebration will take place in **Victoria Park** near the Riversdale Pool on **Thursday September 28th from 12 – 1 pm.**

Check out the great incentives to get your classrooms down for the fun event to celebrate physical activity.

- Free Bus transportation (if required)
- First 25 schools registered will be ensured 25 t-shirts for the students to wear at the event.
- All schools registered to attend will be placed in a draw for a DJ Dance Party at their school courtesy of Solid Sound Productions.

### DANCE TEAMS NEEDED

Would you like to have your school leading a dance up on stage? We require 7 schools to perform a dance that lasts about 3-4 minutes. The music will be supplied for each school. If

you are interested please indicate this when you register.



### GET REGISTERED

Please confirm your school's participation and transportation needs **by September 15th.**

Public Schools: Jay Kennard @ 683-8334

Catholic Schools: Johnny Marciniuk @ 659-7075

Rural Schools: Call Brent Rioux @ 655-7923

### CHAMPIONS GEAR UP MEETING

Attend the Fall Gear up meeting for **in motion** Champions on **September 12th** from 4 – 5:15 location TBA. This meeting will provide school champions with their **Fall...in motion** packages as well as a new **resource on Tried and True** activities to keep your school **in motion**. To register to attend:

email: [brent.rioux@saskatoonhealthregion.ca](mailto:brent.rioux@saskatoonhealthregion.ca) or call: 655-7923.



### **Saskatoon Health Region in motion**

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#### **Children and Youth Strategy**

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*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

The *in motion* strategy is centered around 6 targeted strategies including:

- ◆ Children and Youth
- ◆ Older Adults
- ◆ Workplace Wellness
- ◆ Healthcare Professional Referral
- ◆ Primary Prevention of Diabetes
- ◆ Inactive Adults

## **OCTOBER *in motion* STAY ACTIVE CAMPAIGN**

During the month of OCTOBER everyone in Saskatoon and region is encouraged to stay active. Complete the *in motion* activity logs and submit for a chance to win some great prizes. We are asking schools to assist us, by making sure an activity log goes home with every student, so every family can participate! Activity Logs will arrive at your school during the last week of September and we ask that they be distributed by the start of October. The grand prize draws will be made in November from all the activity logs that are returned.

### **Resources and Professional Development for Teachers**

⇒ **Opportunity to be *in motion* 2006 - October 19 at Centennial Collegiate**

Professional Development for teachers organized by Saskatoon Public School Division specifically around healthy eating and active living.

⇒ **Nutrition Workshops** Watch for notices at your school for these workshops:

- ◆ Nutrition PI – Grades K -3
- ◆ Project Apex Grade 4 -6

Teachers receive teacher's guide, student handouts and resource package

⇒ **Mission Nutrition** <http://www.missionnutrition.ca/missionnutrition>

Offers fun, interactive learning activities to use in the classroom and at home to get children excited about healthy living! Make healthy eating, physical activity and positive self-esteem come alive for children in Kindergarten to Grade 8.

Watch for NEW materials on nutrition labelling coming fall 2006!

⇒ **Fact sheets NOW available from Public Health Services (phone 655- 4630):**

- ◆ Nutrition Education Resources for Grades (K- 3)(Gr 4-6)(Gr 7-9)(Gr 10 -12)
- ◆ Healthier Meal Options for Catered Meals in Schools
- ◆ Menu Ideas for School Cafeterias
- ◆ Healthier Foods for School Events
- ◆ Healthier Food Options for Vending Machines
- ◆ Healthier Foods Options for Concessions and Canteens