

In motion Leadership Symposium- May 31st, 2006

Mark your calendars for May 31st for the 2nd annual **In motion Leadership Symposium**. The leadership symposium is a great opportunity for all **in motion** schools to kick start their planning for the 2006 –2007 school year and to involve students in the planning process.

This years symposium will take place during the afternoon of May 31st at the *University of Saskatchewan Kinesiology - Physical Activity Centre*.

The purpose of the leadership symposium is to build school teams that collectively plan **in motion** activities through out the school year.

School teams may consist of

- 1 or more teacher champions,
- 2 or more students,
- An administrator,
- Parent Council Representative,
- Your school's Public Health nurse.

The first part of the afternoon will allow each person on your school team an opportunity to learn about the role they can play in the promotion of physical activity in the school and share success stories and ideas.

The second part of the afternoon will provide teams the opportunity to collectively review the past school year and get a jump on planning for the 2006-2007 school year.

So start forming your teams now and keep a look out for more details and registration information coming soon to your school.

If you have any questions about the Leadership Symposium please call

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. Start your **in motion** initiative by joining us at our Leadership Symposium.

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"

- **In motion Leadership Symposium- May 31, 2006**
- **SpecTAGular National School Challenge- May 25,2006**
www.cahperd.ca/nationalschoolchallenge/
- **Hike and Bike Challenge June 4-11, 2006**
 More info on page 3
- **Building Community Fun Run Saturday May 27, 2006**
www.saskatoonroadrunners.ca/2006marathon



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/

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

Air Bike

EQUIPMENT

No equipment required

SET UP

Teams

Partners or teams

HOW TO PLAY



Grades K-3	✓
Grades 4-6	✓
Grades 7-8	✓

Place hands on 2 desks. Have other students sit in desks to hold them down. "Biker" lifts self off the floor and rides a bike with hands on 2 desks.

Variation: Have a relay race where each person in the row pedals for as long as they can. A pre-determined time is set and whichever row is closest to that time, with everyone having the opportunity to ride the bike once, wins.

Healthy Eating Tips by Val Irvine SHR Public Health Nutritionist

What can your school do to support staff and students in making wise food choices?

Here are some ideas:

Set the Stage: One way to make lasting change is to develop a healthy food policy. Bring all levels of staff on board to discuss "making healthy food choices the easy choices". Refer to your *in motion* resource binder for Nutrition Guidelines for schools.

Cafeteria Choices: Take a fresh look at what foods are promoted. Consider a poster of a crisp and juicy salad at the cafeteria entrance. Post a message about an ice cold glass of milk beside the milk fridge or on the menu. What item is the best price or value? Match or lower

prices on healthy foods to make them as attractive as less nutritious foods. Try reducing prices of fresh fruit and vegetables or lower fat items while introducing a small price increase on French fries and other nutrient poor foods. What is easy to eat on the run? Fresh fruit, a bran muffin and low fat cheese make a quick, portable lunch. Flag ready-made sandwiches on whole grain bread with 100% fruit juice as fast food.

Vending Options: What is promoted on the front of your machines sways choices. Switch to water or juice fronts and promote healthy choices. Increase the number of slots or rows offering water and 100% fruit or vegetable juice. Can your vender provide

whole grain cereal bars, low fat popcorn or packaged nuts in snack machines? Are refrigerated machines available that would broaden choices?

At Meetings: Always include water when beverages are provided. Think whole grain, low fat when choosing catered items. Include fresh fruit and vegetables on your order.

Hike and Bike Challenge June 4-10



The Hike and Bike Challenge is a week-long campaign (**June 4-10**) organized by *in motion* and the

Saskatchewan Environmental Society. The objective is for people to increase their physical activity levels by using active transportation instead of driving.

Active transportation uses human-power energy for transportation. It includes walking, cycling, wheelchair, in-line skating, skateboarding and other ways of using human-power to get to work, school, shop, or visit friends. Active transportation is good for the environment and good for your health! Using active transportation instead of driving will reduce emissions of greenhouse gases and other pollutants. It is a convenient way to get "in motion".

Your school or classrooms can form one or more teams of up to 10 people. Keep track of the trips you make during the Challenge week using active transportation - your commute to and from school as well as other trips or errands you take throughout the day. Your classroom has a chance to win some great prizes.

Information on the Hike and Bike Challenge can be accessed from

www.in-motion.ca or
www.environmentalsociety.ca/hikebike



Become a Nutrition Positive School



Nutrition Positive strives to create and support a healthy school environment in Saskatoon schools. Nutrition Positive is about choosing a nutrition issue relevant to your school or class and challenging staff, students and the school community to do something about it!

For more information about Nutrition Positive for your school please call Carolyn Chu at 655-4687.



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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

Great *in motion* gear to help you stay active

PEDOMETERS:

Get walking today! Each pedometer comes with an informational brochure.

Cost: \$25.00 each



WATER BOTTLES:

Polycarbonate (500ml): These water bottles have become very popular. Available in 2 different colors (blue and charcoal).

Cost: \$8.00 each



KEY CHAINS:

Get hooked on *in motion*! These key chains are a great idea for the entire family. Available in 6 awesome colors (black, red, blue, purple, yellow and green)

Cost: \$3.00 each



HANDLE WATER BOTTLE: These water bottles make a great give-away. Available in 3 different colors (red, blue and green).

Cost: \$4.00 each



In motion WRIST BANDS:

Show your support of physical activity.

Cost: \$0.87



In motion TOQUE:

Stay warm and "in motion" with our black knit toque!

Cost: \$8.00

