

In motion High 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.**

INSIDE THIS ISSUE:

Snackivities	2
Reducing Screen Time	2
Nutrition	3
Fall... <i>in motion</i>	3
Stay Active October	4
Teacher Resources	4

Not yet "in motion"

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

An *in motion* high school is one that values and actively promotes the health benefits of physical activity and supports opportunities for students and staff to be physically active on a regular basis.

Upcoming opportunities to be "*in motion*"

- **September 28 - Fall... *in motion* Celebration**
12 –1 pm Victoria park - . (See Page 3)
- **September 29 - Terry Fox Run - National School Run** (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)
- **October 19 - Opportunity to be *in motion*** - Organized by Public School Division
4:15 - 8:00 pm at Centennial Collegiate (Watch for more info)

High School Resource Guide

Weekly announcements

Start the school year out with weekly physical activity and healthy lifestyle messages. The High School resource provides enough for every week of the school year. These ready made messages can also be used as little blurbs and space fillers in newsletters, student papers or announcement boards.

Bulletin Boards

Put up an *in motion* display to promote physical activity opportunities and local recreation or intramural information. The resource guide has all the things you will need to get a bulletin board started. For additional banners or posters contact *in motion*.

Resource CD for publications

Included with your manual is a Resource CD that supplies you with electronic copies in JPG and PDF format of all the resources in your binder. This makes an easy cut and paste of many of the ready made promotional tools right into your publications. Including use of the *in motion* logo's.

Student Representative Councils

If your student leadership council would like to get more involved with promoting physical activity at your high school, *in motion* would be happy to come out and speak to your committee about the resources and support we can offer you. For more information call 655-7923.

High School Physical Activity Surveys

In motion would like to thank all the schools who participated in the *in motion* High School Physical Activity Survey. Your time and effort is greatly appreciated as research and evaluation are key to the growth and sustainability of *in motion*.

The first part of the survey was a tested physical activity questionnaire used to measure activity levels of students. The second part of the survey

explored where students received *in motion* messaging, their nutritional habits and the demographics of the students. The evaluation was a success with over 5000 surveys from 11 high schools collected during the pre evaluation in October. The post data collection in May yielded over 3000 surveys from 9 schools. The data is currently being analyzed and a report with the findings will be distributed to schools this Fall.

In motion would also like to thank the teacher Champions who graciously participated in the interviews. Your comments and suggestions are imperative to the development of *in motion* high school resources and initiatives.

Thank you again to all the students, teachers and school who took time out of their busy days to participate in the *in motion* high school evaluation!

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.

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.
 - Science - nutrient experiments
 - Biology - plant/nutrient studies; digestion

What can SCHOOLS do to promote healthy eating?

- ◆ Become a Saskatoon Nutrition Positive school
- ◆ Provide pleasant areas and adequate time for eating lunch

- ◆ Ensure vending machines and canteens provide healthy choices.
- ◆ Consider pricing incentives to make healthy choices the easy choice.
- ◆ Offer non food related items for fundraising.

What can SRC's do to promote healthy eating?

- ◆ Create an *in motion* bulletin board with healthy eating displays and handouts found in the *in motion* resource manual.
- ◆ Lead by example - join or create *in motion* or Nutrition Positive committees
- ◆ Offer healthy choices for special events/ sporting events (applegrams; smooties)
- ◆ Offer healthy choices for fundraisers. Consider cookbooks. www.suppertimesurvival.com

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 celebrate physical activity and Saskatoon's 100th birthday. This year the celebration will take place in **Victoria Park** near Riverdale Pool on Thursday **September 28th from 12 – 1 pm.**

This year we are looking for high schools that would like to send their **special phys ed classes to come down as volunteers.** If you have a class that would like to attend please call 655-7923.



Create School Spirit with the Most Outrageous Group Activity

SRC's! Are you looking for a fun activity to build some school spirit and promote physical activity at the same time? Check out **MOGA Madness** from CAHPERD (Most Outrageous Group Activity).

MOGA Madness could be a great event to organize around **Fall...in motion** or as part of the October community wide stay active campaign.

It could be done in association with a school spirit week or part of a school pep rally prior to a big sports game. Make it outrageous and active and get some great media attention for your school. For more info check out the web site:

www.cahperd.ca/nationalschoolchallenge/about_challenge06.cfm



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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. This is a community wide event that would be a great promotion for SRC's to distribute to students or it could be used as a classroom challenge by teachers. The grand prize draws will be made in November from all the activity logs that are returned to *in motion*. Check out the *in motion* web site for more information about the challenge and to download an activity log or call *in motion* at 655-7923.

Resources and Professional Development for Teachers

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

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

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

- ◆ Nutrition Education Resources for Grades (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

⇒ ***In motion* High School Resource Manual (phone 655-7923)**