



in motion

High School Newsletter

VOLUME 1, ISSUE 2

APRIL 2006

Becoming an *in motion* High School

For more information about *in motion* resources for your school.

Call 655-7923

Join the growing number of Saskatoon Health Region schools, both urban and rural, becoming *in motion*.

There are many ways that your school can become an *in motion* school. Each high school is unique, so the methods chosen to encourage physical activity may be very different for every school. But simple things like announcements and a bulletin board to promote physical activity opportunities in your school and in your community can be an easy and effective means to get you started.

In the 2005 – 2006 school year, *in motion* has encouraged schools to simply promote and raise awareness around the benefits of physical activity and continue to build

from there.

The next step for *in motion* will be to assist schools with involving student leaders in the promotion and planning of physical activity opportunities for students to be active.

For more information about becoming an *in motion* High school call 655-7923.

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.

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In motion Leadership Symposium May 31, 2006

Mark your calendars for May 31st for the *In motion* Leadership Symposium. This year's symposium will feature a stream for High Schools to develop *in motion* student leadership teams.

The leadership symposium is targeted towards student leaders on the SRC, students involved in existing wellness committees or any students wishing to start a student wellness group focusing on physical activity and healthy eating. We invite your schools

to send four or more students that will be returning in the fall and interested in being part of the *in motion* leadership team.

We also invite two or more staff representatives to attend to be a part of the team. The staff representative should include the current *in motion* teacher champion, and can also include: an administrator; or SRC advisor; or any other teachers interested in being a part of the *in motion* team.

The leadership training is a great opportunity for students

and teacher champions to plan for next year and get the tools needed to get *in motion* moving forward at your school. It is also a great opportunity for schools to start their *in motion* initiative.

The Symposium will take place the **Afternoon of May 31st** at the Physical Activity Centre on Campus.

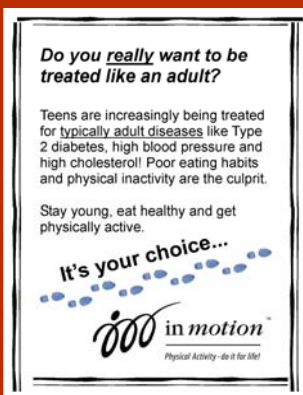
So start forming your teams now and keep a look out for registration information coming to your schools soon.

Share your Successes

We would love to hear about the great ways your school is staying "in motion".

E-mail us and we will post your successes on our web site.

Check out the CD that came with your High School Resource Guide. It has many ready-to-use targeted physical activity messages, like the one below, that can be easily be placed in any school publication.



Brainsport - *in motion* Walk-Jog Club April 24 – May 26th

In March, *in motion* sent out the call for student and teacher leaders to lead the *in motion* - Brainsport Walk/Jog Club. Twenty schools in the Saskatoon Health Region decided to offer this program in their schools

With the great turn out of schools offering the club, we are now looking forward to seeing how all the groups made out at the end of the 5 week training period.

The intent of the walk/jog club is to provide a opportunity for students not involved in school sports an opportunity to be active

in a supportive and non-competitive group environment.

Spring is a great time to offer the club to students and staff since many have spring fever and are excited to get active outdoors.

This year *in motion* asked schools to offer the club right after Easter from April 24 to May 26.

However it is important to know that the club can be run at anytime so it is not to late to get a club going on your own timelines.

This year the end of the 5 week period coincides with the 2.5 km Building Community Fun Run on

Saturday May 27, organized by the Saskatoon Road Runners Club as part of the Saskatchewan Marathon. School clubs are being encouraged to attend the fun run as a wrap up to their training.

If you are still interested in offering a club at your school contact *in motion*.

To help you get started *in motion* will provide you with the Walk/Jog club resource. The resource includes all the basic items you will need to get going.

To get started call 655-7923

Physical Activity Display Challenge

One of the basic goals of the *in motion* High School strategy is to create awareness of the benefits and importance of physical activity for the health of youth.

To facilitate this goal, *in motion* challenges schools to come up with any type of visual display promoting physical activity and healthy eating choices in their school.

Displays can be a bulletin board, trophy case, a whole wall, or consist of electronic

media. It can be visual, informational, or both. It can promote opportunities within the school or outside of school. How it looks is up to you.

The **Evan Hardy Healthy Souls Committee** took the challenge and the student members created an impressive display that provides information about all the great physical activity opportunities offered in the school. The display provided a space to pick up information including a very

innovative and simple binder insert with the dates and times of their FIT Tuesday exercise classes. In addition, the display was filled with colorful tips on healthy eating and physical activity.

Evan Hardy also lets the community know about staying *in motion* by placing messages on their sign outside the school whenever possible.

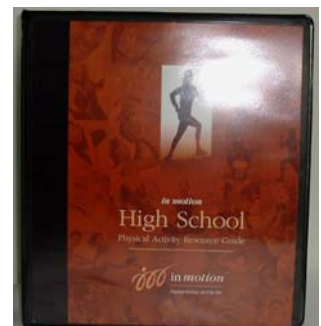
Check out the youth section on the *in motion* website to see the Evan Hardy Display.

Get your High School Resource Guide

This fall Saskatoon High Schools received the *in motion* High School Physical Activity Resource Guide. The guide is full of ready to use physical activity promotion tools such as weekly physical activity announcements, articles and messages for bulletin boards or newsletters

and many other ideas to help promote and provide opportunities for student to become physically active.

If your school has not yet received a FREE resource guide or you would like additional hard or electronic copies please call *in motion* at 655-7923.



2006 in motion High School survey- Follow up May 2006

Last October Saskatoon High Schools participated in the Baseline data collection of Physical Activity and Nutrition information. This spring, from **May 23– 26 in motion** will be asking high schools to distribute the follow up survey to students.

Once again the survey will be one simple page for students to complete and should take less than 5 minutes to complete.

The survey will come to schools in packages of 20 –30 surveys and

each school will receive enough packages for the amount of home rooms or classes they require.

The main purpose of the survey is to measure the physical activity levels of students and to determine if there is any change to physical activity levels over the course of the school year.

The results of the surveys will be shared with schools and the school boards. Schools that would like their individual results can also request to have them.

Champion Interviews

In addition to the student survey, **in motion** would also like to conduct interviews with the teacher champions at each of the schools that implemented some of the **in motion** initiatives during the school year. Champions will be contacted individually to arrange a meeting for a short interview during June.

If there are any questions about the surveys in your schools, please call 655-7923.

“Every child has the right and should have the opportunity to be educated in a health promoting school”
-World Health Organization

Healthy Eating Tips by Val Irvine –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.

Workplace Wellness – Teachers... *in motion*

The **in motion** high school initiative aims to improve the physical activity levels of students but also of staff. Through this newsletter we will offer high school staff information on physical activity, workplace challenges and other information to keep your staff healthy and physically active role models for students. We encourage the staff to join in on the student

challenges or create your own staff physical activity challenges.

If your school would like to receive our targeted workplace wellness newsletters and would like to be an **in motion** workplace.

E-mail:

inmotion@saskatoonhealthregion.ca

Check out these challenge resources at www.in-motion.ca or call 655-DOIT

- ◆ 5 plus 5 Challenge for a staff activity to keep everyone active and eating healthy,
- ◆ Walk/Jog club resource for high school students and staff
- ◆ Hike and Bike Challenge.



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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



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-

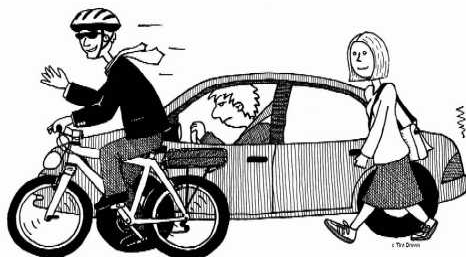
power to get to work, school, shop, or visit friends. Active transportation is good for the environment and good for your health! Using active transportation instead of driving will reduce emissions of greenhouse gases and other pollutants. It is a convenient way to get "in motion".

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



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Check our website:
www.members.shaw.ca/sasksbr