

# *in motion* Elementary School Newsletter

## St. Angela School wins playing *in motion* Jeopardy

On Thursday December 7th, St. Angela School tested their physical activity knowledge with *in motion* Jeopardy and the entire school came out big winners.

The afternoon assembly started out with 3 students being quizzed Jeopardy style complete with multimedia screen, sound effects, flashing spotlight and of course Alex Trebek (a.k.a. Mr. Wagner).

The physical activity quiz was interspersed with dance demos by the Jeopardy dance team made up of the Grade 7 class that organized the *in motion* assembly.

In Final Jeopardy, the school was the big winner with a grand prize of fun-filled dancing and singing. Rallied by the grade 7 class, the entire school was loud and enthusiastic as they danced vigorously to the Bird Dance, Macarena (with customized moves) and of course the YMCA.

In its entirety the assembly lasted 30 minutes and got the students moving, having fun and energized to learn during their afternoon classes.

Great job St. Angela School on promoting a healthy lifestyle with physical activity.

To see pictures of the St. Angela *in motion* assembly check out our website at [www.in-motion.ca](http://www.in-motion.ca)

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

Post a story or pictures of your *in motion* activities and events on the *in motion* website. All *in motion* schools have space on our website to show off their activities.

E-mail us to share your success stories with us and with other schools in Saskatoon and Region.

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## Upcoming opportunities to be “*in motion*”

### January :

- *in motion* 5 plus 5 Challenge (see page 3)
- **National Non-smoking week Jan 14 –17.** Consider combining smoking cessation awareness with an *in motion* activity or school walk.

### February:

- **Snow Fun Teacher In-service-** Watch for more info by e-mail.

### March:

- **Nutrition Month-** Promote healthy food choices and active living all month.

### April:

- **Do MORE Watch LESS Challenge** - Stay tuned for more information on reducing screen time.

### Become an *in motion* school

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...

Call or e-mail for more information.

## Exercise in Disguise

**Exercise in Disguise** is a great resource published by the Waterloo Catholic District School Board to support daily physical activity. There are two Exercise in Disguise resources that offer great activity ideas for the classroom and other areas of the school. The resources are nicely packaged into a coiled desk top tent resource

that sits on your desk, so you can easily flip through the activities. The resource is \$17.99 plus taxes and shipping for both resources. Ordering info can be found at:

[www.wcdsb.edu.on.ca/cr/e-d](http://www.wcdsb.edu.on.ca/cr/e-d)

**Below is one of many activities available in the resources.**

### Snackivities- French Version

Remember that the *in motion* Snackivities resource is also a great resource for small space activities and it is now available in French. The Snackivity resource English and French versions can be downloaded at:

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

## Animals on the Move

**Location:** Classroom, Outside

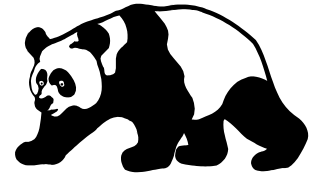
**Equipment:** NONE

### Activity Sequence:

- ◆ Demonstrate the action related to each animal walk
- ◆ Call out the actions for students to perform. Between walks call 5 jumping jacks.

### Animal Walk suggestions:

- ◆ **Bear**– on hands and feet, keep arms and legs held stiff
- ◆ **Bunny or Frog**– hop on all fours.
- ◆ **Crab**– on hands and feet, back towards the floor.
- ◆ **Wobbly spider**– Keep turning from crab position over to facing floor bridge position.
- ◆ **Alligator**– as low and stretched as possible on hands and feet.
- ◆ **Seal**– push up position, use arms only to move and drag feet behind.
- ◆ **Inch Worm**– knees slightly bent, start out on hands and feet with them close together. Walk hands forward until body stretched out then walk feet to meet hands.
- ◆ **Mouse**– run with tiny steps, with weight equally distributed on hands and feet.



## Do MORE...Watch LESS

**Screen-based activities may contribute to obesity in one or more of the following ways.**

1. Displaces time they could be physically active.
2. Food ads influence unhealthy food choices.
3. Snacking excessively while in front of the screen and eating less healthy meals when in front of the TV.
4. Lowers metabolic rates of youth below any other waking activity.

**Watch for more information about the *in motion* Do More Watch Less Challenge coming in April.**

## NUTRITION POSITIVE

The Nutrition Positive program invites all Saskatoon schools to create a healthy food environment within their school.

The program encourages schools to critically examine their nutrition curriculum and food environment and come up with creative and fun ways to support and promote positive nutrition practices. There is an epidemic of poor nutrition among our children that is leading to many food and health issues. Nutrition Positive schools are just one more support for a healthier Saskatoon community. For more information about Nutrition Positive, visit [www.chep.org](http://www.chep.org) and click on Nutrition positive .



## Healthy Eating by Val Irvine - Public Health Nutritionist

### 5 Reasons to Eat More Vegetables and Fruit

**1. Source of good nutrition** - Vegetables and fruit are a power house of vitamins, minerals, fibre and phytochemicals with many of these acting as antioxidants.

**2. Color counts!** Each color in the rainbow of choices offers a different variety of vitamins, minerals and phytochemicals. See:

[www.5to10aday.com/ColourKey/colourkey.htm](http://www.5to10aday.com/ColourKey/colourkey.htm)

**3. Save on calories.** Look to unsweetened varieties which average only 40 -60 calories per serving.

**4. Keep fat in check.** Almost all vegetables and fruit are low in fat with only avocados, coconut or olives being the exception. Watch the amount of fat you might add in margarine, cheese sauce or salad dressing.

**5. Enjoy fast food** - simply wash well and many vegetables and fruit are ready to eat. Canned and frozen are good choices too!



## Take the 5 PLUS 5 Challenge

**Start off the New Year with HEALTHY EATING AND ACTIVE LIVING.**

*In motion* has a great challenge to help get your school staff and students starting 2007 off with a healthier lifestyle.

The intent of the **5 PLUS 5 challenge** is to motivate individuals, families, friends, co-workers and students to be physically active 5 days per week and to eat 5 servings of fruits and vegetables a day.

**To get started:**

- ◆ Go to the *in motion* website to print the Challenge Package. It will include everything you will need to take up the challenge including the tracking forms and posters.

### 5 Strategies to Eat More Vegetables and Fruit

**1. Talk yourself into change.** Think of how easy it is to add canned peaches or sliced bananas to your ice cream instead of saying there's no time after work or it's easier to have ice cream for dessert.

**2. Do some math.** Cost out individual servings of fruit and vegetables. Divide the total cost by the number of servings. You'll be surprised to find a serving less expensive than coffee, a donut or chocolate bar.

**3. Prepare ahead** for situations that make eating vegetables and fruit more difficult. Start a restaurant meal with a salad, use frozen varieties for a stir fry when in a time crunch, or bring cut up oranges or a veggie tray to staff meetings or team events for a healthy choice.

**4. Try something new** and give your taste buds a treat! Not sure how to prepare or serve just ask produce staff for ideas or check out information at [www.5to10aday.com](http://www.5to10aday.com)

**5. Be a role model for your family.** Show them that you enjoy vegetables and fruit. Make homemade pizza or salad a family event. Set out a variety of vegetable and fruit toppings and let individuals add their own choices as toppings. You might be surprised at their combos!

- ◆ Pick any 5 week period during January and February to do the challenge.
- ◆ Be creative in your strategy to motivate co-workers and students. Feel free to modify the challenge to suit your environment.
- ◆ Share this newsletter page with your co-workers to encourage them to eat more vegetables and fruit.
- ◆ If you have a cafeteria, get support to feature vegetable and fruit specials.
- ◆ Most importantly... HAVE FUN. Recognize all those who take the challenge at a staff meeting or school assembly. Have prize draws as incentives for participants.



### Saskatoon Health Region *in motion*

701 Queen Street  
Saskatoon, SK  
S7K 0M7

Phone: 655-DO IT (3648)  
Fax: 655-8128  
E-mail: [inmotion@saskatoonhealthregion.ca](mailto:inmotion@saskatoonhealthregion.ca)  
[www.in-motion.ca](http://www.in-motion.ca)

#### Children and Youth Strategy

Brent Rioux - *in motion* Consultant

Phone: 655-7923  
E-mail: [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

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

## Promoting physical activity opportunities in the community

As an *in motion* school, providing at least 30 minutes of physical activity during school is important, but it is also important to promote the many great physical activity opportunities outside of school. In many cases students are not aware about local opportunities to be active in the community, or they simply need to be reminded. Many times youth recreation programs end up underutilized as a result of the lack of awareness.

As part of your *in motion* activities, create an *in motion* bulletin board to display not only your local school physical activity opportunities but also opportunities in the community. Look for program information from your local community association, leisure centre, recreation association, recreation boards, community centres and private fitness facilities. As a class activity idea, have student research and post these opportunities every season.

As another option, promote local physical activity opportunities in your school announcements as a Friday fitness tip. Announcing weekend public skating times at the local rink, open gym times or free swim times at the leisure centre might just entice students to make the healthy choice to go out and play versus sit at home and watching TV, playing video games or chatting on the internet.

### POSTERS

#### **Do you need *in motion* posters for your school?**

Contact us and we will be happy to supply you with some posters to brighten up your classrooms with physical activity.

\*\* Enclosed with this months newsletter are a few *in motion* event posters that you can use to help promote physical activity opportunities in your community.

## Walking School Bus

### **Attention School Community Councils and Community Associations:**

A great new resource to assist communities form a Walking School Bus initiative has been developed by the Saskatchewan Prevention Institute. A Walking School Bus is a group of children (passengers) and adult (drivers) who walk to and from school along a designated safe route. If your school community is interested in the Walking School Bus idea, please contact *in motion* for more information.