



# **TDSB Fit for Life Program**

## **Monthly Newsletter**



February 2015

### **iWalk Friday in the Cold at Chartland Junior Public School**



Winter is in full swing but it has not taken away from the enthusiasm at Chartland Junior Public School for staying active and being healthy outdoors!!! Since our 1st iWalk to School Day in 2013, Chartland has successfully created a "walk to school" culture from a one-day walking event (in partnership with the Toronto Police Department) to a weekly school-wide health initiative. Every student and teacher have committed to healthy active living by walking around the neighbourhood every Friday morning before entering the school. It has been evident that students are more focused and engaged in learning in the classroom with a physically active beginning to the day. Chartland's iWalk Friday also gives invaluable opportunities to teachers and staff to model the joy and positivity of being physically active with others. The best part is that the walking action in the neighbourhood attracts attention from parents as they are curious and inquire about our health initiative. Some even join in and walk with their children regularly.

For more information about hosting a Winter Walk Day at your school, or initiating an iWalk program, please visit

<http://www.saferoutestoschool.ca/>

*Submitted by Patrick Heung, TDSB Fit for Life School Representative Chartland Jr. P.S.*



*Student Leaders show their enthusiasm at Vradenburg PS*

### **Active Playgrounds-Snow Fun**

As part of the TDSB Fit for Life Program Menu of Professional Learning, the HPE Department offered two Active Playgrounds-Snow Fun-Student Leadership sessions in January. Student Leaders from across the TDSB came together to learn and enjoy outdoor activities that could be used to enhance physical activity throughout the winter months at their schools.

Special thanks to Mr. Tim Stone ([Vradenburg PS](#)) and Mr. Todd McIntosh ([Rawlinson CS](#)) for hosting.



### **#AreYouReady for TO2015 Pachi visits Ranchdale PS**

Pachi, the official mascot for the 2015 Pan Am and Para Pan Am games, made a visit to Ranchdale PS on January 6 to raise awareness and pump-up our students and staff for the upcoming international athletic event. Our energetic hosts - Rosie and Matt, engaged the audience with fun, physical activity, challenging trivia and helpful details about Pan Am/ParaPan Am events in the Scarborough community. Thanks to the Pan Am/ParaPan Am mascot team for their enthusiasm and graciousness!

*Submitted by Mr. Adrian Xavier, TDSB Fit for Life School Representative-Ranchdale PS*

### **TDSB Healthy Schools 5k Run/Walk**



On Saturday May 23th, 2015 the Health and Physical Education Department will be hosting a celebration of healthy active living for all TDSB schools and their community members.

Downsview Park will be the site for the **TDSB Healthy Schools 5K Run/Walk**.

The day will include a full program of activities and performances and is sure to be a great culmination to a year of healthy active living across our Board. Schools are encouraged to start planning for the day. The HPE Department will be hosting Preparing for the Run Professional Learning Sessions on February 19th, 2015 and February 26th, 2015 for staff and student leaders. Staff can find out more information on the [TDSB Fit for Life AW page](#).

The TDSB Healthy Schools 5k Run/Walk registration site will be open soon.

### **HPE App of the Month Map My Run**



Winner: Best Running App 2012 Reader's Choice at About.com. Built to help runners, joggers, and walkers of all ability levels and ages.

This app can help staff and students map out running routes in order to prepare for the TDSB Healthy Schools 5k Run/Walk.

### **CHARACTER DEVELOPMENT IN ACTION**

February's Character Trait is **Fairness**

Achieve your accomplishments by trying your best and abiding by the rules. Feel good about what you can do!

**Turn this page over to view information about Move Think Learn-Soccer in Focus**

[Click here to learn more and download this FREE resource!](#)

# Teach Soccer in a New Way

*Download The Free Move Think Learn Resource Today!*

The FIFA Women's World Cup™ is coming to Canada in 2015. Our nation will welcome 24 countries to compete in six cities coast-to-coast from June 6 to July 5: Vancouver, British Columbia; Edmonton, Alberta; Winnipeg, Manitoba; Ottawa, Ontario; Montreal, Quebec; and Moncton, New Brunswick. In addition to showcasing the world's best soccer players, the FIFA Women's World Cup Canada 2015™ aims to inspire both young girls and boys across the country to get active and enjoy physical activity.

As part of this goal, the FIFA Women's World Cup Canada 2015™ has partnered with Physical & Health Education Canada (PHE Canada) to deliver a special edition of its **Move Think Learn – Soccer in Focus Special Edition** resources for grades 4-6 and 7-9. Each resource will include curricular classroom lessons highlighting unique aspects of the competition, as well as a variety of Teaching Games for Understanding (TGfU) activity ideas. The supplement is designed to get your students engaged, moving, and learning the tactics and skills needed to participate in soccer. While both resources focus on the sport of soccer, they emphasize transferable movements and tactical solutions relevant to many sports and activities.



Available as **FREE** downloadable resources, the FIFA Women's World Cup Canada 2015™ **Move Think Learn - Soccer in Focus Special Edition** resources will provide you, your teachers, and students with a fun and engaging program that will get them active and advance their physical literacy development.

To view the free downloads please visit: <http://www.phecanada.ca/fifacanada2015>

For assistance in understanding and/or delivering the activities in the curriculum please contact The Ontario Soccer Associations Grassroots Soccer Development Department, who will be happy to come to your school to deliver or assist with the curriculum. Contact them at [grassroots@soccer.on.ca](mailto:grassroots@soccer.on.ca) or 905-264-9390 .

