



# TDSB Fit for Life Program

## Monthly Newsletter



March 2015



### PHE Canada QDPHE awards

The PHE Canada Quality (Daily) Physical Education Award identifies, recognizes and encourages excellence in school physical education programs. Schools that are committed to the Quality Daily Physical Education (QDPE) and Quality Physical Education (QPE) philosophy and who meet the official standards and criteria are eligible for this prestigious award. Our Quality (Daily) Physical Education Award requires schools to assess their physical education programs based on the criteria identified in the Quality Physical Education Assessment Tool application form. Any Canadian Kindergarten to Grade 12 school can apply for the Quality (Daily) Physical Education Award Program. All TDSB Fit for Life Program Schools are encouraged to apply and gain national recognition for their great work through PHE Canada's QDPHE Awards Program. The HPE Department will help subsidize the purchase of the awards package for all successful candidates. To apply for PHE Canada's QDPHE award please visit <http://www.phecanada.ca/home> and click on "Awards".

Please direct all inquiries regarding the HPE department's subsidy of the awards package to [mike.mahon2@tdsb.on.ca](mailto:mike.mahon2@tdsb.on.ca)

### Foodshare's Great Big Crunch is Thursday March 12th, 2:30pm



Crunch time is coming right across Canada!! Have your school or classroom join Foodshare's eighth annual Great Big Crunch and enhance your students' understanding of our food system while having fun at the same time! For that feeling of instant connection, tweet your crunch at 2:30 EST! #greatbigcrunch

### Second Street Junior Middle School's "Fit Pit"



Only in its second year of existence, the Fit Pit has quickly become the most popular room at Second Street! Created from an abandoned old tech room, the Pit took a while to come about. With help from an incredibly supportive community and Model Schools, the Pit officially opened up last November. With the hope of creating a real fitness experience for kids, the Pit was created as a core body and cardio room. Kitted out with treadmills (donated by Vision Gym!!), spin bicycles and core body equipment (stability balls, leg raise, crunch machines and more), the Pit is a place where children can learn proper techniques that will help them in the future and hopefully take them into the future. On any given day, you can walk by and see students from grades 4 -8 training to the sound of very loud tunes! Following their programs, students have quickly learned how to train their core, what exercises are for what body part (oh those dreaded lower abs!) and why it's important to stay on your cardio equipment. They have also learned the importance of a good workout when you're just plain having a rough day. Can you ask for anything better?

*submitted by Suzanne Goudreau, TDSB Fit for Life Program School Representative*



### March is Nutrition Month

A lot of people struggle with making healthy food choices outside of the home. That's why Nutrition Month 2015 is dedicated to helping Canadians learn how to eat well all day long – whether at work, at school or at play. For more information visit <http://nutritionmonth.ca/>

### TDSB Healthy Schools 5k Run/Walk



On Saturday May 23rd, 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 has hosted Preparing for the Run Professional Learning Sessions 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 Google Drive



Get started with Google Drive, free of charge, and have all your files within reach from any smartphone, tablet or computer. All your files in Drive – like your videos, photos and documents – are backed up safely so that you can't lose them. Easily invite others to view, edit or leave comments on any of your files or folders. Google Drive is available free [HERE](#).

### CHARACTER DEVELOPMENT IN ACTION

March's Character Trait is **Honesty** Set SMART (Specific, Measurable, Attainable, Realistic Time Bound) goals regarding your personal fitness levels and be honest about what you can do. That is a true measure of your ability and allows for improvement.

Turn this page over to view the official TDSB Healthy Schools 5k Run/Walk Poster.



Visit [www.tdsb.on.ca/5k](http://www.tdsb.on.ca/5k) to register



**Join us May 23, 2015**  
for the Healthy Schools  
**5k Run/Walk**  
at Downsview Park