



TDSB Fit for Life Program

Monthly Newsletter



June 2015

TDSB Healthy Schools 5k Run/Walk

On Saturday May 23rd, 2015 the Health and Physical Education Department hosted a celebration of healthy active living for all TDSB schools and community members. Downsview Park was the site for the TDSB Healthy Schools 5k Run/Walk. Elementary schools participated in their run at 10:00am and Secondary schools had their run at 11:00am. The day included a full program of activities and performances and was a great culmination to a year of healthy active living across our Board.



The Main Stage was the site of full group warm ups led by Daryl Devonish and Antonio Montes of the [60 Minute Kids Club](#) and Ted Temertzoglou of [Thompson Educational Publishing](#). While on the route participants were inspired by the cheer squad from [livvva Canada](#).

The Celebration Zone was active from 9:00 am to 12:00 noon. Individuals were encouraged to interact with Health and Physical Education Department partners including: [Toronto Public Health](#), [the 60 Minute Kids Club](#), [Thompson Educational Publishing](#), [Holland Bloorview](#), [Athletics Ontario](#), and [BOKS Kids](#).

The Toronto District Schools Board was well represented, with Trustees, Senior Staff and Superintendents of Education taking in the festivities. Associate Director, Christopher Usih helped to get the event started by sounding the horn at the start/finish line.

TDSB musical acts kept the masses entertained throughout the morning with performances by the Jazz Combo from Woburn CI and a rock band made up of Riverdale CI students and alumni.

The event was captured on social media using #tdsbrun and many images and thoughts were compiled in the form of a Storify found at <https://storify.com/tdsb/2015-healthy-schools-5k-run-walk>

The TDSB Healthy Schools 5k Run/Walk was a great event with the potential for massive growth. The Health and Physical Education Department looks forward to hosting this event again next year and celebrating healthy active living with the entire TDSB community.

HPE [App of the Month](#)

[Cycling Running and Mountain Biking Ride Tracking](#)



Cycleometer is the most advanced application for cyclists ever designed for a mobile device. Built from the ground up for iPhone, iPad, and iCloud, it makes your iPhone a powerful fitness computer — with maps, graphs, splits, intervals, laps, announcements, zones, training plans and more.

A great free app to take your summer bike rides to the next level.

[Terry Fox National School Run Day](#)

Terry Fox National School Run Day is held every September, the month chosen by [Terry](#) to reflect when he had to stop running and when Canadians had to start. [The Terry Fox National School Run Day](#) is planned for Wednesday, September 30, 2015 (alternately a different time may be selected by the school community).

The Terry Fox School Run [website](#) includes cross-curricular lesson plans, inspirational audio clips for morning announcements and many other resources to help make your School Run Day a great success.

Schools wishing to participate in this year's event should register on-line at: http://www.terryfox.org/SchoolRun/run_organizers.html.



CHARACTER DEVELOPMENT [IN ACTION](#)

June's Character Trait is Perseverance.

Believe in yourself and keep on trying. Achievements can be made.

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Michael Jordan

Turn this page over for tips on Sun Safety. [National Sun Awareness Week](#) is taking place June 1-7, 2015

BE FIT BE SUN SAFE!



Good sun protection habits will keep skin healthy while involved in an active, outdoor lifestyle.



- When possible, wear clothing to cover the skin; hats too



- Use an SPF 30 broad spectrum sunscreen



- Try to schedule activity before 11am or after 4pm



- Seek shade when possible



For further information, visit www.dermatology.ca



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