



TDSB Fit for Life Program **Monthly Newsletter**



May 2015

Building Physical Literacy

On Friday April 17th, TDSB Fit for Life Program School Representatives were given the opportunity to learn, develop and build their physical literacy in a Professional Learning session led by Ted Temertzoglou of Thompson Educational Publishing. Using a selection of [Physical Literacy Active Living charts](#), participants experienced movements that will allow our students to "move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person" ([PHE Canada definition of physical literacy](#))



To get a sense of what physical literacy is and why it's important, check out this three-minute [video](#). It includes definitions as well as key facts and stats regarding physical activity levels among children and youth. You'll understand the benefits of physical literacy, but also the dangers of physical inactivity. As the video states, "It's not just about sports. It's about giving children and youth the opportunity to succeed – to live a happy, healthy, long life." (*Canadian Sport for Life-Physical Literacy*)

CHARACTER DEVELOPMENT IN ACTION

May's Character Trait is Integrity.

If you notice something that brings unfair advantage or disadvantage to another, speak up and be the voice to advocate for fair play.

TDSB Healthy Schools 5K Run/Walk



Registration is Now Open

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.

Register now at www.tdsb.on.ca/5k

Folkdancing Jamborees



Thousands of TDSB elementary students and teachers have spent the past few months busily developing movement competence by learning a variety of dances for the upcoming Folkdancing Jamborees:

May 4-7, 2015 at Albert Campbell Square

May 12, 2015 at East York Collegiate Institute

May 19, 2015 at Ted Reeve Arena (Special Needs Folkfest)

June 4, 2015 at Gracefield Public School

Children's Mental Health Week is taking place May 3-9, 2015.



A person with good mental health is able to think, feel, act, and interact in a way that permits him or her to enjoy life while being able to cope with challenges that arise. Mental health is connected to how we think about and appraise ourselves, our lives, and the people we know and care about. It involves our ability to make realistic sense of the world around us and to react meaningfully to it. Health and Physical Education Curriculum 2015 p. 39 (Revised)

The [Ontario Curriculum, Grades 1-8: Health and Physical Education, Interim Edition, 2010 \(revised\)](#)

includes Mental Health concepts within the content areas of the Healthy Living Strand. The focus is on promoting and maintaining mental health, building an understanding of mental illness, and reducing stigma and stereotypes. Mental health and emotional well-being involve the healthy balance of all aspects of life – physical, intellectual, social, emotional, and spiritual. The opportunity to plan for student learning and engagement is especially prevalent within the topics of Personal Safety and Injury Prevention and Substance Use, Addictions and Related Behaviours where students look at behaviours, relationships, coping, influence and stress. Mental Health concepts are also found in the first overall expectation for grades 1-8 Active Living where students are asked to consider their enjoyment and feelings of wellness.

Click [HERE](#) to Register for The TDSB's First Annual [Mental Health and Well-Being](#) Parent Symposium.

Turn this page over for details.

Mental Health and Well-Being Belongs to Us!

Parents as Partners – Taking Action Together



REGISTRATION IS NOW OPEN!!

for the

First Annual

Mental Health and Well-Being

Parent Symposium

on

Saturday, May 9, 2015

Registration and Arrival 8:30 – 9:30 AM

Program 9:30 AM to 2:45 PM

(Lunch and Childminding will be provided)

Earl Haig Secondary School – 100 Princess Avenue (Free Parking)

This Symposium will:

- ♦ Increase parent engagement in supporting mental health and well-being of their children
- ♦ Raise awareness regarding mental health issues
- ♦ Provide an opportunity for parents to gain an understanding of what mental health and well-being supports are available within the TDSB and the community



Please [click here](http://www.tdsb.on.ca/mentalhealth) or visit www.tdsb.on.ca/mentalhealth to register.