



TDSB Fit for Life Program

Monthly Newsletter



Milk Moustache Day at [Eatonville!](#)



At Eatonville Junior School we are focusing on nutrition and physical activity to help students be more engaged, and to reduce stress and anxiety. Part of its objective is to increase student involvement that will provide opportunities to build confidence, develop self-esteem and motivate student readiness to learn.

On November 13 Eatonville Junior School celebrated Milk Moustache Day! Students and staff came to school wearing white moustaches. We wanted to promote the benefits of drinking white milk and this was reinforced through announcements, school newsletters, public health nurse nutrition presentations and health class discussions.

Free white milk was given to 200 students at lunch and everyone received a pamphlet and a small prize from the Elementary Milk Program. Each class chose a student with the best white milk moustache and they were awarded prizes and recognized at an assembly. Everyone had a fun day and students were very creative with their white moustaches!

Submitted by Mike Dell' Aquila, TDSB Fit for Life Program School Representative.

[Walk into Health](#)



If exercise is your goal, start by walking more. You can count your steps with the aid of a pedometer lending program presented through [Toronto's public libraries](#). Walk on [local trails](#) and in [parks](#), walk inside a mall, or join a walking tour to explore the city and its [neighbourhoods](#). <http://www.toronto.ca/health/walkintohealth/>

January 2015

[Play On! PARASPORT](#)



The Parapan Am Games, coming to Toronto in the summer of 2015, offers a unique opportunity for all residents to learn about and view parasports. The Games will allow the City of Toronto to increase awareness of, and participation in, sports for athletes with a physical disability.

[Play On! PARASPORT](#) will run weekly at two Pan Am/Parapan Am sporting venues – the Etobicoke Olympium (in the City's west end) and the Toronto Pan Am Sports Centre (east end). The program will provide children, youth and adults who have visual impairments, cerebral palsy, spinal cord injuries, amputations or other physical disabilities with the chance to try numerous parasports in a fun and supportive atmosphere. Participants can also bring along their siblings or friends to join in the program.

This one-of-a-kind program will introduce a variety of parasports such as goalball, boccia, para-swimming, para-athletics (wheelchair racing and other track events), wheelchair basketball, wheelchair rugby, wheelchair tennis, wheelchair curling, sledge hockey and more, in four- and six-week blocks.

All [Play On! PARASPORT](#) sessions will be led by parasport or Paralympic athlete ambassadors or coaches. In many cases, ambassadors will share how they acquired their disability, how they became active in their sport, their unique successes and why they love their sport. And best of all, this ground-breaking program will be offered at no charge to Toronto residents for the first year!

Click [HERE](#) for Winter 2015 Programming.

CHARACTER DEVELOPMENT IN ACTION

January's Character Trait is **Teamwork**– When working towards a goal, divide tasks and roles based on the abilities of group members. Everyone has talents and something meaningful to contribute.

[Family Literacy Day](#)



January 27th is Family Literacy Day in Canada. To celebrate, if you are looking for material to help support the acquisition of [health and physical literacy](#) at varying reading levels, the [TDSB Virtual Library](#) has a selection of fiction and non-fiction material. [Toronto Public Libraries](#) are also offering different programs for Family Literacy Day. Why not walk over, take in a program and borrow some material to “develop the comprehension, capacity, and commitment needed to lead healthy, active lives and to promote healthy, active living” ([The Ontario Curriculum Grades 1-8 Health and Physical Education, Interim Edition 2010](#)).



In order to keep up with the latest news, resources and articles in the world of Health and Physical Education, follow the HPE Department on Twitter at [@HPE TDSB](#). For the latest TDSB Athletics news, scores and results follow [@TDESAA TDSB](#) (elementary athletics) and [@TDSSAA TDSB](#) (secondary athletics).

[HPE App of the Month Ontario Physical Education Safety Guidelines](#)



The Ontario Physical Education Safety Guidelines, managed by Ophea, represent the minimum standards for risk management practice for school boards. They focus the attention of teachers, intramural supervisors and coaches on safe practices, in every activity, in order to minimize the element of risk. [Ontario Physical Education Safety Guidelines](#) is available [HERE](#).

Turn this page over to view a sample parent letter and to learn more about the [60 Minute Kids Club](#). The next 60 day challenge begins January 15, 2015



FIT FOR THE FUTURE

The Heart and Stroke Foundation 60 Minute Kids' Club (60MKC) Challenge is a fun and engaging program designed to get children in Kindergarten to Grade 8 excited about making the right healthy choices. It also supports meeting federal guidelines for 60 minutes of daily activity. Kids are empowered and enabled, through movement, to be healthy, happy and connected to their communities.

DEAR PARENTS,

Our Elementary School will be taking part in this year's 60 Minute Kids' Club Challenge, running January 15 - March 15! The 60MKC program is offered for FREE due to sponsorships from TELUS and Innovative Fitness.

The students will have the opportunity to sign up under their school online: 60MinKidsClub.org and track 6 healthy behaviours over the 60 days. They will earn points for themselves and their school as they will be working as a team to improve and practice these healthy choices daily!

WHAT IS THE 60MKC?

- What makes our program different?
- Offered free of charge
- Online Healthy Choices Tracking Platform
- Real-time reporting capability
- 3 challenges throughout the school year include
- all basic healthy lifestyle choices
- Accountability through a safe online tracking tool
- 60 Minute Kids' Club team support

PROGRAM OVERVIEW

Visit 60minkidsclub.org to sign up under your child's school name:

Once the child is registered, he/she is encouraged to track their daily healthy choices across 6 trackers. (we have incorporated the 5-2-1-0 message)

60MKC FEEDBACK

STUDENTS: "It was fun and engaging. Everyone was on the same team regardless of abilities."

TEACHERS: "We really activated the 60-80% who wouldn't normally be engaged in activity."

PARENTS: "I have never seen my kid so excited about eating healthy, drinking water and making sure they get their 1hr of exercise."

STAKEHOLDERS/EXISTING NPO'S: "The program is great because it provides tracking and reporting on our curriculums and programs that we didn't/don't have."

HEALTHY CHOICE DAILY TRACKERS



ACTIVITY



NUTRITION



SCREEN TIME



HYDRATION



SLEEP



MENTAL HEALTH

- Each time a student logs in and tracks, they receive points which aggregate under their school and from here we can determine the most active and healthy school/district, district/province and province in the country. We send % participation and total score reports to school administrators and whomever we determine wants to see the results through the 60 day challenge. This provides accountability to the administrators.

