



# TDSB Fit for Life Program

## Monthly Newsletter



December 2014

### Field of Play: Away to the races



Scott Russell is the host of CBC's Sports Weekend on CBC. On October 9, 2014 in his blog, he wrote of his experience at the TDESAA South Conference Qualifier Cross Country meet. Below is an excerpt:

"Thanks for taking an interest in children and sports," said Mutafa's coach and physical education teacher Rachelle Landry. "This is where it all begins and it's always inspiring to see so many children running and having fun." With that, the air horn blared and a herd of Grade 3 boys stampeded past me on the fly. They'd set out to run two kilometres flat out. It was pure joy to watch them as they dashed down the beach throwing up a cloud of sand in their wake. Let the best runner win.

Read the entire blog [HERE](#).

### Family Fitness Night at Alvin Curling P.S.



After officially opening our doors in January of 2014, the Alvin Curling community held its first Family Fitness Night on Oct. 8th by welcoming over 100 families into the school for an evening of physical activity and fun. With a free-flow themed evening, students and their families were able to go around the building to different activities that interested both them and their family members. Activities included Four Corner Soccer, Beach Ball Volleyball, Minute to Win it, Small Space Games, Yoga, Basketball and a Bicycle Obstacle Course.

We were also fortunate to have two members of the Toronto Public Health Nurse team join us to promote programs focusing on healthy drink choices and how to deal with stress. Both programs offered an eye opening experience for many of our students, but especially the parents of our community.

The evening ended with students placing their completed Fitness passports into a draw bin to be selected to win one of our fantastic prizes purchased from some of our nearby community sports stores.

We were thrilled with the turnout, smiles and sweat that filled our building that evening and we look forward to another great event next year!

Submitted by Sean Young, TDSB Fit for Life Program School Representative



### Lace 'em up and get on the ice

Come discover the joys of one of Canada's oldest and most popular recreational activities. Whether it's a leisurely skate in the crisp winter air or a breakaway up the ice, Toronto's skating programs have something for everyone. Arenas and outdoor rinks across the city offer many leisure and instructional skating opportunities. Click [HERE](#) for more information.

### This winter, don't hibernate, participate!

Winter provides a wonderful opportunity to get active and discover the great outdoors...or the great indoors if the cold isn't your cup of hot chocolate!

Although Canadians tend to be less active in the winter that might change if they knew physical activity actually boosts the immune system. That makes it easier to fight colds and the flu. Being active can also help combat depression, including Seasonal Affective Disorder (SAD), a form of depression that some people live with, caused by lack of exposure to sunlight during the shorter winter days. Maintaining a healthy body weight is also easier when you are active.

For winter activity ideas click [HERE](#)



### Enter the EatRight Ontario Kids Recipe Challenge!

Hey kids! Do you get excited about helping out in the kitchen? Send your favourite breakfast, lunch, dinner, snack or dessert recipes and you have a chance to win some great prizes! Enter [HERE](#)

### **CHARACTER DEVELOPMENT IN ACTION**

December's Character Trait is **Kindness and Caring-**

If you are playing a game and see someone observing, invite him or her to have a try and join in. It is nice to feel included.



From your friends at the Health and Physical Education Department

### HPE App of the Month Human Kinetics Now

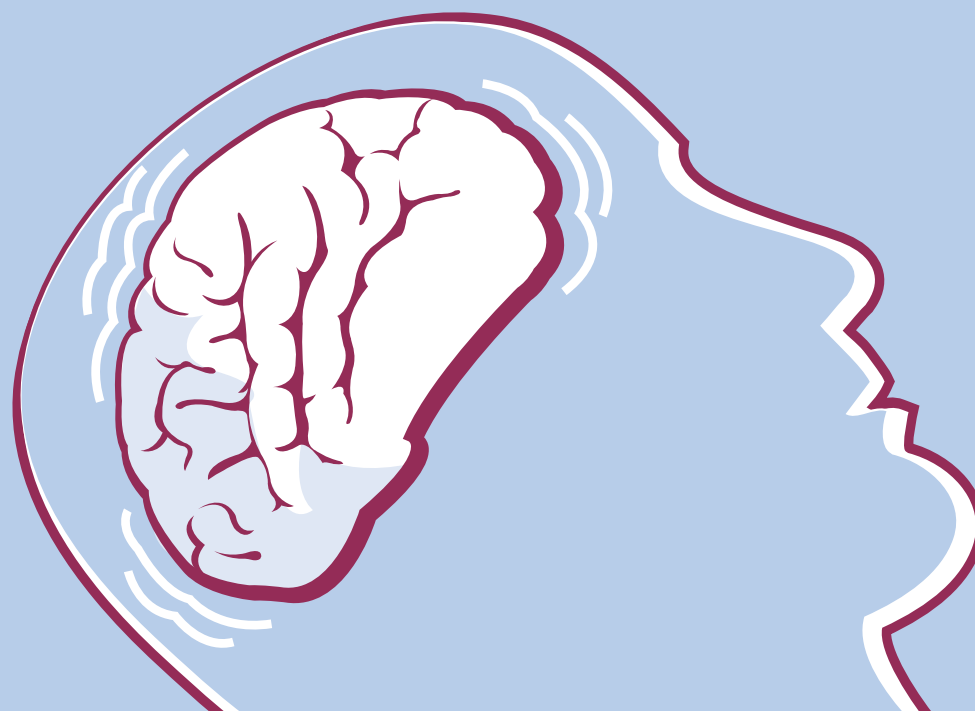


Stay current on the latest trends in the sport and exercise sciences, sports, physical education, and fitness from Human Kinetics (HK), the world's information leader in physical activity. HK Now is the place for news and excerpts from leading experts who will help you apply it in your daily life or work. HK Now is available free [HERE](#).

The Toronto District School Board will be hosting 4 community consultations on the TDSB Draft Concussion Policy. November 26: Lawrence Park CI; December 1: 1 Civic Centre Court; December 2: York Mills CI; December 3: Lester B. Pearson CI. Turn this page over for [Parachute Canada's](#) Things to Know about Concussions.

**DON'T HIDE IT, REPORT IT!  
GET A DOCTOR TO CHECK IT OUT!  
TAKE CARE OF YOUR BRAIN!**

# THINGS TO KNOW ABOUT **CONCUSSIONS**



**WHAT IS IT?** Concussion is a brain injury. Any blow to the head, face, neck or to the body that causes a sudden shaking or jarring of the brain inside the skull may cause a concussion. A concussion can result from any number of activities including receiving a check in hockey, falling from a jungle gym, being in a motor vehicle collision or slipping on an icy sidewalk. You do not need to lose consciousness to have had a concussion.

## **WHAT ARE THE SIGNS AND SYMPTOMS?**

### **PHYSICAL**

- headache
- nausea or vomiting
- dizziness
- blurred vision
- fatigue or low energy
- sensitivity to light or noise
- loss of consciousness

### **COGNITIVE (THINKING)**

- general confusion or foginess
- difficulty concentrating
- difficulty remembering

### **EMOTIONAL**

- more emotional
- irritability
- sadness
- nervousness or anxiety



Symptoms usually last for seven to 10 days but may last for several weeks to several months in some people.