



# TDSB Fit for Life Program

## Monthly Newsletter



November 2014

### Bullying Awareness Week 2014: November 16th to the 22nd

The TDSB is committed to creating school learning environments that are caring, safe, peaceful, nurturing, positive, respectful and that enable all students to reach their full potential.

Every second year, our Board conducts School Climate Surveys in our schools to hear directly from students, school staff and parents about their school climate. The results of the survey allow us to make informed planning decisions about programs to help prevent bullying and promote safe and inclusive schools.

Learn more at:  
<http://www.tdsb.on.ca/ElementarySchool/CaringSafeSchools.aspx>

### National Jersey Day



Friday, November 28th is a national day to show your love and support for sport by wearing a jersey, team or club uniform to school, work or play. From municipal council chambers to office buildings and classrooms across the nation, we envision a sea of Canadians wearing their hearts on their sleeves on national Jersey Day. Show your support for sport!

### CHARACTER DEVELOPMENT **IN ACTION**

November's Character Trait is **Empathy**—

Engaging in physical activity can evoke a range of emotions from participants. Consider how you would feel in different situations and respond to others accordingly.

### Canadian Paralympic Committee unveils world-leading **Paralympic FUNdamentals** physical literacy resource for schools across Canada

Free resource for educators in Canada sets a leading standard for international best practices designed to usher in a new era of inclusiveness to help students of all abilities play and learn together.



On October 8, 2014 at Sloane PS, the Canadian Paralympic Committee announced the availability of its revolutionary new resource that will help educators teach fundamental movement skills and enable children of all abilities to play sports together at school.

Developed over the past two years in partnership with Physical and Health Education Canada, the Paralympic FUNdamentals Physical Literacy Resource is available online at <http://education.paralympic.ca/> for free to educators across Canada. The resource was developed with representatives from the sports of boccia, sitting volleyball, goalball and athletics.

Congratulations to TDSB Fit for Life Program School Representative Beth Ritchie and the students at Sloane PS for representing the TDSB in such a positive manner throughout the piloting and launch of this program.



**OPHEA's Connect[ED]** is a free bilingual web based resource that teaches students in Grade 4, 5 & 6 how to be safer in an ever-changing world of technology.

Connect[ED] focuses on the development of the fundamental problem solving and decision making skills that will enable students to ethically apply Internet safety rules as they make informed decisions online in a way that replicates the decisions they would make in real life. Content focuses on netiquette, online privacy and security and online relationships, including cyberbullying. Directly linked to the Health and Physical Education and Media Literacy curricula, Connect[ED] includes grade specific video episodes with directly linked lesson plans and includes supports for both educators and parents.

### November is **Diabetes Awareness Month**

Diabetes is a leading chronic disease in Canada. The development of type 2 diabetes is closely related to obesity and important factors in preventing type 2 diabetes are healthy eating and physical activity. Resources for TDSB teachers are available [HERE](#). Staff and parents may also be interested in OPHEA's free [Everyone Jump](#) resource, which can be found at: <http://www.ophea.net/>

### HPE App of the Month **Eat and Move-O-Matic**



Learn about the foods you eat and how they help fuel your body for your favorite activities. Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.

**Everyone Jump** is a free school-based diabetes awareness program that teaches students in Grades 1-6 about the importance of regular physical activity and healthy eating to prevent type 2 diabetes. Turn this page over to see a sample activity card from this resource.



# EVERYONE JUMP *circuit*

PICK UP THE BALL

## BOB AND WEAVE



- Start in a squat position with feet shoulder-width apart.
- Arms are in front of body with elbows bent at 90 degrees. Hands are in fists.
- From squat position, straighten legs and lean to the right. Arms stay centered.
- Move back into squat position.
- Straighten legs and lean to the left while arms stay centered.

