



TDSB Fit for Life Program

Monthly Newsletter



September 2014

TDSB Fit for Life Program Planning Templates Now Available

The TDSB Fit for Life Program is designed to:

- Physically and mentally prepare students to meet their academic potential and succeed
- Increase student readiness for learning curriculum content
 - Engage parents/guardians/caregivers to work with school staff to improve their children's learning
 - Encourage student involvement by providing additional opportunities to be physically active
- Seek out and expand existing partnership opportunities to nurture a healthy active living community
 - Help students develop the knowledge and skills to make healthy eating choices
 - Empower students with opportunities to develop the physical and health literacy they need to lead healthy active lives

TDSB staff can access school planning templates and identify their school as a TDSB Fit for Life Program School by visiting:

<https://aw.tdsb.on.ca/sites/tl/at/letics/fitforlife/SiteHome.aspx>

CHARACTER DEVELOPMENT **IN ACTION**

September's Character Trait is

Respect –

Everyone has different talents and needs. Recognize and accept the efforts of others.



The Health and Physical Education Department would like to wish all TDSB communities a healthy and active 2014-1015 school year.

NATIONAL SCHOOL RUN DAY



Every year, thousands of teachers share the story of [Terry Fox](#) with their students to provide them with an example of courage, determination and hope. Although Terry ran his Marathon of Hope over 34 years ago, his story continues to inspire new generations today. [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 24, 2014 (alternately a different time may be selected by the school community). The Terry Fox School Run [website](#) also 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.

Register on-line at:

http://www.terryfox.org/SchoolRun/run_organizers.html.

PlaySport Online Resource Re-Launched for 2014



PlaySport is an online activity-based resource which was initially developed by Ophea in 2005. In 2014, with the help of funding from the Government of Ontario, the resource was enhanced and re-launched in English and French. The enhanced resource contains linkages to the Health and Physical Education curriculum and the TORONTO 2015 Pan Am/Parapan Am Games. PlaySport helps children and youth develop an understanding of and competency with skills and strategies associated with physical activities and a wide range of sports. The activities in PlaySport can provide experiences for participants to help them build physical literacy, health literacy and the skills for healthy active living. Visit <http://www.playsport.net/> to learn more.

PHE Canada
Physical & Health Education Canada



EPS Canada
Éducation Physique et santé Canada



Move Think Learn – Soccer In Focus

With Canada hosting the world's best soccer players next June at the FIFA Women's World Cup Canada 2015™, two Special Editions of the Move Think Learn – Soccer In Focus resources have been developed.

The resources, for grades 4 to 6 and 7 to 9, will include supplemental cross-curricular classroom lessons highlighting unique aspects of both competitions as well as a variety of Teaching Games for Understanding (TGfU) activity ideas to get your students engaged, moving, and learning the tactics and skills needed to participate in soccer.

[Click here to learn more and download this FREE resource!](#)

HPE App of the Month



[Ubersense](#) is an incredible app that allows for video analysis of a skill. Video can be slowed down to 1/16 speed and writing tools can be used to show students lines and angles, as well as being used to give descriptive feedback about their movements. Ubersense is available free [here](#).

Additional Apps for Health and physical education can be found at:

<http://www.participaction.com/enhancing-physical-education-with-technology/>

Turn this page over to view a page from [Toronto Public Health's Healthy School Toolkit](#) that may be used in your school.



Benefits of Healthy Schools Fact Sheet

The Student

- A positive school environment can improve learning
- Physical activity can improve brain functioning, increasing academic performance
- Students who experience success at school understand the value of good health
- Healthy behaviours learned in childhood are likely to continue in adulthood
- Children who are empowered to take responsibility for their health take pride in their school



Staff

- Staff wellness programs can reduce stress and improve performance
- Staff who participate in health promotion activities are more likely to model positive health messages through daily interactions with students
- Teachers can teach more effectively when their students are healthier



The Family/Parent/Guardian/Caregiver

- Parents become involved with their children, helping them apply and integrate the new health information they are learning
- Opportunities are created for parents to get involved in the school community
- Parents can learn about keeping their children and their families healthy



The School Community

- Healthy Schools lead to: improved student success, lower absenteeism, reduced drop-out rates, lower incidences of smoking and alcohol use
- When students know how to communicate, resolve conflicts without violence and manage stress, they help create a healthy school environment
- In a Healthy School, priorities can be established and instructional and administrative time can be maximized
- A Healthy School improves relationships between students and staff and makes the school a healthier place to learn and work



Source: Health and Life Skills Guide to Implementation (K-9) Alberta Learning, 2002