

Ophea Update

What's New at Ophea

*** Provincial Health & Physical Education Strategy Update ***

Ophea is providing leadership for a provincial strategy to support the implementation of H&PE as a foundational component of healthy schools and communities. A comprehensive multi-year strategy has been developed which includes: renewed H&PE support documents (i.e. background information, lesson plans, student materials); multimedia supplementary materials; training; partnerships and collaboration with stakeholders; and research and evaluation related to this strategy.

The focus for 2009/10 will be on the development of H&PE Support Documents for grades 1-8 (8 documents) in English and French. Each of the elementary H&PE Support Documents will include 120 grade-specific lesson plans (30 Healthy Living, 90 Active Living/Movement Competence), student materials and background information based on the revised curriculum. A total of forty six writers (educators) from across the province (both English and French) were trained and development is well underway. The writing process included between five and seven days of face-to-face training to ensure that all writers received appropriate information on relevant teaching strategies and lenses (i.e., Healthy Schools, Environmental Education, Aboriginal Education, Teaching Games for Understanding, Differentiated Instruction, Mental Health, Living Skills, Personal Safety and Injury Prevention, Substance Use and Addictions), followed by several weeks of writing time on their own and within teams, in their respective communities.

More than 30 partner organizations (NGO's, Public Health Units, Provincial Sport and Recreation Organizations) have been engaged in the training process for the writers, have provided access to their resources and materials and/or will continue to be engaged in reviewing and revising the draft documents over the course of 2009/10. The draft documents will also be thoroughly tested with educators across the province throughout 2009/10 and will be available in 2010/11 to coincide with mandatory implementation of the revised elementary curriculum.

In addition to securing some government funding to initiate development of the support documents, Ophea has launched a strategy to engage Ontario's 72 school boards to participate in a unique partnership to support the development of these essential supports. Ophea has also participated in several meetings with government and other stakeholders to discuss strategies for implementation of other key components of this provincial strategy to support the implementation of H&PE.

Additional activities that will take place this year include the following:

- On October 15, 2009, Ophea will host a planning and professional development roundtable for public health professionals as a pre-conference session for the Ophea Kids' Health Conference. This roundtable will provide an opportunity for representatives from all 36 of Ontario's public health units to receive essential updates regarding key government policies and initiatives and to participate in facilitated discussions to identify needs for ongoing communication and support to implement the Ontario Public Health Standards as they apply to schools and communities.
- Professional development workshops continue to be available to school boards. Be sure to check out our NEW workshop, "Integrating DPA with Literacy and Numeracy" as well as our other elementary and secondary workshops. For workshop details, pricing or to request a workshop, go to www.ophea.net/workshopsandconsult.
- New information and updates will be available through our web site and eConnection newsletter - sign up at www.ophea.net.

*** Ophea's 2009/10 Healthy Schools and Communities Calendar – Arriving this month! ***

Look out for your copy of Ophea's new 2009/10 Healthy Schools and Communities Calendar, being delivered to schools and public health units across the province this fall, and make this year your school's healthiest yet. Hang this calendar in your school and each month follow along for information, tips and ideas on how to adopt a comprehensive approach, where healthy active living goes hand in hand with learning – and become a Healthy School!

For further information on Healthy Schools visit www.ophea.net/healthyschools.

What's New at Ophea continued...

***** New Faces at Ophea *****

Ophea believes that positive role models who exhibit passion, integrity, professionalism, and a commitment to healthy active living are necessary to achieving our goals. After a rigorous selection process, we are pleased to welcome the following new staff members to our team:

- Heather Gardner, Health and Physical Education Curriculum Consultant
- Melanie Slade, Corporate Communications Leader

Ophea is led by a Board of Directors made up of leaders from the education, public health, recreation and NGO sectors. Since the last Ophea board and staff update (in January 2009), there have been a few changes to the Ophea Board of Directors. We are pleased to welcome Paul Tufts and Heather Sears. Paul and Heather join current members Mark Seaton (President), Sandra McNabney, Dusty Papke, Anne Birks, Brenda Hopkins, Karen Makela and James Mandigo. Ophea also wishes to acknowledge and thank Eugene Milito for his service and support on the Board of Directors. Eugene recently retired from the Board.

***** Kids' Health Conference 2009-Don't forget to Register! *****

Ophea is excited to present Michael "Pinball" Clemons as this year's conference keynote speaker!

Ophea's 38th annual Kids' Health Conference - Renew. Inspire. Empower. - will be held from October 15-17, 2009 at Nottawasaga Inn, Alliston, Ontario.

Elementary and secondary school teachers, principals, public health professionals and recreation leaders with an interest in the physical activity, health and education needs of children and youth are invited to attend an unforgettable experience in professional learning and networking.

The 2009 conference will focus on ideas to help educators prepare for the implementation of the renewed Health and Physical Education (H&PE) curriculum, and provide practical applications and supports to create and maintain healthy schools and communities. Interactive workshops will demonstrate innovative and creative strategies for H&PE, sport & intramural activities, ideas to address health promotion topics, and assessment & evaluation tools. This year a select number of workshops will also be offered in French. Register early to secure your spot, conference spots fill up quickly.

To register, visit www.ophea.net/khc/registration.

For more information, visit www.ophea.net/khc.

***** NEW from Ophea: Managing Asthma In Our Schools Training DVD *****

Asthma is a leading cause of school absenteeism and can interfere with a student's performance in the classroom.

Asthma affects as many as 1 in 5 Ontario children.

Learn how to support your students with asthma. Ophea's Managing Asthma In Our Schools DVD provides educators with the following supports to help students manage asthma:

- A basic understanding of asthma
- Strategies to encourage full participation in physical activity
- The symptoms of worsening asthma and an asthma episode
- Additional asthma resources

To order this new resource, please visit www.ophea.net. For more information about creating asthma-friendly schools, please visit www.asthmainschools.com.

***** NEW! Road Safety Education Resources *****

A series of new Road Safety Education resources, developed in partnership between Ophea and the Ontario Ministry of Transportation, will be distributed to all schools and public health units across the province in early fall 2009. The resources address issues of pedestrian, cycling and passenger safety, along with prevention of risky behaviours and distracted and impaired driving, through comprehensive cross-curricular lesson plans, and community engagement toolkits. Resources will be made available in both English and French and are divided into four divisions: primary, junior, intermediate and secondary.

Initiative Highlights

***** Register your Grade 5 Classroom for Everyone Jump 2009/2010 *****

Participate in Everyone Jump 2009/2010 and help build awareness of the importance of regular physical activity and healthy eating in preventing type 2 diabetes! This year's program includes updated lesson plans and 2 new lessons, more cross-curricular links than ever before, a new and exciting Educational Challenge with new submission options for students, and a new reward system with prizes to celebrate classroom success and encourage physical activity.

For more information, visit www.everyonejump.ca. To register to receive the free Everyone Jump Educational Challenge and music CD, please visit www.ophea.net/order.

***** Need Daily Physical Activity (DPA) Support? *****

Ophea continues to support a comprehensive, consistent and quality approach to implementing and sustaining DPA. School boards have once again been provided with the opportunity to subscribe to Ophea's DPA Training & Support Services, with 32 school boards comprising over 1,750 schools subscribing so far. This fall, schools in subscribing boards will have received the first delivery of new cross curricular DPA Activity Cards.

The following Ophea DPA resources and materials are available to school boards and individuals for purchase:

- DPA Activity Card Set Volume 1, Volume 2 and Volume 3 (sold separately)
- Ophea's Movin' Music for DPA Volume 1 and Volume 2 (sold separately)
- Dancing for DPA - The Ophea Way! DVD

For more information on these and other DPA supports visit www.ophea.net/dpa.

***** Lungs Are For Life Pilot Test - What difference does a year make? *****

During the 2008/2009 school year, Ophea carried out an evaluation examining the implementation of the Lungs Are For Life (LAFL) smoking prevention lesson plans as part of a Healthy Schools approach in partnership with The Lung Association and the University of Waterloo's Centre for Behavioural Research & Program Evaluation (CBRPE).

Three objectives guided the evaluation:

1. Do school health environments change as a result of a Healthy Schools approach?
2. Do the LAFL lessons result in changes in student behaviour?
3. Do healthy school environments relate to healthy student behaviours?

Tobacco use was the main indicator at the student level, while environmental change was tracked for tobacco control, physical activity and healthy eating.

With a focus on creating vital partnerships and shared responsibility between the education, public health, parents, students, and other community partners, this intervention has had a sustainable impact in the 10 participating school communities. Specifically, **the evaluation demonstrated the link between school health environments and student health behaviours and that positive change in school environments and student health can occur within the course of only one school year.** This evaluation speaks to the potential of Healthy Schools approaches to ensuring holistic and integrated approaches to address priorities for government and communities alike. It is hoped that the results of this evaluation can be used to inform future strategies and interventions to support Ontario's schools and communities to enhance healthy active living for children and youth.

Initiative Highlights continued...

***** UPDATED! The Ontario Physical Education Safety Guidelines *****

The yearly updates are complete and new pages have been added to The Ontario Safety Guidelines online documents. Ensure you are using the most current 2009 documents this school year.

Documents are available online at www.ontariosafetyguidelines.ca (school board password is required).

***** A Vibrant Faces Makeover *****

Over the summer, Ophea and PHE Canada (formerly CAHPERD) partnered with Procter & Gamble Inc. to revise the Vibrant Faces program for Grade 7 and 8 female students.

For more information on the changes, please visit www.ophea.net/vibrantfaces.

To order free copies of the updated Instructor and Student Guides, visit www.ophea.net/order.

For information about the Always Changing co-ed program for Grade 5 and 6 students, visit www.ophea.net/alwayschanging.

Don't forget! Downloadable tools are now available for Always Changing and Vibrant Faces at: www.ophea.net/alwayschanging and www.ophea.net/vibrantfaces. Tools include: supplementary activities for students, enhanced evaluation strategies for teachers to assess student learning, and parent permission letters.

Coming Soon

***** 2010 National Conference, hosted by Ophea in collaboration with PHE Canada *****

The highly anticipated 2010 National Conference will be held in exciting downtown Toronto at the perfectly located Westin Harbour Castle Hotel, just minutes away from attractions, shopping and dining on October 21-23, 2010. Teachers, principals, public health professionals and recreation leaders from across Canada are invited to attend an unforgettable experience in professional learning & networking. The conference will feature interactive workshops on Health and Physical Education and innovative ideas for supporting healthier schools and communities for all children and youth.

For updates on this event, please visit www.ophea.net and www.phecanada.ca.

***** Join PARC at the 2010 International Congress on Physical Activity and Public Health in May 5-8, 2010 *****

The 2010 PARC Physical Activity Symposium will be held in conjunction with the 2010 International Congress on Physical Activity and Public Health in May 5-8, 2010. With the 2010 Congress coming to Toronto, PARC has a great opportunity to assist in developing a program that will be of particular interest to public health professionals and physical activity promoters across Ontario.

For updates on this event, please visit www.ophea.net/parc.