



September 2008

# Ophea Update

## What's New at Ophea

### \*\*\* New Faces at Ophea \*\*\*

Ophea believes that positive role models who exhibit passion, integrity, professionalism, and a commitment to active healthy 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:

Lola Edwards	Research & Evaluation Projects Coordinator
Mélanie Guertin	Bilingual Health & Physical Education Consultant
Emily Kwong	Marketing & Communications Projects Coordinator
Drew Maginn	Projects Leader
Tammy Shubat	Bilingual Projects Leader
Clint Tham	Web Communications Projects Coordinator

### \*\*\* The Ontario Physical Education Safety Guidelines \*\*\*

An invaluable online document and related support services, these documents represent the minimum standards for risk management practice for school boards, assisting teachers, intramural supervisors and coaches to focus on safe practices. The Ontario Physical Education Safety Guidelines have been revised and are now available online through [www.ophea.net/safety](http://www.ophea.net/safety). All 6 components (Elementary and Secondary Curricular, Intramural and Interschool Athletics) have been updated by our safety consultants and our safety writing team. Additional writing and reviewing support was provided by our partners (OSBIE, OASPHE, OFSSA, and CIRA-ON) and numerous provincial sport organizations. To access the newly revised Guidelines ask for your school board's login password and visit [www.ophea.net/safetycontacts.cfm](http://www.ophea.net/safetycontacts.cfm) to contact your school board's safety contact.

### \*\*\* French Language Services (FLS) Roundtable & Networking Event \*\*\*

Ophea is enhancing our French language supports and working towards providing more of our services bilingually. The FLS Roundtable & Networking Event will bring together key provincial, regional and local leaders in education, public health, community health, recreation and government to offer input on how Ophea can best meet the needs of Ontario's diverse francophone communities. French leaders who share an interest in supporting active healthy school communities will also have the opportunity to learn from each other, build networks, and learn about some key supports that will be available soon through Ophea, related to Daily Physical Activity and Safety.

**This invitation-only event will be hosted by Ophea on Thursday, October 16, 2008 from 10am-4pm, at Nottawasaga Inn, in Alliston, Ontario.** For further information contact Tammy Shubat at [tammy@ophea.org](mailto:tammy@ophea.org) or at 416-426-7039.

### \*\*\* Ophea's 2008 Kids' Health Conference – *Building Active Healthy School Communities* \*\*\*

**Spots are filling up quickly!** Register today and join elementary and secondary school teachers, principals, public health professionals and recreation leaders at Ophea's Kids' Health Conference for an unforgettable experience in professional learning and networking. Participate in workshops on innovative strategies for health & physical education, sport & intramural activities, a selection of health promotion topics, and assessment & evaluation tools. **The conference runs October 16-18, 2008 at Nottawasaga Inn, in Alliston, Ontario.** For more information and to register, visit [www.ophea.net/khc](http://www.ophea.net/khc)

### \*\*\* Ophea's 2008/2009 Daily Physical Activity (DPA) & Training and Support Services\*\*\*

Ophea's DPA Training and Support Services are part of a province-wide, coordinated effort that will allow for a consistent and quality approach to implementing and sustaining DPA. To date, 29 school boards have subscribed to receive Ophea's 08/09 services, and over 1,900 schools and 32,000 teachers in Ontario are now using the new resources in their classes. For more information about Ophea's DPA Training & Support Services, as well as additional supports available for all schools, visit [www.ophea.net/dpa](http://www.ophea.net/dpa)

**What's New at Ophea continued...****Resources now available for DPA Training & Support Service Subscribers:**

**The 2008/2009 DPA Activity Cards (Sept.-Dec.):** This year's DPA Activity Cards are built around the concept of Integrated Learning; allowing teachers to utilize DPA time to teach content and skills in two or more subjects, primarily literacy and numeracy, and meet curriculum expectations. These activities have been developed and tested by experts in the field to help make DPA, as well as other subjects, fun and interactive for both teachers and students. Different DPA Activity Cards have been created and packaged together for each division (i.e. Primary, Junior and Intermediate). **January – June Cards will arrive in December.**

**Access to the DPA Subscriber-Only Section at [www.ophea.net/dpa](http://www.ophea.net/dpa):** This special resource available to all educators from subscribing school boards contains up-to-date information on our DPA Training and Support Services, supplementary resources, and a DPA Teacher Resource Database. This website includes:

**Two web-based workshops:** the *Online Workshop for Administrators New to DPA* and the *DPA Video Presentation for New Teachers*, designed to effectively re-energize all educators and bring those who are new to DPA quickly up to speed.

**Classroom materials to support the use of the DPA Activity Cards:** These classroom materials include *Ophea's 50 Fitness Activities Support*, fifty heart raising activities specifically designed to be used in small spaces. Demonstrations of these 50 activities are available to be viewed online, downloaded in a chart format, or to be used as classroom signs.

**\*\*\* More DPA Supports from Ophea \*\*\***

**New this year! Ophea's DPA Activity Card Set Volume 2:** The DPA Volume 2 card set is a cross-curricular DPA resource available to all educators that focuses on literacy and numeracy, and compliments the 2007/08 Fabulous Fifty DPA Activity Cards (Volume 1) as the next edition of activity cards available from Ophea. Both volumes (1 & 2) can be purchased for \$25 each. The cost for non-subscribers is \$30 each.

**Ophea's Movin' Music CD:** Ophea has developed a music CD appropriate for DPA, consisting of 21 tracks. The CD contains songs suitable for Primary, Junior and Intermediate divisions. The CD is available for purchase for \$15.

To order these resources, visit [www.ophea.net/dpa](http://www.ophea.net/dpa)

**\*\*\* Mark your calendars! The Menu of Choices Calendar is in schools now! \*\*\***

The 2008/2009 Menu of Choices Elementary Staff Room Calendar has arrived and is hanging in elementary schools all across Ontario. The Menu of Choices calendar provides quality information that follows a comprehensive school health approach and links to additional healthy eating supports on [www.MenuofChoices.ca](http://www.MenuofChoices.ca), an online resource that provides quality, up-to-date information and supports to help understand, plan and promote healthy eating in the school community.

**\*\*\* Always Changing and Vibrant FACES - New and Improved! \*\*\***

Thanks to the feedback received in 2007/2008 from over 800 respondents from education, public health, and elementary school community stakeholders on the awareness, use, and satisfaction of the programs, Ophea and PHE Canada (formerly CAHPERD) partnered with Procter & Gamble Inc. to make improvements on these programs.

**Highlights of the revised healthy, active living and puberty programs include:**

- Updated design, layout and resource lists
- Newly developed supplemental activities for students as well as a parent's permission letter in support of the programs available at [www.ophea.net/alwayschanging](http://www.ophea.net/alwayschanging) and [www.ophea.net/vibrantfaces](http://www.ophea.net/vibrantfaces)
- The provision of product samples that are appropriate for boys AND girls for the Always Changing program

Free Instructor and Student Guidebooks can be ordered through [www.ophea.net](http://www.ophea.net)

## What's New at Ophea continued...

### \*\*\* Newly updated [www.PlaySport.net](http://www.PlaySport.net) \*\*\*

The PlaySport website was recently updated in partnership with PHE Canada (formerly CAHPERD) and the Centre for Healthy Development through Sport and Physical Activity at Brock University. PlaySport is an online resource that embraces a Teaching Games for Understanding (TGFU) approach and aims to help kids develop an understanding and competency for the skills and strategies associated with playing sports. The newly improved website is bilingual and includes new instructional videos and linkages to Character Education.

### \*\*\* Registration has commenced for Everyone Jump 2008/2009 \*\*\*

Everyone Jump 2008/2009 builds awareness and knowledge of the importance of healthy lifestyle behaviours such as physical activity and healthy eating as a means of type 2 diabetes prevention. Everyone Jump 2008/2009 celebrates student, classroom and school participation by providing Grade 5 classrooms in elementary schools with the opportunity to participate in an Educational Challenge. Winning entries will be recognized with a live Celebration Concert for their entire school. Student winners will be presented with a recognition plaque. All students in winning classrooms will also receive a participation certificate.

**The Educational Challenge kick off date is on World Diabetes Day, November 14, 2008. The Challenge submission date is Friday, January 16, 2009.** For more Everyone Jump 2008/2009 information and submission forms, visit [www.ophea.net/everyonejump](http://www.ophea.net/everyonejump)

## Initiative Highlights

### \*\*\* Health & Physical Education Implementation Supports \*\*\*

The H&PE Curriculum Support Documents are designed to ensure that quality health and physical education is a priority in Ontario's school communities. The H&PE Support Documents (Binders) include lesson plans, Daily Physical Activity ideas, and black line masters. In addition, Ophea offers a variety of workshops to meet the needs of new and generalist teachers, elementary and secondary H&PE teachers, school administrators and leaders of H&PE programs in schools. More information on these supports can be found at [www.ophea.net/hpe](http://www.ophea.net/hpe)

### \*\*\* Take Action, Menu of Choices and Lungs Are For Life Trainings Sessions \*\*\*

Ophea offers trainings to educators to support the areas of substance use prevention (Take Action), healthy eating (Menu of Choices) and tobacco use prevention (Lungs Are For Life). These trainings support a comprehensive school health approach and provide program implementation support to educators and other members of the school community. Trainings are free-of-charge and are delivered by Ophea Master Trainers, dedicated public health promoters, who foster connections between members of the school community and public health sectors, and provide direct support to educators and health promoters.

**For further information and to find a Master Trainer in your community visit:**

- For the Take Action program visit: [www.ophea.net/Public-TakeAction-MasterTrainerList.cfm](http://www.ophea.net/Public-TakeAction-MasterTrainerList.cfm)
- For the Menu of Choices program visit: [www.MenuofChoices.ca](http://www.MenuofChoices.ca)
- For the Lungs Are For Life program visit: [www.ophea.net/lungsmastertrainers.cfm](http://www.ophea.net/lungsmastertrainers.cfm)

**Interested in becoming a Master Trainer?** Take Action, Menu of Choices and Lungs Are For Life will be holding recruitment trainings for public health professionals and school community partners. For more information contact [lindsay@ophea.org](mailto:lindsay@ophea.org)

### \*\*\* Asthma Awareness: Ophea's Asthma Education Supports Can Help \*\*\*

In Ontario, as many as 1 in 5 children have asthma. This Fall, Ophea is encouraging educators to make the time to increase the awareness of asthma in their school. Ophea's Asthma Education Initiative supports are designed to increase the skills and knowledge of educators about asthma management and its prevention in schools. Supports include: The DPA and Asthma Resource, Students with Asthma: What Educators Need to Know Resource Package and The Basics of Asthma, Allergies, and Anaphylaxis Fact Sheet. All supports are offered in English and French. More information about the Asthma Education Initiative can be found at [www.ophea.net/asthma](http://www.ophea.net/asthma)

## Ophea Update

Initiative Highlights continued...

**\*\*\* This September students are getting up and activ8ed! \*\*\***

activ8 is an easy to use curriculum-based physical activity challenge program ideal for students of all fitness and ability levels. The activ8 program consists of eight pre-planned lessons for Grades K-8, includes warm-ups and cool downs, and is to be used to implement Daily Physical Activity (DPA) in the classrooms. activ8 is available in English and French. For more information about activ8 visit [www.activ8.org](http://www.activ8.org)

**\*\*\* Active Schools are up and moving! \*\*\***

Active Schools is a fun program for Kindergarten to Grade 8 classes, designed to motivate school communities and recognize them for getting up, moving, and making the commitment to lead active, healthy lives. Schools that register and complete levels will be entered in monthly draws for their chance to win prizes. Ophea is currently accepting new schools and re-registering previous schools to participate in Active Schools 2008/2009. More information on Active Schools and on how to register can be found at [www.ophea.net/activeschools](http://www.ophea.net/activeschools)

Active Schools Online Workshops are free-of-charge and provide new Active Schools with activity ideas for the classroom and/or school. The recently updated workshops are delivered in an online/teleconference format, in English or in French. More information on upcoming workshops and on how to register can be found at [www.ophea.net/aswhatsnew.cfm](http://www.ophea.net/aswhatsnew.cfm)

## Coming Soon

**\*\*\* Help us Innovate! \*\*\***

Do you need to plan an activity based on a specific grade or based on the space you have available? Are you coaching and need to build teamwork amongst your players?

The pre-conference workshop at this year's Ophea's Kids' Health Conference will provide an exciting first look at the development of Ophea and the Lifestyle Information Network's bilingual online activity planner. Through collaboration, content from the education, recreation, and sport sectors will be available through an interactive, searchable tool – improving access to hundreds of high quality activities ranging from skill-based lessons, full-games, warm ups, cool downs and more.

To see how this tool can support planning physical activities through access to innovative and comprehensive activity choices, register for Ophea's Kids' Health Conference today at [www.ophea.net/khc](http://www.ophea.net/khc) or contact [katie@ophea.org](mailto:katie@ophea.org) to be involved in the testing of this tool in the Fall.

**\*\*\* Upcoming PARC Activities \*\*\***

**PARC Physical Activity Symposium 2009 - March 4-5, 2009, Toronto, ON:** Planning is underway for the 7th annual provincial PARC Physical Activity Symposium 2009, designed exclusively for and by physical activity promoters. This year's symposium will provide an engaging and practical professional development opportunity for Physical Activity Promoters from Ontario public health, community health centres, and recreation departments as well as others interested in physical activity promotion. Stay tuned for more details to come!

**PARC & Walk This Way In-Person Workshops:** Free in-person sessions will be provided. The workshops will include opportunities for physical activity promoters to network and learn from each others experiences promoting and implementing physical activity programs and initiatives in different communities. For further details and to register, visit [www.ophea.net/parc/training.cfm](http://www.ophea.net/parc/training.cfm)