

# Ophea Update

## What's New at Ophea?

### \*\*\* Chris Markham - Ophea's new Executive Director \*\*\*

The Ophea Board of Directors is very pleased to announce that Chris Markham has been selected as the new Executive Director and C.E.O. of Ophea.

As Acting Executive Director, and through the other positions he has held within Ophea over the last 12 years, Chris has played an instrumental role in building the capacity and reputation of Ophea. The Ophea Board is confident that under Chris' direction, Ophea will continue to provide both leadership and support in the development, implementation and promotion of effective strategies and initiatives that will support Ontario's school communities.

The Board of Directors and Ophea staff welcomes Chris to his new role and are excited about working with him in continuing to ensure that all children and youth in Ontario will value, participate in and make a lifelong commitment to active, healthy living.

### \*\*\* Ophea's 2007/2008 Daily Physical Activity (DPA) Training & Support Services Subscription \*\*\*

The *DPA Online Administrators' Workshop* is the newest component of Ophea's DPA subscription package. This fantastic online workshop is designed to assist new administrators in understanding and implementing DPA in Ontario schools. It can also be used as a refresher for experienced administrators or used in part to inform staff or parents regarding aspects of DPA that might be a challenge in their schools. This workshop provides background information on the rationale for DPA, implementation plans for schools, timetabling ideas, communication plans to keep parents, staff & students informed about DPA, resources to support DPA, opportunities for student leadership, assessment & evaluation strategies for DPA, and suggestions on how to monitor & sustain DPA in the school.

#### Special Features of the presentation:

- Slide show with voice commentary by one of Ophea's DPA and Education Consultants
- No downloading required! Simply click on the link
- Pause and Play feature
- Watch the web cast anytime
- Electronic Q&A – provides the opportunity to ask questions electronically during the presentation
- Hard copy support materials can be downloaded prior to presentation
- Speaker notes available upon request
- Easy-to-use information sharing – present content quickly (whole or in part) to colleagues

### \*\*\* Participate in the Always Changing and Vibrant FACES Upcoming Program Evaluations \*\*\*

Ophea is excited to be partnering with the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) and Proctor & Gamble to conduct a national evaluation of Grades 5 & 6 Always Changing and the Grades 7 & 8 Vibrant FACES programs.

From January to March, past and current users of the programs will be invited to share their feedback online by visiting: [www.ophea.net/alwayschanging](http://www.ophea.net/alwayschanging) and [www.ophea.net/vibrantfaces](http://www.ophea.net/vibrantfaces).

The information collected will be used to inform and enhance the future direction and delivery of the programs to ensure the programs are easy to use and support educators in teaching physical education, puberty education, healthy body image, and self-esteem.

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

### \*\*\* Revisions to H&PE student materials \*\*\*

Ophea has revised a number of student materials in the H&PE Curriculum Implementation Support Documents K-10. For an overview of these changes and the corresponding documents, visit [www.ophea.net/hperevision](http://www.ophea.net/hperevision). Please pass this link on to those in your board who will require these changes.

### \*\*\* Announcing the Everyone Jump Educational Challenge Winners \*\*\*

Since 2005, Ophea has partnered with Novo Nordisk Canada to deliver Everyone Jump, a fun, interactive music CD, manual and Educational Challenge for Grades 5 students. The cross-curricular resource raises awareness of the importance of regular physical activity and healthy eating in preventing type 2 diabetes.

Over 9,700 students from 5 provinces across Canada will have participated in the Everyone Jump Educational Challenge during the 2007/08 school year!

Congratulations to all those that submitted entries! The 30 winning submissions will be recognized with a live Celebration Concert based on the Everyone Jump CD. These concerts are taking place January-February 2008. All participating classrooms along with DPA Training & Support Services subscribers will receive a free copy of the Everyone Jump Physical Activity Resource containing the activities created by students themselves in April 2008.

Visit [www.opheaprograms.net/EJ](http://www.opheaprograms.net/EJ) to view the winning submissions, and how you can order an Everyone Jump resource (limited quantities available).

## Initiative Highlights

### \*\*\* New & Improved HTML Ophea.net e-Connection \*\*\*

Ophea's monthly electronic newsletter, e-Connection, now has a unique and colourful design! e-Connection is sent monthly to 25,000 Ophea.net members and includes highlights of new content on Ophea.net, current issues, events, and information about new developments at Ophea.

For full access to Onet.net features and to receive e-Connection visit [www.ophea.net](http://www.ophea.net) and register to become a member.

### \*\*\* Ophea's Programs and Services support *Healthy Schools* \*\*\*

Ophea manages two resource centres as a part of the Ontario Health Promotion Resource System (OHPRS). Both the Ophea Curriculum and School Based Health Resource Centre (CSBHRC) and the Physical Activity Resource Centre (PARC) offer a variety of programs and services that support *Healthy Schools*.

These resource centres provide:

- ⇒ High quality **instruction, programs and professional development** opportunities on a variety of health related topics including physical activity (activ8, Active Schools, DPA Support Services Package), healthy eating ([MenuofChoices.ca](http://MenuofChoices.ca)), substance use and abuse (Take Action), tobacco prevention (Lungs Are for Life), personal safety and injury prevention (CyberCops). Comprehensive support for the entire Health and Physical Education curriculum is provided through the H&PE Curriculum Implementation Support Documents (The Binders) and workshops.

**Initiative Highlights continued...**

- ⇒ Information and tools to create **healthy physical environments** and **supportive social environments** such as the Ontario Physical Education Safety Guidelines and the newly released PARC Workbook for Influencing Physical Activity Policy (available online at [www.ophea.net/parc](http://www.ophea.net/parc)).
- ⇒ **Connections to community partners** through Master Trainers who are Ophea trained public health nurses, educators, health promoters and school community partners. Master Trainers provide on-going support and train others in their community about Ophea initiatives and related health topics. There are currently Master Trainers available all across Ontario to support the implementation of Ophea and local initiatives related to healthy eating, smoking and drug prevention/awareness.
- ⇒ Ideas and tools to support **short-term and long-term planning** through Active Schools and the Living School Initiative.

For more information on all of Ophea's programs & services visit [www.ophea.net](http://www.ophea.net).

Many programs are also available in French, be sure to click on the *français* link on the home page.

## Coming Soon

**\*\*\* Ophea Programs Evaluation Survey \*\*\***

In an effort to provide quality programs and services, Ophea clients will be invited to participate in an Ophea Programs Evaluation Survey in the upcoming months. This year's survey will combine evaluation of all programs and services into one easy-to-use survey, creating a more effective and concise process. Look for more details on [www.ophea.net](http://www.ophea.net) about how to participate.

**\*\*\* Online Workshop for Educator's New to DPA... Coming Soon for DPA Subscribers \*\*\***

This new online workshop for Elementary Teacher's will demonstrate educators teaching various DPA activities while focusing on the key messages, in order to provide you with real examples and a visual representation of how to implement such activities in your own classroom.

For details please visit the DPA subscribers' section on [www.ophea.net/dpa](http://www.ophea.net/dpa) and click on the "Professional Development" page.

**\*\*\* Revised Edition of the Ontario Physical Education Safety Guidelines \*\*\***

The Ontario Safety Guidelines for Physical Education are in the final stages of their complete review, that will bring all pages to 2008 standards.

When the new documents are available in Spring 2008, they will be delivered in a new and exciting online format.

Users will more easily be able to:

- Access specific guideline information
- Identify updated/changed information
- Access consultation services

A new Safety Services Package Subscription for 2008-2010 will be available for School Boards soon. Check out [www.ophea.net/safety](http://www.ophea.net/safety) for more information.

**Coming Soon continued...****\*\*\* CyberCops: Air Dogs Online User Feedback Survey \*\*\***

The Air Dogs Online user Feedback Survey will be sent out in late January to Grade 8 teachers to help us evaluate the program and continue to meet the needs of educators. The first 20 survey respondents will receive a free copy of both CyberCops resources and will be entered in a draw to win an iPod nano.

**\*\*\* Walk This Way Orientation & Networking Sessions \*\*\***

A total of six on-site Walk This Way workshops will be available through the Physical Activity Resource Centre (PARC) from January – March 2008 in the following locations; North Bay, Sioux Lookout, Thunder Bay, Peterborough, Thunder Bay and Waterloo.

For more information and to view PARC's workshop listing visit: [www.ophea.net/parc/training.cfm](http://www.ophea.net/parc/training.cfm).

**\*\*\* Living School Live It Up Challenge – January 29 \*\*\***

The Living School *Live It Up* Challenge provides an opportunity for Living Schools to engage their school communities and celebrate their commitment to active, healthy living by getting together for fun, food and physical activity.

On January 29, 2008 Living Schools will:

- Engage the school community to participate in the *Live It Up* event
- Challenge other schools to join in and participate with their Living School *and/or*
- Challenge other schools in their board to hold their own *Live It Up* events

Each Living School organizes their own events which include a minimum of 20 minutes of physical activity, followed by a healthy snack (demonstrating their commitment to addressing these two chronic disease risk factors).

**\*\*\* PARC Physical Activity Symposium 2008 \*\*\***

The PARC Physical Activity Symposium will be held March 4-5, 2008 at the Crowne Plaza Toronto Don Valley Hotel in Toronto, Ontario.

The symposium theme for Day 1 – The Built & Active Environment - reflects on the importance of the built environment in creating active, healthier, and more livable communities. The theme of Day 2 - Physical Activity Promotion Across Sectors - will explore the key role that public health, community health centres and recreation centres play in the promotion of physical activity in Ontario, and examine how we can work together in a joined effort – to increase the physical activity levels of all Ontarians.

Spots are filling up – Register Today! Registration deadline is February 25, 2008.

Visit [www.ophea.net/parc](http://www.ophea.net/parc) to register online & for a detailed agenda.