



**Healthy Schools 2020** represents our collective activity in moving towards our vision of children and youth being physically active and making healthy food choices every day. [Click here](#) to view our Healthy Schools 2020 video!

### ACTIVE LEARNING IN NATURE!

There are many benefits to children being active and outdoors. In the learning environment, this translates to a calmer more attentive class. Here are some resources to help you reap the rewards of outdoor learning:

- The Ontario Children’s Outdoor Charter website includes a **Toolbox for Teachers** with ideas and other links to teaching resources. <http://www.childrensoutdoorcharter.ca/en/teacher-toolbox>
- The **Take Me Outside Student Video Contest** is an opportunity to showcase how your class explores and finds adventures beyond the schoolyard fence. Visit: <http://takemeoutside.ca/contest> for more information.

### MINIMIZE PHYSICAL ACTIVITY RISKS FOR STUDENTS

As with most things in life, there is an element of risk associated with physical activity. While positive risk-taking has a role to play in fostering children’s optimal health and development, it is important to balance and minimize risk. To provide the safest possible environment, **remember to:**

- Refer to your school board’s policies and procedures
- Check out the Ontario Physical Education Guidelines for safe instructional practices: <http://safety.ophea.net/>

“Safety awareness, practised by the teacher, based on up-to-date information, common sense observation, action, and foresight, is the key to safe programming.”- *Ontario Physical Education Safety Guidelines, 2013*

### YOUR STUDENTS ARE WATCHING & LISTENING!

It is important for students to see adults incorporating physical activity as a normal, fun part of their day:

| <b>Try to avoid:</b>   | <b>Focus on:</b>   |
|--|--|
| <ul style="list-style-type: none"> <li>• Talking negatively about physical activity or making it sound like a chore or unpleasant.</li> </ul>                                    | <ul style="list-style-type: none"> <li>• Letting students see you enjoy being active at school (e.g. walking, running, biking).</li> </ul>                 |
| <ul style="list-style-type: none"> <li>• Refusing to participate in games and activities. This may give the impression that it is not normal for adults to be active.</li> </ul> | <ul style="list-style-type: none"> <li>• Joining students in gym class and DPA, showing that people of all ages and body types can participate.</li> </ul> |

### A SUCCESS FROM OUR REGION...

L’école élémentaire publique Jeanne-Sauvé has received the PHE Canada **Quality Daily Physical Education Award** four years in a row. This commitment to providing rich, stimulating physical activity opportunities for all students includes:

- Monthly physical activity days to allow students to discover new, fun activities
- A “virtual cycle” from Newfoundland to British Columbia
- Replacing some chairs with exercise balls
- Creating a hallway walking program



**Need more ideas?** Visit [www.healthyschools2020.ca](http://www.healthyschools2020.ca)

**Have an idea to share?** Tell us! Email [ccpn@ottawaheart.ca](mailto:ccpn@ottawaheart.ca)