

*** Registered for Healthy Schools in motion**

**Band Operated
Schools**



Active Living Campaign

School	Description of event
BIRDTAIL SIOUX EDUCATION*	Activities include: School dance marathon, Walk Across Canada, physical activity focus in classes, Wednesday activity days.
CHIEF SAM COOK MAHMUWEE EDUCATION CENTRE	We will have a Walk home from School Day for staff and students.
DONALD AHMO SCHOOL	We will have a student and community dance where a contest of skipping and hooping will be done before the dance.
GEORGE KNOTT SCHOOL*	The school will have an activity in their classrooms everyday. The teacher will record the activities; the 30 minutes may be split in two slots.
GOD'S LAKE NARROWS FIRST NATION* SCHOOL	We will have school wide noon hour physical activities that will focus on healthy living, a nutritional lunch program, and complement physical activities with drinking water and eating fruit.
JOE A. ROSS SCHOOL*	We are planning to have PE introduced in high school. We will also have daily walks for all students.
LONG PLAIN SCHOOL*	There will be organized gym activities during recess and noon hour throughout the year. Community events will be held monthly to encourage parental involvement. We will also participate in community walks.
MINEGOZIIBE ANISHINABE (PINE CREEK) SCHOOL	Everyone will participate in an Energy Break for 15 minutes everyday for a week. The exercises will be done in the classroom with the instructions said over the PA system.
MISKOOSEEPI SCHOOL*	We have 30 minutes of gym time allotted for students each day. We have an intramural program that runs after school. We also have community and school gym nights Mon, Tue, and Thurs.
NEIL DENNIS KEMATCH MEMORIAL SCHOOL*	Our whole school (students and staff) will work into their day 30 minutes of physical activity. This will be integrated into other subject areas and can involve a variety of fun learning activities.
SIOUX VALLEY SCHOOL*	We are starting a morning run/walk program from 8:30-9 every day. Students will attempt to Run Across Canada. We will start small and have a goal of travelling 10 kms and will celebrate with fun activities when we reach our goals.
WAMBDI IYOTAKA SCHOOL*	We will set a goal of 30 minutes a day for physical activity for all students. We will have a skating day that community members will be invited to come to as well. We will be working with different groups in the community.

**Beautiful Plains
School Division**



Active Living Campaign

School	Description of event
HAZEL M. KELLINGTON SCHOOL*	Activities include: family activity days, intramurals, noon hour skating, bowling, family dance, track teams, etc.
J. M. YOUNG SCHOOL*	The students take a daily walk from April-June. They will walk approximately 2km each day and will try to "Walk Across Canada".
R. J. WAUGH ELEMENTARY	We will be having a Physical Activity Week. Activities will include: physical activity breaks, staff relay, fitness quiz, recess stroll, family fit tips, and students will participate in exercise time with the community care home.
WILLERTON SCHOOL*	Our high school students organize activities for the early/middle years. We would like to achieve the goal of 45 minutes of daily physical activity. We would like to have professional instructors come in to teach some sports/activities.

**Border Land
School Division**



Active Living Campaign

School	Description of event
ELMWOOD ELEMENTARY*	Activities include: community walks, daily fitness breaks in the classroom, a running program, special fitness events, and indoor recess walk.
GLENWAY COLONY SCHOOL*	Our school would like to initiate two activities: host a school-wide after school walk for a month and have teachers share daily "healthy living" facts with the students.
PINELAND COLONY SCHOOL*	We would like to buy further PE resources to use at recess and in the gym. We also ride bikes and walk as a community on a regular basis.
REGIONAL ALTERNATIVE EDUCATION CENTRE	We would like to hire a personal trainer to kick start a new initiative to promote noon-hour exercise sessions. We would have her come in to lead some introductory sessions which we would videotape and use for the remainder of the year.
ROSEAU VALLEY SCHOOL*	Activities include: PE classes, active recess, intramurals, activity afternoons, inter-school sports, health walks, S3-S4 PE options, activity breaks, etc.
ROSS L. GRAY SCHOOL	Students will be participating in Winter Fest where they will be able to partake in winter games and activities. The other event will be a "Healthy Lifestyle" health fair for students from K-6. Outside agencies will be promoting active living.
SHEVCHENKO SCHOOL	We will be having a health fair for Gr. 7-S4. The sessions will focus on healthy living and presentations will be made by community groups, school staff, public health, and parents.
WEST PARK SCHOOL*	We will offer 3 sessions of daily physical activity for every student in the school. Students and staff will lead the activities and students will keep track of their progress with an activity log.

**Brandon
School Division**



Active Living Campaign

School	Description of event
ALEXANDER SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
BETTY GIBSON SCHOOL*	We will be setting up stations throughout the school with activities for students to participate in. Activities will include skipping, hopping, relay, etc. All students will be awarded a certificate of participation.
CROCUS PLAINS REGIONAL SECONDARY*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
EARL OXFORD MIDDLE SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
ÉCOLE NEW ERA*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
GEORGE FITTON SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
GREEN ACRES SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
HARRISON MIDDLE SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
J. R. REID SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
KING GEORGE SCHOOL*	We have an extensive active noon hour program that includes something for all students. Activities include: soccer, volleyball, so you think you can dance, line dances, treasure hunts, outdoor skating, etc.

School	Description of event
KIRKCALDY HEIGHTS SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
LINDEN LANES SCHOOL *	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
MEADOWS SCHOOL *	Walk Alert - We will be doing a daily walk for 2 months for 30 minutes We will also provide healthy snacks promoting the Canada Food Guide.
NEELIN HIGH*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
O'KELLY SCHOOL *	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
RIVERHEIGHTS SCHOOL *	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
RIVERVIEW SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
SPRING VALLEY COLONY SCHOOL *	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
ST. AUGUSTINE SCHOOL *	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
VALLEYVIEW CENTENNIAL SCHOOL*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
VINCENT MASSEY HIGH*	The Brandon School Division is pooling the money to provide classroom "Activity Resource Bags" for each class. These bags will be customized to fit the skill level of the students in that grade. This will give students the tools to help be more active.
WAVERLY PARK SCHOOL*	Activities include: Walk to School Week, Winter Active Week, we have daily lunch hour intramurals and we promote physical activity and healthy eating in our newsletter.

**Division Scolaire
Franco – Manitoabaine**



Active Living Campaign

School	Description of event
ÉCOLE COMMUNAUTAIRE AURÈLE-LEMOINE	Journée d'initiation aux combats d'épées-mousse pour tous les niveaux. Nous allons apprendre les techniques de base, pratiquer à deux et avoir des grands combats impliquant tous les joueur. Les participants jouent le rôle de personnages médiévaux.
ÉCOLE COMMUNAUTAIRE SAINT-GEORGES*	L'aérobic est offert à tous les élèves ainsi que le personnel scolaire. Nous préparerons une routine avec musique française et les classes d'aérobic auront lieu une fois par semaine, en plus de nos cours d'éducation physique.
ÉCOLE LA SOURCE*	Nous allons avoir une danse d'halloween organisée le 28 octobre réunissant les parents et les enfants. Autre activités : Défi a relever, mouvements d'échauffement a faire pour 5 minutes avant la récréation, et offrir un atelier de karaté.
ÉCOLE NOËL-RITCHOT*	Activities include: noon hour fitness club, positive playground activities, field trip to "Sportex" an exercise facility at College St. Boniface, promote nutrition and fitness in newsletter, and have a health fair.
ÉCOLE SAINTE-AGATHE*	Des jeux organisés pour tous les élèves de 7-S1 pendant toutes les heures de midi au gymnase. Un programme qui est organise par les enseignants et surveille par les enseignants. Nous avons aussi un programme de sports parascolaire très fort.
ÉCOLE TACHÉ	Nous souhaitons promouvoir de développement des habilités sociales par le biais de jeux, enseignés par les élèves du Collège Louis Riel a nos élèves. Ces jeux sont tires du livre « Positive Playgrounds ».

**Evergreen
School Division**



Active Living Campaign

School	Description of event
ARBORG EARLY/MIDDLE YEARS SCHOOL *	We have decided to implement the "Brain Gym" program as part of the in motion initiative. All teachers will have copies of the manual and will use them daily.
GEORGE JOHNSON MIDDLE SCHOOL	We are planning a week of awareness and activities promoting healthy active living.
GIMLI HIGH SCHOOL	Active Living Week - Students will participate in a walk on the Friday, fitness and healthy eating information will be given at the morning announcements and broadcast on our local access cable channel.
RIVERTON EARLY MIDDLE YEARS SCHOOL	During each assembly we will have a 10 minute walk. This will involve all students and staff.
WINNIPEG BEACH SCHOOL *	I will be implementing 10 minutes more of daily PE for the entire school. We will also continue to encourage more PE classes, have daily intramurals, have in-class exercises, and special physical activity events once a month.

**Flin Flon
School Division**



Active Living Campaign

School	Description of event
MANY FACES EDUCATION CENTRE*	We are a small alternative school without PE facilities. We are currently converting one of our classrooms to a fitness area to use after school. We would like to purchase equipment for the room.

**Fort La Bosse
School Division**



Active Living Campaign

School	Description of event
BOUNDARY LANE COLONY SCHOOL*	We encourage our staff and students to walk at lunch. Other activities include: organized games for special events, endurance, flexibility and strength exercises.
MARY MONTGOMERY SCHOOL*	We have a daily physical activity program for 10 minutes where we go for a walk around the school or an activity is lead by the administrator over the intercom. We are planning on further developing more physical activity into the lunch break.
PLAINVIEW COLONY SCHOOL*	Students walk to school everyday, participate in jump rope for heart, have afternoon walks, and discuss as part of the curriculum (choosing and making healthy choices).
RESTON COLLEGIATE	We participated in the Town Wide Cleanup. This event was organized by student council and funding will be used towards the BBQ. This was an excellent activity that gives everyone exercise and helps the community.
RESTON ELEMENTARY	We will purchase equipment and supplies to support the Go Active! Program. This will be a year-round program encouraging students to improve their physical fitness through cooperative play.
VIRDEN JUNIOR HIGH	We have invited "Coffie Man" to deliver the message of dance to everything. Part of his presentation will involve students participating in large group dance.

**Frontier
School Division**



Active Living Campaign

School	Description of event
BERENS RIVER SCHOOL*	Activities include: regular PE class, active recesses. We have after school activities where "late buses" are available. We also encourage classroom teachers to incorporate physical fitness into other curriculum subject areas.
BROCHET SCHOOL*	The school gym is available after school to students every day. Also, community members participate in activities in the evenings.
COLD LAKE SCHOOL*	Our school has organized a daily physical activity in the gym. Our students walk every afternoon for 15 minutes.
D. R. HAMILTON SCHOOL*	Our classes have 30 minutes of gym daily. There are 4 after-school sessions weekly. The school is open to Northern staff/fire department/community women for aerobics and minor hockey on a regular basis.
DUCK BAY SCHOOL	For November, all classrooms will do 15 minutes of activity per day. The activity will then be recorded on a calendar with a sticker for each day's activity. At the end of the month the class with the most activities wins.
DUKE OF MARLBOROUGH SCHOOL	Every Tuesday and Thursday at lunch we have a skipping club for the students who choose not to participate in competitive sports. We also have a walking/running club on M/W/F.
FALCON BEACH SCHOOL*	We plan to provide opportunities on days when students don not have a regular gym class. Other activities are running club, noon hour intramurals, cross-country skiing, snowshoeing, etc.
FRONTIER COLLEGIATE INSTITUTE*	We have implemented the following: intramurals at lunch, weight room access five nights a week, open gym in the evenings, arena night twice a week.
GYPSUMVILLE SCHOOL	We will have a curling event for one afternoon a week from Jan-March. There are after school sports planned once a week for students.
HELEN BETTY OSBORNE ININIW EDU. RES. CTR	We are having a pre-Christmas spirit week which will encompass the entire school population. We will do gym activities as well as other team building exercises.
JACK RIVER SCHOOL*	In addition to the regular PE program at our school we do daily exercises in the classroom.
JOSEPH H. KERR SCHOOL*	Our students receive 40 minutes of gym every other day. They are also involved in intramurals 3 times a week. Classroom teachers have kids in motion at least once a day during class time.
MATHESON ISLAND SCHOOL*	Each student in the school has developed a plan to improve their PA level. Plans are monitored by parents and teachers. Each day, all students walk 20 minutes in the afternoon. At recess, older students organize group games for all students during recess.

School Division

School	Description of event
MINISTIC SCHOOL*	The PE consultant will come in and do fitness planning with all students. Individual plans and goals to be set. Time to be set aside daily to participate in fitness regime activities. Weekly reflection of goal-setting/achievement and progress.
MOUNTAIN VIEW SCHOOL*	Every class does 10 minutes of exercise with the Wonder Fitness Challenge then 20 minutes of organized PE. This is done daily.
OSCAR BLACKBURN SCHOOL	The school will have after school intramurals 3 days a week for grades 6-S2. This gives students the chance to be active outside of PE class.
PHILOMENE CHARTRAND SCHOOL*	Activities include: jogging at recess, active living club, intramural program, juggling program, etc.
PIKWITONEI SCHOOL	We will have a walking school bus in February. A route will be planned, notices sent home, and refreshments provided upon arriving at the school. The community nurse will give a presentation on active living.
PINE DOCK SCHOOL*	Our school includes 40 minutes of PE daily for all students, gym nights 1 hour/wk for students and community. We also have a Healthy Snack Program.
RORKETON SCHOOL*	Activities include: Hearts in motion walk, community clean up, staff vs. student council challenge, jump rope for heart, milk spirit week activities, etc.
SAN ANTONIO SCHOOL*	We have exercise routines led by each student set to a song of their choice.
SKOWNAN SCHOOL	We will have a week-long event with activities happening at different times of the day. Teachers will be encouraged to do activities in their classes. Parents will be invited.
STEVENSON ISLAND SCHOOL*	One of our activities will be a Health week. We will have five days of sporting activities for the students. On the last day the community will be invited.
THICKET PORTAGE SCHOOL*	We have a school walk 3 times a week, it starts after school and is approx. 30 minutes per walk (2 KM).
WANIPIGOW SCHOOL*	During the daily lunch break there are various inter-house intramural games. Low organized games are planned for students in gr. 1-2 run by staff, students, and parents.
WATERHEN SCHOOL*	All students receive daily PE. Grades 6-S1 also receive intramurals during the lunch hour. We host several walk-a-thons in the community in the year. We have special event days and we have health week activities.
WEST LYNN HEIGHTS SCHOOL*	We will have students stretching in their classrooms and relay races in our gym for the whole school on two occasions.

**Funded
Schools**



Active Living Campaign

School	Description of event
ALHIJRA ISLAMIC SCHOOL*	Our goal is 30 minutes of daily physical activity through: morning stretches, lunch-time intramurals, after-school open gym, recess, jump rope for heart, sports days, winter festival, soccer tournament, and PE classes.
AUSTIN CHRISTIAN ACADEMY*	We plan to have the Recreation Director for our area come talk with the students on the importance of physical activity. Our goal is to have on a daily basis all of our students take part in outside organized sports and activities.
CARTWRIGHT COMMUNITY INDEPENDENT SCH.	Workshops to teach students innovative ways to keep active. S4 girls will have a rep. from ARHA to discuss active living and the S4 boys physical leadership class will facilitate the Read and Run program Mon/Wed/Fri.
CHRIST THE KING SCHOOL *	The school provides 30 minutes of PE daily. The school also offers intramurals, interscholastic activities, and active living messaging.
HOLY CROSS SCHOOL	We are going to host a school-wide noon hour walk. We have done similar events in the past and they have been a great success.
LINDEN CHRISTIAN SCHOOL*	Activities include: daily physical activity break, intramurals program, commuter challenge, co-curricular sports program, and walk-a-senior program.
MENVILLE CHRISTIAN SCHOOL*	We have 4 PE classes a week. Other activities are: Wednesday Walking club, intramurals, clubs, Active Club, etc.
MONTESSORI LEARNING CENTRES INC.*	We will hold a session in "Yoga for Kids" with Janice Kominar for all our students.
OHOLEI TORAH SCHOOL*	The school will be taking students to the park every recess. They will also have access to PE equipment and have the opportunity to participate in organized sport if they choose.
OHR HATORAH SCHOOL*	We are organizing intramurals twice weekly. We will also have a dance club 3 times/wk. In addition, we will have professional instructors demonstrate martial arts and do an activity session with students.
PINE CREEK COLONY SCHOOL*	Each month students will be given an outdoor challenge. The first person to complete the challenge wins a prize. They can work in teams to complete the challenge. We will also walk every day in the spring, community members will be invited.
RED RIVER VALLEY JUNIOR ACADEMY*	We have a weekly walk for our gr. 7-8 students. We also have intramurals, PE classes, parent/community workshops, and special events.

School	Description of event
SILVERWINDS SCHOOL*	All students are active for 45 minutes each day. Activities include: recess activities with all staff, walk/cycle to school, PE classes, etc.
SPRINGS CHRISTIAN ACADEMY*	We will be implementing activity through recess time, intramurals as well as a movement of the week that will be done during morning announcements, before and after recess, and during class time. Our school will be implementing Brain Gym.
ST. BONIFACE DIOCESAN HIGH SCHOOL	We are planning a canoe/camping outing along with Whiteshell River for three days. The students must pass a Level 1 Canoe Safety and Certification Course which includes a swim test as well as Canoe Training Sessions.
ST. JOSEPH THE WORKER SCHOOL*	Students will spend a minimum of 45 minutes playing outside in addition to 30-40 minute PE classes a week. Additional activities are organized by the community in the evenings.
ST. MARY'S ACADEMY*	Activities include: participation in a variety of community walks, intramural program led by the student athletic leadership team, PE credits for S3 and S4.
ST. MAURICE SCHOOL*	Pedometers will be used in classes to determine the level of fitness and teachers will help students find simple but effective methods to increase daily physical activity.
WESTPARK SCHOOL*	We would like to run an intramural program so that each student will be given the opportunity to participate.

**Garden Valley
School Division**



Active Living Campaign

School	Description of event
BLUMENFELD SCHOOL*	Activities include: PE classes, active recess breaks with equipment provided, after school gym, intramurals, walk to school, ice rink on school yard for lunch hour and after school, special events, etc.
BORDER VALLEY ELEMENTARY*	Be have implemented a walking track that students and staff can use during recess and at lunch. We also have intramurals, special activities, PE class, etc.
PARKLAND ELEMENTARY SCHOOL	We will be holding daily fitness breaks for a month in the winter. Students will plan activities based on their research in class. They will then take turns leading the fitness break.

**Hanover
School Division**



Active Living Campaign

School	Description of event
BLUMENORT SCHOOL*	Our goal is to offer a walking program over lunch hour for our students and staff. Our goal is to have participants accumulate 42 kms in 30 days to walk a "Marathon in a Month".
ELMDALE SCHOOL*	Actions include: Inform classroom teachers of physical activities that can be done in the classroom, develop a PE/Health Implementation Team, purchase resources related to recess activities, develop a plan to provide daily physical activities for students.
GREEN VALLEY SCHOOL	We are having a Hoops for Heart basketball skills event for our grades 7 and 8 and a Jump Rope for Heart for grades 5 and 6.
MITCHELL ELEMENTARY SCHOOL	We will initiate a noon hour program to promote healthy activities. We will purchase equipment for these activities.
MITCHELL MIDDLE SCHOOL	We are organizing a noon hour walking club. Students will log distances and try to walk a marathon in 30 days.
NIVERVILLE COLLEGIATE	We would like to introduce new intramurals to the school to best incorporate more fun activities into their day. The students determined the sports and one of the most favourable was dodge ball. We will kick off this sport with a mini tournament.
NIVERVILLE ELEMENTARY	October Activity Day - Classes will be combined on the last day of October to promote physical activity. There will be contests, relays, and cooperative activities.
SOUTH OAKS ELEMENTARY	Terry Fox Run - the community participated in this event. The route was 3 km, lunch was provided at the school after the event. Floor hockey intramurals - students participated during lunch hours for 3 weeks.
SOUTHWOOD SCHOOL	Activity Week - Activities include: each day we will have a 10 minute activity break, fitness facts will be announced in the mornings, a draw will be held each day to "award" gym time for a class, activity at home will be encouraged.
WOODLAWN SCHOOL*	Gr. 1-3 Fit Walk: Students come to gym during morning and afternoon recess and walk laps to fun music. Everyone who participates gets a house point (our school has a house system).

**Interlake
School Division**



Active Living Campaign

School	Description of event
BALMORAL SCHOOL*	We are in the process of beginning a school-based aerobic program for all students each morning (10 minutes). We will also be starting a "For Fun and Fitness" club that will meet over lunch hour 3 times a week and a snowshoe club.
BRANT-ARGYLE SCHOOL*	Activities include: an expanded intramural program, school-wide daily fitness break, biking field trip, special events, ideas from the Healthy Schools in motion resource manual, etc.
GROSSE ISLE SCHOOL	We will have an active living week to promote physical activity. Activities will include: daily messages, yoga workshop, planned school-wide fit walk, and student vs. staff sports events.
NEW HAVEN SCHOOL*	Students in 6-8 will be setting up their own individual fitness plan. They will monitor their physical activity over time. Students will learn fitness principles and benefits and will be encouraged to make it a life-long practice.
R. W. BOBBY BEND SCHOOL*	Activities include: skipping club, running club, archery clinic, bowling, and the Manitoba Marathon. We make equipment available during recess and we are raising money to purchase cross-country skis.
ROSSER SCHOOL*	We have designated 3 of the 6-30minute PE classes to be "Happy Heart" times. We Rossercise keeping our heart rates up. We also have a walking school bus twice a week. We participate in physical activities throughout the year with parents and community.
STONEWALL CENTENNIAL SCHOOL*	Our gr. 5 and 6 students have active recesses and PE most days of the cycle. For our gr.7 and 8 classes we have added a walking component to class change, they have to walk around the school once before going to their next class.
STONY MOUNTAIN ELEMENTARY	Activities include: Terry Fox Run, Walk to School Day, Addictions Awareness Week, Jump Rope for Heart, monthly community events, daily intramurals, physical activity facts announcements, motion breaks, weekly school walks, etc.
TEULON COLLEGIATE	We would like to have a school-wide noon hour walk, invite a guest speaker, and have a noon hour mini-volleyball challenge.
TEULON ELEMENTARY*	Students walk for 20 minutes daily before school around our school trail. All staff participate in this activity. This not only gets everyone active but also has a nice social aspect as well. We also have other physical activities/events in the year.

**Kelsey
School Division**



Active Living Campaign

School	Description of event
KELSEY ELEMENTARY*	Students walk on school grounds during noon hour or recess and they keep track of their "mileage". We also have family and community walk days. Other activities include: running club, conditioning club, and floor hockey.
MARGARET BARBOUR COLLEGIATE INSTITUTE	We will develop a walking program within MBCI to give staff and students information on walking, facts, benefits, etc. We will buy pedometers and have people wear and keep track of their progress.

**Lakeshore
School Division**



Active Living Campaign

School	Description of event
ALF CUTHBERT SCHOOL*	We have 5 -35 minute PE classes/week. Students have access to the gym at noon hour and for 25 minutes each morning. Almost all students take advantage of this.
FISHER BRANCH COLLEGIATE	We will take part in a Wednesday Walk for 20 minutes every week until May. All students will participate and community will be invited.
INWOOD SCHOOL*	We have numerous activities already and we have a student leadership group that runs the intramural program everyday. We will also be running activities that will be announced over the PA and done in the classrooms.
LUNDAR SCHOOL*	We have 30 minutes of QDPE for all early years students. At the senior level along with the required courses we are offering 2 school initiated credits. We also participate in special events and have daily intramurals.

**Lord Selkirk
School Division**



Active Living Campaign

School	Description of event
DAERWOOD SCHOOL*	Students receive daily PE for 30 minutes. Other activities include: extra-curricular activities, Terry Fox Run, parent council info nights, special events, and information in the monthly newsletter.
ÉCOLE BONAVENTURE*	Club Kilo: In the spring we would like to implement a walking program. Students are encouraged to walk the school grounds at recess or noon hour and they track their progress. We also invite our students to participate in the Manitoba Marathon.
HAPPY THOUGHT SCHOOL	We have a personal report for students to track their physical activity. We also have a classroom poster to track this info. We have time designated in and around recess breaks to activate our students and staff.
LOCKPORT SCHOOL	We did a school-wide noon hour walk called Lockport's Amazing Pumpkin Race. This was a speed-walk race and winners received extra PE time as a prize.
MAPLETON SCHOOL*	One of our activities was a Volleyfest for grade 5 and 6 students on a Saturday. There were 8 teams and we played for fun. Prizes were drawn for participants.
ROBERT SMITH ELEMENTARY*	We have 30 minutes of daily PE. We also run intramurals at noon hours. We are in the process of developing a Playground Pals program to promote active recesses. We also have after school clubs.
RUTH HOOKER SCHOOL*	All students receive 35 minutes of daily PE classes. The focus in these classes is strength, cardio endurance, and flexibility. We also participate in a "Run to the Border" activity, and run across Canada.
SELKIRK JUNIOR HIGH	We will have a Gym Blast for staff and students. They will work together on teams in order to complete tasks.
ST. ANDREWS SCHOOL	Promote physical activity to staff. Activities include: Walk Across Canada, exercise program, fitness workshops, yoga.

**Louis Riel
School Division**



Active Living Campaign

School	Description of event
COLLÈGE BÉLIVEAU	I will be running a clown club. Students will learn all aspects of clowning such as applying make-up, balloon sculpting, juggling, unicycling, tumbling, stilt walking, magic routines, etc.
COLLÈGE JEANNE -SAUVÉ	The S2 class will design posters to promote active living. The whole school will get a journal to record active living minutes each day. We will have draws for students who were able to be active for the month of March.
DARWIN SCHOOL*	Activities include: sports clubs, PE classes, intramurals, and team practices from 8 am-8 pm every day. We would like to purchase more equipment for outdoor use during recess and noon hour.
ÉCOLE GUYOT*	Activities include: equipment rotation for students at recess, recess games taught in PE class, intramurals, special activities, goal setting for students, and pedometer activities/lessons.
ÉCOLE HENRI-BERGERON	Each student and staff member will receive an Active Living Calendar as well as information on the benefits of physical activity, reasons to be active, and activities families can do. This will be promoted from Dec. 19-Jan 20.
ÉCOLE HOWDEN*	Activities include: Terry Fox Run, Winter festival, mini-dance festival, jump rope activities, tabloid day, etc.
ÉCOLE MARIE -ANNE -GABOURY	We will organize a daily physical activity break every day for a week and announce it over the PA system. We will finish the week with a 15 minute walk outside.
ÉCOLE VARENNES	We have decided to organize a daily physical activity break for a week and announce it over the PA system. All students and staff will be encouraged to participate. Teachers will share daily fit facts with their students.
FRONTENAC SCHOOL*	The school is going to keep 2 stationary bikes spinning for 2 full school days.
GENERAL VANIER SCHOOL*	Activities include: intramurals, PE classes, activity logs, active recesses, interscholastic programs, clubs, special events, etc. We are encouraging classroom teachers to get involved and have classroom activities as well.
GEORGE MCDOWELL SCHOOL	We would like to use some ideas from the in motion manual. We will also be implementing a Lap Club where students will receive certificates after completing 100, 200 and 300 laps as well as the jump rope for heart program.

School	Description of event
GLENLAWN COLLEGIATE	We have taken 5 classes of S3 and S4 female students to experience various ways to stay active. The students took part in a spin, yoga, and power class. They will also have a Pilates workshop.
GLENWOOD SCHOOL	We will hire a dance instructor to run a dance club at lunch for your middle years students.
Highbury School *	Activities include: PE classes, intramurals, extra-curricular sports, and active recesses. We have over 80% participation in intramurals and extra-curricular activities.
J. H. BRUNS COLLEGIATE	We would like to offer sport equipment to groups of students that go on over-night trips. This would enable students to have active breaks on their trips, retreats, camps, etc.
MARION SCHOOL	The students will participate in the program "Run Across Canada". Students will run laps and collect paper stars. These will be converted into kilometres and charted.
NELSON MCINTYRE COLLEGIATE	We have introduced a walking/running club for students who do not wish to participate in competitive sports. Students meet in the morning before class and participate at their own pace.
SAMUEL BURLAND SCHOOL *	Activities include: recess revival, PE classes, intramurals, lunch time activities, co-curricular activities, open gym, marathon club, student led conferences, basketball tournament, cross country teams, etc.
ST. GEORGE SCHOOL *	We are a Platinum QDPE school. Our implementation plan includes: active recesses, classroom activities, breakfast club gym activities, intramurals, etc.
VICTOR H.L. WYATT SCHOOL	We will have guest speakers from the Manitoba Moose come in and discuss the benefits of active living with our students.
VICTOR MAGER SCHOOL *	We will be leading a discussion/presentation at our next school staff meeting on the importance of physical activity and how to achieve 30 minutes. A committee will then be formed.

**Mountain View
School Division**



Active Living Campaign

School	Description of event
ÉCOLE MACNEILL*	Activities include: Wonder Fresh Fitness Challenge, intramurals, swimming, skating, skiing, tobogganing, snowshoeing, curling, Terry Fox Run, Summer Games, Winter Games, skipping club, running club, etc.
ETHELBERT SCHOOL*	Our gym is open to students twice daily for general play. We also have intramurals, offer 40 minutes of daily PE for gr.1 and 2, and offer a S3 Recreation Studies class.
GILBERT PLAINS COLLEGIATE INSTITUTE	Our students and staff will be going on our annual cross-country ski/snowshoeing day in Riding Mountain. We will also incorporate ice fishing as one of the activities.
GRANDVIEW SCHOOL*	Activities include: intramurals during noon hour break, PE classes for K-S4, daily 10 minute classroom breaks, activity logs, Walk Across Canada, etc.
HENDERSON ELEMENTARY*	Activities include: 30 minutes of PE daily, swimming program, skiing program, Walk Across Canada, aerobics, yoga, table tennis, extra-curricular activities, presentations, etc.
OCHRE RIVER SCHOOL*	Various activities include: intramural program, ParticipAction Club teaching walking, Taebo, and aerobics, Terry Fox Walk, swimming lessons, and school dances.
ROBLIN ELEMENTARY*	Activities include: "fit facts" shared with classes, students will complete "100 at Home" sheet encouraging parents to join them, have daily physical activity breaks for the whole school, and intramural programs.
SMITH-JACKSON SCHOOL*	We would like to continue and add to current initiatives in the school. Some activities include: sports days, intramurals, additional access to gym.
WHITMORE SCHOOL*	Activities include: PE classes, cross country running team, parent's walking club, guest speakers, workshops to teach students innovative ways to be active, "healthy habits" quiz, family fun nights, intramurals, divisional sports, Santa Run, etc.
WINNIPEGOSIS ELEMENTARY*	Activities include: PE classes, noon hour gym time for each class, fitness breaks where students and staff participate in some type of physical activity, noon hour walking clubs, etc.

**Mystery Lake
School District**



Active Living Campaign

School	Description of event
BURNTWOOD ELEMENTARY*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
DEERWOOD SCHOOL*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
JUNIPER SCHOOL*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
R.D. PARKER COLLEGIATE*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
RIVERSIDE SCHOOL*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
SCHOOL DISTRICT OF MYSTERY LAKE*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
WAPANOHK-EASTWOOD COMMUNITY SCHOOL*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.
WESTWOOD ELEMENTARY*	The division plans to together develop a plan to implement more physical activity in the schools. We would like to get more activity kits for classrooms. We will also participate in various national physical activity challenges.

**Non-Funded
Schools**



Active Living Campaign

School	Description of event
CHRIST FULL GOSPEL ACADEMY	Students, staff, and parents will be encouraged to implement 30 minutes of daily physical activity for two weeks. Participants will be entered in a draw for prizes that feature sports equipment.
GLADYS COOK EDUCATION CENTRE*	We plan to organize tournaments and events involving a particular sport. The groups will set goals and commit to reaching these goals.
LIGHTHOUSE CHRISTIAN SCHOOL	We will be doing a daily physical activity for a week.
MANITOBA SCHOOL FOR THE DEAF*	We have formed a partnership with the City of Winnipeg Parks and Recreation. We will be providing daily activities over the lunch hour for all students and staff.
NEW HOPE CHRISTIAN SCHOOL	We will have a discussion on the benefits of active living and then promote a week long walk-a-thon where students will be encouraged to walk/run laps. Students not interested will be encouraged to participate in intramurals.
WINGHAM SCHOOL*	We will begin adopting Healthy Schools in motion by doing small classroom physical activity breaks during classes. We would also like to set up a physical activity area where students can participate in various stations.

**Park West
School Division**



Active Living Campaign

School	Description of event
BINSCARTH ELEMENTARY	"Perimeter Participation and Promenade" - our school will walk the perimeter of our village. The community will be invited.
BIRTLE ELEMENTARY*	Activities include: special event walks, skating, intramurals, crazy carpets available for recess and lunch hours.
DECKER COLONY SCHOOL	We will organize a daily activity break for a week involving the entire school. These activities will be a chance to introduce alternate forms of physical activity.
HAMIOTA COLLEGIATE*	Middle years students already get 38 minutes/day and 60 minutes of intramurals per week. Students will keep weekly logs of physical activity in and out of school. This log will be monitored by teachers and parents. Special events will also be held.
HAMIOTA ELEMENTARY*	All students receive scheduled daily physical activity for 30 minutes. Activities include: Active, Healthy Living Committee, Terry Fox, Family Dance, intramurals, walk-to-school day, guest speakers, noon hour clubs, etc.
INGLIS ELEMENTARY*	All students have daily PE. Other activities include: daily walks, active recesses, intramurals, extra-curricular divisional teams, spirit weeks, special events, etc.
MAJOR PRATT SCHOOL*	We participated in Walk to School Week.
MINIOTA SCHOOL	For the month of March we will be having quick activities that the whole school will do (jumping jacks, run in the spot). This will complement our daily physical activity goals.
ROSSBURN COLLEGIATE*	All S1 and S2 students have PE classes scheduled both terms. All students are in sports house teams who play at noon for 40 minutes. We have a time slot where staff lead all students who wish to "Walk for Health". We also encourage "Walk to School".
ROSSBURN ELEMENTARY	We will organize a daily physical activity break every day for a week and announce it over the PA system. All students will walk together for 15 minutes at the end of the week.
SHOAL LAKE SCHOOL*	Activities include: PE classes, pedometer activities, free play at recess, encouraging physical activity to become a daily habit, etc.
STRATHCLAIR COMMUNITY SCHOOL*	We will promote and facilitate an intramural program, a walking club, and aerobics/yoga/stretch classes at noon. We will establish a committee.

**Pembina Trails
School Division**



Active Living Campaign

School	Description of event
BAIRDMORE SCHOOL*	We will have an active living raffle. For each 30 minutes of activity you can get your name in the draw. We will have fit facts announced on the PA system. Other activities include: walking club, activities outside of school, PE classes.
BEAUMONT SCHOOL*	We have organized a Walky Talky Club for recess time to encourage students who are not generally active. We have also organized staff Pilates classes.
BEAVERLODGE SCHOOL*	We have a healthy schools committee and promote the Health Enhancing Bee-haviours Program. Activities include: PE recommended class times, recess games taught in PE, walking path, extracurricular activities, special events, Active Transportation.
ÉCOLE CRANE	We have a multi-cultural day planned where students will play traditional cultural games and activities.
ÉCOLE DIEPPE*	Participants are invited to bring two cans of food to be donated to Winnipeg Harvest. Participants will use these tins as weights during an "aerobics" program.
ÉCOLE SAINT-AVILA*	We would like to organize outdoor winter/spring activities for the recesses and lunch hour. We will purchase equipment such as toboggans, snow sculpting tools, children's skis, outdoor balls, etc.
ÉCOLE TUXEDO PARK*	To supplement our 150 of daily PE we are offering a daily noon hour intramural program, a regular health professional development for staff, and staff coordinate activity sessions including yoga, brain gym, skipping, aerobics, etc.
LAIDLAW SCHOOL	We are participating in a tabloid day where older students will help and cooperate with the younger students at the stations.
LINDEN MEADOWS SCHOOL*	One of our activities will be a Winter Physical Activity Day where students will be able to participate in downhill skiing, curling, or bowling.
OAKENWALD SCHOOL	We will be having a jump-a-thon to raise money for the heart and stroke foundation. Students will be introduced to different types of tricks prior to the event.
PACIFIC JUNCTION SCHOOL*	The students get between 150-180 minutes of PE each 6-day cycle. Intramurals are offered almost daily, clubs are offered throughout the year. We also plan to have a physical activity breaks everyday for a week for students and staff.
R.H.G. BONNYCASTLE SCHOOL*	Our students get a minimum of 30 minutes of physical activity 5 out of 6 days. They also have active recesses, extra-curricular activities, activity breaks, and special events.

School	Description of event
RALPH MAYBANK SCHOOL *	We will have supplies for the classroom to integrate physical activity. We also want to bring a guest teacher for folk dance. Each class has 30 minutes of PE.
RIVER WEST PARK SCHOOL *	We are encouraging our gr 1-6 students to be active every recess, especially during the winter months by creating a walking route in the playground. We will chart the kms walked and encourage students with weekly draws.
RYERSON ELEMENTARY*	We receive the Platinum award for QDPE. We also have intramurals, active health lessons in the classroom, active recesses, etc.
VAN WALLEGHEM SCHOOL *	Our grade 7&8 students already receive 180 minutes of PE per 6 day cycle and our K students receive 90 minutes. My plan is to offer a recess walking club to add another 30 minutes per week. The grant will go toward the purchase of pedometers.
WESTGROVE SCHOOL*	We have implemented a daily PE plan. All students receive daily PE for 30 minutes. This was accomplished by assigning all teacher coverage times to the PE teacher allowing him more contact with each class.
WHYTE RIDGE ELEMENTARY	For one month in the spring one recess per day is designated a Straw Walk where students collect straws for their laps walked/run.

**Pine Creek
School Division**



Active Living Campaign

School	Description of event
AUSTIN ELEMENTARY*	Students will do 10 minutes of exercise every morning to music. We have an intramural program at noon hours, students have a log to track physical activity at home, and we educate our students and parents on the importance of being active.
GLADSTONE ELEMENTARY*	Along with our regular PE classes we plan to purchase a class set of snowshoes for outdoor winter activity and exercise during recess and noon hour periods.
HIDDEN VALLEY SCHOOL	We will have a guest speaker from the RHA discuss the importance of physical activity. We would like to invite parents as well.
MACGREGOR ELEMENTARY*	K-4 participate in 10 minutes of aerobic and stretching daily. 5-8 run daily measuring the mileage and attempting to run across Canada.

**Portage La Prairie
School Division**



Active Living Campaign

School	Description of event
FORT LA REINE SCHOOL*	Our students receive 24 minutes/day of PE class not including our 2-15 min recesses or our intramural program. We will use the funds to buy equipment for our recess and intramural activity programs. We also host a healthy snack day once a month.
INGLESIDE SCHOOL*	Students walk daily 4 times a day from the two schools to the kitchen and back for lunch, on average 33 minutes/day. Also, there are games at lunch, and activity breaks.
NORQUAY COLONY SCHOOL	Activities include: walking to and from school, Walking Wednesdays Club, information displays for parent information nights, send out activity ideas that parents can do with their children.
PORTAGE COLLEGIATE	Hosting a Wellness Fair on Feb 2, 2006. This will be open to the public and students. There will be displays and guest speakers on fitness centres, healthy risk assessment, CPR, yoga, and first aid.
SOMMERFELD COLONY SCHOOL	Activities include: daily walk to and from school, noon hour intramurals (all students participate), walking club, open gym in the evenings, etc.
VICTORIA SCHOOL*	We are in the process of instituting a K-6 Brain Gym program where the students receive 15 minutes of exercise at the beginning of the day. We also have recess time devoted to organized play.
WESTROC SCHOOL*	Students walk to school twice a day. We also have regular PE classes. We will also provide active recesses, and classroom activity breaks.
WOODLAND COLONY SCHOOL*	We plan to teach our older students games and activities and have them organize these games for the younger students at recess and over lunch hour. The will also provide students with equipment to help them get active.
YELLOWQUILL SCHOOL	We will be having a family dance to promote active healthy living and to encourage parents and grand-parents to be active along with their children.

**Prairie Rose
School Division**



Active Living Campaign

School	Description of event
ELM CREEK SCHOOL*	Activities include: personal trainer for a one day workshop, gym nights, special events/activity days, weekly school walks, noon hour skating, drop-in basketball, running club, active recess, etc.
GRAYSVILLE SCHOOL*	Activities include: daily PE classes, walking club, noon hour activities, promote active living at home.
ROLAND ELEMENTARY*	Activities include: daily PE for 20 minutes, noon hour intramurals, daily 10 minute activity breaks, recess breaks, special community walks, running, skating, curling clubs, walk to school program, and jump rope for heart.
SKY VIEW SCHOOL*	The high school students are taking a program for credit that has them implementing 30 minutes of daily physical activity for students. Other activities include: Brain Gym activities, student activity logs, and evening activities with community.
ST. LAURENT SCHOOL	We will hold a skip-a-thon in January. We will invite parents and school staff to join us. We will also have special guest skippers demonstrate special moves and techniques.

**Prairie Spirit
School Division**



Active Living Campaign

School	Description of event
BALDUR SCHOOL*	We provide PE classes, intramurals, and extra curricular activities for all of our students as possible.
BOYNE VALLEY SCHOOL	We would like to provide tobogganing at recess and noon hour. Students will track their trips down the hill to win prizes. Students who do not want to toboggan can participate by walking and tracking their laps.
CARTWRIGHT SCHOOL*	From K-S3 students have PE class. K-8 are also involved in Read and Run Program. We also have intramurals and school sports.
ÉCOLE SOMERSET SCHOOL*	All students have PE classes. In addition to the regular programs available in the school we have introduced a work-out room available to the students from gr. 5-S4 all hours, and for K-4 students a Read and Run Program.
GLENBORO SCHOOL	A personal trainer will be speaking to our students about the benefits of active living. He will also talk about proper nutrition especially before and after a sporting event. He will also teach safe strength training techniques.
MANITOU ELEMENTARY*	It is timetabled that every class receive a minimum of 30 minutes of PE daily. As well, we have 1 1/2 hrs per cycle of structured physical activity for gr. 4-6.
NELLIE MCCLUNG COLLEGIATE*	We would like to purchase a class set of pedometers and track the steps of each class. The class that walks the most will get a prize.
SHADY LANE SCHOOL*	The staff and students will walk at 12:45-1 every day. We would also like to buy some equipment we can use for PE classes. We would like to get free weights for senior students.
SHAMROCK SCHOOL*	We are committed to 30 minutes of daily PE. We also provide access to the gym during noon hours after school and in the evenings.
ST. CLAUDE SCHOOL COMPLEX*	We have begun a Run and Read Program with grade 5-8 students. The students walk/run every second day. At the end of the year we will have a celebration to recognize how far the students have run/walked and how much they have read.
STE. MARIE SCHOOL	We plan to organize two "Gym Blasts" for our staff and students. We feel that these afternoons promote active living by having our entire school community participate in cooperative games and activities.
THOMAS GREENWAY MIDDLE YEARS SCHOOL*	We have implemented a Run and Read program at our school. Everyday students run or walk briskly for 20 minutes This is in addition to PE class and noon hour intramurals.

School Division

School	Description of event
TREHERNE ELEMENTARY*	We have started a community initiative partnering with the RHA and Tiger Hills Recreation. We plan to buy pedometers and set up a 10,000 plus steps a day challenge for students and families. We also have intramurals, skipping, walk to school, etc.
VALLEYVIEW SCHOOL	We are planning a winter Olympics in February. Students and staff will rotate through sledding, skating, and cross-country skiing. Parents are invited to participate.
WEST VALLEY ELEMENTARY*	We have daily PE with the whole school (staff including) from 9-9:30. This includes walking, jogging, and other various physical activities. Community youth are also participating. Public health nurse will speak in March to students.
WESTMOUNT SCHOOL COMPLEX	We will bring in a fitness professional to speak to the students about the importance of being physically active for life. This person will also introduce a variety of physical activity options.
WILLOW CREEK COLONY SCHOOL	We are hosting a Winter Olympics activity for students and community with such activities as cross country skiing, skating, relay races, broomball, and snow-shoeing.
WINDY BAY SCHOOL*	We have made the commitment to having 3-50 minute classes per week and we have also started a Read and Run program.

**Red River Valley
School Division**



Active Living Campaign

School	Description of event
MORRIS SCHOOL *	Students receive 40 minutes of daily PE and in addition a scheduled 30 minute period for a healthy living activity.

**River East Transcona
School Division**



Active Living Campaign

School	Description of event
BERNIE WOLFE COMMUNITY SCHOOL	We would like to offer yoga sessions. We will have a trainer to come and present to the classes on the coldest days when outdoor recess is not possible.
DONWOOD SCHOOL	We are planning a school curling bonspiel to be held at the school on Feb. 4. This event will involve approximately 150 grade 4,5, and 6 students. Parents are encouraged to attend.
DR. F.W.L. HAMILTON SCHOOL	Fit Week - during Fit Week we have many physical activities planned including daily messages, contests, and activities. Community members are invited to participate in the Kilometre Challenge.
ÉCOLE CENTRALE	We run an after school club for gr. 3-4 twice a week. We also involve parents by asking them to volunteer and we organize an information night for them.
ÉCOLE JOHN-HENDERSON*	Cross-country running activity - Students will receive play money. Students will also receive money for participating in other physical activities throughout the year. At the end of the year there will be an auction - all students will win something.
ÉCOLE NEIL-CAMPBELL*	We will be offering yoga and Pilates to our staff and students as innovative ways to stay active. We will also have a speed stacks tournament.
EMERSON ELEMENTARY	We will have a before school yoga/stretch club promoting active healthy living.
HAROLD HATCHER SCHOOL	Fit Week - during Fit Week we have many physical activities planned including daily messages, contests, and activities. Community members are invited to participate in the Kilometre Challenge.
JOHN DE GRAFF SCHOOL	We are going to have a Snow Day that promotes healthy active and cooperative stations with groupings of K-6. We call each group a pal-group.
JOHN G. STEWART SCHOOL*	All of our students receive 55 minutes of daily PA. Activities include: intramurals, running club, soccer club, YMCA activities, rowing club, skiing, wall climbing, etc.
JOHN PRITCHARD SCHOOL*	We will be putting forth a challenge to our students and staff to meet the requirements of 30 minutes of daily physical activity and we will track our success rate.

School	Description of event
JOHN W. GUNN MIDDLE SCHOOL *	We have 3-38 minute PE classes and 4-38 minute outdoor classes which 50% are active. We also have a variety of clubs, intramurals, before and after school sports teams, and special events throughout the year.
KILDONAN-EAST COLLEGIATE *	We have intramurals organized by our leadership students. These activities are designed to attract all different types of students to the gym to be active. We also have a weight room available all day.
LORD WOLSELEY SCHOOL	We would like to have Family Gym Nights. The gym is set up in four sections: ropes, hockey, volleyball, and a free area with other equipment. We also offer nutritious snacks in the evening.
MAPLE LEAF SCHOOL *	Activities include: student/senior monthly walks and a 20 minute daily movement program focussing on sensory-motor experiences essential to academic success.
POLSON SCHOOL*	Activities include: Intergenerational Project with local seniors, YMCA visits, PE classes, recess games taught, intramurals, special events, Village Program activities, etc.
PRINCE EDWARD SCHOOL *	Our school has an active House League Program that promotes healthy living. We have over 50 different physical activity programs offered throughout the year. We also are recipients of the TOBA and QDPE awards.
RADISSON SCHOOL*	I would like to introduce "Brain Gym" to the staff. I plan to order activity charts and the PACE posters. It is my hope that all students will practise the brain gym activities every day.
SHERWOOD SCHOOL*	This year in addition to regular PE classes, clubs and intramurals we are introducing the "Across Canada Walk". A running record of laps will be recorded on a map of Canada in the gym. Teachers can use class time or recesses to promote this.
SPRINGFIELD HEIGHTS SCHOOL*	Activities include: an Active Living school improvement plan encouraging 30 minutes of activity, student activity logs, school walks, student leadership team organizes recess activities, intramurals, aerobics, special events, etc.
VALLEY GARDENS JUNIOR HIGH*	Initiatives include: crazy carpet club to make use of the hill in the school yard, walking the walls club, equipment to be available over lunch hour, PE class, activity days, intramurals, weight training club, and sports teams.
WAYOATA SCHOOL*	We would like to have teachers plan for extra activity time and train our leadership club to lead exercises in the classroom.
WESTVIEW SCHOOL*	All staff, students, and parents are invited 8:15-8:45 in the morning to be active in the gym with music, spot prizes, and exercise.

**Rolling River
School Division**



Active Living Campaign

School	Description of event
DOUGLAS ELEMENTARY *	We have a minimum of 4-30 minute PE classes. We also have numerous other activities such as intramurals, activity walks, sock hops, school dances, gym blasts, jump rope for heart, spirit week, curling, skating, interschool sports, and other events.
ERICKSON ELEMENTARY *	Currently students receive 40 minutes of PE 4 out of 6 days. We also have intramurals over the noon hour, Brain Gym, special events, town clean up, sports days, etc.
FORREST ELEMENTARY *	In addition to our current physical activities we will be have classroom active living kits for classroom teachers, host special events, develop a walking club, purchase playground equipment, and develop a trail system on existing school property.
OAK RIVER ELEMENTARY *	Activities include: daily morning walk in the gym, noon hour intramurals, PE class, jump rope for heart, community events, etc.
ONANOLE ELEMENTARY *	Activities include: before and after school open gym, PE classes, intramurals, interscholastic sports, physical activity days, brain gym daily, skating Fridays, etc.
RAPID CITY SCHOOL *	Each day students have a 10 minute activity break. Students also have regular PE classes, intramural program, divisional teams, sports days, active assemblies, etc.
RIVERS ELEMENTARY *	Classes participate in 140-180 minutes of PE in the 6 day cycle. Grades 4-6 participate in 30 minutes of intramurals. We are also implementing class and school-wide activities led by the high school student leaders.
TANNER'S CROSSING SCHOOL *	Our school has 4 periods of PE/cycle and 2 noon hour intramurals/wk/grade. We will promote 30 minutes through fitness breaks, special events, active teaching, classroom challenges, and take home activity tasks. Renovations are being made to our playground.

**Seine River
School Division**



Active Living Campaign

School	Description of event
ARBORGATE SCHOOL*	We have an Active Living Team that organizes program for the students. Our students receive 100 minutes of PA each day through QDPE, active recesses, intramurals, and school sports.
ÉCOLE LORETTE IMMERSION	Our school will organize a school-wide walk around our school. When students return we will have a nutritious snack.
ÉCOLE SAINT-NORBERT IMMERSION*	In addition to our already existing activities, we would like to repaint the pavement for recess activities and implement an after school yoga club.
LA BARRIERE CROSSINGS SCHOOL*	We have committed to 30-40 minutes of daily physical activity Activities include: skating, orienteering, cross-country skiing, snow-shoeing, sledding, survival games, igloo building, snow sculptures, etc.
PARC LA SALLE SCHOOL*	Activities include: PE classes, intramurals, marathon club, weekly health walk, swimming lessons, recess breaks, activity breaks, special events.
RICHER SCHOOL*	Activities include: Daily walk/run, intramurals program (continuation and expansion of current program), monthly special fitness activities, and weekly cardiovascular activity.
STE. ANNE COLLEGIATE	We are having a Valentine's Day dance in February. We are also going to rent ice-time to expose our students to skating.

**Seven Oaks
School Division**



Active Living Campaign

School	Description of event
ARTHUR E. WRIGHT COMMUNITY SCHOOL*	We would like to increase daily PE to 30 minutes per day for every student. We would like to integrate more physical activities into other subject areas. Other activities: intramurals, team sports, clubs, leadership teams, activity breaks, "Wonder Challenge".
ÉCOLE BELMONT*	The following will be implemented: 30 minutes of PE 3/cycle, provide intramurals of various activities, PA classes provided by classroom teachers, walking club during recess, "curriculum in motion" to integrate PA in the classroom.
ÉCOLE CONSTABLE EDWARD-FINNEY	We will have morning announcements on activity/health issues. We will also have student vs. staff activities and the promotion of active living through our newsletter.
ÉCOLE LEILA NORTH COMMUNITY SCHOOL*	We started MB in motion on Oct. 5 with 30 minutes of daily activity. September activities include: Terry Fox Run, roller skating at Wheelies, bowling, Oak Hammock Marsh, sock hop, running club.
ÉCOLE RIVERBEND COMMUNITY SCHOOL	Together with the guidance counsellor we will work with a group of "room reps" to develop a program for the team to talk to each classroom presenting the benefits of physical activity and participating in a 15 minute student led activity session.
ELWICK COMMUNITY SCHOOL*	Enjoy Being Physical - Everyday! - Teachers take their class on a 30 minute walk at noon and PE class every second day. Information sheets sent out to parents with a commitment to the school's plan.
FOREST PARK SCHOOL	Family Halloween Dance - All students learned several spooky dances two weeks prior to the dance. They will come out with their families to dance the night away.
GARDEN CITY COLLEGIATE*	Program initiatives include: intramural program with a variety of activities throughout the year, Gr. S3 personal fitness and recreation program, and our weight training club where students have all-day access to facilities.
JAMES NISBET COMMUNITY SCHOOL	We will have an evening dance for the students and their families.
O.V. JEWITT ELEMENTARY	We will have Mini Winter Olympics during the same time that the Winter Olympics are taking place. The students will rotate between 10 stations including tobogganing, broomball, soccer, curling, snow jumping, obstacle course, etc.
R. F. MORRISON SCHOOL*	The following will be implemented: 30 minutes of PE 3/cycle, provide intramurals of various activities, PA classes provided by classroom teachers, walking club during recess, "curriculum in motion" to integrate PA in the classroom.

School	Description of event
SEVEN OAKS MIDDLE SCHOOL*	We are looking for ways to implement additional time on the "non PE days". We would like to offer and 15+15 Walk this walk would be led by the classroom teacher. We will also have "community shovels" where students will clean the community walks.
VICTORY SCHOOL	We will explore different active avenues including swimming, skating, paddle boating, fort building, etc.
WEST KILDONAN COLLEGIATE	We are going to have a school-wide fitness/nutrition quiz on our daily bulletin. We are also going to be organizing a variety of contests at lunch trying to include all students.

**Southwest Horizon
School Division**



Active Living Campaign

School	Description of event
DELORAINÉ COLLEGIATE*	Activities include: Walk to School Wednesdays, gym blasts, guest speakers on healthy lifestyles, activity days, fitness clubs, etc.
DELORAINÉ ELEMENTARY*	We currently have PE 4 out of 5 days/wk. Other activities are: intramurals, Mileage club, special events, tournaments, active recesses, etc.
MAPLE GROVE COLONY SCHOOL*	We plan to have teachers and students play games (soccer, football, hockey, etc.).
NEWDALE COLONY SCHOOL*	We would like to introduce our students to a wide range of sports, games, and physical activities. We have no gym at our school so we thought maybe to try and encourage some other activities such as aerobics and yoga also classroom activity breaks.
PIERSON SCHOOL	The high school students are invited to participate in a before school weight lifting/workout club. The gr. 5-6 students are taken to the gym first thing in the morning for 20 minutes of exercise on the days they don't have PE. We also have intramurals.
SOURIS SCHOOL	We plan to invite community members and former students to come to the school to expose students to different types of dance - square dance, line dancing, jive, polka, etc. We would like to get a professional dance instructor.
WASKADA SCHOOL	Every morning for a week we will have a fit fact during the announcements. Students will participate in a 10 minute physical activity break. Students will also have activities at recess.

**St. James-Assiniboia
School Division**



Active Living Campaign

School	Description of event
BROOKLANDS SCHOOL	This is a school-wide event set up by student leaders. All students complete a huge outdoor obstacle course. While classes wait to go we dance. The entire schools plays Twist tag and they do the Hokey Pokey.
BRUCE MIDDLE SCHOOL	We have a BLAST (Bruce Links All Students Together) program. We will have seven physical activity contests which each student must participate in throughout the year.
BUCHANAN SCHOOL	We will organize an activity day that will get all of our K-5 students active for half a day. Students will be divided into 12 groups and will rotate through 12 activity stations.
CRESTVIEW SCHOOL	We will be putting on a rally and dance to promote active healthy living. We will also organize a daily physical activity break on our PA done by leadership students through our visual arts centre.
ÉCOLE BANNATYNE	We will organize a jump rope for heart program for a week in February. All students will be involved in skipping or jumping related activities. We will hold an assembly to highlight some of the skills and discuss the benefits for the heart.
ÉCOLE GOLDEN GATE*	Activities include: intramurals, pick-up games, team sports, community club activities, active family living, and student leadership in active settings.
ÉCOLE ROBERT-BROWNING	We are going to have healthy foods for morning recess to show students that healthy food gives our bodies energy to be active. We will have posters saying "Power up for Recess".
HEDGES MIDDLE SCHOOL*	We will have a Hedges Fitness Challenge to promote 30 minutes of physical activity. Every student who submits the completed form with parent's signature will be entered into a draw to win a gift certificate. We are also doing a poster contest.
HERITAGE SCHOOL*	We will organize a daily PA break everyday throughout the week of Jan 23-27, 2006. We will organize a "Walking Wednesdays" Club.
JAMESWOOD SCHOOL	At risk teens from low socio-economical mean attend the YMCA gym on Portage Ave. two times a week for an hour.
JOHN TAYLOR COLLEGIATE*	We would like to start a school campaign for Active Living where each class in the school is challenged to walk. Students will track steps and awards will be given to winning classrooms.
LAKEWOOD SCHOOL	Our school participated in the Wonder Fresh Fitness Challenge for a month. Each student received an Active Canadian Family Booklet and kept track of their minutes. Students also participated in in-school activities.

School	Description of event
LINCOLN MIDDLE SCHOOL*	Activities include: daily activity break, special events, access to gym morning, noon and after school, intramurals, workshops, fit facts, etc.
LINWOOD SCHOOL	We are having a Popsicle stick walk every afternoon for a week. Students will walk around the field and for every lap they will receive a Popsicle stick. The laps each day will be graphed and a final total announced at the end of the week.
NESS MIDDLE SCHOOL*	We have developed a fitNess facility for students to use in their free time for their recreational endeavours. We will also have a wellNess Seventh Period Stretch in February.
PHOENIX SCHOOL*	Activities include: indoor recess exercise program, mental relaxation program, jump rope for heart, PE and health tabloid event, fit facts, guest speakers, etc.
STEVENSON SCHOOL*	Activities include: PE classes, Gr. 5 morning walking routine, swimming program, intramurals, after school activities, morning marathon club, walking Wednesdays, gym blasts, family events, etc.
STRATHMILLAN SCHOOL	We would like to purchase a mini-table tennis table for our K-3 students. This would be used as an alternative activity when students have indoor recess.
STURGEON CREEK COLLEGIATE	Leadership Physical Education 31G class - This program is offered to students beyond the required level in S2. It promotes life long fitness and exposes students to a variety of community based recreational and fitness resource centres.
VOYAGEUR SCHOOL*	In addition to what is offered in the school we would also like to introduce Hip Hop for Health and Yopalattes for students before and after school.
WESTWOOD COLLEGIATE	We are planning a day at our local middle school where our leadership class will visit nine times. They will do fitness testing, research, and compile the results.

**Sunrise
School Division**



Active Living Campaign

School	Description of event
ANOLA SCHOOL*	We will have a workshop to increase interest in ways to keep active. We will also have a lunch hour physical activity challenge with school wide teams and point system.
BEAUSEJOUR EARLY YEARS SCHOOL*	Activities include: PE classes, morning gym, gym managers, after school clubs, increasing the awareness of active living, weekly classroom activities, and special events.
CENTENNIAL SCHOOL*	Activities include: wellness tips over the intercom and monthly newsletter article, website quiz with free gym as incentive, monthly bulletin board theme, etc. We have committed to 30 minutes of daily physical activity for all students.
ÉCOLE DUGALD SCHOOL*	Our school plans on meeting the goal of 30 minutes by providing activities on days in which students do not have PE class. We will offer intramurals at recess and we have extra-curricular activities.
EDWARD SCHREYER SCHOOL*	We are committed to 30 minutes of daily PA. Activities include: completing a physical activity inventory for the school, school sport week, physical activities in other subjects, gym blast, weight training program, aerobics, etc.
GILLIS SCHOOL*	Activities include: PE classes, intramurals, low organized games at recess, leadership training, school teams, special events, weekly classroom activities, and active living promotion.
GRAFTON SCHOOL*	Activities include: PE classes, 10 minutes of daily physical exercises following the morning announcements, bowling league, community events in the evenings.
HAZELRIDGE SCHOOL*	School physical activities include: Weekly walks with local seniors, daily "fit facts", workshops teaching Pilates and yoga, school dances, school-wide noon hour walk with the school board.
LAC DU BONNET SENIOR	The gym will be open every morning from 8-8:45. We are starting a Tue and Thurs conditioning camp and M/W/F we will play low organized games.
OAK BANK ELEMENTARY	The school will participate in the annual early years cross-country meet.
POWerview SCHOOL	We will be having health and fitness week. Activities will include: health tips, classroom tracking, pep rally, sports activities, sock hop, etc.
RICHLAND SCHOOL	We will have a bike excursion to Anola. We will have support vehicles by parents, practice every day, plan for a nutritional snack, review good safety and bike maintenance.
SPRINGFIELD MIDDLE SCHOOL	We are hosting a dance festival inviting divisional schools as well as community dance clubs. Senior square dance groups will be included to highlight life-long activity.

School	Description of event
WHITEMOUTH SCHOOL*	We have planned to emphasis active living at our school. We have started a Walk for Life program where the school and community walk once a week for a mile and a half. We hope to add a jogging component.

**Swan Valley
School Division**



Active Living Campaign

School	Description of event
BIRCH RIVER SCHOOL	Activities include: active recesses (students are taught game rules and procedures so that independent play occurs), intramurals and interschool sports.
BOWSMAN SCHOOL	We will host a Winter Fun Day. The whole school will participate in the various stations. Stations will include: skating, sliding, sleigh ride, hockey, boot bowling, snow shoeing, etc.
HEYES ELEMENTARY *	Our students receive 30 minutes of PE daily. We also have two intramural programs, after school programs, active recesses with their "Buddies", etc.
MINITONAS EARLY YEARS SCHOOL*	Presently all K-4 classes have daily PE. Other activities include: lunch hour intramurals, skipping club, Terry Fox Run, in motion 10 at noon, PAC activity week, special events, and classroom stretching and exercises.
MINITONAS MIDDLE YEARS SCHOOL*	Activities include: Weekly Wednesday Walks, Tai Chi lessons, Fitness Fridays, running club, gym blasts, intramurals, activity days, fitness field days, daily PE.
SWAN VALLEY REGIONAL SECONDARY SCHOOL*	Our students receive 30 minutes of PE daily. We also have two intramural programs for Gr. 2&3 and 4-6. Other activities include: after school programs and "Buddy Themed" recesses.

**Turtle Mountain
School Division**



Active Living Campaign

School	Description of event
CAN AM COLONY SCHOOL*	We have developed an aerobics program for the students. We also have a skating program.
KILLARNEY SCHOOL*	We are starting an open gym program in the morning for students.
MAYFAIR COLONY SCHOOL	This year our objective is to continue promoting physical health. For the winter we plan to do a week of mini Winter Olympics.
MINTO SCHOOL*	Our small school population allows us to have intramurals for all students. We also have PE classes 3 times/wk. We do not have a gymnasium so we promote outdoor activities. We would also like to provide aerobics classes.
NINETTE ELEMENTARY*	Activities include: PE classes, intramurals, school-wide walk/run for 10 minutes each day, curling opportunities, aerobics and Pilates classes, parent/student sessions, etc.
WELLWOOD SCHOOL*	We plan on meeting the goal by having 15 minutes of activity in the morning and afternoon. We will have group active games, volunteer activities for the community, special events, access to PE equipment before and after school, etc.

**Western
School Division**



Active Living Campaign

School	Description of event
ÉCOLE MORDEN MIDDLE SCHOOL *	We will attempt to have classroom teachers do 20-30 minutes of physical activity on days their classes do not have a scheduled PE class. Activities will include: going for a walk, running, playing outdoor games, etc.
MINNEWASTA SCHOOL	I am running a Run, Jump, Throw Program with any interested students once a week for an hour. It is an athletics program to teach young children efficient, and proper techniques to run, jump and throw.
MORDEN COLLEGIATE	We will have a weekly fitness club focused on female student and staff participation. We will do aerobics, Pilates, yoga, circuits, power walking, Latin dance, etc.

**Whiteshell
School District**



Active Living Campaign

School	Description of event
PINAWA SECONDARY SCHOOL	We will be having an Active Living Day in January. Students will participate in the "Olympics" with activities including: snowshoeing, broom ball, ball hockey, orienteering, etc.

**Winnipeg
School Division**



Active Living Campaign

School	Description of event
ADOLESCENT PARENT CENTRE*	We are providing opportunities for our pregnant students and moms to use various exercise videos daily for 30 minutes.
ANDREW MYNARSKI V.C. SCHOOL*	Our plan is to purchase pedometers to integrate technology and provide another opportunity to promote daily physical fitness beyond the classroom.
ARGYLE ALTERNATIVE HIGH SCHOOL	The students will be making a video promoting "Healthy Living". This will include students in motion (featuring noon-hour walking, gym workouts, and a discussion on the benefits of exercise.
BROCK-CORYDON SCHOOL*	Our school has 30 minutes of PE every second day. Other activities include: daily fitness breaks, playground ambassadors, noon hour intramurals, walk to school, physical activities at after-school daycare in gym.
CARPATHIA SCHOOL*	We have daily Fun and Fitness programs at noon and after school for all students. During indoor recess we walk/run. Students monitor their activity with pedometers. We would like to get our students more active during recess.
CHAMPLAIN SCHOOL*	Activities include: PE classes, intramurals, inter-school athletics, sports clubs, after school basketball program, Pow Wow club, active recesses, etc.
CHILDREN OF THE EARTH HIGH SCHOOL*	One of our activities includes a noon hour workshop to introduce students to a new and life-long physical activity. Students would have the opportunity to participate in dance and Pilates workshops.
CHURCHILL HIGH*	We will have an Active Living Yoga Club for students. We also have workshops organized for S3 and S4 students. Some examples of these activities are aerobics, lacrosse, soccer, weight training.
CLIFTON SCHOOL*	We have the following activities: PE class, intramurals, individual classroom activities, and group scheduled activities.
DAVID LIVINGSTONE SCHOOL	We would like to buy sleds and shovels to allow students to be active at recess times.
DUFFERIN SCHOOL*	Annual Canada fitness journey kicked off in September. It provides students a way to stay fit every day throughout the year. Other sports and physical activity clubs are offered throughout the year to students and community.
EARL GREY SCHOOL*	The following actions will be implemented: 180 minutes per cycle of PE classes, intramurals 3 days/wk, PE equipment available for recess, special events, extra-curricular sports and clubs. In motion will be discussed in staff meetings and in newsletter.

School	Description of event
ÉCOLE J.-B. MITCHELL*	With pedometers, older classes will buddy with younger ones to promote walking and other movement related activities. We will have a room dedicated for fitness circuits for classes to use on the days that they don't have regular PE.
ÉCOLE LA VÉRENDRYE IMMERSION	We will have a "Body Break" at lunch time in the gym. 3 times a week students will be invited to participate in different physical activities that involve lots of energy.
ÉCOLE LANSDOWNE IMMERSION*	Activities include: Walk Across Canada, school dances, bounce at the bell breaks, open gym after school, recess games taught, noon hour activities, etc.
ÉCOLE RIVERVIEW	We would like to purchase a number of toboggans for use during recess time. Students will be taught how to use them safely.
ÉCOLE SACRÉ-COEUR*	Activities include: PE classes, intramurals, sports-themed family fun nights, Fit Kids - Fit Families Fitness, recess games, in-class physical activities, Neighbourhood Parade, indoor winter running club, special events, African dance, etc.
ELMWOOD HIGH	We will be having a skip-a-thon for all of the junior high classes. It will be a classroom competition and also the classes will put together a skipping demo that they will perform.
FARADAY SCHOOL	Faraday Fun Day - Students will be involved in numerous cooperative physical activities promoting active, healthy living. Student leaders will help run the event.
FORT ROUGE SCHOOL*	We would like to introduce students to life-long physical activity opportunities including bowling, curling, and cross-country skiing. We have daily PE and we also have intramurals, snow hockey program, recess equipment avail., etc.
GARDEN GROVE SCHOOL*	Activities include: Make a Change Challenge chart, classroom physical activities, jump rope for heart, family fitness activities for parents, and recess activities with equipment available.
GENERAL WOLFE SCHOOL	We are hosting 2 spirit challenges where the whole school participates in fun physical active events in the gym. Our school is divided into 4 teams and they compete against each other. Emphasis is placed on participation not the overall outcome.
GLADSTONE SCHOOL	We will set up a Healthy Active Living station for our grade 1 and 2 lunch program. These stations would provide an opportunity for students to push, pull, drag, run and jump every day.
GLENELM SCHOOL	We will have a Spirit Week in the last week of January. Students will be asked to dress athletically and we will have a fit break during the day. The week will conclude with a gym craze where students will participate in different physical activities.
GORDON BELL HIGH*	Our school promotes physical activity through team clubs, PE classes, open gym, and intramurals. We also have special events and we expose our students to countless resources in the community. We are also integrating "Stairs to Healthy Living".
GRANT PARK HIGH*	Activities include: Fitness room available 7:30-4:30, running club, PE class time has increased, special needs students receive 30 minutes daily.

School	Description of event
GROSVENOR SCHOOL*	Students will be signing a poster committing to 30 minutes of daily physical activity. Each student will receive a log book to record their daily activities.
HARROW SCHOOL*	In addition to our PE classes we have begun an in motion recess club. The students in all grades can take part in activities run by the grade 6 leadership students. Examples are: skipping, polo hockey, soccer, basketball, and dance.
INKSTER SCHOOL*	During PE class, students will be taught active recess games. At recess, students will have the opportunity to play these games.
ISAAC BROCK SCHOOL*	Activities will be planned during the last period of class in the multi-purpose room. Other activities include: gym riots, nutrition awareness, information on Healthy Schools in motion to be presented at staff meetings and committee formed.
ISAAC NEWTON SCHOOL*	We will offer students another form of exercise that can be done in small groups or as an individual. This will help life-long activity. We will purchase mats that can be used in classrooms, hallways, or the gym.
JOHN M. KING SCHOOL*	Grades 4-6 currently receive 30 minutes of daily PE. We also have intramurals Tues and Thur. We participate in interschool sports. We hope to integrate more physical activity into our school this year.
KELVIN HIGH	We want to buy more skipping ropes in order to allow for one rope per student.
KENT ROAD SCHOOL	We are planning a School in motion day where students will participate in a volleyball tournament, obstacle courses, and have a healthy snack.
KING EDWARD COMMUNITY SCHOOL*	We will have a 15-minute of fitness program where each classroom is given a bag with activities and resources suitable for classroom activities. We also have a safe play at recess program.
LAURA SECORD SCHOOL*	We will train our student leaders in "Pilates for Kids". They will then go to classrooms and lead the younger students. We will also offer lunch hour and after school Pilates for staff.
LORD NELSON SCHOOL*	Activities include: PE classes and intramurals. We would like to introduce indoor curling to students and families.
LORD SELKIRK SCHOOL*	Activities include: intramurals, dance classes, Winter Fun Day and field days. We will introduce Sittercise and Seatworks in the classrooms.
LUXTON SCHOOL*	Activities include: PE classes, noon hour intramural programs, school teams and clubs, walking to and from school, active recesses, special events, etc.
MACHRAY SCHOOL*	Continue to build upon QDPE and extra-curricular activities with an emphasis of getting more community and parental involvement through special event activities.

School	Description of event
MEADOWS WEST SCHOOL*	We would like to purchase recess equipment to complement our current recess classroom kits. We are inviting a Brain Gym presenter for all staff and students. We also have intramurals, clubs, fitness program, special events, and running program.
MULVEY SCHOOL	We will have a running club for students. The program will emphasize the importance of physical activity and goal-setting. Parents and staff will participate.
NORQUAY SCHOOL*	On 4 days of the six day cycle each class has PE class for at least 30 minutes. Other activities include: intramurals, clubs, classroom activities.
PRAIRIE ROSE ELEMENTARY SCHOOL*	We have a trained MFC leader in school who gives offers fitness classes. We provide a 10 minute activity break everyday. We also have active assemblies and school walks.
PRINCIPAL SPARLING SCHOOL*	We plan to promote daily physical activity through a continuation of programs such as intramurals, daily activity breaks, fitness club, running club, and eventually culminating in a celebration of aboriginal games and activities.
R.B. RUSSELL VOCATIONAL SCHOOL	We are planning a Winter Carnival Day for February. We hope to show students the number of activities that can be done in the winter. We will offer skiing, skating, tobogganing, and broomball. The parent council will help.
RALPH BROWN SCHOOL*	Our playground leaders organize activities and encourage students to participate in active recess activities. We also provide students with equipment for unstructured recess times.
RIVER ELM SCHOOL*	All students and staff will use pedometers to chart their fitness progress, we are attempting to walk around the world. We also have classroom kits for recess and in-class breaks, special events, PE classes, and daily classroom walks.
ROBERT H. SMITH SCHOOL	Fitness Fridays - For the last 30 minutes of school every Friday we go outside for a fitness walk around the block (approx. 1 KM).
ROBERTSON SCHOOL*	We will be having monthly assemblies where we will be focusing on healthy choices. We would like to have active videos for the classroom and pedometers for activity tracking.
SARGENT PARK SCHOOL	Dance Festival - all classes will learn group dances and perform for each other. There will also be community groups performing.
SHAUGHNESSY PARK SCHOOL*	Activities include: guest speakers, school-wide walk-a-thon, bowling excursions, folk dance, jogging club, floor hockey club, dance instructor, play leaders, etc.
SISTER MACNAMARA SCHOOL*	All classes will be introduced to Active Living recreational spaces in the community. Events include: playground safety, walking trips to U of W to use facilities, swimming, community clean-up, cross-country skiing, camping, learn to cycle safely, etc.
STANLEY KNOWLES SCHOOL*	We would like to provide more opportunity for physical activity with the concept of Super Circuits. Students will rotate through a variety of unique fitness stations with the help of trained student leaders.

School	Description of event
STRATHCONA SCHOOL*	We have intramurals every lunch hour. Students receive 90 minutes/cycle of PE. We also have a soccer team, running club, and softball team.
TYNDALL PARK COMMUNITY SCHOOL*	With addition to regular PE classes we also offer daily early morning activities and noon hour intramurals.
VICTORIA-ALBERT SCHOOL	We will hold a "Hoopla" event where all students will demonstrate and perform the skills and tricks they have learned and practised using hoops.
VILLA ROSA	We plan to have a physical activity dimension to our Spirit Week activities. We will include bowling, yoga, stretch band exercises, and aqua size.
WELLINGTON SCHOOL	We run an intramural program that allows students time to play games learned in PE class. Other activities include: an information package will be developed by students to share with their parents and activity logs.
WESTON SCHOOL	Classrooms will use grade level monthly calendars to tally and promote healthy, active living.
WILLIAM WHYTE SCHOOL	We will be running a "best at" competition for all students. Our will highlight a large variety of skills in hopes to have different names up there as opposed to only the best athletes. We will also have a display promoting all types of physical activity.
WINNIPEG ADULT EDUCATION CENTRE	We will purchase reduced YMCA memberships for our students.
WOLSELEY SCHOOL*	Activities include: PE class, intramurals, active recess, "Fitness Buck" incentives, walking club, parent/child events, etc.