

**Band Operated
School Divisions**



Physical Activity Campaign

School	Description of event
Abraham Beardy Memorial School	"Jump Rope for Heart" - Increasing levels of physical activity and education about heart healthy living will increase their ability to concentrate in the classroom and can help reduce the risk of heart disease and stroke.
Dauphin River School	Jump Rope Contest and activities, nutritious snacks. Health staff, school staff, Band staff and students involved.
George Knott School	Walk to the Church Point area for all grades (approx. 1 km walk)
Long Plain School	Sport activities in the school gym-inviting community groups/band entity and office staff to organize teams to play against students and staff teams in volleyball, basketball, and broomball at arena.
Peguis Central School	Peguis Central School Walking Challenge will be held October 8,9,10 for grades 1-6 students. Daily P.A. announcement for all grades 1-6 students and staff to complete a variety of physical activity exercises, October 6-10, 2003.
Pine Creek School	Daily Physical Activity Break - each day students and staff do different exercises for two minutes. Eg: Monday (10 jumping jacks), Tuesday (10 sit ups), Wednesday (jog in place), Thursday (stretching), Friday (one of the above).
Sakastew School	Every class will hold a run to the finish race to determine the fastest and also the one who has the most stamina. All the students of a class will line up and the signal will be given. All will run and touch the wall, the last two will be eliminated. Everyone will line up again and the race will go on till there is only one runner left. No rest will be given in between the runs. Winners from each class will receive their prizes. Students and staff involved.
Wambdi Iyotaka School	We are going to invite parents, Band employees and health staff to come and walk with the students. We will offer a prize for each age group walking. Our event will start at 11:30. Walk for a while, have a game or two and then eat lunch.

Beautiful Plains
School Division



Physical Activity Campaign

School	Description of event
Neepawa Area Collegiate	We are setting up a <i>Dance Dance Revolution</i> program. After introducing it in the gym we will have it in our "small" (very small) gym as a noon hour activity. It will give students who aren't in team I.M.S another option plus it may encourage them to buy the "game" themselves. It will help promote activity and video games.
R.J. Waugh Elementary	1) Designate "Healthy Schools/Physical Activity Week"; 2) Daily "buzz" - over P.A. entire school population to perform specific exercises; 3) Tuesday "Terrific" lunch - focus on lunch and snacks that include 4 food groups; 4) Wicked Wednesday Staff relay challenge. Outdoor relays - staff teams to compete.
Spruce Woods School	Student planned, daily physical activity breaks: Marathon Monday, T.A.G. Tuesday (Try new Active Games), Wellness Wednesday (Personal Action Plans), Thirsty Thursday (Beverage analysis), Family Friday (Food Group Competition).

**Border Land
School Division**



Physical Activity Campaign

School	Description of event
Elmwood Elementary	Terry Fox Run, Running Program - students will run the total distance of a marathon by the end of the school year. RCMP Torch Run. Business support, all staff involved, students, parents, RCMP (Torch Run).
Emerson Elementary	Health Fair - our students will do health projects and we'll set them up all around the school. We will invite the community in to view the projects and ask questions. We will have judging and prizes. We will ask different groups to set up stations as well - Public Health Nurse, Hospital, Lung Association, etc. Also, on Wednesdays we are closing our canteen and designating the day "Healthy Snacks Day". Students participate in a track club, Jump Rope for Heart and many sports and intramural teams. Once a month parents come in and participate in some games - staff and parents vs students.
Glenway Colony School	Terry Fox Run, Sept 12th, 2003. Daily physical activity break for a week. Participate in the walk to school event. Juice will be served to each participant.
Gretna Elementary	Terry Fox Run, Sept 12th, 2003. Students will run a designated distance. School Picnic - running races, 3-legged races, tug-o-war, turkey trot, run for prizes, more laps you run the more prize tickets you get. Intramural - Tues & Thurs at lunch Grade 7 & 8. Parents will participate in the Terry Fox Run and school picnic.
Parkside Junior High	Terry Fox Run, Sept 12, 2003. We are starting a power walking, jogging, running club in our school this year. This is a volunteer club at lunch hour or after school. This will help us make use of our park path in Altona. Also we have planned a cooperative games afternoon on Sept 19, 2003. Altona Park Board, students, staff and local business men & women to come to the park at lunch hour and do some walking or running to encourage students.
Rosenfeld Elementary	Terry Fox Run - Sept 12, 2003. Jump Rope for Heart - April, 2004.
Ross L. Gray School	Have an exercise over P.A. system once a day for a week. Rally/dance promoting healthy lifestyles.
Shevchenko School	Terry Fox Run (K-12), Sept 12, 2003. (400 students). Community Walk-Around-The Town Day K-8 (280 students), Daily Physical Education Breaks (1 week in October). Our Motto is SEGA - Stop Everything and Get Active 1 time a day, announce over P.A. for everybody to stop and do 1 activity such as 10 push ups (400 students). In conjunction with our phys. ed. classes we will stress the importance of physical activity. Students, staff, parents, community (all will join).
West Park School	Terry Fox Run, Division Wide 2100 students. Walk to School, October (200 students). Terry Fox Run all students & staff. Walk to School - Parent Advisory. Coop - Investors - Golden West Broadcasting, Friesen's Bookstore.

**Brandon
School Division**



Physical Activity Campaign

School	Description of event
Betty Gibson School	Rather than a specific event, Betty Gibson School will be having a Healthy Active Living Theme run throughout the school year. It will be the focus with scheduled daily Phys. Ed for every student. Both the classroom teacher and the Phys Ed specialist will cover health outcomes. We will be having special event days such as the Terry Fox Spirit Week and Pancake Breakfast (Sep15-19th). Using the Spirit of Terry and his example of active living. There will be activities during noon hour and after school. These activities will be organized and carried out by our Grade6 student leaders under the guidance of staff. We are and have been an active school even before it was fashionable. As a result our school has received the National Quality Daily Phys. Ed Award for the past 16 years. Our Terry Fox Pancake Breakfast was sponsored by Smitty's Family Restaurant and was attended by over 200 people from the community, including the police, firemen, mayor, etc.
Neelin High	Acquiring more equipment for our weight room which currently has a membership of 28 students. Total membership has gone from 6 last year to 28 (and increasing every week). Several at risk students have been extremely committed.
Waverly Park School	Participation in the Int'l Walk to School Event. School team to organize event and help with ensuring its success. Daily Phys. Ed/Healthy Lifestyle Practices.



School	Description of event
Collège Louis-Riel	Une série d'activités et jeux pendant la semaine du festival du voyageur. Chaque niveau scolaire participe à des jeux de voyageur une matinée de cette semaine. Les dépenses liées sont celles des équipements pour les jeux (250\$).
Collège Régional Notre-Dame	Je tiens à vous communiquer trois initiatives qui pourraient nous mériter du financement conformément à votre lettre de juin 2003: L'une implique les cours d'éducation physique pour tous les niveaux de la 7e au S4 inclusivement. Les cours au S3 sert au S4 sont facultatifs, cependant la très forte majorité des élèves s'y sont inscrits. Ces cours représentent 12% de la journée scolaire pour chacun de ces niveaux. Une deuxième implique la marche de huit miles qu'ont fait les élèves et le personnel de l'école à l'occasion de la journée du 8 octobre (Marchons vers l'école). Nos élèves ne pouvaient pas marcher à école à cause des distances à parcourir considérant que la forte majorité de nos élèves voyagent de grandes distances en autobus scolaires. Nous avons toutefois fait la consultation avec nos élèves. Ils se sont intéressés à faire cette grande marche de plus de deux heures, sur le long de routes de campagne et de la #244. La très forte majorité a participé à l'exception d'un élève non-intéressé, trois absences pur des rendez-vous et deux cas de maladie. Nous avons 106 élèves en marche de nos 112, en plus des membres du personnel professionnel et auxiliaire, à l'exception de trois en automobiles pur offrir secours et sécurité, et deux pour la surveillance des élèves arrivés au retour. La troisième initiative implique l'établissement d'un local d'exercice pour nos élèves et le publique qui voudra bien s'inscrire comme membres du Club Sportex. Cette salle d'exercice est déjà bien utilisée par nos élèves durant l'heure du midi, durant les périodes d'études des élèves seniors. Une comite a été établie pour le Club Portex. Une porte d'entrée directe a été installée avec ouverture automatisé avec l'utilisation d'une carte de membre encodée. Ces membres auront accès très prochainement, à la salle d'exercice et au gymnase, 24 heures surs sept jours, à l'exception de l'utilisation prioritaire par les équipes de école.
École Communautaire Saint Georges	Mettre en évidence l'importance de l'activité physique. Activités: 1. Participation à la marche/course Terry Fox le jeudi 18 Septembre 2003. 2. Pendant la semaine du 13 au 17 octobre, prendre une pause quotidienne des travaux de cours pour pratiquer une activité physique (par exemple, faire des sauts en étoiles, courir sur place). Cette pause sera annoncée par l'entremise de l'interphone. Groupes communautaires, élèves, parents et personnel scolaire.
École Élémentaire de Notre Dame de Lourdes	Journée d'hiver, Imiter les jeunes a profiter de cette saison pour explorer les différentes activités sportives. On pensait aller faire du ski de fond, de la glissade, de la raquette, etc. Nos jeunes ont accès à la patinoire et au curling mais n'ont pas la chance de vivre et d'apprendre de nouvelles activités physiques qu'on peut faire à l'extérieur.
École Lagimodière	Le 8e octobre 2003, tous les élèves et le personnel de école furent invités à se rendre à école à pied ou à vélo. Même si nous sommes une école de la campagne, 65% de la population scolaire s'est rendue a école à pied ou a vélo. Les deux classes ayant le plus haut taux de participation se sont vu remettre à la fin de la journée l'Espadrille en or et l'Espadrille en argent. Ensuite, a 9 h 00 toutes les classes de école se sont mélangées en groupes ayant pour noms: les Espadrilles, les Souliers a crampons, les Bottines, les Bottes de cow-boy, etc. et nous sommes allés pour une randonnée dans les rues du village pendant une durée d'une vingtaine de minutes.
École/Collège Régionale Gabrielle Roy	Marche aux village jumelle; Les élèves secondaires sont jumelés avec des élèves élémentaires et nous sommes allés marcher pour 45 minutes autour du village. Ceci avec tout le personnel de l'école.

School	Description of event
École Lacerte	L'année dernière, école Lacerte s'est procurée des moniteurs de coeur alors je voulais trouver un thème qui touchait l'aspect de la santé. Nous attendons souvent parlent de vivre la vie saine mais la majorité des adultes et/ou des jeunes ne savent pas ou commencer. Mon thème englobe toute la question de comment peut-on vivre une vie saine qui touche à plusieurs matières scolaires telles que: les sciences de la nature, l'éducation physique, le français, les mathématiques et l'informatique. Le thème de la santé est souvent négligé car les écoles ne savent pas quel enseignant est responsable d'enseigner le matière; les spécialistes en éducation physique ou les enseignants titulaires? Je voulais que les élèves répondent à ma question d'une façon consciencieuse car ils doivent comprendre que le taux d'obésité parmi les jeunes est rendu à nombre épidémique. C'est le temps de montrer aux élèves comment manger sainement et de les encourager d'être actif à école et lore de leur temp libre! Le thème de mon projet était, d'une façon, non négociable mais au courant du projet, les élèves vont certainement prendre beaucoup de décisions et auront plusieurs choix à faire. Voici quelques exemples: 1) Les élèves vont choisir des activités a faire au gymnase. 2) Les élèves vont choisir les mets lors de mon activité <<le bilan quotidien>>. 3) Les élèves vont choisir 2 produits lors de mon défi nutritionnel. 4) Les élèves vont écrire 4 défis personnels de leur choix (cadeau personnalisée). Les élèves vont être responsables de garder leur dossier en ordre à tout temps car j'aurai le droit de le ramasser à n'importe quel temps. Les élèves vont être évalués pour l'ensemble du dossier selon les critères d'une rubrique et je vais évaluer, d'une façon formative et sommative, les travaux à l'intérieur du dossier.
École Roméo-Dallaire	Nous allons arrêter tout à école et tous les élèves et chaque membre du personnel vont aller faire une promenade dans le quartier. Les plus vieux seront jumelés avec les plus jeunes de école. Nous parlerons d'avance de l'importance d'être actif pour avoir une vie saine. Les parents, grands-parents et autres membres de la famille sont invités à joindre notre promenade. Chaque membre du personnel sauf pour une personne qui doit rester à école sont invités à se promener avec nous.
École Saint-Léon	Le 20 février 2004, nous organisons une journée pour des activités d'hiver (pour célèbres le Festival du Voyageur). Nous allons faire des sculptures de neige, avoir des cours en raquettes et ski de fond.
École Jours de Plaine	Défi de corde à danser pour les 4e année au secondaire 4. Sauter à la corde en essayant d'aller vers le niveau le plus élever. Prendre conscience de l'importance d'un Coeur en santé.
École Noël-Ritchot	Nous avons mis sur pied un projet appelé "opération jeunes actifs à la récréation." Une variété de jeux avec et sans équipement a été présenté aux élèves. Chaque classe (mat-8e année) a reçu un bac d'équipement (ballons, cordes a sauter, etc...) à fin que les élèves aient plus de choix d'activités physiques pendant les récréations. Plusieurs nouveaux jeux seront présentés au cours de l'année scolaire afin d'augmenter la liste de choix. Nous avons mis sur pied un deuxième projet - clubs sportifs du midi. Les élèves de la 4e à la 8e sont invités à participer à une variété de clubs sportifs tels que club de courir, club de danse aérobie, ballon chasseur, etc... Nous allons faire appel aux parents et aux gens de la communauté qui ont de l'expérience dans le domaine des sports.
École Saint-Joachim	Journée d'accueil 2003 - des activités sportives ont été organisés pour tous les élèves de la maternelle au secondaire 4. Les parents avaient aussi à faire une recherche - La Grande Chasse aux Profs - qui les permettaient de visiter école et rencontrer tout le personnel.

**Evergreen
School Division**



Physical Activity Campaign

School	Description of event
Arborg Early/Middle Years School	Would like to use heart rate monitors in physical education classes. We will do a fundraising event towards the end of the year to raise money to purchase these (Bike-A-Thon).
George Johnson Middle School	"Spirit of Sport" week Oct 27th - 31st. Fun game/sport activities during PE and lunch hour involving staff and students. Halloween dance on 31st.
Sigurbjorg Stefansson Early School	We will organize/implement a daily physical activity break every day and hope to do this for the entire year. We have a special bell for daily PE and the entire school, principal, teachers, TA's all participate in aerobics led by PE teacher for 10 minutes.

**Flin Flon
School Division**



Physical Activity Campaign

School	Description of event
Parkdale School	Parkdale Pager: a walking program focused on keeping children active.

**Fort La Bosse
School Division**



Physical Activity Campaign

School	Description of event
Boundary Lane Colony School	Goals: to promote physical activity as a fun source of entertainment through school-wide activities. Events: physical activity breaks between classes, winter carnival, and a community treasure hunt.
Mary Montgomery School	Daily physical activity - every morning from 8:45 - 8:55 school does a physical activity e.g. walk around the block, dancing in our bus loop or gym, morning calisthenics over P.A. School staff, children, parents, division staff involved.
Plainview Colony School	Goal: To develop school wide activities that promote physical activity as a fun source of entertainment. Events: Physical activity breaks between classes, winter carnival week, and a community treasure hunt.
Reston Collegiate	Town-wide street clean-up. Set up a spring clean-up of town ditches by pairing up a S1-S4 class with an elementary class to pick up garbage from streets. At the end of the clean-up students and staff will have a barbeque at Reston Collegiate. Student council from RCI, Reston Merchants Assoc. involved.
Viriden Collegiate	We have started school activities this year with classrooms forming teams to increase school spirit and participate in school activities including intramurals. One idea generated by staff and students was to host a surprise "gym blast". This will take an entire morning and involve all students. This event will be hosted by an agency that will runs the blast (total cost \$300).



Physical Activity Campaign

School	Description of event
Berens River School	Family Skating Night - Parents, children, staff and community members will skate for an hour. Light snack will be provided following the event.
Cold Lake School	Every morning we are planning a 10 minute walk around the gym before classes begin. At the beginning we will do this every day for a week and then continue the walk at least twice a week. School staff, students and any community members who wish to participate are invited.
Cranberry Portage Elementary	International walk to school day.
Disbrowe School	Fitness Testing Day: A series of stations 1. Chin ups (2 min) 2. Sit ups (2 min) 3. Agility (1 min) 4. Walk or jog to water plant and back (how fast) 5. Ball throw (how far) 6. Ball kick (how far) 7. Push ups (2 min, knees/toes) 8. Toss & catch (how many drops in 50 tosses) 9. Jigging (most variety in steps) 10. Balance (variety of 3-point, 2-point). Students, school staff and parents involved.
Duck Bay School	Heart Healthy, Cardiovascular Fitness. This event will be part of the Jump Rope for Heart.
Duke of Marlborough School	Halloween School Airband Contest will be held in the theatre on October 31/03. Town of Churchill staff and teachers will judge and pick the winners. Students will be given 10 minutes to set-up for the event and to perform their song for the school. This is being done to increase the awareness of the health benefits related to active living and not just watching television.
Falcon Beach School	Physical activity breaks at noon. Flag football tournament will run during the noon hour to promote physical activity. We will involve one adult on each team (parent or staff).
Frontier Collegiate Institute	Mamewatak Day: all students and staff participate during this day. It is a welcome back ceremony in which all students and staff participate in eight fun filled stations designed to promote teamwork, and physical activity. There is also a school wide luncheon at the lake and a large barbeque following the day of the competition. All students and staff are put into teams for this day. They then go to each station and participate in each activity. Some of the activities include: soccer kick, ball throw, truck push and pull, stretcher race, pylon race, team sit-ups, trivia, tug of war, water haul, bus evacuation and blanket toss. Prizes are given out following this competition at a large Gym Rally.
Gillam School	In May, Gillam School will have a big walk in the afternoon in which K-S4 will take part. This walk is 12.8km and will hopefully help promote physical activity in our school.
Grand Rapids School	Terry Fox Run - Our students will participate in a Terry Fox Run/Walk. Donations for the Cancer Foundation are collected. Classes watch a video on Terry Fox from the Cancer Foundation prior to the event. A small snack is provided to students upon completion.
Gypsumville School	Twice a month, students, staff (and parents who wish to attend) will gather in the gym for a walking program of 15 minutes. Our goal will be to walk to Calgary by the end of June.

School	Description of event
Jack River School	Walk, bike, rollerblade, run to school day. All students and staff are encouraged to come to school via healthy means. Students are encouraged to walk, run, rollerblade, or bike to school and staff are encouraged to leave vehicles at home.
Joseph H. Kerr School	Basketball challenge - Grade 5-8 basketball skills challenge - each student has 6 skills to complete and add up scores - highest female and male per each grade will receive a t-shirt - promote development of skills and physical activity.
Lakefront School	Community Clean-up: Staff and students will venture out into the community and clean up the garbage. We will celebrate afterwards with games and refreshments.
Mel Johnson School	Intramural Program - This program runs daily from 12:10 -12:20 and is for students from grade 1-S4.
Mountain View School	100KM Club - Students and staff will walk daily and a tally sheet will be made to keep track of all km walked. When a student reaches his/her goal, they will be given a small token. This should show students that walking is healthy.
Pelican Rapids School	School Winter Carnival which will promote physical activity for all students. Events include tea boiling, bannock making, arm wrestling, leg wrestling, toboggan races, nail pounding, log sawing, tug-o-war, and moose calling. Staff organize event.
Peonan Point School	I would like the students to work in small groups to present information on and to demonstrate to the others the health benefits of a variety of sports. This way, we will learn about new sports and activities which we may then be able to integrate into our daily 30 minute phys. ed. class. It may also encourage students to try new sports they may have been hesitant about. School staff parents/school committee, Health and Wellness Co-coordinator for Frontier School Division will be involved.
Philomene Chartrand School	Every day for one week, we will take a physical activity break (jumping jacks; running on the spot; sit-ups). We will also plan walking or running activities for the a.m. and p.m. recesses and breaks.
Pine Dock School	We will review that <u>safety</u> is not just a responsibility at school but will help students throughout their lives. We will do this repeatedly throughout this year. Also, we have incorporated 'safety' as part of our on-going code of conduct.
Rossville Elementary	Winter Activity Days - square dancing, outdoor activities, obstacle courses.
San Antonio School	Noon hour walk with principal, staff, students, parents and community members.
Skowman School	This will be a week long event with activities happening at different times of the day. Teachers will also be encouraged to do activities with their own class throughout the week. Prizes such as Frisbees, balls, water bottles will be distributed throughout the week. Parents will be encouraged to attend noon hour events whenever possible. A.M. breaks- teacher organized activities, lunch break- soccer and/or baseball, P.M. break- teacher organized activities, 2x/wk floor hockey.
Wanipigow School	Our school will be hosting "Frontier Games." This is an event in which other schools in our area are invited to the school for two days to participate in an Olympics. Activities will include floor hockey, basketball, badminton, snow shoeing, trap setting. There will also be a dance.
Waterhen School	Our school will be hosting "Frontier Games." Students will participate in a variety of sports.
West Lynn Heights School	Relay races with the whole school. The money will be used to purchase medals, ribbons for the students.

**Hanover
School Division**



Physical Activity Campaign

School	Description of event
Elmdale School	Soccer intramurals culminating with a Soccer Festival for 1 hour on a Friday p.m. Students, teachers, media coverage (hopefully) involved.
South Oaks Elementary	Our grade 3 & 4 students participate in a school-organized Terry Fox Run. The P.E. teacher talks to the students beforehand about the importance of fitness, and how Terry Fox raised money for cancer. She stakes out and leads the Run through a course on a local farmer's property (permission is obtained) close to the school; it is a shorter course than the standard Terry Fox Run, due to the students' ages. Monies raised are forwarded to the Terry Fox charity. Besides the students, the P.E. teacher, some of the grade 3 & 4 homeroom teachers, as well as Educational Assistants, participate. We have never had parents involved before, but they are welcome, and we will invite them to join us this year.

**Independent
School Divisions**



Physical Activity Campaign

School	Description of event
Balmoral Hall School	As an all girl school, Balmoral Hall promotes physical fitness as a lifetime pursuit and encourages students to participate in a variety of programs at the school and through extra curricular activities. On Thursday Oct. 9 Balmoral Hall, in partnership with Cancer Care Manitoba and Guardian Angel Breast Cancer Committee, will participate in our 3rd annual "Girls for the Cure" run/walk.
Christ the King School	May, 2004 our school will have a Jump Rope Day where the entire student population, staff and parents will be jumping rope outdoors in our playground to the beat of music in order to help raise money for the Heart and Stroke Foundation. Students, parents, staff and the Heart and Stroke Foundation.
Marymount School	Gym riot-variety of physical activities in the gym for 1.5 hrs on a Friday afternoon. Relays involving intramurals teams, line dance instruction will be the highlights. Funding will allow for prizes to be awarded to all participants.
Montessori Learning Centres	1. A professional dance and gymnastic teacher will lead a lesson with each class (30 children each) emphasizing movement in various ways. 2. A soccer coach who teaches summer soccer camps for children will lead a soccer clinic for 20 Kindergarten children.
OHR Hatorah School	We have organized a staff weekly aerobics session to be held on Tuesdays after school, for the duration of the school year. As we are a religious school, for this to work, it must be restricted to females only. (Only 3/14 staff are male)
Poplar Grove School	Parents and school board will be invited to school for the events. All participants will be asked to keep track of how many times they are able to run/walk around a track. Prizes/initiatives will be used as needed. Seventy-five minutes daily will be devoted to some physical activity. This includes forty-five minutes of the lunch break. Note: request to be exempt from the obligation to take pictures. They do not use photography except where necessity dictates.
St. Charles Interparochial School	The school hosted a pep rally in support of our school teams and safety patrols. Each class had to organize a cheer and display it to the school. All team members were introduced and had to run across the gym wearing their uniforms. Healthy living and school spirit posters were prepared and displayed on the gym walls during and after the rally. This date was chosen because both volleyball teams had a game immediately following the rally. Staff members, acting as judges, chose the best cheers.



Physical Activity Campaign

School	Description of event
Concord School Haven Ridge Colony School Lightly School Mallard School Omega School Prairie Blossom School Rock Lake School	<p>Hutterian schools do not have gymnasiums. As a result, students and community are very limited in their physical activity during the winter months. Concord Colony School is planning a winter skiing program. The awarded funds would go towards the purchase of cross-country skis. Skis would be used before and after school, during Phys. Ed. Classes, at recess and at noon hour. Members of the colony community would be encouraged to sign out the skis and participate with the children. This program will meet the new Phys. Ed./Health General Learning Outcome for movement, lifestyle practices and fitness management. Students would be encouraged to track the distance traveled or time spent on skis. As a collective group, students will choose a location (ex. Stonewall) and log their mileage in order to arrive at their fictional destination. This will, in turn, teach goal setting (an important concept in physical well-being). Cross-country skiers are reported as having the lowest heart rates of any other athlete. This program will teach and model target heart rate and the important health benefits of staying active in the winter months. If successful in receiving funding, staff, colony community, and students will learn a new physical skill (one that they would normally never have the opportunity to try in their cultural setting). A novel experience such as this is sure to be a real adventure and true motivation to the colony children!! The skiing program is guaranteed to last for years to come.</p>
Gross Isle School	<p>Proposed event: X-Country Ski-a-Thon. Students will be encouraged to participate in skiing with the use of the schools' skis and will use the local Prime Meridian Trail. Monies raised will be donated to Prime Meridian Trail Organization and used to purchase new skis. Students can keep track of their distance and do the activity at lunch hours over a course of a wk. Prime Meridian Trail Organization (non-profit). They clear the x-country ski trails in Grosse Isle. Grosse Isle Community Centre, teachers and PAC also involved.</p>
New Haven School	<p>To embark on a full day x-country skiing activity along the Meridian Trail. Funding is needed for ski rental and food for 2 meals for 20 people. This will include all of our students from Grade 3-8. We will open the activity to any parents.</p>
R. W. Bobby Bend School	<p>Host a bike rodeo - fits in with school plan promoting healthy alternative ways to go to school. Show videos on bike safety and need to wear a helmet. Class instruction on bicycle safety and prevention of accidents and health injuries.</p>
Rosser School	<p>Walk/run every other lunch hour for thirty minutes to promote physical activity. Money will be used to purchase juice and healthy snacks</p>
Stonewall Centennial School	<p>Our school is participating in the Walk-to-School event on Oct 8th. Healthy Schools information and information on this walk is being sent out in newsletters to all parents. Students, school staff and parents are encouraged to participate.</p>
Stony Mountain Elementary	<p>Grade 2 students will challenge every class to submit a physical activity that they will do on Nov 28th. Students will also be asked to design posters that highlight the importance of physical activity. On Nov 28th, the Grade 2 class will host a school assembly to increase awareness of health benefits of being active. They will demonstrate various activities through music and song. Prizes for posters will be given out. Throughout the day, the classes will take part in various physical activities as submitted.</p>
Teulon Collegiate	<p>1st Annual House League 3-legged soccer game, to promote active healthy living, and importance of participation and fun within our school. Money used to supply healthy snacks after the game for students & school staff.</p>
Warren Elementary	<p>Activity Day: December 18th. All students will participate in some form of physical activity. Gr. 7 and 8s will be curling, Grade 4-6 will be doing winter sports. K-3 indoor games. This activity is designed to keep children active, even in the winter.</p>

**Lakeshore
School Division**



Physical Activity Campaign

School	Description of event
Ashern Early Years School	International Walk to School Day. Also weekly walks, once a week staff will join students in walking around the playground.
Fisher Branch Early Years	Event - "Walk across Canada" - Three days a week the students, staff and parents will walk the perimeter of the playground. A tally sheet will be kept to record # of kilometers walked. A map will display the distance covered. Intercom and assembly announcements will motivate the children when they are close to large centres. Invitations sent home for parents to record distance walked at home as a family activity.
Inwood School	We have a walking group that goes out walking for 25 minutes Monday-Friday. Participants change occasionally.
Lundar School	Students have been introduced to "old time dancing" in their Phys Ed classes, due to the popularity of learning the waltz, polka, 2-step, 7-step, and schottische, the Phys Ed teacher will introduce these steps to community members during the evening once a week. Dancing is a fun, safe activity for all ages to participate in. It is an excellent form of physical activity and a great alternate to riskier sports. School staff members will teach the class to parents, students and community members.



Physical Activity Campaign

School	Description of event
Daerwood School	"Soccer Saturday", September 13th; "A Wonderful Success" 10:00-12:00. 6 fields with 2 teams of 10 participants. 4 games were played. Approx. 150 people attended, 120 actively playing, 30 watching. Teams were composed of parents/students/staff. School staff, parents, community members, "Water Shop" local business watching our two hours of play. Healthy snacks and juice followed.
École Bonaventure	We at Bonaventure were inspired by the Move it Manitoba Campaign. We broke the records doing the Hokey Pokey in 2002 and the Conga in 2003. Every student and staff member was involved - being active and having fun. What an experience for the kids to see and be a part of the entire school of over 220 moving and dancing all at the same time. We decided this should be a monthly ritual to get the students blood moving first thing in the morning. Parents and family members are invited to Bouge et Boogie (Move and Boogie) with us to promote how important physical activity is to the emotional and social state of our students and staff. I strongly feel this will improve the health and wellness of the school and community.
Happy Thought School	Junior High Fun Run - This will be the first annual invitational cross country run held at Happy Thought. We have a local nature trail we want to revitalize so we want to invite parents and the local community to show them the potential of this fun run. We are also promoting cardiovascular fitness at HTS this year and thought this was a great way to bring attention to our theme. We'd like to celebrate with everyone involved, and will contact the local newspaper to cover the event. We are inviting parents to cheer the students along. We also plan on inviting everyone to walk the course beforehand.
Mapleton School	We will be taking on several initiatives to promote healthier and more active lifestyles. Last week, on Friday September 12th, students, staff and parents took part in the Terry Fox Run. We informed the community of the event through our monthly newsletter and posted signs up sheet on our own street as well. Students of all ages enjoyed the run by being active, secondly they were participating and raising money for a very worthy cause. We will be registering and participating in the International Walk to School Day Oct 8th. Where possible, as we are a country school and many of our students bus in from far away. At an assembly, we will discuss the importance of being active as well as the health benefits. Starting in October, we will be Movin' on Mondays, each Monday before our last recess of the day, we will break for 1-2 minutes and all of our students will exercise in their classrooms. We will alternate the exercise between jumping jacks, jogging on the spot, star jumps, etc. We will continue this activity for the entire school year. We will discuss the importance of being active as well as the health benefits. In the month of January when everyone is cold and tired from the weather outside, we will be heating things up by holding a HOOLA CONTEST. We will invite all grades and the person who can hoola the longest, will win the title. We will discuss the importance of being active as well as the benefits. During the month of February, we will post two banners in our school, SIGN UP FOR HEALTHY EATING & SIGN UP FOR FITNESS . Students will be encouraged to eat well and be active each morning, and we will try to fill up the banners with signatures. (Banners for Healthy Eating, Exercising). In May, our staff and students will participate in the Arc Walk-a-thon to help raise money for special needs people in our community. We will benefit from the exercise and the knowledge that we are helping others.

School	Description of event
Robert Smith Elementary	We would like to take part in the International Walk to School Day. This event will be introduced and promoted as a valuable community health initiative. Classroom teachers, phys. ed instructors, and our leadership club will highlight the many benefits from this opportunity with special consideration given to physical activity. Staff, students, parents and hopefully a community organization will be involved.
Ruth Hooker School	We are participating in the International Walk to School event on Oct 8th. We will involve all our students and we intend to invite community members. Mayor, school and business members involved.
St. Andrews School	Terry Fox Walk/Run. The entire school is involved as well as numerous parents from the community. Some even brought their dogs or babies in strollers, toddlers in wagons. The event was between 6-8 km long as participants walked, jogged or ran the distance. It was a great success as a fitness activity and fundraiser. Involved in our event were parents, students and school staff. RCMP helped to control traffic to make this a safe event.
William S. Patterson School	Incorporating physical activity during time when students are often inactive – winter and indoors.



Physical Activity Campaign

School	Description of event
Collège Jeanne Sauvé	Afin de promouvoir l'importance de la vie active, le comité de leadership du Collège Jeanne-Sauvé ont planifié une semaine d'activité physique sous le thème de la danse. Pendant cette semaine, à l'heure du dîner, nous inviterons les élèves à participer aux activités telles que la danse aérobie, le taekwondo et la danse en ligne. Ces activités seront enseignées par des spécialistes. Nous lancerons aussi l'invitation aux parents. La subvention du gouvernement aiderait à la comité de leadership à défrayer le coût des instructeurs.
École Howden	Nous ferons (organiserons des activités) une marche de santé (toute école) autour du thème de la santé par l'activité physique. Les classes représentant chacun un thème de la santé.
École Van Belleghem	PATINONS POUR NOTRE SANTÉ!! Organiser 2 sessions de patinage à roues alignées pour chaque nouveau de la 2e à la 6e année (un soir et un midi); inviter les parents à se joindre à leur enfant(s). Organiser à ces sessions 4 ateliers (parcours d'obstacles, arrêts et départs, jeu de tas et hockey)
Frontenac School	Stationary bike challenge (spin to win) - Grade 5-8: Each grade level has a bike and the challenge is to keep the bike going all day. The students will have to organize a sign up sheet and each student in that grade will have a turn. A break of event in the morning. Other possibilities are a teacher bike, parents' bike, community bike as well.
Glenwood School	We would like to have an aerobics and/or dance teacher come to the school to teach an aerobics/dance class over three lunch hours. This would allow participants to experience a structured fitness activity that is available outside of school (at dance studios, the Y, community clubs, etc). We would also provide participants with a healthy snack after each session.
Highbury School	Highbury Marathon Club - a pajama run followed by a club breakfast is proposed to further increase participation. The funding will help purchase supplies to provide a healthy breakfast following the pajama run.
Island Lakes Community School	Kids for Kids assemblies - students and staff organize a number of assemblies throughout the year that promote healthy lifestyles. Students demonstrate phys. Ed skills, poems, skits, stories that promote positive choices. Student Leadership - student leadership groups create and implement community service projects.
J.H. Bruns Collegiate	Parent information night to have parents become more aware of the new health curriculum and how it will impact their child's education and fitness throughout their lives. This night will showcase topics that will be covered during health, fitness and weight training units.
Marion School	A physical activity for all students to do will be included in morning announcements. Skipping club at lunch hour, Healthy Lifestyle Practices will be taught in classes.
Samuel Burland School	We promote a club that brings students, staff and parents together to go skiing & snowboarding in the winter. Students, parents, school staff.
Shamrock School	Shamrock School is participating in International Walk to School Day on Oct 8th. We are promoting a healthy lifestyle through daily PA announcements, posters, and classroom presentations. There will be an organized walk at lunch for students who bus to school. Prizes will be awarded to students as well; the homeroom with the highest participation will receive an award and special prizes. Social action student leadership group is organizing the event. Marla Pott (teacher) is in charge of group.
Victor H.L. Wyatt School	The plan is to host a daily activity break.
Windsor School	Ring around the school. At the sound of a hand bell students form a ring around the school and walk the perimeter ring twice. This will be designated as an exercise break and the Windsor Community Centre involved as well.



Physical Activity Campaign

School	Description of event
Ethelbert School	Our school will hold a Physical Activity Week from February 23-27, 2004. These activities will include grades K-12. Activities for grades K-6 will be held in the morning and afternoon breaks and the 7-12 grades will have their activity during the noon-hour. The funding money will be used for supplies to support the activities, prizes and snacks. The activities for the K-6 students will be short agility and flexibility events like skipping, jumping jacks, different stretches, and short games. Activities for the students from 7-12 will be team games/sports like volleyball and prisoners base. Community members will be invited to participate in games at lunch. Our goal throughout the week is to increase the awareness of the benefits of being physically active.
Gilbert Plains Collegiate Institute	Planning a school trip to Riding Mountain National Park. It will be a school activity that will encourage students to get outside and enjoy the great outdoors. Students will have a choice of hiking, snowshoeing or cross-country skiing. After our hike we will have an outdoor barbeque. Hopefully this will give some students an experience they have never had, as well as showing them that being active and enjoying our parks is a great way to be active.
Lt. Col Barker V C School	Every noon hour we hold a <i>Games Club</i> activity for children in Grades 1-3. We have an organized physical activity for each day of the cycle for a specific grade. (e.g. salad bowl game, duck, duck goose, various ball games, etc.) There is a schedule that we follow. (e.g. Day 1, Grade 2, Day 2 Grade 3, Day 3 Grade 1, Day 4 Grade 2, Day 5 Grade 3, Day 6 Grade 1). Our conflict managers assist on a daily basis along with a staff leader. The second thing we have is a <i>Super Soccer Fun Club</i> , (12:25-1:00) where we have teams made up of Grade 4 players, other teams with Grade 5 players, as well as teams with Grade 6 players. We have a schedule (that changes daily) with student referees made up of our conflict managers. This is an extension of our Conflict Manager Program last year, to help kids stay safe at recess and have fun!! We have six classes in total of Grade 4-6 students and we encourage everyone to participate. The third thing we have is a <i>Fitness Club</i> that runs every Day 1 and 3 morning at 8:15-8:45 am in our gym (for Grade 4-6 students). To date we have approx. 35 participants. The phys-ed teacher encourages movement activity where distance is calculated and the goal is to travel across Canada. (Results are posted).
Ochre River School	Participation activity twice per week with grades K-8 students. The physical activity will be 20 minutes in duration and will include various types of physical activity such as aerobics, volleyball, walking, and so on. This will hopefully provide a fun alternative to the sedentary choice of our students.
Smith-Jackson School	Hosting a winter sports day with a variety of stations that provide students with active winter activities. All students will participate including the nursery school.
Whitmore School	Fitness Week - daily gym break during morning recess. A variety of activities will be used in order to enable all students to participate as well as to educate students about different ways to be physically active.
Winnipegosis Elementary	Sports/Olympics/School Sports Rally - The entire school K-8 is divided into teams. The teams rotate through physical activity stations. Our goal is to promote physical activity, social interaction, school spirit and to have FUN!!

**Mystery Lake
School Division**



Physical Activity Campaign

School	Description of event
Juniper School	Includes parent council, teachers & principal. Our school is very interested in helping students, staff and community members become healthier citizens. I feel our school would benefit from participating in a weekly walking club. This club would be open to staff, students & parents. The walking club will be offered after school, throughout the year. We will meet indoors if weather is not permitting. If funding is available, it would be used to provide students with healthy after school snacks. Our school will be taking part in the International Walk to School Day.
Wapanohk-Eastwood Community School	Family Game Night - a night of fun games - relay races, dancing, etc. and an information table about the importance of physical activity. All families will be invited to compete in friendly games and enjoy a healthy snack.
Westwood Elementary	Our staff parking lot has created concerns of safety for all the school's staff and students. Our school is an L3 sight so handicapped parking is greatly utilized. When parents choose to park in the staff parking lot instead of using the pick up/drop off loop, congestions occur. I feel the safety of our children is being jeopardized, especially concerning our deaf students. We want to start a campaign where children will walk across the playground as an alternative route to meet their rides. Money is required for signs and publications to encourage parents to use other exit points. The physical activity of the students will be the activity of walking to an exit from the school which is a further distance than being picked up in the school parking lot.



Physical Activity Campaign

School	Description of event
Binscarth Elementary	We will conduct a school-wide assembly that promotes physical activity. Each class will present something i.e. a poem, a line dance, an activity.
Decker Colony School	We are planning a school-wide Treasure Hunt, which focuses on Health and Physical Activity. This will be a contest where students will be in heterogeneous groups and cooperate and race to complete the hunt, and answer health - PE based questions. The students came up with the idea and made up the questions. It will involve locations throughout the colony. We are also considering some daily physical activity the whole school can take part in like D.E.A.J. - Drop Everything and Jog/Jumping Jacks or Jump.
Hamiota Collegiate	Outdoor education experience for grade 8. Cooking nutritious food that provide a lot of energy, life skills activities (canoeing, orienteering, fishing) and a variety of competitions like canoe races, water fights, fire starting. Teachers, parents and bus driver for transportation, several Senior 3 and Senior 4 students will help with activities and will be involved as well.
Rosburn Elementary	Objective: to promote literacy and physical activity through school wide literacy walks. Time: 3:05-3:25 p.m. the second and fourth Friday of each month. Second Friday - x-grade buddies, Fourth Friday - own grade. Organization: students must have books to share with them. Discussion can include plot line, characters, most interesting part of story **students should not give away ending**. Students must complete an exit slip (shaped appropriately for season/holiday/current event) after each walk (one question focus). There will be a draw for a free book in each class once a month. A literacy tree will be on display in the main hall. Pictures of buddies reading, the walk and share, some exit slips, names of highly recommended books, etc will be added to the tree. Goal will be to invite parents/grandparents to also attend the walk later in the year. Suggestion for Halloween - children dress as character in favorite book or find a book about the theme of their Halloween costume.
Shoal Lake School	Oct 8th Walk to School Event - all town students will be encouraged to walk to school - all rural students (bussed) will be dropped off downtown and will walk to school with a teacher. Also, Jump Rope For Heart later in the school year. Parents will be encouraged to walk with their children to school. All staff will be encouraged to participate.
Strathclair Community School	Consideration to date - can send definite decisions when requested; dance activity, creating and taping commercials for physical activity.

**Pembina Trials
School Division**



Physical Activity Campaign

School	Description of event
Bairdmore School	Bairdmore School will participate in the Oct 8th International Walk to School Day. We will track statistics by class including staff and parent participation. Best, primary class and middle years class to be recognized at school assembly. Students, staff and parents involved.
Beaumont School	1- Participated in international walk to school day. 67% walked. We are properly registered with them. 2- Through out the year we encourage our students to participate in walking Wednesdays. We count and track students that try to walk at least once a week to school on walking Wednesday. 3- Parents and staff organize a 4 Km walk-a-thon as fund raiser.
Beaverlodge School	As part of their Health enhancing behavior program, the theme for September is "Be Myself". This involves the promotion of daily health habits - including hygiene, sleep, healthy foods and physical activity. I also cover the self esteem outcomes in the PE/HE curriculum. For the daily physical activity component we are planning Walking Wednesdays; special activity breaks during the day; daily physical activity logs and a presentation to the Parent Council.
Chancellor Elementary	We will be participating in the International Walk to School Day Oct 8th. Parents, students and staff involved.
Chapman School	School Walk-a-thon. Focus on healthy living - discussions about healthy lifestyles, food choices, leisure time, and physical activities. Students walk for 2 hours (4-6) 1 hour (K-3). Students, parents, caregivers, teachers and administrators involved.
École Dieppe	Lunch hour activities (Fall-Winter) for all Grades 1-6, Days 1-6: promoted daily exercise, more activity, less sedentary activity, less obesity. Post health posters from GLO activities in gymnasium. Class based health education projects by students helps increase awareness of all 5 general learning objectives.
École Saint-Avila	International Walk to School Day. October 8th, buses will drop students off at Kings Park. Students, staff & parents will walk to school.
École Tuxedo Park	Hosting a 1/2 day Aerobic Dance workshop. All grade levels will be included. Each grade level will learn an appropriate dance based on the movement skills. Dances will be set to French Music.
Fort Richmond Collegiate	Cardio Classes is a spring event held in May and is intended to create school spirit and physical activity after our long winter, organized by the student leadership.
General Byng School	On October 8 General Byng School participated, for the first time, in the International Walk to School Day event. We had 82% participation. Our goal now is to set up a walking school bus. This idea will be presented to our parent advisory group so together we can promote the idea to other families in the community. On February 13, we will organize an "activity day" targeting out junior high school students. It is our goal to get them "winter active" and to expose them to a variety of outdoor activities within Winnipeg and their community. Students at General Byng are welcome to bring skateboards to school. We recognize the importance of this activity to some of the students at our school and encourage them to be active. We have built a skateboard park and are continuously looking to add to it.
Henry G. Izatt Middle School	"HGI Fitness Club" - Once a cycle, grade 8, S1 and staff are invited to participate in a fitness club that will involve a variety of exercise such as step aerobics, circuit training, muscle conditioning, skipping, boot camp, boxing and Pilates. We are targeting this age group because this is the age when they have a tendency to drop out of activity (Self Esteem Issues/Socialization, etc.) We will also be taking part in the International Walk to School Day. At 4 different times that day we will also blow our whistle over the intercom and students will have to stop what they are doing and get active.

School	Description of event
Laidlaw School	Laidlaw School's Grade 9 students will design an activity circuit for their health classes which will involve the Grade 1-6 students in the school on Oct. 30th and Nov. 3rd. Each grade will be assigned to 4 Grade 9 students who will present their game to the class and play for 20 minutes, then rotate to the next 4 Grade 9s for a new game, etc, until each class participates in 6-8 circuit games for 45 min to 1 hour approximately each of the two dates.
Linden Meadows School	Organizing a daily physical activity break everyday for one week and announcing it over the P.A. system.
Oak Park High	The student council of Oak Park led by the athletic committee is planning a wellness week beginning Nov. 17 to Nov. 21, 2003. During the week we are planning the following events: noon hour kick-boxing, self-defense, Pilates, yoga, anti-smoking seminar, Taebo, and sale of healthy lunch and milk product promotion.
Oakenwald School	Straw Walk: Students run, walk or jog around a court on the school grounds at recess time. Straws are counted in the classroom and results are posted each week. Distance is then plotted on a national map so students know how far the school has traveled.
Pacific Junction School	School walkathon - focus on healthy living. Students walk 2 hours for grades 4-6 and 1 hour for K-3.
R.H.G. Bonnycastle School	As in previous years all students will be encouraged to walk to school. Students who live a long way and are driven are encouraged to walk from several blocks away. Students who ride bicycles must wear helmets. Skateboarding and rollerblading are not allowed due to school rules. Students, parents and school staff involved.
Ralph Maybank School	Objective is to promote physical activity.
River West Park School	Henry Zacharias to give workshop to our school community on World Drumming. While not immediately apparent that this is Physical activity - it really is - and is a great stress reliever as well!! Like Yoga!! Our walk to school activity involved grade 5 & 6 students composing the following: Walking down the busy street/New people you will meet/Exercise you will get/Stop pollution? You bet!! They orchestrated the poem and presented it over the P.A. system to promote "Walk to School Day". This program did not cost the school but it would be great to expand the children's exposure to drumming as a physical activity beyond the orchestration they composed!
Ryerson Elementary	Ryerson Elementary runs a series of drop in gym programs for the students of Ryerson Grades 1-3 before school and Grades 4-6 after school. The students participate in a variety of physical activities such as low organized games, volleyball, basketball, etc. We will also try to get parental involvement in the program.
Van Walleggem School	Some of the physical activity that will take place; International Walk to School event, student gymnastic presentations, school afternoon walk-a-thon event, and morning walk-a-thon warm-ups. Students, staff and parents are involved.
Whyte Ridge Elementary	Our recess walk even takes place in April each year. The entire school walks 1 kilometer 1 recess per day for 3 weeks. Businesses donate prizes for all the children who walk 15 kilometers!

**Pine Creek
School Division**



Physical Activity Campaign

School	Description of event
Austin Elementary	Hosting an information night on healthy eating ideas and the importance of walking & physical activity. Parents/community members will be invited to a school bar-b-que, then will be informed about a running/walking club at the school. Community members will be encouraged to join in with the school. Nutritious snacks, prizes, and bar-b-que will be supplied to the guests at no charge. Community groups - seniors group, parents & business. School staff & support staff, parent advisory group
Plumas Elementary	As part of our school initiative to improve our positive learning climate with a wellness theme, we will hold a wellness day with active participation in sledding, skiing, snowshoeing, and skating.

**Portage La Prairie
School Division**



Physical Activity Campaign

School	Description of event
Crescentview School	We organized routes for students to walk to school. We promoted the event in the local paper and on the local radio station. We invited students, parents and staff to participate.
Woodland Colony School	Our school has only two classrooms. We have no gymnasium or space where students can do physical activities without disturbing others. This does not present a problem except on days when the weather is unfavourable and our students cannot go outside for recess or phys. ed. classes. We would use the grant money from the Healthy Schools program to buy some games and activities that can be used to promote physical activity indoors when our students cannot go outside. The following are some of the games and activities we felt would be feasible: bowling, horseshoes, bean bag toss, hopscotch, Twister, ring toss, Lolo ball. Some of the materials can be made by parents. Some we would buy with our phys. ed. budget and some we would hope to buy with the Healthy Schools grant money.
Victoria School	We have instituted weekly (Fri) walks for the entire school. We have a 2K circuit laid out around our school catchment area. This is a new event for us. Students, school staff, parents are welcome.



Physical Activity Campaign

School	Description of event
Carman Collegiate	1) Our school, along with Home & School, are having our entire school participate in the Terry Fox Run/Walk on Sept 12 @ 2:15 p.m. Phys. Ed Staff, along with RCMP and H&S, are teaching the importance of healthy lifestyles, exercise and safety. 2) "Fitness Challenge" - all Phys Ed students are in a challenge to accumulate 200 minutes of fitness by Friday (p.m.) of every month. Students and staff will run to the local fitness centre to begin their competition. We are encouraging and teaching healthy lifestyles. 1) Home & School/RCMP/All staff, students 2) P.E. students/6 staff/local business.
Elm Creek School	School staff, student council, local community members and students are involved in our gym nights. Throughout the year we plan to have more gym nights to provide students with an opportunity to be active and to use the facilities we have in the community. We are targeting mothers/daughters because we know that it is important for young females approaching adulthood to develop lifelong fitness habits. The events will be free but we will have incidental costs including advertising, printing supplies, refreshments (water, juice), small honorarium for guests (aerobics instructor), etc. A school dance is also planned. Skateboarding at noon, fitness club after school on Wednesdays open to community for walking and aerobics. Adult volleyball evening, clogging club, community gymnastics and dance classes.
St. Paul's Collegiate	This year at St. Paul's Collegiate we are hosting our 5th Annual TADD DAY. As part of our day, we are offering a number of workshops to our students. The workshops are all based on improving overall health and wellness and include information on drug addiction, relationships, hobbies, etc. In addition, we will be offering two sessions on alternative fitness. The first is a yoga session presented by Brad Elliott from Carman, MB. Mr. Elliott will spend an hour with a classroom of students and take them through the basics of yoga, promoting relaxation, fitness and emotional well-being. The second session is an alternative fitness session offered by members of the X-Company. The presenters will introduce students to options in physical activity, including hip-hop dance, kung fu, extreme boot camp and more. We are excited to be able to offer both of the unique sessions as part of our TADD Day event.



Physical Activity Campaign

School	Description of event
Baldur School	We would utilize the money to purchase roller blades & helmets so that we could host a weekly roller-blading day on the school's newly constructed play-pad. Through grants and cooperation between the school and community we have been able to construct a 110x110 paved area to be used for tennis, roller blades, basketball, etc. Some students do not have the proper equipment and we could use this money to start a stock from which they could borrow. All levels of the community have been involved in the project and people both within and outside the school will benefit.
Thomas Greenway Middle Years School	At our school we have implemented a program we call R & R (Run and Read). Every morning the entire student body will run or briskly walk for 15 min then silent read for 15 min. This takes place from 9:05 am to 9:35 am each day. Students and teachers involved.
Windy Bay School	Our planning event targets all students in our school, but focuses more towards the students in Senior 1 to 4. In the Early and Middle Years, we promote healthy habits by studying personal hygiene, nutrition, as well as daily physical activity. We have noticed that once in the Senior Years room, most students tend to pull away from physical activity, except for those who are naturally drawn to sports. A high interest sport on our colony, as well as many others is volleyball. Good players will be in demand wherever they visit. We would like to hold a clinic, where all students can learn the proper volleyball skills, and become more confident as a player. No one on staff is qualified or has the experience to deliver such skills at the level required. We have registered a clinician willing to come. We would use the grant money to pay for his release time. We anticipate that a number of young adults would be very interested in the clinic also, so the benefits would reach beyond the school.

**Red River Valley
School Division**



Physical Activity Campaign

School	Description of event
École Héritage Immersion	Speed Stacks tournament - Speed stacks are designed to be used in a variety of activities to enhance the use of both the left and right side of the brain during physical activity. They are used for team, partner and individual activities. They help students learn that through physical activity, you can train your brain to learn better. Students, staff, parents and local business involved.
Oak Bluff Community School	Physical activity program every Friday.



Physical Activity Campaign

School	Description of event
Bird's Hill School	Terry Fox Run/Walk. At 1:50 on September 26th all students and staff will participate in a 35 minute walk/run course through the community. Family members will be invited to join us at this event through the school newsletter. It will promote physical activity/healthy living. Students, school staff, and parents will participate.
Collège Pierre-Elliott Trudeau	Student council is organizing the event and student body along with staff members will be participating. "Welcome Back" day-long event provides the opportunity for all students to meet, relate and cooperate through various physical activities such as tug-of-war, volleyball, field hockey, obstacle courses, and ultimate Frisbee, etc. Grade 9-12 students are mixed into groups to offer a great way for new Grade 9 students to interact with older students.
Dr. F.W.L. Hamilton School	Physical Activity - Healthy Active Week - Milk Spirit Kilometer Challenge - all students, staff, parents are invited to come out and walk. Daily Fitness Message and daily physical activity. Parents, school, staff, all students, and sometimes we will invite a mascot or speaker to these events.
École Centrale	Nous avons formé un club qui s'appelle "Club Enduro". Ce club est offert aux élèves de 3 et 4 années. Nous rencontrons à chaque jour 3 et 6 des calendriers scolaires. À travers l'année scolaire, nous offrons une variété d'activité comme le cyclisme, la natation, le patinage sur glace, la course à pied, la marche, le ski de fonds, la raquette, le tennis, etc. Nous invitons des personnes ressources à venir présenter sur des sujets qui se rapporte aux activités qu'on fait dans notre club.
École Margaret Underhill	Students from EMU will be invited to participate along with interested staff and parents etc, in three components of our Healthy Active School Initiative. Walking Club (2x/week), x-country running club (3x/week) at noon hr/recess and all will be encouraged to join in the Pick-Me-Up event on Oct 3rd to have each class designated to walk to a local park and clean it up! Students, parents, school staff, and community members are involved.
Emerson Elementary	Positive, Effective Discipline for Young Children session. Ideas to help generate positive interaction of early year's students. This workshop will be shared with staff to add a dimension to work being done at the school level in regards to positive interaction, safe play and tolerance building among our students through our behaviour management committee at Emerson School. Through committee work, building with our staff and community we are planning activities that encourage growth or self discipline, minimizing behaviour problems through curriculum choices, meaningful communication with young learners and strengthening young children's self esteem.
Harold Hatcher School	We are going to have a school challenge. As a school, we will try to be active outside of school for 1000 min/wk. The students will journal their activities. If our goal is met we will use the \$100 for recess equipment to be shared by the school.
John W. Gunn Middle School	We would like to use the funding to put towards the cost of speed stacks.
Prince Edward School	Hosting an evening of physical activity to launch our new gymnasium facility/celebrate our ongoing House League system which promotes daily physical activity (refer to attached sheets) All students, (members of House League Clubs), parents, staff, parent council.
Radisson School	I would like to purchase Radisson School water bottles to give to students as prizes when they are "caught being active" throughout the day. I see using the prizes during lunch hour gym activities, during Terry Fox community walk (Oct 9th), TGIF after school (Fridays), activities, Staff wellness activities in the gym on Day 2's, winter activity day celebration, recess soccer games, etc. Our grade 5 leadership classes would be in charge of catching students being active. Maybe 1 will be given out per week at different activities. Both grade 5 classes, 4 staff members; lunch program monitor will also be involved.

School	Description of event
River East Collegiate	Our intramural program stresses maximum involvement of students to become physically involved during the school lunch hour. Each month an activity is offered which encourages co-ed teamwork and a venue for our non-varsity students to be physically active. The program promotes healthy living practices by introducing sports that students can take beyond the school framework. It also provides them with the confidence and social contacts to reach out to their community and to get involved beyond high school, promoting lifelong sport. With S2 being the last requirement for physical education, many students in S3 and S4 are looking for a physical outlet during the school day. Our intramural program meets this need. Teachers are also encouraged to submit teams, which strengthens student/teacher relationships, during friendly competition. The new physical education curriculum stresses a healthy lifestyle and healthy lifestyle choices. We believe our students are making the right choice by being physically involved during the lunch hour.
Salisbury Morse Place School	The event may be held for everyone, or only K-6. Our plan is to organize a health symposium throughout one week, probably in the month of April. Different stations at lunch hour for specific grades that will highlight some of the health objectives from the K-6 phys Ed/health curriculum. Community Schools Association and teachers involved.
Sherwood School	This year our school will be having a school/community walk on Sept 19. It involves all grades (1-6), staff and parents. (2 1/2 - 3 km walk) - Last hour of the day. I have been organizing this walk twice a year for the past 3 years. As well, throughout the year our students are involved with recess intramural activities (e.g. scooter, basketball, volleyball, badminton) as well as numerous lunch hour clubs (e.g. x-country running, gymnastics). Emphasis is always placed on the importance of physical activity to maintain a healthy body. Intramurals and clubs are held throughout the year. School staff, students and parents are all welcome to participate in this walk.
Springfield Heights School	Promote a healthy school by involving a staff and student leadership team in the decision making process. Look at promoting "Active Health classes" via poster displays and resource purchases. Parents, students, school staff, community members.
Sun Valley School	We are going to participate in Int'l Walk to School Day on Oct 8/03 and use that as a springboard to promote regular walking to school. We will promote the benefits of walking through classroom discussions, posters, etc., and give "related" prizes from a draw from all those who walked. We will involve the parents, encouraging them to walk their children to school, as opposed to driving them. Staff will be encouraged to walk also.
Valley Garden Junior High	To promote active, healthy living by encouraging students to walk/bike to school on a regular basis. We will need to install new bike racks. Currently students are not bringing bikes as the only place to lock them is along the parking lot fence. Those bikes locked further from the school are vandalized or stolen. Bike racks close to the school will encourage students to bring their bikes and lock them in a safe location.
Wayoata School	School staff, students, parents, grandparents. Meet the Teacher night on September 18th. In conjunction with this, we are encouraging parents and students to "walk", "jog" or "run" to school on this evening rather than drive. Upon their arrival, families will register with the Physical Education teacher and each family will be given a map of the local area showing the physical activity route to follow. When the family has completed the route, they will receive a certificate and have the opportunity to enjoy some refreshments before visiting with their child's teacher. Discussions regarding the benefits of physical activity and fitness will take place in Physical Education classes and a letter regarding the same will be sent home to notify parents. We would appreciate receiving the hundred dollar fund to help cover the costs of photocopying the notices, the maps and the refreshments for this large group.
Westview School	Wednesday morning runs. (Days 1, 3, & 5 when I am at the school). Students from grades 3-5 can come out, as well as any younger brothers and/or sisters from Grade 1&2. The runs will all have themes; hat run, wear red run, Halloween run. Students run/walk at their own pace. Give handouts on the benefits of running and physical activity, teach stretching and breathing techniques.



Physical Activity Campaign

School	Description of event
Douglas Elementary	Fun, Food and Fitness at Douglas School. All students will create posters highlighting the fun and fit things to do at our school. (e.g. skating, baseball, soccer, skip, ski, etc). Students will participate in a fun outdoor activity from their poster on event day. Staff will prepare veggie bags with dip as a healthy snack for every student on event day. Students, staff, parent council involved.
Erickson Elementary	Parents, school staff and local businesses involved. Healthy Schools - Physical Activity: As 99% of our students are bussed to school, the Int'l Walk to School event is not feasible. We will, however, organize a daily physical activity break for a week before the morning and afternoon recesses. The last day will culminate with a healthy snack before recess in the afternoon. Daily Activities: Monday-marching in one spot for 2 minutes, Tuesday-20 squats, Wednesday-20 jumping jacks, Thursday-sitting down/standing up 20 times, Friday-jogging in one spot for 2 minutes. The principal will announce the importance of physical exercise and the activity for the day. Teachers will monitor the students in their classroom. The daily events meet the criteria because students will be active and healthy snack choices will be incorporated. This will assist in increasing student's awareness of the health benefits related to being active.
Oak River Elementary	Intramural activities will be organized at noon hours to increase student activity levels. Activities will be both indoor and outdoor games which focus on teamwork and being active. In the spring we will have all students do a morning and afternoon jog.
Onanole Elementary	We are planning on hosting a dance-a-thon again this year. We hold it in our gym, where students dance for a couple of hours. There are prizes and games and healthy snacks for the students. We promote going out and participating in physical activity, rather than T.V. and video games. Parent council & student council social committee plan/organize, staff from school supervise and support the event.
Rapid City School	From 11:45 to 11:55 we walk 2 blocks, or dance in the gym or exercise in the gym if weather isn't nice. We will also be doing Oct 8th Walk to School. The students lead some of the dances and we discuss why we do this in the class and in our school newsletter. I organize indoor activities on days when weather is bad and also the October walk to school. This is not in place of gym classes but in addition to them. Students, staff, and volunteers are involved throughout the year.
Sandy Lake School	Our plan is to have the students and staff walk 10 minutes once in the a.m. and once in the p.m. each day for one month. We are also participating in one daily activity break during the regular routine for this month doing e.g. marching on the spot, jumping jacks, galloping, etc. Our plans are to try to carry on for the full year. We also plan to offer free breakfast for one week for the students to encourage healthy eating for better thinking. (Breakfasts wk of Sep 22/03). Walking began Sept 10th and will continue until June/04. Students, staff involved.
Tanner's Crossing School	Walk to School Day - pre day communications e.g. posters, inter-room challenges, prize for room with greatest percentage of participation. Day of: Town students will be encouraged to walk and bus students can walk around the school when they arrive by bus every 10 laps = 1 mile. Parents, school and staff involved.

**Seine River
School Division**



Physical Activity Campaign

School	Description of event
Arborsgate School	Our activity will be adapted from the idea of drop everything and read. We will drop everything and be active. Grade 8 students will go to each classroom once a day all week long and lead the class through some sort of physical activity. They will also discuss the purpose and importance of each activity. Exercise will be to music on the school's PA system. Prizes (ex. skipping ropes, balls) will be awarded to students randomly if they are participating in the activity.
La Salle School	LaSalle School will be participating in a Walk-a-thon. It will take place on Friday, October 17, 2003. This is an excellent opportunity for parents, students and staff to develop a sense of community as well as to promote fitness and a healthy lifestyle. Students, staff and family members involved.
Parc la Salle School	Starting the first week of April, students and some staff members will do a run/walk, twice a week at noon to practice for our "Mini Super Run". This run is held at Grandmont Park each year, some students and staff also use this run time to get ready for the Super Run in the Manitoba Marathon. This "Run for Fun Club" is designed to support physical activity in our school and in our community. Community is also invited to join us for some physical activity. The funding could be used to provide nutritious food for after the Mini Run. It could be used to encourage our participants by giving away initiatives during our activity time. Some of the funding could be used to buy T-shirts for those students running in the Super Run for the Manitoba Marathon.
Richer School	We are implementing a new "Stay Active" intramural program to be run year long. There will be many activities and games to be played throughout the program's duration.

**Seven Oaks
School Division**



Physical Activity Campaign

School	Description of event
Arthur E. Wright Community School	We are setting up a 16 week walking Wednesday Program this year to focus on the importance of walking to school safely. The funds will go towards providing a passport for students.
Elwick Community School	Activity Point Club to encourage students & parents to get active. For each 15 minutes of activity that is completed, a parent will initial the equal number of boxes. When all boxes are initialed, the student will hand it in to the Phys Ed teacher in exchange for a slip of paper to be put in a draw for prizes. On Oct 8, we will be having the International Walk to School Day. We will be encouraging parents to walk to school with their children. When, they arrive at school; there will be water and juices available for them to drink.
Garden City Collegiate	One of the main initiatives this year is to increase both the participation level of students and the spirit within the school. Our intent is to introduce students to a wide range of activities in hope that they will continue to be physically active throughout their lifetime. Our theme for the year is "A New Attitude". The student leadership class, along with the physical education department, is working extremely hard to organize and run numerous activities during the lunch hour (intramural program). We're offering a variety of activities to ensure we meet the needs of all. They range from fun events to organized individual and team sports. The activities are being offered daily and throughout the entire school year.
École Leila North Community School	Fitness room - We have just opened a new fitness room and bought 3 more machines. We want to do a big opening week and continue to open every noon hour.
Maples Collegiate Institute	3 on 3 Basketball Tourney. This event will run all morning and will culminate with prizes and snacks to follow. It will involve students, staff and local businesses.
O.V. Jewitt Elementary	Jellybean Tabloid Day/Terry Fox Walk; Softball Tournament/Family Barbeque.
West St. Paul School	We would like to enter teams of middle year's students in the 2003 Manitoba school dragon boat and kayak challenge. June 1, 2003 it is hoped that our participation will lead to this as an annual activity.
École Belmont	Leadership club- involves students in grade 4-6 who meet on a regular basis to plan intramurals, organize physical activities, implement school physical activity ideas, and promote the idea and awareness of being physically active.
R.F.Morrison School	Intramural program - This program is run strictly by students in grade 3-5 who meet on a regular basis to promote physical activity at noon hours by planning, reffereeing, and organizing events to promote the importance of physical activity.



Physical Activity Campaign

School	Description of event
Deloraine Collegiate	Physical activity during breaks: "Kings Court" Volleyball: organize and set up "Kings Court" volleyball at the morning and lunch hour break. Teams will be of all 7-12 athletes mixed together. Teams will be of all ages to promote physical well being and the importance of exercise. This is an excellent activity as it brings all the students of the school together and should promote further participation in our regular intramural program. Students who are not playing will be encouraged to watch and cheer on their fellow students. The team who comes out on top will receive some small prize. Our goal is to promote this event as a yearly activity.
Deloraine Elementary	Participation Breaks for one week during last recess. Staff, students and parents are physically active together. Day 1: A presentation by the Public Health Nurse to all students and staff on: 1) the importance of physical activity; 2) the interdependence of health and learning; 3) benefits to your health of being physically active; 4) how diet and physical activity work together. Days 2,3 and 4: Soccer games, skipping and walking are the activities for these days. The grades are split up so that a few grades are doing each activity on different days. That way there will be enough space and equipment. Day 5: Activity of choice: ex. tag games, climbing on the playground equipment, basketball, football, kick baseball, races: sack race, 3 legged race. A healthy snack of vegetables and dip will be supplied after the activities on Day 5. Throughout the week students work on posters illustrating why physical activity is important. In Physical Education classes, the students in Grades 3-6 will be asked to keep track of the number of minutes they are physically active at home or in the community each day for one week. This will be done at four times throughout the school year September, November, January and May. Our goal will be to have 60 minutes of moderate activity and 30 minutes of vigorous activity each day by the end of May.
Maple Grove Colony School	Planning physical activities for the daily morning and afternoon student breaks. Playing soccer, football, baseball. School staff will be taking turns playing with the students. This should get students excited about sports.
Nature Valley School	On October 8, 2003, in the morning, students were driven one mile away, including teachers, then all participate in the walk to school. This activity promotes physical activity, created a sense of community involvement, and gave students chance to have healthy fun. The teachers and students continue to walk a half mile for an hour everyday.
Waskada School	In conjunction with Milk Spirit Week, we will be doing various physical activities each day after the announcements. Some of these will include - running on the spot, jumping jacks, touching toes, etc. The last day we will have everyone walk in the gym for 20 minutes at noon hour.



Physical Activity Campaign

School	Description of event
Athlone School	During the week of Jan 26 to Jan 30, 2004 we will organize a fitness break each day. All the students, staff, and volunteers will be expected to participate. On the first we will all meet in the gym to explain to everyone what and why we will do this activity break all week for (a kick off). While in the gym we will all do La Pespa, Hocky Pocky, and the Bunny Hop back to class. On the other four days we will have student leaders lead the classes through a variety of activities in their classrooms. The activities will include basic movement skills, aerobics, stretches, and dance.
Brooklands School	"Turkey Trot" to be held on Oct 8th - Entire school - huge outdoor obstacle course, chicken dance and ball game to promote healthy active living. Daily announcement all wk to highlight activity. Donations from Peak of the Market. Turkey suit on loan from Turkey Board.
Buchanan School	At recess times we have organized soccer, British Bulldog, and Tag games. These games require white lines spray painted on the ground. \$92 would be almost a full year supply.
Crestview School	Organizing a daily physical activity break every day for a week and announcing it on the P.A. system. If there is time, an activity may be organized for the whole school in the gym on the last day of the week (i.e. soc-hop for fitness with the Macarena, YMCA, and other popular songs to all take part in).
École Assiniboine	Students will be invited to the gym during recess to do dancing activities. Students and parents will participate in dancing during an evening in January/February. Organize a "walk" around the block during "Walk to School" Day.
École Bannatyne	Petenir les services d'un professeur d'aérobic qui va donner 3 cours de 40 minutes, à tous les niveaux de l'école , y compris les parents et le personnel. Le professeur d'aérobic sera engagé et payé pour cette activité.
George Waters Middle School	Objective is to promote physical activity.
Golden Gate Middle School	Participation in the Walk to School Day and reward students with "House Points" for participation. Organizing a physical activity week which will include 1) daily physical activity break (school wide); 2) lunch hour activities with staff and students (staff/student volleyball, snow fun activities, yoga lunch, play fair day, cooperative games). House points will be awarded to all participants.
Hedges Middle School	Norman Ettawacappo from the Aboriginal Sports Council will do a presentation on the topics of Active Living, Healthy Choices, and benefits of sports participation and do a demonstration of an Aboriginal sport - Lacrosse. Richard Delaronde from Winnipeg Aboriginal Sports (Regional) will be a partner and show a video called Inspire.
Heritage School	Walking Wednesdays. Between 8:15-8:30, once per month, the group will go for a walk (hopefully in the community and outside school grounds). Everyone involved will have their name placed in a draw for a \$10 prize.
John Taylor Collegiate	Activities will take place during the Physical Education week Oct. 20-25. There is a Pep Rally to be run by the students which will involve Inter-school athletes, the general population, as well as staff. This will include several interactive games to motivate students and staff of the importance of becoming physically fit and maintaining fitness as an adult. There will be a staff-student flag football game, as well as spirit events throughout the week. Prizes and awards will be given to active participants. Being active is Fun! We have also arranged for a speaker from MPIC to talk to the students regarding drinking and driving. As well, we have scheduled a Special Needs activity class to promote healthy lifestyles for our Special Needs students. For this program specialized equipment is needed. Therefore we can certainly benefit from funding in this area as well.

School	Description of event
Lakewood School	Bunny Gym for Heart: During class time all students in the school participate in 10 Activity Stations which emphasize the various fitness components, especially cardiovascular.
Lincoln Middle School	Activity Day: 1) Downhill Ski Trip; 2) Golf Dome; 3) Bowling; 4) Swimming; 5) Roller Skating; 6) Archery
Linwood School	Linwood School will be holding a fitness awareness month in January. Each classroom will discuss the importance of physical fitness and participate in daily activity breaks. After the activity break the class will be able to record their class break activity and the time the activity took in the Linwood School Healthy Schools Fitness binder. The total number of school activity minutes will be added up and announced at our monthly assembly.
Phoenix School	Rope Jumping Event that highlights the importance of physical activity as it has a strong cardiovascular component. Our lead up to the event discusses healthy hearts and how to create/maintain a healthy heart and avoid heart disease. We will invite a guest speaker from the heart and Stroke Foundation to present and promote the event to students and a Jump Team to demonstrate tricks.
École Robert-Browning	Positive playground event: We will be implementing this program in our school. It involves teaching the students new games to increase their repertoire of games that they can play during recess rather than standing around. Thereby promoting physical fitness and providing social benefits too. Parents and staff will assist in teaching the games and the importance of physical activity and health benefits will be stressed during the event as well as during the phys-ed classes. Funds will be used to purchase recess play equipment.
Stevenson School	Walking School Bus for International Walk to School Day. Physical activities at lunch, after school and am/pm breaks.
Sturgeon Creek Collegiate	Stress Busters: Yoga classes during lunch hour for a week. We would like to hire 6 instructors for a week to give students the opportunity to try this effective stress relief activity.
Voyageur School	We would like to put together a Tae Bo exercise afternoon to expose the community, staff and students to different types of exercise. We would hire an instructor for the afternoon to work with the grade 3-5 students (140) and their parents. This afternoon would be one in a series of exercise afternoons that we would host this year in our goal of increasing the level of physical activity for our students and community.
Westwood Collegiate	Objective is to promote physical activity in school.



Physical Activity Campaign

School	Description of event
Centennial School	Our school population is participating in International Walk to School Day for the third consecutive year. Bus students are being dropped off to walk along a paved pathway. Town students are encouraged to walk or cycle to school. Letters have been sent home to invite parents to participate. The local political leaders have also been invited. An article appeared in the local paper and there was information in the school newsletter and on the website.
Edward Schreyer School	Event is a graduating class vs. staff flag football game. The idea is to encourage graduating students to stay active after high school. The game will be watched by alumni, community members, and students in the middle years. There will also be concurrent activities for those middle years students who do not wish to watch. Our goal is to have these students see fun sportsmanship & activity, modeled by older peers & staff. The game is open to community members who wish to watch as well as for participation of those community members who acted as coaches/volunteers for school teams. All the students in the school will be out that day watching or participating. There will be approx. 20 staff on the team.
Hazelridge School	A dance will be organized to promote healthy living to students in K-6. The grade 5/6 class leadership group will assist in organizing the event.
Powerview School	Fitness and Health Challenge. This is a week-long challenge to eat healthy and to be active. There will be a rally at the end of the week to celebrate.
Reynolds Elementary	Every Friday morning assembly there will be a fitness challenge. Every student will have an opportunity to attempt the challenge and set the record for that specific challenge. All records for each challenge will be displayed for all to see. This event promotes regular physical activity as well as it provides an environment that encourages everyone to participate.
Springfield Collegiate	Not on Tobacco is a group of 11 students that meets weekly and emphasizes that all participants exercise 3 times a week for at least 15 minutes increasing to 20 minutes one-quarter of the way through the program. Each week students must report their exercise for the week which is then plotted on a poster or the wall. Another emphasis is healthy eating.
Whitemouth School	Family fun night-to increase awareness of family fitness. We started this evening of activity 5 years ago. The teachers and community members make up active events and the Iron Rose Heart Health Ladies make healthy food, we have a great time.



Physical Activity Campaign

School	Description of event
Bowsman School	April 12-16 is Education Week. We will be promoting healthy lifestyles. Parents are asked to come out at noon hour to play a game against their child. We would like to provide healthy snacks after the games.
École Swan River South School	Our P.E. teacher implements a week-long Bike Safety program. Students ride their bikes during P.E. Class and are also instructed on Safety rules and procedures. One day during the week, we are joined by RCMP officers and parents. Bikes and helmets are inspected, a safety video is shown, written activities are used and an obstacle course is set up for students to ride their bikes through to test their skills. School students, staff, parents and RCMP involved.
Heyes Elementary	Our school has registered for the International Walk to School Day, Oct 8, 2003. As the majority of our students come by bus, the entire student body & staff will be walking 1 km each on this day around our school grounds. Heyes School Parent Council will participate.
Mafeking School	The whole school will do a brisk walk around the school before the lunch break every Friday. Upon completion, each student will receive a juice box. On bad weather days each student will walk around the gym 4 times.
Minitonas Early Years School	Our school invited parents to join us on the Terry Fox Walk held Monday, September 15th. We have planned to have daily physical activity breaks during several weeks throughout the school year. We plan to also have a tabloid day in June to highlight the importance of physical activity. Students, parents, staff and community involved.
Minitonas Middle Years School	Monthly Fitness Challenge: students will participate in various fitness challenges in each month. Each challenge will focus on different aspects of fitness and part(s) of the body (i.e. cardio, strength, coordination hand-eye). The introduction to the challenge will explain how it relates to healthy lifestyles as well as benefits.
Swan Valley Regional Secondary School	Special event intramurals with prizes purchased from the school.
Taylor Elementary	National Walk to School Day.

**Turtle River
School Division**



Physical Activity Campaign

School	Description of event
École Laurier	Carpathia School will be organizing a week of physical activity breaks that take place in the classroom on a daily basis. Each class will receive a bag filled with laminated cards that have physical activities such as jumping jacks or step-ups pictured and written on them. When a musical cue is played over the intercom system the students will stop what they are doing, draw a card and perform the activity until the music stops. We hope to increase our student's awareness of the health benefits of daily physical activity. We also hope that they find the exercise enjoyable and feel better as a result of it.

**Western
School Division**



Physical Activity Campaign

School	Description of event
École Morden Middle School	The funding would assist in the establishment of a rewards program for our intramural program. We are looking at purchasing pins to be given to students based on their participation in our intramural program. We currently have a 60-80% student participation rate. This small incentive may increase our numbers.

**Whiteshell
School Division**



Physical Activity Campaign

School	Description of event
F.W. Gilbert School	Purchase teacher resource books on physical activities. "Gym Riots" for teachers to use on a regular basis in Phys. Ed classes and school spirit days.



Physical Activity Campaign

School	Description of event
Adolescent Parent Centre	To promote physical activity and bonding with baby, Parks & Rec. have donated monthly passes to Sargent Park Pool for the year. Our division provides bus passes. I am applying for funding to cover the swimming diapers at a cost of \$1/ea (approx. \$20/mo x 10=\$200) and many of the girls do not have swimsuits for themselves or their little ones (as well as a proper sized towel) I would appreciate the assistance of any funding available to purchase such materials that I may lend out. Parks & Rec. (Sargent Park Pool), all students (approx. 20/mo plus babies), Phys Ed teacher
Andrew Mynarski V.C. School	Our school organizes noon hour activities for approximately 200 students (intramurals) and would like to use this grant money for participation t-shirts.
Argyle Alternative High School	Hip-hop/Rap dance project. Students and staff will become familiar with latest dance steps.
Brock Corydon School	September to November and April to June; Brock Corydon and the parents will operate a walking school bus every morning. Oct 8th is the International Walk To School, with a target of 80% participation. November, February, and May will have daily physical activity breaks which we have planned a walk in each of these months. In June they will hold a school-wide/community walkathon to raise money for the sunshine fund.
Carpathia School	Carpathia School will be organizing a week of physical activity breaks that take place in the classroom on a daily basis. Each class will receive a bag filled with laminated cards that have physical activities such as jumping jacks or step-ups pictured and written on them. When a musical cue is played over the intercom system the students will stop what they are doing, draw a card and perform the activity until the music stops. We hope to increase our student's awareness of the health benefits of daily physical activity. We also hope that they find the exercise enjoyable and feel better as a result of it.
Cecil Rhodes School	Purchase teacher resource books on physical activities (eg "Gym Riots" for teacher to use on a regular basis in Phys. Ed classes and school spirit days.
Champlain School	Our school does a running club program which is open to all grade 4-6 students. Students train twice a week after school for about an hour and also learn about track and field events. Equipment such as batons, shot put and even t-shirts are needed.
Children of the Earth High School	After speaking with students, their families, and community we would like to have "Walking/Jogging" nights in our new gym. Many people felt walking outdoors in winter is difficult so we thought we would like to try this from Jan through to the end of March.
Churchill High	Gym Riot - Whole school event. (Shipping event, aerobics event, and mini-Olympics)
Clifton School	During recess breaks, activities have been organized for interested students. Soccer is currently being run, with volleyball to follow. Primary games have also been organized for Tuesday and Thursdays at recess time. All activities are cardio-vascular based to promote a healthy heart and keeping active.
Daniel McIntyre Collegiate Institute	Jump rope competition categories; speed, doubles, endurance.
David Livingstone School	I would like to buy used skates for those children who would like to participate on our speed skating team but do not have the means to buy skates of their own.
Dufferin School	Winter Festival (Outdoor Winter Activities) Here are some of the positive results to be achieved through such an activity: 1) Children will develop an enjoyment of the outdoors in the winter 2) Physical fitness development will be enhanced 3) Parents and other community members will be involved in school activities. Parents, former graduates, all staff members, junior and high school students from other schools in the community.

School	Description of event
Earl Grey School	A school wide relay race will be held on Sept.12, 2003 as a final event for our Terry Fox Drive. The community will be invited. Information on healthy lifestyles (exercise) will be shared with students.
George V School	Terry Fox Run/Walk and International Walk to School Day
École Lansdowne Immersion	This school will have several programs to promote fitness. Some are; jump rope for heart-kids will jump for one hour, prizes will be given. Intramurals-pizza party for the team with the most points. Staff vs. Students.
École Riverview School	On Friday September 19, 2003, the Terry Fox run will begin at approximately 2:20 p.m. There will be an aerobic warm-up by Brent Garlicky (parent) followed by a 20 minute walk/jog/run around the school, and then the aerobic cool-down. Refreshments will be served after the run.
River Heights School	Walk-a-thon (8 km) and activities i.e. Swimming, afternoon at the park, etc. Students, parents and staff involved.
École Stanley Knowles	"Hoop it up" a lunch time special event where each station is set-up with an activity with use of hoop legs, rope swing land in a hoop, hula etc. Basically a fitness circuit using hoops.
Elmwood High	With a major goal of ours being to get more females active, we are planning to use this money to organize a series of lunch hours (1 per week) for 1 month to offer an aerobics program in our gym. The money will be used to pay for an instructor.
Elmwood Middle School	Elmwood Middle School is putting on a shoot-a-thon to raise money for a sound system in the gym. Participating students will shoot baskets at lunch to raise money. The sound system is going to be used for motivation in PE and for sporting events.
Faraday School	Proposed events: 1- Happy Halloween. 2- Walking through the north pole . 3- Egging for Easter. These are the three upcoming events that the Faraday leadership team organizes, decorates and implements. All students N-6 have the opportunity to enjoy the fun and physical fitness in the gym.
Fort Rouge School	Intramural activities at recess fitness week with staff and students.
Gladstone School	Fitness fun week-mid February -Whole week. Each class will receive a fitness pkg of performance tasks e.g. Aerobic, shuffle relays, dance, jumping jacks etc. The class will perform the activities for 10-15 min each day. The fitness pkg will be rotated day.
Garden Grove School	Promote physical fitness and health with 25 sessions of whole school common assemblies. During the months of September and October we will have the students together in the last period of the day where we will be presenting many different topics. One area we will cover will be physical fitness and health. Included will be fitness activities re: walk around neighbourhood as well as other physical fitness activities. Students grades 1-6 including staff and parents.
General Wolfe School	We will be having a spirit challenge at Assiniboine Park. The challenge will be classes vs. classes in many different activities such as relay races, soccer, earth ball, etc. Funding would be used for prizes and equipment for the event. This event is for all students and is a school wide event run to promote school spirit and physical activity.
Glenelm School	Our student council is organizing an event called "Run Wild Manitoba". We will be supporting the Wildlife Rehabilitation Organization of Manitoba by participating in the 2nd Annual Run Wild Event. All students of Glenelm will be participating in a 1 km run.
Gordon Bell High	Students in the Pre-employment will walk/run 5 km from Gordon Bell to Assiniboine Park, participate in games and prepare a BBQ. Students in the pre-employment program and staff involved.
Grant Park High	We would like to purchase a few pedometers to incorporate into our Phys. Ed. Curriculum in conjunction with our heart rate monitors. We would like our students to see how active they are/or can be through walking using heart rate monitors and pedometers.
Greenway School	The entire school is going to participate in a "Jog Across the World". We will add up the distance we walk/jog each week and see how far (in total) we can go. Students, parents and staff involved.

School	Description of event
Grosvenor School	All students, teachers and volunteers will participate in 15 minutes of fitness every second day from 2-2:15 p.m., rotating activities on a weekly basis and include both indoor and outdoor activities. Eg shuttle run, skipping, hula hooping, sittersize, dancing, movement to music, etc. Monthly events include yoga, newsletters focusing on a health theme of the month, healthy recipes, website info for students and parents, and info on where to find additional info on the Theme of the Month. Extracurricular activities: Grade 1-6 Intramurals, soccer club, running club, speed skating club, softball club, "Hoop it Up" tournament, yoga.
Harrow School	To promote fair play, movement, cooperation, and inter-age play. Grade 6 students will be trained to work with younger students and show them playground games, how to take turns and how to solve differences. The goal is to keep active.
Inkster School	During February, we will be doing "Healthy heart" fitness activities. As part of these activities, we will be having a "skip-a-thon" in the gym. Students will be jumping rope at various stations. Money will be used to purchase skipping ropes of various lengths.
Isaac Brock School	Jelly Bean Olympics: Students will compete at various activities. Gold, Silver, and Bronze awards will be given for each activity. Gold - 3 jelly beans; Silver - 2 jelly beans; Bronze - 1 jelly bean.
Isaac Newton School	By purchasing pedometers we can show people how active they are and help them become to be more active.
J.B. Mitchell School	Promote health, being active, and participation through a jump-a-thon with the money being used to purchase more skipping ropes.
John M. King School	Grade 5 & 6: Mini NBA Basketball tournament. Students will be placed on teams from various NBA cities and will compete in a round robin tournament followed by playoff games. All teams will be co-ed.
Kelvin High	We will be running a lunch hour fitness club open to all students and staff who wants to drop in and participate. The club will include aerobic machines, light weights, skipping, stretching and circuit work. The funding will be used to purchase skipping ropes and workout balls.
Kent Road School	Participation in the International Walk to School Event. We are registered as a school for parents and students to all walk to school. Following the walk a healthy drink and snack will be served to the students. This school project will promote healthy active living by students. This school project will promote healthy active living by encouraging physical activity and healthy eating. Students and parents involved.
École La Vérendrye Immersion	Our school would like to start a new Leadership Program for sport activities done during the lunch hour in the gym. We want to promote sportsmanship, respect and safety during different physical activities. We will need some help supplying balls, whistles, timers, manuals, t-shirts, nets, etc...
Laura Secord School	I would like to use this money to purchase equipment that 550 children will use. Our budget is quite limited and equipment is so expensive!! Ex. 6 lacrosse sticks, workout video, etc.
Lord Nelson School	We will use the \$100 to purchase the Jump 2 B Fit program and skipping ropes. This program is endorsed by the Canadian Association for Health, Phys. Ed, Recreation and Dance (CAHPERD). This skipping program will be beneficial for all P.E. classes. A skipping club will be formed for any Grade 3-6 students who further wish to pursue these skills. The Jump 2 B Fit program includes a manual/video/CD.
Lord Selkirk School	The money would be used to buy "Circus Club" equipment. A "Circus Club" would be run at lunch time for students who generally don't participate in intramural sports.
Luxton School	Recess Activity Patrols - acknowledge students that are participating in games or activities and most of all playing fair. Identify & give pizza party at end of month for children participating. "Participators are winners".
Machray School	Healthy Heart - Get Jumping! Focusing on the benefits of skipping (Jump Rope, Skip-N-Hop, Moon bouncers). Skills taught in class and open noon hour club. Also Chinese bands and tinkling bands.
Meadows West School	As part of our School Plan, increasing fitness levels among staff & students is a priority. The 2003 - 2004 school year is the second year of this initiative. The whole school walks @ 9 a.m. each day (weather permitting). Funding of \$100 will be used for incentives & fitness posters. Parents are invited to participate. Parent council supports the priority.

School	Description of event
Montcalm School	**These students attend M.A.T.C.** We want to increase the activity level of our clients as their medications make them prone to weight gain. Some of them are at risk of becoming diabetic. We would use pedometers (5 @ \$20) in groups/classes to monitor their activity level to encourage them to become more active. Due to confidentiality no pictures could be taken of any clients.
Montrose School	Parachute display at assembly, field day and play day events.
Mulvey School	Lunch hour floor hockey intramurals. Grade 4-6. This will promote physical activity outside of regular school hours. Funding will be used for "easy-on-off" goalie equipment. The team that has the best attendance and shows the most sportsmanship will get to play a game against the staff and any parents. Student leaders to referee.
Norquay School	I would like to purchase posters showing safety awareness in the gym and also posters depicting movement activities the students could participate in during the gymnastics unit in February 2004. Because of our large special needs population, visual graphics are very important to help these students learn. They are very colourful and informative and would enhance the Phys. Ed. program at our school.
Prairie Rose Elementary School	Lunch hour resistance training for staff members and parents of school. 90% of staff are females between the ages of 35-55. We would like to purchase surgical tubing and weights.
Principal Sparling School	Action Afternoon! One of our school priorities for 2003-2004 is to promote Active Living and Healthy lifestyles. The children will have an opportunity to travel to several stations on the school premises. Each station will involve an activity or a nutritional information component. Nutritious snacks will be purchased.
Queenston School	Partial payment of a parachute which will be used for displays, field day and the annual Spring (June) Carnival.
Ralph Brown School	Playground Leaders: Every recess, Ralph Brown playground leaders organize games with Grade 1-3 students. At the end of the year we can use the \$100 for prizes for our playground leaders.
R.B. Russell High School	Involving just school staff and students, our event is called the Pumpkin Olympics and is a whole school affair. All the classrooms and shops programs are divided into teams and they compete against each other. The event takes place in the gym and consists of a series of different relay races. This event aims to meet a couple of objectives. The first is to try to get as many of our students active during this half day and the second is to bring the school together on a social basis to raise school spirit amongst the student body. The day will conclude with a dance for the final physical and social release.
River Elm School	Need long skipping ropes for each classroom to be used at recess and during noon hour skipping club. We are starting the Jump 2 B Fit program and need to purchase more ropes.
Robert H. Smith School	International Walk to School Oct 8th. Students, staff and parents involved.
Robertson School	Student will participate in an "Activity Afternoon" to promote a healthy lifestyle. All students will participate in four fitness activities for 20 minutes each.
Rockwood School	We have undergone an initiative to have students participate in active lessons of an academic subject. Called "curriculum in motion" students would be taught math, science, social studies, language arts, health, etc. in an activity based way. The student would be active in classrooms, hallways, outdoor areas or gym if available. Monies would be used to purchase equipment needed such as bean bags, aerobic tapes, skipping ropes etc.
Sargent Park School	The Great Pumpkin Olympics - Students in Gr. 7 and 8 will be organized into teams, all teams will participate in a variety of relays, running, throwing, hopping, catching, crawling, etc. Students will participate in the gym for part of the morning and throughout the lunch hour. The elementary students will do the same in Phys. Ed. Classes.
Shaughnessy Park School	Buy skipping ropes and hula hoops to increase fitness
Sisler High	I am planning a "Back to School" dance at the end of September. All S1-S4 students will be encouraged to attend. School staff for supervision.
Sister MacNamara School	Ten swimming and water safety lessons at Sherbrook Pool for all Grade 3 students. The students take a brisk 15 minute walk to the pool, swim and walk 15 minutes back to the school. Parents assist with walking and supervision.

School	Description of event
St. John's High	Pilates Session. This will be an active session where participants will be introduced to a physical activity not currently offered in the school. The importance of physical activity and the health benefits of active living will be emphasized. Students, parents, community and staff will register in advance for a one hour session. Pilates will occur before or after school (depending on interest). Additional sessions will be organized if numbers warrant. An instructor will be hired to lead the sessions.
Stanley Knowles School	Intramural Tae Bo and yoga at noon for Junior High students. We want to introduce students to activities they can pursue on an individual basis.
Strathcona School	Presently at Strathcona School a weekly Fitness Club is held. Approximately 30 Students gather in the gym every Wednesday from 3:30 to 4:30. Activities include running, stretching, aerobics, sit-ups, push-ups, etc. The importance of nutrition and healthy lifestyles are discussed. During the week of January 26-30, 2004 we are planning a "Fitness Week". This will entail daily activity breaks (for example, get out of your chair and do 10 jumping jacks) over the intercom, and a special event at Fitness Club itself. We will invite parents to come to the club. We would like to have T-shirts for the students and healthy snacks after the work-out is finished. we would also like to have a draw for a basket filled with healthy snacks. The funding would be very helpful in making this event with parents a success. Your consideration would be greatly appreciated.
Tech-Vocational High	Pedometers: Three testing time slots through the school year; 3 mile walking test/Rockport Walking Test; Class time; Promote healthy active living and learning how to target heart rate zones.
Tyndall Park Community School	During "Walk to School Day", bottled water will be given to those students who walk to school. We assume this will be incentive for our students to walk on that day, and an appropriate reward.
Victoria Albert School	"Hula Hoop-Off" Event: featuring tricks, demonstrations, and a continuous "hoops in motion" challenge open to all students in every grade. The event will also feature a variety of mass participation dances.
Wellington School	Winter Breakfast - Grades N-2 have breakfast for 20 minutes - pancakes and oranges in MPR. For the next 20 minutes they will take their pictures with Santa. Play in the gym through in a Lost in Space circuit - like a jungle gym activity for 30 minutes. Grades 3-6 don't have picture with Santa. Eat healthy food and do physical exercise. Each grade has certain time scheduled for their activity.
Weston School	We are planning an hour long dance-a-thon in the gym. All students, teachers, T.A.'s and some parents will be involved. We will be doing folk dances of all cultures. The purposes are cultural awareness, dance as a healthy physical activity, and fundraising. A nutritious snack will be given at the end. Lunch program, local businesses are supplying prizes for incentives to dance and raise money.
William Whyte School	We will have a daily physical activity (i.e. 10 jumping jacks) which will be coordinated over the PA system. Students, staff, parents in parent room involved.
Wolseley School	To celebrate "active living", the students from Wolseley School will undertake the challenge of reaching a goal of 10,000 steps taken in one day. The students from one classroom will wear pedometers all day long and will attempt to keep active and achieve 10,000 steps by the end of their day. Students will use parental assistance to start their own pedometer each morning at home. At the end of the day each child and their parent will remove the pedometer and record the number of steps that they have taken on that particular day. The following week at school, students will work with their teacher to graph their own walking results for the week and to also graph their class results. School would like to use funds from the "Healthy Schools" campaign to purchase a class set (25) of pedometers.