



TDSB Fit for Life Program

Monthly Newsletter



March 2014-Olympic Edition

Rene Gordon Health and Wellness Academy's Walking School Bus



Every Wednesday morning students from Rene Gordon Health and Wellness Academy have the opportunity to "board" the Walking School Bus. In an effort to promote active transportation and physical activity the school has created this mode of travel to get to school.

To learn more about the Walking School Bus program visit <http://www.saferoutestoschool.ca/walking-school-bus>

"Climb aboard the Walking School Bus and get ready...to make friends, have fun, get fit and stay safe!"

CHARACTER DEVELOPMENT IN ACTION

March's Character Trait is Honesty

Set SMART (Specific, Measurable, Attainable, Realistic Time Bound) goals regarding your personal fitness levels and be honest about what you can do. That is a true measure of your ability and allows for improvement.

HPE App of the Month appoLearning



Download appoLearning to find the best educational apps for kids and high school-aged students handpicked by teachers and app experts. appoLearning showcases the five best educational apps across more than 150 different subjects.



TDSB Schools Celebrate the Olympic Games

Across the Toronto District School Board schools celebrated the spirit of the Olympic Games throughout the month of February. Staff and students made cross curricular connections through the [Canadian Olympic School Program](#) and many participated in their very own Olympic Days that included physical activity and Olympic-themed activities.

The excitement of the Games spread across continents from Sochi, Russia to Toronto, Canada where students learned the names of new heroes such as Dara Howell (free style skiing Gold medalist) and Mark McMorris (snowboarding Bronze medalist).

Toronto plays host to the next big Games, the [2015 Pan Am Games](#) and this too will allow our students to increase their learning using sport as a backdrop.

Fit for Life School Update- Glen Ravine Jr. PS

-submitted by Victoria Spadafora, TDSB Fit for Life Program School Representative



In December, the Fit for Life team at Glen Ravine Jr. Public School organized a fundraiser for World Vision, where each student was asked to donate \$2.00. We managed to raise \$465.00, with which we purchased four chickens, a rooster, a goat, a pig, and an alpaca. These animals will provide a nutritious supply of food, fertilizer to grow crops, income for the families as well as a better hope for their future. In the spirit of giving and the love of fitness, we celebrated this great achievement as we danced our little hearts out at the Fit for Life- Pyjama Jam. Special thanks to all the student Fit for Life leaders and support from staff, parents, and students that helped to make these events so memorable and such a great success.



March is Nutrition Month

If you find it challenging to cook nutritious meals and snacks, you're not alone. That's why Nutrition Month 2014 is focused on showing Canadians the many ways that they can Simply Cook and Enjoy!

From recipes to eating tips, resources and more, you'll find everything you need to make wholesome cooking a part of your family's daily routine.

For more information visit <http://nutritionmonth.ca/>

Paralympic Schools Program



The Petro-Canada Paralympic Schools Program is a free online teachers' resource to help teachers engage students in the Paralympic spirit. It provides teachers with the resources to educate students on parasport and establish positive perceptions of people with a physical disability.

This year, the Canadian Paralympic Committee (CPC) will be launching a new, innovative elementary education program that will focus on physical literacy, fundamental movement skills and the importance of parasport in society. These resources will be designed in collaboration with Provincial Ministries of Education, National Sports Organizations and other key stakeholders in the education community. This new educational resource will assist schools in assuring inclusivity and integration, and will also provide further opportunities for students of all abilities to access academic and sporting opportunities.

For more information visit <http://www.paralympic.ca/paralympic-schools-program>

Turn this page over to see how TDSB Schools have used the Sochi 2014 Olympic Winter Games to engage students in physical activity and meet curriculum expectations for various subject areas.

TDSB Schools celebrate the Sochi 2014 Olympic Winter Games



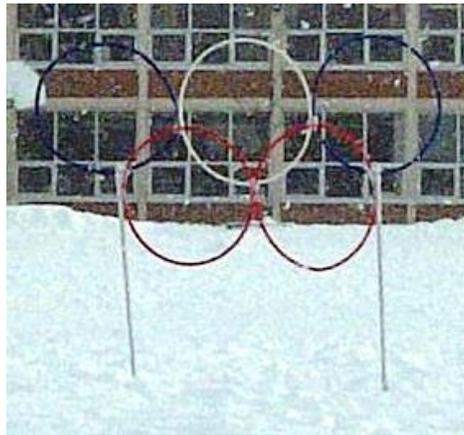
Vradenburg PS holds its first annual Winter Classic hockey game



Karen Kain School of the Arts students create fictional "athletes" in Media Studies



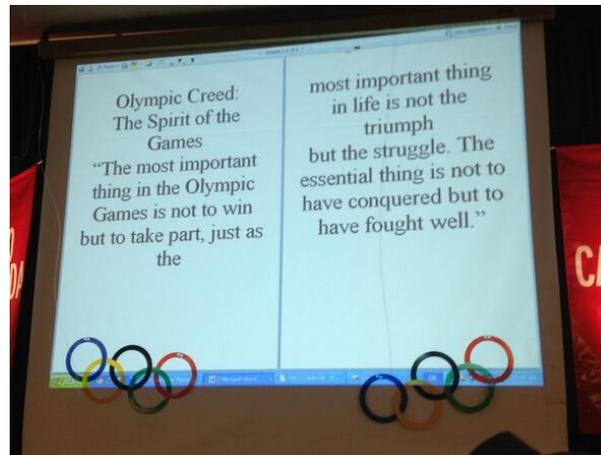
Students at Sloane PS "meet" the Canadian Olympic Team



The Olympic Rings at the Vradenburg PS Grade 1 Olympics



Donview Middle Health and Wellness Academy students participate in beanbag curling



The Olympic Creed from Donview Middle Health and Wellness Academy's Olympic Day



How do I do this?

Pretend you are skiing on a flat surface. Jump up and do a scissor lunge. At the same time pump your arms. Complete twenty (20) of these.



STATION 5

OLYMPIC SPORT:
 NORDIC (CROSS COUNTRY) SKIING

20 CROSS COUNTRY SKIING STRIDES

Students at Brookhaven PS participate in an Olympic-themed Fitness Circuit



The Athletes (Vradenburg PS Grade 1 students) enter the "stadium" for their first event.



Vradenburg PS students participate in a new Olympic sport...snoccer (aka snow soccer)