

Looking for ways to include
Physical **activity** in your
learning improvement plan?

School Community Councils

Help **shape**

successful schools

30 minutes
of physical
activity
every
day for
every child.



Want to see how other School Community
Councils have made physical activity a
priority in their schools?

Visit www.saskatchewaninmotion.ca
Or call 1-866-888-3648

Don't forget
physical
activity.

Make your **vision** of a healthy school a reality

As a School Community Council you care about the health of the students in your school. There are many ways to promote healthy behaviors in your school – behaviours that will have a positive impact on families and your community.

Make physical activity part of your school's learning improvement plan.

How do you support a healthy active school community?
Check those that apply to your school?

- Our school understands and celebrates the importance of physical activity for better health, academic performance, sleep, self-esteem, weight control and ability to handle stress.
- Our school encourages life-long participation in physical activity through development of skills, knowledge and attitude. We ensure students get



We're proud
to be an
in motion
school!

the 150 minutes of Physical Education in the curriculum every week. At the high school level timetabling makes it possible for students to continue to take Physical Education beyond Wellness 10.

- We're proud to be an in motion school! We ensure a minimum of 30 minutes of physical activity every day for every child. This may be through incorporating physical activity into regular classroom activities and lessons; through recess; or through activities before, during and after school. High school students are playing a leadership role to increase physical activity.
- Our school encourages parents to be active with their children and teens. We know that children and youth need 60-90 minutes of physical activity every day, and families play an important part in nurturing physically active behaviors.
- We're proud to say our council is looking for new and creative ways to change or implement policies that support physical activity.