

Physical Activity Policy Package for Northern Saskatchewan School Divisions and Education Authorities and Community Schools

The Physical Activity Policy Package for Northern Saskatchewan School Divisions and Education Authorities and Community Schools was completed by the Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP) and Saskatchewan in motion.

Physical Activity has immediate benefits for children, teachers and schools. Research has shown that Physical Activity increases self-esteem, improves academic achievement and results in less aggression and fewer discipline problems in school. A study conducted for Saskatchewan in motion found that 73% of Saskatchewan youth aged 13-19 and 71% of children aged 5 to 12 are considered insufficiently active for optimal health benefits (Fast Consulting, 2005).

Inactive lifestyles and poor dietary eating habits also put us at risk for many serious illnesses associated with physical inactivity, including diabetes and heart disease. Quality Physical Education and Physical Activity Programs will enhance Physical Activity opportunities and benefit student health. To help guard against these diseases and other illness associated with physical inactivity, it is essential that children and youth engage in healthy lifestyles.

The policy package was developed to support the strength of commitment and action to Physical Activity in schools across Northern Saskatchewan. It provides suggestions and ideas for action at all levels; from students and parents, to school councils and divisions/authorities, that can strengthen the school and home environment to support children and youth to lead active, healthy lifestyles.

The policy package includes the following information:

- A background description on Physical Education and Physical Activity;
- "Action Lists" of what School Divisions/Education Authorities, Community School or Parent Advisory Councils, Administrators, Teachers, Parents, and Students can do to increase physical activity;
- Sample policies for School Divisions/Education Authorities and Local/Community Schools; and,
- A Resource List of organizations, programs and grants that support Physical Activity.

For more information, please contact Judy MacLeod Campbell at 425-3127, extension 5.