

# Alberta Active After School enews



June 2018: Supporting Summer Programming

## Alberta Active After School

Upcoming Professional Learning to Support Your  
After School & Summer Programming



The 2018 Out-of-School-Time Conference is being held on Thursday June 28, 2018 from 8:30 a.m. to 4:30 p.m. at the Central Lions Recreation Centre in Edmonton.

Activities to Support  
Your Program



Looking for some fun activities to try in your program that are age appropriate? Check out the [Active After School website](#) for a bank of activities that let you search by Age Group, Group Size, Play Area, Activity Type, Fundamental Skill, and Adaptations.

This one day conference focuses on providing practical supports for out-of-school time program leaders as they gear up for summertime programs. Sessions include Behaviour Management, Back Pocket Games, Enhancing Social and Emotional Well-being through Daily Physical Activity, JUMP Math, and more!

The cost to attend is \$20, which includes all workshops, sessions and lunch. For more information, and to register visit: <https://2018-ost-conference.eventbrite.ca/>

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## FREE Online Training Opportunities

Looking for some fun mini workouts and games to play in your program? The AMA Youth Run Club recently hosted a series of webinars focused on fun games and workouts. Check them out on the [Ever Active Schools YouTube](#) page.

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## Program Spotlight: Kidz Club (Sylvan Lake, Alberta)

Sylvan Lake School Age Care Society, more commonly known in the community as Kidz Club has 4 before and after school care programs that run from Beacon hill, Steffie Woima, CP Blakely, and Our Lady of the Rosary. Kidz Club has ages 4.5-12 children and runs throughout the year Monday - Friday, including full days in July and August. Each program is dedicated to providing professional care and has licensed and accreditation status. During the summer programming, Kidz Club takes full advantage of accessing local services and activities. The children love walking to the beach and utilizing the awesome parks and waterfront activities that Sylvan Lake has to offer. Each day the children are engage in different activities that include biking, swimming, games, crafts, bowling, etc. Special guests are invited into the program to present other options such as yoga, drumming, dancing, and learning about their natural world, just to mention a few. Physical activity is so important to our program from or children's well being overall, their interests surround these type activities, and it helps with boredom and redirecting behaviours.



Overall we see a lot of positive outcomes with regular programming that incorporates physical activities

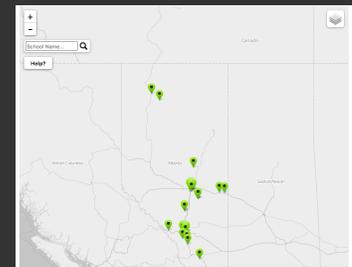


Looking for ways to build artistic engagement and physical literacy in your after school program? Check out the National Ballet School's Sharing Dance Day 2018 [Community Toolkit](#)

National Sharing Dance Day is in **June**. More information can be found [here](#).

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## Healthy Schools Alberta Map



Interested in connecting with other after school programs across the province? Check out the [Healthy Schools Alberta Map](#) where a number of after school programs are listed.

Interested in being added to this map? Email [louise@everactive.org](mailto:louise@everactive.org)

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## Healthy Schools Alberta Blog



Every Wednesday on the [Healthy Schools Alberta Blog](#), Ever Active

Kidz Club prides itself in offering positive care, professional staff, and a variety of activities that every child can enjoy.

*Have a story to share about your after school program? Email [louise@everactive.org](mailto:louise@everactive.org) to be featured in an upcoming edition.*

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## Provincial Activity Guidelines for After-School Programs: Research Opportunity

With funding provided by the Ministry of Culture and Tourism, Ever Active Schools has drafted physical activity guidelines, and an implementation guide, for after-school programs in Alberta. Interested in checking out these guidelines? Please visit [everactive.org/aaas](http://everactive.org/aaas).

Ever Active Schools is collaborating with researchers from the University of Alberta on an important new provincial-wide after-school research study. This study aims to learn more about physical activity opportunities and related policy, professional development, and barriers and strategies in after-school programs before and after the release of the new provincial after-school physical activity guidelines. You may receive an email regarding this study on June 4th or shortly after with a link to a questionnaire. We would greatly appreciate if you could participate in the study by completing the questionnaire. You can also complete the questionnaire by clicking on the following link: <https://redcap.ualberta.ca/surveys/?s=447RDJM84C>

The questionnaire will be open until the end of June and participants can choose to be entered into a draw to win 1 of 2 \$100 resource/equipment items of their choice.

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Supporting Healthy School  
Communities in Alberta



Schools publishes a new article on a topic related to Comprehensive School Health. Check out one of our most recent on resources to support physical activity in after school programs: [4 Online Resources for Adding Physical Activity to Your After School Program](#).

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## Stay Connected

