

Alberta Active After School eNews



September 2018: Gearing Up for Back to School

Alberta Active After School

Activity Ideas to Support Your Program



For this edition of the AB Active After School e-newsletter we turned to our colleagues in BC to find out what their favourite resources are for activity ideas. Alex Inglis' (BC After School Sports & Arts Initiatives) favourite resources include PEGames.Org and BOKS Canada. Check out these

About this e-Newsletter

Alberta Active After School
eNews



This electronic newsletter is disseminated 4 times a year (January, March, June and September) and is designed to help navigate and identify resources available for after-school programs in Alberta.

Interested in viewing previous editions? [Click here](#).

Know of someone else who may benefit from receiving this newsletter? Please have them [sign up here](#) to receive future editions of the Alberta Active After School e-News.

resources for some activity ideas you can implement in your after-school program.

You can also check out the [Canadian Active After School Partnership Activity database](#) or [Active for Life's Activity database](#) for activities that let you search by a variety of options, including age range, skill, space, equipment, group size, etc.

Loose Parts Play & After-School Programs



Did you know that play is more than a simple spare time luxury for children?

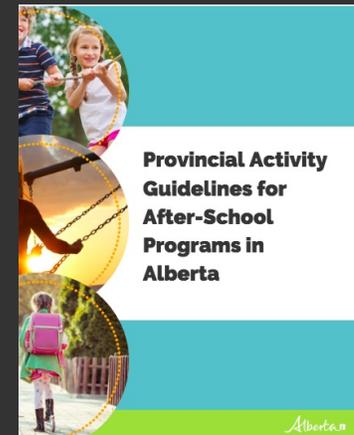
Article 31 of the United Nations Convention on the Rights of the Child states "That every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child."

Fundamental to child development, play supports growth in positive mental well-being, physical health, cognitive health and social skills - but 'play' is often a misunderstood term. After School Programs are in a unique position to contribute to child development through play opportunities without the demands of school or home life.

So why Loose Parts Play? Loose Parts is a simple, low-cost approach to play that provides endless opportunities for children to use their imaginations, problem solve and play collaboratively. Loose Parts are cheap, or no-cost, recycled items that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. The more materials and individuals involved, the more ingenuity takes place.

Interested in learning more about Loose Parts Play and what it can look like in your program? Check out Pop-Up Adventure Play and Playground Ideas' [Loose Parts Play Manual](#) or get a group of after-school providers together and request a [Loose Parts Play Professional Learning Opportunity](#) from Ever Active

Provincial Activity Guidelines for After-School Programs in Alberta



After-school programs play an important role in supporting the health and well-being of children and youth. One component of this is helping Albertan children and youth reach the [Canadian Physical Activity Guidelines for Children and Youth](#). Alberta will officially be launching the new Provincial Activity Guidelines for After School Programs in the coming months.

Interested in checking these guidelines out? Visit everactive.org/aaas

Research Opportunity

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, barriers and strategies in after-school programs.

You may have received an email regarding this study over the summer with a link to a questionnaire. We would greatly appreciate if you could participate in the study by completing the online questionnaire if you haven't done so already. You can also complete the questionnaire by clicking [here](#).

Upcoming

AMA Youth Run Club



The AMA Youth Run Club is a free, fun and flexible program that is designed to get all kids moving. The Alberta Medical Association and Ever Active Schools, provide all the necessary resources to start and run a successful club.

Implementation of the Youth Run Club is easy: simply just register and run. You can run laps of a gymnasium, play running games, run outside in a field, or run on local trails. Depending on the location of your After School program, where and how far you run may look different than other clubs. You may choose to run five times a week or just once. Your program can run year-round or just in the warmer months. For additional information and to join the club please click [here](#).

Please save the date for the following FREE coaches workshops:



AMA YOUTH RUN CLUB

COACHES WORKSHOPS

Join the AMA Youth Run Club for a FREE Coaches Workshop in your area. These workshops will give you all the tools to build a run club lesson. Come prepared to share and leave with new ideas.

<p>EDMONTON September 26, 2018 Time: 5:00 - 6:30 Location: TBD Interested in hosting? Let us know!</p>	<p>MEDICINE HAT October 2, 2018 Time: 5:00 - 6:30 Location: TBD Interested in Hosting? Let us know!</p>	<p>CALGARY October 3, 2018 Time 5:00 - 6:30 Location TBD Interested in Hosting? Let us know!</p>
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Live Active Summit 2018 is October 18 - 19, 2018.

The Live Active Summit is a catalyst for active living, active recreation and sport in a school or community setting. Gear up for active sessions, engaging keynote speakers and opportunities to exchange knowledge. Enjoy two days of collaboration and conversation as we come together in Edmonton to learn and share best practices for creating active communities.

For more information visit: everactive.org/liveactive

Stay Connected



Supporting Healthy School Communities in Alberta

