



## September 2011

Welcome Back Teachers! We hope you've enjoyed your summer! Here is what's coming up in the 2011-2012 school year:

### 1. 2011 SAG – 'iPlay'

The Seven Oaks School Division will be hosting SAG 2011 on Friday, October 21, 2011 at the Maples Collegiate in Winnipeg. The theme for SAG 2011 is "iPlay" featuring a keynote presentation by Stephen Bargatze, inspirational speaker and magician. The SAG 2011 web page with all registration and information will be launched on **September 1, 2011**. Stay tuned!!



### 2. 2011 TUCK Workshop – Health Education = Lifelong Participation!

Mark your calendars!! The 2011 TUCK workshop will be held on **October 20, 2011** at the Red River Community Centre! This year's theme is Health! [Click here](#) to view the sessions and to register. The deadline to register is October 7, 2011.

### 3. MPETA Journal

It is amazing how quickly time flies when you're working on your own projects at home. Did you or someone you know do something exciting and invigorating this summer that you would like others to know about??? The deadline for the October issue of the MPETA journal is September 12<sup>th</sup>. We would love to hear from you!! Email us your articles at [mpeta@sportmanitoba.ca](mailto:mpeta@sportmanitoba.ca). Thanks! Darla Armstrong, MPETA Journal Editor

### 4. 2010-2011 MPETA Awards Ceremony

The 2010 MPETA Awards nominations are now being accepted! Please consider nominating a physical education teacher in your division! For more information, [click here](#). Nominations are being accepted until **September 14, 2011**! The MPETA Awards ceremony will take place on Thursday evening, October 20, 2011 at Maples Collegiate.

### 5. Everyone Jump 2011/2012 - Register now

Everyone Jump is a school-based diabetes awareness and prevention program for Grades 1-6 that teaches students about the importance of regular physical activity and healthy eating to prevent type 2 diabetes. It includes an Educational Challenges and opportunities to win prizes including an Everyone Jump Concert for the whole school. For more information and to register for this free resource visit [www.everyonejump.ca](http://www.everyonejump.ca)

## 6. Movement Skills Committee update

The Movement Skills Committee website is now live and can be viewed at <http://www.movementskillsmanitoba.com/>

## 7. At My Best - Winnipeg School Opportunity on Breakfast Television

**At My Best** is inviting local schools to share their new skills and healthy habits learned from the program with their cities and the [Breakfast Television](#) team with a back to school healthy celebration! Teachers are welcome to invite parents and members of the community to come out and celebrate too! To top it all off, the Breakfast Television live-eye team will be there to capture it all. We are happy to work with each school to bring their healthy celebrations to fruition. From activity details to day-of coordination, At My Best will provide support all the way through. It should be a fantastic morning and a great opportunity for each school to inspire their communities as an ambassador of healthy living and innovative teaching.



**At My Best** wants to thank schools for helping make a difference in the lives of Canadian families by incorporating the program into their curriculum.

Feel free to also visit the At My Best website at [www.atmybest.ca](http://www.atmybest.ca) or contact **Caley Hulme**, Program Manager - Physical & Health Education Canada (PHE Canada) @ 613-523-1348 ext. 222 or [caley@phecanada.ca](mailto:caley@phecanada.ca)

## 8. No Bully Zone Resources

Don't forget to order your resources! MPETA and 'The NO BULLY ZONE' have partnered together to extend special offers and create greater awareness of these anti-bullying resources available at [www.nobullyzone.com](http://www.nobullyzone.com). The multimedia "No Bully Zone Workshop", "Safe Schools Challenge Video Game Show" and free activities package can now all be downloaded directly to your desktop!

**MPETA members save \$20** (non-members save \$5) off of the special \$49 price when ordering online using unique MPETA discount code. Contact the MPETA office at 926-8357 or [mpeta@sportmanitoba.ca](mailto:mpeta@sportmanitoba.ca) for unique discount codes.

## 9. Don't use your brain for breaks!

As part of the 2011 Helmet Safety Program, the Sport Medicine & Science Council of Manitoba has posters available for printing and can be mailed upon request. Wearing a helmet reduces your risk of a head injury by 85%! For more information, please visit [www.sportmed.mb.ca](http://www.sportmed.mb.ca)



**1. Para Swim Program - Competitive Swimming for Persons with a Disability**

Do you know a student that would be interested in challenging themselves in our competitive Para Swim Program? Our Para Swim Program is a competitive program for Athletes with a Physical Disability. We are actively looking for athletes with a physical disability who want to compete in an environment that allows them to challenge themselves on a level playing field. Please take a look at our [poster](#) and contact us for further information: **MCPSA Swim Program** –

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**Active Kids. Healthy Future.**