

Long Lake Public School

Fitness /Activities

Small Gym – NO PROBLEM

LLPS, physical activity is offered in many unique ways as space is limited in the building and season changes. Like skating, cross country skiing, and snow shoeing, this amazing small school competes big with offering amazing fitness opportunities.

Outside Support

- Over the years, LLPS has been supported by different non-profit and personal funding donations to support fitness and health.
- Monies have been used for skis, show shoes, and an amazing play structure used by all students at LLPS
- NEWS – Yesterday- word of \$2000 donated to be used for purchasing new cross country skis by S'Cool Life Fund, - non-profit program (Local)

Running Club

- Parent /teacher program- set up with assistance of health and fitness professionals
- Twice weekly half hour walk –run training sessions to teach proper techniques in run training.
- Sessions included warm up/ alternating walk run /cool down and proper stretching
- Educational – why's and how's of fitness and nutrition

Who ran?

- All classes/ ages were involved.
- Tues and Thurs afternoons – 2:30 -3:00 pm was designated for fitness time.
- Training took place outside perimeter of school and soccer field
- Rain days – inside activities supporting large muscle development was set up.
- Teacher supported the kids – they ran/walked too.

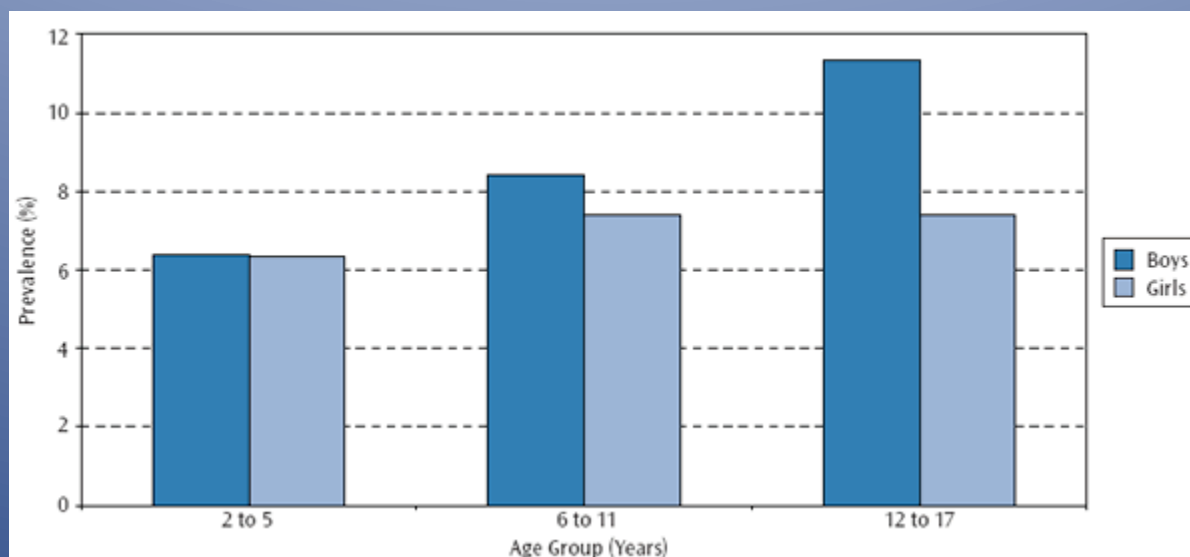
Fitness Benefits

- Encourages life long habits of physical fitness, with little equipment (runners and comfortable clothes).
- Everyone can move.
- Running /walking personal goals
- Everyone can join, not just those who are picked for a sport team
- Decreases disease issues -obesity and diabetes.

Obesity Rates

- Exercise, as we are all aware is a pivotal part of not only physical health as well and mental health.
- The obesity rates in our children are rising at an alarming rate.
- Childhood obesity is of concern because it not only increases the risk of obesity in adulthood,⁸ but can contribute to the early development of serious health conditions such as type 2 diabetes, heart disease and high blood pressure⁹.

Prevalence of Measured Obesity Among Children 2 to 11 Years, and Youth 12 to 17 Years, Canada, 2004



Chronic Disease Surveillance Division, Centre for Chronic Disease Prevention and Control, Public Health Agency of Canada, using data from the Canadian Community Health Survey (Statistics Canada). Karen Hourtovenko, April 2010

Mental Health and Children

- One in 5 of children and youth under the age of 19 in Ontario has a mental health problem. This means that at any given time, almost 20% of students in an 'average' classroom will be dealing with some type of mental health problem - making it difficult for them to learn, or behave appropriately.

Stress and Children

- Stress can affect anyone who feels overwhelmed — even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially the quest to fit in) create stress.
- Many kids are too busy to have time to play creatively or relax after school. Kids who complain about the number of activities they're involved in or refuse to go to them may be signaling that they're overscheduled.

Sports

- sports can boost kids' self-esteem, coordination, and general fitness, and help them learn how to work with other kids and adults.
- But some kids aren't natural athletes and they may tell you — directly or indirectly
- Not every child has to join a team, and with enough other activities, kids can be fit without them.

Running Club

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- have a better outlook on life
- Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

Fitness and Emotional Growth

- When the link between fitness and feeling great, coping mechanisms and confidence, children soar and become well rounded community members. This is a pivotal part of our child's growth. Growth and Development emotionally.

5 Km “marathon”

- All kids were trained to walk/run/complete 5 km event with medals and shirts for all. We are supported by many community businesses that are either companies with children past or present attending LLPS or those who live in the area. The event was also used as a fund raiser that supported an unfortunate family in our community. Everyone benefited.

LLPS – More Than A School

- LLPS is more than a school; it is a community that supports our children to grow feeling cared for, valued and safe. Please keep the school open for the sake of our children and the next generation.

On your Mark – Get Set – GO!



Sudbury WOLVES



We stopped Traffic!



Fitness instructors and Fellow Runners



Mom's



Parents Too!



First Aid – just in case!



Everyone Wins!



Boys in Blue – Sudbury Wolves



We Did it!



Thank You!

Questions?