



TAPHE NEWSLETTER

'Keeping Nova Scotian students active and healthy since 1969'

Vol. I Issue 2

Nov./Dec./Jan.

Noteworthy dates:

Dec. 13-International Summit
Concussions in School Sports in
Niagara Falls

Jan. 24- Shaping the Future-
Engaging Healthy School
Communities in Kananaskis

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TAPHE Update

Hi everyone, I just wanted to wish all our members back to another exciting year with TAPHE. Last year we hosted a National Conference and started a website and newsletter. We have more big things on the horizon this year as we continue to build on what professional development/resources TAPHE can provide for you. I wanted to take this opportunity to thank all of you who could make it to Yarmouth for our Annual Conference this year. We were very happy with the turnout on both Friday and Saturday. Anyone who was able to stay to see Dr. Ratey speak was able to here an uplifting message. We hope to have some of the video on the website at some point in the near future. As for the new format, I believe it was successful to have a second day and we plan to do that again next year in Halifax. We want to provide as much professional development as we can for those who are interested. With that in mind we are also working on a joint conference with the New Brunswick Physical Educational Society which will be held sometime in May. Details will be released early in the new year on the website. We hope to see you there. Our organization continues to grow and evolve. We are happy to let everyone know that five members of our executive have been selected to provide feedback for the new P-9 physical education curriculum. We are joining 25 people from across the province and every geographical board had at least two representatives. We are excited that the writer has chosen people from all across the province to help with this important document. As an organization we want to

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help as many teachers as possible. You will be hearing about some other new initiatives from us in the coming months. Thank you for helping this organization to grow.

Steve Ranni, TAPHE President

Fit for the Future-2012 TAPHE Conference

The annual TAPHE conference was yet another successful display of the work that is occurring in Nova Scotia schools by hard working, professional educators. Yarmouth Consolidated Memorial High School in the Tri County Regional School Board hosted over 270 delegates with a great selection of sessions to choose from. The conference was made special this year by adding a second day of professional development with keynote speaker, Dr. John Ratey, author of the book, 'Spark', who did not disappoint with a message that needs to be heard about physical activity and the brain. Click below to find a link to Dr. Ratey's session. Also, highlighting the conference this year was the awards ceremony, especially the recognition of the Dorthy Walker Award to this year's recipient, Bev Johnstone. You can find all the awards and the recipients on TAPHE's website at <http://taphe.nstu.ca/>. Below are some comments made by conference delegates.

"I was so delighted and really felt you had brought us back to past days when I was previously involved. If there were glitches I certainly was not aware of them, and the large registration, the many good sessions, the welcoming, cheerful atmosphere - and the reinstatement of Awards were just part of the whole atmosphere of enthusiasm and optimism. It was wonderful to see so many turn up for Dr. Ratey's inspiring session on Saturday."

"I am so grateful for your positive energy and fun outlook. It was refreshing! The conference was so positive and the energy was infectious. I truly enjoyed the whole three days."

Keynote Link [TAPHE Keynote](#)



St. FX. Cohort

St. FX. is offering a M.Ed with a cohort in Physical and Health Education. As a graduate of this program I highly recommend it. It is a great way learn more about our profession, to keep up on current trends, to meet and network with great people from across the province and country not to mention get an increase in pay. I have attached a copy to our website. –Steve Ranni

Big Kahuna

I just wanted to remind you about the amazing Big Kahuna offers for TAPHE members. We receive 10% off all equipment orders, 35% off Under Armor and 40% off all Adidas Team orders. Contact Dave Jones at davejones@bigkahuna.ca. You can check out their new website at www.bigkahuna.ca

PHE Canada News



Video: What is the connection between physical education, physical literacy and community sport participation? And what role can teachers, school administrators, school boards, and parents have in supporting physical literacy? PHE Canada has produced a video exploring these issues and illustrating the importance of physical literacy in children. [click here](#)

Tennis for Schools



Tennis for Schools is a national program that supports the development of fundamental movement skills related to the sport of tennis, while increasing student knowledge and appreciation for the sport.

Developed through a cooperative partnership between Tennis Canada and Physical and Health Education Canada (PHE Canada), *Tennis for Schools* is designed for both generalist and specialist physical education teachers in Canadian elementary, middle, and junior high schools. It provides these teachers with the knowledge and tools so that they can introduce their students to the exciting potential that tennis offers in promoting lifelong physical activity and participation in sport.

Regardless of a teacher's tennis background, *Tennis for Schools* provides a step-by-step, easy to follow lesson plan that meets many of the required learning outcomes for provincial physical education curricula. Using modified progressive tennis equipment such as slow-bounce balls, smaller playing surfaces, and smaller racquets, all students in a quality physical education program can be successful in tennis. [Click here](#)

Academic Journal Entry

Yoga in Schools: A non-traditional form of program support

By: Kaelin Gillis



A largely positive side to having an 80% physical education, 20% program support teaching position this year has been the opportunity to provide a non-traditional type of program support to students at Riverside Education Centre (REC). Traditionally, program support time is devoted to academic subjects such as math and language arts, for students who need extra support. Being assigned a 20% block of program support, I have been able to provide an active type of support for students, which I strongly believe is just as important as the support given for the academic subjects.

Read the rest of Kaelin's article in the latest edition of the PHE Canada journal you can subscribe to by clicking the link [PHE Canada](#) .

TAPHE Members Response

Hey TAPHE members, feel free to send in your awesome lessons, academic works, suggestions, and ideas so we can share with other teachers across the province. Send information to the Newsletter Editor Justin Oliver at justin.oliver@tcrsb.ca

<http://taphe.nstu.ca/>