



TAPHE RECORDER

'Keeping Nova Scotian students active and healthy since 1972'

Vol. I Issue 3

May/June Noteworthy dates:

May 1- 3RD Canadian Obesity
Summit- Vancouver, BC

June 25- Conference on Sport and
Higher Learning- St. Augustine

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President's Message

Hi everyone, it has been a while since we have been in contact. I want to let you know that TAPHE is working on quite a few special projects. I will give you a brief rundown of them and I will also update you on the budget. As you will see it has been a couple of very busy months.

#1 Social Media: We believe that this will allow our communication with our members to reach new heights. This is our immediate project. We will have great articles, links, handouts and lesson ideas available through twitter starting early next week. If you already have twitter you can follow us as @taphens If you do not have twitter yet, you should consider it. There is so much information available to help us learn. If you want to learn a bit about it, check out our home page www.taphe.ca .There is a little write-up to help get you started.

#2 Curriculum:

TAPHE had a strong contingent on the recent development of the new p-9 Physical Education curriculum in Nova Scotia. We have worked hard to try to represent what we have been hearing and provided our input to the curriculum writer. We organized a face to face meeting for some of those involved in the process which

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also included other Nova Scotia government agencies. We were also able to help send one of our members to the writers home for 10 days to help polish up the curriculum. We are happy to have been able to work with the department of education and we believe that we can build this relationship even stronger as we go forward.

#3 Awards: The awards committee continues to work hard at pushing forward to make sure every board is represented. I cannot say enough about the effort this group is putting in. It is because of them that we will be recognizing some of the finest physical education and health teachers in the province.

#4 History: We are currently working on a book about the history of physical education in Nova Scotia. We are looking for your help and input. If you or someone you know has been a part of TAPHE between 1972 to present day we would love to hear from you about your time with the organization. Any pictures, newsletters, conference flyers, etc would be helpful with our research. Please forward any information to Justin Oliver at justin.oliver@tcrsb.ca.

#5 Atlantic Province Alliance: This is a personal project of mine and I would like to say that we have met with NB and PEI and will soon meet with NFLD. We had hoped to have a conference in may in sackville N.B, but we as a group felt it was too early to do something of that nature. We want to make sure we do it right when it finally comes together. I will say that we had a group of New Brunswick executive members present and participate in our conference and we sent some executive members to their conference. We have a great working relationship that is already showing its benefits and will grow in the future.

-Steve Ranni

TAPHE Update

Press PLAY on TAPHE!

Call for Presenters

Nova Scotia's Teachers Association for Physical and Health Educators (TAPHE) invites you to participate in the 2013 Provincial Conference, "Press PLAY on TAPHE!". The Conference will be held on October 25th in Halifax, NS at École secondaire du Sommet. In an effort to make the conference as comprehensive and diverse as possible we are inviting stakeholders from many areas of health and physical education to offer a presentation/workshop designed specifically for Physical Education and Health Education teachers. We are asking that presentations link to the curriculum outcomes. See TAPHE website (Teachers Union). If you are interested in participating and contributing province-wide to the health and wellness of our youth please contact Jason Flinn at jflinn@hrsbc.ns.ca by May 24th/2013.

PHE Canada News

2013 NATIONAL CONFERENCE **Fields of Plenty, Fields of Play:** *Harvesting Healthy, Active Lifestyles*



PHE Canada
Physical & Health Education Canada



MANITOBA PHYSICAL EDUCATION
TEACHERS ASSOCIATION
ASSOCIATION MANITOBAISE des
ENSEIGNANTS de l'ÉDUCATION PHYSIQUE
111 Park Avenue - Winnipeg, MB R2B 2J5

Fields of Plenty, Fields of Play: Harvesting Healthy, Active Lifestyles

October 24-26, 2013

Winnipeg, Manitoba

The National Conference provides an opportunity for delegates to network with colleagues and increase their knowledge and skills to foster healthy active living for children and youth in the school community.

Delegates are people involved with the health, physical activity and education needs of children and youth including educators, public health, administrators, recreation leaders, physical education specialists and generalists who want more information regarding physical education. [Click here to register](#)

Survey: Canadian parents show strong support for physical and health education

Two-thirds of Canadian parents believe more time devoted to physical education would improve academic achievement. Read article [here](#)

Active Living After School

As part of the Canadian Active After School Partnership (CAASP), which aims to enhance the delivery of quality after school programs, the Active Living After School (ALAS) initiative has been developed to assist after school program administrators in delivering high quality programs that involve increased access and opportunity to engage in physical activity and healthy living. For more information, [click here](#)

Apply Today: Pilot Developing Physical Literacy in Children and Youth with a Disability Webinars

Physical & Health Education Canada is seeking elementary and high school teachers to pilot test two physical literacy webinars. [Click here](#)

Advocacy



[PE: It Ain't What it Used to Be](#)

Why does PE get picked on in the media? Well, for starters, when a person has a poor PE teacher, it is probably for several years in a row – unlike the classroom where students typically have a new teacher each grade level. As well traditional PE (out of date PE) could be described, okay – should be described – as militant. Just today, a question from the today show solicited reflections related to fitness testing in schools. Check this out...

[ABLE Consultants » PE: It Ain't What it Used to Be](#)

Academic Journal Entry

Be smart, exercise your heart:
exercise effects on brain and
cognition

Charles H. Hillman, Kirk I. Erickson and Arthur F. Kramer

Abstract | An emerging body of multidisciplinary literature has documented the beneficial influence of physical activity engendered through aerobic exercise on selective aspects of brain function. Human and non-human animal studies have shown that aerobic exercise can improve a number of aspects of cognition and

performance. Lack of physical activity, particularly among children in the developed world, is one of the major causes of obesity. Exercise might not only help to improve their physical health, but might also improve their academic performance. This article examines the positive effects of aerobic physical activity on cognition and brain function, at the molecular, cellular, systems and behavioural levels. A growing number of studies support the idea that physical exercise is a lifestyle factor that might lead to increased physical and mental health throughout life. [Read more](#)

TAPHE Members Response

Feel free to let us know how we are doing and what you would like to see from TAPHE. Looking forward to hearing from you in the near future!



Twitter: @taphens
<http://taphe.nstu.ca/>