



TAPHE NEWSLETTER

'Keeping Nova Scotian students active & healthy since 1969'

Vol. I Issue I

Spring Edition

Noteworthy dates:

May 10-12- PHE Canada National Conference

May 10- Move for Health Day

May 12- Health Day Canada

June 9- At My Best Day

June 21- National Aboriginal Day

June 23- National Multiculturalism Day

BragBoard



This section is for physical and health teachers to promote events/opportunities/etc. that is happening in their area of the province. It can be used to highlight success stories such as athletic or academic achievement, grants, and teaching practices for example.

Tri-County-

Annapolis-

Halifax-

South Shore

Chignecto-Central-

Strait- *St. Andrew's Consolidated School receives \$1000 PHE Canada Health Promoting Schools Grant & \$500 Community Health Board Grant to support their healthy eating initiative called Balanced &*

TAPHE Update

Welcome everyone to the inaugural edition of the TAPHE Newsletter. This periodical will be distributed to TAPHE members four times a year with the hope of informing teachers about news from the TAPHE Executive Committee, professional development opportunities, grants, PHE Canada news, educational papers and lesson ideas to name a few things. This newsletter is for you, about you, which is why regular submissions to the newsletter editor is encouraged. We want to hear what you are doing in your classrooms and gyms, and why being a physical or health teacher is one of the best jobs to have. We want to promote each other's success stories so that people around the province know what is happening in each area. Thank you for choosing to attend 'A Harbour of Hope: Health and Physical Literacy' national conference where we can celebrate with others from across the country the great things we are doing here in Nova Scotia!

Send newsletter entries to Justin at jroliver@nstu.ca

Professional Development

PHE CANADA • TAPHE
2012 NATIONAL CONFERENCE

A Harbour of Hope: Health and Physical Literacy

Halifax, Nova Scotia | May 10-12, 2012

Nova Scotia's Teachers Association for Physical and Health Educators (TAPHE) and Physical and Health Education Canada (PHE Canada) are partnering for the 2012 National Conference, "A Harbour of Hope: Health and Physical Literacy."

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

Bright. This project will allow the school to offer a wider variety of fruits and vegetables to students free of charge at breakfast and hot lunch programs as well as support students & families in making a healthy choice!

Cape Breton-Victoria-

Conseil scolaire acadien provincial-

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educators, public health, administrators, recreation leaders, physical education specialists and generalists who want more information regarding physical education.

Awards/Nominations

Congratulations to *Mary Lou Buckle* and *Wade Banks* who have been recognized and will be presented with national physical and health education awards at the PHE National Conference. Mary Lou is the recipient of the Physical Education Teacher Excellence National Award and Wade has won the Health Educator National Award.

Wade Banks currently teaches Healthy Living at Barrington Municipal High School for the Tri-County Regional School Board in Nova Scotia where he has been teaching Healthy Living to students in junior high for eight years.

After graduating from Acadia in 1999 with his Bachelor of Education, Wade taught in Igloolik, Nunavut with his wife, Sharman, for three years before coming back to Nova Scotia to teach in his home community.

Helping the school community has been very important to Wade as he has filled much of his time being involved in various extra-curricular activities including coaching basketball, soccer, and track and field, being on the BMHS School Advisory Committee, being the School Information System lead teacher, and webpage maintenance for BMHS to name just a few things.

Wade is also scheduled to finish his Masters of Education (which focuses on health and physical education) from St. Francis Xavier this upcoming summer, where he has done extensive work in the area of hypersexualization. This work has led to his involvement with the Tri-County Women's Centre, various provincial groups related to women's rights and hypersexualization, and he has also conducted presentations to health professionals and educators regarding this important subject.

Wade loves to be with his family, he loves to support local athletics and he also loves his golf. Wade and Sharman currently reside in Barrington with their two amazing sons.

Mary Lou Buckle has been teaching physical education for many years. She is passionate about her students as well as her curriculum and ensures that she offers a quality physical education program. She has been an integral part of organizing professional learning communities with her colleagues within her school board where there was a focus on curriculum and assessment.

Besides conducting her quality program she is the integral reason Cunard Junior High has been successful at receiving various grants. Mary Lou not only supports her PE program but also ensures that she is helping to meet the needs of a wide variety of interests. Various activities that Cunard Junior High offers are because of the grant money she has received.

Continually, to promote healthy living, Mary Lou organizes a Bluenose Marathon training program for all students. With her positive connections from the community she is able to have positive reinforcements to support the active participation of students. As well as the Bluenose Marathon training program, she offers many extra curricular activities throughout the day to promote healthy living.

Once again, congratulations to Wade and Mary Lou for their hard work and dedication!

Visit the TAPHE website to learn how to nominate a Physical education or Health teacher for 2012 -2013.

Grants



Funding Opportunity

Given the clear link between health and education, many school authorities are developing and implementing policy regarding the health and wellbeing of their students and staff. If your school believes in the philosophy of HPS and would value from implementing HPS initiatives, PHE Canada may support your efforts with a funding grant.

We challenge your school to come up with a project idea that will channel physical activity, healthy eating, and overall healthy living from schools to home life, and the school community. Your project should build awareness of and inspire students, families and community members to find solutions to the barriers to physical activity, healthy eating and healthy lifestyle choices.

Check the TAPHE website to find more grant opportunities for your school!

Academic Journal Entry

BULLYING IN PHYSICAL EDUCATION: ITS PREVALENCE AND IMPACT ON THE INTENTION TO CONTINUE SECONDARY SCHOOL PHYSICAL EDUCATION

Vanessa Hurley, James Mandigo

ABSTRACT

The purpose of this study was to determine the prevalence of bullying in physical education classes and its influence on students' intention to participate in the class in the future. The study also examined the relationship between bullying and body dissatisfaction as well as bullying and physical competence in physical education. A survey was utilized to collect both quantitative and qualitative data about students' experiences in physical education class. Two-hundred and thirty-four grade students (144 F; 90 M) in Grade 10 physical education classes from 8 different secondary schools located in school boards in Southern Ontario, Canada participated in the study. Data analyses were completed using the Statistical Package for the Social Sciences (SPSS) version 16.0. Results showed that approximately 11.1% of respondents had experienced physical bullying in physical education; 13.6% had experienced verbal bullying; and 12.8% experienced social bullying. Furthermore, those who experienced frequent bullying in physical education did not intend on taking the class in the future. The relationship between body dissatisfaction and bullying was not found to be significant. However, physical competence was found to significantly predict bullying in physical education. These results show how prevalent bullying is in physical education classes and how it negatively impacts future participation in the class.

The rest of the article can be found at:

<http://ojs.acadiau.ca/index.php/phenex/article/view/1397/1182>

