
STAFF DPA



All stakeholders create a culture of learning so that students come first.

Director's Comments

Greetings!

When we had first discussed the concept of the Daily Physical Activity Pilot (DPA), it was initially pitched as an idea to the Efficacy Working Group in June of 2016 and at the onset of summer.

Admittedly, I did not share the idea with the Senior Admin Team because the Efficacy Group had been through a bit of a cathartic moment earlier that spring, when it became clear that the demands on front line staff in schools, had taken an incredibly heavy toll on their physical, mental and emotional well-being. In short, the burden being felt by teachers and education assistants, and school administration was obvious and palpable.

As the Director, it became a transferred burden to do something, anything, to try and alleviate this stress and load. I also was well aware of the uptake in absences due to illness, mostly short term but also long term too. And I heard loud and clear that staff were not feeling like they were placing the value on their health, both physical and mental, at the level they needed to be.

We also knew well that even a little bit of daily exercise for folks resulted in improved physical health, increased energy, lessened levels of fatigue, and basic overall sense of feeling better about themselves. The idea of 30 minutes a day, a commitment from each of you to ensure you put yourself ahead of other priorities, only to be rewarded by taking a lieu day to celebrate making your own health a consistent and daily priority.....seemed like a no-brainer to the Efficacy Group. Senior Admin later in August concurred and the DPA Pilot and Pledge was born. Stories of improved personal examples of health, feeling better about one's self, better diets, and more optimism outweighed any costs to the use of sick days. For that reason the DPA Day is now into its second full year of implementation and I hope will continue well into the future!

Sean Monteith, Director of Education

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Don't Let Cold Weather Stop You! [STAY ACTIVE!](#)

With temperatures ranging in the below 30 to 40 range it's easy to forget about the DPA pledge many of you made at the start of the school year. It's also easy to stay at home where it's warm and skip out on physical activity in general. Research actually indicates that exercise is one of the best ways to beat the winter blues! Staying active is good for you body and mind. Regular exercise helps to maintain performance of your lungs and heart, helps to keep your weight in control, improves muscle strength, flexibility and lowers your risk of heart disease. Regular exercise can also help to clear the mind, declutter and refocus. Incorporating physical activity and breaks throughout the day is GOOD for you and can actually make you more productive.

[6 Reasons It's Important to Workout in Winter](#)

How to Make Meetings More Active

- Schedule frequent breaks (recess break!)
- Stand when it's your turn to speak
- Schedule in wellness breaks
- Take a walking meeting
- Provide healthy snacks
- Wear technology devices that promotes movement

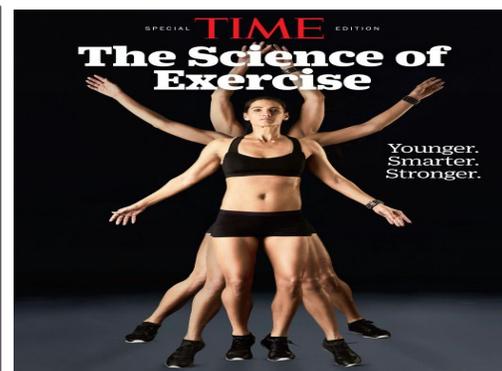


Examples of Physical Activity

- Brisk walk
- Take the stairs
- Shovel snow
- Weight training
- Yoga
- Simple stretches
- Park far away



Just Do It



Click on the link for ideas of how to get your 30 minutes of [Daily Physical Activity](#) in.
See page 3 for ideas on how to combine your DPA with your students

STUDENT DPA

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--Move This Way--

KPDSB Classroom Challenge! STARTS Feb 12!!
Aim for 20 minutes of vigorous daily physical activity with your class. Record your movement each day to be eligible for prizes! All participating classrooms are entered to win. Get your [TRACKING poster](#) and get started! **Don't forget to tweet about it #KPDPA**

New! Classroom Door Hanger Challenge!

**Design a classroom door hanger !
Challenge your students!**

For more information check this out:

[DPA DOOR Challenge](#)

FIRST NATION INSPIRED DPA Ideas

[-Winter Wonders DPA](#)

[Fitness Bursts](#)

[Classroom Stretch Ideas](#)

[.Olympic DANCE](#)



How to TAKE a RESTORATIVE BREAK

Adapted from "When-The Scientific Secrets of Perfect Timing" -By Daniel H. Pink

Taking a 10 minute break is considered as beneficial as having an extra hour of sleep! Daniel Pink lists the following tips for a truly restorative break:

1. Something beats Nothing
2. Moving beats Stationary
3. Social beats SOLO
4. Outside beats Inside
5. UNPLUG! Make your break Screen-Free!

10 Minutes not thinking about SCHOOL/WORK is the KEY!

Need some FRESH DPA ideas? I can send you some ideas for the week! Share your best tips with others! DPA is an easy way to get students learning!! Contact Lorna Tremonti : Lorna.tremonti@kpdsb.on.ca

See page 2 for ideas on how to combine your student DPA with your personal DPA