



## Health Matters Newsletter April 20, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- Board of the Year Award
- Physical Literacy Training Opportunities
- Cowichan Tribes Elders Gathering Seeking Volunteers
- BC Summer Games Seeking Volunteers
- Fundamentals of Boards Workshop



*The Gary Oak reserve is amazing and its in my back yard. Come for tea and a visit one day.*

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- May 3, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at May 10 Ramada Silver Bridge** Light dinner at 5:15 pm  
Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** May 17, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** May 17, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

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### Local Data and or Research-

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## Board of the Year Award

It's that time of the year again where we are accepting applications for the Board of the Year Award that we've been awarding since 2014.

The staff of CGC started this award to honour our board who were instrumental in purchasing our building. Since that year, we've been asking the EDs in this community to send in your application with a short explanation on why your board is awesome and deserves recognition!

The award is given (hopefully as a surprise) at the CGC AGM held on May 29th at 5pm at the Duncan Christian Reformed Church.

If you know another ED who is not on this email please send this along.  
Thank you and I look forward to your submissions on or before May 9th.

**Judy Stafford**, Executive Director  
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## Physical Literacy Training Opportunities May and June 2018

To register please call 250.749.6742 or email [clradmin@cvrld.bc.ca](mailto:clradmin@cvrld.bc.ca)

### Physical Literacy 101

The goal of this workshop is to provide a broad introduction to the concept of physical literacy. You will take part in an interactive session that will help you define what physical literacy means and ways to improve your programs. You will be provided with tools used to track development of skills and ways to encourage improvement and development across a person's lifespan.

Thursday May 24

5:30 pm – 9:30 pm (4 hrs)

Heritage Hall at the Island Savings Centre in Duncan

Instructor: Jessica Waterman – Sport for Life

Registration Fee: No charge                      max#30

Barcode: #9837

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### Physical Literacy 301

Participants will learn how to incorporate physical literacy enriched activities into a variety of settings. The activities can be easily implemented by a coach, physical educator or teacher, recreation leader or parent. Physical literacy will be discussed as a means to enhance performance, increase active

participation as well as to reduce risk of injury. Physical activity is a lot more fun when you are physically literate.

Thursday May 31

5:30 pm – 9:30 pm (4 hrs)

Heritage Hall at the Island Savings Centre in Duncan

Cost: No charge           max #30

Instructor: Jessica Waterman – Sport for Life

Barcode: #9838

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### **Physical Literacy Instructors Course**

- **Targets:** Recreation management and staff working to design, develop and deliver physical activity and quality sport programs; students in recreation programs at VIU etc.; sport coaches and instructors who design, develop and deliver sport programs; education staff; public health staff; and others responsible for the delivery of physical activity programs.
  - **4 phases of the Physical Literacy Instructor Course are:**
    1. Introduction to Physical Literacy
    2. High Five - Principles of Healthy Child Development
    3. Fundamental Movement Skills
    4. Quality Physical Literacy Experiences Workshop
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### **Introduction to Physical Literacy**

45 minute online self-directed workshop– card provided with access code. We will give participants a card with the access code once they sign up for the programs below.

### **High Five Training – Principles of Healthy Child Development**

This one-day training will help front-line leaders (anyone working with children aged 6 to 12 – i.e. camp counsellor, coaches, swim instructors) improve the quality of programs. It provides in depth training in the HIGH FIVE Principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. Topics also include bullying, conflict resolution, physical literacy, children's mental health and moderate to vigorous physical activity.

Saturday June 2

9:00 am – 4:30 pm (7.5 hrs)

Location: Heritage Hall at the Island Savings Centre in Duncan

Instructor: Municipality of North Cowichan

Cost: \$50 per person   min #8 and max #20

Barcode #9839

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### **Fundamental Movement Skills Training**

This workshop provides a comprehensive introduction to the Fundamental Movement Skills and the core competencies of the NCCP, with the help of significant hands-on activities. Through this interactive workshop, participants gain the ability to: detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle; apply a teaching process to promote the development of fundamental movement skills; adapt fundamental movement skills for participants with intellectual, physical, sensory, or behavioral disabilities; lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

Thursday May 17

5:30 pm – 10:00 pm (4.5 hrs)

Location: Quamichan Middle School Gym

Instructor: Catharine Edwards - Pacific Sport

Cost: \$55/person which includes a manual      min #6 and max #20

Barcode #9840

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### **Quality Physical Literacy Experiences Workshop**

Quality Physical Literacy Experiences Workshop is module 4 of the Physical Literacy Instructor Program. An in-person course offered by Sport for Life focused on building the ability of attendees to integrate a developing physical literacy approach to their physical activity program design and delivery. It will also provide a summative opportunity drawing in key learnings from the 3 previous modules in the program. Upon completion of module 4, you will be provided access to a separate 1-hour online evaluation to become a Physical Literacy Instructor that must be completed within 3 months of the module 4 completion date. Prerequisites for this course include: PL 101, High Five – PHCD and FMS.

Thursday June 7

5:30 pm – 9:30 pm (4 hours)

Location: Heritage Hall at the Island Savings Centre in Duncan

Instructor: Sport for Life (Emily Rand or Chris Wright)

Cost: \$104.95      min #8 and max #16

Barcode #9841

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## **Cowichan Tribes is hosting the 42<sup>nd</sup> annual Elders Gathering from July 10-12, 2018.**

They are looking for volunteers, participants, and vendors to host this amazing event, please share with interested participants and/or volunteers on behalf of Cowichan Tribes.

Their website is <https://eldersgathering.ca/>

Please forward and share this email with any other interested members within the community or surrounding communities.

Happy Friday.

Huy ch q'u (Thank You)

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## **BC Summer Games is 99 Days Away- Volunteers are Needed**

Can you give a day, a weekend? A few hours?

[www.bcgames.org](http://www.bcgames.org)

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### FUNDAMENTALS OF BOARDS

#### **WORKSHOP**

#### **"Recruit Board Members and Create a Strong Board"**

Presented by Leslie Welin of



Join us for an informative discussion on how to create a strong Board of Directors.  
Learn valuable techniques to recruit and retain Board members.

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**WEDNESDAY APRIL 25, 2018**

**5:00 pm Networking**

**5:30 pm to 7:00 pm Workshop**

Clements Centre, 5856 Clements Street, Duncan, BC

\$25.00 per person, refreshments provided

Register with Volunteer Cowichan:

(250) 748-2133 ext. 0 or [vc@volunteercowichan.bc.ca](mailto:vc@volunteercowichan.bc.ca)

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**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletter**