

GO LEAFS GO!

Dave Lane is the principal at John Darling Public School in Kitchener and a die hard Montreal Canadiens fan.

Two weeks before Christmas, he told the students that he would wear a Toronto Maple Leaf uniform if they could collect 1000 items for the food bank in just one week.



THEY DID IT!!!

And Dave followed through on his part of the deal—dressing up in Leaf's attire at a school assembly.

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COME TO THE EDGE

1999 CIRA NATIONAL CONFERENCE

May 14 & 15, 1999

Redeemer College
Hamilton, Ontario

See page 8 for details

CIRA Ontario Executive

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Vice President: Herwig Baldauf
Vice President: Carolyn Nixon
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Ideas, activities and articles are needed for future **INPUT** issues. If you have any ideas, suggestions, special events, etc., please send them to the CIRA Ontario office at the address above.

PAT'S PATTERN

The new year had brought with it a resurgence of CIRA Ontario initiatives. With the efforts of Carolyn Nixon and our office staff we have done workshops at the U. of T.; the OASPHE Conference and Canadian University Student Leadership Conference. The result is continuous requests for our *hands-on* resources. This has also given us a springboard to promote the CIRA National Conference at Redeemer College on May 14-15.

The strong leadership of executive member Andy Raithby has enabled us to promote the conference across the province through many volunteer regional contacts. The *COME TO THE EDGE* conference is being handled by

executive members John Byl (on staff at Redeemer) and Herwig Baldauf (Niagara District).

Among their "coupes" is entertainment on Friday evening by an amateur troop of performers who have been known to hang out at "Second City". All of our executive have been involved in chairing or co-chairing either a provincial or national conference and we are doing everything possible to make this conference a unique and rewarding experience to all who attend.

See You on The Edge

Pat Doyle
CIRA Ontario President

ANNOUNCEMENTS!!

CIRA Ontario is pleased to announce that the CIRA Board of Directors passed a motion at their December board meetings to direct 75% of membership fees back to the province.

Pat Doyle and Carolyn Nixon attended the **Ontario Association of Supervisors for Physical Health Education Conference** on February 1 & 2/99. Pat and Carolyn used the opportunity to promote our upcoming conference and resources. Many thanks to Carol Rocks for facilitating our involvement.

Many thanks to Jim Berry, Deanne Donahue, Cathy McCormick and Steve Peng for their time and effort in updating the **Secondary Student Leadership** resources. Updated resources are now available for sale through the CIRA National Office in Ottawa. The Elementary resources are currently being revised.


Ottawa will never be the same after Carolyn Nixon's visit in February. Carolyn presented a fun filled workshop on leadership at the **Canadian University Student Leadership Conference**.

CIRA Ontario continues to be involved in **OPHEA'S Active Schools Provincial Working Group** representing the area of Intramurals and Recreation.

Plans are taking shape for the **CIRA National Conference** to be held at Redeemer College in Hamilton this May, with a great line up of activities. The Conference Committee is pleased to announce CIRA members will receive a \$20 discount. Registrations are currently exceeding our expectations.

Thanks to Jim Berry and Dave Lane, principals with the **Waterloo District School Board**. At a principals' meeting this fall, Dave and Jim promoted CIRA Ontario's **Awesome Asphalt Activities** resource leading to a rush of book orders.

If you've called the CIRA office recently you may have spoken with **Mary Ann Caldwell**. Mary Ann is a new face in our office replacing Karen McQuigge. Welcome aboard!

Congratulations to **Karen McQuigge** and the **CIRA National Office** staff for the new and improved bulletin. *Keep up the great work.* 

WORKPLACE CONFLICT

Conflict in the workplace is inevitable. And unless your work completely isolates you from co-workers, customers, suppliers and vendors, it's likely that you have already experienced some form of conflict in your professional life. How you handled that conflict was probably a fair indication of your ability to cope with both your own stress, and the reactions of others to stressful situations.

Negative reactions to the stress involved in workplace conflict may include expressions of anger, resentment and even hostility. It is important to recognize that these reactions are part of a normal response process as a result of an overall feeling of helplessness and frustration with a stressful situation and are not a personal attack. It is equally important to ensure that your own response does not fuel the anger. To help you direct your responses, diffuse anger, and control conflict situations, some general guidelines for effective conflict communications are listed below. Try them during your next (and there will be a next) workplace conflict, or adapt them to use during personal conflict situations with family and friends.

1. *Don't take it personally.* Realize that the individual is angry at the situation, not you personally.
2. *Let the individual vent their anger* by allowing them to speak without interruption.

3. *Apply active listening skills* including:
 - maintaining eye contact
 - asking questions and addressing them by name
 - taking notes when necessary
 - restating your understanding of the problem

The person probably already feels that no one is taking them seriously. Your interest will show them that you are genuinely concerned and want to help them.

4. *Apologize and mean it.* Even if you did not cause the problem personally, tell the person how sorry you are that they have had a bad experience.
5. *Take responsibility.* Do not make it appear that you are passing blame or passing them off to someone else to deal with this issue.
6. *Do what you can to solve the problem right away.* If you don't know the answer to something, tell them you don't know but promise to find out for them.
7. *Keep your promises.* The person is probably already feeling betrayed and your doing what you say you are going to do will go a long way to regaining their trust. **C**



WILD & ZANY



Brock University of Education students witness first hand CIRA's wild and zany activities during a presentation by Carolyn Nixon in November.

IDEAS FOR action

RUN FOR YOUR LIFE

Rutgers College offers one of the largest Intramural Programmes in the United States. One of the many programs they offer is *Run for Your Life*. As part of the program participants are expected to complete one of the following: 37.5 miles of swimming, 150 miles of running, 300 miles of roller blading or 450 miles of cycling.

Participants may complete a combination of these three sports for an equivalent of 150 miles of running. The equivalent distances are:
1 mile of swimming =
4 miles of running,
2 miles of roller blading =
1 mile of running and
3 miles of cycling =
1 mile of running.



BOOKSTORE BASKETBALL

Rutgers College Intramural Basketball programme is not that different from any other league except for the sponsorship that is provided by the Campus Bookstore. The partnership is a win-win situation. Intramurals are given great prizes and give aways and the Bookstore gets their name front and centre.



VARIETY THE KEY

Intramurals at Carson-Newman College are consistently rated among the top three programmes offered at the college according to graduating senior surveys. Variety is a key component of the program. The goal is to provide *something for everyone*. Activities are designed to include the non-athletic as well as the athletically inclined students.



COUCH POTATOS BEWARE

Recreation Directors in Manitoba created a special event intended to *re-kindle* interest in physical activity—couch burning. In an attempt to get interested in *Winter Active* a number of communities in Manitoba ceremonially burned couches on February 14.

The couch burning idea was developed as an innovative way to get attention. Recreation Directors thought that getting rid of the couch would be a good first step in getting *couch potatoes* moving.

TIPS FOR A GOOD LIFE

Give people more than they expect and do it cheerfully.

Never laugh at anyone's dreams.

Remember the three R's.

Respect for Self

Respect for Others

Respect for Your Actions

Share Your Knowledge.
It's the way to achieve immortality.

TIPS FOR EFFECTIVE LETTERS AND MEMOS

- Keep most sentences short and simple: on average, between seven and 20 words in length.
- Use clear, easy-to-understand language. Replace "endeavour" with "try;" and "remainder" with "rest."
- Use active voice. Put action in your verbs. Avoid passive verbs.
- Use the "you approach." Use "your department" rather than "our records."
- Write the way that you talk. A conversational style is clearer.
- Plan, assemble and organize before you write. To write clearly you must think clearly.
- Vary your sentence length, sentence structure and vocabulary.
- Be specific; use terms your reader can picture.
- Use a positive tone.
- Proofread for grammar, punctuation and usage errors.

Source: *Bull's Eye Business Writing*

Web Site:

<http://www.basic-learning.com>

CRAZY CRICKET

A gator ball, a whistle, and a set of pinnies are required.

Use the entire gym so that one wall becomes the base and the other end of the gym is the hitting area.

The game begins with the hitting team's pitcher rolling the ball on the floor to the batter.

The batter then kicks the ball anywhere in the gym as long as it passes across the foul line. After hitting the ball the batter runs to the far wall. A player can stay on the far wall (base). Any number of batters may stay on the wall.

A run is scored when a player crosses back over the foul line.

To get a player out you must either catch the ball before it hits the ground or hit the player with the ball by throwing it at the player before they get to the wall (base.)

When a player is declared out, a whistle sounds and the entire fielding team must run past the foul line before a member of the batting team can hit anyone from the fielding team with the ball.

This may go back and forth until an entire team is able to run past the foul line.

The team that scores the most runs is declared the winner.

Vary ball type (hardness) and target area according to class level.

Do not allow sliding and make sure to clear gym of all obstructions.

Adaptions

Vary target area (below waist, etc.) and throwing techniques (overhand/underhand) according to skill level.

Batter can kick, throw, or strike ball with a fist.

Vary base distance.

Outcomes

1. Demonstrates a variety of social skills and socially positive attitudes which are appropriate to a "G.L.O." setting. Especially respect, cooperation and effective communication.
2. Demonstrates basic competence in traveling skills (running, dodging, etc.) and sending skills (throwing, kicking, etc.).
3. Demonstrates a level of proficiency in the application skills. **C**

MARSVILLE GAMES

These games were designed to have the students experiment with weightlessness and physical activity.

Tug of War

This activity is done the same way as regular tug of war with the exception that students sit on scooters and pull. There should be three scooters on each side.

Fuzzball Eliminator

The game is played on a half of a badminton court, serving straight across using a lightweight fuzzball and a badminton racquet. Divide the team into two. One person will play on one side of the court while the rest line up one behind the other on the opposite side. The game goes to one point. If you win you stay up; if you lose you go to the end of the line. Winner serves first.

Mini-Putt

Create unusual and funny golf holes using gym mats, bristle board and Styrofoam cups. Use a meter stick as the club and a ping pong ball.

Juggling

Practise a variety of juggling techniques using Styrofoam balls instead of regular weight balls. Change the style such as egg shape ball for more fun.

Around the World

Play a regular around the key game. Instead of using a basketball use a small beach ball.

Target Toss

Toss at two identical bulls eyes with points on them. For one target use tennis balls and the badminton shuttles. Note that the lighter object will be similar to throwing on Mars.

Volleyball

Using a large beach ball or extra large volleyball, play a regular volleyball game on a badminton court. Unlimited number of hits to get the ball over the net. **C**

FUNds for FIT KIDS

FUNds for FIT KIDS is a national fundraiser organized by CAPHERD involving children in Grades K to 8. It is a week long celebration that highlights the importance of active and healthy living. Children who participate in the fundraiser collect donations from family and friends to help support active, healthy initiatives in their school. The collection period finishes off with a fabulously fun physically active special event for the whole school.

All of the materials that you need to run a top notch fundraising event are provided FREE of charge when you register with Funds for Fit Kid. Once your school or community group has completed the event of the funds raised are returned to CAHPERD 65% of the money raised goes to help provincial and national organizations who develop and deliver active, healthy programs designed for and used by schools. These organizations provide resources and training to teachers, principals or other decision-makers.

If you have further questions, please do not hesitate to contact a member of the FUNds for FIT Kids team.


FUNds for FIT Kids
c/o CAHPERD
1600 James Naismith Drive
Gloucester, ON K1B 5N4
Tel: (613) 748-5622
Fax: (613) 748-5737
Email: fitkids@rtm.activeliving.ca 

FUNds for FIT KIDS Success Story

Ruth Betts School in Flin Flon, Manitoba is a shining example of just how successful a "FUNds for FIT Kids" event can be. In May, 1998 Ruth Betts School hosted a FUNds for FIT Kids multi-event week of activities, created to raise awareness of the importance of an active, healthy lifestyle for children.

After morning announcements, Junior High student leaders led stretching and aerobic sessions for younger students. The school also hosted a World Cup Soccer event where Grade 3, 4, and 5 students participated in mini round robin tournaments at noon hour.

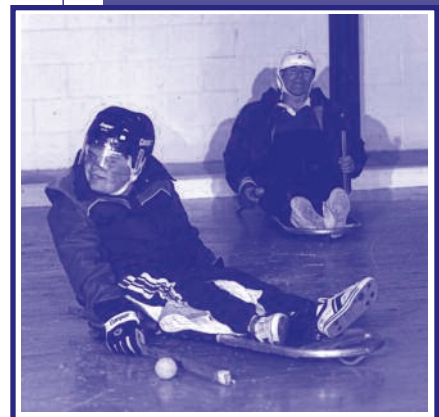
The highlights of the week were two Parent and Child Special Event Evenings. The first of these nights was held for Grade 1 students, and attracted 100 participants with approximately 50 parents attending. Students led a warm-up for parents and then all participated in a variety of physically active, co-operative games such as T-Rex Tag, Frogger, and Everybody's It. The parent council provided nutritious food breaks throughout the evening. Information pamphlets on the importance of physical activity for children were distributed to parents at the end of the evening. The parents felt that this event was a great success and they enjoyed being active with their children. Later in the week, a similar evening was held for Grade 2 and 3 students and their parents. This evening also had a successful turnout of 110 participants.

Over the course of the two week fundraising period, including the two evening events, a total of \$ 6,200.00 was raised!!! Ruth Betts School is using its portion of the money raised to build a new playground structure. 

Top Ten Reasons Why Children and Youth Should Participate in Intramural Activities

- 10** Slows the aging process, reduces the risk of injury, improves the ability to recover from illness and injury while decreasing susceptibility to physical disorders.
- 9** Establishes a healthy pattern of lifetime physical activity.
- 8** Transfer of physical stamina to everyday life experiences.
- 7** Aids sleep and muscular relaxation while adjusting to and coping with stress and tension.
- 6** Improve cardiovascular fitness, weight control, and appearance concept.
- 5** Can become competent in a positive activity that also develops self concept, aids self-esteem, and learning about self.
- 4** Learn social interaction while being exposed to leadership opportunities.
- 3** Increases the growth of bone and muscle.
- 2** Learn news skills.
- 1** It's fun!!!

Source: Adapted from published article by Jack Hutslar 



RESOURCE FILE

NEED A NEW MASCOT?

Street Characters of Calgary is a leading mascot + solutions company that not only designs costumes but also auditions and train performers.

Call 1-888-Mascots or
info@mascots.com.

OELC ANNOUNCES EXPANDED LEADERSHIP OPPORTUNITIES IN 1999

OELC will now be accepting 48 more students per course. Applications are available by calling OELC at (705) 689-5572 or oelc@encode.com.

STABILITY, AGILITY, MOBILITY

Fitter's broad range of products develops strength and endurance while helping to improve the functional elements of balance, coordination, timing, motor skills and overall body awareness.
www.fitterl.com.

GET OFF OF THE COUCH

From Couch Potato to Baked Potato is a new Canadian book, which teaches people to eat right and increase their activity levels. It is already a Canadian bestseller. Jon Dald is a former couch potato who now runs marathons! Jon worked with dietitians, exercise physiologists, family physicians and sports medicine experts to ensure the content of the book is both factual and accurate. The book is written with a great deal of humour so people will actually read it and hopefully make some positive changes in their lives. Jon can be reached by FAX at (905) 702-8302.

CONFRONTING FEARS

Children experience many fears. It's natural. Some children confront and overcome these fears; others retain them into adulthood. Leaders who understand what triggers childhood fears are better prepared to help little ones gripped by anxiety. *What can you do to help?*

Childhood Fears

Research shows that most young children experience seven different types of fears. Boys have just as many fears as girls but are least likely to tell an adult. Male stereotypes are beginning to influence young boys as they develop a gender image. By age six, a boy might not appear to be less than a "real man."

Fears are linked to a child's personal development. All children have a natural fear of falling and loud noises at birth. New fears emerge as a child becomes more aware of their surroundings and the greater world.

Children can't always tell the difference between fantasy and reality. It is not unusual for some youngsters to think certain fairy tale characters are actually real. As children grow beyond mere concrete thinkers, their imaginations may run wild. They will struggle with fears of the dark, ghosts, monsters, aliens and other supernatural creatures. Avoidance of scary ghosts at this age is recommended.

Real world events and facts can also create fear. Television news which depict graphic horror from war, famine and bombings can create an impression that these events are happening right outside their home. Children watching graphic news can develop identical fears as those youth who actually live in the violent areas.

Natural occurrences such as storms and lightning can overwhelm a child with the immensity of forces at play. The list below highlights common fears experienced by young children.

Five Years

Animals, *bad* people, the dark, separation of parents, bodily harm.

Six Years

Supernatural beings, bodily injury, thunder and lightning, the dark, sleeping or staying alone, separation from parents.

Seven-Eight Years

Supernatural beings, the dark, fears based on media events, staying alone, bodily harm.

Responding to a Child's Fears

All children get frightened. Use these tips to help reduce their fears.

Never Belittle a Child's Fear

Adults tend to downplay or ignore fears e.g. "Don't be silly. It's only thunder." Teasing a child is counter-productive as it drives the fear underground. *Out of sight* is not *out of mind*. Children need to know that adults take them seriously.

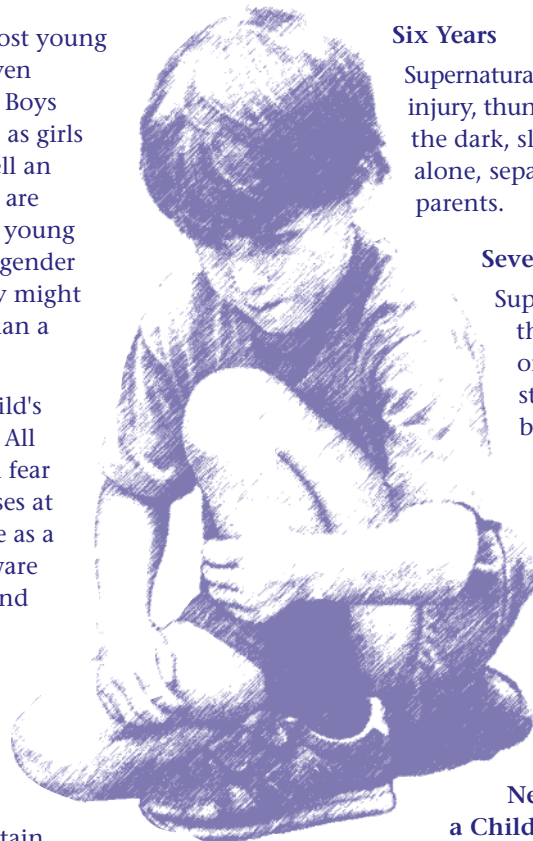
Don't Force a Fear of Confrontation

Exposing a child to an *all at once* fear experience may firmly entrench the fear.

Work on Beating the Fear

When confronting fear, approach it slowly. Talk with the child. How would he like you to help him beat the problem?

Source: Canadian Camping Association 




BE BULLY PROOF!!

Bullying is scary and it hurts. It can make children feel worthless and as if everything is their fault. Some children describe bullying as: being called names or teased; being pushed or pulled about; having your back-pack and other possessions taken and thrown around; having rumors spread about you or being ignored and left out; being forced to hand over money or possessions, or being pressured to let your homework be copied.

Tips for Kids

1. **Avoid isolated areas.** Stay away from the areas where bullies congregate. Stick with friends whenever possible.
2. **Choose your friends.** Bullies most often target kids who are alone.

Build a strong network of friends by becoming involved in activities and clubs. Travel with a friend or friends whenever you can.

3. **Choose to stay calm.** Bullies want to know you're afraid. They want to make you feel small and powerless. Practice remaining calm and reacting with dignity. Bullies will lose interest in people who won't react with fear and compliance.
4. **Choose to tell.** Often victims are too afraid or humiliated to report a bully, but until the bullying is reported, it won't stop. Remember it's right to tell a trusted adult and to ask for their help. You don't have to let them take over. You can talk with them about what you would like to happen. 

PLANNING ACTIVITIES FOR 5–10 YEAR OLDS!

5-Year Olds

At age five most children have developed a *best-friend* policy. They tend to be more involved with their own feelings or those of their buddy. You may find it difficult to draw children of this age group into the same game activities.

6-Year Olds

This age is known as the party animals. This age can be very aggressive period for a child, so be prepared. Competition can be quite fierce. In a game atmosphere, be sure to acknowledge each child with a reward not just the winners.

7-Year Olds

The age of seven usually reveals a cooperative spirit in most children. This age group is beginning to understand the concept of rules. They tend to play in groups with one leader emerging. Seven year olds often lose interest in game situations and adult supervision is needed to gently guide.


8-Year Olds

At the age of eight most children want a more sophisticated form of entertainment. Games don't seem to hold their attention for very long.

9-Year Olds

This age group is not easily won over. They like to show off what they know and like to have an audience to do it. They often feel quite grown up and worldly. Competition is a strong instinct and the drive to win is real. Try activities that involve team situations and rotate the children often to even the field.

10-Year Olds

10-year olds are usually very open minded and enthusiastic about participating. This age group is eager to help out, so let them lend a hand with coordinating the event. Believe it or not, they appreciate what adults do for them. 

IDEAS FOR action

HOP, SKIP AND JUMP

Hold a tri-hop-athon in which two relay teams compete rabbit-style. Choose three landmarks, such as a tree, flagpole or large rock. Both teams line up at the same landmark. When the race starts, the first player on each team must hop on one foot to the second mark, skip from there to a third mark, and then jump all the way back on two feet to tag the next teammate in line. The first team whose members have all completed the course wins.



CARROT SCAVENGER HUNT

Cut a bunch of carrots from construction paper and "plant" them around the school yard. Let the children collect and redeem them for a piece of carrot cake.



RABBITS ON PARADE

It wouldn't be Easter without a parade, even if it's just a quick march or hop through the school dressed like the Easter Bunny. To make long, floppy rabbit ears just cut a pair out of felt. Then glue the base of the ear onto a plastic headband. For upright ears, glue a pipe cleaner to the back of each one. As a finishing touch, use face paints to give your child a pink bunny nose and whiskers.



EASTER EGG SCAVENGER HUNT

Be sure to count the Easter eggs in advance so you'll know when the eggs are all found. Use two coloured eggs and create a trail to a "chocolate treasure". If you are feeling especially creative, draw a "treasure map" with hints and clues for the children to figure out along the way. For an interesting twist, have the students hide the eggs for the teachers to find.

AWARD NOMINATIONS

On an annual basis CIRA Ontario recognizes individuals for their outstanding contribution to the organization and the field of Intramural and Recreation.

If you wish to nominate an individual for one of the following awards, please forward their name, address and telephone number and the reason why you feel they are deserving of the award to the CIRA Ontario Office.

The deadline for nominations is Friday, April 9/99.

Honourary Award

Given to an individual or organization who is not a member of CIRA Ontario but has made a positive contribution to the Association; has networked with CIRA Ontario for three or more years; and possesses a strong belief in Intramurals and Recreation.

Honour Award

Given to a professional member of CIRA Ontario (four years or more) who has made an outstanding contribution to the association in two of the following roles: conference committee; executive member, networker or workshop presenter.

Intramural Achievement Award

Given to a professional member of CIRA Ontario who possesses a creative, enthusiastic attitude toward Intramurals and Recreation; demonstrates a keen interest and commitment to Intramurals and/or student leadership and has made a definite contribution to CIRA Ontario through networking and idea sharing.

Rookie Award

Given to an individual who has recently become a member of CIRA Ontario; has demonstrated a strong commitment to Intramurals and Recreation through their beliefs and actions in their community; demonstrates high energy and enthusiasm; and shows interest in becoming an active member of CIRA Ontario in one of the following roles: conference committee, executive member regional networker or student leader trainer.

CIRA Ontario Annual General Meeting

Saturday, April 10, 1999

Redeemer College
Ancaster, Ontario

9:30 am

Please direct inquiries to the
CIRA Ontario Office at (906) 575-2082

COME TO THE EDGE

Canadian Intramural Recreation Association
NATIONAL INTRAMURAL RECREATION CONFERENCE

Open to anyone interested in promoting Active Living, Healthy Lifestyles and Leadership in the Educational Community.

Dynamic speakers cover a broad spectrum of subjects relating to active living and healthy lifestyles.



May 14 & 15, 1999

Redeemer College
Hamilton, Ontario

The conference begins with registration on Friday at 3:00 pm and concludes Sunday morning with a continental breakfast.

\$175

SATURDAY ONLY—\$125

Includes two nights accommodation, two breakfasts, one lunch, two dinners, social, keynote speakers, all workshops, exhibitor's marketplace, conference t-shirt and proceedings.

For more information contact the CIRA Ontario Office at
(905) 575-2083 or fax (905) 575-2264
harknem@mail.mohawkc.on.ca

CIRA MEMBERS PAY ONLY \$155