

FNSA

FIRST NATIONS SCHOOLS ASSOCIATION



Healthy Living Classes for First Nations Schools First Nations Schools ActNow Project

*Explore how movement, music, food, and play,
can root the body and promote emotional well-being.*

Request it for your school!

Workshops are available to First Nations schools in BC, free of charge.

The First Nations Education Steering Committee and First Nations Schools Association have partnered with First Nations Health Council to deliver Active Wellness workshops for children and youth in First Nations schools

Workshops are based in Provincial Curriculum and focus on Prescribed Learning Outcomes in: Health and Career Education, Fine Arts and Physical Education. Lesson Plans use art, drama and creative movement, infused with practical nutritional and physical health information.

The First Nations ActNow Project strives to address each school's wellness goals. Facilitator, Allison Sanders, will liaise with a staff representative/s from each school prior to her visit. Together they will arrange age appropriate class groups and create a plan that addresses the needs, goals and applicable learning outcomes.

The workshops are available from February 2010 and to June 2010. Workshops will occur during the 5 day school week.

- Ideal class size is between 15-25 students
- Classes will last from 1 hr to 1hr 45 minutes
- Workshops will be comprised of a maximum of 4 class sessions per age grouping spread out over the 5 days
- 2-3 classes can be held each day
- Lesson plans will focus on kinetic and visual learning styles

APPLICATION: If your school is interested in participating in the ActNow Project, please complete accompanying registration form and send it by email to Allison Sanders at mythswimmer@gmail.com no later than January 25 to schedule your school visit. You may also contact Allison by phone at 604-983-2022. If you have general questions about the project, please contact Marie Matthew 250-672-5652 or email mlmatthew@direct.ca.

About the Workshop Facilitator, Allison Sanders

Allison has travelled widely, working as a performer and Facilitator in diverse cultural contexts. While in the Peoples Republic of Seychelles she collaborated with the National Institute of Education sharing and integrating storytelling and play skills into the country's Teacher Training Program. At home in BC she has worked with a variety of youth theatre organizations, The Canadian Diabetic Association, Association of BC Drama Educators (ABCDE), Tsleil-Waututh Nation and The Royal Conservatory's school based Program, and Learning Through the Arts. Allison has a Bachelor of Fine Arts degree from UBC and completed Post Graduate Studies at the Bristol Old Vic Theatre School in England.



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