



***School Walking Challenge & Diabetes
Education
November 4-28, 2013
A Diabetes Prevention Activity!***

To Principals & Grade 4, 5 & 6 Teachers

**From: Aboriginal Diabetes Initiative Consultant for UNSI and Your
Community Health Center**

We would like to invite all Grade 4, 5 & 6 Classes in MK Schools to join this exciting challenge during Diabetes Month in November, 2013. Physical activity such as walking is a great way to prevent Type 2 diabetes, so we are inviting your Grade 4,5 & 6 classes to join this challenge! If your school has a combined class of: grades 4, 5 & 6 the whole class can be involved.

The Walking Challenge would occur during school hours and would involve a couple of students in grade 4, 5 & 6 classes wearing a pedometer to track their steps during the school day. The pedometers will be provided along with a Step Tracking Sheet OR use the new online steps tracking method, it is really simple and quick to use! The start date will be November 4, 2013 and end on November 28, 2013 (inclusive).

Although not every student would wear a pedometer every day, it would be hoped that during this month, each student would be provided with an opportunity to wear the pedometer for their class at least once during the month of November, 2013.

Classroom Teachers will be asked to:

- *Assign a couple of students each day, at the beginning of the class to wear the pedometers for that day.*
- *At the end of the school day the teacher & students will record the number of steps on the pedometer.*
- *If using the Steps Tracking Sheet, teachers will be asked to record the average steps for the class by adding the total steps on all pedometers and dividing the total by the number of pedometers used.*

For example: Total steps recorded on all pedometers (3000) divided by the number of pedometers used (3) = 1000 average steps for the day (record this on sheets provided).

If using the online steps tracking method, just record the number on each pedometer and the computer program will compute the averages!

It is hoped that although only 2 or 3 students are wearing pedometers that the whole class will get involved in increasing the number of steps they take during the school day by: using the stairs, going outside at recess time, and incorporating physical activity into the classroom day.

The class who has the most number of steps for the month of November will have their school name added to a trophy that will be kept by that school for the year and then passed on to the next years winner!!! I am hoping to visit all schools during November to do some education about diabetes with a focus on how walking and healthy eating can help to prevent Type 2 Diabetes. During my school visit I will be interested in how you are increasing your steps during Diabetes Month!

We are also hoping to celebrate each grade 4, 5 & 6 class's success on December 4, 2013 with a certificate of participation and a healthy snack (ie fruit tray) provided by your Community Health Center! This is hoped to give the students a chance to try some different fruits and to reinforce that Type 2 Diabetes can be prevented through healthy eating!

*The total steps for each participating grade 4, 5 & 6 class from November 4-28th, 2013 (The total of the averages for each day) should be forwarded to Ann Gottschall by 1200 noon on December 2, 2013 so a winner can be identified!!! **ONLY IF YOU HAVE NOT USED THE WEB BASED PROGRAM** Fax Number for Ann is (902)-863-0759. Any questions or concerns please call: Ann (902)-863-8455*

Happy Stepping to prevent Type 2 Diabetes!!!

