



Active Minds, Active Bodies A Health Literacy Kit

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Age Group: Kindergarten through Grade 4; Grades 5-8

This kit is a wonderful resource for helping teachers and caregivers promote the link between literacy and active living. The program is based on the book "Children on the Move: An Active Living Alphabet" by June LeDrew. Hands on Language Arts activities include drawing, recognizing beginning and ending sounds, understanding syllables, sorting and classifying, spelling and word formation, reading for meaning, and imaginative play. The physical activity portion uses active games to get children up and moving. These games are used to develop motor skills such as running, skipping, throwing and catching. They also help children learn about teamwork, strategy, and using the space around them. Creative math skills can be developed by using pedometers in the classroom as well as getting students on their feet and moving.

Included in the kit, you will find a resource manual, 25 copies of "Children on the Move", 5 pedometers, a DVD of 65 Energy Blasts, and additional stories relating to active living. This is contained in an easy to carry sports bag.

This kit is available to borrow from the Prince Albert Literacy Network. Call 922-6736 today to reserve it for your class.



Volunteer Opportunities

We are looking for volunteers to help out with literacy projects.

- **Storysack maintenance** every six months. This includes making repairs, checking contents, and finding replacement items if needed.
- **Restocking Good Book Bins** each month. We have two Good Book Bins located in the community with opportunities for placing more. Bins need to be checked monthly to replenish books, make repairs, and wipe down the bin.
- **Hanging posters** in the community. If you know of places where Storysack or literacy posters could be displayed, please arrange to get them from the PALN office.
- **Storytelling** at events. Each Spring there is an Early Childhood Fair at Gateway Mall. We need volunteers to give out information and share Storysacks with the families. There may be other events throughout the year that storytellers are needed.

If you are available to help out with any of these projects, please contact us at 922-6736 to set up a time or get needed materials.



Provide opportunities each day for your child to read, talk and play with you.

Learn
Live...
Literacy!

Gently Used Books Needed

We are in need of gently used children's picture books to restock our "Good Book Bins". These books will be available to families that are waiting for appointments. Books should be suitable for young children and in good condition.

Books can be dropped off at the PALN office at 54 -11th St. E. Monday to Thursday.

Upcoming Trainings

- **Introduction to Family Literacy** training will be held on Nov. 3. There is no charge for this training. Anybody interested in learning more about Family Literacy is invited to take this training.
- **Come Read With Me** training will be held on Nov. 4 & 5. The cost is \$200 per person. Facilitators should be prepared to offer programs after this training.
- **MOVE** is a program that supports parents and caregivers as they teach their infants and toddlers about early literacy and physical activity. This training may be offered if there is enough interest.



Storysacks help with fun and learning

A Storysack is:

- ★ A fun way to read a book
- ★ A story with all the props
- ★ Learning through play
- ★ Great for themes or topics
- ★ Engaging and interactive
- ★ FREE to borrow for a week
 - ◆ Mondays from 12-4pm



Add fun and excitement to your story times with over 50 Storysacks to choose from. Have children help tell the story with props that bring the story to life. Promote further learning through the additional books and activities included.



Storysacks can be borrowed from the
Prince Albert Literacy Network
54- 11th Street East
Prince Albert
Phone: 922.6736



Live...Learn...Literacy!

See our Storysack collection at:

www.nald.ca/paln/storysacks



Prince Albert Literacy Network

Prince Albert Literacy Network

54 11th Street East
Prince Albert, SK
S6V 0Z9

Phone: 306.922.6736

Fax: 306.953.8381

E-mail: pafamilylit@sasktel.net

www.nald.ca/paln/

The Prince Albert Literacy Network has monthly meetings to discuss literacy activities in our area. Meetings are:

- Held the first Thursday of each month
- 4-6 pm at the Bison Café
1210 Central Avenue.

Everyone is welcome to attend.

MOVE (Leap BC) Idea



1,2,3 Jump

Physical activity links: Jumping; landing; creative play

Language/literacy links: Vocabulary development (e.g. jump, swim, lake); pretend play using your imagination; counting; rhyming sounds

Equipment: Shoes, and small step

Area: The bottom step of a staircase

Let's make: Homemade step using a telephone book wrapped in newspaper and secured with tape

Let's play

- If you have a blue mat or non-slippery rug, place it below the step to represent the lake.
- Stand or kneel on the floor and hold hands with your child, who is on the first step.
- Read the action rhyme "Jump" to your child.
- After you say "1-2-3jump," your child can jump down from the step — knees should be bent at the start of the jump and on the landing.
- After jumping down into the "lake", pretend you are swimming — move your arms in forward circles.

JUMP

Jumping, jumping 1-2-3,

(parent can show fingers to count)

Don't forget to bend your knees.

Jumping, jumping 1-2-3,

You can do it, now let's see!

1-2-3 JUMP! (toddler jumps from the step)

This activity can be found at: www.2010legaciesnow.com/leap_bc under MOVE Family Resource and Activity Cards.

I Am Your Child Video Series

The "I Am Your Child" Video Series was created with child development experts to help raise public awareness about the critical importance the prenatal period through the first early years plays in a child's healthy brain development.

The **complete DVD Series** is available to borrow from the PALN at no charge. This is for parent groups, child care providers, parents, facilitators, etc. Please call ahead to reserve the DVD that you would like. Each DVD covers a variety of topics.

Titles include:

- * The First Years Last Forever
- * Quality Child Care
- * Safe From the Start
- * A Child With Special Needs
- * Stop Smoking Now
- * Why Early Childhood Matters
- * For The Child
- * Ready To Learn
- * Discipline
- * Preparing for Parenthood
- * Food and Fitness Matter
- * To Be A Father
- * The Pre-K Promise



For information about each video, go to: parentsactionstore.org