



PN Version of Handbook

2015-2016

PARTICIPATION NATION

1. Mission Statement

To promote active and healthy living in the provincial student body by developing and organizing non-competitive sports events, which encourages mass participation and fun.

2. What is Participation Nation?

Participation Nation is a recreational program that prides itself on a "cut-free" environment where no student who wishes to play a sport or activity will be "cut" from a team. The goal of the PN program is to get students who normally only participate in required physical education classes to not only be more active, but feel good about participation. To do this requires a safe and enjoyable sport environment free from criticism of skill levels and pressures to succeed both by "making teams" and winning. All schools across the province enrolled in our Participation Nation program have made an amiable agreement that all teams will be as evenly balanced as possible to ensure the maximum amount of enjoyable play.

The need for a more healthy and active lifestyle for our youth is being made a priority by our province and schools so we must all make our best efforts to both support and encourage every person, business, and community to take an active role in helping to produce results. We have designed a different program streams for each age group so that a student may experience the philosophy of PN and be able to continue through out their schooling days.

3. Participation Nation Programs K-12

A. Participation Nation Play 4 Fun (K-3)



This program is led by a trained facilitator and ideally encompasses either Grades K-1 or grades 2-3. It is scheduled for the early evening in the gymnasium of the school, one day a week that is optimal for the age group. Children and a guardian participate together to learn and practice Fundamental Movements skills needed for physical literacy. There is no fee to participate and funding is provided to hire a facilitator and purchase healthy snacks. Free milk is made available from the School Milk Foundation/Dairy Farmers of NL. An activity manual is included as well as some minor equipment. If you are interested the School administrator and/or Parent School Council must contact the PN office. In 2014-2015, we had 14 active sites in the province and are looking to add an additional 4 sites for 2015-2016. Please call Courtney at 729-2710.

B. Elementary Label Achievement program (Grades 4 -6)



Each student will receive a Participation Nation Achievement Certificate at his or her first event and a commemorative sticker depicting the activity in which they participated. All stickers collected can be proudly displayed on their Achievement Certificate. There are currently 35 stickers depicting various activities and sports that students can collect. The program will serve as a motivator for the young participants to begin or adopt an active and healthy lifestyle while helping them build self-esteem through inclusion and encouragement. You can see all available stickers on the poster that was sent to your school in September.

C. Participation Nation Unplugged After-School Program (Grades 4-6and /or Grades 7-9)



PN Unplugged is an after school program that has been developed by School Sports NL since the fall 2010. The program's name "Un-Plugged" was created to serve as an emphasis to remind everyone about the concern that we have with the amount of screen time that our youth are being exposed to in the after school time period. This program is to help reduce the amount of screen time both Elementary and High School students spend watching TV, playing video games, browsing the internet and using smart phones in the after school time slot. Elementary and High Schools partner to offer the Participation Nation program using Grade 10 and Grade 11 students as Volunteers Program Leaders for grades 4-6.

Thank you to our funders, the Department of Seniors, Wellness, & Social Development. Through their financial support, we are able to offer free High Five Principle of Healthy Child Development training (\$50 value), a free hoodie and T-Shirt to be worn when students volunteer(\$75 value) as well as a nutrition grant to purchase fruit and vegetables as a snack in the program (\$350) . As well, program sponsor the Dairy Farmers of NL/School Milk Foundation who have agreed to supply all after school programs schools with 250ml of milk weekly for all participants and leaders.

This program trains high school students to implement the Elementary Label achievement program immediately after school. All high school leaders are trained in the High Five Principles of Healthy Child Development and in the presence of a teacher sponsor, help children remain unplugged from electronics, thus reducing their screen time and become physically active after school. In addition to the leadership component, a school nutrition grant of \$350, as well as milk are provided for all participants.

D. Junior High Pin Winners (Grades 7 -9)



Participation Nation Junior High program uses a reward system for grades 7-9 known

as Pin Winners Reward Program. A sport sack is given to all participants at their first event so they can collect and display their commemorative pins. There are currently 36 sport and physical activity pins for schools to choose from. All participants receive a commemorative pin depicting the sport(s) or activity in which they have engaged as a souvenir of their experiences.

When choosing which sports to participate in, it is important to remember that one of the main components of the program is to promote diversity amongst the students. Choosing non- traditional sports and activities like, Omnikin Ball, Ultimate Frisbee, Hiking etc. not only allows students to experience many more types of activities, but attempts to “even” the playing field when activities are new to everyone.

Most of the Pins have three color schemes but be sure not to choose the same sport or activity more than twice in the same year or your students would receive duplicate pins. You can see all available and any newly created pins on the poster that was sent to your school in September. or on our web site.

E. PN High School Spirit (Grades 10-12)



This program encourages student councils to implement activities during lunch time, and during spirit days. Student Councils receive a manual and all equipment necessary to play low organized games that are fun and help promote a healthy school spirit. The equipment has been supplied by the Canadian Tire Jump Start Foundation.

F. Get Active Initiatives (Grades 4-9)

Throughout the school year Participation Nation Staff brainstorm new and exciting ideas to get students active. In the 2014-2015 school year staff visited schools for “Activity Blasts” that highlighted our programs and the rewards offered. In May, PN launched “May Minute Madness,” an initiative to get schools and students active by trying new sports and activities while trying to reach a goal of active minutes for the entire month. If your school is interested in a visit from Participation Nation Staff please call Courtney at 729-2705.

4. Program Rewards

Stickers/certificates are available for Grades 4-6 and pins/display sport sacs for Grades 7-9. The hosting school will submit the numbers from all schools and the rewards will be forwarded to the host school. Various prizes will be provided for the event including Participation Nation t-shirts, sports memorabilia, sports apparel, and sports equipment. Participating school may also win equipment to add to your school’s inventory. Please order at a minimum of 2 weeks before your event to allow for shipping.

If you are holding in house activities (lunch time, after school) please order your rewards as soon as you begin your activity. The rewards are to be used as an incentive to keep students participating, and for them to try new sports. The draw prizes are intended to

serve as an incentive for the students to demonstrate good behavior. For example, if Jane demonstrates good sportsmanship during the four weeks of play of soccer, her name is placed in the draw for a prize. John did not demonstrate good behavior thus he is told his name was not placed in the draw. However, he is then told that he can redeem himself during the next activity which is flag football. We allocate one prize for every 10 students. If a school chooses to wait until the end of the year to order their program rewards, we will send their stickers/certificates or pins/sport sacs. We will not send any draw prizes.

5. PN Event Classification

Participation Nation events use facilitators as opposed to the traditional coach. Although, teachers and volunteers can still teach students the skills of the game, the focus is not on strategy and winning. The emphasis is placed on participation and fair play. For most participating schools, practices are unnecessary other than to go over game rules for the event.

A. In-House

In House is an event organized within your own school for your student body. Intramurals can qualify as a PN Event under the following conditions.

- i) It is one of the PN Activities and has a Sticker /Pin.
- ii) Round Robin tournament style –NO PLAYOFFS.
- iii) All students are encouraged to play and given equal time.
- iv) Events must take place during lunch, after school or on weekends.

B. Friendlies

Friendlies are an event where 2 schools come together for a number of friendly matches. This event will qualify for free milk for all participants.

C. Festival of Sport Extravaganza

Festival of Sport Extravaganza is an event where 3 or more schools in the same region come together to play a number of friendly matches consisting of 1 Sport or Activity. This event will qualify for free milk and a Nutrition subsidy if the event occurs over 4 hours.

D. Jamboree

Jamboree is an event that includes any number of schools playing 2 or more activities at the same event. Jamborees are the corner stone of our program and they give the student the ultimate experience. A nutrition grant to help with snacks, and free milk are provided. If an event is held over a full day (weekend) assistance will be provided with the cost of meals as well as providing free T-shirts to all participants. Providing colored

t-shirts allows organizers to group students easily. We prefer that all students are mixed and matched which allows for greater socialization and balance of teams. Schools enrolled in the SSNL Sport Stars program are eligible to receive points for hosting or attending PN events if they register their event with the PN office.

6. Modifying Sport and Activity Rules

In Participation Nation events, sport rules can be modified to fit any restraints such as available time or space or just to make the games more fun by allowing more play to occur versus constant stoppage of play. The non-competitive structure PN allows the rules of the game to be flexible to maintain a high success rate for participants and a smoother flow to the event. For example, in volleyball, a rule can be modified so that a player serves no more than once a rotation, have the serve line moved in, or a player substituted after every rotation. For time restraints, games can end after a set time limit to enable participating teams to play more games. Also, if some rules are not working on site or teams are lopsided, changes can be implemented as needed. The most important thing is that students are enjoying themselves and the games are run as efficiently as possible.

Through past experience, we have found that mixed events are enjoyed most by students and help create an atmosphere that is less competitive. Teams can also be formed by using students from a number of schools. This format puts familiar faces together along with some new ones and removes the natural inclination to see school versus school in sports and hopefully has all participants making new friends.

7. SSNL Participation Nation Healthy Eating Policy



What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play. In support of Healthy Students Healthy Schools and the Provincial School Food Guidelines, School Sports NL's Participation Nation has implemented a new Healthy Eating Policy for Participation Nation events where food and beverages will be served (e.g. Jamborees). The Healthy Eating Policy ensures that healthy meals and snacks are provided to participants attending full-day events.

Since September 2011, all Participation Nation event hosts are expected to comply with the Healthy Eating Policy. Please refer to Provincial School Food Guidelines for planning your meals and snacks: www.livinghealthyschools.com.

Any PN Festival of Sport or Jamboree event involving two or more schools, over a 4 hour time span qualifies for a nutrition subsidy from Eat Great and Participate to be used on fruit and/or vegetables and consumed during your event as a healthy snack. Please apply to the office.

Hosts of Jamborees in Labrador or a two day Island events are welcome to apply for partial funding from School Sports NL to offset the purchase of healthy foods.

Thank you for your cooperation in helping to making it easier for children and youth to eat healthy. The Eat Great and Participate is administered by recreation Newfoundland

and Labrador.

A. Menu Ideas:

Snacks

Serve fruit whole or cut up, fresh, frozen, canned or dried. Offer raw vegetables cut up with or without low-fat dressing or dip. Try yogurt cups, tubes and/or drinks. Offer lower fat cheeses (21% milk fat/ M.F. or less). Provide lower fat and lower sodium whole grain crackers. Consider smoothies made with fruit and yogurt. Consider hummus and other bean dips with your vegetables and crackers. Offer pudding made with milk as the first ingredient. Serve small cookies made with whole grains and fruit.

Sandwiches

Choose whole grain breads, pitas, wraps or buns. Choose unprocessed meats (e.g. roast beef, chicken or turkey). Include vegetarian sandwich options. Include a selection of lower fat cheeses (21% milk fat/ M.F. or less). Make sandwiches using a small amount of salad dressing, margarine or mayonnaise. Offer toppings like shredded lettuce, mixed greens, chopped tomatoes or sliced peppers.

Hot Meals

Choose leaner meats, fish and poultry grilled, broiled, roasted or steamed instead of fried. Offer meat portions consistent with Canada's Food Guide (2 1/2 oz. or 75g portions).

Serve grilled vegetables. Offer pasta dishes with lower fat toppings like tomato sauce rather than butter, cream or cheese sauces. Consider broth-based or pureed vegetable-based soups instead of cream-based soups. Offer pizza on a whole grain crust. Consider a vegetable, bean, mixed greens or spinach salad with a meal.

8. MEMBERSHIP 2015-2016

A. Fees:

Schools will be assessed membership fees on the basis of school classification. The fees per school are as follows:

Primary School	Free
Elementary School	\$100
Junior High School	\$100
Senior High with paid SSNL fees	Free
K-6	\$100
K-9	\$100
K-12 paying SSNL High School fees	\$75.00

It is the responsibility of the school to pay the membership fee in full by October 31st. Any school encountering extreme difficulty in paying the membership fee may apply for special consideration, provided the application is made prior to October 1st of the current school year.

9. NLTA Education Week Contest

During the NLTA Education Week- SSNL invites all schools to celebrate and plan an activity either indoors or outdoors that is fun and gets your students physically active. Any event that gets your student moving during NLTA'S Education week qualifies your school to receive the following support from SSNL.

- 1) T-Shirts, sports equipment to be used for random participant rewards.
- 2) The first two schools to register in each of the five PN areas (Labrador, West, Central, Clarenville/Burin, Avalon to host a PN Jamboree (3 schools playing 3 activities) will be awarded T-shirts and a Subway 6 inch sandwich and School Milk for all participants. You must live close to a Subway restaurant and be willing to pick up your subs the day of your event. Must register and receive approval.
- 3) All schools that host a PN Jamboree (3 schools/3 activities) we will supply a nutritious snack and milk for all participating students. Must register and receive approval.

Every school that registers their event with us will be entered into a draw for a chance to win \$500.00 to be put towards equipment for indoor or outdoor activities.

To register a physical activity event you need to let us know the following:

- 1) the planned activity 2) and the number of participants.

To register please call the School Sport NL PN office at 709 729-2710
or by e-mail at SSNLPN@sportnl.ca.

In order to ensure that your prizes arrive in time for your event, the deadline to register is January 31st, 2016.

SSNL would like to thank our Education Week 2015 major partners : **Subway and School Milk Foundation/Dairy Farmers NL.**

10. Sport and Specialization Development Fund Applications

A. Sport Development Fund.

Grants are available to schools to introduce a new sport at the high school level or re-introduce a sport (the sport has not been offered in 3 years). Eligible sports are badminton, indoor basketball, volleyball, soccer, ultimate Frisbee, touch football, tennis, touch rugby.

B. Specialized Program Fund.

Equipment is available to implement programs that increase participation in non-traditional sports and physical activity programs for under represented groups. Under represented groups targeted with this grant are females, aboriginals, new Canadians, students with disabilities, and males not wanting to play traditional sports, Eligible activities are boccia, yoga, kin ball, tchoukball, orienteering, geo-caching.

Grant Criteria:

The sport or physical activity must be held in the extra curricular time slot and not during school time. The program must not cut and student wanting to participate as the goal is to organize recreational sporting and physical activity opportunities. Students must register for the program. SSNL will forward a generic registration form for you to use and send back to the office for our database and statistics, once your application has been approved. Grant program is ongoing so no deadline to apply.

Grant Application Form

The grant application form can be downloaded from the Participation Nation website.