



## PHYSICAL AND HEALTH EDUCATION COMMUNITY LEADERSHIP PLACEMENT

**Placement Role (Title):** Physical Activity Promotion in a School Setting– Spark Project

**Host Organization and Description:** Conseil scolaire catholique Franco-Nord in partnership with the North Bay Parry Sound District Health Unit

Spark project is based on [Dr John Ratey](#)'s research (2008) *Spark: The revolutionary new science of exercise and the Brain*. The project integrates physical activity into elementary school classrooms to improve physical and mental health as well as academic performance.

**Placement Service Times:** The program will run at **Ecole catholique St-Thomas d'Aquin in Astorville** (JK to grade 8) from Monday to Friday 8:30 am to 9:30 am tentatively starting by the end of September for a minimum of 6-8 weeks.

### **Placement Duties:**

- Provide support to the classroom teacher in the morning
- Plan/implement a weekly physical activity routine to include a variety of activities (cardio, fundamental movement skills, inclusive & low org games etc) preferably outdoors, pending weather conditions.
- Calibrate & organize '[polar heart rate monitors](#)' and App on ipads
- Manage and analyze data generated by the heart rate monitors
- Participate in occasional meetings with teacher after school

### **Placement Deliverables:**

Plan a celebration at end of program

Generate a report and present findings to principal or in a staff meeting at school or as requested by school board.

**Placement Eligibility Requirements:** This placement is available to all 4<sup>th</sup> year students. Interest in fitness, wellbeing and working with children is considered an asset. The placement student must be flexible, able to work independently and available during the morning. Other requirements are:

- police check + vulnerable sector
- CPR Level C/FA
- Fluently bilingual is preferred
- Ability to travel to a rural school

**Number of Students Accommodated within placement:** (minimum 50 hours): 1

### **Placement application process:**

Students interested in this placement must submit a resume and cover letter. Students are to interview with the host to discuss availability based on the student academic schedule.

### **Contact person within organization:**

**Josée Bisson** | Community Health Promoter | Healthy Schools Team

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**Deadline to submit expression of interest: September 15, 2017**