

# SCHOOL SPORT WEEK

OCTOBER 11-17, 2009



In partnership with



**Objective:** To increase the public's awareness of the values of interscholastic athletic programs

Schools are encouraged to set aside time during the week to acknowledge the Coaches, Officials, Student Athletes and Fans who contribute to the success of High School Sport in their community. A very important aspect is to also recognize the many benefits of involvement in High School Sport.

The SHSAA has declared **Wednesday October 14 is SHSAA JERSEY DAY** – Get your school and students involved by having as many individuals as possible dress in school uniforms/jerseys or colors to show their support of High School Sport in your School and Community.

**SHSAA PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS at Wynyard Regional Park  
Saturday, October 17<sup>th</sup>**



**History:**

National High School Activities Week was created in 1980 by the NFHS as a means to promote the value of interscholastic activity programs across the country. The Canadian School Sport Federation has jumped on board in promoting this week and annually encourages its member organizations to make schools across the country aware of the initiative. The NFHS highlights each day of School Sport Week as a means to promote the benefits of high school sport and also recognize the individuals involved in what some have come to call “The Other Half of Education”. **This year the Provincial Government has once again proclaimed October 11 – 17 as School Sport Week in Saskatchewan.**

**Key Messages:**

- Extra-curricular activities are inherently educational.
- Extra-curricular activities support the academic mission of schools.
- Extra-curricular activities foster success in later life.
- Participation in high school sport is a valuable part of the overall high school experience.
- Participation in high school sport has promoted higher grades and better attendance.
- Participation in extra-curricular programs yields positive results after high school.
- Extra-curricular activities teach lessons that lead to better citizens.

**The following are ideas for the promotion of SCHOOL SPORT WEEK in your school/community using the NFHS defined National Days and designated SHSAA events.**

| Oct. 11<br>National<br>Be A Sport Day                                 | Oct. 12<br>National Fine<br>Arts<br>Activities Day<br><i>(Thanksgiving)</i> | Oct. 13<br>National<br>Officials Day  | Oct. 14<br>National Youth<br>Health<br>Awareness<br>Day/ <b>SHSAA<br/>JERSEY DAY</b>  | Oct. 15<br>National<br>Coaches Day                        | Oct. 16<br>National Fan<br>Appreciation Day                             | Oct. 17<br>National<br>Community<br>Service Day<br><b>/SHSAA Cross<br/>Country<br/>Championships</b> |
|---|---|---|---|---|---|--|
| Make up positive cheers, chants or songs                              | Recognize fine arts participants at pep rally                               | Host breakfast for officials who help in sports and fine arts               | Set aside a portion of practice time to discuss healthy lifestyle issues  | Ask non-coaching faculty to be “coaches of the day”       | Present free program to fans (based on school colors or other criteria) | Offer free admission to event to representatives of program advertisers                              |
| Give incentives to faculty, staff and students “caught” being a sport | Give program at elementary school or judge “Star Search” program            | Class competition of “You Make the Call;” feature questions on sports rules | Create and display bulletin boards and posters dealing with healthy lifestyle issues  | Host breakfast for all sponsors and coaches               | Give school shirt to most avid fans (student and adult)                 | Hold open house; invite school board members, alumni, businesses and media to attend                 |
| Make posters for contest  | Organize youth talent program for community                                 | Send certificates of recognition and appreciation letters to officials      | Offer pregame meal with nutritional analysis  | Honor different coaches and advisors each hour of the day | Introduce parents of players and cheerleaders during pregame ceremony   | Recognize business partners and school board members in programs                                     |
|   |   |   | <b>Have everyone wear School Jerseys and/or School colors to show support of High School Sport in the school and community.</b> |   |   | <b>Join us in Wynyard for the Provincial Cross Country Championships</b>                             |

