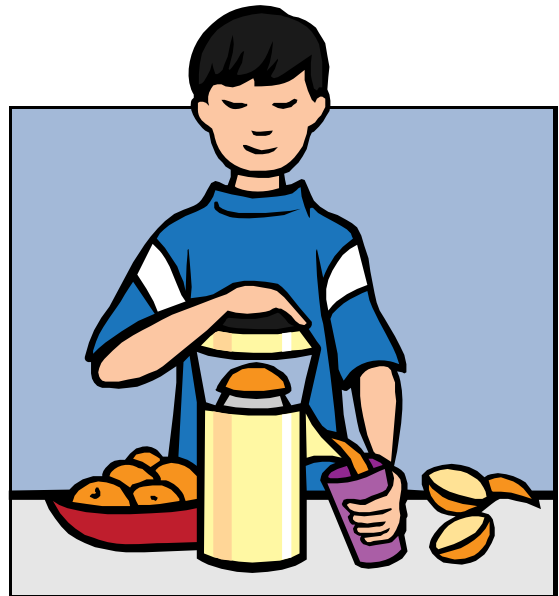


# Wellness 10: Recommended Resources for the Renewed Curricula



*A list of professional materials available for borrowing  
from the Stewart Resources Centre – May 2013*

---





## The STF Stewart Resources Centre – CHECK US OUT!

In order to serve you better, we have compiled the following list of resources that directly address some of your professional needs. We hope you find this publication helpful, and we would be pleased to hear from you if you would like us to continue producing more specialized resource lists, or if you have suggestions on how we can improve our service to you. We want to serve you better!

We make it easy for you to use the Stewart Resources Centre:

- For rural schools, we mail our resources directly to you and provide a postage-paid mailing label for you to use to mail the resources back to us. (Audio-visual resources are excluded from the Canada Post library mailing rate, so you will need to pay postage to return these items.)
- For schools in Saskatoon, your resources arrive at your school through the weekly inter-school mail delivery. Materials may also be returned to us using this courier system.
- You don't need to know the exact titles for resources you need. Provide a topic and an approximate grade level at which you would like to use the materials, and we will do the rest!
- We are accessible 24 hours a day through the STF website: [www.stf.sk.ca](http://www.stf.sk.ca) You may search our catalog online or e-mail us your resource requests at: [src@stf.sk.ca](mailto:src@stf.sk.ca)
- Call us! STF members may call the Stewart Resources Centre toll-free at 1-800-667-7762, ext. 6323, or we can be reached at 373-1660, ext. 6323 for local calls.
- Visit us in person! We are open 8:30 a.m. to 5:00 p.m. from Monday to Friday.







Indicates item is a Ministry of Education's Core Learning Resource.

793.3108997 A154

**Aboriginality [DVD]**

Montreal, PQ: National Film Board, 2008.

Subjects: Indian dance – Canada. Cree Indians – Canada – Music. Hoop dancers – Canada. Native youth – Canada – Ethnic identity. Indians of North America – Canada – Ethnic identity.

Summary: In this animated short blending past history with contemporary performance, a teen boy sits in a dingy living room idly watching television. When he sees a dance and rap program that transports him to a strange prairie land, he is brought face-to-face with his Native American heritage in the form of the mystical Red Road and a Cree dancer of the First Nations.

617.1027 F983

**Frequently asked questions about sports injuries** / Furgang, Kathy.

New York, NY: Rosen, 2008.

Subjects: Sports injuries – Juvenile literature.

Summary: This resource addresses some of the most common minor injuries and answers questions about these injuries. It also discusses and answers questions about more serious injuries such as fractures or vertebrae injuries. A section on coping with the psychological effects of an injury assists people who find it difficult to adjust to being inactive. Techniques that prevent injuries are provided.

613 T279

**Healthy active living : keep fit, stay healthy, have fun** / Temertzoglou, Ted.

Toronto, ON: Thompson Educational, 2007.

Subjects: Health – Textbooks.

Summary: This book describes basic skills and tactics for various types of movement activities and sports: invasion/territory games, net/wall games, striking/fielding games, target games, and outdoor activities. It includes body management activities such as track and field, dance, yoga, aerobics, and gymnastics. Setting and achieving fitness goals are important elements of the publication.



371.713 M549

**Mental health and high school curriculum guide : understanding mental health and mental illness**

Toronto, ON: Canadian Mental Health Association, 2012.

Subjects: Mental illness. High school students – Mental health services. High school students – Mental health.

Summary: The curriculum guide provides educational tools to increase understanding of mental health and mental disorders among both students and teachers. The guide focuses on coaching teachers to be comfortable with their own knowledge of mental health and mental disorders. The guide uses a variety of interactive sessions to promote dialogue among students, as well as with their teachers. Discussing mental health and mental illness in a supportive environment enables youth to feel safe, ask questions, gain knowledge, combat stigma, and develop their own opinions of the world around them.

- Annotations have been excerpted from book descriptions provided by the publishers and from bibliographies distributed by the Saskatchewan Ministry of Education.



372.37 P187

**Pan-Canadian joint consortium for school health : positive mental health toolkit**

Summerside, PE: Pan-Canadian Joint Consortium for School Health, 2010.

Subjects: Mental health education – Canada.

Summary: The *Positive Mental Health Toolkit* is designed to promote positive school health practices and perspectives within the school environment. The toolkit is meant to facilitate a process to engage the school and community to encourage positive growth and development in youth.

612.044 P191

**Pedometer power : using pedometers in school and community (2<sup>nd</sup> ed.)** / Pangrazi, Robert P.

Beighle, Aaron. Sidman, Cara L.

Champaign, IL: Human Kinetics, 2007.

Subjects: Physical education and training.

Summary: This book covers all the basics of starting a pedometer program - including how to use and store the devices, plus special considerations for school settings: minimizing breakage and loss; recording and storing data; promoting physical activity; fundraising; and involving parents, teachers, and administrators.

796.07 M517

**Professional and student portfolios for physical education (2<sup>nd</sup> ed.)** / Melograno, Vincent.

Champaign, IL: Human Kinetics, 2006.

Subjects: Physical fitness – Testing. Portfolios in education.

Summary: This book presents a wealth of information on creating teacher and student portfolios, an appropriate option for assessment in physical education. Portfolios provide a comprehensive, real-life approach to assessment that reflects what a student knows and is able to do.



299.7 S123

**The sacred tree**

Lethbridge, AB: Four Worlds Development Project, 1988.

Subjects: Indians of North America – Religion and mythology. Indian philosophy – North America. Trees – Religious aspects. Medicine wheels.

Summary: The black-and-white drawings in this resource illustrate the teachings of the Sacred Tree, the Medicine Wheel, the First Principles, and the Gifts of the Four Directions. The book demonstrates the effective use of symbolism to define and explain difficult abstract concepts.



796.071 S844

**Service learning for health, physical education, and recreation : a step-by-step guide** / Stevens,

Cheryl.

Champaign, IL: Human Kinetics, 2008.

Subjects: Recreation – Curricula – Handbooks, manuals, etc. Health education – Curricula – Handbooks, manuals, etc. Physical education and training – Curricula – Handbooks, manuals, etc.

Summary: The book is divided into five steps outlining the processes for successful service learning projects. Students will learn how to initiate a project and build a team. This resource guides the user through the process of planning, implementing, and evaluating service-learning projects, and is a useful guide for other types of projects.

306.4613 S561

**Shredded [DVD]**

Montreal, QC: National Film Board, 2005.

Subjects: Masculinity. Body image in adolescence. Body image in men. Body building – Social aspects.

Summary: Shredded is about a group of teenage boys who want to transform their bodies to become “shredded” like the muscular bodies of their heroes. The film reveals the risks the young men will take to achieve the ideal male shape, supplement use, and the temptations of steroids. The young men relate their experiences, desires, and motivations to the viewer, who must draw their own conclusions. This documentary is designed to provoke discussion among teenage boys and girls about body image and where lines should be drawn between healthy and dangerous behaviour.



617.1027 F595

**Sport first aid (4<sup>th</sup> ed.)** / Flegel, Melinda J.

Champaign, IL: Human Kinetics, 2008.

Subjects: Sports injuries – Treatment. First aid in illness and injury.

Summary: This publication about first aid includes preparing a first aid plan, contents of a first aid kit, explanations of anatomy, the causes of injuries and illnesses, and determining and recognizing acute and chronic injuries. Details are presented for treating different types of injuries with excellent drawings, photographs, and flow chart diagrams outlining first aid procedures.

617.1027 S764

**Sports injuries information for teens : health tips about acute, traumatic, and chronic injuries in adolescent athletes (2<sup>nd</sup> ed.)** / Bellenir, Karen (Ed.).

Detroit, MI: Omnigraphics, 2008.

Subjects: Sports injuries. Teenagers – Wounds and injuries – Prevention. Wounds and injuries.

Summary: Part one of this resource has information for students on handling competition and other sports-related stresses, nutrition including drinks and energy bars, and substance-related concerns. Part two details the diagnosing and treating of sports injuries. The next section has chapters on preventing injuries and provides safety tips for contact sports, non-contact team sports, movement activities, skating and skateboarding, winter and water sports, and for recreational activities such as hiking and biking.



796.071 H477

**Teaching personal and social responsibility through physical activity (3<sup>rd</sup> ed.)** / Hellison, Don R.

Champaign, IL: Human Kinetics, 2011.

Subjects: Physical education and training – Sociological aspects – Study and teaching. Responsibility – Study and teaching.

Summary: This resource will assist teachers in helping their students to develop character qualities that will contribute to their growth towards becoming responsible, caring citizens.



Saskatchewan Teachers' Federation  
2317 Arlington Avenue  
Saskatoon SK S7J 2H8  
Telephone: 306-373-1660 or 1-800-667-7762  
Facsimile: 306-374-1122  
Email: [src@stf.sk.ca](mailto:src@stf.sk.ca) Website: [www.stf.sk.ca](http://www.stf.sk.ca)