



Game On! Eat Smart, Play Smart, Live Smart
School Registration Form
Fax to Big Brothers Big Sisters of Peel
905-454-0769



Contact Information

School: _____ Main Intersection: _____
 School Champion: _____ Position/Title: _____
 Telephone: _____ Email: _____

Alternate Contact Information

Name: _____ Position/Title: _____
 Email: _____ Telephone: _____

This is to confirm that _____ would like to be considered for the
School Name

Game On! *Eat Smart, Play Smart, Live Smart* program for the **2018/19** school year.

Please choose one of the following sessions:

FALL SESSION (OCT – DEC) **WINTER SESSION (JAN – MAR)** **SPRING SESSION (APR - JUNE)**

Please indicate the preferred weekday AND time of day for the program to take place and ensure that a minimum **40 mins of GYM time/space will be available during this period**. Time can be added before and after lunch hour/nutrition breaks to equal a full 1.5 hour program. **Note:** School Champion **must** be on school property during program time.

1st CHOICE

2nd CHOICE

TIME: _____ DAY: _____ TIME: _____ DAY: _____

It is understood that it is the responsibility of _____ to promote and lead
School Champion
 the selection of the male participants, to act as the resource person for the volunteer mentors, to act as the contact person for the Game On! caseworker and to submit all evaluation forms to Big Brothers Big Sisters of Peel. **For more information please contact Eric Silva at 905-457-7288 ext. 266.**

 School Champion Name

 School Champion Signature

*****Registration does not guarantee the program for your school; you will be notified when volunteers are available*****



Game On! *Eat Smart, Play Smart, Live Smart*

Game On! Eat Smart, Play Smart, Live Smart is a mentoring program designed to provide boys ages 11-14 with information and support to make informed choices about a wide range of healthy lifestyle practices while openly discussing current and pressing issues facing young boys.

A seven week program led by 2 male university/college-aged mentors, Game On! incorporates fun, educational, non-traditional physical activities that stimulate mentor/participant relationship-building; as well as self-reflection, group discussions about healthy living, life skills, communication and emotional health.

Participant Selection: Game On! is intended for male students who are at risk of dropping out of physical activity and need assistance in making positive life choices. The Game On! participant:

- ◆ is 11 to 14 years old in grades 7 and/or 8.
- ◆ May not be physically active/involved in sports.
- ◆ May not be familiar with the principles of healthy, balanced eating.
- ◆ Would benefit from discussions about bullying, body image, relationships, and self-esteem.
- ◆ Is interested in being part of a 'boys only' club – participation should be voluntary.

All students can benefit from Game On; please create a balanced group by inviting a wide range of boys (leaders & followers, academic & athletic) in order not to stigmatize participants.

Important Reminders:

- ◆ Game On! is not intended to be a behavioural/social skills development group; mentors are focused on delivering the curriculum and are not specifically trained in behaviour management.
- ◆ Groups should have 8-12 participants; Game On! is a closed group so please do not add new participants after the first session, even if some boys choose to withdraw.
- ◆ If your school has offered Game On! in the past, please select NEW participants for subsequent groups; the curriculum does not change and would be repetitive for boys who have attended previously.
- ◆ The program often delves into sensitive topics during discussion time so it is crucial that the boys are in a space where they feel free to talk openly. The presence of school staff can inhibit personal discussions so please avoid sitting in on sessions and choose a space that will be free of interruptions. Mentors will check in with champions before and after each session to report any concerns
- ◆ Every session has a physical activity component, therefore the program requires enough space for all participants to move around freely – a gym is ideal and should be reserved for the entire 7 weeks.
- ◆ Please inform mentors in advance of any school activities (i.e. assemblies, field trips, early release) that may impact attendance or length of session so they can adapt the curriculum accordingly and adjust their snack purchases

Thank you for your interest in Game On! *Eat Smart, Play Smart, Live Smart*. Please be advised that our ability to offer the program is dependent on mentor availability; submitting a registration form does not guarantee the program for your school. You will be notified when mentors are confirmed and parental consent forms will be provided to you at that time.

