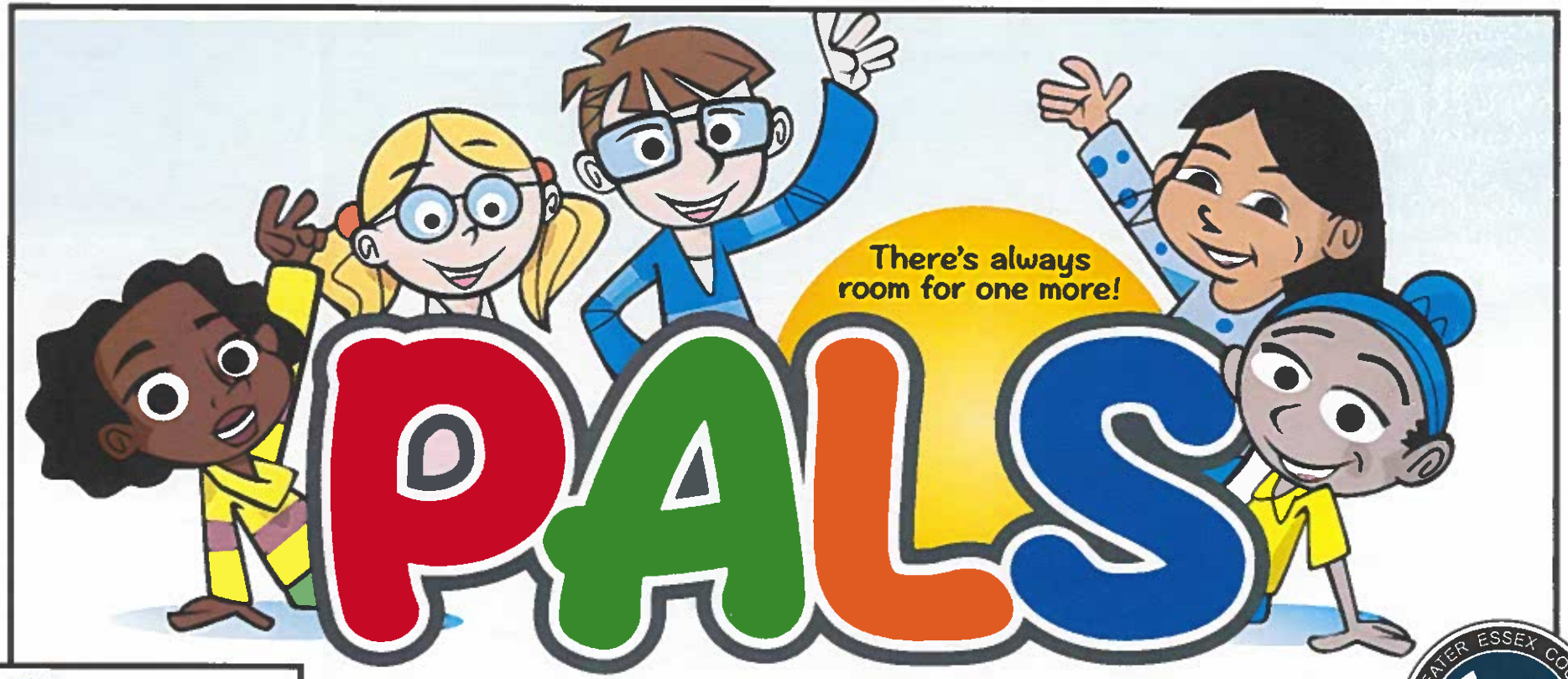



## Playground Activity Leaders in Schools

WINDSOR-ESSEX COUNTY HEALTH UNIT
Bureau de santé de Windsor-comté d'Essex

GREATER ESSEX COUNTY District School Board



# Program Overview

**Program Goal:**

PALS promotes physical activity, leadership, conflict resolution and social inclusion during recess breaks.

**Training Model: (Train the Trainer)**

Educator staff "champions" are trained by certified WECHU representatives, and these educators train student leaders back at their individual schools, who then organize structured, fun, and safe activities for younger peers.

**Participating Sites:**

*Spring 2025 Cohort* – Lasalle Public, McWilliam, TVA, Central, Begley, AV Graham, Princess Elizabeth, King Edward, Centennial Central

*Fall 2025 Cohort* – MD Bennie, Ford City, Forest Glade, John Campbell, Prince Edward, Dougall, Northwood, Davis, General Brock, Herman Academy



# Suggested Equipment

(provided to participating schools)

- ❑ 5 rubber playground balls
- ❑ 5 foam balls
- ❑ 2 soccer balls
- ❑ 12 hula hoops
- ❑ 18 beanbags
- ❑ 24 pylons
- ❑ 7 skipping ropes
- ❑ 18 tennis balls
- ❑ 8 frisbees
- ❑ 4 scarves
- ❑ 1 rubber chicken
- ❑ 1 box of sidewalk chalk
- ❑ 1 hand whistle
- ❑ 2 mesh bags
- ❑ 2 clipboards
- ❑ 12 mesh vests

# Social and Emotional Development



**Inclusive Playground Environment**

PALS creates a structured, inclusive playground that reduces bullying and encourages positive social interactions

**Development of Social Skills**

Children learn communication, collaboration, and empathy through PALS activities.

**Leadership and Responsibility**

Older students occupy leadership roles to promote fair play and positive behaviours, acting as playground role models.

**Emotional Well-being and Resilience**

PALS fosters resilience by teaching constructive conflict resolution and boosts children's self-esteem and confidence.

# Physical Health and Activity Advantages



**Promoting Physical Activity**

PALS provides structured movement opportunities during breaks to reduce sedentary behavior and boost activity levels.

**Inclusive Skill Development**

Activities led by playground leaders ensure all children, regardless of skill, can improve their physical literacy.

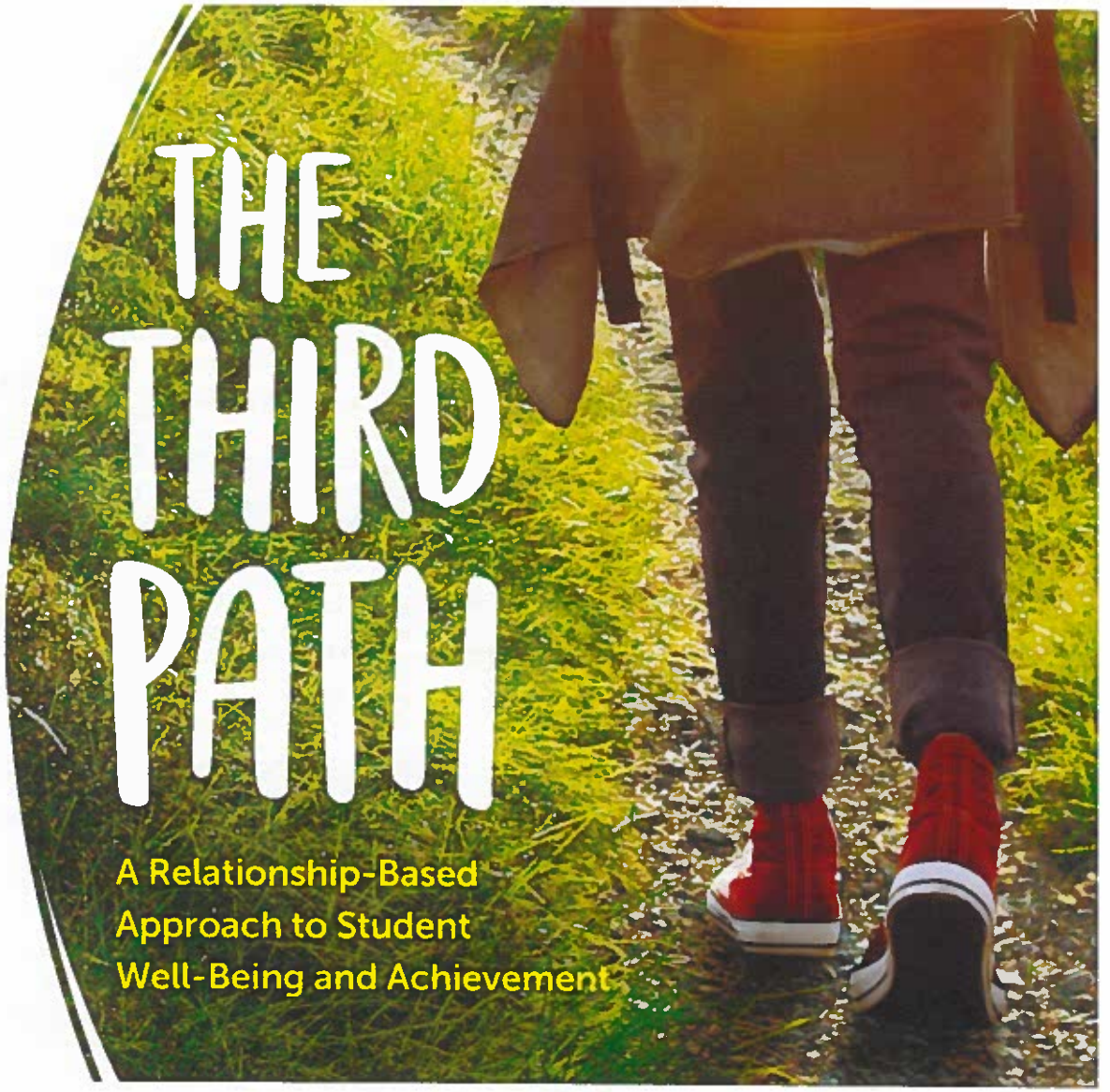
**Health and Academic Benefits**

Research proves that regular physical activity supports cardiovascular health, muscle strength, flexibility, concentration, and emotional well-being.

# *The Third Path:*

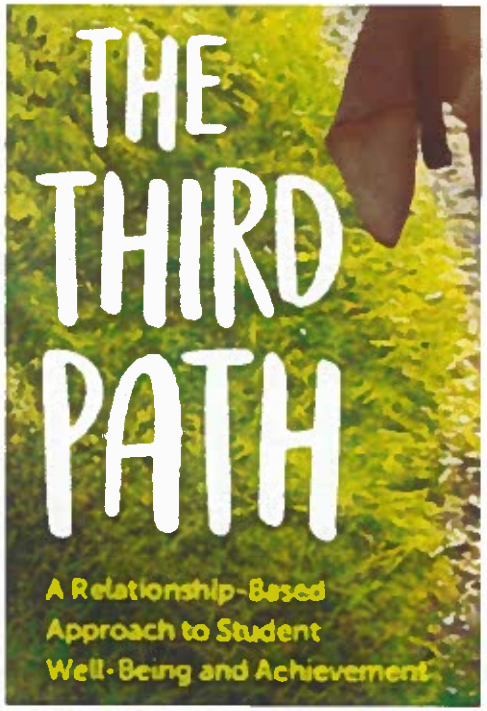
## A Relationship-Based Approach to Student Well-Being and Achievement

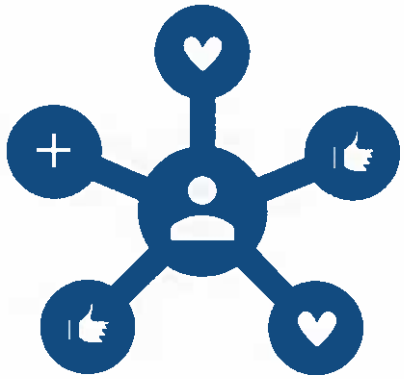
By: Dr. David Tranter, Lori Carson & Tom Boland



# The Core Principle:

- *The Third Path* emphasizes that **social-emotional well-being is essential for learning.**
- Students who feel safe, supported, and engaged are more motivated and better able to learn.
- Schools should **prioritize relationships** building.



# The Eight Conditions

The Third Path promotes the cultivation of 8 interconnected conditions that enhance student well-being and achievement.




#1 Safety – Students feel secure and free from harm physically and psychologically
#2 Regulation – Students can manage emotions and stress
#3 Belonging – Students feel accepted and valued
#4 Positivity – A culture of encouragement and optimism is cultivated














Thank you!