

milk SPORT FAIR

APRIL 30TH & MAY 1ST • HB STUDIOS SPORTS CENTRE
TEACHER PACKAGE



TeachNutrition.ca
By Dairy Farmers of Canada's Registered Dietitians


NOVA SCOTIA

sport nova scotia



WHAT IS THE MILK SPORT FAIR?

The Milk Sport Fair is a fully-interactive sporting event and an excellent opportunity for your students to get active and learn about the many sport options available in Nova Scotia. **Since 2002, more than 93,000 students** from across the province have participated in the Milk Sport Fair program.

Sport Nova Scotia is pleased to announce that the Milk Sport Fair will return to **Bridgewater, Nova Scotia!**

ACTIVITIES FOR GRADES 3 TO 8

A fully interactive experience

Representatives from sport organizations will encourage your students to give their sport a try. Whether it's driving a golf ball, taking a slap shot, shooting a basket, spiking a set, swinging a bat, doing a karate kick, or even paddling a kayak, we are confident your students will enjoy actively participating in the numerous exhibits.

Learn what sport has to offer

Experience sport demonstrations, exhibitions, inspirational presentations, or information sessions. The Milk Sport Fair is entertaining and fun for everyone.

Options for everyone

Participate in up to 30 sports.

Be inspired

Meet some of Nova Scotia's top athletes and coaches, learn their training techniques, get an autograph, and see them in action.

A MORE ACTIVE NOVA SCOTIA

The rationale for participation in sport and physical activity is extensive. Well-structured sport programs provide children with higher levels of fitness, better health, social involvement, and the satisfaction derived from developing skills in individual and group activities.

The Milk Sport Fair endeavours to accomplish:

- create excitement about what sport in Nova Scotia has to offer our youth;
- promote health, physical activity and sport to Nova Scotia's youth;
- increase the number of Nova Scotians who commit to physical activity for life; and
- decrease the costs of health care by increasing the physical activity levels of Nova Scotians.

REGISTER BELOW:

SPORTNOVASCOTIA.CA

Cost is \$5 per student, payable in cheque or cash upon arrival at the registration table. Please make cheques payable to Sport Nova Scotia. Receipts will be provided.

APR 30TH

Thursday
9am- 2pm

MAY 1ST

Friday
9am- 2pm

HB STUDIOS SPORTS CENTRE

Our Registered Dietitians create resources that are free and easy to access for teachers. They are age appropriate, engaging and contain factual, up-to-date information on food and nutrition.

In addition to being the proud sponsor of the Milk Sport Fair, we are on-site at the event. Visit our Teach Nutrition booth to speak to one of our dietitians and pick up educational tools for your classroom.

Follow us!



FREE RESOURCES THAT MIGHT INTEREST YOU



Parfait cups and activity sheets

Do this fun cooking activity! Use this parfait cup with students to practise simple cooking skills.

Bonus: they will get a reusable cup to take home and get to enjoy a nourishing snack.

Order a class set at a [TeachNutrition.ca](https://teachnutrition.ca)



Food word game activities

Help students expand vocabulary while they use their senses. These games will challenge students to find words they wouldn't normally use. Download at [TeachNutrition.ca](https://teachnutrition.ca)

GET FREE TEACHER RESOURCES AT [TEACHNUTRITION.CA](https://teachnutrition.ca)





Title Sponsor



Dairy Farmers of Canada is a national farmer-run organization representing the men and women who work hard to produce high-quality milk for Canadian families. In Nova Scotia, Teach Nutrition dietitians work on behalf of 200 local farms to offer educational resources on food and nutrition. We have been a proud supporter of the Milk Sport Fair for 20 years.



Another program that Nova Scotia dairy farmers are proud to support is the Nova Scotia School Milk Program. This program is designed to help children meet their nutritional needs by providing milk in schools at a reduced price. The program is funded in part by your local dairy farmers, dairy processors & Nova Scotia Department of Agriculture.

Host



Sport Nova Scotia is a non profit, non government federated organization. Our membership is made up of over 50 sport governing bodies, ("Provincial Sport Organizations" or "PSOs"), as well as multisport organizations and other groups and individuals that share a mutual interest. Collectively we are a voice for more than 160,000 member Nova Scotians.

Presenting Sponsor



As a funding partner of Sport Nova Scotia, the **Nova Scotia Department of Communities, Culture, Tourism and Heritage**, provides policies, programs and services that maintain, enhance and create quality sport recreation and fitness opportunities to improve health and contribute to the social and economic well-being of all Nova Scotians.

Past exhibitors

101.5 The Hawk	Easter Seals	Rope Skipping
101.3 Virgin Radio	Equestrian	Rowing
94.9 The Cape	Esteem Team	Rugby
Acadia University	Farmers Dairy	Scotiabank Blue Nose Marathon
Alpine Ski	Field Hockey	Skating
Arm Wrestling	Fencing	Ski Ben Eoin
Athletics	Football	Ski Martock
Atlantic Motorsport Karters Assoc.	Golf	Skillz Systems
Artistic Swimming	Gymnastics	Snowboarding
Anchor City Roller Derby Badminton	HBC Run for Canada	Snowmobilers Association of Nova Scotia
Baseball	Heart and Stroke Foundation	Soccer
Basketball	Hockey	Softball
Biathlon	Judo	Special Olympics
Bicycling	KidSport	Speed Skating
Bikercise	Karate	Sport Nova Scotia
Boxing	Lacrosse	Subway
Burton Snowboards	Lifesaving Society	Squash
Canadian Council of the Blind Curling Team	Lifetouch Sports	StFX University
Canada Games	Maritime Heart Center	Swimming
Canadian Olympic Committee	Municipality of Argyle	Tae Kwon Do
Canadian Tire Jump Start Charities	Municipality of Yarmouth	Tennis
Cape Breton Regional Municipality	Newbridge Academy	The Chronicle Herald
Cape Breton University	Nova Scotia Curling Association	Tobacco-Free Sport & Recreation
Change Skating to Figure Skating	Nova Scotia Health & Wellness	Tough Monkey Physical Training
Cricket	Nova Scotia Sport Hall of Fame	Triathlon
Cross Country Ski	On Tree	Volleyball
Curling	Onside Performance	Water Polo
Dairy Farmers of Canada	Orienteering	West Hants Regional Municipality Wrestling
Decathlon Dartmouth	Parasport Nova Scotia	Windsor Karate Club
Doctors Nova Scotia	Pisiquid Canoe Club	Windsor Tennis Club
Duke of Edinburgh Award	RBC Olympian Program	Yachting
Disc NS	Recreation Nova Scotia	YMCA
Diving	Ringette	



"The kids are getting exposed to a lot of different sports and activities that they may not have seen before. This gives them an open mind to try a bunch of different sports and find one they enjoy. One more kid involved in sport the better."

James Baker, parent chaperone
Mount Edward Elementary School

Past participants

Annapolis Valley

Annapolis East Elementary
Bridgetown Regional Elementary
Brooklyn Elementary
Cambridge & District Elementary
Central Kings Rural High School
Central Consolidated School
Champlain Elementary
Clark Rutherford Memorial School
Dwight Ross Elementary
Ecole Burton Ettinger School
Fairview Junior High
Hants North Rural High School
Hantsport School
Indian Brook
John MacNeil Elementary
Kings County Academy
Kings County Christian School
New Minas Elementary
Northeast Kings Education Centre
Port Williams Elementary
Somerset & District Elementary
West Hants Middle School
Windsor Elementary School
Wolfville Junior High

Chignecto-Central

Acadia Street Elementary
Advocate District School
Bible Hill Central Elementary
Bible Hill East Court Road Elementary
Brookfield Elementary
Central Colchester Jr High
Chiganois Elementary
Cobequid Consolidated School
Cumberland North Academy
Cyrus Eaton Elementary
Debert Elementary
Dr. Thomas McCulloch
Dr W.A. MacLeod Elementary
East Pictou Middle
EB Chandler
Elmsdale District School
Enfield District Elementary
Great Village Elementary
Harmony Heights Elementary
Hilden Elementary
Junction Road Elementary
Maitland/Cobequid District Schools
Maitland/Cobequid/Rawdon
Maple Ridge Elementary
New Glasgow Junior High
North Colchester High
North River Elementary
Northport Consolidated
Oxford Regional Education Centre
Parrsboro Elementary
Parrsboro Regional High
Pictou Elementary
Rawdon District School
Redcliff Middle School
River Herbert District High
River Herbert Elementary School
River John Consolidated
Riverside Education Center
Salt Springs Elementary
Springhill Elementary
Springhill Jr High
Tatamagouche Elementary
Temperance Street
Thorburn Consolidated

Trenton Elementary School
Trenton Middle School
Truro Junior High
Upper Stewiacke Elementary
Valley Elementary School
Wallace Consolidated
Walter Duggan
Wentworth Consolidated
West Colchester Consolidated
West End Memorial
West Highlands School
West Pictou Consolidated
Willow Street School

Halifax Regional

Admiral Westphal Elementary School
Astral Drive Elementary
Bedford Junior High
Beechville Lakeside Timberlea
Bell Park Academic Centre
Bel Ayr Elementary School
Cavalier Drive Junior High
Centre Consolidated School
Centre Scolaire de la Rive-Sud
Chebucto Heights
Chiganois Elementary
Cobequid Old Barns Elementary
Colby Village Elementary
Cunard Junior High
Ecole Burton Ettinger
Ecole Gertrude Parker
Ecole Secondaire du Sommet
Ecole St Catherine's
Elizabeth Sutherland
Ellenvale Junior High
Five Bridges Junior High
Gaetz Brook Junior High
George Bissett Elementary School
Grosvenor Wentworth Park School
Halifax Christian Academy
Hammonds Plains Consolidated
Hants North Rural
Harold T. Barrett Junior High
Harry R. Hamilton Elementary
Hawthorn Elementary
Herring Cove Junior High
Humber Park
Ingilis Street Elementary
John MacNeil School
Joseph Howe School
Lakefront Consolidated
Landmark East School
Le Marchant St. Thomas
Leslie Thomas Junior High
Madeline Symonds Middle School
Mount Edward School
Musquodoboit Rural High
Musquodoboit Valley Education Centre
Nelson Wynder
Newbridge Academy
Oxford School
Oyster Pond Academy
Portland Estates
Prince Arthur Junior High
Ridgecliff Middle School
Riverside Education Centre
Robert Kemp Turner
Rockingham Elementary
Sackville Centennial School
Sackville Heights Junior High
Sacred Heart School

Sambro-Ketch Harbour Elementary
Seaside Elementary
Shatford Memorial Elementary
South Woodside Elementary
St. Agnes Junior High
St. Joseph's A. MacKay
Tantallon Elementary
Tantallon Junior High School
Temperance Street School
Waverly Memorial
Westmount Elementary

South Shore

B.E.S.
Bayview Community School
Bluenose Academy
Bridgewater Elementary
Bridgewater JS High
Centre Scolaire de la Rive-Sud
Chester Area Middle School
Dr. Wickwire
Gold River Western Shore Elementary
Greenfield
Hebville Academy
Lunenburg Academy Aspotogan Consolidated
New Germany Elementary
New Germany Rural High School
New Ross Consolidated
Newcombville Elementary School
North Queens Community School
PENTZ Elementary
Petite Riviere Elementary
South Queens Middle School
West Northfield Elementary

Tri-County

Arcadia Consolidated School
Barrington Municipal High School
Barton Consolidated School
Cape Sable Island Elementary
Carleton Consolidated School
Digby Elementary
Digby Neck Consolidated School
Digby Regional High
Drumlin Heights Consolidated School
Evelyn Richardson Elementary
Forest Ridge Academy
Hillcrest Academy
Islands Consolidated School
Lockport Regional High School
Maple Grove Education Centre
Meadowfields Community School
Plymouth School
Port Maitland Consolidated Elementary
Shelburne Regional High School
South Centennial Elementary
St. Mary's Bay Academy
Weymouth Consolidated
Yarmouth Central Elementary

Cape Breton-Victoria

Ashby Elementary
Baddeck Academy
Bayview Education Centre
Boularderie Elementary
Bras d'Or Elementary
Breton Education Centre
Bridgeport School
Brookland Elementary
Cape Smokey Elementary
Cornwallis Elementary
Coxheath Elementary
Cusack Elementary
Donkin-Gowrie Complex
Dr. T.L. Sullivan Middle School
Eskasoni High School
Florence Elementary

George D. Lewis
Glace Bay Elementary
Greenfield Elementary
Harbourside Elementary
Inverness Education Centre
John Bernard Croak
Jubilee Elementary
Malcolm Munroe Memorial Jr. High
Membertou School
Middle River Elementary
Mira Road Elementary
Mt. Carmel Elementary
Rankin Memorial
Riverside Elementary
Robin Foote Elementary
Saint Anne Elementary
Seton Elementary
Sherwood Park Education Centre
Shipyard Elementary
Southside Learning Center
St. Agnes Elementary
St. Annes School
St. Joseph Elementary
Sydney Mines Junior High
Sydney River Elementary
Thompson Senior High
Tompkins Memorial School
We'Keq Ma'q Elementary
Whitney Pier Memorial Junior High
Whycocomagh Education Centre

Strait

Antigonish Education Centre
Bayview Education Centre
Chedabucto Education Centre
Dr. John Hugh Gillis Regional School
Dr. Thomas McCulloch School
Frank H. MacDonald
Felix Marchand Educational Centre
East Antigonish Education Centre
Ecole Acadienne de Pomquet
H.M. MacDonald Elementary
Inverness Education Centre
Maritime Hockey Academy
Mulgrave Memorial Education Centre
Northumberland Regional High School
Pictou Elementary
Pictou Landing First Nations School
Rev. H.J. MacDonald Elementary School
Richmond Academy
River John Consolidated
St. Andrew Education Centre
St. Andrew Junior High School
St. Mary's Education Centre
Tamarac Education Centre
Trenton Middle School
W.A. MacLeod
Wagmatcookewey Elementary
We'koqma'q Elementary
Whcocomagh Education Centre
Walter Duggan Consolidated

Conseil Scolaire Acadien Provincial

Etoile de l'Acadie
Ecole Bellville
Ecole Jean-Marie-Gay
Ecole Joseph Dugas
Ecole Pubnico-Ouest
Ecole Saint-Albert
Ecole Stella-Maris
Ecole Wedgeport