

The

LUNG



POWER
CHALLENGE

Tool
Kit



ALGOMA HEALTH UNIT



for healthier communities

Lung Power Challenge

Contents of Tool Kit

- **Contents of Lung Power Challenge Tool Kit**
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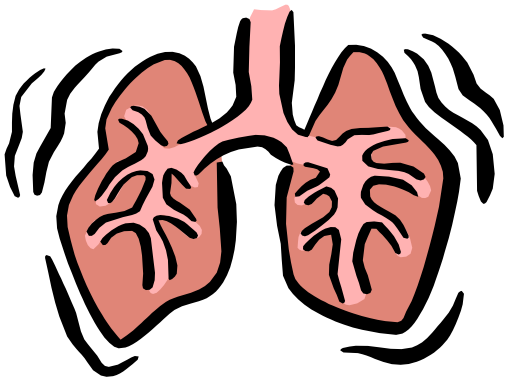
ATTENTION:

WINNERS OF INDIVIDUAL
SCHOOL COMPETITIONS!

Get ready for ...

The Lung Power Challenge

Interschool Competition



Place:

Date:

Time:

Maximize Your Lung Capacity!

Choose to Be Smoke-free

Date

Name
Superintendent
School Board

Dear _____ :

Once again the _____ Committee has been actively planning for the Lung Power Challenge (LPC) event. A sub-committee made up of youth have volunteered to plan and implement the LPC event in elementary schools between _____ date.

The Lung Power Challenge is an activity involving teams of three students. Each person on the team of three is required to blow air to fill a litre size plastic bag. Once filled, the same individual must manually deflate the bag. All this is done as quickly as possible. The first person on the team then tags the second person on the team who blows air into his/her bag and deflates in the same manner as the first person. The second person then passes it to the third person on the team who blows air into his/her bag and deflates it in the same manner as well. Each team is timed from start of first person to the emptying of the bag by the third person on the team. The team with the shortest time is declared the winner.

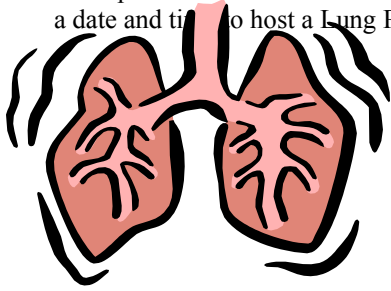
In the spirit of promoting heart health and smoke-free living, participants are being challenged to determine which team has the greatest lung capacity evidenced by the speed in which they can inflate and deflate plastic bags in a relay fashion. We know smoking reduces lung capacity, thereby impacting on breathing during an activity. The Lung Power Challenge is such an activity. The event is targeting grades _____. We are hopeful many schools will take advantage of the opportunity to compete for fun while benefiting from the tobacco prevention messages. The individual school Lung Power Challenge events will be scheduled at a mutually agreeable date and time during the month of _____. It is anticipated youth from the sub-committee will be called upon to facilitate the event at individual schools.

In addition, the sub-committee is tentatively planning an elementary inter-school Lung Power Challenge championship event during National Non-Smoking Week, in January at _____, where all winning teams from participating schools will be invited to compete for the City Elementary School Championship Lung Power Challenge event. A press release is being developed for this event.

Interested schools will receive a package that includes:

- A cover letter to Principal
- A Schools Without Borders Committee fact sheet on "Who We Are"
- The Lung Power Challenge Guidelines and Rules
- Sample PA announcements to promote the event at their school
- Promotional posters
- Lung Power Challenge team sign-up sheets

Principals of interested schools are asked to contact _____ by calling _____ to book a date and time to host a Lung Power Challenge event at their school.



LUNG POWER CHALLENGE

GUIDELINES AND RULES

Objective of the Lung Power Challenge is to make students aware of the importance of healthy lung capacity and the need to maintain that capacity by being a non-smoker.

How the Challenge Works:

- The Lung Power Challenge is an activity involving teams of three.
- Each person on the team of three is required to blow air to fill a plastic bag.
- The first person on the team inflates the bag by blowing air into the bag until filled; then must manually deflate the bag to remove all the air in it (as quickly as possible).
- The first person on the team then tags the second person on the team who blows air into his/her bag and deflates in the same manner as the first person.
- The second person then tags the third person on the team who blows air in his/her bag and deflates in the same manner as well.
- Each team is timed from start of first person blowing air into the bag, to the emptying of the bag by the third person on the team.
- The team with the shortest time is declared the winner.

“When You Can’t Breathe, Nothing Else Matters”

LUNG POWER CHALLENGE EQUIPMENT CHECKLIST

ITEM	PERSON RESPONSIBLE	COMMENTS
LPC board		
Inflatable bags		
Pens/pencils (6)		
Stop watches (2)		
Whistles (2)		
Strips of paper for names and time for LPC board		
Garbage bag (1)		
Poster message/banner		
Guidelines and rules		
Sign up sheets		
Black magic marker		
Microphone/amplifier		
Prizes for participants		
Prizes for winning teams		
Camera/film		

Date:

SCHOOL: _____

Dear Principal:

The grades 7 and 8 school curriculum identifies specific curriculum expectations in relation to substance use and abuse. Tobacco prevention education is one piece of the expectations. The _____ Committee can help meet some of these expectations.

The _____ Committee is committed to the reduction of tobacco use by students and implements activities that promote a smoke-free living.

To kick off National Non-Smoking Week in January, a sub-committee of the _____ was formed to offer, plan and implement the Lung Power Challenge (LPC) event to all interested grades — elementary school students.

The Lung Power Challenge is an activity involving teams of three students. Each person on the team of three is required to blow air to fill a litre size plastic bag. Once filled, the same individual must manually deflate the bag. All this is done as quickly as possible. The first person on the team then tags the second person on the team who blows the air in and deflates their bag the same manner as the first person. The second person then tags the third person on the team who blows air into his/her bag and deflates it in the same manner as well. Each team is timed from start of first person to the emptying of the bag by the third person on the team. The team with the shortest time is declared the winner.

In the spirit of promoting heart health and smoke-free living, participants are being challenged to determine which team has the greatest lung capacity evidenced by the speed in which they can inflate and deflate plastic bags in relay fashion. We know smoking reduces lung capacity, thereby impacting on breathing during an activity. The Lung Power Challenge is such an activity.

Youth from the sub-committee and the (Health Unit or Tobacco Free Council) will facilitate the LPC event in the participating schools.

The sub-committee is tentatively planning an elementary school LPC championship event during National Non-Smoking Week in January at _____, where all winning teams from participating schools will be invited to compete for prizes and awards and the title of “City Champs”.

To host a Lung Power Challenge event at your school, please contact (the Health Unit or Tobacco-Free Council) at _____.

Sincerely,

PRESENTATION OF AWARDS

At this time, the Committee would like to thank first and foremost, all the schools, teachers and students who participated in the Lung Power Challenge events.

We would also like to acknowledge the _____ for sponsoring this event through prize donations of _____. We would also like to thank the Lung Association for in-kind donations of mouthpieces.

Participant here today will receive a _____. As I call up your team, please come up and receive your _____.

Second place goes to team _____ from _____ with a time of _____.

And the Inter-school Lung Power Challenge Champions is

Team _____ from _____ (names)_____ with the best time of _____. The Committee is proud to present your school with this plaque, which will be engraved with your school's name and showcased at your school for one year. The individual trophies are yours to keep.

SAMPLE PA ANNOUNCEMENTS



For Use In Your School The Week Prior To Holding Your Lung Power Challenge Event

- Person 1:** Attention classes
Person 2: I can do it faster!

Person 1: No I can!
Person 2: Come on, let's go to the Lung Power Challenge and find out!

Person 1: The Lung Power challenge will be at our school on January _____. Students from grades 7 & 8 will be able to win cool prizes by proving they have the greatest lung capacities. Winners from the competition in our school will advance to the interschool Competition on January 24 at the Station Mall at 1:30 p.m. Get your lungs ready! Breathe clean air and maximize your lung capacity.
Person 2: Thanks.
- Person 1:** Hey (name)_____did you hear the news? The lung power challenge is coming to our School on January_____in the (location)_____.

Person 2: The lung power challenge? What is that?

Person 1: Teams of three students in grade seven and eight will participate in a relay-race to blow up a 10 foot long plastic balloon. You can even get to go to the Station Mall to compete against other schools if your team wins. So get your team of three together today!
- In the spirit of promoting heart health and smoke-free living, the Schools Without Borders Committee in partnership with the Algoma Health Unit and Lung Association are inviting grade 7 & 8 students to participate in this year's Lung Power Challenge coming to our school on January_____. Teams of 3 students are required to blow and fill a 10 foot long bag and deflate the bag in a relay format as fast as they can. The team with the best completion time wins.



This challenge is about lung capacity and the importance of breathing. We know smoking reduces lung capacity and can impact on breathing. Therefore to maximize our lung capacity and breathe easier, we strongly encourage everyone not to start smoking.

As well, everyone is invited to come and cheer for your grade 7 and 8 teams at the Inter-school Lung Power Challenge Championship event at the Station Mall on January 24, at 1:30 p.m.

Sample

SCHOOLS WITHOUT

BORDERS Committee Hosts The 2004 Inter-School Lung Power Challenge

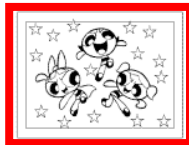
When:

Who: participating elementary schools from the Algoma District School Board and the Huron Superior Catholic District School Board

Where: The Mall was the setting for this year's rivalry battle of the lungs.

Gillian Mansell student representative from White Pines Secondary School on the Schools Without Borders Committee addressed participants and on-lookers with opening remarks and a strong message that the benefits of quitting smoking or not starting to smoke results in better lung function and better fitness for everyone.

The Lung Power Challenge was a chance for students to show off their lung capacity in the spirit of promoting heart health and being smoke-free. Top teams from St. Hubert, Tarentorus, St. Theresa, Prince Charles, St. Mary's French Immersion, Anna McCrea, St. Paul, and St. Francis schools in Sault Ste Marie had the opportunity to compete for this year's title of "Inter-school Lung Power Challenge Champions". Teams of 3 competed in a timed relay event, of inflating and deflating a 6-foot, 10-litre lung volume bag.



The winning team in Saturday's competition finishing with the fastest time went to Prince Charles's "Power Puffs" with a time of 29:78 seconds. They are The Windbags from St. Francis finished second with a time of 34:59 seconds. They are Stephanie Kwolek student representative from St. Paul Elementary School on the Schools Without Borders assisted with recording the time for the individual teams.

Awards were presented by Gillian and Stephanie.

Thanks to the generous donations from Take Heart Coalition and in kind donations from the Sault Ste. Marie Lung Association, and the Algoma Health Unit, all participants were presented with a Schools Without Borders lanyard. Second place winners were each presented with a Galaxy Cinema pass worth \$10.00. And first place winners each received a Galaxy Cinema pass worth \$10.00, individual trophies, and a school plaque to be showcased at their school until January 2005. The Schools Without Borders Committee thanked the Station Mall for their location and space to host the 2004 Inter-School Lung Power Challenge. A media representative from Sault Star was on site to

gather information and photos about the event. As the spokesperson for the event, Gillian had the opportunity to be interviewed by the Media.

LOGO

Media Advisory

Photo Opportunity

Saturday, January 24, 2004

Station Mall

Centre Court

293 Bay Street

Sault Ste. Marie, ON

1:30 p.m. – Start Time

SAMPLE

Students Compete in the “Lung Power Challenge”

What:

City area elementary school students will be competing in a Lung Power Challenge event. This challenge helps promote smoke-free living in a fun and rewarding environment.

The top teams from Sault Ste. Marie elementary schools will compete against each other in the Schools Without Borders Inter-school Lung Power Challenge Championship event.

The Lung Power Challenge involves three member teams competing in a time relay, taking turns inflating and deflating plastic bags. The winning team will be awarded the first place prize and bragging rights! The Schools Without Borders Committee, made up of students, teachers, and Algoma Health Unit representatives are organizing the event.

Where:

Station Mall

Centre Court

293 Bay Street

Sault Ste. Marie, ON

When:

Saturday, January 24, 2004

1:30 p.m. – Start Time

Contact:

This is to certify that
Team _____ of

(Name)

(School)

- 1.
- 2.
- 3.

have successfully completed the

Best time _____

PROCLAMATION

WHEREAS The vast majority of regular smokers establish a smoking habit and become addicted before age 18 and research estimates that almost half of adolescents who continue to smoke regularly will die from a smoking-related disease

WHEREAS Smoking increases the symptoms of asthma and causes diseases of air passages such as sinusitis, bronchitis, pneumonia and decreased lung function

WHEREAS The benefits of stopping, or not starting smoking results in better lung function and better fitness

WHEREAS Youth from _____ continue to speak out in support of _____ moving positively towards 100% Smoke-free living

NOW THEREFORE, I, (Mayor's Name), by virtue of the power vested in me as Mayor of _____ do hereby proclaim the week of _____ as "NATIONAL NON-SMOKING WEEK" and urge all citizens to learn the health benefits of a smoke-free lifestyle, and role model behaviors that encourage our youth to be smoke-free.

LOGO

The Lung Association
(Address)

Date

RE: LUNG POWER CHALLENGE EVENT

Dear _____ :

The Committee is offering a Lung Power Challenge event this year to all interested elementary school grades_____ students.

The Inter-school Lung Power Challenge Championship event will take place at the _____ during National Non-Smoking week on_____ at _____.

We would like to invite you and/or a representative of the Lung Association to join us at the individual school events, as well as the Inter-school event on the ______{date} . To promote lung health and smoke-free lifestyles to youth, the sub-committee has been working hard to organize the events. A proclamation reading is planned for _____ . A letter went out to members of council inviting them to participate in a Lung Power Challenge demonstration. We anticipate a reply before ______{date} . A media advisory is planned for release on ______{date} .

I look forward to hearing from you soon,

Contact Information

Welcome to the Inter-school Lung Power Challenge !

This Challenge is brought to you by (_____) (Name of Committee).

Hi, my name is _____ and I represent _____ on the _____ (Name of Committee). This committee is made up of student representatives who work together to bring you important messages on the issue of tobacco and youth.

We now know smoking increases breathing rate to make lungs work harder. We also know smoking increases the symptoms of asthma and causes diseases of air passages such as sinusitis, bronchitis, pneumonia.

So, The Bottom line is: the benefits of quitting smoking or not starting to smoke results in better lung function and better fitness for everyone.

In the past two weeks, elementary school students in grades _____ had fun maximizing their lung capacity by participating in the Elementary School Lung Power Challenge.

Today, during National Non-Smoking week, winning teams from _____ (names of schools) are here to compete for the best time in inflating and deflating plastic bags in a relay fashion.

Teams will consist of 3 students. Each student will receive their own bag.

At the sound of the whistle, the first person on the team will inflate his/her bag fully. Once the bag is fully inflated, the same person will deflate the bag quickly and completely using their hands. If the air in the bag is not removed completely, you will be directed to repeat this action. The first person will then "tag" or touch the second person on their team who will inflate and deflate their bag in the same manner and then tag the third person on their team who will inflate their bag and finish with deflating the bag. The whistle will blow and the recorded time will be noted on the Lung Power Challenge Board.

ARE YOU READY?
ARE YOU PUMPED?
LET'S GET STARTED.

Presentation of awards

At this time, the Committee would like to thank first and foremost, all the schools, teachers and students who participated in the Lung Power Challenge events.

We would also like to acknowledge the coalition for sponsoring this event through prize donations of _____. We would also like to thank the Lung Association for in-kind donations of mouthpieces and lung power challenge bags.

Every participant here today will receive a (prize or certificate).

As I call up your team, please come up and receive your _____.

Second place goes to team _____ from _____ with a time of _____. (Present them with _____).

And the (Year) Inter-school Lung Power Challenge Champions is

team _____ from _____ (names) _____ with the best time of _____. The Committee is proud to present your school with this plaque which will be engraved with your school's name and showcased at your school for one year.

-SAMPLE-

PRESENTATION TO MEMBERS OF COUNCIL for National Non-Smoking Week Lung Power Challenge Events

DATE

Introductions (name and school)

RE: LUNG POWER CHALLENGE AND NATIONAL NON-SMOKING WEEK

Mr Mayor, Members of Council, Ladies and Gentlemen and youth of TOWN:

To kick off National Non-Smoking week January 19th to the 25th 2004, the Committee is offering the Lung Power Challenge to all interested elementary school grade 7 & 8 students. Teams with the best completion time from participating schools will move on to compete in the Inter-school Lung Power Challenge on January 24, 2004 at the Station Mall Centre Court starting at 1:30 p.m. Prizes will be awarded thanks to the generosity of the Heart Health Coalition and in kind donations from the Lung Association in TOWN.

The Schools Without Borders Committee was formed in March 2001 and is providing elementary and secondary school student representatives like ourselves, with the opportunity to work with teachers and Health Unit staff on the issues of tobacco and youth.

We know smoking reduces lung capacity, and can impact on breathing. The Lung Power Challenge is an activity we are promoting to prevent tobacco use and to reduce tobacco use by youth.

Studies have shown that children who live with a smoking parent have more lead in their blood than children living in the vicinity of a lead smelter.

Did you know that teens who have two friends who smoke are six times more likely to become regular smokers as those who do not have smokers in their circle of friends? (*Globe and Mail - Aug 12\02*)

Did you know second hand smoke kills more than 4,000 non-smokers in Canada per year? (*Canadian Cancer Society*)

Did you know if you are around individuals who smoke, the air you breathe in would be the same as smoking 2 cigarettes a day? (*B.C. Ministry of Health 2001*)

Did you know seven minutes of your life are gone from your life for each cigarette smoked? (*B.C. Ministry of Health - 2001*)

Did you know each puff wears down the lung's natural cleansing process? (*Ontario Tobacco Strategy 1996*)

Did you know your respiratory rate increases, making your lungs work harder? (*Ontario Tobacco Strategy 1996*)

Did you know the gases from smoking tobacco injure the tissues of the lungs and the airways, causing you to cough up more mucous? (*Ontario Tobacco Strategy 1996*)

Did you know the excess mucous provides a breeding ground for bacteria and viruses, making you susceptible to colds, flu, bronchitis and more? (*Ontario Tobacco Strategy 1996*)

Did you know the lining of the bronchi thickens making you susceptible to cancers of the bronchi? (*Ontario Tobacco Strategy 1996*)

Did you know father down, inside your lungs, the smoke weakens the free-roving scavenger cells that remove foreign particles from the air sacs of the lungs? (*Ontario Tobacco Strategy 1996*)

Did you know that continued exposure to smoke affects elastin, protein that keeps the lungs flexible, predisposing you to emphysema? (*Ontario Tobacco Strategy 1996*)

Did you know that the compounds you inhale from smoke are deposited on the lining of your throat, and bronchi, and in the delicate air sacs of your lungs? (*Ontario Tobacco Strategy 1996*)

Did you know that smoking a pack a day for one year amounts to 8 ounces of tar in your lungs? (*Ontario Tobacco Strategy 1996*)

Think its too late to quit smoking. Think again. People with serious smoking related illnesses survive longer and recover faster after quitting than those who continue to smoke. It's never too late to quit.

For more information on quitting smoking contact the Algoma Health Unit.

Thank you.

INTRODUCTION TO THE INDIVIDUAL SCHOOL LPC

Hello everyone,

It's Lung Power Challenge time! and the (Committee Name) is here to challenge all grades _____ teams of 3 to a Lung Power Challenge competition.

Who are we? We are student representatives from elementary and secondary schools working together to bring you important messages on the issue of tobacco and youth. We are the (Committee Name).

My name is _____ and I represent _____ on the Committee.

Did you know smoking increases your respiratory rate making your lungs work harder? And we know smoking reduces lung capacity.

The Lung Power Challenge activity tests your lung capacity by blowing into a plastic bag.

Winners of the Lung Power Challenge today at _____ will be asked to represent their school at the Lung Power Challenge Inter-School Elementary Competition on Date/Time/Place. Prizes will be awarded to the winning school.

Please pay attention to the following rules :

1. Teams will consist of 3 members
2. Each person on each team will receive a plastic bag. Each person is to blow into his/her bag and fill it. The first person on the team blows air into his/her bag and then with their hands empties the bag quickly and completely before tagging the second person on the team who will blow air into his/her bag and empties it in the same manner as the first person. The second person on the team then tags the third person on the team who will then blow air into his/her bag and empty the bag completely as quickly as possible.
3. Each team will be timed from the start of the first person on the team to the emptying of the bag with the third person on the team.
4. The team with the shortest time filling and emptying their bags will be declared the winner.

To give you an idea of how it can be done we will now demonstrate the activity for you. Following this, we will be calling up each team, one at a time.

Are you ready? Are you pumped? Let's get started.

(Ask the winning team to stay behind for further instructions)

Date

Mr. Mayor and Members of Council
(Address)

RE: INVITATION TO PARTICIPATE IN A LUNG POWER CHALLENGE ACTIVITY

To kick off National Non-Smoking week, *January 19th - 25th*, student representatives of the _____ Committee are inviting Members of Council to put their name forward to participate in a Lung Power Challenge event demonstration on date and time at City Council meeting, to raise awareness about smoke-free living.

The Lung Power Challenge is an activity involving teams of three. Each person on the team of three is required to blow air to fill a litre size plastic bag. Once filled, the same individual must manually deflate the bag. All this is done as quickly as possible, The first person on the team then tags the second person on the team who blows air into his/her bag and deflates in the same manner as the first person. The second person then tags the third person on the team who blows air into his/her bag and deflates in the same manner as well. Each team is timed from start of first person to the emptying of the bag with the third person on the team. The team with the shortest time is declared the winner.

In the weeks prior to National Non-Smoking week, grades _____ elementary school students from the _____ Boards are participating in the Lung Power Challenge events. Each participating school will announce a winning team to move on to the Inter-school Lung Power challenge Championship event to take place at the place, date and time.

The _____ Committee has provided elementary and secondary school student representatives with a unique experience of working collaboratively with representative teachers and health unit staff on the issues of youth tobacco use and promoting smoke-free choices.

If interested in participating, please contact _____ at _____ .

I look forward to hearing from you.

Sincerely,

School: _____



Lung Power Challenge

Sign Up Sheet

Team Name	Participant's Name	Completion Time
1.	1.	
	2.	
	3.	
2.	1.	
	2.	
	3.	
3.	1.	
	2.	
	3.	
4.	1.	
	2.	
	3.	
5.	1.	
	2.	
	3.	
6.	1.	
	2.	
	3.	
7.	1.	
	2.	
	3.	
8.	1.	
	2.	
	3.	
9.	1.	
	2.	
	3.	
10.	1.	
	2.	
	3.	

ATTENTION:

Gr. 7 & 8 Students!

Get ready for...

The Lung Power Challenge



Place:

Date:

Time:

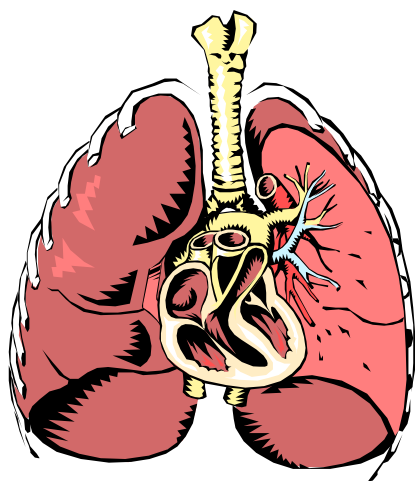
**Maximize Your Lung Capacity!
Breathe Clean Air!**



ATTENTION: GR. 7 & 8 STUDENTS!

Get ready for...

The Lung Power Challenge



Place: _____

Date: _____

Time: _____

Maximize Your Lung Capacity!
Breathe Clean Air!



ATTENTION: GR. 7 & 8 STUDENTS!

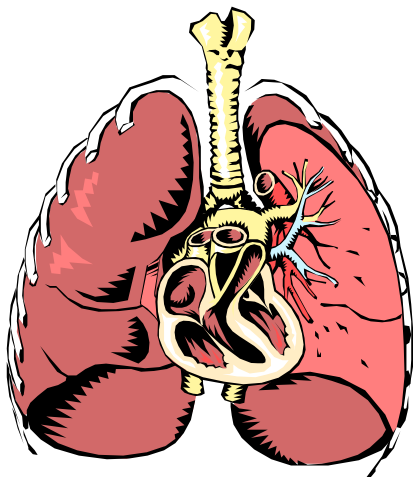
Get ready for...

The Lung Power Challenge Interschool Competition

Place: _____

Date: _____

Time: _____



Maximize Your Lung Capacity!
Choose to be Smoke-free!