

# **Living Healthy Commotion Ideas**

## **Western School District, October 2011**

### **Holy Cross All Grade, Daniel's Harbour**

We are promoting a healthier lifestyle by offering programs that challenge students to make healthier food choices at recess and dinner and give them opportunities to become more active throughout the week.

1. Fruity Fridays - students bring fruit for recess and it is served in a variety of different ways.
2. Operation Chip Elimination – students are challenged to go chipless on given days with points awarded to each student who goes chipless - "Elimination Island" for the rest.
3. Walking Club – each week during dinner time we walk, outdoors on fine days, indoors when the weather is inclement.
4. Rec Night - two hours of different sports for 7-12 students (and other community members).
5. Dinner hour gym activities - variety of gym activities at dinner time for students of all ages.

### **Jakeman All Grade, Trout River**

We will be having interactive games and challenges that involve all students (and interested parents) from Grade K - Level III. Level III students will provide leadership by planning and leading the activities. We will promote living smoke free by having students of all ages display messages on corridor bulletin boards and voice messages over the intercom. Teachers and public health nurse will use health class to discuss living smoke free, with the end result being students creating smoke free messages that will be displayed around the school. On October 14, we will have students read some of these messages over the intercom. Advertise our Commotion on the community channel so community members and parents can become involved as well. Have the whole school and parents take part in a 5 km walk. Provide fresh fruit cups to students at the end of the day!

### **Lourdes Elementary, Lourdes**

Our day will start off with all students in the gym for an assembly promoting the day, followed by healthy snacks. Then, for the 3 periods in the morning, we will be having aerobics breaks during each class. Some classes will also be playing Nutrition Jeopardy. In the afternoon, our school will be divided into different groups and these groups will be circulating around to different locations in our school to perform different fitness activities & games. Near dismissal time, all students will meet in the gym for a school wide activity, a food fitness relay followed by a dance.

### **Basque Memorial, Red Bay**

Physical activity was planned for all non-instructional time (before class started, recess and lunch, e.g. started the day with a walk around the gym). A healthy lunch was prepared by parents and served to all students and staff free of charge. Teachers also completed in class activities, e.g. Newfoundland Studies students had to plan a traditional meal and then evaluate that meal in terms of nutritional value. Information was presented to students on healthy living and students engaged in activities that highlighted this. Posters on healthy living were displayed. Fruit and vegetable trays were served at recess time.

### **St. Peter's Academy, Benoit's Cove**

Our school had a fantastic day. At recess, our volunteers had prepared a delicious fruit cup for all students and teachers. After recess, the students paraded into the gym with their banners depicting healthy living. We all did the cha-cha slide. Then grades 4-9 performed individual dance routines. The judges selected a winning grade from each division. Then they all received a bottle of water. The students thoroughly enjoyed it and the students showed great school spirit!!

### **St. Thomas Aquinas, Port au Port**

Tuesday: Cha Cha Slide, whole school

Wednesday: Spectacular, K- Grade 3, grapes given to all students

Thursday: Four Corner Dodgeball, grade 4 - grade 8, fruit given to all students

Friday: Dance session and community walk, finished with sharing of healthy messages around nutrition with each student being given water bottles and granola bars

In addition: Posters, talks around active living lifestyles, hosted physical activities daily in the gym for the students which were led by our student leaders, promoted nutrition by giving out fruit and healthy snacks daily.