

LIVING HEALTHY COMMOTIONS CREATIVE IDEAS FROM WESTERN SCHOOL DISTRICT

September, 2009

St. Simon & St. Jude Academy, Francois

Our Living Healthy Commotions featured the Terry Fox Run for all students with a healthy serving of fruit to follow. Posters were displayed around the school. We also had a taste test of some different fruits and vegetables. Alphabet fitness highlighted the Physical Education and Music classes. High school students calculated the cost of smoking for one year and charted activities that could be done with the money saved.

Lourdes Elementary, Lourdes

The day started with a healthy snack for all students in the gymnasium. During the day, we had one aerobics break during each class period. As well, teachers conducted classroom activities that focused on health and exercise. In the afternoon, the entire student population and staff took part in the annual Terry Fox Run. Posters that focused on smoke-free environments and healthy eating habits were on display throughout the day.

All Saints Grade School, Grey River

We started the day with a Nutritious Snack Tasting Contest. In teams, students, parents, and staff were blindfolded and had to guess the correct snack. Students and parents then went to the school gymnasium for a Survival Challenge. Using the recently provided Physical Education equipment, the school set up a number of challenges that each family could do together. The challenges involved physical and mental challenges regarding healthy living. The day concluded with the annual Terry Fox Run for parents, students, staff, and community members.

Belanger Memorial, Upper Ferry

What a day! On display throughout the school, we had proper portion sizes of healthy foods, foods that have been grown by local farmers, and information booths about physical activity and the negative effects of smoking. Students had an active recess, physical activity stations, and walks throughout the day. Guest speakers came in and students created posters and slogans for healthy living. Healthy snacks were provided by the school.

Torrent River Academy, Hawkes Bay

Students participated in three events. First, there was a Food Bingo followed by a Food Relay in Physical Education class, and finally the creation of a "Living Healthy" banner. We also had a healthy recess and lunch provided for the students.

St. Lewis Academy, St. Lewis

Our day featured an Idol Cook-Off followed by a Walk-It-Off. Each class was given the same amount of food ingredients. Using those, they had to create a healthy snack. Snacks were judged on creativity, taste, etc. Before the end of the day, students and community members went on a walk and returned to school for a healthy snack.

Templeton Academy, Meadows

Two events highlighted our day. The first was a Fabulous Fitness Circuit. The gymnasium was set up with twelve stations for each class to visit throughout the morning. In the cafeteria at lunch time, students tried a variety of novel and local veggies.

Gros Morne Academy, Rocky Harbour

Our school had a variety of events for students. Grade 9 and 10 students went on a big hike of Gros Morne Mountain while the rest of the students did a shorter trek for the Terry Fox Walk. A Healthy Food Hunt and a Fruit Extravaganza were available for students upon their return. We also had a Drop the Pop Challenge for this week. Announcements for the day mainly focused on healthy living messages.

September, 2008

All Saints School, Grey River

Living Healthy Commotions started with Breakfast for Learning, a healthy breakfast prepared by students and parents. A discussion ensued on the benefits and importance of a healthy breakfast. Students and parents then moved to the school gymnasium for a Healthy Circuit Challenge. Using their new Physical Education equipment, a number of stations were set up for families to do together: aerobics, multi-station workout, and table tennis. The day concluded with the Terry Fox Run for parents, students, staff, and community members.

Grandy's River Collegiate, Burnt Islands

A Living Healthy Breakfast was served consisting of pancakes, fruit, cereal, and juice. Students participated in a poster/ placemat contest to highlight "Living Healthy". Entries were laminated and used as placemats in the cafeteria. Prizes were awarded for each age group. The Terry Fox Walk was organized for all students with skipping taking place outside at lunchtime.

St. Theresa's Elementary, Port aux Choix

Students participated in a poster/ banner contest with entries posted a bulletin board highlighting healthy lifestyle choices. Emphasis was placed on smoke-free and drug-free lifestyles. Students also created their own placemat that was laminated for use throughout the year. The Terry Fox Run was followed by a healthy snack.

Main River Academy, Pollard's Point

For the Commotions Day, our school completed a variety of activities that involved all of the primary/elementary students and almost every student in our high school. A healthy breakfast was served in the morning. Students participated in a fruit and veggie tasting event. There also was an "Idol" Cook Off. Students dressed in red for a healthy heart. Contests included an art contest for placemats and a slogan contest for the Living Healthy Bulletin Board. Entries were collected for a Healthy Recipe Book. Lots of physical activity challenges were held so students could add their names to the Main River Academy's Book of Records. Overall, the day went very well and the students really enjoyed the treats and activity.

St. Peter's Academy, Benoit's Cove

St. Peter's Academy caused quite a "Commotion" this year. At 8:30, the Public Health Nurse gave a presentation on healthy living to primary students. At 9:45, students participated in "Fruity Friday" enjoying samples of fresh fruit. From 10:00 – 10:15, students enjoyed a Walk to Breakfast. The next activity, So You Think You Can Dance, might have been the highlight of the day. Each class performed a dance routine and presented their slogan/ banner with the best presentation receiving a pizza party (healthy pizza only). In the afternoon, students participated in a Crazy Healthy Living Hats contest, placemat contest, and various physical activities. What a day!

September, 2007

St. Peter's Academy, Benoit's Cove

What a Commotion!! On September 28, 2007, St. Peter's Academy in Benoit's Cove caused a "Commotion". The gym was in motion all day long. Students participated in the Terry Fox run (due to inclement weather) and a dance -a-thon. The Public Health nurse did presentations to primary and elementary students on healthier food choices. With this knowledge, the students designed healthy eating placemats. The Junior High students viewed a DVD on Heather Crowe's Legacy. They designed posters on Smoking and second hand smoke which indicated the smoking facts they had acquired. At recess, all students received samples of four different fruits. It was a "busy" day but thoroughly enjoyed by all as they learned about healthy living!!

Belanger Memorial School, Upper Ferry

Belanger's Breakfast Club kicked off the activities for our Living Healthy Commotion. The students and staff sat down to a breakfast consisting of the 4 food groups including scrambled eggs, toast, cheese and juice.

Throughout the morning, the primary/elementary students made healthy food name tags. Students created tags, acrostic poem style, using letters of their name and the names of healthy foods. The high school students were able to view a smoking information board and a cigarette cost chart which gave students an idea of how much

smokers spend per year/ 5 years/10 years and 20 years. They were also shown what other things they could buy with this amount of money. Healthy living trivia questions were on display. This display was used to find out what knowledge students have about eating and living healthy and to get them thinking about it.

During lunch, they had an opportunity to participate in a fast pace basketball activity called BUMP. In this activity, two students at a time, race to see who can get the first basket, whoever does, “Bumps” the opponent out, this continues until only one student is left. We took this time to randomly distribute prizes (from the Western Regional Wellness Coalition) to those who correctly answered a living healthy question.

In the afternoon, students took part in the annual Terry Fox Walk. Upon their return, they were able to sample a variety of fresh fruit. To end the day, high school students enjoyed some spirit-based physical activities, such as a giant game of tag.

The students at Belanger really seemed to embrace the concept of living healthy and enjoyed the commotion.

Burgeo Academy, Burgeo

This year our Healthy Commotions Day was a huge success. With a K-12 school, it can be very challenging but yet very rewarding, and we found ourselves focusing more on the latter.

All students participated in the morning activities. To start we had a short assembly explaining the day, and we also had some entertainment from the Kindergarten and grade 12 classes. On Wednesday of this week we had our 11-member Healthy School Team meet to plan for the Healthy Commotions Day. While this was short notice, things went very smoothly. The team organized all 164 students and teachers into 6 teams.

Activities consisted of a balloon game where everyone one had a balloon tied to their leg and members from other teams had to break the other team’s balloon. This was very well done and EVERYONE participated. After, there was a hula-hoop game where all teams got into a straight line and had to pass the hula-hoop from the first member through to the end member without breaking hands. At 10:30 all students were sent back to their homerooms for recess. We had free milk and a fruit and vegetable tray for staff and students (money given to us from the school board plus additional funds from our own school). At 11:00, students returned to the gym for a dance and the Terry Fox Walk. Due to poor weather we held this inside.

On Monday afternoon, October 1, we concluded the Commotions Day. K-6 students were involved in activities outside the school and on the playground. Students in 7-12 went to the ball field to play the teachers in a couple of games of softball.

Once again, the two days (one full one) was a huge success and we plan to incorporate future activities into our end of the month assemblies with the help of the Healthy School team members.

Main River Academy, Pollard's Point

For our Motions Commotions Day at Main River Academy, our school completed a variety of activities that involved all of the primary/elementary students and almost every student in our high school. In the morning, our Nutrition 3101 class met and created four fruit platters. These platters were laid out in the Primary/Elementary and Junior/Senior high sections of our school during recess and lunch breaks. Throughout the day, the K-6 students had numerous relay races for prizes of apples, water, and activity jewelry that fit on their shoe laces. During the recess break, our Grade 7-12 students had a volleyball competition to see who could volley the longest. Then during the lunch hour break, our Grade 2 to Level 3 students had a Free Throw Basketball competition. Later in the afternoon, some of our high school students had a fun game of softball. Overall, our day went very well and the students really enjoyed the treats and activity.

Lourdes Elementary, Lourdes

We started our day by having an assembly in the gym; The whole school population participated, volunteers and visitors as well. We began the morning with a musical physical activity lead by our music teacher ("Wake Me, Shake Me".) After this, the students were served a healthy breakfast (bread, fruit, & vegetables etc) Recess time was again used where the students took part in a walk/run around the gym (those who wished to) At homeroom time in the p.m. teachers used D.E.A/R. to do some physical activity like jumping jacks, skipping etc. To finish of our day, we took part in the Terry Fox Annual Walk. In preparation for this day, students made posters, wrote poems, drew their favorite fruit/vegetable and explained why. Also, primary students made place mats showing foods good for you. We not only kept this to one day, because we continue to promote Healthy Living. We have a Healthy Living Team in place.