

SCHOOL HEALTH PROMOTION EVENTS

2011 - 2012

Cultivate school spirit by encouraging physical activity, supporting healthy eating choices, and celebrating the benefits of healthy living for the whole school. We have suggested an exciting series of monthly challenges promoting physical activity and healthy lifestyles. Sponsored by the Western School District and Western Health, participating schools will be eligible for some great prizes. Let's Get UP, Get OUT, Get ACTIVE!



SEPTEMBER, 2011

Engaging Parents with Healthy Eating

For the past five years, the School District has had a Nutrition Policy to help guide us towards healthier foods and beverages to be served in schools. This year, we are reaching out to parents to garner support in this endeavour. Public Health Nurses have been provided with a Powerpoint Presentation and resource materials to address parents at curriculum nights in schools throughout the District.

OCTOBER, 2011

Living Healthy Commotions (Oct. 14)

For the past five years, schools in this province have held a Living Healthy Commotions Day. Schools have participated with special activities to kickstart an increased focus on healthy eating, physical activity, and smoke free environments. This year, the Commotions in the Western School District will take place on Friday, October 14. A package of resource materials is available at http://web.wnlsd.ca/student_health/

Kids Eat Smart Walk to Breakfast (Oct. 21)

Over 83% of Western District schools offer breakfast or snack programs subsidized by the Kids Eat Smart Foundation. To highlight this, a province-wide KES Walk to Breakfast has been scheduled for Friday, October 21. Last year, over 15,000 students throughout the province walked to raise awareness and funds for KES Clubs. All funds raised by a school will be matched by the KES Foundation. For more information, contact Kids Eat Smart at meals@kidseatsmart.ca or 877-722-1996.

NOVEMBER, 2011

Healthy Snacks Student Challenge

This event will help educate students and promote healthy eating, the [Healthy Snacks Student Challenge](#). This Challenge is a natural extension to our Engaging Parents with Healthy Eating initiative done with public health nurses at school curriculum nights in September. The challenge is for students to bring in a healthy snack for recess every day for two weeks from Monday Nov. 14 – Friday Nov. 25. Students wishing to participate will complete a Student Tracking Form for this two week period.

Engaging Youth to Live Smoke Free Radio Ad Contest

This [Radio Ad Contest](#) is for students to create 30-second radio ads to tell the deadly truth about tobacco. Five ads will be chosen and will have a chance to have their message broadcast on radio and TV. The teachers of the five classes selected with the writing of these winning ads shall receive a \$200 prize from the Alliance for the Control of Tobacco and a pool, skating, or bowling party for the class from the Tobacco Free Network. All grade levels are invited to participate.

DECEMBER, 2011

Walk to the North Pole Challenge

Students are challenged to walk the equivalent distance to the North Pole to Santa's Workshop from December 1 to Christmas Break. Students can walk during the first 5 - 10 minutes during Physical Education classes and during recess and lunch. Chart the school's progress on a [Map to the North Pole and a Tracking Sheet](#). At the end of the walk when they reach the North Pole, students gather in the gym where Santa is hiding on the stage to meet the children and give out healthy treats.

JANUARY, 2012

Engaging Youth to Live Smoke Free Radio Ad Contest

National Non-Smoking Week is from January 16 – 21. This year's theme is "Breaking Up Is Hard to Do". To prepare for NNSW, the Western School District organized a [Radio Ad Contest](#) in November to involve students in creating 30-second radio ads to tell the deadly truth about tobacco. Five ads were chosen from the School District to be broadcast on radio and TV and played on P.A. systems in schools. For more information related to national Non-Smoking Week, please go to <http://nnsw.ca/nnsw-2012>.

FEBRUARY, 2012

Healthy Lunch Challenge

This event will help educate students and promote healthy eating, the Healthy Lunch Challenge. This Challenge is a natural extension to the Healthy Snacks Student Challenge done in November and our Engaging Parents with Healthy Eating initiative done with public health nurses at school curriculum nights in September. The Healthy Lunch Challenge is for students to bring in a healthy lunch every day for two weeks during February. Students wishing to participate will complete a Student Tracking Form for this two week period.

MARCH, 2012

Nutrition Month

March is Nutrition Month. To help schools in the Western School District promote healthy food choices during Nutrition Month, we have made available a limited amount of funding to help District schools promote healthy eating. If a school has an innovative idea to promote healthy eating, please submit a short paragraph to share what you plan on doing, how many students will be participating, and for what purpose you need funds. Submit to us by Friday, Feb.17 at bill.allan@wnlsd.ca. A committee will review these ideas and award prizes of up to \$200 to a select number of schools.

APRIL, 2012

Active School Playgrounds

The Western School District believes that students benefit academically from an active recess break. Have your school commit to getting the students go out on all nice days for a healthy activity break during the month of September. They likely will be better learners as a result.

Feelin' Good Mileage Club

To help students, teachers, and parents keep active and healthy consider starting a Feelin' Good Walking Club. Encourage class participation by offering an exciting prize such as Golden Shoe Award (an old sneaker painted gold or yellow) to the class that has the highest number of participants that walk. Individual walking (or running) accomplishments could be recognized with small prizes available at [Fitness Finders](#). The resources available here help to motivate kids develop healthy behaviors, become more fit, and gain an appreciation of walking or running as lifetime exercises. A great activity for students and teacher wellness!

MAY, 2012

Kids Live Well Marathon Challenge

This event, open to students of all ages, is designed to teach kids about the importance of regular daily activity and healthy food in growing a healthy body. Students (along with parents and teachers) are invited to participate in 42 days of physical activity and healthy eating as part of the Kids Live Well Marathon Challenge (a marathon is 42 kilometers and this is why the event is 42 days.)

World No Tobacco Day

JUNE, 2012

Kids Live Well Marathon Challenge