

LIVING HEALTHY

www.wnlsd.ca (Follow the link to Student Health)



VOL. 1, NO.8, APRIL 1, 2007

WESTERN SCHOOL DISTRICT

STEPPING OUT: WOW! WALK ON WEDNESDAYS (...OR WHENEVER POSSIBLE)

Stepping Out is an exciting series of activities sponsored by the Western School District which encourages students to be physically active. The first activity featured a Youth Walk for Health, a 30-minute walk with students once a week. Each participating school let me know the number of students who walked and their distance. **The total distance walked by Western District students in this was 14,461 km.** That is terrific!!! Congratulations to all who participated in the walks! Let's keep it going.

From the schools that responded, a draw was held for a \$100 gift certificate. **The school chosen in this month's draw was Long Range Academy whose students walked 800 km.** The activity for April is WOW! Walk on Wednesdays (...or whenever possible). At the end of April, I will ask schools to let me know the number who walked and the total distance walked and then do another draw for a \$100 gift certificate. Here is a sample letter that could be sent home encouraging families to get involved.

Memo to: Parents / Guardians

WOW encourages families to walk regularly to promote good health & fitness. Our school will have an initial promotional walk for students and parents on Wednesday, April ____, to promote walking, either as a leisure activity or to and from school. After this promotion, students will be encouraged to go for a 30-minute walk on Wednesdays (or whenever possible but at least once a week) for the month of April and log their walking activity with their classroom teacher. The walk is meant to be done on their own time and can be done either on their own or with family or a friend.

We ask that you (as parent / guardian) keep record of the approximate number of kilometers walked and then write this on a piece of paper to be returned to your child's homeroom teacher. Parents might consider accompanying their son/daughter on these walks. We will be recording all student distances for a grand total to be announced at the end of April. Your cooperation and participation in this event is greatly appreciated.

NUTRITION MONTH POSTER CONTEST

The Departments of Education and Health sponsored a poster contest (*Healthy Eating Messages*) for Nutrition Month and provided \$1500 in prize money to each school district. We are pleased to announce the winning entries:

- K - 6 Stephenville Elementary
Natasha Watkins, Tamara Alexander
- 7 - 9 St. Peter's Academy
Claudia Eldridge, Cherell Hackett
- 10 - 12 Stephenville High School
Parinita Verma

Thanks to all students who entered. Great work!

CANADA HEALTH DAY WALK, MAY 11

Canada Health Day on Saturday May 12 is an opportunity to celebrate public health in our everyday lives. On Friday, May 11th, Western Health is organizing a series of community walks to celebrate this day. Schools are invited to join community health organizations in this annual celebration of health care in Canada. Schools could consider having students, teachers, parents, and family members go for a walk to celebrate active living and good health. This fits in very nicely with the Stepping Out activity for May (Walk Across Newfoundland Challenge).

For those schools in the Western Health region that choose to participate on May 11, a draw will be held for class sets of pedometers. This will be in addition to the monthly \$100 draw for the May Stepping Out activity. For more information, you can contact the public health nurse in your region.

TOBACCO FREE ENVIRONMENT

The Alliance for the Control of Tobacco is sending schools 2 new "Be Free – Smoke Free" posters for use in your school. Hopefully they will help strengthen the message about the importance of being smoke-free. Additional copies of each poster are available upon request.

SCHOOL FOOD GUIDELINES: PLANNING FOR NEXT YEAR

To allow for a smooth transition to the full implementation of the School Food Guidelines by September 2008, the Western School District has established a transition period with specific targets. Schools have made great progress achieving the goals outlined in the first round of targets for January 2007.

Here are the targets for September 2007:

Beverages:

Only beverages that meet the standards of the Provincial School Food Guidelines may be sold in vending machines, canteens, and cafeterias on school property.

Deep Fried Foods

Deep fried foods will not be served in schools.

Fundraising

Full implementation of the fundraising component of the Nutrition Policy is scheduled for September 2007. (Fundraising activities by schools must emphasize non-food products or healthy food choices from the "Serve Most" or "Serve Moderately" foods within the Provincial *School Food Guidelines*. Alternative fundraising activities are suggested in the *Healthy Eating School Resource Manual*, Section 3.)

Snacks

A minimum of 80% of snack items offered in vending machines, canteens, and cafeterias on school property will come from the Serve Most/ Serve Moderately snacks category as outlined in the School Food Guidelines. The remaining 20% will be penalty priced.

From the feedback provided by schools, it seems that the area in which schools are having most difficulty is Snack Products. It seems that suppliers are having some difficulty keeping up with the demands for healthier products in schools across the country. Potato chips are not on the list of foods to be served in schools. (The one exception to this is the plain Baked Lays.) As for ice cream, ice cream sandwiches, fudgesicles, and creamsicles are not included. Dixie Cups can be served once a week, while 2% plain ice cream is Serve Moderately.

For those schools looking to find healthier snacks for their canteen, here is a list of some products that could be considered:

Juice Packed Fruit

Del Monte No Sugar Added Fruits
Dole Pineapple Tidbits
Dole Fruit Bowls

Cereal Bars

Quaker Chewy Granola Bar
Kellogg's Rice Krispie Bar
Kellogg's Special K Bar
Our Compliments Low Fat Cereal Bar

Puddings

Kraft Jello Fat Free Lunch Box Pudding
Hunts Snack Pack Vanilla and Chocolate
Hunts Dessert Favorites Puddings

Miscellaneous

Hunts Squeeze 'n Go Pudding Tubes
Yoplait Yop
Yogurt Tubes
Petite Danone
Muffins (small - medium), less than 3 g of fat
Pretzels
Popcorn, light
Raisin packs

If supply is an issue, schools are reminded of the Healthy Foods Tender that was awarded to Colemans earlier in the year. Colemans have all of these products and can deliver to your school once or twice per week. (They only deliver to those schools designated earlier in the year, however, and only as far north as Cow Head.)

To help schools with planning for next year, we have planned an inservice for Food Caterers in the district on April 21 in Corner Brook and June 9 in Hawke's Bay. I am also available to discuss plans with principals, caterers, and school staffs. Give me a call at 637-4021 if you need help.

If you need help with the Healthy Students
Healthy Schools initiative, please contact :

Bill Allan

School Health Promotion Consultant

P.O. Box 368, Corner Brook, NL

Tel:(709) 637-4021

E-mail: bill.allan@wnlsd.ca
