

LIVING HEALTHY

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



VOL. 1, NO.6, FEBRUARY 5, 2007

WESTERN SCHOOL DISTRICT

STEPPING OUT: WESTERN STUDENTS ON THE MOVE!

Stepping Out is an exciting series of activities sponsored by the Western School District which encourages students to be physically active. The aim is to promote healthy lifestyle opportunities and the message *Let Walking Be Your Vehicle*. We hope that *Stepping Out* will motivate students and their families to increase their activity level and, consequently, become more healthy. Participating schools will be eligible for a draw for the \$500 GIFT CERTIFICATE FIRST PRIZE or one of five other \$100 gift certificates.

If your school would like to participate, please fax the registration form to Bill Allan at 709-634-1828. This form has already been sent to principals and is available online at www.wnlsd.ca (follow the links to *Student Health/ Physical Activity*). Entry deadline for schools is Feb. 28.

So Get UP, Get OUT, Get ACTIVE!

March Youth Walk for Health

Schools who participate in the Youth Walk for Health will initiate, during Education Week, a 30-minute student walk (or run) each week during March.

April WoW! (Walk on Wednesdays)

WoW encourages families to walk regularly to promote good health. Students will be expected 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 for 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.

May Walk Across Nfld. Challenge

During the month of May, students will be challenged to walk from St. John's to Port Basques, a distance of approximately 900 kilometers. Schools can track their weekly progress on a map of the province.

June Active Living Day

Time to celebrate with students: Celebrate your success with an Active Living Day, a day to get students outdoors and promote active living and healthy eating.

SUCCESS STORY: ST. ANTHONY ELEMENTARY

St. Anthony Elementary offers a very nutritious selection of foods in its cafeteria. The lunch program features a variety of wraps, soups, salads, and pastas. Milk, water and juice are the beverages of choice. For the breakfast program, supported by the local Kids Eat Smart committee, enriched 'Smart' white bread is offered for toast as well as fruit, yogurt, and a variety of healthy cereals.

To support the *Kids Eat Smart Breakfast Program*, a school dance was held. Admission for the dance was an item of food for the breakfast program. The staff, students and members of the community participated in the annual 'Walk to Breakfast' at which time food items were brought in by the students in aid of the breakfast program. These events helped support the breakfast program and promote active living.

A variety of physical activities keep the students at St. Anthony Elementary very active. Skipping and floor hockey intramurals take place after school each week. The school had received an IGA grant for \$15,000 to promote outdoor healthy living. The funds were used to purchase equipment to use outdoors for sports activities, i.e. skis, snowshoes, soccer nets, etc. Snowshoeing and skiing will be part of the physical education program offered to students during the winter months. The school also has a ski club in which more students will now be able to participate as 20 new pairs of skis and boots have been purchased. The ski club uses the local ski trails to which students and teacher volunteers are bussed one day a week after school.

An annual Sports Day is planned for March, at which time the whole school will be involved in outdoor physical activities. Public Health representatives are scheduled to visit the school on January 24th to have students view the 'Toxic Tunnel' and participate in activities to educate students about the dangers of smoking and second-hand smoke.

NUTRITION POLICY TRANSITION

To determine how well schools are progressing towards full implementation of the District Nutrition Policy and Provincial School Food Guidelines by September 2008, principals have been asked to check with the person responsible for the school cafeteria/ canteen. Each school was asked to complete a Nutrition Policy Checklist and return to Bill Allan (fax # 709-634-1828) by Wednesday, Jan. 31. A summary will be available soon.

If your school is having difficulty in meeting these January targets, please get in touch with me so we can try to address the issues in a timely manner.

PRESCRIPTION FOR HEALTHY LIVING: HOW DO YOU MEASURE UP?

Here are **10 ways to help ensure good health. How do you and your students stack up?**

- Eat breakfast every morning.
 - Enjoy family meals together as often as possible.
 - Choose food items from 3 of the 4 food groups at each meal.
 - Eat 5 or more servings of fruit and vegetables daily.
 - Choose healthier snacks instead of foods that are high in fat, sugar, or salt.
 - Choose water over sugary beverages.
 - Choose regular sized portions instead of super-sizing.
 - Aim for less than 2 hours of screen viewing per day (TV, computer, video games).
 - Have 60 minutes of physical activity per day.
 - Choose the stairs instead of elevators.
-

HEALTHY SCHOOLS COMMUNITY GRANTS

The Western Regional Wellness Coalition would like to invite schools in the Western School District to apply for a Healthy Schools Community Grant. These grants of up to \$500 will help support wellness initiatives in your schools and communities in areas such as healthy eating, physical activity, and tobacco control. Schools can apply for a grant to support current or planned initiatives that promote health and wellness in the school community. The application form is available online at www.wnlsd.ca (follow the link to *Student Health*). Deadline for submissions is February 15. For more information, please contact Pam Moores at 637-5000 Ext. 6161.

WHAT THE RESEARCH SAYS...

“Schools need three major approaches to combat the obesity epidemic:

- Expand physical education programs or find additional ways of incorporating physical activity into the school day.
- Stop schools from selling foods and beverages high in calories and low in nutrients and to try to ensure that the meals, snacks, and drinks available in schools are healthy.
- Adopt curricula that teach the importance of a good diet and daily physical activity, curricula that also impart practical skills such as reading food labels and measuring portion sizes and that motivate students to try out and adopt new habits, such as eating more fruits and vegetables.”

“Children growing up ...today will suffer more chronic diseases and premature death because of the way they eat and their lack of physical activity than from exposure to tobacco, drugs, and alcohol combined.”

***FED UP!*, Susan Okie, M.D. 2005**

EDUCATIONAL MATERIALS

<http://www.healthyeatingisinstore.ca/>

Healthy Eating Is in Store for You: This virtual shopping tour by the Dietitians of Canada will help students use the nutrition information on food labels to make healthy food choices for them and their families. They will also pick up nutrition and shopping tips as they make the tour.

www.hc-sc.gc.ca/

Take the Healthy Lunches to Go Tour: Reading about nutrition labels and portion sizes is the best way to find out what nutrients are in foods and how much makes for a healthy body.

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
