

LIVING HEALTHY

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WESTERN SCHOOL DISTRICT

CREATING A LIVING HEALTHY SCHOOL - INSERVICE IN SEPTEMBER

Teachers and administrators have been working very hard to bring about positive changes in living healthy for its students. To keep the momentum going, an inservice is being offered that will focus on the sharing of strategies for creating a living healthy school team. It is hoped that each school will send a Living Healthy Team that could consist of:

- at least one teacher and/or administrator,
- 1 or 2 parents (maybe from the school council),
- a public health nurse (if one available in the area),
- 2 students (for schools with grades 7 - 12),
- any another member who could contribute.

If your school does not already have a team, we would like for your school to send representatives who could form a team upon their return to school.

The PD session, "Creating a Living Healthy School", will be held at three locations:

- Corner Brook, Wednesday, Sept. 19,
- Plum Point, Friday, Sept. 21,
- Forteau, on Thursday, Oct. 11.

A major focus of this inservice will be a sharing session in which individuals will share what has worked well in their school in the key areas of eating healthy, physical activity, and tobacco free environments. **If your school would like to share their success story, please have them indicate their intention by contacting Bill Allan.**

The school district will not be able to offer substitute days for those teachers in attendance. Each school will have to make its own arrangements for teachers to attend. For those individuals who do attend, we will look after the following:

- cost of mileage (one car per school),
- lunch and nutrition break at the inservice,
- ferry costs (if necessary),
- one night's hotel accommodations (two people per room) for those living more than 200 kilometers away from the inservice site.

More information will be forthcoming once school opens in September. **For now, however, schools should start thinking about who might like to attend and what great healthy school activities they would like to share.**

STEPPING OUT CHALLENGE

Stepping Out has been an exciting initiative sponsored by the Western School District which encourages students to be physically active. Activities featured this year included a *Youth Walk for Health* in March, *WOW! Walk on Wednesdays (...or whenever possible)* in April, and a *Walk Across Newfoundland Challenge* in May.

Nineteen schools participated in the *Walk Across Newfoundland Challenge* with a combined total of 26000 kilometers in May alone. For those schools who participated in this challenge, a draw for a \$100 gift certificate was held. The winner for May was St. Joseph's All Grade in Croque. In addition, a Canada Health Day Walk was held on May 11. For that, a draw was held for a class set of pedometers, and the winner of this draw was St. Thomas Aquinas in Port au Port. Congratulations to all schools who encouraged their students to get moving in the May activities.

This year's final Stepping Out activity for June is less structured, an *Active Living Day*, a time to celebrate with students the school's success with healthy living. In the middle of June, I will ask schools for feedback on the *Stepping Out* program. From the schools that respond, a draw for a \$500 gift certificate will be held. Good luck with this!!!

MADD CANADA TO VISIT LABRADOR

The Community Youth Network based in L'anse au Loup, Labrador, in partnership with the RCMP, has received funding from the International Grenfell Association to bring MADD Canada's multimedia shows to 22 schools in Labrador. Each presentation is 45 minutes. Schools in Labrador will be visited between Sept.10 and Oct. 1.

The high school show is called *Friday Night* and its purpose is to get students to understand that alcohol use comes with risk. Students will be taught real life skills to reduce that risk and stay safe. Setting the production within the constraints of a teen party, teens can relate and when they go to their next party, they will be reminded of the possible heartbreaking outcomes and be empowered to make smarter choices themselves.

DISTRICT NUTRITION POLICY

Here are a few suggestions for canteens and school food caterers for this September leading into full implementation of the School Food Guidelines by September 2008:

BEVERAGES

Only beverages that meet the School Food Guidelines will be served in schools (no Fruitopia or soft drinks).

LUNCHES

- Deep fried foods will not be served in schools.
- Only one high fat item may be served per week. (Pepperoni, oven fries, gravy, hot dogs, and plain ice cream are all considered high fat items, and so only one of these can be served just once per week.)

SNACKS

At least 80% of the snack items sold in schools will come from the *Serve Most/ Serve Moderately* foods of the provincial School Foods Guidelines. The remaining 20% will be penalty priced.

FUNDRAISING

Fundraising activities by schools must emphasize non-food products or healthy food choices from the *Serve Most/ Serve Moderately* foods. (Alternative fundraising activities are suggested in the *Healthy Eating School Resource Manual, Section 3*. Darroch Mercer of Cisco Ltd. at 709-747-3620 has also come up with a variety of fundraising initiatives for schools.)

HEALTHY SCHOOL FOODS TENDER

This year, the Western School District worked to create Standing Offer Pricing for healthy foods for its schools. The purpose of this tender was twofold:

- to ensure access to quality healthy foods for the school breakfast, lunch, and snack programs,
- to help schools and cafeteria personnel keep costs down in the implementation of the new provincial School Food Guidelines and District Nutrition Policy.

Coleman's was selected as the winner of this tendering process. The Coleman's Group of Companies delivered on a weekly basis to 36 schools in the Western School District. Schools could order for their breakfast or lunch program or snacks for their canteen.

The District hopes to repeat this process again next year. **If your school caterer would like to suggest changes or additions for this tender next year, please contact Bill Allan at 637-4021.**

FOOD CATERERS' INSERVICE

The inservice for school food caterers in the northern region will be held on Saturday, June 9, in Hawke's Bay. This will be a great opportunity for caterers to share their expertise with one another and look for new ideas and opportunities to help implement the School Food Guidelines.

G.C. ROWE KICK THE NIC

The Wellness Committee at G.C. Rowe is made up of students from grade nine. This Committee is concerned about the wellness of the students in G.C. Rowe. This year the students took the "Kick the Nic" game that they had created to the grade 7, 8 and 9 classes.

Students in the classes picked numbers and were given questions related to the dangers of tobacco and smoking. If they answered correctly they received the prize written on the back of the number. Students' names were entered for a final prize given at the end of each session.

The game was a great success. It was fun, but the students in the classes also felt that they learned more about smoking and its dangers. Prizes were donated from the Wellness Coalition and some funding came from G.C. Rowe.

The Wellness Committee is grateful to the principal, Ms. Coleman, and all the teachers involved, for their cooperation and generosity during this week. Members of the Wellness Committee are Dylan Reid (who built the three game boards), Heather Sweetapple, Matt Lundrigan, Paula Allen, Adam Guy, Graham Downey-Sutton, Bethany Hoffe, Stacey Knight, Danielle Hancock, Meagan Marshall, Jennifer Crane, Ms. Carla Gillam and Ms. Rank.

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

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