

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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WESTERN HEALTH/ WESTERN SCHOOL DISTRICT

School Grants Available for Kids Eat Healthy & Kids Get Active

The Coleman's Group of Companies is running a campaign to donate \$20,000 to help schools across the province to promote good nutrition and physical activity in youth. Shoppers may have seen the *Kids Get Active* signs (which ran from February – July) and currently the *Kids Eat Healthy* signs (which started in July and runs until mid-November) next to participating products at Coleman's Grocery Stores. Schools can apply for funding up to \$1000 to support initiatives to promote healthy eating and/or physical activity for students, i.e. Breakfast Programs, Healthy Snack or Lunch Programs, Active Recess or Lunch, Intramurals, or After-School Programs. Schools within a three-hour's drive from any Coleman's Grocery Store will be eligible to apply. Interested schools should write a brief two-paragraph summary outlining what is presently being done in their school to promote a healthy lifestyle, how much money is being requested (up to \$1000) & how it will be spent, how students will benefit, and location of their school.

The Western School District would like to thank the Coleman Group of Companies for this fundraiser. Funding like this will provide a big boost to schools in their efforts to promote good nutrition and physical activity. **Proposals must be submitted by Friday, October 28, 2011**, to Judy Bennett at customers@colemans.ca

Wellness Coalition Grants Available for Schools

Western District schools can apply for a Health Promoting School Grant with their Regional Wellness Coalition to support initiatives that promote health and wellness in the school, i.e. playgrounds, wellness days, improved nutrition. Deadline for the Western Coalition is November 15 (up to \$500 per school). Deadline for the Northern Coalition (up to \$1000 per school) is October 31. You can download the [Application Forms](#) from our website.

Living Healthy Commotions, Oct. 14

Fifty-five schools in the Western District have registered so far for the *Living Healthy Commotion* on Friday, October 14. If your school has not registered yet, please complete the [Online Registration Form](#) by Thursday, Oct. 6. To offset the cost of activities, [Funding](#) is available from the Healthy Students Healthy Schools initiative. Funds will be transferred to school accounts once the [Online Evaluation](#) is completed after the Healthy Commotion.

Halloween Treats

The Western District's Nutrition Policy states that special occasions in schools should reflect healthier food choices. At the discretion of the principal, some flexibility is permitted with special occasion foods served up to a maximum of three times per school year. If schools choose to exercise this option, principals are responsible for choosing the 3 occasions.

Some schools have reported that students are more settled when they offer healthier treats in school at Halloween instead of extra candy on top of what they get from going door to door. Here are three healthier options:

Trick-or-treat Parfait: plain or vanilla yogurt, orange fruit, whole grain cereal. Fill small parfait glasses halfway with yogurt. Add a layer of fruit and cereal. Spoon in the remaining yogurt and add another layer of fruit and cereal. Refrigerate until serving time. For frozen parfaits, freeze the yogurt and fruit.

BooBerry Shake: blueberries, 100% apple juice, vanilla ice milk or low fat frozen yogurt, 1% or 2% milk, pinch of ground cinnamon.

Place all ingredients in a blender. Pulse until berries are cut up and then blend on medium/high until smooth. Serve immediately.

Pumpkin Faces: English muffins, melted cheddar cheese and raisins.

Melt grated cheese on English muffins. Arrange raisins to make the eyes, nose and mouth.

School Playground Funding

The Western School District has allocated funds for schools for schoolyard naturalization and transformation projects. Schoolyard naturalization could include outdoor classrooms, trails, large trees, gardens, or greenhouses. Schoolyard transformation might include playground equipment, sports fields, basketball courts, or small climbing walls. The aim of this grant (up to \$3000 per school) is to help attract other larger grants to allow schools to make substantial changes to their school grounds. The [Application Form](#) for Schoolyard Transformation and other helpful information can be found on our web page or at First Class under Employee Area/ Forms. The deadline for fall applications is November 1.

Another source of funding for playgrounds is Let Them Be Kids, a national non-profit organization that has gotten serious about active play for children by giving away 100 playground awards. LTBK helps sponsor playgrounds on a 50/50 basis and lends support for planning, financing, and construction. Each award helps schools and neighborhood groups to build much needed playgrounds while building the capacity of communities to take on their own challenges. In September, 2011, two Western District schools, Jakeman All Grade in Trout River and St. Thomas Aquinas in Port au Port, completed their playgrounds thanks to the support of dedicated teachers, community members, and Let Them Be Kids.

For information on Let Them Be Kids or other funding opportunities, go to http://web.wnlsd.ca/student_health/Funding/grants.htm

Engaging Parents with Healthy Eating

At school curriculum nights in the Western School District in September, public health nurses spoke to parents on the importance of healthy eating. The nurses presented a Powerpoint Presentation and distributed over 40,000 brochures, 1000 posters, and 7500 fridge magnets to promote good nutrition with parents and students. From feedback received, the presentation was well received by parents. Thanks so much to the nurses who helped so willingly with this! We hope this will make a difference and result in healthy foods and beverages sent from home for lunches and snacks.

Standing Offer Pricing for School Canteens & Cafeterias

Coleman's Group of Companies has once again agreed to provide schools in the Western School District with standing offer pricing for food and beverages. Please forward a copy of the [Standing Offer Price List](#) to those responsible for organizing your breakfast, lunch, or snack programs. Schools can take advantage of the convenience of having Coleman's staff picking up their order. Coleman's will deliver to schools within town limits of a Coleman's store, once a week usually within 24 hours of the order, minimum order of \$50. Out of town schools would need to have a person pick up the order.

Resources for Promoting Smoke Free

The Alliance for the Control of Tobacco (ACT) is anxious to support the continued efforts of schools to promote smoke free school communities. To this end, ACT is continuing its annual Grant Program and funds are available to schools for small projects. ACT is also able to provide resources such as lesson plans, brochures, pamphlets, and promotional items. For more information, contact Melissa at ACT at 753-0079 or check their website at <http://www.actnl.com/index2.php>.

KES Walk to Breakfast Friday, October 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. To register your school complete the online [Registration Form](#). For more information, contact Kids Eat Smart at meals@kidseatmart.ca or 877-722-1996.
