

# LIVING HEALTHY



[http://web.wnlsd.ca/student\\_health](http://web.wnlsd.ca/student_health)

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WESTERN HEALTH/ WESTERN SCHOOL DISTRICT

## ACTIVE SCHOOLS REGIONAL SESSIONS

Over the past three years, many schools have included *Healthy and Active Living* as a goal or objective in their School Development Plan. To support schools with this and to help promote student wellness, we offered sessions on *Active Playgrounds* in May of 2009. Those who attended last year thought that we should offer similar sessions again in 2010.

We would like to invite physical education teachers to attend one of the half-day regional sessions on *Active Schools* in the month of May. Sessions will be held at several locations around the District. Depending on the enrollment of schools, the sessions will run from 1:00 – 4:00 at these sites:

- |                            |                   |
|----------------------------|-------------------|
| - E.A. Butler, McKays      | Thursday May 20   |
| - Pasadena Elementary      | Wednesday, May 26 |
| - Viking Trail, Plum Point | Tuesday, June 1   |
| - Labrador                 | September, 2010   |

The half-day sessions will have a different agenda from last year, but the sharing of activities by physical education teachers will remain a priority. Here is draft of the afternoon agenda (1:00 – 4:00):

- Sharing Session: Favourite Active Games
- Review of District Active Living Policy (Draft)
- Healthy School Planner Online Tool
- Playground Resources (dispersal to those present).

Each participating school will receive more resources that can be used to help get students active, i.e. skipping ropes, playground balls, flying discs, hacky sacs. Playground stencils will also be available to schools to paint school playgrounds and make them more attractive for active play (i.e. hopscotch, four square, snakes & ladders.)

The District will pay the mileage to travel to the regional site and car pooling will be expected whenever possible. Schools will need to make its own substitute arrangements for teachers. If the physical education teacher would like to attend, please email me at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca) by Friday, May 7. (If you would like to attend but cannot with this arrangement, please contact me.) Hope to see you there.

## ACTIVE SCHOOLS RECOGNITION AWARD

The Western School District along with Western Health and Labrador-Grenfell Health would like to recognize schools that have made significant strides in providing physically active environments for their students. This year, we are introducing a new award for schools, the *Super Active School Award*. Schools achieving the following criteria will be **presented with banners at the principals' meeting in May**:

- Our school meets Dept. of Education guidelines for Physical Education (6% of instructional time for K - 9: 90+ minutes in 5 days)
- Teachers in our school have integrated physical activity into classroom instruction;
- Our school has students going outside for active play at recess and lunch on nice days;
- Our school has a variety of opportunities for students to engage in physical activity before and/ or after school;
- Our school works with community members to increase physical activity opportunities for students (i.e. pools, rinks, ski clubs).
- Our school participates regularly in District Stepping Out events (i.e. Terry Fox Run, Olympic Torch Relay, Wonder + Fitness Challenge).

If your school has met all of these criteria and you would like your school to be recognized with a banner, please email me at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca) by Friday, May 7. Good luck with your efforts in encouraging healthy lifestyles for students!

## BASEBALL RESOURCE KIT

WinterBall is a program designed to attract new participants to the sport of baseball in a gymnasium. The WinterBall kit includes lesson plan manuals, foam bats, tees, soft whiffle balls, DVD, and duffle bag. If you wish to borrow this kit, contact Bill Allan at 637-4021.

## FEELIN' GOOD MILEAGE CLUB

With a healthy school grant from the Western Regional Wellness Coalition, Stephenville Elementary started their own *Feelin' Good Mileage Club*, a walking/ running program for schools. Students and teachers meet regularly from March to June to walk/ run in the school gymnasium and outside the school (weather permitting). Each participant has a mile marker card on which they record every mile and once a specified number of miles is reached, he/ she receives a "toe token" that can be attached to shoelaces (available at [www.fitnessfinders.net](http://www.fitnessfinders.net))

The program aims to motivate children to become more fit and to gain an appreciation of walking or running as lifetime exercises. For more information, contact Cindy Barker at 643-2927.

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## STEPPING OUT CHALLENGE

The Stepping Out activity for March was the conclusion of the Wonder + Fitness Challenge. Thirty-five of our schools registered for this activity. If your school completed the Wonder + Fitness Challenge, please email me at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca) to let me know. I will put the name of your school in for the \$100 prize draw.

April is a wonderful month for students to be active. Schools can have a choice of activity for Stepping out in April. The first option is **Jump Rope for Heart**. An information kit was sent to each school earlier in the year. Students can skip before school, at recess, or at lunch just for fun or participate in a Skipping Challenge to see who can skip the longest with no mistakes or who can skip the most jumps in a set period of time. For more information, go to [www.jumpropeforheart.ca](http://www.jumpropeforheart.ca)

The other option for April is **Walk on Wednesdays**. Encourage student participation by providing a prize to the class that has the highest % of students that walk (or bike) to school. Parents could accompany kids to ensure safety. For students who cannot walk to school, have a walking club at lunchtime. Students can track the number of kilometers they walk (see info above on Feelin' Good Mileage Club). Challenge the entire school to walk a certain distance.

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## ACTIVE LEARNING ACTIVITY

### Heart Smart (K – 5)

1. Teacher will discuss the heart:

Where is it located? Left side of the chest.

What size is it? Size of a fist.

Function? Deliver blood to the body.

What strengthens heart? Jumping, swimming, jogging. (Students will act out each activity)

What weakens heart? Inactivity, smoking, unhealthy diet.

2. Teacher calls out a habit that strengthens or weakens the heart.

- If the habit strengthens the heart, students will respond by jumping for 15 seconds.

- If habit weakens the heart, students respond by falling down and squatting for 15 seconds.

Riding a bike – jump      Walking your dog - jump

Skating – jump      Smoking cigarettes – fall

Swimming – jump      Taking the stairs – jump

Raking leaves – jump      Eating fast food – fall

Taking elevator – fall      Playing PlayStation – fall

Watching TV– fall      Riding a scooter – jump

Eating chips – fall      Dancing – jump

Never eating fruits/vegetables – fall

Variation: Have students think of their own habits.

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## SCHOOL FUNDRAISING

We had a few inquiries about proposed fundraisers for different groups. Here is the wording of the Western District Nutrition Policy: *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.*

The following would violate the Policy:

- Selling of coupons for soft drink & sub-sandwich (100% juice would be acceptable)
- Selling of candy, chocolate bars, donuts, & sports drinks at tournaments.
- Providing bacon, bologna, & sausage at a meal for students (only 1 per week).

The District Policy states that each school should designate a person or committee to monitor the foods sold in schools. If you have any questions regarding the Nutrition Policy, please feel free to give me a call at 637-4021.

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