

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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DECEMBER 1, 2009

WESTERN SCHOOL DISTRICT

NATIONAL NON-SMOKING WEEK RADIO AD CONTEST

Last month, students were invited to develop 30 second radio ads and present them to their class. Class entries could be played over the school's P.A. system with one entry then chosen to represent the school. Participating teachers are asked to send in a CD, tape, or emailed audio file of their jingle, rap, rant, song, or advertisement to Bill Allan by **Friday, December 11**.

In January, we will choose five ads to represent the Western District. Each of the five classes involved with the writing of these ads will receive a \$200 cash prize, a class swimming or skating party, and a chance to have their message broadcast on CBC Radio or Rogers Cable during National Non-Smoking Week from January 18 – 23. For more information and resources, please go to our web site at http://web.wnlsd.ca/student_health

STEPPING OUT CHALLENGE: WALK TO THE NORTH POLE

The challenge for October and November has been the Olympic Torch Relay Challenge. Schools are still working on completing this so we thought we could help with their kilometer totals with the December Challenge.

For December, we have the *Walk to the North Pole Challenge* in which students are encouraged to walk the equivalent distance from home to Santa's workshop in the North Pole from late November or early December up to Christmas break. Students can walk/ run during the first 5 – 10 minutes during Physical Education classes and during recess and lunch and chart their progress on a map. When the students finally reach the North Pole, they gather in the gym where Santa is hiding on stage to meet the children and give out healthy treats. (Smaller schools can modify the distance.) Feel free to use the [Map to the North Pole and Tracking Sheet](#) by double clicking here.

DPA PROGRAM FOR 2010

Over the past two years, 13 elementary schools in the Western School District have participated in a Daily Physical Activity (DPA) Pilot. These schools have agreed to integrate 20 minutes of physical activity into their classroom instruction on days in which students do not have physical education. The response from teachers has been overwhelmingly positive. 91% of participating teachers agreed that the Daily Physical Activity Pilot was effective in helping students achieve learning outcomes. (9% were neutral.)

In May of 2009, an additional twenty schools indicated a preliminary interest in participating in this DPA initiative if funding could be obtained for 2009 - 2010. I am pleased to advise you that we have received some funding to expand the DPA program this year to more K – 6 schools in the Western School District. The funding was not as much as we had hoped, but it will allow us to continue with a certain number of schools.

For the selection of schools to participate in 2009 - 2010, we will consider the School Development Plans of interested schools. We hope to embed this DPA initiative into the strategies identified to move plans forward. This DPA would then serve as a wonderful support for a school's efforts to achieve objectives and goals related to Physical Activity and Healthy Living. Each participating school will receive one day's inservice for teachers and administrators, an Active School Resource Manual for each participating classroom teacher, and classroom resource kits (valued at \$100) for use by teachers.

I would suggest that interested teachers and administrators discuss this DPA program in the next few days. **If your school wants to be considered for the DPA training sessions for this school year, please let me know by Friday, Dec. 4.** We will review the list of interested schools and determine how we can proceed with the training sessions from there. Inservice sessions will likely be in January.

YOUTH EDUCATING YOUTH DRUG PREVENTION CONTEST

The Addictions Treatment Services Association has launched a province-wide *Youth Educating Youth Project* to engage youth and help prevent substance abuse. This drug-prevention initiative for Grades 7 – 12 involves youth in the development of media messages that promote drug awareness and healthy choices. The purpose of the video submission contest is to engage youth in the creation of a drug prevention message for their peers, one that encourages healthy choices.

Youth are asked to register their participation in this contest by visiting the website at www.speakoutnl.ca. Individual students or small groups are encouraged to submit their 15 – 30 second original videos by Jan. 31, 2010. Winners of this contest will receive \$1000, have their winning clip televised on NTV, and will be given the opportunity to produce a drug abuse prevention mini-documentary with a premiere video production company. Please distribute to anyone who might be interested.

SCHOOL FOOD GUIDELINES (2nd ed.) FOR SCHOOL FOOD PROVIDERS

We are pleased to provide schools with the 2nd edition of School Food Guidelines for School Food Providers. This booklet is based on the revised 2006 School Food Guidelines and provides updated information from Canada's Food Guide as well as criteria for fat, salt, fibre, sugar, calcium, and iron content of food and beverages. This edition provides information to promote and sustain healthy food and beverage choices for students.

In the next few days, the principal of each school will receive in the mail three copies: - one for the principal, one for the school food provider, one for the chair of the school council. Please pass on a copy to the school caterer and council chairperson.

As a champion of healthy living in your school, we hope you find this resource helpful as you continue to provide students with the opportunity to obtain and enjoy healthy foods and beverages. If you don't receive your copies in the next week or so, please let me know. If you have any questions about the Guidelines, please give me a call.

CANTEEN SUGGESTIONS

Some schools have asked for suggestions to sell in their canteen. School caterers helped with this in the past when they participated in a Healthy Snacks Contest. Here is what was generated from their participation in this contest.

TOP 10 HEALTHY SNACKS

1. Frozen yogurt tubes
2. Apple slices
3. Baked Lays Chips (Original)
4. Carrot sticks & light dip
5. Cheese strings
6. Yogurt
Frozen 100% fruit juice bars
7. Fruit parfait/ Fruit cups/
Breadsticks & cheese
8. Popcorn (light)/ Fudgesicles
Veggie bags (with light Ranch dressing)
9. Oranges/ Bananas/ Raisins/ Pretzels
10. Yogurt with strawberries (or other fruit)
Diced peaches in juice/ Cereal bars

For more ideas on canteen offerings that meet the School Food Guidelines, check out the one-pager of Healthy Recess Ideas at http://web.wnlsd.ca/student_health/

EVERYONE JUMP FOR GRADE 5

Last year, over 27,000 Grade 5 students from across Canada (15,060 from NL) helped raise awareness of the importance of regular physical activity and healthy eating in the prevention of Type 2 diabetes by participating in *Everyone Jump*. Grade 5 teachers can register now and receive:

- Lesson plans, curriculum links, and assessment rubrics
- *Everyone Jump* Music CD
- Instructions for participating in the Educational Challenge.

Winning entries from the Challenge will be awarded prizes to celebrate classroom success and encourage physical activity. For more information, please visit www.everyonejump.ca
