

LIVING HEALTHY

http://web.wnlsd.ca/student_health

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Western Health/ Western School District

Healthy Christmas Snacks

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. Here are some healthy options for Christmas:

Santa Smoothies: Blend a banana, fruit cup, yogurt, strawberries, 100% fruit juice.

Fruit and Veggie Skewers: red apples, green grapes, red and green pepper pieces, strawberries, fresh cherries, honey dew cubes, kiwi slices, sliced radishes, broccoli flowerets, mozzarella cheese cubes. Make skewers using various red and green fruits, veggies, and a few small cheese cubes.

Holiday Fruit Wreath: green fruit (sliced kiwi, green grapes, honey dew melon) and red fruit (strawberries, red grapes, pomegranate). Arrange green fruit in the shape of a wreath and then decorate with red fruit. Place a container of yogurt for dipping in the center.

Holiday Pita Chips with Salsa: Whole grain pita bread cut into wedges and baked in the oven until lightly browned and crispy. Serve with low fat dips such as hummus, yogurt, guacamole, or salsa.

Engaging Youth to Live Smoke Free Radio Ad Contest – Over \$1000 in Prizes

Last month, students were invited to participate in our annual radio ad contest. We have had an overwhelming response this year. Thirty schools have registered classes or groups to participate. Class entries will 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 one audio file or CD of their school's jingle, rap, rant, song, or advertisement to Bill Allan by Wednesday, December 14. Teachers can find all the information they need on our [Radio Ad Contest Site](#).

Thanks for your help in spreading the word!

Active Learning Activity

Top 10 Things to Do in Gros Morne

Two very popular activities to help get students and adults up and moving have been the [Hike Across Canada](#) and the [Hike Across Newfoundland](#). These hikes get students out of their seats to simulate different activities that might occur in various locations across the province or country. All a teacher needs to do is put on the Powerpoint and add a little up tempo music to set the mood.

Another activity that could be added to this list of simulated hikes is a Hike Across Gros Morne Park. The west coast band, Sherman Downey and the Ambiguous Case, just released a music video on You Tube, the [Top 10 Things to Do in Gros Morne Park](#). Play this video in class and have the students simulate the biking, hiking, swimming, etc. that occur in the video. Great fun and an interesting way to introduce students to this wonderful park!

Health Promotion for December: Walk to the North Pole

For December, our Health Promotion event is a Walk to the North Pole Challenge. Students are encouraged to walk the equivalent distance from home to Santa's workshop in the North Pole during December, a distance of approximately 4500 km from Corner Brook. (Smaller schools can modify the distance and perhaps run to St. John's or Deer Lake.) Students can walk or run during the first 5 – 10 minutes of Physical Education classes and during recess and lunch and chart their progress.

When the students finally reach the North Pole, they can gather in the gym where Santa is hiding on stage to meet the children and give out healthy treats. Feel free to use our online [Map to the North Pole and Tracking Sheet](#).

Engaging Parents with Healthy Eating

School food caterers, teachers, and principals have worked hard to stress the importance of healthy eating. At School Curriculum Nights in September, public health nurses spoke to over 3000 parents at 48 schools in the Western School District. Parents were provided with brochures, posters, and fridge magnets, all designed to help increase the level of support of parents for our healthy eating initiative in schools. The feedback has been very positive. We are now building upon this momentum with various initiatives such as the Healthy Snacks Student Challenge and Living Healthy Commotions. Some suggestions were also offered by caterers:

1. When unhealthy fast-food lunches are sent to school from home, students receive mixed messages. **Try sending home a memo to parents** asking them to limit unhealthy foods. Here is a [Sample Parent Memo](#) if you wish to use that.
 2. **Make a daily announcement about a healthy lunch special** in the school cafeteria. This is one advantage schools have over fast-food takeouts.
 3. One school **set up a table for drop-off lunches** and asked parents to place lunches there (with name on it) and wait for their son/ daughter to pick it up. The number of unhealthy lunches dropped off significantly. Consider placing a [Your Child Needs Your Help Poster](#) there.
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Healthy Snacks Student Challenge

In November, the Western School District hosted a brand new event to help educate students and promote healthy eating, the Healthy Snacks Student Challenge. Students were challenged to bring in a healthy snack for recess every day for two weeks from Monday Nov. 14 – Friday Nov. 25. Students wishing to participate completed a Student Tracking Form for this two week period.

For those students who successfully completed this two week challenge, teachers are asked to forward the tracking forms to Bill Allan at the District Office by Friday, Dec. 2. The names of 6 students will be chosen by a random draw in December. The classes of these 6 students will each be awarded a \$50 cash prize to go towards a Smoothie Party for the whole class. Yummie!

Coleman's Funding School Programs *Kids Eat Healthy*

The Coleman's Group of Companies recently held a *Kids Eat Healthy* fundraising promotion to promote eating healthy with youth. The Coleman's Group of Companies has completed the review process of the schools that submitted applications. Due to the overwhelming number of applications, Coleman's has exceeded their budget and dispersed funds of \$25,500 to 55 schools across the province. Thank you to all schools that applied. Special thanks to Coleman's and the corporate sponsors of this event for their wonderful support and also for their Kids Get Active promotion coming in January and February of 2012.

Here is a list of the 32 schools in the western region to each receive \$500. Congratulations! The following schools are asked to pick up their Coleman's gift card at the nearest Coleman's location:

Port Aux Basques

LeGallais Memorial St. James Elem.	Belanger Memorial St. James Regional High
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Stephenville Crossing

Our Lady of Mercy Appalachia High	St. Michael's Elem.
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Stephenville

St. Thomas Aquinas Stephenville High Piccadilly Central High Lady of the Cape	Lourdes Elementary Stephenville Elem. Burgeon Academy Ecole Notre Dame
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Corner Brook

Humber Elementary St. James All Grade C.C. Loughlin Presentation Jr. High Sacred Heart Elem. Immaculate Heart of Mary	Templeton Academy St. Peter's Academy Corner Brook High J.J. Curling Elementary St. Gerard's
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Deer Lake

Hampden Academy Main River Academy Elwood Elementary	Xavier Jr. High Gros Morne Academy Jakeman All Grade
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