

LIVING HEALTHY

www.wnlsd.ca (Follow the link to Student Health)



FEBRUARY, 2008

WESTERN SCHOOL DISTRICT

MARCH IS NUTRITION MONTH

March is Nutrition month and this year's theme is *Spotlight on Food and Nutrition!* For more information, go to the [Dietitians of Canada](http://www.dietitiansofcanada.ca) website. Here are some ideas for Living Healthy School Teams and classroom teachers:

Bulletin Board Display: Living Healthy

This colorful display is ready to be printed and posted. Check out [Bulletin Board Display](#)

Colored Posters

These [fast food posters](#) are related to fat and sugar content in soft drinks, potato chips, and other fast foods. These posters can be printed and posted to help promote healthier eating.

Student Presentations

Consider asking the local public health nurse to speak to students about healthy living. On the web page, there are Powerpoint presentations that could be used with students: *You Are What You Eat, Living Healthy, and Smoking: You're a Target*. See [Eating Healthy](#)

Giant Fruit Salad

Each student brings in a piece of fruit. Parent volunteers slice up the fruit and serve in a large bowl or container.

Fruity Fear Factor

Have a variety of unusual types of fruit brought in by students. Parent volunteers could slice up the fruits and students sample the different varieties.

Use the Web

Interactive activities and [educational materials](#) are available on our web site. Here are just a few:

- ☺ Nutrition Challenges
- ☺ Food Label Lesson Plans
- ☺ Interactive Nutrition Label
- ☺ Virtual Grocery Tour
- ☺ Take the Healthy Lunches to Go Tour
- ☺ Canada's Food Guide to Healthy Eating
- ☺ My Food Guide

Drop the Pop Challenge

Each day for 5 days (or longer), students will record who did not drink pop. The challenge is to have as many students participate as possible on each of the five days. Classrooms with the highest participation rate could be awarded prizes. For more information see [Drop the Pop](#)

HEALTHY SCHOOLS COMMUNITY GRANTS

The regional Wellness Coalitions would like to invite schools and communities in the Western School District to apply for a Healthy School or Community Grant. Schools can apply for funding up to \$500 while communities can apply for up to \$1000. These grants are used to help support wellness initiatives in schools and communities in areas such as healthy eating, physical activity, and tobacco control. Schools can apply for a grant to support current or planned initiatives that promote health and wellness in the school community.

To download the application forms for Western, Northern, or Labrador-Grenfell Health, go to [Health Funding](#). The deadline for school submissions in Western is February 15 while the next deadline for a community submission is March 15.

NO CHILD WITHOUT

Provided by the Canadian Medic Alert Foundation, the No Child Without program offers all elementary school aged children with medical conditions or allergies free Medic Alert protection regardless of their financial resources (until their 14th birthday). Interested school principals can enroll in the program by contacting the Medic Alert Foundation by phone or online. There are currently sixteen schools within our region registered in the program. For more information, go to www.nochildwithout.ca

For more information, please contact Pam Moores at 632-2919.

GO HEALTHY!

These simple ideas for getting healthy (and much more) can be found on the [Go Healthy](#) web site. They might make for great inserts in school newsletters. Check it out!

Reading Nutrition Labels

Nutrition labels on packaged foods make it easier to find and assess nutrition information about the foods you eat. To better understand nutrition labels check out this [Interactive Nutrition Label Quiz](#).

Breakfast ... The Way to Start Your Day

After a night's sleep, blood sugars are at their lowest making your brain and muscles slow and sluggish in the morning. Breakfast gives you the fuel to get your body moving for the day. A balanced breakfast will give you energy. Choose foods from at least three of the food groups in Canada's Food Guide to Healthy Eating to help you plan a balanced breakfast. www.healthcanada.gc.ca/foodguide

Breakfast is the way to start your day. Check out the balanced breakfast ideas in this month's Recipe's section.

What is Your Best FITT?

When it comes to personal fitness, the "FITT" formula can help you achieve success.

FREQUENCY: Think about how many times you exercise in the run of a week. Forming a consistent workout pattern will help you incorporate fitness into your busy lifestyle.

INTENSITY: Whether you are a beginner or an advanced participant become aware of how you feel during a challenging workout.

TIME: Choose the time of day that works best with your schedule.

TYPE: What gets you moving? Maybe you like dancing, yoga or jogging outside. You will be more likely to commit to an exercise if you have fun while doing it!

If you would like to receive a brief email related to health (like one of the above) every Monday morning, sign up at the gohealthy.ca web site!

PRESCRIPTION FOR HEALTHY LIVING: HOW DO YOU MEASURE UP?

Here are 10 ways to help ensure good health. How do your students stack up? Check off each one that applies to you.

Before you give students this list, students might try to come up with their own Top Ten list for Nutrition Month.

- Eat breakfast every morning.
- Enjoy family meals together as often as possible.
- Choose food items from 3 of the 4 food groups at each meal.
- Eat 5 - 8 servings of fruit and vegetables daily.
- Choose healthier snacks instead of foods that are high in fat, sugar, or salt.
- Choose water over sugary beverages.
- Choose regular sized portions instead of super-sizing.
- Aim for less than 2 hours of screen viewing per day (TV, computer, video games).
- Have 60 minutes of physical activity per day.
- Choose the stairs instead of elevators.

EDUCATIONAL MATERIALS

<http://www.healthyeatingisinstore.ca/>

Healthy Eating Is in Store for You: This virtual shopping tour by the Dietitians of Canada will help students use the nutrition information on food labels to make healthy food choices for them and their families. They will also pick up nutrition and shopping tips as they make the tour.

www.yoomagazine.net |

This interactive health magazine for young people includes Q & A, interactive questionnaires and quizzes, information sheets, as well as access to on-line learning modules and classroom activities for teachers.

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

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