

# LIVING HEALTHY

[www.wnlsd.ca](http://www.wnlsd.ca) (Follow the link to Student Health)



FEBRUARY, 2009

WESTERN SCHOOL DISTRICT

## MARCH IS NUTRITION MONTH

March is Nutrition Month and this year's theme is "Stay Active. Eat Like a Champion." For more information, go to the [Dieticians of Canada](http://www.wnlsd.ca) website. We would like to encourage classroom teachers and Living Healthy School Teams to plan a Nutrition Month activity to promote healthy living with your students. If your school has an innovative idea for Nutrition Month, please email [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca) to let us know so we can share that with other schools.

Here are some ideas that have been used in previous years:

### **Bulletin Board Display: Living Healthy**

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

### **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.

### **Presentations for Students**

Consider asking the local public health nurse to speak to students about healthy living. On the web page, there are Power Point presentations that could be used with students: *You Are What You Eat*, *Living Healthy*, and *Smoking: You're a Target*. To view, go to [www.wnlsd.ca](http://www.wnlsd.ca) (follow links to Student Health/ Presentations).

### **Sugar Shocker**

This site, [Sugar Shocker: What Are We Drinking](#), focuses on the sugar content contained in common beverages. In addition, I have available for loan to teachers a kit with displays of the sugar content for students, a real eye-opener for many! To borrow, contact Bill Allan at 637-4021.

### **Use the Web**

Interactive activities are available on our web site at [www.wnlsd.ca](http://www.wnlsd.ca) (follow links to Student Health/Educational Materials). Here are just a few:

#### ***Interactive Nutrition Label***

This [Interactive Nutrition Label and Quiz](#) can help students better understand and learn how to use information on food labels.

#### ***Virtual Grocery Tour***

Take the students on a tour of a local grocery store to highlight healthy choices available there. Arrange for a dietician or another expert on healthy eating to lead the tour. You can also take the students on a [Virtual Grocery Store Tour](#)

#### ***Nutrition Challenges***

Use this web site with students with three different [Nutrition Challenges](#): a Nutrition Challenge Quiz, Crossword Puzzle, and a Scavenger Hunt with popular nutrition questions.

#### ***A Guided Tour of Canada's Food Guide***

Find out the highlights of [Eating Well with Canada's Food Guide](#) by taking this virtual tour. It will help students understand how much and what types of foods they need as well as the benefits of eating well and being active.

#### ***Healthy Eating Is in Store for You***

This [Virtual Shopping Tour](#) will help students use the nutrition information on food labels to make healthy food choices for them and their families.

#### ***Nutrition Jeopardy***

The [Nutrition Jeopardy](#) web site has dozens of questions and answers related to nutrition that could be used with elementary and junior high school students to create a fun activity for Nutrition Month. Go to [www.wnlsd.ca](http://www.wnlsd.ca) (follow the links to Student Health/ Nutrition Month).

## DAILY PHYSICAL ACTIVITY

Last year, a Daily Physical Activity Pilot was started in six primary/ elementary schools in the Western School District. Participation was voluntary, and those schools that were selected agreed to provide 180 minutes of physical activity for students in a six-day cycle. This typically amounts to 20 minutes of activity on non-gym days which is overseen by the classroom teacher. The pilot schools included St. Thomas Aquinas, St. Michael's Elementary, St. James Elementary, Viking Trail Academy, St. Theresa's Elementary, and Long Range Academy.

This year, funding was obtained from Western Health, the Western School District, and Service Canada (Corner Brook Branch) to implement the program in the Bay of Islands- White Bay area. Seven schools received the *Active Learning* inservice session on January 15 – 16 at the Pepsi Center in Corner Brook. Participating classroom teachers received a valuable resource kit and a manual of activities to help teach learning outcomes in the classroom using active learning.

In addition, a facilitator has been hired to visit each of the schools one day per week to help teachers and students. Teachers in attendance were extremely positive about the program and expressed a real desire to get started immediately following the training day. Special thanks to John Elkins from the Eastern School District for facilitating this inservice.

If teachers would like to see a sample of some of the fun [Classroom Physical Activities](#) that could be used with students, I have posted a few on our web site at [www.wnlsd.ca](http://www.wnlsd.ca) (follow the links to Student Health/ Daily Physical Activity). A few of the more popular activities include:

- *Walk Across Newfoundland*
- *Mathematics Card Game*
- *FITGO*
- *Active Scrabble*
- *Fun with Adverbs*
- *Deal or No Deal*
- *Principal's Coming*
- *Subject Review Basketball*
- *Mission Possible*
- *Energizers Linked to Academic Concepts*
- *Video Demonstrations of Active Movements.*

## STEPPING OUT

Our Stepping Out activity for February will be Jump Rope for Heart. Students can skip before school, at recess, or at lunch. Jump 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 (e.g. two minutes). For more information, go to <http://www.jumpropeforheart.ca/>

A limited number of class skipping kits are available from Bill Allan. To borrow, call Bill at 637-4021 or email [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca).

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## SCHOOL FOOD GUIDELINES PARENT BROCHURE

In November, the Department of Education sent to all schools in the province a new School Food Guidelines Brochure for Parents and Caregivers. [Supporting School Food Guidelines](#) provides healthy eating tips for school aged children and youth. These tips are based on eating well with Canada's Food Guide and support the Western School District's Nutrition Policy.

The brochure includes information for parents and caregivers on:

- How to help children make healthy food choices
- Healthy brown bag lunch & snack ideas
- Healthy food choices now available at school
- Sample serving sizes
- Safe food storage and handling tips.

This brochure is now available on the Healthy Students Healthy Schools web site at [www.livinghealthyschools.com](http://www.livinghealthyschools.com)

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

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