

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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WESTERN SCHOOL DISTRICT

MARCH IS NUTRITION MONTH

March is Nutrition Month and this year's theme is "Celebrate food ... from field to table!" This year, we would like to especially encourage primary teachers and Living Healthy School Teams to plan a Nutrition Month activity to promote healthy eating with primary students.

If your school has an innovative idea for healthy eating for Nutrition Month, please write 1 or 2 short paragraphs to share what you plan on doing with the primary students in your school and how you plan on spending the funds. Submit to me by February 17 at bill.allan@wnlsd.ca (The ideas must be related to *Healthy Eating* and not necessarily to the actual theme for this year's Nutrition Month.) A committee will review these ideas and award prizes of up to \$200 to different schools in the Western District.

Here are some ideas and resources that have been used in previous years. More information on these resources can be found on our web page at http://web.wnlsd.ca/student_health

HEAL Toolkit (Healthy Eating Active Living)

The HEAL Toolkit includes an interactive Powerpoint presentation, life-like portion controlled food models, a 3-D bone health model, student activity sheets, and the DVD *Supersize Me* to stress the importance of healthy eating.

You Are What You Eat

A power point presentation that illustrates sources of hidden fats and sugars.

Mission Nutrition

Engage students with fun activities that include lesson plans, curriculum connections, and assessment rubrics. A great supplement to any health curriculum!

Bulletin Board Display: Living Healthy

This display is ready to be printed and posted.

Colored Posters for Fast Food

These colorful posters highlight sugar and fat content in some commonly sold fast foods.

Re-Think Your Drink

This Powerpoint presentation highlights the sugar content and nutritional value of different drinks. You can also borrow a resource kit with displays to highlight the sugar content of common drinks and activities for teachers.

Interactive Nutrition Label

This online quiz can help students understand 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 tour on the web.

Nutrition Challenges

Use this web site with students with three different 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 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.

Nutrition Jeopardy

The 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.

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.

COLEMANS SPONSORING KIDS GET ACTIVE PROMOTION

The Coleman's Group of Companies is ready to kick off a *Kids Get Active* fundraising promotion to promote physical activity in youth. This promotion to raise \$20,000 for schools in the province will run from February 5 until March 4, 2010. Schools within a one hour's drive from any Coleman's Grocery Store will be eligible to apply for funding up to \$1500 to support an initiative to promote physical activity for students. Initiatives could include Active Recess, Active Lunch, Intramurals, After-School Program, or Differentiating Instruction Using Physical Activity. Schools interested in applying should write a brief one or two paragraph summary outlining how much money is being requested (up to \$1500), location of their school, how the money will be spent, and how the students will benefit. Proposals should be sent to Judy Bennett at customers@colemans.ca

The Western School District would like to thank the Coleman Group of Companies for initiating this fundraiser. Funding like this should provide a big boost to schools in their efforts to promote physical activity. For this fundraiser, Coleman's has the support of many national companies with hundreds of products. Shoppers can look for the *Kids Get Active* signs next to participating products at Coleman's Grocery Stores.

STEPPING OUT CHALLENGE

The challenge for January is the Wonder+ Fitness Challenge, a brand new Olympic-themed challenge with fun exercise routines and dance tunes that will coincide nicely with our Olympic Commotion on February 26. Thirty-five of our schools registered for this challenge – Amazing!

The Stepping Out activity for December was the Walk to the North Pole Challenge. A draw was held from the participating schools and the winner was Our Lady of Labrador from West St. Modeste. A \$100 certificate will be issued to the school later in the year. Congratulations!

OLYMPIC COMMOTIONS

To coincide with Nfld. & Labrador Day at the 2010 Vancouver Olympics, an even bigger Living Healthy Commotion will be held on Friday, February 26. Activities like sporting challenges (i.e. *Olympic Torch Relay Challenge* and *Wonder + Fitness Challenge*), fun cultural activities, story and song writing, visual art challenges, dance, or developing a school flag can be part of the school's festivities. (For those schools participating in the Olympic Torch Relay Challenge, there are only 22 days left as of February 1.) Planning teams can use the Teacher's Resource Package at http://web.wnlsd.ca/student_health/ to generate creative ideas for the Olympic Commotion in February. You can also check this web site to see how much funding your school can expect to receive upon receipt of your school's Evaluation Form for this event. Schools will need to complete the evaluation form online before funds can be released.

Congratulations to St. Peter's Academy of Benoit's Cove whose proposal for this Commotion was chosen by the Dept. of Education to be highlighted during the Olympics.

ACTIVE LEARNING ACTIVITY

MATHEMATICS CARD GAME

Remove all jacks, queens, kings, & aces from a deck of cards. Give each student a card.

FOR ADDITION OR SUBTRACTION: The teacher calls out a number, let's say 12 for example. Each student moves around the class looking for a partner (or two) whose card could be added to theirs to make 12. When they find their correct partner(s), they would then agree on an exercise, Jumping Jacks for example, and do 12. Move on to find another partner for 12 and another exercise. After a few minutes, teacher could call a new number and begin again.

FOR MULTIPLICATION: Students move to find any partner and find product of the cards. Have a designated exercise decided on (say 5 Touch Your Toes). Find a new partner & a new product.

FOR A CHALLENGE: Have students find three or more partners and find the sum or product.