

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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WESTERN SCHOOL DISTRICT

MARCH IS NUTRITION MONTH

March is Nutrition Month. This year, we would like to help schools in the Western School District promote healthy food choices during Nutrition Month. We have a limited amount of funding to support Western District schools with this initiative. **School principals are asked to pass this along to teachers and discuss possibilities for a Nutrition Month activity.** If your school has an innovative idea to promote healthy eating, please submit a short paragraph to share what you plan on doing, how many students will be participating, and for what purpose you need funds. Submit to me by Friday, Feb.18 at bill.allan@wnlsd.ca. A committee will review these ideas and **award prizes of up to \$200 to a select number of schools.**

I have posted last year's successful Nutrition Month proposals on our web site at http://web.wnlsd.ca/student_health. In addition, here are some other resources that might be helpful in promoting healthy eating. For more information on any of these, please contact me.

[You Are What You Eat](#)

This Power Point presentation illustrates sources of hidden fats and sugars in different foods.

[Mission Nutrition](#)

Engage students with fun activities that include lesson plans, curriculum connections, and assessment rubrics.

[Interactive Nutrition Label](#)

This online quiz can help students understand how to use information on food labels.

[Eating and Activity Tracker](#)

Record and track your eating habits. Compare them to Health Canada's guidelines.

[Virtual Grocery Tour](#)

Take the students on a tour of a local grocery store to highlight healthy choices available there. The store often arranges 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.

[Guided Tour of Canada's Food Guide](#)

This virtual tour will help students understand how much and what types of foods they need as well as the benefits of eating well & 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.

[Eat Well and Be Active Educational Toolkit](#)

This resource is designed to help those who teach children and adults about healthy eating and physical activity.

[Sip Smart!](#)

This guide contains everything you need to help students make healthy drink choices.

[Re-Think Your Drink](#)

This Power Point presentation and health promotion campaign encourages learning about sugar in everyday beverages. You can also borrow a resource kit with displays to highlight the sugar content of common drinks and activities for teachers.

[Colored Posters for Fast Food](#)

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

Fat Chance: A Closer Look at Fast Foods

This display demonstrates with test tubes how much fat is found in certain foods. A real eye opener for students! Contact Bill Allan to reserve.

HEAL Toolkit (Healthy Eating Active Living)

The Healthy Eating Active Living Toolkit includes an interactive Powerpoint presentation, life-like portion controlled food models, a 3-D bone health model, student activity sheets, and DVD's to stress the importance of healthy eating. Contact Bill Allan to reserve.

NEW PHYSICAL ACTIVITY GUIDELINES FOR CANADIAN YOUTH

Canada's physical activity guidelines got a recent makeover. To derive significant health benefits, children and youth aged 5 to 17 need 60 minutes of moderate-to-vigorous-intensity physical activity daily. Moderate physical activities include brisk walking, skating, and bike riding. Playing hockey, basketball, and running are examples of vigorous activities. Hopscotch, skipping, push-up, and sit-ups are examples of bone strengthening activities.

Recent research has revealed that Canadian children are spending 42 hours a week on average in front of screens (*2008 Report Card on Physical Activity for Children and Youth*). It seems that for many youth, however, whatever physical activity they get will be in school.

Is it possible for children to get their full 60 minutes a day in school (300 minutes per week)? Yes, it is possible. Here's one possibility as to how this could happen based on a five-day cycle:

	<u>Min./Week</u>
<i>Physical Education</i>	90
<i>Intramurals</i>	60
<i>Active School Playground at Lunch</i> (30 min/ day x 3 days/week)	90
<i>Active School Playground at Recess</i> (20 min/ day x 3 days/week)	60
<u>DPA (20 min./ day x 3 days/ wk)</u>	<u>60</u>
TOTAL MINUTES PER WEEK	360

FUNDING FOR HEALTHY SCHOOLS

Western District schools can now apply for a Healthy Schools Grant with their Regional Wellness Coalition. These grants can support initiatives that promote health and wellness in the school, i.e. school playgrounds, wellness days, improved nutrition. This is the final opportunity for application to the Wellness Coalitions for this school year. Deadline for the Western Coalition is February 15 (up to \$500 per school). For the Northern Coalition (up to \$1000 per school), deadline is Feb. 28. You can download the [Application Forms](#) on our web site.

SCHOOL WALKING CLUBS

In previous newsletters, we mentioned the idea of School Walking Clubs as a means to help students and teachers keep active and reduce stress. The walks could be done at lunch time, before or after school, or in the evening. This is also a great way to help students achieve their recommended 60 minutes of daily physical activity.

To encourage schools to start walking clubs, the names of participating schools will be put in the hat each month for a draw. The school that is chosen each month will receive a \$100 cash prize to go towards the promotion of healthy living in the school. A great activity for student and teacher wellness with five \$100 prizes! The winner in January for the School Walking Clubs is Sacred Heart Elementary (Corner Brook).

If your school has a walking club, please e-mail me by February 10 at bill.allan@wnisd.ca A draw for \$100 will be held in February for those schools that have a walking program.

SCHOOL TOURNAMENTS & DISTRICT NUTRITION POLICY

February and March are peak times for school tournaments. **School principals are asked to remind tournament organizers that the Western School District Nutrition Policy states that all foods and beverages sold at tournaments must meet the Provincial School Food Guidelines.** Please remind parents and teachers who are organizing canteens that donuts, nachos, potato chips, chocolate bars, hot dogs, and soft drinks do not meet these Guidelines and cannot be served.

I would suggest that copies of the brochures [Canteen Suggestions for School Tournaments](#) and [Healthy Choices for Canteens](#) be printed and given to tournament organizers. These could be helpful by listing healthy food and beverage choices that comply with the School District Policy and Provincial School Food Guidelines. Thanks for your help with this.
