

LIVING HEALTHY

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



JANUARY 8, 2008

WESTERN SCHOOL DISTRICT

DISTRICT NUTRITION POLICY: MOVING TO FULL IMPLEMENTATION

Congratulations to school administrators and cafeteria personnel on their efforts to date with the School Food Guidelines. It was only a very short time ago when most of the items sold in schools consisted of french fries, soft drinks, potato chips, chocolate bars, and ice cream. How far we have come!

To help schools plan for full implementation in September, 2008, I have done a review of foods presently sold and served in each school. The principals should have received a copy of this review in the mail before Christmas. This information needs to be shared and reviewed with the people responsible for school cafeterias and canteens. (For those schools with Chartwells and Atlantic Catering, the review is ongoing directly with these companies.) If you have any questions, please feel free to give me a call.

STEPPING OUT: LET'S GET ACTIVE!

The first Stepping Out activity for this year was held in November. Congratulations to all who participated! From the schools that responded, a draw was held for a \$100 gift certificate. The school chosen in this month's draw was St. James All Grade in Lark Harbour whose students participated in lunchtime walks and dances in November.

For January, schools can consider a variety of activities to get students more physically active. At the end of January, another draw will be held for participating schools. Let's keep the students moving!

SCHOOL FUNDRAISER: STICK-EES

Several schools have had great success with a Stick-ees fundraiser selling window decorations that cling like magic to any glossy surface with designs available for every season and holiday throughout the year. Pieces just peel and stick and are re-usable year after year. For more information or to receive a catalogue, go to <http://www.stik-ees.ca/index.html>

SOLICITING PARENT SUPPORT FOR NUTRITION POLICY

One obstacle that schools have faced with the implementation of the Provincial School Food Guidelines and having the students eat healthy is that of takeout food being brought into school by parents. Some school administrators have had success by asking for the support of parents. Here is a sample memo sent home by one school principal that met with considerable success. Feel free to use any or all of this memo in communication to parents.

Memo to: Parents / Guardians
Re: Healthy Eating for Students
From: School Principal

Recommendations from national studies on student health repeatedly call for the promotion of healthy lunches at school and parental involvement. In recent months, our school has worked very hard to bring about positive changes in healthy eating with the implementation of the Provincial School Food Guidelines and the Western School District's Nutrition Policy. (To view these documents, go to www.wnlsd.ca and follow link to *Student Health*.)

When healthy foods are sent to school from home, this supports the message that teachers and administrators are attempting to promote. One issue of concern, however, is the bringing of takeout food into the school. As you know, most takeout foods have a high content of fat and salt and are not healthy for children. When unhealthy takeout foods are sent to school, students receive conflicting ideas, and the message about the importance of eating healthy may be lost.

In consultation with our school council, staff, and public health nurse, we are asking parents to avoid bringing in unhealthy takeout foods to school. If you must, please limit it to once a week (perhaps just on Fridays). We ask for your support with this to help promote healthy eating and improve the general health of our students. Thank you for your continued support.

Signature

WHAT THE RESEARCH SAYS...

* Children growing up in the United States today will suffer more chronic diseases and premature death because of the way they eat and their lack of physical activity than from exposure to tobacco, drugs, and alcohol combined.

* "Schools need three major approaches to combat the obesity epidemic:

- Expand physical education programs or find additional ways of incorporating physical activity into the school day.

- Stop schools from selling foods & beverages high in calories and low in nutrients to try to ensure that the meals, snacks, & drinks available are healthy.

- Adopt curricula that teach the importance of a good diet and daily physical activity, curricula that also impart practical skills such as reading food labels and measuring portion sizes and that motivate students to try out and adopt new habits, such as eating more fruits and vegetables."

FED UP!, Susan Okie, M.D. 2005

NATIONAL NON-SMOKING WEEK

Western Health is sponsoring a door-decorating contest for National Non-Smoking Week (Jan. 21 - 27) for grade 4, 5, & 6 classes in the Western Health Region. Schools choose a winning door to represent their school with the overall winner receiving a class pool, skating, or bowling party, depending on the location of the school. The Corner Brook Public Health Nurses are also doing a Tobacco Fair and taking it to eleven schools in the Bay of Islands area. For more information, please contact your public health nurse.

TEACHING RESOURCES

(available from Bill Allan at 637-4021)

Healthy Eating Toolkits

These excellent toolkits from the School Milk Foundation are available for loan and come complete with food models, videos, and curricular activities.

Pedometer Kits

Class sets of pedometers are available for loan to schools. Pedometers measure footsteps and can teach students how to monitor the amount of activity they accumulate on a daily basis.

Jump to Be Fit Skipping Kits:

Four class sets of jumping ropes, posters, and DVD's are available for loan to schools.

Reading Nutrition Labels

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

Coloured Posters

These posters are related to fat and sugar content in [soft drinks](#) and [potato chips](#) and other fast foods. These posters could be printed and posted up in school to help promote healthy eating. We also have a PowerPoint Presentation, [You Are What You Eat](#), available on our Student Health web site at www.wnlsd.ca (Follow the links to Eating Healthy/ Educational Materials.)



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

Bill Allan

School Health Promotion Consultant

P.O. Box 368, Corner Brook, NL

Tel:(709) 637-4021

E-mail: bill.allan@wnlsd.ca