

# LIVING HEALTHY

[http://web.wnlsd.ca/student\\_health](http://web.wnlsd.ca/student_health)

JANUARY 8, 2009



WESTERN SCHOOL DISTRICT

## HEALTHY SCHOOLS COMMUNITY GRANTS

The regional Wellness Coalitions would like to invite schools in the Western School District to apply for a [Healthy School 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 that promote health and wellness in schools and towns, i.e. healthy eating, physical activity, and tobacco control. To apply for funding, please go to the Student Health web site (follow the link to Funding) and download the application form. The deadline for school submissions in Western is February 15 while the next deadline for a community submission is March 15.

## SOLICITING PARENT SUPPORT FOR SCHOOL FOOD GUIDELINES

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 in their monthly newsletter that met with considerable success. Feel free to use any or all of this in communication to parents.

*Memo to: Parents/ Guardians*  
*Re: School Food Guidelines*

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.

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, has been 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 seen as healthy for children. When unhealthy foods are sent to school, all students receive conflicting ideas from parents, 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 send this, 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. Thanks for your continued support.

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Signature

## NATIONAL NON-SMOKING WEEK RADIO AD CONTEST

Students are invited to develop 30 second radio ads and present them to their class. One entry is chosen to represent the class by Friday, January 16. During National Non-Smoking Week from January 19 – 24, entries from each class can be broadcast over the public address system in school. One school entry is then submitted to the Western School District from which five will be selected to have a chance to be broadcast on CBC Radio. Each of these five classes shall also receive:

- \$200 cash prize from ACT
- Class swimming pool, skating, or bowling party (depending on location)
- Selection of t-shirts and hats from ACT.

For more information, please download the [Contest Invitation](#) and [Entry Form](#) or go to [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/)

For those teachers who are working in their health classes to inform students about the dangers of tobacco, we have created teacher resource kits, *Life Is Even Better Smoke Free*, with lots of great student activities, displays, videos, and resources to highlight the dangers of smoking. If you would like to borrow one of these kits, please contact Bill Allan at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca)

## SOME GREAT RESOURCES FOR HEALTH TEACHERS

Here are some great resources for teachers looking to enhance the materials provided for the prescribed Health curriculum.

### Healthy Eating Toolkits

These excellent toolkits from the School Milk Foundation are available for loan and come complete with food models, videos, and activities for teachers. A wonderful resource for any teacher teaching health and looking for extra materials to supplement the curriculum!

### Reading Nutrition Labels

Nutrition labels on packaged goods make it easier to find information about the foods you eat. To better understand nutrition labels, have students check out this [Interactive Nutrition Label Quiz](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php) at <http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php>

### Healthy Eating Lesson Plans K - 6

Lesson plans for K – 6 teachers interested in teaching students about the importance of eating well are available at the Mission Nutrition website at <http://www.missionnutrition.ca> and at the Peel site at <http://peelregion.ca/health/eating/htmlfiles/healthy-eating.htm>

### Living Healthy Bulletin Board Display

For teachers or administrators interested in creating a display in their school to stress the importance of living healthy, we have posted a [Bulletin Board Display](#) that you can print and post. Go to the Student Health web site at [www.wnlsd.ca](http://www.wnlsd.ca)

### Power Point Presentations

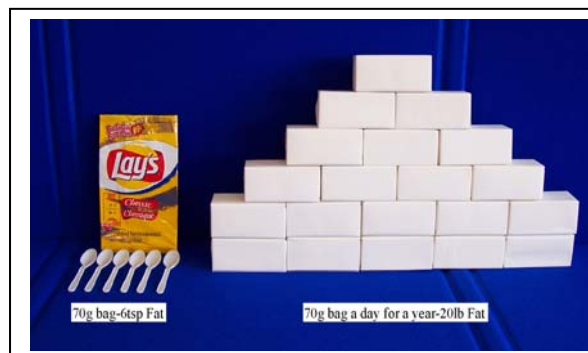
Several Power Point Presentations are available that teachers or public health nurses can use, including:

- [Living Healthy](#)
- [Kids, Teens, & Soft Drinks](#)
- [You Are What You Eat](#)

To access this, go to the Student Health web site at [www.wnlsd.ca](http://www.wnlsd.ca) and follow the link to Educational Materials.

### Coloured Posters

These [Coloured Posters](#) at [www.wnlsd.ca](http://www.wnlsd.ca) are related to fat and sugar content in soft drinks and potato chips and other fast foods. These posters could be printed and posted in school to help promote healthy eating. Here are just a couple:



## STEPPING OUT: GET WINTER ACTIVE

The Stepping Out challenge for December was the Walk to the North Pole Challenge. The winner for the monthly draw of \$100 was Truman Edison Collegiate in Griquet. Congratulations!

Another draw will be held after the January activity, Let's Get Winter Active. Don't hibernate - participate! Suggestions for kids to get active and have fun could include building snow sculptures, going sliding, or playing games such as Snow Soccer (or Dodgeball), Toboggan Races, Tag, Ultimate Frisbee, and Relay Races. For more information, go to <http://www.winteractive.org/en/default.aspx>

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

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