

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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JANUARY, 2010

WESTERN SCHOOL DISTRICT

NATIONAL NON-SMOKING WEEK JANUARY 18 - 23

For the past two years, students in the Western School District have participated in a contest to develop radio ads to promote a Smoke Free lifestyle. This year, we will email the five winning entries from the contest to each school. We hope that each school might play one of these ads on their P.A. system for each day of National Non-Smoking Week (Jan. 18 – 23). You can also download these ads from our site at http://web.wnlsd.ca/student_health Just place the P.A. microphone nearby and the smoke free message could be passed on to all in the school.

In addition, we have some great resources available that could be used during National Non-Smoking Week including a *Smoke Free Display & Teacher's Guide* and *Smoking: You're a Target* power point presentation. Please contact me if you wish to borrow.



GRANTS FOR HEALTHY SCHOOLS

The regional Wellness Coalitions would like to invite schools in the Western School District to apply for a healthy school grant. Schools can apply for funding up to \$500 while communities can apply for up to \$1000. The school proposals that have been accepted so far this year are available on the web site for you to view. 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.

The next deadline for school submissions in Western is February 15. The application for funding is available on the Student Health web site at http://web.wnlsd.ca/student_health/Funding/grants.htm

GREAT RESOURCES TO ENHANCE HEALTH CURRICULUM

We have great resources available for teachers looking to enhance their Health classes. We have placed all of these resources in one location to improve access for teachers and community health workers. The list can be found on our web page at http://web.wnlsd.ca/student_health and includes resources for Nutrition, Physical Activity, Tobacco, and Health Promotion. I would ask that a copy of this Healthy Living Resource List be printed and placed in the Staff Room so teachers can have easy access. It would be best printed in color as many of the resources are hyperlinked for easy download from the Internet.

Some of the resources include:

- *Re-Think Your Drink* Display & Guide
- *Healthy Eating Active Living* Toolkit
- *You Are What You Eat* Powerpoint Presentation
- *Interactive Nutrition Label & Quiz*
- *Virtual Grocery Store Tour*
- *Daily Physical Activity* Teacher's Manual
- *Daily Physical Activity* Lesson Plans
- *Favourite Active Games*
- *Intramurals, Making It Fun*
- *Fundraising the Healthy Way*

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 have registered for this challenge – Amazing! Schools should be receiving their class kits in early January.

The Stepping Out activity for December was the Walk to the North Pole Challenge. If your school participated in the North Pole Challenge, please email me to let me know. A draw will be held for the \$100 prize next week.

DPA PROGRAM FOR 2010

Over the past two years, 13 elementary schools in the Western School District have participated in a Daily Physical Activity (DPA) initiative. These schools have agreed to integrate 20 minutes of physical activity into their classroom instruction on days in which students do not have physical education. Not only has this been a great way to help increase the activity levels of students, but it has also been a great means to differentiate instruction, especially for those students who have a bodily-kinesthetic learning style and learn best by moving and doing and being active.

The response from teachers has been overwhelmingly positive. 91% of participating teachers agreed that the Daily Physical Activity Pilot was effective in helping students achieve learning outcomes. (9% were neutral.)

For this school year, twelve schools have been confirmed for the Active Learning training sessions. Funding has been obtained from Western Health, the Western School District, and the provincial departments of Education, Health and Community Services, and Tourism, Culture, and Recreation.

The training sessions will likely be held in February in the following locations:

Stephenville Elementary

Stephenville Elem.	Stephenville Primary
Belanger Memorial	E.A. Butler

Pasadena Elementary

Bonne Bay Academy	Gros Morne Academy
Jakeman All Grade	Pasadena Elementary
St. Peter's Academy	Torrent River Academy

Mountain Field Academy, Forteau

Mountain Field Acad.	Our Lady of Labrador
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We are still trying to finalize dates and numbers for each session. More information will follow in the coming weeks. If other interested teachers would like to participate, please contact me to see if arrangements can be made.

PROMOTING FRUIT & VEGETABLES

Here are some suggestions for promotion of fruit & vegetables in your school cafeteria:

- Include fruit or vegetable as part of daily special
 - Offer fruit cups in the canteen and cafeteria
 - Set up a salad bar or make pre-made salads
 - Offer homemade vegetable soups
 - Offer 100% dried fruit or fruit/ vegetable snacks
 - Use berries and fruit in yogurt parfaits
 - Try new vegetables like baked sweet potato
 - Make fruit and vegetables appealing by cutting them up and offering with low fat dip.
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SCHOOL FOOD GUIDELINES INQUIRIES

With the revised Provincial School Food Guidelines, an attempt has been made to take the guesswork out of good nutrition in schools. Specific criteria have been laid out for each of the four food groups. Some recurring questions keep popping up. Here is a brief summary:

X Crispers

Do not meet the Guidelines and should not be sold in schools: high fat and sodium.

X Sun Chips

Do not meet the Guidelines and should not be sold in schools: high fat content.

X Rice Krispie Squares

Do not meet the Guidelines: no fibre.

X Chocolate Chip Muffins

Muffins must be whole grain (i.e. bran or oatmeal), low in fat, with fruit additives (not chocolate chip).

X Aquafina Flavored Water

Artificially sweetened beverages do not meet the Guidelines and cannot be served in schools.

✓ Country Ribbon/ Janes Chicken Nuggets & Strips (Serve Moderately)

✓ Chocolate Milk (Serve Moderately)

✓ Baked Fries: McCain Superfries & Straight & Crinkle Cut and Cavendish Regular are Serve Moderately. Other fries are Not Included. For a more complete list, please see Brand Name Food List on our web page.
