

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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Western Health/ Western School District

National Non-Smoking Week January 16 – 21

For the past four years, we have engaged students to promote smoke free living for National Non-Smoking Week. Thirty-one schools registered for the Radio Ad Contest this year. From those entries, five radio ads were chosen to represent the Western School District. Congratulations to all who participated. The winning schools and sponsoring teachers were:

St. Peter's Academy	Gr. 6	Nancy O'Quinn
Our Lady of Mercy	Gr. 5	Carla Crocker
C.C. Loughlin	Gr. 4	Jackie Bessey
Templeton Academy	Gr. 7	Shelley Lawrence.
Cloud River Academy	Gr. 12	Jeremy House

We would like for one ad each day to be played by teachers and school principals in the classroom or on the school P.A. system during National Non-Smoking Week (Monday January 16 – Friday 20) to pass on the smoke free message. **We have posted on our web site the [five winning entries](#) from this year's radio ad contest.**

The theme for National Non-Smoking Week is *Breaking Up Is Hard to Do*. You can download this year's [Poster](#) or the fact sheets, [The Truth About the Health Effects of Tobacco](#) or [Ten Good Reasons to Quit Smoking](#). These posters and fact sheets could be put up in the classroom or around the school. Lots of resources are also available on our [Engaging Students to Live Smoke Free Web Site](#)

What Is the Single Best Thing We Can Do for Our Health?

This time of year, people make New Year's Resolutions, many of which are related to improving one's health, i.e. eating better, getting more exercise, getting more rest, giving up smoking. One doctor-professor, Dr. Mike Evans, answers in a unique way the age-old question, "What is the single best thing we can do for our health?" Check out this brief video to find his answer to this important question: [23 1/2 Hours, What Is the Single Best Thing We Can Do to Improve Our Health?](#)

Healthy Snacks Student Challenge

In November, the Western School District hosted a Healthy Snacks Student Challenge. Participating students brought healthy snacks every day for two weeks. 720 students from 26 schools submitted entries. The names of seven students were chosen and the classes of these students were awarded a \$50 cash prize to go towards a [Healthy Smoothie](#) Party for the whole class. The names of the winning classes are:

Gr.4	Ms. E. Dredge	Viking Trail Ac.
Gr.K/1	Ms. A. Morris	William Gillett Ac
Gr.6	Ms. A. Smith	Humber Elem.
Gr.4	Ms. McCann-Locke	Templeton Ac.
Gr.4	Ms. K. Hamlyn	Pasadena Elem.
Gr.2	Ms. A. Meaney	Lourdes Elem.
Gr.4	Ms. S. Whalen	Stephenville Ele

Congratulations to all who participated! Thanks to teachers for their efforts to promote healthy eating. Be on the lookout for a Healthy Lunch Challenge coming up in February.

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. A [Summary of Successful School Proposals](#) over the last two years is available on our web site. These grants have supported initiatives that promote health and wellness in schools and goals outlined in the Provincial Wellness Plan: Healthy Eating, Active Living, Smoke-free, Injury Prevention, Child and Youth Development, Health Protection, Healthy Environments, and Mental Health Promotion. Try to include in your application several of these priority areas.

Applications should include an education component and look beyond just a request for funding for food. The **next deadline for school submissions in Western is Wednesday, February 15. For Northern, the deadline is Feb. 28.** The brief [Application](#) is available online.

Coleman's School Promotion *Kids Get Active*

The Coleman's Group of Companies recently held a *Kids Eat Healthy* fundraising promotion to promote good nutrition in youth in schools. Funds were recently awarded to schools that submitted successful proposals. Coleman's is now running a new promotion, *Kids Get Active*, to allocate up to \$20,000 in funding across the province to help schools to promote physical activity. Schools can apply for funding up to \$1000 to support initiatives to promote physical activity for students. Schools within a three-hour drive from any Coleman's Grocery Store are eligible to apply.

Interested schools should write a brief two-paragraph summary outlining the name and location of school, the number of children attending, and a description of the activity and equipment that will be purchased with the funds. Schools are asked to apply by email using the subject line "Kids Get Active 2012" by February 29, 2012, to Judy Bennett at customers@colemans.ca.

Bob Marley Mood Drinks

Several schools have called to inquire about Bob Marley's Mellow Mood Beverages. These drinks are marketed as "100% natural relaxation beverages" which means that they have ingredients that act on the brain to induce relaxation and sleep. In that sense, they are similar to energy drinks but give the opposite effect. These herbal extracts are not well documented in research, but as with any drug, there may be side effects. These drinks contain an actual warning about possible drowsiness and not to drive or operate heavy machinery after consumption.

After consulting with the Regional Nutritionists, in addition to being considered a herbal product, they are also classified as sugar sweetened beverages. Therefore, this product does not fit the School Food Guidelines. Beverages that offer the most nutrition to students include milk (white or chocolate), or 100% juice (with no added sugar on the ingredient list). Students should quench their thirst with water. To add a bit of zest to plain water, squeeze in some lemon, lime, or orange.

Youth Videos Promote Healthy Eating

Eat Great and Participate assists community groups with youth programs to help make healthy foods the easy choice. Recently, they hosted *The Great NL Youth Food Video Contest* with a \$500 individual prize and a \$500 community youth group prize up for grabs! We are pleased to announce that both winners were from the western region. To view these healthy eating videos, just click on the following links:

No Stage Theatre, Elwood High, Deer Lake
<http://www.youtube.com/watch?v=mOytAiawetA>

Sonali Verma, Stephenville
http://goanimate.com/movie/0ESZJiwRxjdY?utm_source=linkshare&uid=0z_APR8D-acQ

After School Physical Activity Grants

25 school and community partnerships in Newfoundland and Labrador have received up to \$25,000 each to undertake after school physical activities for students in grades 4 - 9 over a two-year period. This pilot project provides young people with opportunities to get more active and to learn about a variety of recreational and physical activities. Through this pilot project, schools and community organizations will work together to get kids moving and having fun. Congratulations to these successful schools:

Hampden Academy	Presentation Jr. High
St. Thomas Aquinas	Stephenville Elem.
Viking Trail Academy	Labrador Straits Acad.

Cape St. George Lands *Let Them Be Kids Award*

Cape St. George has been accepted for a sponsorship by "Let Them Be Kids", a national organization that helps to build playgrounds. This award is one of 30 in Canada for 2012. The award provides 50/50 matching grants towards the purchase of playground equipment along with support, training, and resources to help make the project successful. Congratulations!
