

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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WESTERN SCHOOL DISTRICT

RECOGNIZING LEAD TEACHERS

Many dedicated teachers, community health personnel, and school volunteers are working very hard to implement some terrific living healthy initiatives in schools. The Western School District and Western Health would like to recognize the hard work it takes to be a lead teacher for the Living Healthy Schools. We would like to acknowledge and bring awareness to their efforts by displaying Living Healthy Lead Teacher posters within Western District schools.

I have posted a Lead Teacher poster template on our web site. Living Healthy School Teams or school administrators could highlight the efforts of one individual by completing the information in the Lead Teacher Poster on our website at http://web.wnlsd.ca/student_health and returning it to me by March 31. I will arrange to have the posters printed and distributed to schools before the end of the school year.

COLEMANS SPONSORING KIDS GET ACTIVE PROMOTION:

Deadline for Application: Thursday, March 4

The Coleman's Group of Companies is holding a *Kids Get Active* fundraising promotion to promote physical activity in youth. This promotion to raise \$20,000 for schools in the province will run from February 5 until March 4, 2010. Schools within a one hour's drive from any Coleman's Grocery Store will be eligible to apply for funding up to \$1500 to support an initiative to promote physical activity for students.

Schools interested in applying should write a brief one or two paragraph summary outlining how much money is being requested (up to \$1500), location of their school, how the money will be spent, and how the students will benefit. **Proposals must be sent by this Thursday, March 4**, to Judy Bennett at customers@colemans.ca

ACTIVE LEARNING ACTIVITY

Hike Across Newfoundland & Labrador

This 6-minute [Hike Across Newfoundland](#) activity can be found as a plug and play Power Point file on our web site at http://web.wnlsd.ca/student_health (follow the links to Daily Physical Activity/ Lesson Plans Elementary/ Social Studies). It can be used to energize students in all grade levels and provides a great review of the geography and history of Newfoundland and Labrador.

In this activity, the teacher leads the students on an imaginary hike across Newfoundland and Labrador. The teacher can either use the Powerpoint Presentation or print the slides and call out, one by one, the sites and activities that are well known to that particular region (like hiking up Gros Morne Mountain). Students and teachers do the activity for each area for thirty seconds or so. Activities could include hiking, swimming, cycling, paddling, fishing, or anything else that comes to mind.

As a variation of this activity, the teacher could select any country in the world. Students could name towns/ regions in that country and different activities associated with each locale. This is tons of fun with lots of physical activity to help get the heart rate up!

CONGRATULATIONS JAKEMAN A.G.

Jakeman All Grade in Trout River has been accepted for a sponsorship by "Let Them Be Kids", a national organization that builds playgrounds across Canada. Trout River is currently one of 16 other communities nationwide that will be part of a playground build on Sept. 25, 2010. As of now, Jakeman is the only school/ community in NL that has been selected. They sponsor on a 50/ 50 basis and lend support in planning, financing, and construction. Early estimates are for \$50000 for the project.

SOLICITING PARENT SUPPORT FOR SCHOOL FOOD GUIDELINES

Some school principals have asked for help in getting parents on side with the implementation of the Provincial School Food Guidelines. Some schools have had considerable success by asking parents for their support in a memo that was sent home. Here is a sample memo.

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. The Heart and Stroke Foundation recently found that Newfoundland and Labrador ranked last in Canada in terms of healthy weight and 11th place in terms of fruit and vegetable intake. 1 in 5 teens in Canada are at risk for heart disease due to overweight and inactivity (Globe and Mail, October 2009).

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. Most takeout foods have a high content of fat and salt and are not seen as healthy foods for children. When unhealthy foods are sent to school, 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 please 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.

Signature of Principal

MARCH IS NUTRITION MONTH

March is Nutrition Month. For more information, go to the [Dietitians of Canada](http://www.dietitians.ca) website. As part of the Health curriculum, we would encourage teachers to plan an activity during March to promote healthy eating with students. Resources for teachers that could be used to help promote healthy eating can be found on our web page at http://web.wnlsd.ca/student_health

FRUIT AND VEGGIE CHALLENGE

The Heart and Stroke Foundation and the Janeway Lifestyle Program have joined forces to offer a challenge to students in Grades 4 – 6 in the province to eat their recommended servings of fruits and vegetables (based on the Canada Food Guide). Students are asked to choose one day before March 12 to track their servings of fruits and vegetables. To be eligible for prizes, students must forward their form to the Heart and Stroke Foundation by April 1.

OLYMPIC COMMOTIONS

To coincide with Nfld. & Labrador Day at the 2010 Vancouver Olympics, an even bigger Living Healthy Commotion was held on Friday, February 26 with all of our schools participating. Thanks to all the teachers, administrators, and parents who helped make this such a wonderful event! Schools need to complete the evaluation form at http://web.wnlsd.ca/student_health before funds can be released. Please complete this **evaluation form by Friday, March 5.**

STEPPING OUT CHALLENGE

The Stepping Out activity for March will be the conclusion of the Wonder + Fitness Challenge for which 35 of our schools have registered and started in January. Keep it going!
