

LIVING HEALTHY

http://web.wnlsd.ca/student_health

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WESTERN SCHOOL DISTRICT

PROMOTING HEALTH IN SCHOOLS

Thank you to Western School District principals for their time and attention with the recent nutrition policy survey. Results from this survey will be compiled and presented to the administration and trustees of the Western District. This information will be helpful to support principals and teachers with health promotion efforts in their schools.

One area in need of support as identified by principals was that of education for students and parents as to the importance of healthy eating and physical activity. This newsletter will focus on both of these. The first page deals with the promotion of healthy eating while page two deals with physical activity. Good luck with these!

FRUIT & VEGGIE CHALLENGE

The Heart and Stroke Foundation and the Janeway Lifestyle Program have joined forces to offer a challenge to elementary students to eat their recommended servings of fruits and vegetables (based on Canada's Food Guide). Resource packages for the [Fruit & Veggie Challenge](#) will be mailed to schools in early March. Principals are asked to distribute to classroom teachers in Grades 4, 5, and 6.

For the challenge, students are asked to choose one day before March 21 to track their servings of fruits and vegetables. To be eligible for prizes, students must forward their forms to the Heart and Stroke Foundation by April 8.

MARCH IS NUTRITION MONTH

March is Nutrition Month, a perfect time to promote healthy eating with students. We have posted on our web site a beautiful [Bulletin Board Display](#) from Central Health, *Celebrate Food... from Field to Table*, that just needs to be printed on a color printer and posted. In addition, there are some great activities on our site from the Halifax Regional School Board and Capital District Health Authority:

- [Food Group Fitness](#)
- [Grocery Shopping Relay](#)
- [Guess That Food](#)
- [Healthy Memory Game](#)
- [Nutrition Activities for High Schools](#)

As Nutrition is an important part of the Health curriculum, we would encourage teachers to promote healthy eating this month and plan a few activities for students during March. Some resources that could be used to help promote good nutrition can be found in our [February Newsletter](#).

We had a tremendous number of requests for funding of Nutrition Month activities. With limited funding, we could only accept twenty proposals this year. Thanks to everyone for their interest with this initiative.

PROMOTING HEALTHY EATING: ONE SCHOOL'S IDEA

Our Lady of Mercy recently decided to do something about unhealthy snacks being brought to school by students. To help promote healthy food choices from home, the school principal and teachers give out a "Ticket" to any primary student seen eating a healthy food choice brought from home for recess or lunch. The child fills out this ticket and enters his/ her name into a draw for the Monthly Awards Assembly. A winner is chosen from each K – 3 class and given a certificate and prize (i.e. water bottle, skipping rope, juice cup in the shape of an apple). All names are kept for the Year End Assembly at which time names are drawn for bigger prizes (fruit baskets, vegetable trays) and one big prize (as yet to be determined).

This idea has been so successful that the school administration is hoping to expand it to elementary classes in the near future. One initiative to promote healthy eating, one that works for Our Lady of Mercy. Congratulations!

SCHOOL WALKING CLUBS

In previous newsletters, we have promoted School Walking Clubs as a means to help students and teachers keep active and reduce stress. The walks could be done before school, at lunch time, or any other convenient time. Pump up the music and the atmosphere becomes even more inviting! A great way to help students achieve their recommended 60 minutes of daily physical activity!

The response has been tremendous. In February, twenty-two schools had walking clubs. To encourage this activity, the names of participating schools were put in the hat for a draw. The school that is chosen each month receives a cash prize of \$100 to go towards the promotion of healthy living. For the February draw, we have chosen two schools to receive \$100 each: Xavier Junior High and St. Mary's All Grade. Congratulations!

Another draw for \$100 will be held in March for those schools that have a walking program for students. Let's keep 'em active!

WONDER+ FITNESS CHALLENGE

The Wonder+ Fitness Challenge is back for its sixth year after setting a new fitness totals record for 2010. This fitness challenge is a **Free** program for K – 8 classes and promotes physical activity and healthy lifestyles through a series of fun exercise routines and great music tunes. Starting in April, schools across Canada will strive to reach the goal of 500 years worth of time spent exercising.

Participating schools receive a new fitness *Move to the Groove* CD, exercise posters for use with the CD, lesson plans, gifts, and a chance to win huge prizes. Participating challenges have a chance to win up to \$14,000 in sporting and playground equipment.

Last year, 26 Western District schools registered for this activity. Several schools were turned away because there was no space available, so you need to register soon. This year's **registration deadline is Wednesday, March 9**. If your school is ready to take up the challenge and have some fun, please take 30 seconds to register by going to <http://www.wonderfitness.ca/>

LET THEM BE KIDS PLAYGROUNDS

Several schools in the Western District have been looking for funding for their playground. *Let Them Be Kids* is a national non-profit organization that has gotten serious about active play for children by giving away 100 playground awards. LTBK helps sponsor playgrounds on a 50/50 basis and lends support for planning, financing, and construction. Each award helps schools and neighborhood groups to build much needed playgrounds while building the capacity of communities to take on their own challenges.

Two Western District schools, Jakeman All Grade in Trout River and St. Thomas Aquinas in Port au Port, completed their playgrounds last fall thanks largely to the support *Let Them Be Kids*. Individuals interested in learning more about LTBK might look at the beautiful 4-minute music video [Jakeman Playground Build](#) or go to the web site, [Let Them Be Kids](#).

ACTIVE LEARNING ACTIVITY

High Low (1 – 6)

Here is one very popular activity in the Daily Physical Activity program.

Have one student volunteer stand facing the class. The teacher holds a target number above the volunteer's head so only the class can see it. The volunteer calls out a number within a specified range. The class responds with actions. If the target number is higher the students will jump up; if the number is lower the students will twist lower or do some other designated exercise. The volunteer responds by making another guess at the target number, taking the clues from the actions of the class. Once the student figures out the target number, a new volunteer can take a turn.

Primary Option: Range 0 - 10

Target numbers can be whole numbers, such as 4, 6, 8, or can be equations with the target as the answer. Some grade 2's and grade 3's may be able to handle this (e.g. $3 + 1 =$ target # is 4).

Elementary Option: Range 1 - 50 or 0 - 100
Similar to above, just adjust the math equation to reflect the math skills you wish to practice. (e.g., $3 \times 6 =$ Target # is 18)
