

LIVING HEALTHY

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MAY, 2009

WESTERN SCHOOL DISTRICT

ACTIVE SCHOOL PLAYGROUNDS

In April, principals were invited to send interested individuals to half-day training sessions for Active School Playgrounds. Forty-eight K – 6 schools have agreed to send representatives to these training sessions. These schools have agreed to implement an active schools playground in 2009.

Each participating school will receive a playground kit containing resources that can be used to get students active, i.e. skipping ropes, basketballs, flying discs, soccer balls, bean bags, playground balls, hacky sacs, and more. In addition, playground stencils will be available to schools to spray paint or mark school playgrounds to make them more attractive for active play (i.e. hopscotch, four square, target circles, playground math calculator, and map of Canada).

Training sessions will be from 1:00 – 4:30 and will be held at four different locations:

E.A. Butler, McKays	Thursday May 7
Pasadena Elementary	Tuesday May 12
Viking Trail, Plum Point	Tuesday May 19
Town Hall, L'Anse au Loup	Thursday May 21

HEALTH PROMOTING SCHOOL AWARD

Western and Labrador-Grenfell Health and the Western School District would like to recognize schools that have made great strides in providing healthier environments for students. Criteria have been established to guide schools in their efforts. Seven schools have applied for the award and will be recognized at the principals' meeting in May:

- St. James Elementary - Humber Elementary
- Holy Cross All Grade - Templeton Academy
- Lourdes Elementary - Torrent River Academy
- C.C. Loughlin Elementary.

Congratulations to these schools for their efforts in providing healthier environments for students!

SCHOOL FUNDRAISING

It has come to our attention that some of the fundraisers being used by different groups in schools do not comply with the Western School District Nutrition Policy. Here is the wording of the District Policy:

Fundraising activities by schools must emphasize non-food products or healthy food choices from the "Serve Most" or "Serve Moderately" foods within the Provincial School Food Guidelines.

Some violations of this policy include:

1. Selling of chocolate chip cookie dough
2. Selling of coupons for a sub-sandwich, soft drink, and cookie
3. Selling of loot bags, chocolate bars, and sports drinks at canteens for school tournaments.

The District Policy states that each school should designate a person or committee to monitor the foods sold in schools. This person or committee might also monitor the foods and beverages used with the various school fundraisers.

If you have any questions regarding the District Nutrition Policy or its implementation, please feel free to give me a call at 637-4021.

JUNE IS RECREATION MONTH

Recreation Newfoundland and Labrador has designated June as Recreation Month. This initiative is meant to draw attention to the important benefits of recreation to families and communities. Tool kits have been created and sent to all elementary schools. In addition, a school tour project will travel the province visiting selected schools during the month of June to highlight the importance of physical activity. It is hoped that this campaign will help increase the activity of our young children. For additional information, upcoming events, or toolkit materials, please call Pam Mills at 729-0569 or visit the website at www.recreationnl.com/JRM

STEPPING OUT

Our Stepping Out activity for April was the Walk Across Newfoundland/Canada Challenge. Students were challenged to walk from St. John's to Port Basques, a distance of 9090 km. (Smaller schools could select a shorter distance. Larger schools could increase their distance and go across Canada if they wish.) Students could walk/run before school, at recess, at lunch, or after school. Students track their progress on a map.

If your school participated in this activity, please email me by May 8 at bill.allan@wnlsd.ca to let me know so I can put your name in the hat for the monthly draw for April.

The winners of the recent Stepping Out activities are as follows:

February, Jump Rope for Heart: Roncalli Central High, Port Saunders
March, Dance "Til Your Heart's Content: St. James Elementary, Port aux Basques.

The students of Holy Cross just finished a trek across Canada from Daniels' Hr to Vancouver. And now they are headed to the North Pole! This walk involved mostly K - 6 students, quite an accomplishment for a small school. Congratulations!

ENERGY DRINKS

Energy drinks are beverages that claim to stimulate and energize the user. They contain very high amounts of caffeine, a stimulant that makes the user more alert and delays sleep. Examples of energy drinks include Red Bull, Monster, Red Bull, and Rockstar.

Some students have been purchasing energy drinks at recess or lunch breaks at local stores. While most energy drink labels do caution that children should not consume these beverages, there are currently no regulations prohibiting the sale to children. School administrators have expressed concern about the consumption of these drinks because students who drink them have increased behavioral problems and have difficulty concentrating in class.

The Western School District Nutrition Policy presently states:

As schools are concerned about their effect on students' behavior and health, these drinks are strongly discouraged on school property.

While the Policy did not ban these drinks (some principals expressed concern on enforcing this), some individual schools have done so. A [Parent Information Sheet on Energy Drinks](#) is available for students and parents. Parents are asked to support the administration by discouraging their children from consuming these energy drinks.

HEALTHY SCHOOL GRANTS

The Western Regional Wellness Coalition is dedicated to the promotion of healthy living and wellness to all people in the western region. A number of wellness priorities have been identified, which include Healthy Eating, Physical Activity, and Tobacco Control.

Schools in western Newfoundland and Labrador who are interested in promoting healthy living and wellness are eligible to apply for project funding through the WRWC. Schools in the northern part of our school district can apply to the Northern or Labrador Coalitions. The maximum amount of funding that may be requested in WRWC is \$500.00. The following schools have been successful in receiving grants from the WRWC. Congratulations in their efforts to promote health and wellness!

Corner Brook R. High	<i>Survivor Challenge</i>
St. Boniface AG	<i>Mileage Club</i>
Hampden Academy	<i>Wellness Day</i>
Main River Acad.	<i>MRA Book of Records</i>
Elwood High	<i>Wellness Day</i>
Stephenville Elem.	<i>Wellness Way</i>
Xavier Jr. High	<i>Wellness Day</i>
St. Michael's Elem.	<i>Snowshoeing Project</i>
St. James AG	<i>Trapper's Gymnastics</i>
St. Theresa's Elem.	<i>Math Olympics</i>
Belanger Memorial	<i>Health Fair</i>
St. James Elem.	<i>Wellness Day</i>
LeGallais Mem.	<i>A Racket for Fitness</i>

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

Bill Allan,

School Health Promotion Consultant

Tel: (709) 637-4021

E-mail: bill.allan@wnlsd.ca