

LIVING HEALTHY



http://web.wnlsd.ca/student_health

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WESTERN HEALTH/ WESTERN SCHOOL DISTRICT

\$\$\$\$ AVAILABLE FOR AFTER SCHOOL PHYSICAL ACTIVITY: CALL FOR PROPOSALS

The Dept. of Tourism, Culture, and Recreation has announced a major funding initiative to support community partnerships that result in increased opportunities for children to be physically active. Funding must address barriers (e.g. busing, student costs to participate) that prevent youth from accessing sport and recreation activities.

Funding is available \$25,000 per school year (**available for two school years at \$25,000 per school year**). Program length is a minimum of 25 weeks per school year. Eligible expenses include busing, leadership, supervision, activity fees, disability related adaptations, and modest equipment purchases. Ineligible expenses would include large equipment such as exercise machines, new construction, and rental of school facilities.

Target Population is youth ages 9 – 15 (**Grades 4 – 9**) who have limited opportunity for organized recreation in the after school time period. A priority is to give youth, especially those who may not be physically active, more opportunities to be active. Target populations also include girls and students with disabilities who have limited access to after school physical activity opportunities.

Proposal Requirements must include activities that provide at least **2 opportunities per week** for the target population to be active in the after school period (**3:00 – 6:00**). Proposals must include a “girls only” component to the physical activity options/ time. Activities must illustrate how they are inclusive of youth with disabilities.

Eligible Applicants must include a minimum of 2 “key” partners (co-applicants). For-profit agencies & recreation groups not recognized by the Recreation & Sport Division are ineligible.

For more information, go to the [Government Web Site](#) . Of special interest there is the [Sample Application](#) and the [Appendix](#) with Common Scenarios in NL, Student Survey of Favorite Activities, and Program Ideas. Questions can be directed to Patti Thorne at 709-729-5270 or pthorne@gov.nl.ca Application deadline is June 1.

35 DAYS OF WELLNESS STUDENT CHALLENGE

To celebrate Canada Health Day on May 12, a 35 Days of Wellness Student Challenge was organized by Western Health starting on April 11. Teachers were encouraged to have students place an X on the Wellness Calendar to complete an activity each day until May 14. Teachers are asked to mail the completed student calendars to Bill Allan at the Western District by Wednesday, May 18. A draw will be held for 6 school prizes of \$100 that can be used for the School Sports Day at the end of the year.

SAFE KIDS WEEK

Safe Kids Week is from May 31 to June 5 and this year's theme is **Child Passenger Safety** to emphasize the importance of child car seat safety from birth through to 8 years of age. A poster contest for primary students (K - 3) has been planned to create a picture demonstrating the importance of car seat safety. We encourage the poster to be aimed at booster seat safety, but this is not a requirement. The poster may be an individual or group effort. There will be 3 grand prizes of \$100 each for schools within the Western Health Region. This money must be used towards a healthy activity by the class involved. Teachers are asked to forward posters to their Community Health Nurse no later than Friday, May 27th. For information, call Ulrica Pye, Parent-Child Health Coordinator, at 632-2919.

EYE OPENER: CHICKEN NUGGETS

David Baines of Douglas Academy sent along this four-minute video clip from Jamie Oliver's Food Revolution. This you-tube clip (part of a series on processed food) shows students how [Chicken Nuggets](#) are made. This kind of information might be helpful in leading our students in making healthier eating choices.

ENHANCING STUDENT HEALTH WITH ACTIVE SCHOOL PLAYGROUNDS

Children today get far less physical activity that they did just a few years ago. As a result of this inactivity and poor nutrition, Newfoundland & Labrador has the highest prevalence of Type 2 diabetes in North America and the highest prevalence of obesity in Canada. The solution is simple – better nutrition and more physical activity. The following interventions are cheap and should be among the first items addressed by any school attempting to increase overall physical activity.

THE IMPORTANCE OF ACTIVE RECESS

In addition to the health benefits, Harvard researchers suggest that children benefit academically from increased physical activity during recess. Researchers have found much better classroom behavior among those who had an active 15-minute break (or more) during the school day. Despite the overwhelming evidence of the importance of physical activity for academic performance, the duration of time for recess in nearly 40% of the schools in North America has been reduced to a point where children no longer have enough time to go outside for active play. If you wish to view TV reports about the health benefits of an active recess, check the web site <http://www.peacefulplaygrounds.com/press.htm>

PAINTING SCHOOL PLAYGROUNDS

To encourage Western District schools to establish active recess and lunch times, stencils were purchased last year to paint designs on school asphalt for a variety of classic games, i.e. hopscotch, four-square, playground math calculator. Student activity increased dramatically. After the winter, however, this paint needs to be touched up. Studies have shown that **giving the playground a fresh coat of paint can drastically increase physical activity levels by as much as 40%.**

To help schools with the painting, the Western School District helped subsidize the cost of refresher kits last year. Cans of paint and paint brushes were distributed to 31 schools. Schools likely still have some of this paint left. Students could help touch up the school yard stencils during an art or health period on a nice warm day. Stencils are available to schools who would like to refresh their playground. Let me know if you need them.

REFRESHER KIT

1 Gallon White Paint 1 Gallon Red Paint
1 Gallon Blue Paint 1 Gallon Yellow Paint
12 Paint Brushes (50 mm)

This package contains everything you will need to keep your playground refreshed and operating like new. The regular price for this kit is over \$200, but with the subsidy we can offer this to schools now for only \$60. If your school would like to order this kit, let Bill Allan know by Wednesday, May 18, at bill.allan@wnlsd.ca

PLAYGROUND EQUIPMENT

Providing students with inexpensive equipment for use on the playground can also have a similarly impressive impact on activity levels. Last year, we distributed to K – 6 schools jump ropes, frisbees, playground balls, and bean bags. This equipment can be made available to students as they are going out for recess.

ACTIVE GAMES FOR STUDENTS

In many cases, students no longer know how to play the active games we knew as children. Students can be taught various playground games in gym class (hopscotch, double dutch, skipping rhymes, four square, tag). You can download [20 Great Asphalt Games](#) and [Favorite Games from Physical Education Teachers](#) to help with this.

AT MY BEST® PLAY DAY

The *At My Best® Play Day* will take place on June 9th, 2011. Celebrate Play Day with your school on June 9th (or any other day that is convenient for your school)! [Register](#) your class or school and receive a **free copy of the At My Best® Play Day Toolkit** prepared by Physical and Health Education Canada. This kit will help teachers, schools and administrators plan a year-end sports day and celebrate their students overall wellness through a healthy day of fun activities.

When you register your class or school online, you can also register your students in the [Family Passport Challenge](#) to encourage families to lead physically active, healthy lives as they complete their family activity passport.
