

# LIVING HEALTHY

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NOVEMBER 19, 2007

WESTERN SCHOOL DISTRICT

## DAILY PHYSICAL ACTIVITY (DPA) PILOT

*Active Living Committee: Western*, a group of individuals in Corner Brook concerned about the health of young people in Western Newfoundland, has received funding from Provincial Wellness to implement a Daily Physical Activity pilot program in primary/ elementary schools in the Western School District. This program has already been successfully initiated in other school districts, and the Committee wishes to begin the D.P.A. pilot in the Western District in 2008. Participation is voluntary, and those schools that are selected will agree to provide 180 minutes of physical activity for students in a six-day cycle. This typically amounts to 20 minutes of activity on non-gym days and must be overseen by the classroom teacher.

Information on the [Daily Physical Activity Pilot Program](#) was emailed to each K - 6 principal on November 13. Principals are asked to bring this to their staffs to determine the level of interest. If your school would like me to participate in a staff discussion, please give me a call and I will try to make it. Interested primary and elementary schools must submit the completed *Expression of Interest Form* by Friday, December 7, 2007. We look forward to the schools' response to this exciting pilot.

## STEPPING OUT 2007: WESTERN STUDENTS ON THE MOVE

*Stepping Out* is an exciting series of activities sponsored by the Western School District which encourages students to be physically active. We hope that *Stepping Out* will motivate students to increase their activity level and, consequently, become more healthy. Each month, participating schools will be eligible for a draw prize of a \$100 gift certificate. **If your school would like to participate, please have the coordinating person email Bill Allan at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca)** A list of schools already registered this year can be seen at [List of Registered Schools](#).

**So Get UP, Get OUT, Get ACTIVE!**

**Walk Across Newfoundland Challenge**  
Students will be challenged to walk from St. John's to Port Basques, about 900 km. Schools can track their weekly progress on a map of the province.

**Pedometer Challenge**  
The goal of this challenge is for each participant to walk 10,000 steps a day. Class sets of 30 pedometers are available for a one month loan period. To borrow, contact Bill Allan at 637-4021 or [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca)

**Family Walk for Health**  
Schools who participate in the Family Walk for Health will initiate a 30-minute family walk (or run) once a week for the month.

**Skipping**  
Start a rope skipping club such as Jump2bFit (starter kit complete with a class set of jump ropes, manual, video, music CD, & wall charts for \$115 at [www.Jump2bFit.com](http://www.Jump2bFit.com) ).

**Mass Participation Event:  
SpecTAGular (i.e. Giant Game of Tag)**  
SpecTAGular is a mass participation, giant game of tag played by over 100,000 students across Canada in the month of May to promote healthy living. For more info, go to the [CAPHERD](#) website.

**Dance 'Til Your Heart's Content**  
Teach students a new dance as part of the physical education class or with a guest instructor. Join classes together to have a huge dance session.

**25-Kilometer Club**  
Create a drawing of a caterpillar or snake with 25 body sections. Every time a student completes one km of walking or running or snowshoeing, they color in one section. When the picture is colored in, the student becomes a member of the 25-Km Club.

**Fitness Shoe Challenge**  
Provide all participating students with a copy of the a [Fitness Shoe](#). Students color one block on the shoe for every day that they are active for at least 30 minutes outside of school time.

## **SNACKS: WHICH ONES ARE NOT INCLUDED?**

Here are some foods that are not included in the School Food Guidelines and should not be served or sold in schools as of September 2008:

### **Sun Chips, Nachos, and Baked Cheetos**

The only chips that meet the fat content of 3 grams of fat or less per 60 g serving are Baked Lays, Baked Doritos (Nacho Cheese), and Baked Ruffles (Cheddar & Sour Cream). **Sun Chips, Nacho Chips, and Baked Cheetos do not meet the School Food Guidelines.**

### **Christie Crispers**

Crackers must be 5 g of fat or less per 20 g serving to be on the Serve Moderately list and 3 g of fat or less to be on the Serve Most list. None of the Crispers are on the Guidelines according to the most recent update.

### **Cookies**

No cookies (sugar-free or otherwise) are included in the School Food Guidelines.

### **Ice Cream Sandwiches, Creamsicles**

The only ice cream on the School Food Guidelines is low fat ice cream (Serve Moderately) or plain ice cream (serve once a week). None of the other ice cream with added candy or cookie pieces is included.

2% plain ice cream can be served once a week while Fudgesicles are Serve Moderately.

### **Oven-baked Fries**

Oven-baked fries and taters are listed with a butter symbol and, consequently, can be served once a week.

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## **SMOKERS' HELPLINE CARE PROGRAM**

The Smokers' Helpline is a free, confidential telephone-based service right here in Newfoundland and Labrador. CARE stands for Community Action & Referral Effort and is a proactive way to help smokers quit. How does CARE work?

1. ASK if the student would like the Smokers' Helpline to contact them to help them quit smoking.
2. ADVISE the student to complete the brief CARE referral form.
3. REFER the form to the SHL secure fax line at 709-726-2550. Clients will be contacted by phone or email by a counselor within 72 hours of the Helpline receiving the fax.

If your school has not received the full CARE kit and referral pad, please call the Smokers' Helpline to receive one free of charge: 1 - 800 - 363- 5864. This is a great way to help those students who are struggling with the smoking addiction and might be sent to the office as a result of their smoking on school property - a simple referral to help them quit.

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## **HEALTHY FOODS TENDER**

Last year, the Western School District solicited bids on a tender for healthy foods for its schools. The purpose of this tender was twofold:

- to ensure access to quality healthy foods for the school breakfast, lunch, and snack programs.
- to help schools keep costs down in the implementation of the new School Food Guidelines.

Coleman's were selected as the winner of this tendering process and will continue again this year. The Coleman's Group of Companies will deliver on a weekly basis to 36 schools as far north as Cow Head. Schools may wish to order for their:

- Breakfast program,
- Lunch program,
- Snack program.

Each school can order by contacting the area Coleman's representative listed on the attached price list. Delivery will usually be made to the school within 2 working days.

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## **LIVING HEALTHY COMMOTIONS SCHOOL GRANTS**

Funding was promised to each school for the Living Healthy Commotions Day held on September 28. A cheque for each participating school was mailed out from District Office on Friday, November 2. Thanks for your help with this exciting day! We are hoping to be able to support schools with this initiative again next year.

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## **NEED HELP????**

If you need help with the Healthy Students Healthy Schools initiative, please contact the School Health Promotion Consultant.

**BILL ALLAN**

**School Health Promotion Consultant**

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