

# LIVING HEALTHY

[http://web.wnlsd.ca/student\\_health](http://web.wnlsd.ca/student_health)

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Western Health/ Western School District

## Engaging Youth to Live Smoke Free Radio Ad Contest – Over \$1000 in Prizes

Tobacco use remains the leading cause of preventable illness and premature death. Almost 100,000 people in our province continue to smoke. Tobacco companies are committed to increasing sales of their products, which they can do only by addicting a new generation of smokers. Every 10 minutes, two Canadian teenagers start smoking cigarettes; one of them will lose their life because of it. These companies don't tell us that tobacco is addictive and deadly. That is where we need students!

We are asking students to create 30-second radio ads to tell the deadly truth about tobacco. Five ads will be chosen from the District and will have a chance to have their message broadcast on radio and TV. The teachers of the five classes selected with the writing of these winning ads shall receive a \$200 prize from the Alliance for the Control of Tobacco and a pool, skating, or bowling party for the class from the Tobacco Free Network. The \$200 cash prize is to promote healthy living in the school.

All grade levels are invited to participate. To help spread the message, we are asking principals to **have at least one class in each school participate**. This is a great fit in Language Arts, Health, or Drama, and provides an excellent opportunity for teachers to involve students in a critical literacy activity, one in which they actually take an action that may lead to social change. The in-class work will cross all three strands of English Language arts curriculum: speaking & listening, reading & viewing, and writing and other ways of representing activities. Having projects aired on radio and TV lends to the authenticity of the project. The [Radio Ad Contest Web Site](#) has everything teachers will need. Please help spread the word!

- [Taking It Step by Step for Teachers](#)
- [New Tricks to Addict Young People](#)
- [Lesson Plan: Smoking & Peer Pressure](#)
- [Top Radio Ads from Previous Years.](#)

## Healthy Snacks Student Challenge

Schools in the Western District want to see more health promotion events such as the Living Healthy Commotions in October. For November, we have a new event to help promote healthy eating with students, the Healthy Snacks Student Challenge. This Challenge is a natural extension to the Engaging Parents with Healthy Eating initiative done at curriculum night. The challenge is for students to bring in a healthy snack for recess every day for two weeks from Monday Nov. 14 – Friday Nov. 25. Students wishing to participate will complete a Student Tracking Form. To qualify as a healthy snack, students choose an item from any 2 food groups as listed on the Tracking Form.)

The process for teachers is simple.

1. Print one copy of [Student Tracking Form](#) for each participating student (and one of [Parent Letter](#) for younger students).
2. Teachers review the information on the Student Tracking Form with students.
3. Students bring healthy snacks for recess for 2 weeks and return the Tracking Forms to the classroom teacher on Friday, Nov. 25. Tracking forms are mailed to Bill Allan at the District Office.

The contest is open to all grades. The names of 6 students will be chosen by a random draw in mid-December. The classes of these 6 students will each be awarded a \$50 cash prize to go towards a Smoothie Party for the whole class. Yummie! If you want more information, go to our [Engaging Parents for Healthy Eating](#) web page.

For those schools with Chartwells Catering, they are promoting healthy snacks for this: fresh fruit, fruit cups, veggie bags, yogurt, and berry yogurt parfaits. Any student who purchases one of these from Chartwells will have their name entered to win a gift certificate for Empire Theatres. Perhaps school administrators could ask if some of the other caterers in schools may be interested in partnering to offer Healthy Snack incentives for students as well.

## **Favourite Games from Physical Education Teachers**

In many cases, students have forgotten how to play the active games we knew as children. Students need to be taught playground games. The most likely place for this to occur would be in physical education class. Physical education teachers in our district got together two years ago and compiled a list of [Favorite Games from Physical Education Teachers](#) for teachers to download.

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## **Educational Resources for Healthy Living**

We have available some great [Educational Resources for Healthy Living](#) dealing with Nutrition, Physical Activity, Tobacco, & Health Promotion. This Resource List is available on our web site and is hyperlinked here for easy download.

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## **Engaging Parents with Healthy Eating**

At Curriculum Nights in September, public health nurses spoke to over 3000 parents at 48 schools in the Western School District. Parents were provided with brochures, posters, and fridge magnets all designed to help increase the level of support of parents for our healthy eating initiative in schools. The feedback has been very positive. We are now building upon this momentum with various initiatives such as the Healthy Snacks Challenge and the Living Healthy Commotions.

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## **Nutrition Tips for School Newsletters**

Looking for information to include in your school's monthly newsletter? Check out [Nutrition Tips for School Newsletters](#). These nutrition tips written by Registered Dietitians from Alberta Health have great information for parents that may be copied and pasted directly into your school newsletter. There is one for each month of the school year.

The feature for November is Simple Snacks, a great support article for parents for our Healthy Snacks Contest. Just cut and paste, Voila!

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## **You Tube Message: Screen Time**

You Tube has an interesting video on the use of laptop and computer devices for recreation or work at home, office or school. Individuals can adopt healthy habits by using them with a correct posture, regular breaks, and a proper adjustment of equipment. Awareness of these basic safety tips and suggestions can help prevent stresses or disorders such as Carpal Tunnel Syndrome or Back Pain.

Check out the interesting message for students at the end of this 2-minute video at <http://www.youtube.com/watch?v=ZLwIP8cBaWA>

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## **Energy Drink Policy**

The Western School District's Policy on Energy Drinks now reads: *Energy drinks are high in caffeine, sugar, and additives. As schools are concerned about their affect on students' behavior and health, these drinks are not permitted on school property.*

Education was available last year from public health nurses for students if principals requested it. The brochure [What You Need to Know about Energy Drinks](#) may be helpful to educators. We also have available a powerpoint presentation on energy drinks and three copies of *Buzz in a Bottle*, an excellent teaching resource on the hazards of energy drinks. Let me know if you wish to need these resources.

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## **Brand Name Food List**

To help with healthy food choices, a [Brand Name Food List](#) is available online. This list has a variety of supermarket foods classified as Serve Most (healthy choices), Serve Moderately, or Not Included (not so healthy) to help people with healthy food and beverage choices. This list is updated every three months. If you wish to see where a particular food or beverage item fits, contact Bill Allan at 637-4021.

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