

# LIVING HEALTHY

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



OCTOBER, 2009

WESTERN SCHOOL DISTRICT

## SEPTEMBER LIVING HEALTHY COMMOTION

On Sept. 25, all seventy-one of the schools in the Western District participated in the fall *Living Healthy Commotion*. Congratulations to teachers, principals, and students who helped make the day such a success! To offset the cost of activities, funds were made available by the Departments of Education and Health and Community Services. Funds will be transferred to school accounts once the evaluation forms are emailed or faxed to Bill Allan at District Office (fax # 634-1828).

## OLYMPIC HEALTHY COMMOTION – FEB. 26

To coincide with Nfld. And Labrador Day at the 2010 Vancouver Olympics, an even bigger Olympic Living Healthy Commotion will be held on Friday, February 26. One school from the Western School District will be selected to have their commotion event filmed and highlighted as part of the medal ceremonies in Vancouver. Commotion activities could also be profiled on Canada AM. **This is your opportunity to show your school's Olympic spirit on an international stage.**

Additional funding will be provided to support your Olympic-sized plans (about 1.5 times what each school usually gets.) This Commotion will focus on the values of the Games – friendship, fair play, and the pursuit of excellence and the three Pillars: sport, culture, and sustainability. Activities like sporting challenges (see *Olympic Torch* and *Wonder + Fitness Challenges* that follow here), fun cultural activities, story and song writing, visual art challenges, dance, or developing a school flag can be part of the school's festivities.

The Registration Form and a Teacher's Resource document are available at [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/) along with ideas to create an Olympic Commotion. Registration is due in by Nov. 20. Submissions will be reviewed and an announcement made in January as to which school is chosen to represent the Western District and participate in the live broadcast.

## OLYMPIC TORCH RELAY CHALLENGE

Recreation Nfld. and Labrador is sponsoring an Olympic Torch Relay Challenge. The Olympic Flame will travel 45000 km, be carried by 12000 torchbearers, and visit over 1000 communities. Have your students and teachers find their Olympic spirit by walking/running this same route. Start in October and finish by February 12, the date of the Olympics Opening Ceremonies. To register your school, go to [www.recreationnl.com/smallstepsbigresults](http://www.recreationnl.com/smallstepsbigresults) This challenge will serve as the Stepping Out activity for October. For schools participating, a draw will be held for a \$100 certificate.

## WONDER + OLYMPIC FITNESS CHALLENGE

The Wonder + Fitness Challenge for this year will be a brand new Olympic-themed challenge with fun exercise routines and dance tunes that might be great to use with the Olympic Living Healthy Commotion in February. Participating schools receive a music CD for fitness, posters for K – 8 classes demonstrating fun exercise routines, teachers' guides, and more. Last year, 26 Western schools registered for this activity. Several more were turned away because there was no space available. Take thirty seconds to register early by going to <http://www.wonderfitness.ca/> Good luck with this!

## FREE RESOURCE FOR PHYS. ED.

*At My Best* is a free toolkit for Phys. Ed. teachers of K – 3 students to promote and develop children's overall wellness. It combines physical activity, healthy eating and emotional well-being and aims to support children's physical and emotional development by motivating them to make healthier choices today and develop lifelong healthy habits. To order a free kit, go to [www.atmybest.ca](http://www.atmybest.ca)

## HALLOWEEN TREATS

The Western District's Nutrition Policy states that special occasions in schools should reflect healthier food choices. Teachers may wish to use the list of Healthy Halloween Treats at [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/) to plan activities for students. At the discretion of the principal, some flexibility is permitted with **special occasion foods served up to a maximum of three times per school year**. If schools choose to exercise this option, principals are responsible for choosing the 3 occasions per year.

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## SMOKE FREE RESOURCE KIT

One teacher said recently, "We need to do more than just ban smokers from school grounds." To help educate students about the dangers of smoking, we now have available a Smoke Free Resource Kit for schools. The kit comes complete with an attractive display and different activities that teachers from Grades 5 – 9 can use with students.



If your school would like to borrow this display and/or the resource kit, contact Bill Allan at 637-4021.

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## WELLNESS FUNDING FOR HEALTHY SCHOOL INITIATIVES

Western District schools can apply for a Healthy Schools Grant with their Regional Wellness Coalition to support initiatives that promote health and wellness in the school, i.e. active playgrounds, wellness days, improved nutrition. Deadlines are Oct. 31 for the Northern Coalition and Nov. 15 for Western. Application forms are available at [http://web.wnlsd.ca/student\\_health/Funding/grants.htm](http://web.wnlsd.ca/student_health/Funding/grants.htm)

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## KES WALK TO BREAKFAST FRIDAY OCTOBER 16

Over 83% of Western District schools offer breakfast or snack programs subsidized by the Kids Eat Smart Foundation. To highlight this, a province-wide KES Walk to Breakfast has been scheduled for Friday, October 16. Last year, over 15000 students throughout the province walked to raise awareness and funds for KES Clubs. All funds raised by a school will be matched by the KES Foundation. The information package can be found at [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/) For more information on the KES program, contact Stephanie O'Brien, KES western coordinator, at [sobrien@kidseatsmart.ca](mailto:sobrien@kidseatsmart.ca)

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## SUPER ACTIVE SCHOOL AWARD

This year, we are introducing a new award for schools, the Super Active School Award. Schools achieving the following criteria will be presented with banners in late May 2010:

1. Our school meets or exceeds Dept. of Education guidelines for Phys. Ed. (6% of instructional time for K - 9: 90+ minutes in 5 days)
2. Teachers in our school have integrated physical activity into classroom instruction;
3. Our school has students going outside for active play at recess and lunch on nice days;
4. Our school has a variety of opportunities for students to engage in physical activity before and/ or after school;
5. Our school works with community members to increase physical activity opportunities for students (i.e. pools, rinks, ski clubs).
6. Our school participates regularly in district Stepping Out events (i.e. Terry Fox Run, Olympic Torch Relay, Wonder + Fitness Challenge).
7. Healthy Living/ Physical Activity are included in our School Development Plan.

The application form is available at [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/) and is due in to Bill Allan in by April, 2010 - something for the Living Healthy Team to consider.

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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](mailto:bill.allan@wnlsd.ca)