

LIVING HEALTHY

http://web.wnlsd.ca/student_health

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WESTERN HEALTH/ WESTERN SCHOOL DISTRICT

FUNDING SCHOOL PLAYGROUNDS: JAKEMAN A.G. / ST. THOMAS AQUINAS

Let Them Be Kids is a national non-profit organization that has gotten really serious about active play for children by giving away 100 playground awards. LTBK helps sponsor playgrounds on a 50/50 basis and lends support for planning, financing, and construction. Each award helps schools and neighborhood groups to build much needed playgrounds while building the capacity of communities to take on their own challenges. Two Western District schools, Jakeman All Grade in Trout River and St. Thomas Aquinas in Port au Port, recently completed their playgrounds thanks largely to the support of some dedicated teachers, community members, and *Let Them Be Kids*. On Saturday, September 25, members of both of these communities came together for a one day build. Each community had over 200 volunteers and the work was done by the end of the day. What a sight to see! Congratulations to all who volunteered in both schools.

If you would like more information on funding opportunities for playground projects, go to http://web.wnlsd.ca/student_health/Funding/grants.htm

COLEMANS' SPONSORING KIDS EAT HEALTHY PROMOTION

The Coleman's Group of Companies is holding a *Kids Eat Healthy* fundraising promotion to promote eating healthy in youth. Look for the *Kids Eat Healthy* signs in all Coleman's locations. This province-wide promotion to raise \$20,000 for schools in the province will run from September 10 until October 7, 2010. This funding will go directly to schools to support school breakfast programs. Schools within a one hour's drive from any Coleman's Grocery Store will be eligible to apply for funding. Schools interested in applying should submit a brief outline of their current breakfast program and how the funds will be spent.

Proposals must be submitted by Friday, October 22, 2010, to Judy Bennett at customers@colemans.ca

HALLOWEEN TREATS

The Western District's Nutrition Policy states that special occasions in schools should reflect healthier food choices. 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. Here are some healthy options for Halloween:

Trick-or-treat Parfait: plain or vanilla yogurt, orange fruit, whole grain cereal.

Fill small parfait glasses halfway with yogurt. Add a layer of fruit and cereal. Spoon in the remaining yogurt and add another layer of fruit and cereal. Refrigerate until serving time. For frozen parfaits, freeze the yogurt and fruit.

BooBerry Shake: blueberries, 100% apple juice, vanilla ice milk or low fat frozen yogurt, 1% or 2% milk, pinch of ground cinnamon.

Place all ingredients in a blender. Pulse until berries are cut up and then blend on medium/high until smooth. Serve immediately.

Pumpkin Faces: English muffins, melted cheddar cheese and raisins.

Melt grated cheese on English muffins. Arrange raisins to make the eyes, nose and mouth.

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. playgrounds, wellness days, improved nutrition. Deadline for the Northern Coalition (up to \$1000 per school) is Oct. 31 and Nov. 15 for Western (up to \$500 per school). You can download these [Application Forms](#) here.

SMOKE FREE RESOURCES

To support the delivery of the health curriculum related to tobacco use, the Dept. of Health and Community Services sent on Sept. 25, 2010, a copy of the *Grade Seven Tobacco Prevention Resource Kit for Teachers* to schools throughout the province. The teacher evaluation done in previous years indicated that this resource linked well to curriculum outcomes and significantly reduced preparation time required for teaching the Drugs: Smoking and Alcohol Unit. *Genny's Diary* was especially popular as it helped guide and engage students in a discussion about tobacco use.

Also included in the kit are the results of the 2008/ 2009 Youth Smoking Survey which shows that the average age of Newfoundland youth to start smoking is twelve. In Grades 6 – 9, 5.6% of the youth in our province smoke. That figure triples to 15.4% in Grades 10 – 12. Early tobacco prevention messages can help young people to make healthy lifestyle choices. We encourage teachers to use this resource as part of the existing school curriculum. For additional copies of the resource, please call 729-1374.

Other [Educational Resources](#) to encourage a smoke free lifestyle are also available at the District Office, i.e. Jar of Tar, Death of a Lung, displays, PowerPoint presentations.

The Alliance for the Control of Tobacco (ACT) also wishes to remind you that it is anxious to support your continued efforts to promote smoke free school communities. To this end, ACT is continuing its Grant Program. If you want to run a small smoke free project in your school, contact ACT at 753-0079 and they might be able to assist you or check out the Grant Program section on their website www.actnl.com (follow link to *Who We Are*).

ACT will do its best to offer class presentations when requested. They can provide you with a simple class presentation which you can use. Finally, they still have a few smoke free outdoor signs. If the signs on your building have gone missing or have been defaced, you can request new signage and they will do their best to accommodate you.

ACT remains committed to supporting you and your students. Don't hesitate to contact Melissa or Kevin at 753-0079 if you have a request.

LIVING HEALTHY COMMOTIONS

All sixty-five of the schools in the Western District participated in the recent *Living Healthy Commotion*. Congratulations to teachers, principals, and students who helped make the day such a success! To offset the cost of activities, funding was made available by the government departments with the Healthy Students Healthy Schools initiative. Funds will be transferred to school accounts once the [Online Evaluation](#) is completed for each school.

***EAT WELL & BE ACTIVE* EDUCATIONAL TOOLKIT**

This [Educational Toolkit](#) from Health Canada and the Public Health Agency of Canada is designed to support those who teach children about healthy lifestyle choices. The kit includes:

- The *Eat Well and Be Active* poster with 24 healthy eating and physical activity images,
- Downloadable activity plans with learning objectives and specific activities,
- 54 healthy eating and physical activity images to complement the poster.

The poster and lesson plans can be ordered online.

KES WALK TO BREAKFAST FRIDAY, OCTOBER 22

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 22. 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. To register your school, please complete the [Registration Form](#).

For more information on the KES program, contact Kailey Pauls, Kids Eat Smart western coordinator, at kpauls@kidseatsmart.ca or 640-5704.
