

# LIVING HEALTHY



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

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WESTERN HEALTH/ WESTERN SCHOOL DISTRICT

## ENGAGING PARENTS WITH HEALTHY EATING

In January, 2011, the trustees of the Western School District requested information on the implementation of the School District Nutrition Policy and the Provincial School Food Guidelines. A survey of schools was done in February and all 65 schools responded. Thirty-six principals stated that parents were bringing in unhealthy lunches and snacks. Many schools felt that parents were not in full support of the Nutrition Policy. When asked for ways to promote healthy eating in schools, the most common suggestions were:

1. Education
2. Presentations from Public Health Nurse
3. More health promotion like Nutrition Month.

To help accomplish the first two suggestions, a committee has worked over the summer to get resources ready to help garner support for our Nutrition Policy and the Provincial School Food Guidelines. The Public Health Nurse for each school has been provided with a 15-minute scripted Powerpoint presentation along with brochures, posters, and a website. If you would like to see these [Brochures and Posters](#), we have posted them online for principals, teachers, public health nurses, school food caterers, and parents.

We would like each school to invite the public health nurse to their upcoming Curriculum Night to help increase the level of support of parents for our healthy eating initiative in schools.

For the third suggestion listed by school principals, it is our intention to host health promotion events throughout the school year. These events will mostly deal with healthy eating, physical activity, and living smoke-free. The first health promotion event in the Western School District will be the Living Healthy Commotions on October 14.

## LIVING HEALTHY COMMOTIONS FRIDAY, OCTOBER 14

The Living Healthy Commotion has been a big part of the Healthy Student Healthy Schools initiative over the past five years. Schools in the Western School District have participated in a wide variety of events to celebrate an increased focus on healthy eating, physical activity, and smoke free environments.

This year, the Living Healthy Commotion will be held in the Western School District on Friday, October 14. Resource materials from the Dept. of Education should be in schools the second week of September. Other resources are available at [http://web.wnlsd.ca/student\\_health](http://web.wnlsd.ca/student_health)

Registered schools will receive financial support again this year. That support is based on the school population. To see the amount for your school, please see [Funding for Schools](#).

Registration for the Healthy Commotion is done online. Please take 30 seconds to complete the online [Registration Form](#) by Thursday, October 6. Funds will be released to schools once the [Evaluation Form](#) is submitted.

The Commotion is a great way to generate school spirit and get the school year off to a wonderful start. Have students get involved with the Living Healthy School Team to coordinate activities for your school. Go Healthy!

## DISTRICT NUTRITION POLICY: SPECIAL OCCASSIONS

At the discretion of the school principal, some flexibility is permitted during the school year (i.e. Halloween, Christmas) to allow food to be served from outside the School Food Guidelines. The District Nutrition Policy reads, "Special occasion foods can be served up to a maximum of three times per school year and must be offered along with foods that do fit within the Food Guidelines..." If schools wish to use this option, principals are asked to discuss this with their staffs to finalize the three occasions.

## REVIEW OF FOODS SOLD IN WESTERN DISTRICT SCHOOLS

With the Western School District's [Nutrition Policy](#), all foods sold or served to students must comply with the [Provincial School Food Guidelines](#). To help schools in 2010, a review was done of the food and beverages sold in each school. A summary was sent to the principal of each school. (Chartwells schools were done separately.)

In some schools, certain food items had to be removed from the offerings for students as they did not meet the Provincial School Food Guidelines and were in violation of the Western School District's Nutrition Policy. The person responsible in the school for monitoring foods and beverages can contact me at 637-4021 if they have any questions about the foods or beverages to be served in school.

Here are a few items that needed clarification:

Popcorn – must be less than 5 g of total fat per 30 g serving. Orville Redenbacher's Smart Pop is a good choice that does meet the SFG.

Muffins – Muffins must be whole grain (i.e. oatmeal, bran). Added pieces must be fruit such as blueberries, raisins, or banana, & not chocolate chip.

Grilled Cheese Sandwiches – For a Serve Most item, serve with whole grain bread & light cheese. Add veggie & yogurt for a perfectly balanced meal.

Chicken Nuggets – Janes, Country Ribbon, High Liner, & Olymel do meet the Guidelines.

Sun Chips, Crispers Baked Snacks, and Baked Cheetos are too high in fat, DO NOT meet the Food Guidelines, and need to be removed.

Fudgesicles DO NOT meet the Guidelines.

Hot Dogs Wieners – Most are high in fat and DO NOT meet the Guidelines. The Compliments Chicken Wiener is the only wiener approved to date for the School Food Guidelines.

A Brand Name Food List is available online. This list has grocery items classified as Serve Most (healthy choices), Serve Moderately, or Not Included (not so healthy) to help food providers & parents.

[Vegetables and Fruit](#)

[Grain Products](#)

[Milk and Alternatives](#)

[Meat and Alternatives](#)

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## THE IMPORTANCE OF RECESS

Despite the overwhelming evidence of the importance of physical activity for academic performance, the duration of time for recess in nearly 40% of schools in North America has been reduced to a point where children no longer have enough time to go outside for active play. Researchers have found much better classroom behavior among those students who had an active 15-minute break (or more) during the school day. (*Barros, Pediatrics Journal, 2009*)

Students benefit academically from an active recess break. To encourage schools to establish active recess and lunch times, asphalt stencils were purchased by the School District for painting designs on school playgrounds:

*Four Square*

*Hopscotch with Home*

*Number Line*

*Playground Calculator*

*Alphabet Hopscotch*

*Bull's Eye Toss*

*Snail Hopscotch*

*Alphabet Tree.*

We have written instructions for games for each of these stencil activities. These instructions are available online at [20 Great Asphalt Games](#).

Students may need to be taught how to play these games. Perhaps the physical education teacher could do that during physical education classes so students can organize games themselves during free time.

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## AGRIFOOD & GARDEN SHOW

The Newfoundland and Labrador Federation of Agriculture is pleased to present the annual Agrifood and Garden Show being held at the Pepsi Center in Corner Brook from September 22-25. This event will provide a tremendous opportunity to educate the students about where their food comes from and will feature attractions for the students including a Spelling Bee on Thursday, Sept. 22 and School Tours on Friday, Sept. 23. These events have been designed to link to the common learning outcomes for K-6: promotion of healthy living, nutrition, healthy lifestyles, and good environmental practices.

For more information, contact Christa Wright, at 747-4874 or email at [christen@nlfa.ca](mailto:christen@nlfa.ca) or visit our website at [www.nlfa.ca](http://www.nlfa.ca)

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