

LIVING HEALTHY

www.wnlsd.ca (Follow the link to Student Health)



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WESTERN SCHOOL DISTRICT

EDUCATION WEEK/ NUTRITION MONTH

Education Week begins on March 4 and the theme this year is "Live Healthy! Learn Well!" March is also Nutrition Month with a theme of "Cooking It Up Healthy". Here are some ideas for classroom teachers:

Bulletin Board Display: *Living Healthy*

This colorful display is ready to be printed and posted at http://209.128.38.139/student_health/index.html

Poster Contest: *Healthy Eating Messages*

March is Nutrition Month and what better way to focus on healthy eating than to engage students in developing healthy eating messages that can be shared with schools across the province. The Departments of Education and Health are sponsoring a poster contest (*Healthy Eating Messages*) and will provide \$1500 in prize money to each school district. Schools can submit one entry per grade level (K - 6, 7 - 9, and 10 - 12). All entries must be submitted to Bill Allan at Western School District office by Friday, March 30. Winning entries will be chosen by April 3. For details, follow the link at Education Week at http://209.128.38.139/student_health/index.html

Student Presentations

Teachers can consider asking the local public health nurse to speak to students about living healthy. Judy Bennett from Coleman's (637-6622) along with a dietician, Heather Allen-Joyce, have also offered to speak to schools in their area. On the District web page www.wnlsd.ca (follow the link to *Student Health*), there are three Powerpoint presentations that teachers could use with students: *You Are What You Eat*, *Living Healthy*, and *Smoking: You're a Target*.

Giant Fruit Salad (or Smoothie)

Each student brings in a piece of fruit. Parent volunteers slice up the fruit and serve in a large bowl or container.

Stepping Out: Youth Walk for Health

Schools who participate in the first activity for Stepping Out (Youth Walk for Health) will initiate during Education Week a 30-minute student walk (or run) once a week for March. For more information, go to http://209.128.38.139/student_health/index.html

Fruity Fear Factor

Have a variety of unusual types of fruit brought in by students. Parent volunteers could slice up the fruits and students sample the different varieties.

Drop the Pop Challenge

Each day for 5 days (or longer), students will record who did not drink pop. The challenge is to have as many students participate as possible on each of the five days. Classrooms with the highest participation rate could be awarded prizes. For more information on *Drop the Pop* and for other visuals related to fast foods, go to http://209.128.38.139/student_health/index.html

Use the Web

The district web site at www.wnlsd.ca (follow the links to Student Health/ Educational Materials) has interactive activities for students and lesson plans available on the following:

- ☺ Nutrition Challenges
- ☺ Food Label Lesson Plans
- ☺ Interactive Nutrition Label
- ☺ Virtual Grocery Tour
- ☺ Take the Healthy Lunches to Go Tour
- ☺ Canada's Food Guide to Healthy Eating
- ☺ My Food Guide
- ☺ Nutrition Resource Kits.

STEPPING OUT: 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. Participating schools will be eligible for a draw for the \$500 GIFT CERTIFICATE FIRST PRIZE or one of five other \$100 gift certificates. The deadline for registration for schools was Feb. 28 and 40 schools have registered so far. If you would like to sign up now, please give me a call at 637-4021. The first activity is to be held in March, the Youth Walk for Health. Schools who participate in the Youth Walk for Health will initiate, during Education Week, a 30-minute student walk each week during March.

NUTRITION POLICY TRANSITION PERIOD

Congratulations to school administrators and cafeteria personnel in their efforts to date with the Provincial School Food Guidelines and the Western School District's Nutrition Policy. To allow for a smooth transition to the full implementation of the policy by September 2008, a Transition Period with specific targets was established. To help each principal assess their school's progress, a checklist was developed. Of the schools that responded, here are the results for the Western District.

- Does your school sell foods that are deep-fried in school? 4 Yes 61 No

- K - 6 Only beverages that meet the Guidelines are served or sold. 52 Yes 0 No

- 7 - 12 80% of the beverages served or sold meet the Food Guidelines with the remaining 20% of the beverages penalty priced. 47 Yes 0 No

- 60% of the snack items served in school come from the Serve Most/ Serve Moderately system of the School Food Guidelines. 50 Yes 8 No

If your school is having difficulty in meeting these January targets, please get in touch with me so we can try to address the issues in a timely manner.

SCHOOL FOOD INQUIRIES

Most of the inquiries regarding the School Food Guidelines are related to snack products. Here are a few comments to help clarify:

POTATO CHIPS - The only chip included is the plain Baked Lays Chip. As of now, all other chips are too high in fat content and are not included.

ICE CREAM - Ice Cream Sandwiches, Fudgesicles, and Creamsicles are not included. Dixie Cups can be served once a week, while 2% plain ice cream is Serve Moderately.

CHICKEN NUGGETS - These are generally deep-fried by the processor and so are not included. The Olymel product is oven-baked and can be served in schools.

For those schools struggling to find snacks for their canteen, please see page 29 of the Resource Binder, *Healthy Eating*, sent to each school or the brochure *Providing Healthy Food in Schools*. Both of these are available at www.wnlsd.ca (follow link to Student Health). For those schools with access to

Coleman's delivery service on the district tender, you can check out the list of healthy snacks there.

KIDS EAT SMART PROMOTION

The Coleman's Group of Companies are ready to kick off a promotion to help raise funds for the Kids Eat Smart breakfast program. This promotion will run from February 25 until March 24 to raise \$10,000 for the Kids Eat Smart Program. Many national companies with hundreds of products are supporting the Kids Eat Smart Program. Shoppers at Coleman's can look for the Kids Eat Smart signs next to participating products.

On Saturday, March 3, there will be a Kids Eat Smart Day in four of their stores, including Caribou Road - Corner Brook, Deer Lake, and Stephenville. A registered dietitian will answer questions from 1:00 - 4:00 on healthy eating and also explain the new Canada Food Guide. Healthy snacks will be available for kids that day.

SUPPORT FOR FOOD GUIDELINES

There has been no shortage of resource materials sent to schools to support the new Provincial School Food Guidelines. Three resource binders, brochures for students and parents, and one poster for each class have been sent. If you never received your supply or if you need more, let me know. I might be able to get more sent out.

SPORTS TOURNAMENTS

Just a quick note about sports tournaments, festivals, dances, and other co-curricular events. The Western District Nutrition Policy encompasses all foods served or sold to students at all school-sponsored events. The policy will come into full effect in September 2008.

If you need help with the Healthy Students Healthy Schools initiative, please contact :

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