

# LIVING HEALTHY

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WESTERN SCHOOL DISTRICT

## STEPPING OUT: WALK ACROSS NFLD. CHALLENGE

*Stepping Out* is an exciting series of activities sponsored by the Western School District which encourages students to be physically active. The first activity featured in March was a *Youth Walk for Health*, a 30-minute walk with students once a week. The total distance walked by Western District students in this activity was 14,461 km. That is terrific!!!

The activity for April was *WOW! Walk on Wednesdays (...or whenever possible)* and we are presently waiting for participating schools to let us know how far they walked. From the schools that respond, a draw will be held on Monday, May 7, for a \$100 gift certificate.

The May activity is the **Walk Across Newfoundland Challenge** in which students will be challenged to walk from St. John's to Port Basques, a distance of approximately 900 kilometers. (Larger schools may wish to increase their distance and go farther. Smaller schools may need to choose a shorter, more manageable distance. Labrador students may wish to trek across Labrador.)

A teacher or student will need to determine a one-kilometer distance in the gym or near school that students can walk safely. Some Physical Education teachers have begun their classes with a 5 - 7 minute run, totaled up the number of laps run, and converted the laps into kilometers per class. Other schools have had their students go for a walk before class in the morning or at lunch. Schools can track their weekly progress on a map of the province.

At the end of May, I will ask schools to let me know the number of students who walked and the total distance walked and then do another draw for a \$100 gift certificate. Congratulations to all who have participated in the walks! Let's keep it going.

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## FOOD CATERERS' INSERVICE

On Saturday, April 21, the Western School District hosted an inservice for school food caterers. Twenty-five people, mostly from the central and southern regions, participated with a focus on the new Provincial School Food Guidelines, a sharing of successes, and looking at opportunities to overcome some of the difficulties. Feedback from participants was overwhelmingly positive.

One concern expressed was the difficulty in accessing fresh fruit and healthy snacks in some areas. Schools are reminded of the Healthy Foods tender that was awarded to Coleman's (as far north as Cow Head). Several schools have been able to access healthier options with this service. For more information on this, please contact Bill Allan.

The inservice for school food caterers in the northern region will be held on Saturday, June 9, in Hawke's Bay. This will be a great opportunity for caterers to share their expertise with one another and look for new ideas and opportunities to help implement the School Food Guidelines.

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## CANADA HEALTH DAY WALK, MAY 11

Canada Health Day on Saturday May 12 is an opportunity to celebrate public health in our everyday lives. On Friday, May 11<sup>th</sup>, Western Health is organizing a series of community walks to celebrate this day. Schools are invited to join community health organizations in this annual celebration of health care in Canada. Schools could consider having students, teachers, parents, and family members go for a walk before school, at recess or lunch, or during physical education period to celebrate active living and good health. This fits in very nicely with the Stepping Out activity for May. Schools can count the kilometers walked on this day towards their Walk Across Nfld. Challenge.

For those schools in the Western Health region that choose to participate on May 11, a draw will be held for a class set of pedometers. This will be in addition to the monthly \$100 draw for the May Stepping Out activity. For more information, you can contact Bill Allan or the public health nurse in your region.

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## SCHOOL FOOD GUIDELINES UPDATE

Single serving snacks, in bags or bars, based on grain, are flooding the market. In response to school and caterer questions, an update has been prepared to give guidance on the brands of snacks that meet the provincial School Food Guidelines. Schools are still encouraged to emphasize the Serve Most foods they can offer from the Fruit and Vegetables group and Milk and Alternatives group. The entire update is available on the Student Health website at [www.wnlsd.ca](http://www.wnlsd.ca) (follow the link to Eating Healthy) and is also provided as an attachment with this email.

There have been some changes in certain products and where they fit in the Food Guidelines. The revised criteria for Grain Products were established to have consistency across the board (in fat, fiber, sugar, sodium) for cookies, crackers, chips & other "snack pack" products, and granola/ cereal bars. This is summarized in the update, but here is an outline (based on label information as of March 2007) for some of the more common products:

### **SERVE MODERATELY**

Animal Crackers  
Baked Doritos  
Baked Lays  
Baked Ruffles  
Fig Newtons  
Kellogg's Nutrigrain Bar (All Flavors)  
Nature Valley Yogurt Bar (All Flavors)  
Premium Plus Crackers  
Quaker Chewy Granola Bar (All Flavors)  
Teddy Grahams (Honey)  
Thinsations (All Flavors)  
Triscuits (Original)

### **FOODS NOT INCLUDED**

Baked Cheetos Crunchy  
Crispy Minis (Butter Popcorn)  
Crispy Minis Whole Wheat (Mexican Fiesta)  
Crispy Tortillas  
Christie Crispers (All Flavors)  
Kellogg's Fruit loops Cereal Bar  
Kellogg's Rice Krispie Square  
Kellogg's Special K Bar  
Lays (Classic)  
Mr. Christie Arrowroot Biscuits  
Pepperidge Farm Goldfish (Cheddar)  
Quaker Crispy Delights (All Flavors)  
Ritz Crackers  
Sunchips (All Flavors)  
Wheat Thins

## FOOD FOR THOUGHT!!!

Children growing up in the United States today will suffer more chronic diseases and premature death because of the way they eat and their lack of physical activity than from exposure to tobacco, drugs, and alcohol combined.

**FED UP!, Susan Okie, M.D. 2005**

The year 2000 marks, approximately, the point in time when more people are dying of over-nutrition than of under-nutrition.

**Dr. Stephen Rossner, The Weight of the World**

School-based programs to limit pop consumption among children appear to be linked to decreases in the average percentage of overweight among children.

**Improving the Health of Canadians, Promoting Healthy Weights, July 2006**

Obesity rivals smoking as the main threat to our health. Fat is the new tobacco.

**The Weight of the World**

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## NEWFOUNDLAND TEACHER CLIMBING MT. EVEREST

TA Loeffler, a teacher at Memorial University in St. John's, is presently climbing Mount Everest with the hope of taking the province's flag to the top of the world. She wants to inspire the young people of Newfoundland and Labrador to become more physically active and to follow their dreams. Thus far, she has spread her message of "Big Dreams, Big Goals" to over 4000 young people in the province.

TA is presently at 5300 meters elevation. You can follow her daily updates and her ascent up the mountain at <http://taclimbsdenali.com>

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

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