

LIVING HEALTHY

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



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WESTERN SCHOOL DISTRICT

LIVING HEALTHY COMMOTION

On September 29, all 75 of the Western District schools participated in the *Living Healthy Commotion Day*. This day was used to kick start an increased focus on healthy eating and physical activity in K - 12 schools and celebrate each school's commitment to health. Special activities were planned to create a wonderful excitement with students: giant games of tag, Terry Fox Run, creation of fruit salads and smoothies, drawing of fruit trees on classroom doors, hikes, and painting tobacco free signs on school parking lots. Congratulations to all those teachers, principals, and students who helped make the day such a success!

To help offset the cost of activities for schools, funds were made available by the Departments of Education and Health. These funds will be transferred to school accounts once all the evaluations are returned to the School Health Promotion Consultant.

HEALTHY SCHOOLS COMMUNITY GRANTS

The Western Regional Wellness Coalition would like to invite schools in the Western District to apply for a Healthy Schools Community Grant. These grants of up to \$500 will help support wellness initiatives in your schools and communities in areas such as healthy eating, physical activity, and tobacco control. Schools can apply for a grant to support current or planned initiatives that promote health and wellness in the school community. Schools are eligible for funding once per year. Schools are encouraged to partner with the school council, student council, and other community groups to create an application.

The application form is available online at www.wnlsd.ca (follow the link to *Student Health*). Applications will be reviewed in November and February. Deadline for submissions is November 15 and February 15. For more information, please contact Pam Moores at 637-5000 Ext. 6161.

EMPLOYEE WELLNESS

At the recent principals' meeting, it was suggested that employee wellness needs to be addressed. Some schools have initiated fitness sessions after school to help improve staff fitness. Others have had a 15-minute fitness session before school begins. To help with this, several fitness centers have offered a corporate rate for employees of the Western School District. Here is what we have (HST included):

Corner Brook: Forever Young Fitness Center

Regular Rate: \$342/ year
District Corporate Rate: \$252/ year

Stephenville: Universal Health Club

Regular Rate: \$345/ year
District Corporate Rate: \$296/ year

Deer Lake: Deer Lake Fitness

3 months: \$124 6 months: \$217
1 year: \$401
10% group discount for 6 or more persons

Port aux Basques: Bruce Arena Fitness Center

1 year rate \$342

St. Anthony: St. Anthony Fitness Center

1 month: \$10, 1 year: \$110 Prices going up in January

HALLOWEEN

Several calls have come in about the Nutrition Policy and Halloween. The Policy is worded as follows, "Celebrations, such as birthday parties, Halloween, Christmas, Valentines, Easter, etc., should reflect healthier food choices, use of non-food items, and/or include physical activities."

Schools are encouraged to have healthy treats for celebrations. For a special occasion during the transition period this year, a school may decide to have an easing into this nutrition policy so as not to alienate students and parents.

KIDS EAT SMART

Over 70% of the Western District schools are offering breakfast programs subsidized by the Kids Eat Smart Foundation. To help highlight the importance of this program, a Kids Eat Smart Week has been set for October 16 - 20 with the Kids Eat Smart Province-Wide Walk to Breakfast scheduled for Friday, October 20.

For those schools not yet offering a breakfast but are considering doing so, you can get more information by contacting Daphne Ledrew at the Kids Eat Smart Foundation at 1-877-722-1996.

ONE SUCCESS STORY: VIKING TRAIL ACADEMY

The initial move for Viking Trail Academy to become a healthier place was made four years ago when they declared their school "smoke free". There were some challenges initially, but the number of smokers has diminished significantly since then.

The school has worked closely with the catering company to promote good eating habits, their philosophy being that they would sacrifice profit and fundraising efforts for better nutrition for their students. Great changes were introduced last year, i.e whole wheat toast at the breakfast program, cookies limited to once a week, and the elimination of Gatorade sold at school.

The walking trails adjacent to the school has helped with the students' physical activity. Snowshoes were purchased by the school to help keep the students active in the winter season.

Congratulations, Viking Trail Academy!

TOBACCO FREE SUPPORT

Western Health has advised us that facilitators' training for the *Kick the Nic* program is being offered at two sites in the coming weeks: Stephenville on Thursday November 16 and Deer Lake on Wednesday November 22. These one-day workshops run from 9:30 - 3:30.

In the past, guidance counsellors, teachers, and public health nurses have availed of this training. If you know of anyone interested in registering for these Kick the Nic training sessions, please contact Pam Moores at 637-5000, Ext. 6161.

P.A.R.T.Y. PROGRAM

P.A.R.T.Y. stands for Prevent Alcohol and Risk Related Trauma in Youth. It is an injury prevention program aimed at helping youth understand the many impacts associated with risk. A facilitators' training program to help students make healthy decisions is taking place in Corner Brook on October 19. If you wish to become a program facilitator for your school, contact Sarah Flynn with Western Health at 637-5000 Ext. 5355.

LIVING HEALTHY SCHOOL TEAMS

A common practice frequently observed in schools that have implemented changes with *Living Healthy* practices is the establishment of a planning team for school-wide changes. This team could easily fall under the umbrella of a Safe and Caring Schools Committee. Such a team could take responsibility for:

- getting students involved in menu changes,
- posting nutrition messages around the school,
- arranging for healthy eating workshops,
- involving families and staff in wellness days,
- and creating physical activity opportunities for students and staff.

If you have a Living Healthy School Team that would like to meet to discuss some ideas for your school, please give me a call at 637-4021.

RESOURCES

<http://www.missionnutrition.ca/missionnutrition/eng/>

Lesson plans & student activities (K - 8) for Healthy Eating and Physical Activity

<http://www.livinghealthyschools.com/>

Healthy Students Healthy Schools, Nfld.and Lab.

NEED HELP????

If you need help with the Provincial School Food Guidelines, the District Tobacco Free Environment Policies, or a Physical Activity initiative, please contact the School Health Promotion Consultant.

BILL ALLAN

School Health Promotion Consultant

Western School District
P.O. Box 368, Corner Brook, NL

Tel:(709) 637-4021

E-mail: bill.allan@wnlsd.ca