

LIVING HEALTHY

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OCTOBER 8, 2007

WESTERN SCHOOL DISTRICT

LIVING HEALTHY COMMOTION

On September 28, all 72 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 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, fruit buffets, creation of place mats with healthy eating messages, circuit challenges, dance-a-thons, and introduction of the *Fabulous Fruit Friday* concept. 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 the evaluation forms are returned to the School Health Promotion Consultant at District Office, fax # 634-1828 or email at bill.allan@wnlsd.ca

HEALTHY SCHOOLS COMMUNITY GRANTS

Western District schools are invited to apply for a Healthy Schools Community Grant with the Regional Wellness Coalitions. These grants will help support wellness initiatives for schools in areas such as healthy eating, physical activity, and tobacco control. Each school 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. Living Healthy School Teams are encouraged to partner with the school council, student council, school cafeteria co-ordinator, and other community groups to create an application. The application forms for the Western Northern, and Labrador Coalitions are available online at www.wnlsd.ca (follow the link to *Student Health*). The next deadlines are October 15 for the Western Coalition and October 31 for Northern.

CREATING A LIVING HEALTHY SCHOOL INSERVICE

To help in the planning of living healthy schools, the Western School District and Western Health have worked together to offer a professional development opportunity, *Creating a Living Healthy School*, to school teams throughout the district. Such a planning 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.

This inservice was held already in Corner Brook and Plum Point and the feedback has been overwhelmingly positive. At the inservice, one *Balance First* curriculum kit from CAPHERD was given to each primary/ elementary school that participated. These kits contain curriculum activities for primary and elementary teachers interested in working with their students on healthy eating. Those who received the kits are asked to let others know that this is available for general use in the school.

On our web site at [Creating a Living Healthy School Inservice](#), we have placed the inservice Powerpoint Presentations, Bulletin Board Displays, Posters, and ideas that were shared at the School Sharing session. Please feel free to use them with your school staffs or school councils.

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 15 - 19 with the [Kids Eat Smart Province-Wide Walk to Breakfast](#) scheduled for Friday, October 19. For those schools not yet offering a breakfast program 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.

DISTRICT RESOURCES

School Milk Foundation Healthy Eating Toolkit:

Four of these excellent toolkits are available for loan to schools. The kit comes complete with food models, videos, and curricular activities for teachers.

Pedometer Kits:

Several class sets of pedometers are available for loan to schools. The pedometer measures footsteps and is an excellent device to help students develop patterns of physical activity and teach them how to monitor the amount of activity they accumulate on a daily basis.

Jump to Be Fit Skipping Kit:

A class set of jumping ropes, instructional strategies, and DVD's is available for loan to schools.

To borrow any of these resources, schools can contact Bill Allan at 637-4021 or email bill.allan@wnlsd.ca

EMPLOYEE WELLNESS

Some schools have initiated fitness sessions before and after school to help with staff wellness. Some fitness centers have offered a corporate rate that might be of interest to employees of the Western School District. Here is what is available at Forever Young Fitness in Corner Brook (HST included):

Forever Young Fitness Center

Regular Rate:	\$342/ year
District Corporate Rate:	\$264/ year

HALLOWEEN

Last year, several concerns were expressed 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. *Ants on a Log*, *Spooky Pizza*, and *Booberry Shakes* on the [Super Snacks](http://www.wnlsd.ca) web site are just a couple of ideas for Halloween treats (www.wnlsd.ca / follow the links to Student Health/ Brochures/Healthy Snacks.) If anyone else has an idea for a healthy Halloween snack, please let me know so we can share with others.

ONE SUCCESS STORY: SACRED HEART ALL GRADE

Sacred Heart in Conche has 29 students in their K - 12 school. Physical activity is encouraged with the students every day. Last year, students participated in a Walk on Wednesdays. Students can be seen regularly in the community walking the board walk and riding their bikes in the community. Practically every evening, students are involved in some sort of physical activity in the gym. Skipping is another activity that has really caught on. Staff members encourage students to acquire a positive attitude towards healthy living with an emphasis on good nutrition and exercise.

The results are really noticeable with several of the children achieving more healthy weights while engaged in various activities. Members of the community have commended the staff and that has been encouraging.

Staff members also try to maintain a level of fitness. Most staff members are involved with students in gym activities of one sort or another. Outside of school, many participate in walking, jogging, ball hockey, and a variety of other pursuits.

Overall, many wonderful things are happening! Staff members are encouraged to see the fruits of their labor. They are proud of their accomplishments and will do their best to maintain a level of healthy living with increased optimism for this school year.

Congratulations, Sacred Heart All Grade!

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.

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