

LIVING HEALTHY

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WESTERN SCHOOL DISTRICT

SEPTEMBER INSERVICE: CREATING A LIVING HEALTHY SCHOOL

Over the past two years, there has been a huge effort aimed at reversing the alarming rise in serious health concerns among the children of Newfoundland and Labrador. School communities have made great strides in establishing environments that encourage healthy, active living. To help in the planning of living healthy schools, the Western School District and Western Health are working together to offer a professional development opportunity, *Creating a Living Healthy School*, to school teams throughout the district. This PD session will be held at three locations:

- Corner Brook, Wednesday, Sept. 19,
- Plum Point, Friday, Sept. 21,
- L'Anse au Clair, on Thursday, Nov. 1.

A school team could consist of a teacher and/or administrator, a public health nurse, one or two parents (likely from the school council), and possibly a student or two. If your school does not already have such a team, consider sending representatives that could form a school team upon their return.

A major focus of this inservice will be an informal session in which individuals will share what has worked well in their schools in the key areas of eating healthy, physical activity, and tobacco free environments. **If your school would like to share their success story, please email Bill Allan at bill.allan@wnlsd.ca or call at 637-4021.**

The School District has allocated a bank of substitute days to each school. Each school will need to make its own substitute arrangements for teachers to attend. For schools who choose to attend, we will look after the following costs:

- cost of mileage (one car per school), lunch, and nutrition break at the inservice,
- one night's hotel accommodations (two people per room) & meals for those living more than 200 km from the inservice site,
- ferry costs (if necessary).

The information package for this inservice is in each school. **If your school would like to attend, please complete the registration form and forward to Bill Allan by Friday, September 14.** We look forward to seeing you there.

LIVING HEALTHY COMMOTIONS FRIDAY, SEPTEMBER 28

In September 2006, schools in this province held its first Living Healthy Commotions Day. Each school in the Western School District participated with special activities to kickstart an increased focus on healthy eating, physical activity, and smoke free environments. The Department of Education has decided to have another Living Healthy Commotions this year on Friday, Sept. 28, the same day as the Terry Fox National School Run. A package of resource materials from the Department of Education should be in schools now. Other resources and ideas should be available at www.livinghealthyschools.com

Some ideas for your school might include:

- Register your school by Sept. 21 and, based on your school population, your school will receive some financial support** (about the same as last year). The registration and evaluation forms are attached and must be emailed or faxed to Bill Allan to be eligible for funding.
- Build a Commotions Team at your school to help get things started. (This might be a great first activity for your Living Healthy School Team.)
- Organize a fruit or vegetable tasting event.
- Launch a School Breakfast Program with a healthy breakfast for students on September 28.
- Launch a new healthy menu in the cafeteria.
- Have students create healthy message banners.
- Organize a walk or run at lunchtime or in the afternoon to highlight the Terry Fox School Run Day. To register, see <http://www.terryfoxrun.org/>
- Have a giant game of Tag.
- Contact the local newspaper or radio/ TV station to celebrate your school's commitment to health.

TOBACCO FREE SCHOOL SIGNS

Outdoor "Smoke Free Grounds" signs have been sent to all schools from the Alliance for the Control of Tobacco (ACT). To order another sign, fax Kevin Coady at KevinCoady@actnf.com or at 709-753-0109 (limited number available).

DISTRICT NUTRITION POLICY TRANSITION PERIOD TARGETS

For the Western School District Nutrition Policy, specific targets were established to lead us to full implementation in September 2008. Here are the targets for our school district for September 2007:

BEVERAGES

Only beverages that meet the School Food Guidelines will be served in schools (no Fruitopia or soft drinks).

LUNCHES

- Deep fried foods will not be served in schools.
- Only one high fat item per food group per week may be served. Under the Meat & Alternatives food group, for example, pepperoni, hot dogs, bologna, bacon, and fried chicken are all considered "high fat items" and are labeled with a butter symbol in the School Food Guidelines; only one of these can be served each week.)

SNACKS

At least 80% of the snack items sold in schools will come from the *Serve Most/ Serve Moderately* foods of the provincial School Foods Guidelines. The remaining 20% will be penalty priced.

FUNDRAISING

Fundraising activities by schools must emphasize non-food products or healthy food choices from the *Serve Most/ Serve Moderately* foods. (Alternative fundraising activities are suggested in the *Healthy Eating School Resource Manual, Section 3*. Darroch Mercer of Cisco Ltd. at 709-747-3620 has also come up with a variety of fundraising initiatives for schools.)

HEALTHY SCHOOL FOODS TENDER

The Western School District is pleased to announce that the Standing Offer Pricing for healthy foods for its schools will continue for 2007 - 2008. The purpose of this tender is twofold:

- to ensure access to quality healthy foods for the school breakfast, lunch, and snack programs,
- to help schools keep costs down in the implementation of the School Food Guidelines and District Nutrition Policy.

The Coleman's Group of Companies will continue to deliver on a weekly basis to 36 schools in the Western School District. Schools can order for their breakfast or lunch program or snacks for their canteen. More information will follow in the next few weeks.

SCHOOL CANTEEN SUGGESTIONS

FRUIT & VEGETABLES

SERVE MOST

Fruit juice (unsweetened), 250 ml size or less
100 % fruit (or vegetable) juice, unsweetened
Baby carrots & dip Frozen fruit juice bar
Fresh fruit Packaged apple slices
Packaged fruit cups, unsweetened

GRAIN PRODUCTS

SERVE MOST

Individual cereal bowls (e.g. 6g sugar or less)

SERVE MODERATELY

Bread sticks and cheese
Muffins, less than 3 g of fat, high fibre
Popcorn (plain, low fat)
Baked Lays potato chips
Baked Doritos (Nacho Cheese)
Baked Ruffles (Cheddar and Sour Cream)
Cereal Bars (for more info, go to www.wnlsd.ca, follow links to *Student Health/ Eating Healthy*)

MILK & ALTERNATIVES

SERVE MOST

White Milk, 2% or less MF
Yogurt, 2% or less MF, 14 g of sugar or less
Cheese, 20% or less MF
Cheese strings, 20% or less MF

SERVE MODERATELY

Chocolate Milk, 2% or less MF
Ice milk bars, e.g. fudgesicles
Ice Cream (low fat, without added candy)
Milk Puddings ((low fat)
Yogurt tubes Frozen Yogurt

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

Bill Allan, P.O. Box 368, Corner Brook, NL

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