

# LIVING HEALTHY

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SEPTEMBER, 2008

WESTERN SCHOOL DISTRICT

## SCHOOL FOOD GUIDELINES SEPT. 1

For the Provincial School Food Guidelines and the [Western School District Nutrition Policy](#), a transition period was established to lead to full implementation in September 2008. As of August, this transition period is finished and the District Nutrition Policy is now in place. Only foods that meet these Guidelines can be served in schools. The Nutrition Policy presently reads:

*The Western District schools will provide healthy food choices within the school environment, in accordance with the Provincial School Food Guidelines. The Western School District Policy encompasses all foods served or sold to students, 24 hours a day - every day, and at all school-sponsored events, which include, but not limited to:*

- Cafeteria, canteen, vending machines
- Breakfast and snack programs
- School and classroom celebrations
- Meetings
- Student extra-curricular events
- Fundraising activities
- Hosting tournaments, festivals, fairs, and other co-curricular events.

In recent months, some principals have made suggestions for changes they would like to see with the Western District Nutrition Policy. These changes have to do with energy drinks, special occasions and flexibility within the Policy, and outside vendors. Some small changes were sent out to school principals in a draft form. Principals were asked for feedback on these changes, and the District Administration Team is looking at this feedback before finalizing the Policy later in September.

If you need more information regarding the School Food Guidelines or suggestions for menus or snacks, go to the web site at [http://web.wnlsd.ca/student\\_health](http://web.wnlsd.ca/student_health) and follow the link to *Eating Healthy*.

## LIVING HEALTHY COMMOTIONS FRIDAY, SEPTEMBER 26

In 2006 and 2007, schools in this province participated in Living Healthy Commotions Days. 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, once again, sponsor another Living Healthy Commotions this year on Friday, September 26, the same day as the Terry Fox National School Run. A package of resource materials from the Department of Education should be in schools by the first week of September. Other resources and ideas are available [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/)

Registered schools will receive the same financial support that they received the past two years, and that will be based on your school population. **Please register your school by Friday, Sept. 19.** The registration and evaluation forms are attached and must be emailed or faxed to Bill Allan at 634-1828 to be eligible for funding.

The Commotions is a great way to generate school spirit. Consider having the Safe and Caring Schools Committee or Living Healthy School Team coordinate this for your school. Some Commotion ideas might include:

- Organize a walk or run to highlight the Terry Fox School Run Day. To register, see <http://www.terryfoxrun.org/>
- Organize a fruit or vegetable tasting event.
- Have senior students and/ or parents make a giant fruit salad from fruit that kids bring to school.
- Have a healthy breakfast for students Sept. 26.
- Launch a new healthy menu in the cafeteria.
- Initiate a skipping or walking club to go along with the early morning Kids Eat Smart Program.
- Have an art contest. Students create healthy eating placemats or banners to post around school.
- During a school assembly to kickstart the day, have a giant dance routine for all students. (If you need a 5 or 10 minute dance DVD, call Bill Allan to have one sent out.)
- Contact the local newspaper or radio/ TV station to celebrate your commitment to health.

## SCHOOL CANTEEN SUGGESTIONS TOP 10 HEALTHY SNACKS

Last year, some concern was expressed about finding items to sell in school canteens when the School Food Guidelines come into full effect. With that in mind, a Healthy Snacks Contest was held with school caterers to find out best sellers in school canteens in the Western District. Canteen organizers were asked to submit the top 5 healthy snacks in their school. Over 40 people submitted entries. This may prove helpful for canteen organizers in September.

### Top 10 Healthy Snacks List

1. Frozen Yogurt Tubes
2. Apple Slices
3. Baked Lays (Original)
4. Carrot Sticks & Dip
5. Cheese Strings
6. Yogurt
  - Frozen 100% Fruit Juice Bars
7. Fruit Parfait
  - Breadsticks & Cheese
  - Fruit Cups
  - Bananas
8. Popcorn (Light)
  - Fudgesicles
  - Veggie Bags (ex. Celery & carrots with light ranch dressing)
9. Oranges
  - Raisins
  - Pretzels
  - Yogurt Parfait (ex. Yogurt with strawberries)
  - Diced Peaches in Water or Juice
  - Cereal bars (ex. Oatmeal to Go, Chewy Granola)

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## DON'T FORGET TO ASK THE STUDENTS

Since the implementation of the School Food Guidelines, some schools have experienced a decline in sales at the school cafeteria and canteen. Living healthy school teams or school councils can help with this by asking the students what changes they would like to see in food offerings at the school.

One school noticed a dramatic decline in the sale of hamburgers. When students were asked why, they stated a preference for loose meat. The school started using loose meat (lean) on their burgers and sales took a big jump.

Another school found that macaroni and cheese was not selling particularly well. When asked why, students stated that the school recipe was different

from what they had at home. A change in the recipe was made and sales went up.

To gather information from students, consider using Focus Groups. This list of [Student Focus Group Questions](#) could help determine some adjustments that could be made to the school's lunch menu or canteen offerings. You might never know until you ask!

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## ENERGY DRINKS

Energy Drinks are beverages that claim to stimulate and energize the user. They contain high amounts of caffeine, a stimulant that makes the user more alert and delays sleep. Examples of energy drinks include: Red Bull, Monster, Red Bull, Rockstar, SoBe Adrenaline Rush, and SoBe No Fear.

Last year, some students were purchasing energy drinks at recess or lunch breaks at local stores. While most energy drink labels do caution that children should not consume these beverages, there are currently no regulations prohibiting sale to children. School administrators have expressed concern about the consumption of these drinks because students who drink them have increased behavioral problems and are unable to concentrate in class.

In light of these concerns, the Western School District, as part of its Nutrition Policy, is considering not permitting these drinks on school property. This will likely be finalized by District administration later in September. If you have any suggestions on this matter or on anything else regarding the Nutrition Policy, please contact Bill Allan.

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

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