

LIVING HEALTHY

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WESTERN SCHOOL DISTRICT

FROM THE EDITOR

Since the 1970's, the prevalence of overweight among Canadian children ages 6 - 11 has more than tripled. Newfoundland and Labrador has led the country in obesity rates amongst children. Less than half of Canadian children and youth are active enough on a daily basis to meet Health Canada guidelines for healthy growth and development. We need to change this. Let's Go Healthy!

If you would like information on the Western School District's Nutrition or Tobacco Free Environment policies or any other aspects related to student health, please call. Principals are asked to copy this newsletter and distribute to teachers and other interested parties. Thanks for your help.

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NUTRITION POLICY (HIGHLIGHTS)

POLICY STATEMENT

The Western School District schools will provide healthy food choices within the school environment, in accordance with the *Provincial School Food Guidelines* (available on the Western School District web site under *Living Healthy*).

The Western School District Nutrition Policy encompasses all foods served or sold to students, 24 hours a day - every day, and at all school-sponsored events, which include, but are not limited to:

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

PROCEDURES

Schools are encouraged to communicate to all stakeholders and begin discussion on how they will begin to implement the nutrition policy, which has a **targeted date for full implementation by September 2008**. Schools can utilize the 2006 - 2007 and 2007 - 2008 school years as a transition period for communication with all stakeholders and to work with food service providers, with support from the School Health Promotion Consultant. In the near future, a resource binder on Healthy Eating will be sent to schools from the Department of Education.

Administrators can expect some resistance. One way to ease the transition is to let students and parents know ahead of time that a new nutrition policy will be coming to the school. Nutrition resources could be kept on hand to promote the policy and support the families. (See Resources section at the end of this newsletter.)

Administrators are responsible to ensure that products provided by catering personnel and other food and beverage suppliers meet the provincial *School Food Guidelines*. Consider making gradual changes in the school, maybe first with the breakfast program, then with vending machines and school fundraisers, and finally with school lunches and classroom celebrations.

1. Healthy Choices of Foods

The nutrition policy is based on the provincial School Food Guidelines that emphasize healthier choices of foods & beverages. The guidelines categorize foods into:

- Serve Most
- Serve Moderately
- Foods Not Included.

Foods Served and Sold in Schools

1.1 Foods and Beverages served and sold in schools will be selected from the "Serve Most" or "Serve Moderately" foods. (School Foods Guidelines, p. 10 -11) These foods will emphasize:

- ✓ Vegetables and fruit
- ✓ Lower fat milk products
- ✓ Whole grain products
- ✓ Lean meats
- ✓ Foods prepared with little or no fat
- ✓ Foods low in salt, sugar, and caffeine
- ✓ Foods high in vitamins and minerals

1.3 "Foods Not Included" are foods that are generally low in nutrients and may be high in fat, sugar, salt, caffeine, and/or calories. As these foods do not contribute to a healthy school nutrition environment, they shall not be served or sold in schools. (Food Guidelines, p. 13)

1.4 Schools will not cook or supply deep fried foods.

1.5 All food and beverages in vending machines will be selected from the "Quick Fixes for Healthy Vending Snacks." (School Food Guidelines, p. 14)

To view the complete Western School District Nutrition Policy, please see *Living Healthy* on the Western School District web site at <http://www.wnlsd.ca>

TOBACCO FREE POLICY

The Western School District believes it has an obligation to provide a safe and healthy environment for all students, parents, employees, and visitors.

POLICY STATEMENT

The Western School District shall be a Tobacco Free Environment. This policy shall apply to:

- all buildings, facilities, grounds and properties under the jurisdiction of the Western School District,
- all vehicles parked on school property, school buses, board-owned or leased vehicles,
- all staff, students, & any person present on School District property, 24 hours a day - every day,
- all school trips, off-site activities, and activities outside of school hours,
- anyone transporting students to or from school events, and while in the presence of students during those events.

To view the complete Tobacco Free Environment Policy for the Western School District, please see *Living Healthy* on the District web site at <http://www.wnlsd.ca>

To assist schools with the implementation of a tobacco free environment, the Alliance for the Control of Tobacco (ACT) has provided one bookmark and one brochure for each student. The messaging is all about being smoke free and, hopefully, it will help get the message to your students and parents that your school property is tobacco free. In another attempt to support the new tobacco free policy, ACT will be running ads on all 26 stations of VPCM throughout the province. The ads will start on September 4 and run until September 15 with 5-6 ads per day. The ad basically calls on everyone to respect new tobacco free policies and be mindful of our students' health. In addition, on our *Healthy Living* web site, teachers will find a Powerpoint Presentation that could be used with students, "You're a Target".

LIVING HEALTHY DAY **SEPTEMBER 29**

The provincial government has announced that September 29 has been designated as *Living Healthy Commotions Day*. This day will be used to kickstart an increased focus on healthy eating and physical activity in our schools. Special activities will be arranged for students to create a living healthy commotion. More information will follow in the next few days.

TERRY FOX NATIONAL SCHOOL RUN **SEPTEMBER 29**

In 2005, to commemorate the 25th anniversary of Terry Fox's Marathon of Hope, Canadian schools held their events on the same day - The Terry Fox National School Run Day. The result was one of the largest events in Canadian history:

10,000 schools with over 3 million students took part. It was amazing to know that on the same day, millions of students were running for cancer research.

In response to the overwhelming success of the event and numerous requests made by educators and volunteers, a second Terry Fox National School Run Day is being organized on Friday, September 29, 2006. For more information, refer to <http://www.terryfoxrun.org>. The Terry Fox Foundation will provide all materials and a guidebook to organize the event that will combine exercise with fun and fundraising for a cause that touches us all.

LIVING HEALTHY **DISTRICT WEB SITE**

To help teachers, principals, and health personnel with the Living Healthy initiative in our schools, we have created a District web site, *Living Healthy*. This can be accessed through the Western School district web site at <http://www.wnlsd.ca>. On this web site, we have included information that might be useful to those seeking to improve the health of our students:

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|----------------------------|--------|
| Eating Healthy | Links |
| Tobacco Free | Events |
| Physical Activity | FAQ |
| Power Point Presentations. | |

If you have suggestions for this web page, please give Bill Allan a call at 637-4021.

RESOURCES

Eating Healthy

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html
Canada' Food Guide to Healthy Eating

<http://www.missionnutrition.ca/missionnutrition/eng/>
Easy-to-use lesson plans and student activities for children in K - 8 to help make healthy eating and physical activity come alive.

<http://www.wechealthunit.org> (follow links to School Health, Teachers/ Principals)

Colored 11 x 17 Nutrition Posters & Activity Sheets
<http://gohealthy.ca/en/>

A web site designed specifically for Newfoundlanders who want information about getting healthy
<http://www.livinghealthyschools.com/>

Healthy Students Healthy Schools, Nfld.and Labrador

EVENTS

Friday, Sept. 29 Living Healthy Commotions Day
Terry Fox National School Run

Friday, Oct. 20 Kids Eat Smart "Walk to Breakfast" Day
