

## CLIMBING TO NEW HEIGHTS:

### Health and Education Working Together for School Health

Eastern School District and Eastern Health recognize the important role both organizations play in school health. Health and education are interdependent: healthy students are better learners, and better-educated individuals are healthier (*Joint Consortium for School Health*). Through the implementation of the provincial initiative, *Healthy Students Healthy Schools*, Eastern School District and Eastern Health are working together to create a healthy school environment and improve the health and well-being of students, families and the larger school community.

Some of the initiatives that Eastern School District and Eastern Health have been collaborating on include:

- Living Healthy News
- Healthy Schools Grants
- Eastern Active Schools
- Living Healthy Resources
- Curriculum Support

This partnership was celebrated at the 6th annual Living Healthy Commotion at Larkhall Academy. Allister Dyke and Beverley Clarke represented Eastern School District and Eastern Health, respectively, and participated in a number of Commotion activities with students.



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# Living Healthy

## Living Healthy Commotions

On Wednesday, October 12th, 2011, Eastern School District hosted its 6th annual Living Healthy Commotion. Living Healthy Commotions are school-wide celebrations that provide schools the opportunity to highlight to parents, school councils and community leaders how they are promoting health by creating healthy school environments. Living Healthy Commotions are a project of *Healthy Students Healthy Schools* and are supported by: Department of Health and Community Services; Department of Education; Department of Tourism, Culture and Recreation; Eastern School District and Eastern Health.

📄 [www.livinghealthyschools.com](http://www.livinghealthyschools.com)

## Larkhall Academy Celebrates Living Healthy During the 6th Annual Living Healthy Commotion

Students and staff of Larkhall Academy sparked the beginning of Healthy Commotion Day with a refreshing walk to school. Healthy snacks were delivered to each classroom at recess to allow everyone the chance to refuel their bodies and maintain energy for the rest of the morning. FITGO bingo saw classes collectively participating in various physical activities designed to promote exercise in a fun and creative way. The day was capped off with a school-wide aerobics/dance session in the gym, with members of The Dance Academy leading the charge. Living healthy at Larkhall Academy is an important message for their entire school community each and every day!

## Eastern Active Schools Activity Booklet...created by teachers for teachers!

Through funding from the Public Health Agency of Canada and the Provincial Government, Eastern School District held a contest with 11 schools participating in the Eastern Active Schools program. The contest was the stage for teachers and their students to showcase the various activities they have been engaging in during class time. Teachers submitted many great activities they had created which demonstrated links between physical activity and the curriculum. An electronic booklet containing all submissions is available on the Eastern School District website at:

📄 [www.esdnl.ca/programs/activehealthyliving/activeschools.jsp](http://www.esdnl.ca/programs/activehealthyliving/activeschools.jsp). A big thank you to all teachers and students who participated!

The winner of the grade K-3 group was Jennifer Vokey Tobin and her kindergarten class from Holy Family Elementary, Paradise. The winner of the grade 4-6 group was Heidi Nixon and her grade four classroom from St. Peter's Elementary, Mount Pearl. Congratulations!

## Spaghetti Palooza at Bishops College...Healthy Fundraising Idea!

On the last day of school in June, the Bishops College Student Council held it's first ever Spaghetti Palooza event! Parents and students donated packages of spaghetti and sauce and the student council and teachers cooked up a feast of delicious pasta and sauce along with parmesan cheese and whole wheat garlic bread. For five dollars, students, parents, and members of our community were invited to join us on this very special day for an all-you-can-eat extravaganza! Many parents commented that it was great to share the final day of school excitement with students and teachers. The event raised over \$500 dollars that went towards student leadership activities and of course everyone walked away happy and full!

If you would like to showcase a healthy fundraiser in the next issue of *Living Healthy News*, please contact:

### Avalon East

Tracy English

📞 709-758-2388 | ✉ [tracyenglish@esdnl.ca](mailto:tracyenglish@esdnl.ca)

### Avalon West, Burin & Vista

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# they In Action

## Student Leaders Make the Living Healthy Commotion at St. Peter's Junior High a Huge Success!

The Living Healthy Commotion at St. Peter's Junior High was a huge success. The morning began with a walk in support of breast cancer, with students donating pennies (and other amounts) throughout the week. Following the walk outside, students enjoyed a healthy snack of fruit, with some students even asking for a second helping! The morning was capped off with nine stations of international games, which were facilitated by student-leaders who also had prepared an anti-smoking poster. Students at St. Peter's Junior High look forward to leading active, healthy lifestyles!

## Students at Prince of Wales Collegiate Get Their Commotion On!

Prince of Wales Collegiate had a fantastic Living Healthy Commotion! Everyone had a great time and commented on how much they liked the day - students and teachers! For teachers, it was a great day to connect with students and get to know them outside the classroom. For students, well they got to enjoy a day filled with activities and no seat work, as well as hang out with their friends, eat free food and build some school spirit! Students participated in a number activities throughout the day, including:

- Video on Terry Fox
- Toonies for Terry collection
- Terry Fox walk on the field beside the school
- FREE recess snacks: fruit and veggies along with chocolate and white milk
- B-Boying (break dancing) demonstration
- Boxing/heavy bag training session
- Kin Ball with the City of St. John's Recreation Dept.
- Photo Scavenger Hunt with prizes and medals for 1st, 2nd & 3rd

The Photo Scavenger Hunt ended up being the "main attraction"...it was incredible! The Drama class and Improv teams also worked on a few t.v. commercials.

Students participated in activities all day long, getting their "Commotion on!". It was great!

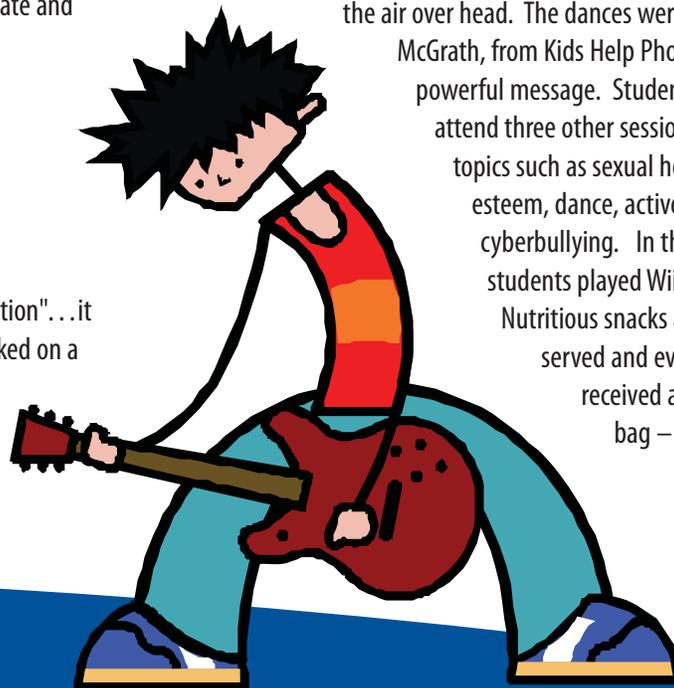


## Grade Seven Students Participate in Annual Burin Peninsula Health Fair

This past spring, the Burin Eastern Health School Team hosted the Annual Burin Peninsula Health Fair at Donald C. Jamieson Academy. The fair was for all grade seven students in the Burin Region and was funded by Eastern Health, Eastern Regional Wellness Coalition, and Marystown Knights of Columbus.

Two high school role models set the stage for the day by getting all 150 students on their feet to do several dances including the Cha Cha Slide, while they kept beach balls in the air over head. The dances were followed by Keri McGrath, from Kids Help Phone, presenting a powerful message. Students went on to attend three other sessions regarding topics such as sexual health, hope, self esteem, dance, active living, and cyberbullying. In their downtime, students played Wii games.

Nutritious snacks and lunches were served and every student received a prize and a loot bag - what a day!



# Living Healthy In Action

## Eastern Health School Teams Assist Carbonear Collegiate and the "Rubber Hits the Road"! Harvest Run 2011

Carbonear Collegiate hosted the annual Harvest Run. This event is open to students in Grades 3-12 and this year a record was set with almost 1100 participants! The recreation area was buzzing with excitement as students gathered at the start line to begin their races. Ticker Tom also made a guest appearance and mingled with the early morning registrants. Coaches from the 25+ schools in attendance were provided with loot bags containing small health promotion prizes to be distributed to student-athletes. The students showcased their fitness and enthusiasm for active living as they ran distances ranging from 400m to 5km, depending on their grade level.

This event requires a great deal of planning and organization from the host school, and this year Eastern Health School Teams from the Harbour Grace area were happy to work with Carbonear Collegiate to make this event a huge success! Eastern Health provided prizes for the loot bags and arranged for Ticker Tom to make an appearance. Seven members of the Eastern Health School Team also collaborated with Mr. Russell, principal of Carbonear Collegiate, to assist with registration of participants and recording results at the finish line. A great deal of positive feedback was received as the Harvest Run was recognized by students, parents, and visiting school personnel as a huge success. Several members of the School Team expressed their satisfaction in being involved in such a worthwhile healthy living activity.

The success of the Harvest Run this year was a glowing example of what can be accomplished with true collaboration and team work between Health and Education. In a note of thanks to School Team Members, Mr. Russell writes, "I want to thank all the ladies who helped out in any way yesterday. It was an excellent day overall, with a record number of participants, but it would not have been so successful without the support and efforts of the nurses/school health team. I can't say enough how much myself and Sean appreciate all that was done. If only we could repay you. I just hope we can get you all back next year!!!"

## Woodland Elementary celebrates Living Healthy with a "Stress-free" Commotion

Woodland Elementary kicked off their Living Healthy Commotion by participating in a whole school warm-up activity. The warm-up was followed by a variety of Newfoundland traditional activities such as marbles, hula hooping, skipping and soccer. Students had the opportunity to make their own stress balls for positive mental health and were provided with healthy snacks. A great time was had by all students and staff!



## Former Clarenville Primary Celebrates Healthy Eating from around the Globe

The staff and students of the former Clarenville Primary School celebrated awareness of their multi-cultural environment during the winter 2010 STAND UP Day. While wearing their pink scarves inscribed with personal anti-bullying messages, they participated in a variety of whole group activities in the gym. One of these activities raised the importance of eating a variety of fruit. With the help of parents and community partners, students sampled fruit from different global locations. Teachers then led each class in a mapping activity, locating where each item of fruit originated. The students were excited to learn that they enjoyed fruit from so many different areas in our world. Just as many people from different locations make our world a wonderful place, a variety of fruit from different regions make a healthy and interesting diet.

# Healthy Things TO KNOW

## Canadian Sport for Life

Canadian Sport for Life (CS4L) is a movement to make physical activity a core component in the lives of all Canadians. CS4L provides guidance on recreation and sport activities for ALL Canadians, regardless of age, sex, or ability/disability. Research has shown that if

children are exposed to the proper fundamentals of movement and sport at a young age it will result in not only more people participating in recreation and sport activities but also more people staying involved in those activities for life!



In Newfoundland and Labrador progress is currently being made to bring awareness of the CS4L movement to all sectors involved in sport and physical activity (Schools, Recreation and Sport).

Resources are available to educate the public around the CS4L movement. These include a Sport Parent's Guide for children ages 0-12, Developing Physical Literacy for children between ages 0-12, as well as generic CS4L information.

*For more information how CS4L relates to you please contact:*

Bill Taggart, CS4L Project Leader

☎ 576-4979 | ✉ [btaggart@sportnl.ca](mailto:btaggart@sportnl.ca) | 🌐 [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)



## Wondering where to find information on programs and resources available related to school health?

Want to know when funding opportunities are available to support healthy initiatives at your school? Check out the Living Healthy Schools Conference on First Class. If you are not currently subscribed but would like to, contact:

Avalon East

Tracy English

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# Healthy Things

## Participation Nation Healthy Eating Policy

We know that what we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play. In support of *Healthy Students Healthy Schools* and the Provincial School Food Guidelines, School Sports NL's Participation Nation has implemented a new Healthy Eating Policy for Participation Nation events that serve food and beverages (e.g. Jamborees). The Healthy Eating Policy ensures that healthy meals and snacks are provided to participants attending events. Effective September 2011, all Participation Nation event hosts will be asked to comply with the Healthy Eating Policy. When planning meals and snacks, schools can refer to the Provincial School Food Guidelines at [www.livinghealthyschools.com](http://www.livinghealthyschools.com). Additional support is available from the Eat Great and Participate Coordinator at ☎ 729-4432 or from the local Regional Nutritionist. Hosts of Jamborees in Labrador or two day island events are welcome to apply to School Sports NL for partial funding to offset the purchase of healthy foods. Thank you for your cooperation in helping to make it easier for children and youth to eat healthy. For more information about Participation Nation and the Healthy Eating Policy, please contact Trisha Keough-Boyer ✉ [tboyer@sportnl.ca](mailto:tboyer@sportnl.ca)



The following suggestions will help with planning your healthy meals and snacks:



### Beverages

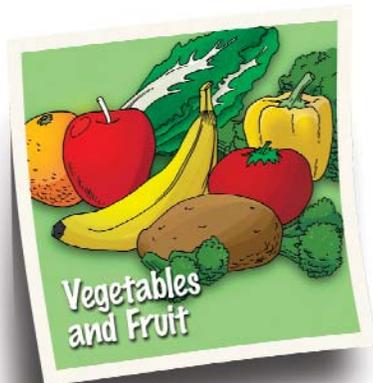
- Serve tap water in pitchers
- Serve 100% vegetable or fruit juices
- Offer skim milk, 1% or 2% white or chocolate milk

### Breakfast

- Offer fruit whole or cut up, fresh, frozen, canned or dried
- Include yogurt cups, tubes and/or drinks
- Serve hot or cold whole grain cereals with skim, 1% or 2% milk
- Offer a variety of whole grain bagels, 3 1/2" diameter or less or cut in half
- Include nut butters such as peanut or almond (keeping allergies in mind)
- Offer hard-boiled eggs
- Include a variety of muffins- small, mini or cut in half; lower fat, whole grain and fruit options



# TO KNOW

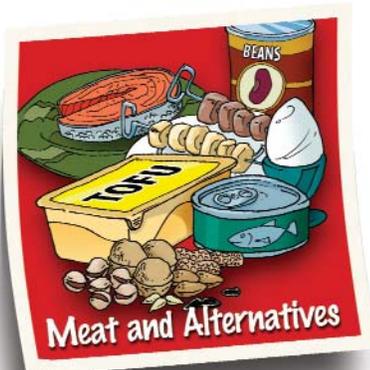


## Snacks

- Serve fruit whole or cut up, fresh, frozen, canned or dried
- Offer raw vegetables cut up with or without low-fat dressing or dip
- Try yogurt cups, tubes and/or drinks
- Offer lower fat cheeses (21% milk fat/ M.F. or less)
- Provide lower fat and lower sodium whole grain crackers
- Consider smoothies made with fruit and yogurt
- Consider hummus and other bean dips with your vegetables and crackers
- Offer pudding made with milk as the first ingredient
- Serve small cookies made with whole grains and fruit

## Sandwiches

- Choose whole grain breads, pitas, wraps or buns
- Choose unprocessed meats (e.g. roast beef, chicken or turkey)
- Include vegetarian sandwich options
- Include a selection of lower fat cheeses (21% milk fat/ M.F. or less)
- Make sandwiches using a small amount of salad dressing, margarine or mayonnaise
- Offer toppings like shredded lettuce, mixed greens, chopped tomatoes or sliced peppers



## Hot Meals

- Choose leaner meats, fish and poultry grilled, broiled, roasted or steamed instead of fried
- Offer meat portions consistent with Canada's Food Guide (2 ½ oz or 75g portions)
- Serve grilled vegetables
- Offer pasta dishes with lower fat toppings like tomato sauce rather than butter, cream or cheese sauces
- Consider broth-based or pureed vegetable-based soups instead of cream-based soups
- Offer pizza on a whole grain crust
- Consider a vegetable, bean, mixed greens or spinach salad with a meal

# Healthy Things

## Supporting Schools to Implement Eastern School District's Nutrition Policy

Eastern School District, Eastern Health and the Provincial Government have been working collaboratively to support schools with the implementation of Eastern School District's Nutrition Policy.

### Brand Name Food List

The Brand Name Food List removes the guesswork when planning refreshments for school events! The Brand Name Food List provides a list of locally available foods which fit into the Serve Most and Serve Moderately categories of the School Food Guidelines as well as a listing of foods which do not meet current Guidelines. For the current Brand Name Food List, visit: [www.livinghealthyschools.com/brand\\_name\\_food\\_list.html](http://www.livinghealthyschools.com/brand_name_food_list.html)

### Food and Beverage Item Review Process

Feeling challenged trying to determine if and when a food item fits with the School Food Guidelines? With all the new food items coming on the market, it can be quite confusing for administrators and caterers to determine if and where a food item fits. To support schools, the Provincial Government has developed a review process to help with these challenges. If a school administrator or caterer has a food item which they would like reviewed, they can complete and submit the Food/Beverage Item Review Form. The submission deadlines are January 31, April 30, August 31 and October 31 of every year. Regional Nutritionists across the province will assess each submission and notify schools if the item meets the School Food Guidelines. For more information about the food and beverage review process, to view items which have already been reviewed or to download the review form, visit:

[www.livinghealthyschools.com/foodreview.html](http://www.livinghealthyschools.com/foodreview.html)

### Request for Proposal (RFP) for Food Services

Having trouble determining if your school menu meets Eastern School District's Nutrition Policy? There is now more support available to help ensure that the food and beverages served and sold in schools are healthy choices. Eastern School District and Eastern Health now have a mandatory menu review process incorporated into the Request for Proposal (RFP) for Food

Services. This process is required for all new contracts. Existing contracts are not required to go through this process until renewal, but a school can still request to have their menu reviewed by the Regional Nutritionist to ensure it meets the School Food Guidelines. Thank you for your continued cooperation as we strive to create a school environment that supports healthy eating. If you have any questions regarding this process please contact your School Health Promotion Liaison Consultant:

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## Healthy Snack Ideas and Healthy Lunch Ideas

Eastern Health has created two new resources to support healthy eating at your school. The Healthy Snack Ideas and Healthy Lunch Ideas handouts were developed to help parents make healthy choices for their children. These resources are available for free from Eastern Health. If you would like to order copies, please contact:

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# TO KNOW

## Canada's Food Guide

Recommends making at least half of your grain products whole grain each day. This chicken on a roll recipe will help you reach this goal.



Makes 4 servings

## Chicken on a Roll

### INGREDIENTS

1 cup	cubed or shredded cooked chicken	250 ml
½	apple, finely diced	½
2 tbsp	finely chopped dried cranberries	30 ml
2 tbsp	finely chopped green onion	30 ml
¼ cup	light mayonnasie	60 ml
1 tsp	cider vinegar	5 ml
	salt and freshly ground black pepper	
4	whole wheat hot dog buns	4

1. In a bowl, combine chicken, apple, cranberries and green onion. Stir in mayonnaise and vinegar. Season to taste with salt and pepper.
2. In a nonstick skillet, over medium heat, lightly toast cut side of buns, using a spatula to flatten them. Divide the chicken mixture among the buns and serve warm

**☑ TIPS:** Skip toasting the bun and add this sandwich to a lunch box, along with carrot sticks, 100% apple juice and yogurt. Be sure to keep the sandwich chilled safely with an ice pack.

### NUTRIENTS PER SERVING

Calories	<b>270</b>
Fat	<b>10.0g</b>
Saturated Fat	<b>1.9g</b>
Sodium	<b>443 mg (18% DV)</b>
Carbohydrate	<b>33g</b>
Fiber	<b>4g (16% DV)</b>
Protein	<b>15g</b>
Calcium	<b>63mg (6% DV)</b>
Iron	<b>1.8mg (13% DV)</b>

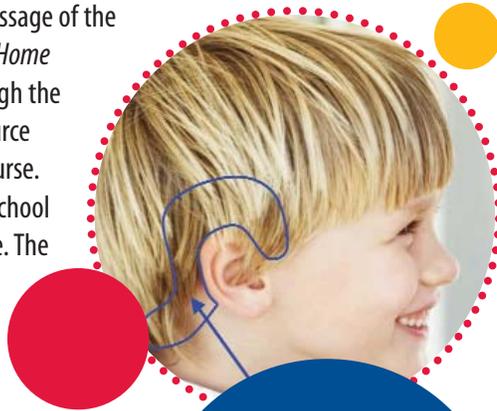
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# Healthy Things

## Managing Head Lice at Home: Check weekly, treat properly, and let your school know

This is the intended message of the *Managing Head Lice at Home* booklet available through the health promotion resource centre or your school nurse. Teachers, parents and school systems dread head lice. The best solution is to work with families and educate them on the prevention and treatment of head lice.



If a child shows signs of itchy, most scratching occurs in the area around the ears and at the nape of the neck.

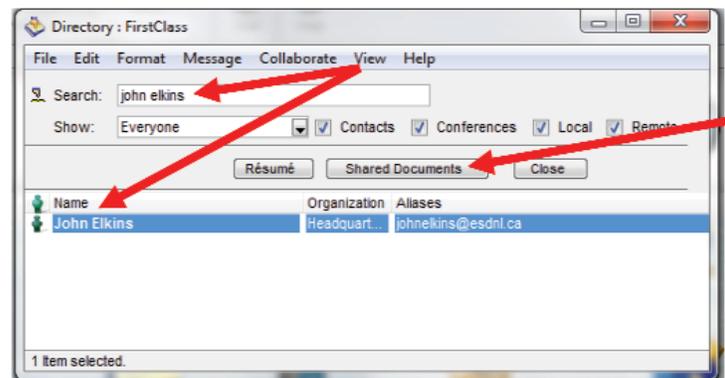
In 2010, this booklet and other resources were created to help staff of Eastern Health and Eastern School District support parents who are dealing with this nuisance. Also available are information clips for schools to use in newsletters or websites, a storybook which can be read in the classroom, a presentation for use with groups of parents, and letters that schools can send home to families.

This booklet is available on the Eastern School District and Eastern Health websites.

## Attention teachers in the Eastern School District!

To access a complete set of "Active Schools Manuals", check out John Elkins' shared documents:

- Open your First Class Email
- Click on "Directory"... a new window will open up
- Type "John Elkins" in the search bar and you will see his name appear in the lower part of the window
- Click on the "Shared Documents" bar to access John's folders



## Healthy Students Healthy Schools Display for Parents/Guardians

Are you interested in providing parents/guardians with healthy living tips for their families? If so, why not sign out the Healthy Students Healthy Schools (HSHS) Display for Parents/Guardians for your Curriculum Night or Parent-Teacher Interviews. The HSHS Display provides information to parents on eating healthy, being active and living tobacco-free. There are two versions: one for K-6 and one for 7-12. The HSHS Display is a joint project of Eastern Health and Eastern School District. For more information, please contact:

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# TO KNOW

## MOOSic to my Bones

The School Milk Foundation of Newfoundland and Labrador believes that children deserve the best chance at having a healthy active lifestyle, which includes getting the daily recommended servings of milk according to Canada's Food Guide. The Foundation subsidizes the cost of milk to students at schools on the School Milk Program throughout the province so milk is more accessible to all students. The Foundation also offers fun contests and promotions throughout the year to encourage students to drink milk and live a healthy, active lifestyle! For example:



- School Milk Foundation of NL and Dairy Farmers of NL partnered with School Sports NL to supply milk for sports tournaments. No other beverage compares to milk for great nutritional value! Contact School Sports NL to have your tournament approved and included in this program for free milk.
- The School Milk Foundation of NL will provide free milk for an entire school once per year! For one of your special events (i.e. health day, sports day, or any other celebration), the School Milk Foundation will donate a 250ml School Milk for each student and staff member.
- If you are having a rally, health fair or other special event, the School Milk Foundation can provide incentive items to be used as prizes, for loot bags and other giveaways. All that is asked is that schools mention the School Milk Foundation during the event.
- The School Milk Foundation offers students and teachers two interactive presentations on healthy eating and active living. "Picnic and Play the Milky Way" is designed for grades K-2, while "Reach for the Rainbow" is designed for grades 3-6. The K-2 presentation uses a picnic theme to teach children about the importance of healthy eating, how foods are grouped in the four food groups, and the importance of milk for strong bones.

"Picnic and Play the Milky Way" incorporates student participation, singing, active games, and a cow puppet Moo-lissa to deliver the message of healthy eating. This presentation has been designed to address some of the Department of Education curriculum outcomes for primary students as found in the Kindergarten Curriculum Guide. In the grades 3-6 presentation, the students help build the healthy eating rainbow on Canada's Food Guide. During the presentation students look at healthy choices from all four food groups. Basic nutrients from all food groups are discussed. The importance of exercise is emphasized to help build a healthy body. The message of healthy eating and exercise is reinforced with an age appropriate game. Prevention of osteoporosis is discussed in grades 5 and 6. Contact the School Milk Foundation to arrange for your presentation.

Check out the School Milk Foundation website  
📧 [www.schoolmilk.nl.ca](http://www.schoolmilk.nl.ca) - for fun activities and to get all the facts on nutritious delicious milk and how you can make milk a part of a healthy active lifestyle!

# Safety with Radar.



Injuries leading to death are the biggest single threat to the well-being of children. Health Canada's Consumer Product Safety Bureau aims to raise awareness among parents, grandparents, caregivers, educators and children of the potential risks of injury associated with consumer products and to offer safety tips to prevent injuries to children.

Radar, Health Canada's mascot for injury prevention, would like to teach children some safety tips with the help of this activity book.

*For more information or to order copies of Radar's Activity Booklet:*

📄 [www.hc-sc.gc.ca/cps-spc/pubs/cons/activitybook-cahierdexercices/index-eng.php#PDF](http://www.hc-sc.gc.ca/cps-spc/pubs/cons/activitybook-cahierdexercices/index-eng.php#PDF).

*Please note: Content supports several of the Primary Health and Comprehensive School Health Curriculum outcomes for Injury Prevention and Safety. The activity booklet is age appropriate for children in Grades 3-5.*

**WE'RE ON THE WEB!**

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)

If you have a submission for the next edition of Living Healthy News please send it by **Monday, March 12, 2012** to:

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☎ 758-2388 | ✉ [tracyenglish@esdnl.ca](mailto:tracyenglish@esdnl.ca)

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