

School Wellness Programs

Be active
Be well

New Brunswick
Nouveau Brunswick
Be...in this place • Être...ici on le peut



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Wellness, Culture and Sport Update

School is back! We hope you all had a great summer. You undoubtedly are busy planning for the upcoming school year. Please do not hesitate to contact us for support, information or suggestions with respect to school wellness programs. (see next page)

October is International Walk to School month. Visit the website at www.iwalktoschool.org for great activity ideas and resources.

Remember!

October 5-9 is International Walk to School Week!

October 7 is International Walk to School Day!

Success Stories

École Arc-en-ciel, in Oromocto

Ms. Carolle Foulem not only teaches kindergarten but she also teaches yoga three times a week, for 20 minutes to her students. This new program is a hit with the students as well as the teacher. (Thanks to Isabelle Leblanc-B, the Community School's Coordinator, for submitting this success story.)



Yoga at École Arc-en-ciel

Bathurst High School breakfast program, the Kitchen Door, demonstrates the Service and Support component of the Comprehensive School Health Approach. The school works with various partners to provide breakfast everyday to more than 100 students. Their partners include Breakfast for Learning, Sobeys, United Commercial Travellers, Aliant Pioneers, United Church Outreach, and many parent and teacher volunteers. (Thanks to Audrey Gammon, the Community Schools Coordinator, for submitting this success story.)

If you have a wellness success story or photos from your school that you would like us to publish in our Winter Newsletter, please submit them no later than **Friday, November 20, 2009**, to joanne.lamarche@gnb.ca.

News

Freggie is a fruit and vegetable mascot who lives at Co-op Atlantic in Moncton. Freggie would love to visit your school as part of a healthy eating learning activity. Freggie can be sent to your school. You will be responsible to find someone to play Freggie for your activity and to return him safely to Co-op Atlantic. Remember that THERE IS ONLY ONE FREGGIE. BOOK EARLY to ensure that he will be available to visit your school. Co-op Atlantic will try to accommodate all interested schools. Support materials for Freggie are available from this Ontario website: <http://www.freggjetales.com/>

To book Freggie contact:

Patrick Brideau 506-858-6155
Patrick.brideau@coopatlantic.ca or
Annie LaPlante 506-858-6054
Annie.laplante@coopatlantic.ca

Breakfast Program Funding Opportunities

It is important that children start their day with a nutritious breakfast and yet, many of them go to school on an empty stomach. **Breakfast for Learning** (www.breakfastforlearning.ca) has been funding school breakfast programs in New Brunswick for many years. **Show Kids You Care** (www.showkidsyoucare.com) and **Breakfast Clubs of Canada** (www.breakfastclubsofcanada.com) are also committed to helping children across Canada start their school day on the right foot by providing funding and/or services for school breakfast programs. Visit their websites for more information and application forms.

Student Wellness Survey

An update from the Health and Education Research Group
As a result of continued work with our funding partner, the Department of Wellness, Culture and Sport, and in cooperation with the Department of Education, we are planning the 2nd cycle of the NB Student Wellness Survey 2009-2010 for students in grades 6-12. The following are some selected highlights from the NB Student Wellness Survey 2006-2007.

Mental Fitness:

• It was found that students with higher levels of psychological well-being (mental fitness needs of competence, autonomy and relatedness) reported reduced smoking, reduced BMI and a higher probability of participation in both competitive and non-competitive activity.

Environments:

• The majority of students reported feeling part of their school (82%), being happy to be there (79%), being treated fairly by teachers (82%) and feeling safe (83%).

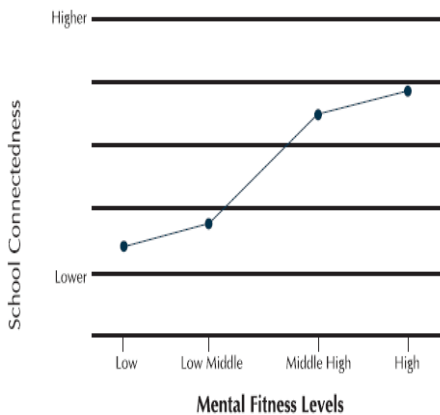


Figure 5- Feelings of school connectedness

Healthy Weights and Lifestyle:

• 27% of students were identified as overweight or obese.
• 47% of students reported participating in school-organized non-competitive activities (e.g. intramurals).

Tobacco and Other Problem Substance Use:

• 77% of the students who have never smoked a cigarette reported confidence in their ability to remain smoke-free in the future; lower levels of confidence were noted in grades 8 and 9.

To learn more about the NB Student Wellness Surveys and how your school may be involved, please call 1-888-390-2822 or visit www.unbf.ca/education/herg.

Article submitted by Lynn Ann Duffley (HERG)

School Wellness News

The School Pedometer Challenge (Grades k-12): Congratulations to the forty-five schools who have been selected by their school district to participate in the program. Resource boxes will be sent or delivered to the schools by the end of October. Ninety-three schools are now part of The School Pedometer Challenge.

Pedometers: Schools interested in purchasing pedometers may do so at a reduced rate from *StepsCount*.

A Pedometer Opportunity... for all New Brunswickers!
We have arranged exceptional pricing on top quality pedometers!
SC-01 (steps only) \$8.50
SC-72 (steps & activity time) \$10.50
Get yourself, family and/or organization moving at a discount. Strap included. Shipping & taxes extra. (Hint: Order up to 10 pedometers and pay the same shipping as one!)
Contact StepsCount 866.342.2328 or info@StepsCount.ca to place your order today!
Come on New Brunswickers... Let's get active together!!

StepsCount also offer a variety of resources check their website for more details at StepsCount.com.

School Communities in ACTION

(Grades k-12): Application information has been sent to the schools. Deadline to submit applications is **Friday, October 16, 2009**.

Vegetable and Fruit Grant (Grades 6-8)

70% of the funding has been sent to the schools. The deadline to spend this instalment is **Wednesday, March 31, 2010**, or earlier as stated by your district.

Tobacco Free Schools Grant

(Grades 9-12): 100% of the funding has been sent to the schools. The deadline to spend the funding is **Wednesday, March 31, 2010**, or earlier as stated by your district.

Remember!
October 5-11 is Mental Illness Awareness Week!

FUNDRAISING OPPORTUNITY THIS FALL!

• No door-to-door selling
• Promotes healthy food choices
• Supports local food producers
Between now and November 15, ask families and friends from your school who purchase 1.5 kg packages of Oxford Frozen Wild Blueberries for sale at Sobey's, Foodland and Price Chopper, to save and rinse the bags. **Between November 16 to 30**, return the clean bags to any provincial Department of Agriculture and Aquaculture office listed below, and receive **\$1.00** for every bag returned.

- **Fredericton:** 1350 Regent Street (Room 247)
- **Moncton:** 381 Killam Drive
- **St. George:** 107 Mount Pleasant Road
- **Grand Falls:** 824 Route 108, Saint-André
- **Tracadie-Sheila:** Place Tracadie 3518-1 Principale Street
Contact **Bleuets NB Blueberries** at 506-459-2583 or email bnbb@nb.aibn.com for more information or to register for this fundraising initiative.
Visit www.dashbc.org for other great healthy fundraising ideas; go to Resources at the top, then scroll down and click on Healthy Fundraising.

Wellness, Culture and Sport
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