

School Wellness Programs



Fall 2012

Fitness Friday Celebration



Friday, June 15th the teachers, educational assistants and students of St. Andrews Elementary School gathered in the soccer field to run with local marathon runners, Dr. Paula Keating and Mr. Paul Comeau.

The sunshine added to the excitement as the students participated in a run accompanied by these two local athletes and by all school staff who walked, jogged or ran along as well. Staff know the importance of being positive role models and got right into the spirit of things. The students were very proud to show off their running abilities at this celebration of their year long fitness program called "Fitness Friday". At the beginning of the last Physical Education class of each week the students participated in this running program.

Dr. Keating encouraged the students and staff by speaking about the benefits of running and being physically active. The physical education teachers saw great improvement in the students' cardiovascular fitness and plans are already in the works to enhance this program next year. Congratulations to everyone involved in this initiative!

Your school can help the Wellness Movement build even more momentum!

The Wellness Movement is well underway in New Brunswick! Last year, 225 schools picked up the ball and made a commitment, and we're asking you to renew your commitment today!

October 1st to 7th was Wellness Week, many joined the Wellness Movement, so let's keep the momentum going!

Your community needs YOU to be named New Brunswick's Wellness Community 2013, and receive an \$8000 Wellness Grant to keep Wellness rolling in your community. Your school can be part of this ever-growing movement for healthy living, and one school will be drawn to win a \$1000 School Wellness Grant!

You have until February 28, 2013 to make your commitment(s) to Wellness, so hurry and join the Movement today!

What will your school do for Wellness? The sky's the limit! Last year, schools made all kinds of commitments, from bringing more physical activity into the classroom, to after-school healthy cooking classes.

You've done a great job so far. Now, let's take it to the next level, keep the commitments coming and keep the ball rolling for Wellness in schools!

Visit Wellnessnb.ca today!



School Wellness Programs

The 70% instalment of the 2012-2013 School Wellness grant funding has been transferred to the Department of Education and Early Childhood Development in September. Please keep in mind that your district has policies around spending and that the grants is not intended to assist schools with the following expenses:

- Sport teams uniforms
- Referee fees for school sports
- Foods that don't fit within the school food policy (Policy 711)
- Funding for staff meetings/staff activities

After School Hours Program (ASHP)

In 2011/12, the Province of New Brunswick, through the Department of Healthy and Inclusive Communities supported 31 groups/ organizations with an after school hours program that met the following criteria:

- Program must be a minimum of 3 days per week, with a minimum of 6 hours per week
- Program is held during the 3:00pm – 6:00pm time frame.
- Minimum of 30 minutes per day of moderate to vigorous physical activity is being offered.
- Activities to promote healthy eating, nutrition and food preparation skills are provided a minimum of 20% of the time.
- Homework and other school work shall be kept at a maximum of 20% of the time.
- Program content is flexible to reflect the strengths and interest of the community, parents and participants up to 30% of the time.

The 31 groups included representation from various organizations included Schools, Day Cares, Early Childhood Centres, First Nation, Municipalities, Outdoor Organizations, and Youth Clubs.

Stay tuned for more opportunities geared towards after school hours....

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 30, 2012**, to

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Students at Dr-Marguerite-Michaud School challenged each other to travel around the world by walking ... In a great collective effort, they counted the steps that each student and members of the staff took through pedometers that everyone wore on their belt during the past 49 days. Something to celebrate because around the world entails 2985 km, 64,400,000 steps and a virtual tour of 34 countries.all this in 49 days.

Congratulations to all participants and continue your walk...

The School Pedometer Challenge (K-12):



The School Pedometer Challenge is currently under evaluation and as a result the program has been suspended until the evaluation is complete. We hope that schools with pedometers will continue to use them to promote physical activity. Thank you.

NOTRE-DAME SCHOOL - SCHOOL EXPLOSIVE



For the fourth consecutive year, the Parents' Committee of the Notre-Dame school invited students, parents and staff in a school year explosive. This year, activities were held Friday, September 7 at the Stade Turgeon. An estimated crowd of about 400 people was present to declare the school year 2012-2013 officially opened. Lots of fun games were organized by students from Grades 7 and 8 to entertain the younger grades. Participating in different games, the students had the chance to win tokens allowing them to make purchases in the "Shop Notre-Dame." The evening ended with a magnificent show of fireworks. It goes without saying that the shouts and laughter of children could be heard throughout the evening! Congratulations to the Parents' Committee for this beautiful activity!

Fruit Kabobs and Healthy Eating a Huge Hit!



Students, parents and staff at Ian Baillie Primary School gathered on June 13, 2012 to celebrate the accomplishments of the Grade 3 students. These students will be "moving on" to St. Andrews Elementary in the fall so this was "their night". The event was filled with lots of excitement but a huge hit was the very attractive display of fruit kabobs and watermelon basket filled to the brim with fruit as well as the healthy choices served at the banquet. Mrs. Beth McCarthy,

principal of the school, the staff and parents have embraced the wellness message and it is fast becoming a part of the school culture.

According to Mrs. McCarthy, "We could have made twice as many kabobs because they were so popular." The parents and students LOVED the meal which consisted of salad, lasagna, chicken wraps, whole wheat rolls, chili and pizza. Many positive responses were heard by staff who couldn't believe how popular these healthy choices were. Mrs. McCarthy's comment following the event was, "I think they liked the healthy choices much more than the fried chicken we served in the past. It was a lot more work but worth it!!!"

"There wasn't a piece of fruit left over; not even a piece in the watermelon basket." Congratulations and special thanks to all who made this possible for the students and parents of Ian Baillie Primary School.