

School Wellness Programs

Be active
Be well

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



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Volume 1, Issue 2

Wellness, Culture and Sport Update

As this is our last newsletter issue for the 2008-2009 school year, we want to wish you all a great summer and thanks for all your hard work around the wellness programs. We are looking forward to continuing working with all of you in the 2009-2010 school year.

MOVED: Joanne Lamarche; School Wellness Program Coordinator for the Anglophone sector is now working out of the Regional Operations and Community Development office in Moncton at 860 Main Street, 7th Floor, P.O. Box 5001, Moncton, NB, E1C 8R3.

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Success Stories

Lakefield Elementary School is having fun getting healthy! For six weeks the students challenged each other for the "Golden Shoe Award", which was given to the classroom who recorded the most steps each week! Students used pedometers to keep track of their steps. To add to the challenge, school pedometer champion David Ripley invited students to "Walk with Ripley" every day at recess to help him get healthier. They also encouraged the parents to take part in the challenge for a week, with great success. *(Thanks to David Ripley for submitting this success story)*

Forest Glen School is an active school with three great physical activity programs!

- **K.I.A. (Kids in Action) program** is a 20 minute walking/jogging program open to students, staff and families who want an active start to their day. They average 74-100 participants.
- **Noon Hour Program** has 120 students participating in physical activity from Monday to Thursday.
- **After School Sports Program** is a free after school program which presently has 80 participants in grade 3 & 4. *(Thanks to Krista Richard for submitting this success story)*



Kids in Action at Forest Glen School

If you have a wellness success story or photos from your school that you would like us to publish in our Fall Newsletter please submit them no later than **Friday, June 26, 2009**, to joanne.lamarche@gnb.ca.

News

Visit the following websites for activities ideas for your school!

Canadian Olympic School Program presented by RBC has engaged students in the Olympic Movement since 1988. Be inspired through Olympian stories, activities, projects, interviews, videos and contests. Visit the site for more information. www.olympicschool.ca/

At My Best™ presented by Physical & Health Education Canada is a **FREE** comprehensive curriculum-supported toolkit for children in grades k-3. It is designed to promote and develop children's overall wellness and addresses physical activity, healthy eating and emotional well-being. Lesson plans are directly linked to the Physical Education and Health Education curriculum for each province and territory across Canada. www.cahperd.ca/AtMyBest/

NOTE: Only **1000 kits** will be available in Canada for the 2009-2010 school year. If you are interested in getting a kit e-mail atmybest@phecanada.ca.

Some Schools in the province have told us they found that products from Fitness Finders (an American company) are popular incentives to encourage Healthy Eating and Physical Activity among their students. Visit www.fitnessfinders.net/. And click on rewards to fight obesity to see the items.

Quick Facts from the NB Student Wellness Survey :

- 23% of the students who have never smoked a cigarette have low-confidence in their ability to remain smoke-free in the future.
- Among the students who reported doing hard or moderate physical activity, 42% were below or at the 90 minute minimum as recommended by Canada's Physical Activity Guide. This amount is roughly equivalent to 16,500 steps daily. (2006-2007 NB Student Wellness Survey Fact Sheet - tobacco and Other Problem Substance Use, Healthy Weights and Lifestyle.)

What is mental fitness?

Mental fitness is a concept that refers to a state of psychological well being that goes beyond the absence of disease or sickness. Having strong mental fitness means that a person feels, thinks and acts in positive ways, and can enjoy life. Mental fitness also implies the ability to respond to life's challenges and restore and sustain a state of balance when challenges arise.

Students who have a sense of belonging to their school and community, who feel enabled to make decisions for themselves, and who have experienced successes in things they want to achieve are more likely to have a good mental fitness. When these mental fitness needs are met, students are more likely to make healthier choices in their life, and adopt behaviours that contribute to their own wellness and that of others.

School Wellness News

The School Pedometer Challenge (Grades k-12): Joanne and Lise have visited most of the schools participating. Congratulations to everyone for the great work that you are doing with the pedometers.

- **Evaluation:** A final report has been sent to participating schools. Deadline to return the form is **Friday, May 29, 2009.**
- **Batteries:** If your school is experiencing problems with the life span of the batteries and need more replacements batteries, please contact us.
- **Applications:** The 2009-2010 application forms for the pedometer challenge will be sent to Superintendents at the end of August.

School Communities in ACTION

(Grades k-12): If you have not already submitted your Inventory Checklist, the deadline to submit was **Friday, May 15, 2009.** The action plans will be sent to schools in August.

Remember!

June is Recreation Month!

Vegetable and Fruit Grant (Grades 6-8):

Application forms are now available. Check with your District Contact Person for the deadline to submit your application.

Tobacco Free Schools Grant

(Grades 9-12): Application forms are now available. Check with your District Contact Person for the deadline to submit your application.

Remember!

May 31 is World no Tobacco Day!

Wellness, Culture and Sport

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Try this Spring activity!

It's spring - get out, get active and try this outdoor activity!

SCURRY

Equipment: Bean bags

Organization: Scatter beanbags around the inside of a running track. Be sure to have the same number of beanbags as students. On a signal, students begin running around the track. As they run, ask the students to touch a bean bag a certain way. Cues are called out such as; touch the beanbag with your right foot, left foot, right knee, thumb, forehead, shoulder or left ear. Only one student can touch a beanbag at a time.

Variations / Inclusion - Challenge students to complete this activity with a partner. For students in wheelchairs, hang a beanbag within reach from a basketball hoop or goal post and have them touch that beanbag. Play music during the activity to energize the students. (Summer Edition newsletter)

www.everactive.org

If your school is planning an end of the school year activity? Here are some ideas for healthy snacks to serve:

Maximum nutritional value foods:

- Fresh local fruits
- Fruit kabobs
- Vegetables and dip
- Lean meats
- Milk
- 100% juice

Moderate nutritional value foods:

- Low fat loaf bread (banana, zucchini)
- Baked tortilla chips
- Granola bars
- Frozen yogurt, low fat ice cream

(Source: Policy 711 Department of Education)