

# School Wellness Programs

Be active  
Be well

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



May 2010

## Update from Department of Wellness, Culture and Sport

A revised School Wellness Grant has been established based on an evaluation and consultation with stakeholders. Schools will now be able to apply for a **single School Wellness Grant**. The priorities for action at the school level will be chosen based on data (New Brunswick Student Wellness Survey, etc.) and schools will be able to work on any of the 4 Pillars of Wellness (Healthy Eating, Physical Activity, Tobacco Free living, Mental Fitness). **The current Vegetable and Fruit, Tobacco Free Schools and School Communities in ACTION grants will no longer exist.** The funds from those programs will be combined to provide coordinated funding under the new program. For more information contact Joanne Lamarche.

## Success Stories

**Recognition Award Program - Quality Daily Physical Education Program (PHE Canada);** *École Abbey-Landry* wanted to make changes to the physical education classes, so in the 2008-2009 school year, after being named a Community School, they became leaders when it came to physical education by incorporating 150 minutes of weekly physical education into the curriculum as well as implementing another 60 minutes of physical activity and healthy eating initiatives into their schedule. In 2008-2009, this elementary school was selected and received

the Diamond Award through (PHE) - Canada. Congratulations to *École Abbey-Landry!* (Thanks to *Julie Bélanger* for submitting this success story.)



Students at *École Abbey-Landry* School

**The District 17 Health Action Committee** encouraged schools to “Dream the Possible” through activities that were jointly coordinated district wide. The projects were meant to interconnect all of the communities within the District and make the Olympic Torch Celebration in Ormocto inclusive to all: *The Community Quilt Project*, each school was tasked with designing a quilt patch that reflects both a word relating to an Olympic value in addition to a sport. The patches were quilted by a community group and measured 18 feet x 15 feet. It was then sent to the Canadian team during the 2010 Olympic Games. *The Talking Torch*, created in a woodworking class by Shea Guiroud, is a replica torch. Each school community was given the chance to play host to their very own torch celebration. The replica spent one week at each school, students were engaged in Olympic curriculum, activities and assemblies.

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It also offered a chance to introduce new sports from the Olympic and Paralympic Games that students would not normally have been introduced to. It was a once in a lifetime opportunity for some of these students to share the Olympic spirit and for some it just might be the beginning of an Olympic dream. (Thanks to *Sherry Doiron* for submitting this success story.)



Students & staff from *Chipman Elementary*

**Hampton Middle School's “Smart Start for Healthy Learning”** offers nutritional support to young learners. Mrs. Freeze, is the driving force behind the project which receives support from local service groups, businesses and individuals. A successful silent auction was held in October which helped to establish a great start up fund and they continue fundraising throughout the year. Every morning approximately 10-15 students begin their day in the tech lab, where Mrs. Freeze and her staff volunteers have prepared a healthy breakfast. At noon students have their dietary needs met with a nourishing lunch.

No hungry child is ever turned away. Staff are already noticing the difference the program is making, not only to academic performance of students, but to their self esteem. The program is also helping them to build positive relationships. (Thanks to *Thelma Messer* for submitting this success story.)



Students & staff at Hampton Middle 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 **June 18, 2010**, to [joanne.lamarche@qnb.ca](mailto:joanne.lamarche@qnb.ca).

**School Wellness Programs**  
**School Communities in Action Program (SCIA)**; as you are aware the SCIA program will no longer exist under its former name it is now part of the School Wellness Grant. The deadline to submit the final checklist was **March 26, 2010**. As part of your responsibilities under this program, your checklist must be submitted! Once completed, your sneakers for your plaques and final reports will be mailed to you. We encourage you to keep your school plaques and sneakers visible in your school as a reminder of the hard work and dedication that you all put into this program.

**The School Pedometer Challenge (K-12)**; The deadline for participating schools to submit the 2009-2010 final report is **Friday, May 14, 2010**.

**Remember!**  
**May 12 is Canada Health Day!**

## School Wellness Grant

The deadline to apply for the **Revised School Wellness Grant** is **Friday, May 28, 2010**. If you have not received the application package, and would like to apply, please contact **Joanne Lamarche**.

## Resources

**The Joint Consortium for School Health (JCSH) Physical Activity Toolkits and Fact Sheets**; The JCSH has launched a kit called *Physical Activity within a Comprehensive School Health Model*. The tools are based on evidence, drawn from educators and researchers and outline the strategies most effective in addressing physical activity in schools. The toolkit series provides an in-depth understanding of how Canadian schools can use a Comprehensive School Health approach to increase physical activity levels.

### It includes four toolkits:

- Best Practices Toolkit
- Decision Makers' Toolkit
- Researchers' Toolkit and
- School Policy Makers' Toolkit

### And four related fact sheets:

- The Rationale for School as a Setting for Physical Activity
- The Benefits of Physical Activity
- Populations with Additional Barriers to Physical Activity
- The School Community's Role in Physical Activity

Toolkits and fact sheets are available at [www.jcsh-cces.ca](http://www.jcsh-cces.ca).

**Remember!**  
**June is recreation month!**

**Mental Fitness**; Mental Fitness refers to a person's capacity to be self-determined: think about, plan and act on personal decisions that contribute to emotional, social and physical development. Mental fitness is nurtured in environments and relationships that address important psychological needs; Relatedness, Competence and Autonomy. (Taken from the Health Education Research Group - Student Wellness Survey School Reports).

## Dealing with Smoking Triggers

"Triggers" are situations, places, people and feelings that make someone want to smoke. **Help students recognize these when trying to quit**;

- Being with friends who smoke
- When relaxing
- When feeling stressed
- Keeping hands and mouth busy
- When bored or tired
- When talking on the phone
- When drinking alcohol or coffee
- When sitting in a certain place
- When angry
- When wanting to feel better
- When watching TV
- When feeling low or down

Remember, the average smoker takes 5-7 minutes to smoke a cigarette. When a student is quitting, Encourage them to:

- Find other enjoyable things to do for those 5 minutes.
- Ask friends not to smoke around them.
- Play with a paper clip, cell phone or stress ball to keep hands busy.

(Taken from *Healthy Active School Communities Summer Edition 2009*).

## Student Wellness Survey

**The Health and Education Research Group (in partnership with Department of Wellness Culture and Sport and the Department of Education) are currently administering the second cycle of the NB Student Wellness Survey for students in grades 6-12. The results will be available to the schools in September. To access your school's first cycle results, talk to your principal. For provincial results visit:**

**[www.unbf.ca/education/herg](http://www.unbf.ca/education/herg)**

### Wellness, Culture and Sport

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