

School Wellness Programs



Spring 2012

École Régionale de-Saint-André



Congratulations to École Régionale-de-Saint-André on its exemplary participation in the *Join the Wellness Movement* contest. Some of their wellness commitments follow:

- Grade 3 to 6 students played a friendly game of hockey against players from the composite high school every second Wednesday.
- Kindergarten to Grade 6 students took part in one-hour dance classes every Friday.
- Every week, kindergarten to Grade 6 students took one-hour yoga classes from a qualified instructor.
- Students from the school went snowshoeing and cross-country skiing twice a week for periods of 30 minutes.

Submitted by: *Danielle Cyr-Poitras, Teacher, District 3*

Chefs! Get your toolkit at <http://www.gnb.ca/0131/chefs-e.asp> to help you teach children and youth about healthy eating and physical activity while they learn the fun of cooking.

Announcing our school *Join the Wellness Movement* winners across New Brunswick!

We are all winners for joining New Brunswick's *Wellness Movement!* Your school is among the over 225 schools that have made Wellness Commitments to date and counting!

To celebrate this ever-growing *Wellness Movement* across our province, in March we recognized schools with grants. **Each of our grant winners was presented with a certificate at a celebration event held in their region.**

And the 10 School Wellness Grant winners are:

École La Source, École La Relève, Lord Beaverbrook School, École Régionale-de-Saint-André, Park Street Elementary School, Woodstock Centennial Elementary School, Saint Rose School, Nelson Rural School, Bonar Law Memorial School, Lower Coverdale School.

Congratulations to all of our grant winners and to all schools that made a Wellness Commitment. Let's keep the ball rolling and continue to grow the *Wellness Movement* in our schools and our communities.



Check out the new Joint Consortium for School Health (JCSH) Positive Mental Health Toolkit e-book at www.jcshpositivementalhealthtoolkit.com

- The toolkit is intended to assist schools as they progress from awareness to action to the embedding of sustained school-based positive mental health practices benefitting students, staff, parents and the school community at large.
- The toolkit was developed with, and extensively piloted by, educators and experts in the field from across the country.

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 15, 2012 to sophie.drapeau@gnb.ca

Culture, Tourism and Healthy Living
Sophie Drapeau
School Wellness Program Coordinator
(Anglophone Sector)
sophie.drapeau@gnb.ca
506-453-2166

Lise Belliveau
School Wellness Program Coordinator
(Francophone Sector & First Nation Schools)
lise.belliveau@gnb.ca
506-869-6273

Winter Wellness Week at Harvey Elementary



Last spring, Harvey Elementary was selected as one of the four winners of the "Boom Boom Clap" contest. To celebrate their victory, the school held a week of themed activities including Sports Jersey Day, School Colour Day, Gym Clothes Day, Hat and Hair Day and Veggie Colour Day.

On Wednesday, classes rotated throughout the school to stations illustrating a variety of indoor activities for the body, mind and spirit. These activities included: introductions to music and dance steps, presentations on nutrition and on mindfulness, a session on bullying by RCMP officers, a workout session, and more!

Promotion pins designed by Aibhlean Moller (student) were given to each student taking part in the wellness week as well as t-shirts to Wednesday's presenters.

On Friday, all students took part in outdoor activities including skating, sliding, snow sculpting and snowshoeing. The gymnasium was set up with a huge salad bar with students encouraged to bring their own bowls and forks to eliminate throw away containers.

"This wellness week at the school will lead into the winter carnival at the Harvey Memorial Recreation Centre which will involve the whole community," said Szo.

"This wellness movement is one which is moving across the country and our students are taking part. The students were very excited that the school's entry was one of the ones chosen."

Article adapted from the Daily Gleaner, by Brenda MacMinn

Remember! Canada Health Day is May 12

Wanting to teach your students about how to read nutrition labels? New resources for educators, including interactive tools, are available from Health Canada at: <http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/educat/index-eng.php>

The School Pedometer Challenge (K-12):



Final reports have been sent to participating schools. The deadline to complete and return the final report is Friday, May 18. For those schools interested in participating in the 2012-2013 School Pedometer Challenge, details will be sent to your Superintendent in late August 2012.

Cambridge-Narrows Community School



Cambridge-Narrows Community School participated in a global project entitled **Project Love**. Cambridge-Narrows mission statement is directed at developing global citizens that make a difference both locally and globally and **Project Love** was exactly that. The project promoted global citizenship because students were actively involved in changing the lives of youth in developing countries by donating \$3.00 each. This year's destination country was Ethiopia. Students were asked to complete chores at home to raise \$3.00. The \$3.00 went toward the purchase and transportation of supplies in a **Project Love** kit. Each kit contained a pencil, eraser, ruler, notebook and a Canadian flag. Children learned that they might take their school supplies for granted; however, something as simple as a pencil means a lot to someone else in a developing country.

Submitted by Erin Jones, Intensive and Pre-Intensive French and Science Teacher, Cambridge-Narrows Community School, School District 17.

Two École Camille-Vautour Students Raise Awareness about Energy Drinks



Xavier Cormier and Dominic Bastarache, two Grade 8 students from École Camille-Vautour, held a session on energy drinks. It was presented to all of the students as part of Nutrition Month.

The two budding scientists monitored an adult who had consumed an energy drink, then engaged in moderately intense physical activity. Their experiment showed the immediate negative effects on the heart, blood pressure and behaviour.

Their PowerPoint presentation, poster and displays, including all of the data on their guinea pig and the medical equipment, were excellent. Xavier and Dominic also presented some alternatives when you are low on energy and considering an energy drink.

This information will be on permanent display so that young people can make the right choices. At the end of the presentation, each student received a bottle of water. This symbolic gesture showed that water is still the best possible solution for the body.

Lastly, as a follow-up to this workshop, the students will be given another presentation on the quantity of sugar found in various drinks. Many of them will be surprised...

Submitted by Danielle Audet, School Teacher, École Camille-Vautour, School District 11

School Wellness Programs:

The 2012-2013 School Wellness Grant Application has been sent to all school principals. The deadline to complete and return the application is **Wednesday, May 30**. If you would like a copy of the application, contact Sophie Drapeau.