

School Wellness Programs



Spring 2013

InMotion Trails Day – June 1, 2013 – Kick Off to Recreation and Parks Month



The Healthy Eating Physical Activity Coalition (HEPAC) in concert with the New Brunswick Trails Coalition, Recreation New Brunswick and the New Brunswick Physical Education Society are promoting InMotion Trails Day, June 1, 2013. Communities, Wellness Networks, Schools and School Communities are encouraged to organize a community based InMotion Trails Day event. This is a wonderful opportunity to promote Active Healthy Living across the province while highlighting our amazing trail system. Although June 1, 2013 will be celebrated, activities can occur through-out the month as June is also Recreation and Parks month.

Events do not have to be elaborate, identify your audience, approach partners to participate, recruit volunteers and plan your event. Visit <http://hepac.ca/in-motion> to view InMotion materials that can support your event.

If you already have an event planned in this time period, brand it as an InMotion event. You do not need to be located near the trail system to be part of this planning. Work with you school community to find a location that will work best for your plan. Running an event and having your school community participate, you are promoting participation in physical activity as a valued way of life while strengthening volunteer and community development.

YOG'ACTION - Yoga in schools

Two schools in District scolaire francophone Northwest (DSFNO) **l'école Régionale St-Basile** et **l'école Notre-Dame** had the opportunity to try the basics of yoga and feel the benefits as part of a pilot project developed by Martine Michaud, Public Health Nurse - Healthy Learners and Chantale Pelletier, Coordinator DSFNO school transition.

There are many objectives of the program, beyond the opportunity to know and experience the benefits of this activity. Yoga is a valuable tool to develop concentration, attention, self-esteem, balance, flexibility and postural attitude. In addition, yoga promotes stress management and overall wellness by methods of breathing, relaxation and visualization.

This innovative project helped nearly 300 students from kindergarten to Grade 8 enjoy five weeks of yoga during their physical education classes. Each session began with a short preparation phase, allowing the student to focus and concentrate on your breathing. Then students were introduced to various yoga postures, suitable for children. Sessions ended with a relaxing stage, breathing and visualization.

Student feedback has been extremely positive. An eighth grade student said she was surprised to see how her flexibility has improved with yoga and most students remarked how calm and relaxed they were during yoga sessions. The Primary teachers noticed that the students were much calmer in the classroom after the yoga sessions, and therefore were more able to learn and concentrate.



Get the Ball Rolling for Wellness Day at CNBA



On February 7th, 2013, the students, staff and community of Central New Brunswick Academy enjoyed a fun-filled day-long event to 'get the ball rolling for wellness' in their school community. With the generous support of many volunteers and staff, the day was packed with active workshops on a variety of wellness topics. The event kicked off with a keynote address by Mitch Dorge, the drummer for the Crash Test Dummies, who motivated the students to set positive goals for themselves, make responsible life choices and avoid drugs and alcohol. Professional speakers offered wellness workshops including: Internet Smarts, Managing Stress, Healthy Relationships, Anti-Bullying and Drug Awareness for high school. The middle school workshops featured: Inclusion, Anti-Bullying, Leadership, Mental Fitness, and Drug Awareness. After much learning and sharing, an exciting rally with Mitch Clayborn and a lively video presentation on behalf of the Central Miramichi Wellness Network resulted in many students and staff making wellness commitments.

*If you have a wellness success story or photos from your school that you would like us to publish in our Spring Newsletter, please submit them **no later than Friday, May 17, 2013**, to lynnann.duffley@gnb.ca or lise.belliveau@gnb.ca*

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École communautaire La Relève de St-Isidore



For some years now, students of l'École communautaire La Relève de St-Isidore have enjoyed a beautiful day of winter activities before March Break. Winter Olympic Day took place March 1, 2013, and is very popular with the students. This day is organized by the physical education teacher, Mr. Néri Savoie, in collaboration with the Sports Committee, composed of Grades 7 and 8 students. The school staff and students from kindergarten to grade 8 participated in different events to earn points to win the grand prize, the 2013 Winter Olympics Champion École communautaire La Relève de St-Isidore. They competed in soccer games, dodge ball, tug of war, etc. There were several sports stations outside to make the competition very interesting.

Each of the 12 teams was named after a French speaking country. At each station, two students took turns as announcers, referees or score keepers. The 2013 winners were the representatives of Haiti, by a tight score. The ceremony took place after lunch. Many students received a sportsmanship award. To end the day, our Grade 3 to Grade 8 students and teachers headed to the Village arena for an hour of skating.

It was a sports day that our students certainly will not forget any time soon.

Basketball Team

This year we established our first middle school basketball team. To recruit enough players, we invited both girls and boys from grades 5 to 8. We competed throughout Anglophone School District North as a junior-varsity team. We were very successful throughout the season, winning all five games that were played. The players pulled together extremely well and displayed great talent, particularly considering this was their debut. They were dedicated, practicing three times per week after school, and also at every possible lunch break. The team was initially coached by Sacha DeWolfe, who worked diligently to obtaining funding for uniforms, sneakers and balls. When Miss DeWolfe relocated to Fredericton, Mr. Hawkes, the school principal, took on the responsibility. Two of our grade eight students are interested in trying out for the high school team when they move onto Miramichi Valley High School in the fall. This is a big step for any of our grade eight students to acquire the skill and the confidence to try out for a high school team.



The LINK program originated in Grand Falls during the mid-90s, with the assistance of Club Richelieu, following the tragic death of three teenagers, including two suicides. The program is offered through a partnership between the Department of Healthy and Inclusive Communities and the Department of Education and Early Childhood Development to all schools (grades 6-12) as part of the Provincial Wellness Strategy. The program is aimed at assisting youth who are experiencing any kind of life challenges by providing an opportunity to access appropriate services through a resource person who can help. Using the decision tree, the resource person informs youth on how to access resources, advice and, if necessary, seek professional intervention. LINK provides all youth with the opportunity to find a solution to his/her difficulties before they lead to more severe ones, as well as helping youth to acquire new coping skills and build resiliency. To obtain more information and / or support in your efforts to expand the program in your school, please do not hesitate to contact the provincial coordinator at yves.ducharme@gnb.ca or by phone at 856-2141. You can also visit our website at <http://programmelemaillon.com/fr/intro.php>