

School Wellness Programs

Be active
Be well

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



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As Minister of Wellness, Culture and Sport, it gives me great pleasure to introduce the first issue of the School Wellness Programs newsletter. This new communications tool is designed to provide updates on relevant wellness news to schools across the province, as well as to share your successes.

Our government is committed to creating a healthy and active school environment. We know that in order for New Brunswick to be a self-sufficient province, we need to be a well province. Our programs are designed to educate and motivate school-aged children and youth regarding the benefits of an active and healthy lifestyle.

This inaugural issue is the first of two for current school year. Starting in September 2009 we will be issuing three newsletters per year; in the fall, winter and spring. I hope that you find these newsletters valuable and are able to use the information within your schools.

Thank you!

Hédard Albert
Minister of Wellness, Culture and Sport

Wellness, Culture and Sport Update

Lise Belliveau and Joanne Lamarche are now School Wellness Program Coordinators under the Regional Operations and Community Development Branch. Lise will work with the Francophone sector and Joanne with the Anglophone sector. They will coordinate the delivery of our four school grant programs which are outlined below.

School Communities in ACTION

(Grades K-12) Provides support and funding to assist schools to adopt implement and maintain a variety of physical activity opportunities.

Tobacco Free Schools Grant

(Grades 9-12) Provides support and funding to assist schools in taking a comprehensive approach to tobacco reduction.

Vegetable and Fruit Grant (Grades 6-8) Provides support and funding to assist schools in taking a comprehensive approach to increasing students' consumption of vegetables and fruit.

The School Pedometer Challenge (grades k-12) Provides pedometers and resources full of information and ideas to selected schools, to create a culture of physical activity in schools and school communities.

School Wellness News

The School Pedometer Challenge:

Forty-eight schools are presently participating in the school pedometer challenge. Various activities and events are taking place due partly to the access to pedometers. L'École Grande-Digue walked around the world from January to June 2008, and visited and studied different countries while doing so. New schools will be selected in September 2009.

Remember!
April 6 is World Physical Activity Day

School Communities in ACTION:

Congratulations to all the schools who improved their levels of recognition over the past few years. Way to go!!! Please note that your \$700.00 grant must be spent prior to the end of the fiscal year which is March 31st.

Remember!
February is Heart Month

Tobacco Free Schools Grant:

We have lots of The Barb Tarbox Story magazines left in English only, and French videos if your school would like copies. Barb Tarbox died of lung cancer on May 18, 2003. Prior to her death she spoke to more than 50,000 teenagers at school across the country about the dangers of cigarette

smoking and how it shattered her life and devastated her family.

The 2009-2010 grant applications will be going out in early April.

Health Canada offers a tobacco reduction program just for teens! Check it out! www.quit4life.com

Vegetable and Fruit Grant

Thanks to the Vegetable and Fruit Grants an excellent activity took place at MacDonald Consolidated school in Kingston, where older students visited the younger students in their classrooms and showed the children how to make non-cooking healthy snacks and then provided them with samples. This is a simple and easy way to educate and offer the children an opportunity for a healthy snack.

The 2009-2010 grant applications will be going out in early April.

**Remember!
March is National Nutrition Month**

News

The Joint Consortium for School Health (JCSH) has outlined a framework for *comprehensive school health* in Canada. It encompasses four interrelated pillars: social and physical environment, teaching and learning, healthy school policy, and partnerships and services. The JCSH hopes that this framework can help to provide a common vision to support coordinated efforts to improve students' educational and health outcomes. See the website for more information: <http://www.jcsh-cces.ca>.

Winter Carnivals: With lots of snow around, your school may be planning a Winter Carnival. Check out the following website for great winter carnival ideas as well as other ideas on physical activity, healthy eating and tobacco free. Here is just one

idea *Snowball For All*: Each team rolls a snowball in a certain amount of time big enough for the entire team to sit upon without breaking it or team members falling off of it for 30 seconds. www.everactive.org.

NB Student Wellness Survey: If your school participated in the 2006-2007 NB Student Wellness Survey your school's data can help you identify needs and assets on your school and community. And can be used to support many activities! Visit the Health and Education Research Group website at www.unbf.ca/education/herg.ca.

School Grants Evaluation: School Communities in ACTION, Tobacco Free Schools and Vegetable and Fruit grants are presently being evaluated and final report will be received by the end of February.

Quick Facts: Three out of ten students in grade 6 to 12 ate breakfast two or less times per week. (2006-2007 NB Student Wellness Survey Fact Sheet - Healthy Weights and Lifestyle)

Wellness, Culture and Sport

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Regional Operations and Community Development Branch.

Try something new this winter to stay active!!

Rope jumping is an inexpensive, cardio intensive, portable workout for all ages, which targets all major muscle groups. Grab a rope, put on some supportive athletic shoes, find a smooth floor area clear of obstacles and get jumping. Rope jumping is vigorous, so aim to start with 10 second jumping intervals interspersed with marching without a rope on the spot for 10 seconds. Gradually increase jumping intervals. Over time, the goal of ten minutes rope jumping non-stop will be reached. Skip to it! Things to remember: Standing tall, use a low bounce about an inch off the ground. The turning motion comes from the wrists. Try jumping with the rope swung at the side first to coordinate hands and feet. Next, starting with the rope behind feet, swing the rope overhead, jump over and stop. Finally try a full bounce, then several in a row! For more information please contact Liz Way liz@jumprope.com (taken from ParticiP ACTION newsletter).

Success Stories

We are looking for your input. If you have a wellness success story or photo from your school that you would like us to publish in our spring newsletter please submit them no later than Friday, March 13, 2009, to joanne.lamarche@gnb.ca.

Thanks to all the school and district champions who are making a difference within their schools by encouraging healthy lifestyles choices among their students.