

School Wellness Programs

Be active
Be well

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



February 2010

Wellness, Culture and Sport Update

Happy New Year! Start the year off by keeping active this winter. Try an activity such as snowshoeing, skating, cross country or downhill skiing, sledding or simply going for a walk. Dress warm with layers and take advantage of the season. Visit your local municipal websites for winter activity events and schedules.

Success Stories

The Harvey Elementary School grade two French immersion class held an enrichment triad entitled "En bonne santé". Many activities were organized around Physical Health, Nutrition, and Mental Fitness. Many guests visited the classroom to share their expertise, such as Dave Durepos, gold medalist paralympian. Every child chose a topic that interested them and that they wanted to learn more about. They researched their topic, produced a product and then presented it at the celebration. One boy who made a model of a tree house from wood stated that he "enjoyed making the project and showing it to parents who came in", and he "learned that relaxing by walking in the forest is better than watching TV". Also, local artist Ian Smith used the students' work and ideas to help in the creation of a wall mural at the school. By doing enrichment projects, the curriculum gets covered and literacy and math outcomes are integrated as well. The children learn lifelong skills, as well

as having intergraded healthy living into their daily lives. (Thanks to Kathy Szo for submitting this success story.)



Grade 2 French Immersion class at Harvey Elementary School

Paralympics Week District 2 - Students took part in an introduction to Track and Field at the Université de Moncton on November 6. They raced around the track in a wheelie chair, threw the javelin and learned how to play Boccia Ball. Barry Patriquin, Paralympics medalist at the 2000 Sydney Olympics, also attended the event. The students will show off their new skills at the District 2 Track and Field Championships that will be held in June. (Thanks to Tanya Thibeau and Paula Gaudet for submitting this success story.)



Participants—Introduction to Track and Field at Université de Moncton

Volume 1, Issue 4

L'école Camille-Vautour is organising its own Winter Olympics. The program will include the following disciplines: biathlon, bobsledding, hockey, cross country skiing, speed skating, curling and downhill skiing. The whole school will be involved in various activities around the official logo, mascots, national anthems from every represented country, medals presentations and the history of the Olympic games. The goal is for every student to experience the Olympic meaning. (Thanks to Danielle Audet for submitting this success story.)



Students from École Camille-Vautour at the torch relay in Shédiac in November 2009

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, February 26, 2010**, to joanne.lamarche@qnb.ca.

Student Wellness Survey

The Health and Education Research Group (in partnership with DWCS and the Department of Education) are currently administering the 2nd cycle of the NB Student Wellness Survey for students in grades 6-12. The results will be available to the schools before the end of the school year.

School Wellness News

The School Pedometer Challenge (Grades k-12): Ninety-three schools are presently participating in the school pedometer challenge. Final reports will be sent out to all participating schools by the end of April and must be returned by **May 14, 2010.**

Remember!

February is Heart Month and March is National Nutrition Month!

School Communities in ACTION

(Grades k-12): Two hundred and twenty-one Anglophone and ninety-five Francophone schools are participating in the SCIA program. Each school has received their funding of \$700 to be spent by **March 31, 2010** on physical activity equipment or initiatives. Final online report will go out early this year. The deadline to submit checklist is **March 26, 2010.**

A Must Read

The children in the Movement Matters program at City Park Collegiate Institute in Saskatoon are proving that there is a link between exercise and more brainpower. An article published in the Globe and Mail on November 6 entitled—*The link between exercise and more brainpower*—shows that students who climb on a treadmill or exercise bike for 20 minutes before sitting at their desks have improved focus, concentration and academic performance.

Vegetable and Fruit Grant (Grades 6-8): Instead of chocolate this Valentine's Day and Easter, how about trying a Fuzzy Banana, or Ants on a log and washing it down with a Paradise Pop.

Fuzzy Banana: Dip banana pieces in orange juice, then into unsweetened coconut or crushed cereal.

Ants on a log: Celery sticks with cream cheese and raisins.

Paradise Pop: Mix unsweetened fruit juice with club soda. (Taken from *Healthy Learners Program, School District 2, Nov. 2005*)

Remember!
April 7 is World Health Day!

Tobacco Free Schools Grant

(Grades 9-12): School Smoking Policies - A recent Canadian study looked at the effects of school smoking policies on the smoking behaviour of high school students. The researchers found that the school a student attended was associated with his/her smoking behaviour. Further investigation revealed connections between the smoking policies at the schools and the student smoking behaviour. For example:

- *School policies that prohibited smoking among students, teachers, and visitors alike, and also provided cessation programs for all these groups, were more likely to be associated with lower smoking rates.*
- *School policies that were enforced by more than one individual and had clearly outlined enforcement strategies were associated with less smoking by students.*
- *Policies that had been in effect for a longer period of time were related to increased odds of being a smoker. Tobacco policies should therefore be revised and adapted as the school and community landscapes change over time.*

These findings suggest that the school environment is an important factor in determining student smoking behaviours, and that the way school smoking policies are written, enforced, supported, and integrated into school culture has an impact on student smoking rates. School tobacco policies should be part of a comprehensive approach to adolescent tobacco use. (Sabiston et al., *J Youth Adolesc.*, 2009 November; 38(10): 1374-1387).

Visit the Canadian Olympic School program presented by RBC at www.olympicschool.ca. Be inspired through Olympian stories, activities, projects, interviews, videos and contests.

News

Is your school looking for new non sport-specific activities that can be done with basic equipment? The Active Play/Active Youth Programs are school-friendly programs designed to ensure that any teacher/educator can safely and effectively use them with little or no experience. The program offers 12 lesson plans for each group: k-12, 2-5 and 6-8. The program is managed by Foundations for All (NB Gymnastics Association), in partnership with the DWCS. For more information, contact Lisa Michaud at activekids-jeunesactifs@gym.nb.ca or by phone at 506-440-6087.

How schools and communities can work together!

1. Organize a school photography contest. Involve students, families and community members that are captured in the act of being physically active. Winning pictures can be added to a school calendar.
2. Make connections with parents' workplaces. See if any groups would be interested in partnering for a variety of activities, such as "walking school bus", supporting intramural or school teams or playing against adults from a local business.
3. Contact a local senior citizens' centre to see if there are opportunities to be active together. Walking together at lunch or after school as part of a community service program can be a great way to learn about your community's history. (Taken from *Ever Active Schools; Healthy Active School communities - Summer Edition 2006*).

Wellness, Culture and Sport

Joanne Lamarche - School Wellness Program Coordinator (Anglophone Sector)
joanne.lamarche@gnb.ca
506-856-2141

Lise Belliveau - School Wellness Program Coordinator (Francophone Sector)
lise.belliveau@gnb.ca
506-457-6915