

School Wellness Programs



Winter 2012

Cook It Up Chipman!



A group of enthusiastic students and their parents came together at Chipman Elementary School to cook it up healthy! The group was lead by the Public Health Dietitian, School District Nurse and UNB Nursing student. It has been well documented that many youth and young adults are lacking the cooking skills that are necessary to promote healthy eating habits. The goal of the cooking session was to introduce basic cooking skills such as reading recipes, measuring, becoming familiar with cooking tools, preparing healthy foods on a budget, and to introduce new healthy food options that could be used in the schools hot lunch program. Each group was responsible for setting up their cooking station, preparing, cooking, sharing it with others and providing feedback to the group about what they learned. It was a busy evening but a good time and learning was had by all. The muffins were also very popular the following morning at the breakfast program!

*Submitted by: Susan Allen, Public Health Nurse
Healthy Learners in School Program,
School District 17*

Torch Relay – Jeux de l'Acadie: District 3



District 3 in partnership with UMCE, physical education teachers and Community School Coordinators organized a Torch Relay with many schools. A group of 692 runners, made up of students, staff members, parents and community leaders participated in the Torch Relay.

Submitted by Kathleen Rice, Physical Education Mentor, District 3

Last Chance! Make a Wellness Commitment on behalf of your school for a Chance to Win!

As part of the **Join the Wellness Movement** campaign, the Department of Wellness, Culture and Sport is offering schools a chance to win one of five \$500 grants towards their wellness initiative, as well as the chance to win one of nine regional \$1000 grand prize grants! There are still three weeks to **Join the Wellness Movement** by registering your school's Wellness Commitment online at www.wellnessnb.ca. Many schools are among the hundreds of communities, groups and workplaces that have already joined the **Movement**, representing over 60,000 New Brunswickers!!

And, if you have already made your Wellness Commitment, you can earn extra ballots by telling us about completing your commitment, making a new commitment for your school, uploading a photo taken during your wellness activity or uploading a "Pass the Ball" video at www.wellnessnb.ca and using your username/password.

Join the Wellness Movement is focused on encouraging New Brunswick schools, communities, groups and workplaces to commit to healthy lifestyle **changes in the areas of mental fitness and resilience, healthy eating, physical activity and tobacco-free living.**

**You have until February 28th to register your commitment!
Get in the game for wellness. The ball's in your court!**

Fit In Fifteen



Program participants win Mayor's Activity Awards. A group of female students at Leo Hayes participated in an active living program called **Fit In Fifteen** this semester. During the voluntary 10 week program, the girls were exposed to a wide variety of activities including Zumba, yoga, pilates and the Mayor's Activity Awards. The above photo shows students who received their silver and gold Mayor's Activity Awards medals at a ceremony at LHHS on Tuesday June 7th. On hand to give out the medals was this region's 'in motion' ambassador and the Mayor of the City of Fredericton, Brad Woodside. Also in the photo are Mr. Pottle, LHHS Principal and Daneen Dymond, a LHHS Physical Education teacher and leader of the **Fit in Fifteen** program. A public offering of the Mayor's Activity Awards for youth ages 6-12 will begin on June 13th. Information is available online at inmotionfredericton.ca

Submitted by Daneen Dymond, Physical Education teacher, District 18

School Wellness Programs:

The 2012-2013 School Wellness grant applications along with the 2011-2012 final report will be sent to schools in early April 2012. The format will stay the same as previous years.

The School Pedometer Challenge (K-12):



One hundred and eighty-three schools in the province are currently participating in the program. The delivery of the 2012-2013 program may change. Watch for details in the Spring School Wellness Newsletter.

After School Hours Program

The After School Hours Working Group, in partnership with HEPAC, announced a new grant opportunity for After School Hours Programs in New Brunswick prior to the end of 2011. Thirty-two successful community organizations will be supported to offer pilot programs for children after school which will offer affordable opportunities to be active, learn about healthy eating and engage in pro-social and fun activities while building positive relationships that will last a lifetime. For more information please contact Kelcy Kuhn kelcy.kuhn@gnb.ca

Fruit Brochette Day



Great day of sampling brochettes at l'École Régionale de Baie Sainte-Anne during the Wellness Week. The brochettes were offered to all students from grade K to 12. They were prepared by a group of students in grade 10. Great way to kick off the Wellness Week!

Submitted by Ginette Manuel, Community School Coordinator, District 11

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, March 16, 2012**, to sophie.drapeau@gnb.ca

Remember February is Heart Month and March is National Nutrition Month!

Wellness, Culture and Sport
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Remember!
April 7 is World Health Day!