

School Wellness Programs



Winter 2013

Garden Abbey Jardin



The students of École Abbey Landry would never have guessed what was to 'grow' from the idea to create a mini-company proposed by their 6th grade science teacher, Mr. François LeBlanc. After the class decided on their mini-company called Abbey Jardin, they began working together in groups of 4 or 5 students. They experimented with planting seeds with light and without light to see which would grow best. With the results they have obtained, they want to improve their abilities to plant other types of seeds (vegetables and flowers). Abbey Jardin is now in charge of the school compost and the re-cycling of many products. However, they are lacking some items to help advance this very successful project and for this reason they need the community's help! They are especially looking for windows, different sized pots and wood pallets, but any donations would be greatly appreciated.

(Submitted by: François LeBlanc – Teacher (École Abbey Landry))

Remember **March** is National Nutrition Month and **April 7th** is World Health Day.

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 Healthy and Inclusive Communities is offering your school a chance to win a \$1,000 grant towards your wellness initiative. Your participation will also contribute to your community's chance of winning an \$8000 wellness grant and the title of New Brunswick's Wellness Community 2013!



There is still time to *Join the Wellness Movement* by registering your school's Wellness Commitment online at www.wellnessnb.ca. 45 schools are among the hundreds of communities, groups and workplaces that have already joined the Movement, representing over 87,000 New Brunswickers since October 1, 2012!

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! Let's keep the ball rolling for wellness and encourage others in your community to join today!

Mental fitness approach: Integrating strategies into daily activities in the classroom

Excerpt from *On the Right Track: Guide to Mental Fitness and Resilience*.

(Submitted by: Isabel Savoie, Wellness Consultant – Mental Fitness and Resilience)



October: Launch of the Wellness Week at École l'Odysée de Moncton



The students and staff at École l'Odysée celebrated a very busy Wellness Week organized by l'Odysée Wellness Committee in collaboration with the Dept. of Nutrition from the UdeM and the Dept. of Healthy and Inclusive Communities. A giant billboard illustrated the student challenges on the four wellness pillars (Mental Fitness, Physical Activity, Healthy Eating and Tobacco free schools) and promoted a variety of activities. A walk around the schools kicked off the week with 700 students and staff taking part. The pedometer initiative accumulated 75 million STEPS which were donated to l'Arbre de l'Espoir. There were also sessions on Zumba, dance, crossfit, thai chi and yoga and for some this was their first time to experience these activities. Healthy eating events included the distribution of milk shakes and apples and a healthy breakfast for students and staff.

(Submitted by: Claudette Devarenes-Melanson – Healthy Learner)

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

Healthy and Inclusive Communities
Lynn Ann Duffley - School Wellness Consultant (Anglophone Sector)
lynnann.duffley@gnb.ca
506-856-3566

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

School Wellness Grant:

The 2013-2014 School Wellness Grant applications along with the 2012-2013 final report will be sent to schools in early April 2013. Please note that any left-over funds from the 2011-2012 School Wellness Grants and the 70% funds from the 2012-2013 School Wellness Grants must be spent before or by March 31st, 2013.

After School Hours Program (ASHP)

For the second year in a row, Healthy and Inclusive Communities recognized and supported best practices that reflected a comprehensive approach to the After School Hours Initiative. A total of 52 grants of \$1000 each were given to different organizations, which included schools, licensed day cares, community organizations, First Nation's communities and early years/family resource centres.

These initiatives provide increased opportunities for children and youth of all ages to step away from computers, televisions, video games and to become more connected, empowered and engaged in healthy choices which include physical activity and healthy eating.

This program is intended to support affordable opportunities that are offered to all school aged children to be active, pro-social and engaged in fun activities while building positive relationships that will last a lifetime!



of heritage apples and two varieties of heritage pears. The goal is to teach children and community members the value of knowing where and how their food is grown, including taste testing and sharing. Produce will be used in the school's nutritional programs: breakfast, nutrition breaks, collective kitchens, after-school cooking programs, etc. Food will also be shared with community members with special deliveries to seniors and the local Food Bank. The generous funding granted through the Community Food Action Project, has led to an additional partnership with World Wildlife Foundation (\$3000), in order to complete the project.

(Submitted by: Linda Dempsey-Nicholson – Community School Coordinator)

Bonar Law Memorial School Students Rock the Bike for Kent County Food Bank!



As part of Bonar Law Memorial School's wellness initiatives during the week of Nov. 26th, Rock the Bike featured students making fruit smoothies in support of the food bank. They started off the day by combining a little exercise with a healthy and delicious smoothie. Students and staff picked their fruit and volunteers biked to blend the delicious treat. All proceeds were in support of the Kent County Food Bank, with \$55 dollars being raised on the first morning. Keep in mind that this was accomplished in 25 minutes with 'a little sweat, but no tears'! A great example of the school and community working together, as the bike was donated by retired teacher, Bernie Landry, the BLMS Student Council donated the supplies and the blender was purchased with the School Wellness Grant (\$500) awarded to BLMS by the Department of Healthy and Inclusive Communities.

(Submitted by: Cheryl Warman – Community School Coordinator)

Edible Classroom Project

The Edible Classroom Project at Cambridge-Narrows Community School is the latest food security focused program within their Outdoor Classroom Project. The Edible Classroom Project, funded through the Community Food Action Project (\$2000.00) and in-kind support from community members, focuses on food sustainability. The fruit tree orchard was planted in the fall of 2012 and is comprised of three varieties

of heritage apples and two varieties of heritage pears. The goal is to teach children and community members the value of knowing where and how their food is grown, including taste testing and sharing. Produce will be used in the school's nutritional programs: breakfast, nutrition breaks, collective kitchens, after-school cooking programs, etc. Food will also be shared with community members with special deliveries to seniors and the local Food Bank. The generous funding granted through the Community Food Action Project, has led to an additional partnership with World Wildlife Foundation (\$3000), in order to complete the project.

(Submitted by: Linda Dempsey-Nicholson – Community School Coordinator)