



## Healthy Learners in School Nurses: Celebrating Healthy School Communities

### Features

- **Food Allergy Awareness Month**
- **Nutrition Month**
- **Physical Activity**
- **Mental Fitness**
- **Occupational Health and Safety**
- **COVID-19**

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## Welcome Spring



Healthy Learners in School Program helps to improve, maintain and support the long-term outcomes of student health, wellness services, and learning achievement.

The program includes initiatives and activities that occur in schools and their surrounding communities.

Every day schools provide opportunities for students and staff to make healthy choices! Public Health and ASD-S continue to work together to develop guidelines for a safe and healthy learning environments in our schools.

Welcome to Kelly Harrell who will be joining the Healthy Learners' team in the St. Stephen Education Centre.

## What a Year It Has Been With COVID-19

It has been a roller coaster year to say the least. This time last year we were just hearing about COVID-19 and how it could affect our lives and now we are wearing masks, washing our hands frequently and keeping 2m distance from people who are not in our "bubble."

Due to the commitment and hard work of all school staff, students and families in every corner of ASD-S, we have decreased the risk of COVID-19 infections in our schools and communities.

Thank you from Saint John Public Health!

## Food Allergy Awareness Month

May is Food Allergy Awareness month. Want to know fact from fiction when it comes to food allergies? Check out this [myth buster link](#).

### Helpful websites:

- [Sweet Caroline Foundation](#)
- [Food Allergy Canada resources](#)



## Healthier School Food Environment - March is Nutrition Month



Food [taste testing](#) - a fun way to try different fruits and vegetables. The link includes facts about where each food comes from, how to prepare it, and a healthy recipe idea along with a *I tried It Template*

Click on a bottle to find healthy, fun, recipes you can make in a jar. Simple and nutritious ingredients make it easy to pack and go.



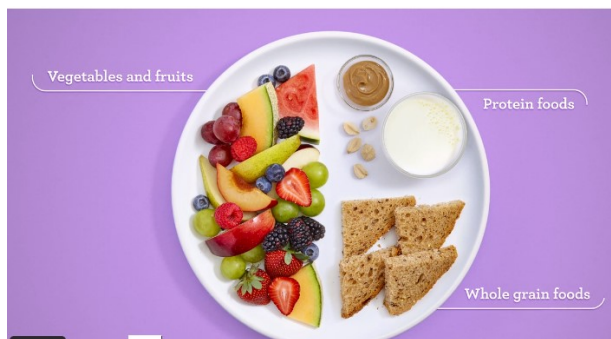
### Other Resources:

[A Practical and User-Friendly Guide](#) for Breakfast + Snacks + Lunches

[Picky Eaters : Commonly Asked Questions](#)

[Cooking with Kids of Different Ages](#)

[How to Get Teens Cooking](#)



Click on the plate to see a short video about making a balanced meal from [Canada's Food Guide](#).

[Healthy eating during the COVID-19 pandemic](#) Healthy eating is about where, when, why and how you eat. Check out the helpful tips to make this easier for your family.



**Do you live in Saint John County? Are you interested in purchasing affordable fruit and vegetables?**  
If so, check out the [Saint John Food Purchasing Club](#) or call 632-5537 for more information.

# Build Your Best Day

Click on one of the icons below to learn about ParticipACTION Canadian 24-Hour Movement Guidelines for Children and Youth (aged 5-17) the fun way with this interactive experience.



SWEAT



STEP



SLEEP



SIT

Click on the sneakers for indoor family fun activity suggestions



## Indoor Family Fun Workout

This is a kid-friendly, total body workout that can be done in 10-15 minutes and without exercise equipment.

## Now for Mental Fitness...

when you feel ANXIOUS

@POSITIVELYPRESENT

- GO OUTSIDE
- ASK FOR HELP
- CREATE SOMETHING
- DRINK WATER
- WRITE ABOUT HOW YOU FEEL
- TAKE A DEEP BREATH
- LISTEN TO SOOTHING SONGS
- STAY PRESENT
- FIND A POSITIVE DISTRACTION

[Ideas](#) for mental health breaks for students  
Quick, fun [ideas](#) to help you get energized.



### Themes

- March - Being a Team Player
- April - Being Fair
- May - Be Responsible
- June - Being Respectful

## Ergonomic Assessments



*“Ergonomics is the science of studying people at work and then designing tasks, jobs, information, tools, equipment, facilities and the working environment so people can be safe and healthy, effective, productive and comfortable.” (Ergonomic Design Guidelines, Auburn Engineers, Inc., 1998)*

Ergonomics tries to match the job to the worker instead of forcing the worker to adapt to the job, and is key to reducing or eliminating musculo-skeletal injuries (MSI). MSIs account for almost 36% of all lost-time injuries received every year at WorkSafeNB.

Posture is the most important aspect when looking at workstation design. To ensure your workstation is ergonomically friendly, and see what stretches could help you throughout the day, check out this [Guide](#) from WorkSafeNB, especially the Workstation Checklist on Pg. 14.

## Communicable Diseases - What Do I Need To Know?



### Looking for COVID-19 Information?

Here are some helpful links

[GET TESTED GNB Coronavirus Disease \(COVID - 19\)](#)

[GNB COVID-19 Recovery Plan](#)

[Education and Early Childhood Development](#)

Check out your school’s website for their COVID-19 Operational Plan for more details.

For communicable diseases, other than COVID-19, check out the Parent Resource tab on the ASD-S website for helpful information. For example, the [Communicable Disease Resource for Educators and Parents](#) which includes :

- NB Immunization Schedule
- NB School Exclusion Guide
- Influenza Reporting,
- When to Keep Your Child Home from School and much more.