



Positive Mental Health

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Ten Characteristics of a Healthy Relationship

The partners in the relationship value themselves and each other. They understand each other’s differences and they treat each other with respect and courtesy. The partners are equal. They make decisions together.

When the partners disagree, they know that it’s okay to talk about their differences. They find ways for both partners to get what they need.

The partners listen to and respect each other’s viewpoints. They express their feelings and opinions. They do not make hurtful comments about the other person.

Each partner takes responsibility for themselves. They do not expect the other person to solve all their problems or always make them happy.

The partners each feel comfortable taking time alone if they need it. They feel okay about doing some things separately.

There is no fear in their relationship. Healthy relationships are built on love, respect, caring and happiness.

The partners do not try to restrict or control each other. They encourage and support each other’s growth.

Even when the partners are busy, they make time for one another and their relationship.

The partners have a circle of people who know them and support them as a couple. They spend time with others who have strong and healthy relationships.

References: SexandU.ca; Action Canada for Sexual Health & Rights

Paula DeBouver, RN. Sexual Health Program



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Youth Mental Health Day—May 7, 2019

The Healthy Learners in School Program wish to recognize Youth Mental Health Day.

Healthy emotional and social development in early years builds the foundation for mental health and resilience throughout life. Provincial student wellness data indicates the need for continued efforts to support student mental fitness and connectedness.

Many Schools have identified youth mental health as a priority for action.



The Healthy Learners in School Program team support numerous school based initiatives aimed at fostering student mental health including:

- Positive Mental Health:
<http://wmaproducts.com/JCSH/>
<https://mentalhealthweek.ca/>
<http://teenmentalhealth.org/>
<https://mindyourmind.ca/wellness>
<https://www.youtube.com/user/watchwellcast>
<https://cmhanb.ca/>
<https://youth.anxietycanada.com/healthy-habits>
- The Link program: <http://programmelemaillon.com/fr/introduction>,
- Roots of Empathy: [https://rootsofempathy.org/;](https://rootsofempathy.org/)

Upcoming Events

April 2019

National Immunization Awareness Week

May 2019

National Child and Youth Mental Health Day - May 7th

June 2019

Safe Kids Week

June 13th

National Safety Month



Celebrating Health Promoting Schools

Park Street Elementary Growing Food Initiatives

Over the last 2 years Park Street Elementary have begun a number of garden and growing initiatives at the school. They have applied for a number of grants to help get them started. The purpose of this activity is to help students better understand where food comes from and how to grow their own food at home or in the community. It is becoming increasingly important for families to have ways to produce their own fresh foods with the increase in cost and limited availability of food at times. Food growing initiatives have included:



Outdoor Garden

There is currently an outdoor gardening space in the Park Street courtyard. They have 10 outdoor planters where they grow produce including tomatoes, peppers, peas, beans, kale, beets, edible wild flowers and several varieties of lettuce. Last summer Park Street had a partnership with The Ville Cooperative, where they tended the gardens over the summer, harvesting and replanting for students. The garden produced hundreds of pounds of fresh food. Students in the fall harvested and with the help of teachers made different dishes to sample the food. Students spent time in the garden during recess and noon to weed, water and harvest. This year they are looking to expand this garden and have long term plans to construct an outdoor classroom and community garden next to their soccer field.

Indoor Garden

Through a series of grants the students purchased and constructed 4 different indoor growing models. Students designed and constructed a traditional dirt greenhouse to grow garden starters and microgreens. They also created a bucket aeroponics system where they grow peas, swiss chard, lettuce and a perennial plant. Two Tower Garden systems were purchased and they have harvested from these two times already this year creating their own garden salads and selling produce to staff and parents. A vertical herb garden has also been constructed and they have harvested several times from this as well as created their own dried herbs.

These stations are used as research and fund raisers for next steps. Students decided halfway through the year that the Tower Garden was the most efficient and easy and produced food quickly. Another grant was then used to purchase an additional tower. Projects are led by student leaders that come in and work on their breaks and lunch times. They water, feed, and look after the plants; harvest, clean and make salads for students to try. It has been amazing letting students try new foods.

Mr. Rien Meesters, Principal, Park Street Elementary School

Montgomery Street School: Community Food Action Grant



Nine classes of Montgomery Street School are using their Community Food Action Grant to fund a multi-faceted project. They are visiting local farmers to find out how their food is produced, learning about proper nutrition from dieticians and health nurses, and growing vegetables and herbs with their Tower Gardens. The food they produce will be taken to the Greener Village Food Bank. Thanks to a partnership arranged with the food bank, students will be working with chef, Yves Deschenes, to learn about food safety and preparation and to create meals from their produce that they will share and enjoy. The project will conclude with an Expo in the Montgomery Street School gym in early June. All are welcome to view their projects and pictures detailing their experiences. Further information on the date and time will be found on the school's website later in May.

Mr. Curry Smith, Teacher, Montgomery Street School



Make Water your Drink of Choice



Canada's Food Guide encourages us to make water our drink of choice. Water is important for our health- it is a great way to stay hydrated and quench our thirst without calories. We lose water by sweating, breathing, and getting rid of waste, and we need to replace what is lost.

We are lucky to live in a part of the world where we get safe, drinkable water for free right from our taps! There is no need to buy bottled water, which is often just filtered tap water. It's expensive, creates unnecessary waste and is not necessarily any cleaner or safer than your tap water. In many ways, regular city water is more regulated than bottled water. Ditch the plastic and carry your own reusable water bottle with you!

Here are some ways to make water your drink of choice:

- ◆ Drink water with your meals
- ◆ Order water with your food at restaurants
- ◆ Carry a reusable bottle with you
- ◆ Drink water during and after activity and sports
- ◆ Drink it hot or cold

Add some fruits and herbs to your water for flavour!

For example:

- ◆ Blackberries and mint
- ◆ Raspberries and cucumber
- ◆ Strawberries and fresh basil
- ◆ Chopped apples and a cinnamon stick
- ◆ Pear slices and a drop of vanilla extract



***For the biggest impact, try crushing the berries or fruit and chopping or tearing the herbs to release the most flavour.

You can even try this with carbonated water if you like a fizz!

For more ideas and to learn what else Canada's Food Guide recommends, check out Canada.ca/foodguide

Gilliam Salmon, RD
Public Health

Stanley Consolidated Breakfast Program



The Stanley School Wellness Committee wish to recognize the contribution of Educational Assistants and community volunteers who run the breakfast program offered daily to all students K-12. These dedicated volunteers have partnered with local organizations including the food bank to ensure students can enjoy nutritious breakfast options and be ready to learn each morning.

Ms. Katie Edney, Teacher, Stanley Consolidated School

Canada's New Food Guide

Access the new Canada's food guide online at Canada.ca/foodguide for a variety of delicious recipes. Here is one to get you started. This dip is perfect to enjoy as a snack with vegetables or whole grain crackers or use it as a sandwich spread for an extra boost of protein and fibre.

Creamy Dreamy Hummus

Ingredients

- 1 can (540 mL/19 oz) reduced sodium chickpeas, drained and rinsed
- 60 mL (1/4 cup) tahini (sesame seed paste)
- 5 mL (1 tsp) ground cumin
- 60 mL (1/4 cup) sodium reduced vegetable broth
- 2 mL (1/2 tsp) grated lemon rind
- 15 mL (1 tbsp) lemon juice
- 30 mL (2 tbsp) water (or more as desired)
- 1 clove garlic, minced

Directions

In a food processor bowl, combine chickpeas, tahini and cumin. Pulse until coarse. Add broth, lemon rind and juice and water, adding more as necessary to make a smooth textured hummus. Whirl until very smooth. Stir in garlic

Something to think about... the new food guide focuses on the **proportions of food groups eaten which will help to support Canadians in building healthy meals.

Shauna Miller, RD
Public Health

Physical Activity



Heart Healthy Schools

The Heart Healthy Schools Initiative is sponsored by the Heart and Stroke Foundation of New Brunswick. Its' goal is to promote healthy lifestyle choices for children and youth in the prevention of childhood obesity. Tools and resources are provided to schools to help influence health behaviours for the entire school population. Schools that are successful in receiving the Heart Healthy designation are eligible for receiving an infrastructure grant. The ASD-W schools that participated in the Heart Healthy Schools Initiative this year include:

Geary Elementary School
Centreville Community School
Barkers Point Elementary School
Forest Hill School
Florenceville Elementary School
New Maryland Elementary School

Sunbury West School
Gesner Elementary School
McAdam Elementary
Harvey Elementary
Donald Fraser
Nackawic Elementary

Geary Elementary School partnered with the OEC Healthy Learner Nurses to promote the Heart Healthy Initiative with their students. Their students participated in a **5-2-1-0** challenge to promote healthy behaviours including:

- “5” - Eat 5 servings of fruits and vegetables each day.
- “2” - Limit screen time to less that 2 hours each day.
- “1” - Be physically active for at least 1 hour a day.
- “0” - Drink 0 sugar sweetened beverages.



The school held assemblies before each of the four, 2 week challenges. Rewards were presented for each challenge to encourage participation which included: mini cooking sessions with a registered dietitian; physical activity sessions; makerspace sessions; as well as, vegetable and fruit infused water stations in the school cafeteria. An evening celebration event was held for families to participate in **5-2-1-0** activities as well.

Julie Carr, RN Oromocto Education Center

McAdam Elementary School is taking part in the Heart Healthy Schools Initiative as well. The students and staff have successfully completed their first challenge of encouraging students to have 5 servings of fruit and vegetables each day. The school salad day turned out to be a hit. Students had a large buffet of vegetables to choose from: cucumbers, celery, tomatoes, grated carrots, grated cheese, sunflower and pumpkin seeds. There were many seconds served! Congratulations and thank you to all the students and staff of McAdam Elementary for participating in the many activities throughout the week in order to meet the goal of your first challenge-eating 5 servings of fruit and vegetables each day! McAdam Elementary completed a second challenge- encouraging students to have 2 hours or less of



screen time each day. Reducing screen time can help reduce the total time spent sedentary. Each day, the morning announcements from the Grade 5 class provided information about the importance of less screen time. Staff at MES also provided clubs at recess and lunch for the students to take part in. Choices included: speed stacking; intramurals; reading, games, library clubs; and a healthy eating club that students from the student council decided would be a good idea from the first challenge of eating 5 fruits and vegetables. “Bonus Reading” 20 minutes extra each evening was included to go along with student’s nightly reading log for Homework. After six “Bonus Readings”, students got to select a book to add to their own collection. In addition, students and staff also took part in “DEAR” (Drop Everything And Read) each day. This was a successful initiative, supporting the goal to lower screen time. To end the Screen Time Challenge week, students in the Grade 3 / 4 class and Grade 5 class competed in a NBA 2Ball competition. Congratulations to all players for competing at their full potential and to all students and staff for participating in the second challenge! For more information on Heart Healthy Schools visit: <http://hearthealthyschools.ca/>



Ms. Julie Gaspy, Physical Education Teacher



Take Action on Tobacco Use

Take Action on Tobacco Use Grant support health initiatives promoting tobacco-free living. Initiatives that have been funded by this program include: Teens Against Tobacco Use (TATU) peer education groups, sports and healthy lifestyle programs supporting people who smoke. Grant applications are accepted anytime throughout the year, with eligible applicants receiving up to \$5,000. ASD-W successful applicants for 2019-20 include: Sunbury West, Devon Middle, Minto Elementary Middle School, McAdam High School and Ridgeview Middle School (2nd time recipient) . These schools have used funds to create Teens Against Tobacco Use (TATU) groups within their school. TATU is a student-lead anti-tobacco club that takes action to reduce tobacco use. Students have used funds to organize a variety of activities to raise awareness about the hazards of tobacco use.



Ridgeview Middle School's TATU group, facilitated by Wendy Carlisle, has been busy this past year with different initiatives promoting tobacco free living including: a photo booth display whereby students gave reasons why they choose to be smoke free, TATU Christmas card/poster contest promoting their LOGO: "Roar, smoking's a bore", TATU locker trivia, morning announcements, bulletin board displays and preparing educational sessions for Grade 5 students in feeder schools. Peer education programs like TATU enhances youth's self-esteem; while promoting health, personal achievement, communication and decision making thus promoting leadership skill development. Contact your Healthy Learner Nurses if you are interested in forming a TATU group in your school.

For more information on the Take Action on Tobacco grant please visit:

https://www2.gnb.ca/content/gnb/en/services/services_renderer.201374.Take Action on Tobacco Use Grant Program.html

Julie Carr, RN Oromocto Education Center

LINK Program Celebrating 20th Anniversary!



The LINK program started in 1999 in the Grand Falls area after the death by suicide of 3 teenagers. Since then, the program has been implemented in a number of middle and high schools around the province to help students with a variety of issues such as: academic support, addictions, mental health, and relationships. In ASD-W there are 18 middle and high schools participating.

The main objectives of the LINK program are:

- to increase grades 6 to 12 youth **awareness of** community resources and services.
- to enhance youth **problem solving and coping** capacities.
- to **prevent escalation** of issues or concerns.
- to contribute to the development of **mental fitness, resilience and a culture of wellness** in schools.

The overall goal of the program is to give individuals experiencing any kind of problem a chance to access services through a LINK companion (teachers and school support staff) who will help direct them to the appropriate resources using the helping tree before their problem becomes more serious.

For more information on the LINK program visit:

<http://programmelemaillon.com/fr/introduction>

Julie Carr, RN Oromocto Education Center

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