



**DISTRICT EDUCATION COUNCIL
Superintendent's Monitoring Report**

| | | | |
|---|--|-----------------------------------|----------|
| POLICY NAME | Healthy Living, Nutrition, and Physical Activity | | |
| POLICY NUMBER | ASD-W-ER5 | Number of Reports per year | 1 |
| Date of Report | February 17, 2016 | | |
| Date of Previous Report (s) This School Year | N/A | | |
| Date of Future Report (s) This School Year | N/A | | |
| Report Filed by: | David McTimoney, Superintendent | | |
| Report Supported by: | Ross Campbell, Subject Coordinator for Health and Physical Education Roberta Knox, Healthy Learners Nurse for Woodstock Education Center Dianne Kay, Director of Curriculum & Instruction | | |

Current Situation

- **Policy confirms that the District Education Council (DEC) believes healthy living practices will enhance effective learning and teaching. The DEC supports the instruction of and practice of healthy living, nutrition and physical activity in all schools and in all facets of school, including: classrooms, gymnasium, playground, cafeteria, canteens, vending machines and hot lunch programs. The DEC wants for all stakeholders in the school community – staff, food service providers, parents, and students – to be a part of achieving the goals associated with healthy living practices**
- **The Anglophone West School District (ASD-W) insists on the implementation of the Physical Education Curriculum in Grades K-10, with elective physical education classes at Grades 11 and 12. Schools work within Provincial Instructional Time Guidelines. Most physical education classes are taught by a physical education specialist. Health is also a part of the provincial curriculum in Grades K-8 (Grades K-2 - You and Your World). High School students in Grades 9- 10 students are enrolled in Personal Development and Career Planning and students in Grades 11-12 are offered elective courses, as available. ASD-W has one school piloting the Grade 3 Personal Wellness Curriculum and seven high schools piloting a new Grades 9-10 PDCP Curriculum. ASD-W also has educators participating on a writing team for a new 110 Outdoor Education Curriculum, scheduled for piloting in the Fall of 2016. Please see Appendix A for more details.**

POLICY NAME**Healthy Living, Nutrition, and Physical Activity**

- **ASD-W has a District Health Advisory Committee (DHAC) with representation from throughout ASD-W with members from all areas of Health and Education. The Committee advises and develops strategies to support the implementation of our District Improvement Plan (DIP) and the Healthy Learners Program. The DHAC supports School Comprehensive Health Teams that help roll out initiatives and strategies in the school setting. They also provide support to teachers with curriculum and to district wide projects. The DHAC recognizes the four pillars of health (healthy eating, physical activity, mental fitness and risk reduction). ASD-W has school based data on these areas. Please see Appendix B for more details.**
- **ASD-W has a current section on its webpage that shares an abundant amount of relevant information for parents (www.asd-w.nbed.nb.ca, under “Parents” or <http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>)**
- **A “Healthy Minds” budget is shared with schools for their management and use. Many schools offer breakfast and lunch programs. 2 high profile programs run at Leo Hayes High School and Fredericton High School, with considerable community, student and staff support.**
- **Chartwell’s is the cafeteria services provider in 32 of our schools. The contract originated with 44 schools, but 12 were closed due a business decision by the company following consistent financial loss at the locations. The district continues to monitor the situation and has worked with the 12 schools in trying to find an alternate solution. In most cases, a new service is in place.**
- **The DEC has a sincere interest in Provincial Policy 711 – Healthier Foods and Nutrition in Public School; Council has asked for the DEC Chair to begin conversations about this policy at the provincial DEC level.**

Appendices:

- **Appendix A – Physical Education, Health and Athletics Supporting Document**
- **Appendix B – Healthy Learners in School Program Supporting Document**
- **Appendix C – ASD-W Comprehensive School Health Newsletter**

Superintendent’s Signature: _____**DEC Chair Signature:** _____**Date:** _____

ASD-W

Physical Education, Health Education Events and Athletics Programs

Physical Education Curriculum:

- ASD-W offers a variety of Physical Education Programs that are balanced in content and designed to facilitate learning of skills and concept that will allow student the ability to be life long active participants in society.
- Physical Education K-5 Curriculum, Physical Education Grades 6-8 Curriculum, Physical Education and Health Grades 9-10 Curriculum, Wellness Through Physical Education 110, Outdoor Pursuits 110 Curriculum, Leadership 120, Nutrition and Healthy Living 120. Some high schools have implemented Local Option courses, such as Yoga.

ASD-W High School Physical Education Courses

| School | Outdoor Pursuits 110 | | PE Leadership 120 | | Wellness PE 110 | | Health & PE 9 | | Health & PE 10 | | Nutrition & Healthy Living 120 | |
|-----------------------|----------------------|-------------|-------------------|-------------|-----------------|-------------|---------------|-------------|----------------|-------------|--------------------------------|-------------|
| | 2014 -15 | 2015 -16 | 2014 -15 | 2015 -16 | 2014 -15 | 2015 -16 | 2014 -15 | 2015 -16 | 2014 -15 | 2015 -16 | 2014 -15 | 2015 -16 |
| Cambridge Narrows | 7 | 0 | 0 | 10 | 14 | 0 | 11 | 10 | 11 | 11 | 0 | 13 |
| Canterbury High | 0 | 10 | 0 | 0 | 8 | 0 | 24 | 13 | 19 | 23 | 2 | 22 |
| Carleton North High | 36 | 33 | 25 | 13 | 41 | 34 | 126 | 74 | 121 | 92 | 48 | 42 |
| Central NB Academy | 23 | 0 | 0 | 14 | 10 | 9 | 17 | 40 | 28 | 35 | 18 | 5 |
| Chipman Forest Avenue | 26 | 17 | 14 | 12 | 21 | 25 | 32 | 20 | 22 | 29 | 11 | 15 |
| Fredericton High | 147 | 141 | 28 | 48 | 110 | 100 | 420 | 388 | 253 | 263 | 142 | 117 |
| Hartland | 18 | 13 | 0 | 15 | 19 | 18 | 0 | 41 | 27 | 23 | 13 | 15 |
| Harvey High | 0 | 0 | 0 | 0 | 2 | 17 | 24 | 22 | 34 | 23 | 3 | 19 |
| John Caldwell | 0 | 24 | 0 | 0 | 22 | 24 | 0 | 0 | 43 | 42 | 0 | 13 |
| Leo Hayes High | 113 | 128 | 40 | 40 | 91 | 133 | 372 | 373 | 254 | 265 | 99 | 70 |
| McAdam High | 0 | 0 | 16 | 10 | 0 | 0 | 2 | 0 | 16 | 14 | 18 | 0 |
| Minto Memorial High | 17 | 14 | 16 | 24 | 15 | 11 | 42 | 41 | 41 | 35 | 15 | 30 |
| Nackawic High | 34 | 47 | 25 | 20 | 23 | 18 | 65 | 44 | 80 | 44 | 22 | 23 |
| Oromocto High | 35 | 29 | 19 | 13 | 58 | 114 | 290 | 247 | 205 | 208 | 81 | 53 |
| Saint Mary's Academy | 24 | 0 | 0 | 0 | 0 | 17 | 8 | 15 | 0 | 0 | 1 | 15 |
| Southern Victoria | 44 | 41 | 29 | 20 | 29 | 15 | 78 | 40 | 71 | 52 | 11 | 30 |
| Stanley High | 7 | 14 | 0 | 12 | 17 | 0 | 25 | 16 | 23 | 24 | 16 | 15 |
| Tobique Valley | 8 | 0 | 21 | 14 | 14 | 27 | 15 | 23 | 9 | 12 | 14 | 19 |
| Woodstock High | 31 | 51 | 46 | 50 | 48 | 50 | 22 | 138 | 137 | 100 | 5 | 13 |
| TOTALS | 570 | 562 | 279 | 315 | 542 | 612 | 1573 | 1545 | 1394 | 1295 | 519 | 529 |

Physical Education Instructional Time K-8:

- K-5 – Approximately 120-150 minutes per week.
- 6-8 – Approximately 120-180 minutes per week. Minutes depend upon whether the school is on a 5 day or 6 day cycle.

Physical Education Assessment Practices:

- Four schools have Physical Education specialist teachers (Assessment Champions). These Champions, along with the Supervisor of Data and Accountability and the Subject Coordinator for Physical Education and Health will be facilitating a Professional Learning session on the District Balanced Assessment Framework with PE teachers from ASD-W. The session will explore current planning and assessment practices, resources, K-8 report card data, and tools used to strengthen the understanding of best practices, problem solve gaps and to develop additional resources for moving forward in assessment within the gymnasium and PE classroom.
- IPad technology is being used in the gymnasium to enhance PE specialists' ability to assess students, i.e. filming and accurately assessing student progress, allowing students to self-assess, providing a medium for instant instructional feedback, engaging students in peer assessment, and enabling students to co-construct criteria. Research has been documented on this initiative and a team of teachers have presented at various Professional Learning sessions locally and nationally. There are approximately 40-45 schools with IPad technology in the gymnasium and they are at various stages of engagement in the assessment for learning project.

Physical Education Inclusion:

- ASD-W continues to partner with Ability NB, Para NB and the NB Physical Education Society in providing as much exposure, expertise and training as possible for teachers in the district for supporting students with physical disabilities.
- ASD-W schools continue to access the Para equipment library which signs out gear to schools for class instruction, e.g. class sets of wheelchairs are signed out to supplement a basketball unit with wheelchair basketball skills and awareness.
- ASD-W has partnered with Special Olympics and NB Physical Education Society. The goal is to provide exposure, expertise and training for PE specialist teachers and Educational Assistants in the district to support students with cognitive disabilities. Personnel from Special Olympics work with schools assisting EA's, PE teachers and school-based ESS teams on proper skill development using a program they developed.

Sparks Fly: Run for Life Initiative:

- Six ASD-W schools have purchased silent spin bikes for classrooms. These bikes provide physical activity stimulation to students for academic readiness, offer an alternate support for sensory breaks for students, and are used as a tool to self-regulate emotions. This initiative has expanded to twelve additional schools for the 2015-16 school year, with over 100 bikes in classrooms across ASD-W.

BOKS Morning Activity Program:

- Five ASD-W schools are involved with the BOKS Morning Activity Program, designed to be delivered by school volunteers (such as high school leadership students, parent volunteers, teacher facilitators). Equipment and activity resources for the program are provided to the school free of charge.

Health Promoting Schools Network – Partnership with PHE Canada and NBPES:

- The four pilot schools in ASD-W for 2015-2016 have evolved to Champion Schools and were celebrated at the National Health Promoting Schools Conference in Ottawa. They are continuing to build a sustainable model for school health and wellness focuses.
- Schools are taking on the role of mentoring 4-6 more schools, to expand the Health Promoting school network. They will be provided with release time to train and mentor the new schools in the process. Further, an opportunity to virtually connect with four schools in the Saskatoon School Board will be offered in May/June.

Premier's Challenge:

- Thirty-one ASD-W schools are participating in Year 2 of the Premier 's Challenge. This initiative has a goal of getting the student population active for 60 minutes a day at school over a 3 year time span. In partnership with Canadian Tire, the schools are eligible for equipment grants to assist them in attaining this goal.

Move Your Feet:

- ASD-W continues its partnership with Doctors for You, a physical activity challenge where grade 2 students from various schools around the district challenge doctors to movement minutes. Schools are recognized after a six week period for the amount of movement they have accomplished!

NB Physical Education Conference:

- Partnering with the NBPES in the fall of 2015, ASD-W was the host site of the 15th Annual Remember When conference. A full day Physical Education and Health conference geared for specialist teachers to become current in PE and Health education. This year, in partnership with the Department of Education and Early Childhood Development, Educational Assistants were offered an opportunity to attend, with designated sections focused on their role in supporting students in the school setting, playground and in the gymnasium. The keynote for the conference was Dr. John Ratey, an associate clinical professor of psychiatry at Harvard Medical School and author of the books, SPARK and Go Wild.

NBTA Subject Council:

- ASD-W Physical Education teachers continue their partnership with NBPES and NBTA Middle Level Council to host the Physical Education strand at Subject Council meetings. This session will be held at Nashwaaksis Middle School.

Extra-Curricular and Events for ASD-W:

- **Elementary:** Over the course of the school year there are many events held in each Education Centre. These events are designed to engage students in activity while practicing the skills they are taught in PE classes.
 - a. Cross Country: 3 District events – approximately 1500 students participating in the events.
 - b. Track and Field: 3 District events – approximately 1800 students participating.
 - c. NBA 2 Ball: 1 District event – approximately 500 students participating.
 - d. Badminton: 1 District event – approximately 500 students participating.
 - e. Volleyball: 1 District event – approximately 1200 students participating.
 - f. Basketball: Informal basketball – approximately 500 students participating.
 - g. Snowshoeing: Three class sets of snowshoes are constantly on loan from district equipment library in January, February and March for schools to use for extra activity time or support to curriculum.
 - h. Elementary Hockey Nights: Partnership with UNB for elementary students to receive free admission to a UNB men's hockey game and parents receive half price tickets. In negotiations to have an OEC night and a WEC night with the Woodstock Slammer Jr. A hockey team. Approximately 1000 students involved.
 - i. Read with the Reds: UNB Athletics with PE leadership team travel to all Elementary schools in FEC and OEC to read a book to K students. This program will eventually be expanded to WEC. Approximately 1500-2000 students involved.
- **Middle Level:**
 - a. Cross Country: Approximately 1000 students participating.
 - b. Badminton: Approximately 600 students participating.
 - c. Basketball: Approximately 90 teams of various skills and gender hosting 12 players per team.
 - d. Volleyball: Approximately 110 teams of various skills and gender hosting 12 players per team.
 - e. Track and Field: Approximately 750 students participating.
 - f. GO Girl Event: Approximately 400 students participating.
 - g. Boys Multi-Sport Day: Approximately 400 students participating.
 - h. Move-a-Thon: 5 Middle Schools – Approximately 900 students participating in addition to high school leadership students.
 - i. Frisbee Golf, Minor Football, Minor Rugby, Ultimate Frisbee: Club based Teams – approximately 1500 students participating.
- **High School:**
 - a. A number of NBIAA sports teams.

Report Submitted by:
Ross Campbell
Health and Physical
Education Subject
Coordinator
Anglophone West School District

ASD-W-ER5 – Healthy Living, Nutrition, and Physical Activity
Report for District Education Council

APPENDIX 'B'

Healthy Learners in School Program

- **District Health Advisory Committee (DHAC):** Quarterly DHAC meetings held on October 6, 2015 and January 12, 2016 and the next meeting date is April 12, 2016..

Two Priorities:

Mental Fitness: Positive Mental Health

Toolkit implementation with Dr. Bill Morrison from the Health and Education Research Group began in September 2015. Three project schools were chosen and results to date have been positive. There have been expressions of interest from several other schools who are interested in this initiative.

Healthy Eating & Physical Activity: Currently doing school visits to collect information on what is working well to promote healthy eating and identifying challenges. Information will be used to help plan future district initiatives around healthy eating.

Continuation of partnership with Physical Health and Education Canada for Health Promoting Schools project.

- **Health Curriculum Support:**
 - Consultation provided to the Department of Education for: the grades 3-5 health curriculum revision and piloting of the new “personal wellness” curriculum, and updates for middle school health curriculum resources.
 - Lync sessions for teachers on sexual health topics and mental fitness.
 - Development of learning modules for school staff for an April 2016 professional learning day on a variety of topics including: health promoting schools/healthy school planner, nutrition, positive mental health and sexual health.
- **Healthy School Policy:**
 - Working in partnership with ASD-W, on Medical Policy 704, and Healthy Eating Policy 711. Consultation as needed/requested regarding various health issues.
- **Communication:**
 - In September 2015, new provincial guidelines were released after an extensive review of the Healthy Learners in School program. As a result, the Public Health Nurses and Dietitians working in the program have been visiting each school individually to communicate with them about the new guidelines and completing a brief assessment of school health needs during the visits. Results of these assessments will be presented at the next District Health Advisory committee meeting in April 2016.
 - Resources on portal site for teachers.

ASD-W-ER5 – Healthy Living, Nutrition, and Physical Activity
Report for District Education Council

- Bi-weekly Maintenance of Healthy Learners section on ASD-W website which includes: promotion of special events and websites of interest.
- Comprehensive School Health Newsletter: quarterly newsletter focuses on wellness, risk reduction and highlights wellness activities occurring in schools. Please see Comprehensive School Health Newsletter attached for February 2016.
- Monthly health notes to schools/website. Topics include; healthy eating, physical activity, safety, mental fitness, parenting, promotion of children's strengths and assets etc. <http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>
- **Partnerships:**
 - Partnering with "Doctors for You" in **Move Your Feet Challenge:** Promotion of physical activity with many grade 2 classes in the Fredericton and Oromocto Education Center areas, including promotion of a Children's Fun Run on May 7, 2016 in Fredericton.
 - Roots of Empathy: Twenty seven Roots of Empathy Programs throughout ASD-W: FEC – 7 Programs (6 elementary schools); OEC – 5 Programs (5 elementary schools); WEC – 15 Programs (9 Elementary schools, 1 middle school).
 - Partnership with UNB Faculty of Nursing to provide health related information, guidance and resources to student nurses who are completing their clinical experience in schools throughout ASD-W. Frameworks for guiding practice during this experience are Population Health and Primary Health Care.
 - Partnership with Physical and Health Education (PHE) Canada and Health and Physical Education Lead ASD-W for Health Promoting Schools Project.
 - Promotion of Take Action on Tobacco Use Grant.
 - Participation on Regional Link Committees and promotion of LINK program throughout ASD-W, including middle and high schools.
 - Organized public and stakeholder meetings with diverse group of partners on the topic of food programs in Fredericton area schools – *Planting Seeds for the Future*. The goal of the meetings was to help inform the development of an action plan for healthy school food programs that includes opportunities to build food literacy.
 - Partnering with Horizon Health, Public Health Immunization team nurses to provide support to middle and high schools for on-site immunization clinics.
 - Partnership with community stakeholders to increase knowledge regarding healthy relationships and sexual consent and reduction of incidents of sexual assault and intimate partner violence.

Submitted by:
Roberta Knox, BN, RN
Coordinator, Healthy Learners in School Program
Anglophone West School District

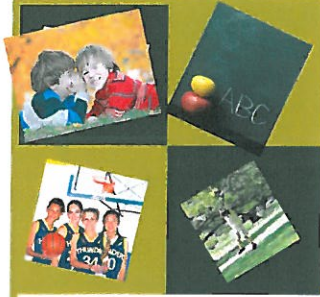
February 15, 2016

Anglophone School District – West

Volume 3 Issue 2

Winter 2016

Comprehensive School Health



Health and wellness goals have always been a priority at Harvey Elementary school and it is understood that if students are well, then learning can take place. Harvey Elementary School has been practicing some mindfulness and yoga for a few years. Now they are being offered to all students and staff and are delivered in a variety of ways.

Katherine M. Szo recently received her instructor certification for teaching yoga in schools and has incorporated yoga in various ways at the school. There is a k-2 yoga club and a 3-5 yoga club that are offered weekly. In an attempt to help students with anxiety, worry, focus and control of their emotions, she offers a "Mindfulness Monday" group for girls and the same thing for boys during "Warrior Wednesday". Yoga and Mindfulness are also incorporated into health and literacy classes.

The students are really enjoying the classes.....some of the things they are saying about the yoga clubs are:

"I enjoy coming to yoga club because it helps me to relax and to get in the green zone" (each staff and student has recently been trained in Zones of Regulation),

"I always feel better leaving than when I arrive.",

"It makes me feel better about myself", "It allows me to get away from a stressful situation"

"It helps me to concentrate",

"It gives me strategies to calm myself",

"It teaches me to be calm and patient",

"It is good for my muscles, It makes me strong", "Yoga is calming, it's fun, it's awesome." :)

A 'yoga' room has been set up in the school and the outdoor classroom is used for yoga when the weather is nice. Staff have the opportunity to take part in a weekly yoga practice after school as well. More recently the PSSC approached Katherine to offer a yoga class in the evenings making it also available to the community.

Please see below for more mindfulness links:

<http://www.shambhala.com/sitting-still-like-a-frog.html>

<https://www.youtube.com/watch?v=mZbzDOpylA>

<https://www.youtube.com/watch?v=GIJn5XhqPN8>



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"Exercise is another tool at your disposal, and it's handy because it's something you can prescribe for yourself,"

— John J. Ratey,

Spark: The Revolutionary New Science of Exercise and the Brain



March is Nutrition Month!

Eating well can boost your health and help you feel your best. Instead of trying to change everything at once focus on making small lasting changes and stick with it. Each week in March try the below tips to make small positive changes to your meals and snacks.

Week 1: Pledge to make small changes: Take stock of your cupboards, fridge and freezer.

- Vegetables and fruit: fresh or plain frozen, dried or canned
- Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads
- Milk Products: milk, cheese, yogurt, kefir
- Nuts, seeds and nut butters: pumpkin seeds, flax, natural peanut butter
- Canned and dried pulses: lentils, chick peas, kidney beans
- Fish: plain, frozen, fish fillets, canned tuna, salmon
- Meat, poultry and eggs: fresh cuts of red meat, turkey, chicken and eggs



Week 2: Quality counts: Take small steps to bump up the quality of your meals and snacks: Jump start your day: Power through your morning with a good breakfast.

In a hurry? Blend frozen berries, yogurt and milk for a super smoothie. Make it even better with baby spinach and ground flax. Wrap peanut butter, a banana and trail mix in a whole grain tortilla for a portable breakfast.

Week 3: Prioritize your portion size: How much you eat is just as important as what you eat. Wondering if you are eating too much or too little? Use your hand and try these estimates.

- 1 cup of leafy green vegetables or 1 whole piece of fruit = 1 fist
- Fresh, frozen or canned vegetables = ½ fist
- 1 slice of bread or ½ bagel = 1 hand
- 1 cup milk or ¾ cup of yogurt = 1 fist
- 50 grams of cheese = 2 thumbs
- Serving of chicken = palm of hand
- ¾ cup pulses (e.g. lentils, black beans, chick peas)=1 fist



Week 4: Try something new! Think healthy eating is bland? Give new life to a favorite food!

- Red pepper flakes deliver delicious heat to lightly sautéed fresh or frozen greens.
- Grainy mustard and lemon adds tangy freshness to fish, like cod.
- A dash of nutmeg is neat on carrots, butternut squash and parsnips.
- Curry livens up lentil soup and makes a tofu- and -veggie stir-fry sizzle.
- Cinnamon pairs sweetly with apples, pears and sweet potatoes.

Week 5: Make it stick: Planning how you will manage healthy eating road blocks before they happen is the key to success:

- Think about what might get in your way to healthy eating.
- Brainstorm solutions to get around roadblocks.
- Put supportive strategies in place. Recruit family and friends to help on your path to healthier eating.

A slip in healthy eating habits is a learning opportunity. When it happens, review your plan, adjust as needed and get back on track.

For more information about Nutrition Month go to: www.NutritionMonth2016.ca

Dietitians, Public Health, Horizon Health Network.

Beating the Winter Blues



Gagetown School Snowshoeing Club

Staff members from Gagetown School have started a Snowshoeing club and go out to enjoy the wonderful view nearby the school. The Club is composed of teachers and support staff, promoting physical and mental fitness for all as they “walk through” the Winter Blues! .



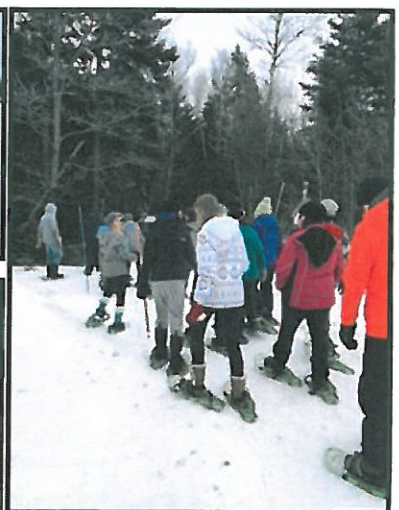
BOKS is a free, before school physical activity program, funded by Reebok, Public Health Agency of Canada, and the Canadian Football League. This program is evidence-based, built around science suggesting that exercising in the morning sparks children’s brains and assists them to be better prepared for learning. BOKS is running in over 1300 schools worldwide; over 170 of these in Canada. There are eight schools in NB that have either begun the BOKS program or have expressed an interest and are awaiting Principal approval.

BOKS does not need to be led by a staff member of the school. The program can be led by any Champion of Change in a community; a parent, grandparent, volunteer or other community member. Free virtual training modules are offered to lead trainers who are also granted access to the Canadian Trainer Hub and provided a paper copy of the Canadian BOKS Curriculum for their school.

For more information see boksCanada@bokskids.org



Meduxnekeag School Staying Active in Winter



Limiting Screen Time

Today, many children have some sort of device that has a screen they can look at; whether it is a cell phone, a tablet, or television. Studies are now showing that children spend almost 7.5 hours a day looking at screens—that's a complete work day (Participaction, 2013). Guidelines suggest that children ages 5-17 should limit their screen time to no more than 2 hours a day (Jones, 2015). This means that some children are spending more than 5 hours above the recommended screen time. Activity and play are valuable in the development of a child's brain. By engaging with your child and getting them active, you help them develop creativity, problem solving, and many other important skills. So why not get them away from the screens for a while, and try something fun!

Here are some winter activities to do with your child instead of spending time in front of a screen:

- Go skating or sliding
- Play outside, build a snowman
- Paint or draw pictures
- Play cards or board games
- Cook with your children- pick a favorite recipe and help them make it.

There are lots of fun and exciting activities to do instead of sitting in front of a screen.

Try something new and see how much fun you can have!

For more information you can visit these websites:

http://www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home

<http://www.participaction.com>



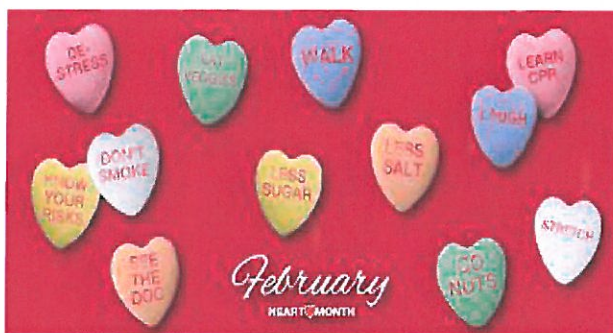
**Jessica Veysey– 4th Year Nursing Student
Memorial University of Newfoundland**

References:

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Jones, R. (2015). How to use technology to limit kids' screen time.

<http://blog.participaction.com/en/how-to-use-technology-to-limit-kids-screen-time/>



CSH Newsletter Produced and Edited by:

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Sarah Mahar was one of 7 guest readers for Family Literacy Day at Townsview School