



**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 23, 2017		
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, Health and Physical Education Roberta Knox, Healthy Learners Nurse, Woodstock Education Centre Dianne Kay, Director of Curriculum & Instruction		

- **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). In Grades 9- 10 students are enrolled in Personal Development and Career Planning and are offered elective courses in Grades 11-12. ASD-W had educators participating on a writing team for a new K-5 Physical Education Curriculum. This curriculum is currently being piloted provincially. 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 the District Improvement Plan (DIP), Positive Learning and Working Environment Plan (PLWEP) and the Healthy Learners Program. The DHAC supports School-Based 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.**
- **There has been considerable improvement with ASD-W attention to immunizations that are required for school entry in the public school system. The number of students meeting requirements jumped by more than 24% when comparing June, 2015 to June, 2016. Individualized school reports and feedback were shared by the Healthy Learner Nurses. Please see Appendix C for more details.**
- **ASD-W sees a variety of breakfast and lunch programs in schools throughout the district. Although we have a “Healthy Minds” budget, additional revenue to support these programs is gained through the generous support of many businesses and donors. The programs are managed and operated by many volunteers.**
- **ASD-W and 12 schools participated in the Evaluation and Compliance of Policy 711 (Healthier Foods and Nutrition in Public Schools) activity that was conducted by the Public Health Dieticians of the Horizon Regional Health Authorities. The subsequent reports highlight areas where ASD-W can improve and make recommendations for how the district can promote and support Policy 711. This feedback will be analyzed in the near future. Our district had an overall rating of 69, compared to a score of 73 for the entire province. The ASD-W top area of strength was under “Eating Environment” with a score of 92. The ASD-W area that requires the most attention was under “Other Foods Available – Interviews” with a score of 40.**
- **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>)**

POLICY NAME

Healthy Living, Nutrition, and Physical Activity

Appendices:

- **Appendix A - Physical Education, Health Education Events and Athletics Programs Supporting Document**
- **Appendix B - Healthy Learners in School Program Supporting Document**
- **Appendix C - Immunization Requirements for School Entry**
- **Appendix D - ASD-W Comprehensive School Health Newsletter**

Superintendent's Signature: _____

DEC Chair Signature: _____

Date: _____

**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 concepts that will allow students the ability to be life long active participants in society.
- Provincially there exists curriculum for Physical Education K-5, Physical Education 6-8, and Physical Education and Health 9-10. Additionally, other curricula available includes: Wellness Through Physical Education 110, Outdoor Pursuits 110, Leadership 120, Nutrition and Healthy Living 120. Some high schools have implemented Local Option courses, such as Yoga 120.

ASD-W High School Physical Education Courses

School	Outdoor Pursuits 110			PE Leadership 120			Wellness PE 110		
	2016-17	2015-16	2014-15	2016-17	2015-16	2014-15	2016-17	2015-16	2014-15
Cambridge Narrows	0	0	7	0	10	0	17	0	14
Canterbury High	0	10	0	0	0	0	0	0	8
Carleton North High	29	33	36	16	13	25	35	34	41
Central NB Academy	22	0	23	13	14	0	0	9	10
Chipman Forest Avenue	18	17	26	11	12	14	0	25	21
Fredericton High	149	141	147	39	48	28	113	100	110
Hartland Community	18	13	18	0	15	0	18	18	19
Harvey High	0	0	0	11	0	0	13	17	2
John Caldwell	27	24	0	0	0	0	25	24	22
Leo Hayes High	107	128	113	40	40	40	167	133	91
McAdam High	13	0	0	14	10	16	0	0	0
Minto Memorial High	17	14	17	20	24	16	17	11	15
Nackawic High	30	47	34	29	20	25	20	18	23
Oromocto High	34	29	35	12	13	19	119	114	58
Saint Mary's Academy	0	0	24	28	0	0	0	17	0
Southern Victoria	18	41	44	25	20	29	27	15	29
Stanley Consolidated	0	14	7	0	12	0	14	0	17
Tobique Valley	17	0	8	18	14	21	21	27	14
Woodstock High	31	51	31	50	50	46	71	50	48
TOTALS	530	562	570	326	315	279	677	612	542

School	Health & PE 9			Health & PE 10			Nutrition & Healthy Living 120		
	2016-17	2015-16	2014-15	2016-17	2014-15	2015-16	2016-17	2014-15	2015-16
Cambridge Narrows	11	10	11	11	11	11	0	0	13
Canterbury High	13	13	24	11	19	23	0	2	22
Carleton North High	69	74	126	79	121	92	22	48	42
Central NB Academy	34	40	17	36	28	35	1	18	5
Chipman Forest Avenue	24	20	32	19	22	29	13	11	15
Fredericton High	404	388	420	267	253	263	124	142	117
Hartland Community	38	41	0	24	27	23	17	13	15
Harvey High	15	22	24	22	34	23	1	3	19
John Caldwell	39	0	0	45	43	42	19	0	13
Leo Hayes High	344	373	372	239	254	265	75	99	70
McAdam High	15	0	2	0	16	14	5	18	0
Minto Memorial High	34	41	42	39	41	35	9	15	30
Nackawic High	40	44	65	33	80	44	5	22	23
Oromocto High	248	247	290	179	205	208	57	81	53
Saint Mary's Academy	16	15	8	0	0	0	0	1	15
Southern Victoria	41	40	78	37	71	52	27	11	30
Stanley Consolidated	21	16	25	14	23	24	0	16	15
Tobique Valley	6	23	15	12	9	12	1	14	19
Woodstock High	141	138	22	99	137	100	17	5	13
TOTALS	1553	1545	1573	1166	1394	1295	393	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 and Health Lead:

- The support of an ASD-W Physical Education Lead has been instrumental in the quality of the Physical Education and Health Programs of ASD-W. The ASD-W Lead provides coaching support to curricula in both Physical Education and Health. Further, the Lead assists schools to facilitate Physical Education enrichment opportunities, takes part in the Healthy Learners in Schools initiative, assists in new program development, assists in the programming development of Health Promoting Schools, and co-leads assessment practices for Physical Education educators.

Physical Education Assessment Practices:

- A Professional Learning session on the District Balanced Assessment Framework with Phys Ed teachers from ASD-W (13 schools in 2016; 8 schools in 2017) will be facilitated this Spring. 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 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.

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 to supporting students with physical disabilities.
- ASD-W schools continue to access the Para equipment library which signs out equipment 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 Phys Ed 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.
- Special Olympics have developed the Unified Basketball league in three (3) pilot schools. Fredericton High, Leo Hayes High and Oromocto High have created teams and will have a celebration jamboree in March 2017.

Sparks Brain Bikes Initiative:

- Thirty-two (32) ASD-W schools have purchased silent spin bikes for classrooms. These bikes provide physical activity stimulation to students for academic readiness (brain development and readiness), offer an alternate support for sensory breaks for students, and are used as a tool to self-regulate emotions. This initiative has over one hundred-

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

APPENDIX 'A'

seventy (170) bikes in classrooms across ASD-W.

- Next phase is a partnership between Subject Coordinators of Physical Education, Science and Technology to create battery packs that can be attached to the bikes for renewable energy to power and charge devices in the school.

Build Our Kids Success (BOKS) Morning Activity Program:

- Approximately 15 ASD-W schools (at various stages of readiness) 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 HPS network in ASD-W for 2016-2017 has evolved from eight (8) schools to sixteen (16). These schools are in the process of building a sustainable model for school health and wellness and strong academic achievement.
- Schools are utilizing their HPS teams and their work around data analysis and planning to supplement School Improvement Plans and Positive Learning and Working Environment Plans. Representation from ASD-W (the first school board/district in Canada to implement this model) will be presenting at the National Physical Education and Health Conference in May 2017.

Premier's Challenge:

- Twenty-nine (29) ASD-W schools are participating in Year 3 (final year) of the Premier's Challenge. This initiative has a goal of getting the student population active for sixty (60) minutes a day at school over a three (3) year time span. In partnership with Canadian Tire, the schools are eligible for equipment grants to assist them in attaining this goal.

NB Physical Education Conference:

- Partnering with the NBPES and ASD-E in the Fall of 2016, ASD-W assisted in the development of the 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 sessions focused on their role in supporting students in the school setting, playground and in the gymnasium. Fifty-five (55) PE specialists from ASD-W attended.

NBTA Subject Council:

- ASD-W Physical Education teachers, in partnership with NBPES, NBTA High School Level Council and ASD-N, are developing the Physical Education strand for Subject Council May 2017. This session will be held in Miramichi.

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: Three (3) District events – approximately 2000 students participating in the events.
 - b. Track and Field: Three (3) District events – approximately 1800 students participating.
 - c. NBA 2 Ball: Two (2) District events – approximately 500 students participating.
 - d. Badminton: Two (2) District events – approximately 500 students participating.
 - e. Volleyball: Two (2) District events – approximately 1200 students participating.
 - f. Basketball: Informal basketball – approximately 500 students participating.
 - g. Snowshoeing: Three (3) 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 3: Partnership with UNB for elementary students to receive free admission to a UNB men's hockey game and parents receive half price tickets. Approximately 2500 students involved.
 - i. Elementary CIS National Hockey event: Approximately 1500 students will be bussed by UNB to the Hockey Nationals March 16, 2017.
 - j. 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. Approximately 1500-2000 students involved. *Read with the Reds was featured in UNB Presidents Report <http://www.unb.ca/annualreport/celebratingunb/community-influence.html>.*
- **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 twelve (12) players per team.
 - d. Volleyball: Approximately 110 teams of various skills and gender hosting twelve (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: Five (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.
 - b. Unified Basketball league: Approximately sixty (60) students both disabled and able bodied playing in conjunction with each other.
- **All Levels:**

With the increasing interest in wellness in our schools, we have been active participants in over fifteen (15) school-based and coordinated Wellness Fairs throughout the district.

Report Submitted by:
Ross Campbell, Subject Coordinator
Health and Physical Education, ASD-W

HEALTHY LEARNERS IN SCHOOL PROGRAM (HLSP)

- **District Health Advisory Committee (DHAC):** Quarterly DHAC meetings are held: October 12, 2016; January 18, 2017; and the next meeting is scheduled for March 22, 2017. The DHAC is focused on the following two priorities:
 - **Positive Mental Health:**
Continuation of the Positive Mental Health strategy with Dr. Bill Morrison and Dr. Patti Peterson, of UNB. There are currently eight (8) schools involved in this project with varying student populations. This work is guided by a Positive Mental Health Steering Committee that meets on a quarterly basis. The next meeting of this Committee is scheduled for April 4, 2017, to plan for the upcoming 2017-18 school year.
 - **Healthy Eating & Physical Activity:**
Continuation of the ASD-W partnership with Physical Health and Education Canada for the Health Promoting Schools project. The Healthy Learners in School team have been working with local schools to establish school wellness teams across the district. In the Fall of 2016, through a partnership with the Western Valley Wellness Network, wellness champions from all schools within the Woodstock Education Centre were invited to a full day networking and training event where the concept of a health promoting school was discussed and resources were shared. Several new schools have expressed interest in becoming a health promoting school and work is being done to support these schools in establishing wellness teams.
- **Health Curriculum Support:**
 - Many requests for health curriculum support exist, primarily in the area of sexual health. The HLSP team have partnered with the Public Health, Sexual Health Team to review current resources available to educators and to work to enhance these resources.
- **Healthy School Policy:**
 - Work is underway in partnership with ASD-W on Policy 704: *Health Support Services*, and Policy 711: *Healthier Foods and Nutrition in Public Schools*. A Healthy Fundraising sub-committee, with support from the Superintendent, has been working toward a goal of consistency with healthy fundraising efforts that comply with Policy 711 throughout schools in ASD-W.
- **Communication:**
 - The HLSP team is committed to ensuring up to date, reliable health information is made available to students, parents and school staff. This is done through various methods including: Comprehensive School Health Newsletters, Monthly Health Notes for K-8 schools and parents, Morning Announcements for High Schools, HLSP webpage on the ASD-W website, ASD-W Portal and Horizon Health Network website for the public.
 - 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 is distributed three (3) times per school year and focuses on wellness, risk reduction and highlights wellness activities occurring in schools.
- Monthly Health Notes to schools/website. Topics include: healthy eating, physical activity, safety, mental fitness, parenting, promotion of children's strengths and assets. <http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>
- **Partnerships:**
 - Roots of Empathy: Roots of Empathy Programs are functioning in twenty-two (22) elementary schools throughout ASD-W.
 - Health Promoting Schools Project: Physical and Health Education (PHE) Canada and Health and Physical Education Lead ASD-W.
 - Take Action on Tobacco Use (TATU): Support to three (3) new student groups at Harold Peterson Middle School, Ridgeview Middle School and Woodstock High School.
 - Regional Link Committees: This provincially-led program enables students with any kind of issues to access help and services through a local Link Companion. In 2016 the LINK program was rebranded. HLSP nurses have been involved with local committees tasked with updating the decisional trees for each area, ordering and distributing new resources to schools and providing training and support to school champions and companions.
 - On-site Immunization Clinics: Horizon Health partnered with Public Health Immunization team nurses to provide support to middle and high schools.
 - Healthy Relationships: Partnership with community stakeholders to increase knowledge regarding healthy relationships and sexual consent and reduction of incidents of sexual assault and intimate partner violence. HLSP provided support in the development and presentation the new Policy for ASD-W 703-14: *Sexual Violence*.

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

February 6, 2017



Briefing Note

Immunization Requirements for School Entry 2015-2016 Report

September 1, 2016

Written by:

Jane Bull RN

Intended Audience:

David McTimoney, Superintendent ASD-W

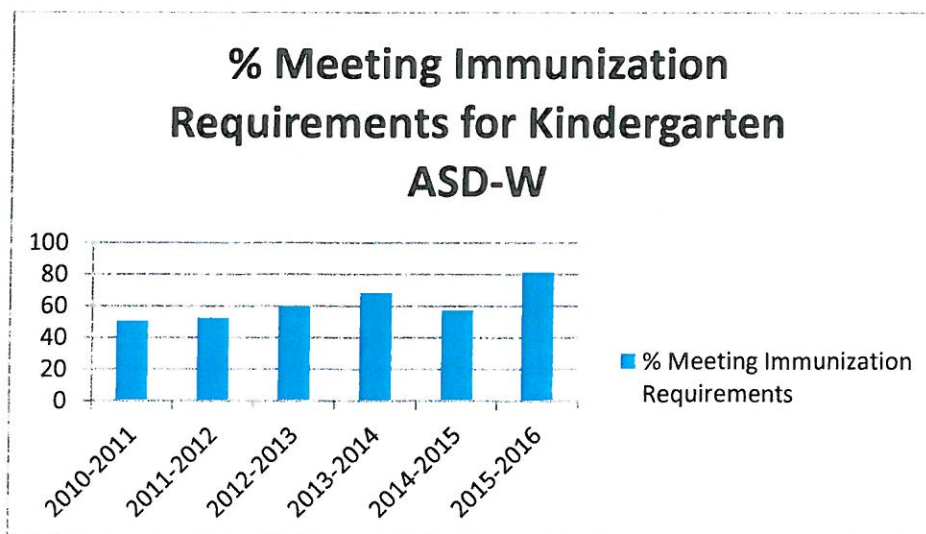
Background:

Enhanced Process October 2015-June 2016

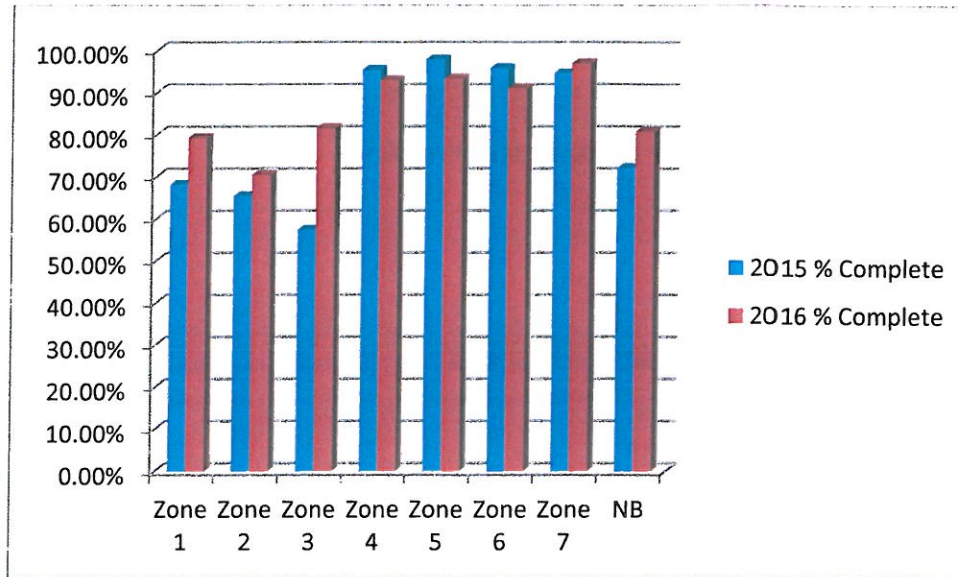
In September 2015 an Anglophone School District-West (ASD-W) and Public Health (PH) working group met to discuss the process for collecting, reviewing and following up on school immunization records for Kindergarten students. A kindergarten immunization process flow sheet was adopted and the notices/letters sent home to parents were updated. On October 8, 2015 David McTimoney, Superintendent ASD-W emailed to Principals and Senior Administration staff a reminder with supporting documents that included a list of responsibilities, a flow chart, a sample tracking sheet and letter templates all in relation to tracking immunization.

Current Situation:

The process improvements implemented in October 2015 were extremely successful. Those **students meeting requirements increased to 81.4 %** in June 2016 from 57.3% in June 2015.



New Brunswick Rates: Immunization Requirements for Kindergarten



- In 2015 the percentage of kindergarten students with complete immunization records in the Fredericton /Upper River Valley Area (**Zone 3**) was 57.4%, the lowest rate in the province.
- In 2016 the Fredericton /Upper River Valley Area rate of kindergarten children with complete immunization records is 81.4%, the fifth highest rate in the province.

Kindergarten Immunization Requirements Met / Incomplete / No Record Provided

The chart on the following page identifies the total percentage of students by school where the immunization record requirements are met / incomplete and the percentage of students who did not provide a record.



Other Considerations:

What Worked to Improve Statistics

- Email from Superintendent D. McTimoney to principals and administrative staff that included the process and instructions for meeting policy 706.
- Identification of a primary resource person at the school to coordinate this process (usually an admin support person).
- Buy in from both the principal and administrative support person improves the outcome for children meeting the immunization requirements for school entry.
- Administrative support placing all immunization records for new students in a separate file to be reviewed by the Public Health Nurse (PHN).
- Letters to parents sent out in a timely fashion when it is determined the record is not complete (up to date).
- Dedicated telephone and email line at Public Health for responding to parent's questions.

Recommendations for 2016-2017 School Year

- All schools have a designated contact person to monitor immunization regulation process at school.
- School will notify PHN on a monthly basis of students entering a New Brunswick (NB) school for the first time as per Policy 706.
- School will obtain an immunization record or a signed exemption form for all (100%) students entering a NB school for the first time.
- PHN will share with the administration of the school a summary of the individual school statistics (number of records up to date/incomplete/no record received) and suggestions for improvement to the immunization record process during the initial visit to the school.
- PHN will share and review the process for collection and follow up of immunization records (flow sheet) during the initial visit to the school.
- If agreed upon, the superintendent will promote this process with school administration at the beginning of the school year.

Anglophone School District – West

Volume 4 Issue 1

Fall 2016

Comprehensive School Health

Positive Mental Health



Mindful Communication with your Teen: Helpful Ideas for Parents

Listen to your teen: Treat them with respect and show genuine concern and attention. Encourage them to communicate. Don't ask too many "why" questions because you will almost always get defensive responses.

Support and Encourage: Teens often put a lot of pressure on themselves and are critical of themselves. Point out their strengths especially at the most difficult times.

Awareness: Be aware of "red flags" that might show that your teen is having trouble or is suffering. "Red flags" can be changes in eating or sleeping, reduced time spent with good friends, less enjoyment with activities they have always liked, grades at school suddenly decreasing.

Love: Especially during the hardest times, let your teen know that you love them. They need to know that no matter what, you love them and will be there for them, EVERY DAY! Having routine rules and expectations is also showing your teen that you love them.

Presence: Be present in your teen's life. Spend time with them. Pay attention to them and show them you want to be with them.

"The greatest gifts you can give your teen are:

YOUR TIME

YOUR PRESENCE

YOUR LOVE



"Yoga at Liverpool Street School"



Inside this issue:

Preserving the Harvest	2
Pumpkin Maple Granola Recipe	2
Cross Country Run	3
Internet Safety Tips	4
Is it a Cold or the Flu?	4

“ Your Fitness is 100% mental
Your body won't go where your mind doesn't push it.”

unknown

NUTRITION

Preserving the Harvest

Fall is the time to enjoy the beautiful colours around us as we walk outside in the beautiful trees or sit down to a meal with our families and friends. Colour your plate with a variety of fall vegetables and fruit and enjoy the fresh taste of local favorites such as squash, pears, pumpkin, cranberries, cabbage, grapes, sweet potatoes, apples or brussel sprouts. Eating vegetables and fruit of different colours can provide your body with a wide variety of vitamins, minerals and fibre that your body needs to be healthy.

Think in terms of colour- green, yellow-orange, red, purple. The next time you are at the grocery store, farmers market or eating out, remember to choose foods that will add colour and taste to your plate!

Did you get a little too excited about apple picking and maybe picked a few too many? Never fear, applesauce is here. Easy to make at home and freezable for future delicious use (or can it, using safe canning techniques)! Homemade applesauce is so easy to do: Just peel and core apples, chop them up, and cook in a pot with a little water over low heat until soft (about 20 minutes). Flavour with spices to taste (cinnamon and nutmeg are great!) and mash with a potato masher or blend in the blender. You can cook it in the slow cooker as well on high for 4-5 hours, the spicy scent will fill your home and make it smell like fall!



PUMPKIN MAPLE GRANOLA

Prep time: 5 mins

Cook time: 25 mins

Total time: 30 mins

Adapted from: Minimalist Baker

Serves: 18 (about 8 cups total)

Ingredients

3 cups rolled oats

1 cup roasted unsalted sunflower seeds

1 cup raw pumpkin seeds (pepitas)

3 Tbsp sugar

$\frac{1}{4}$ tsp salt

1 tsp pumpkin pie spice

$\frac{1}{4}$ cup oil

$\frac{1}{3}$ cup maple syrup

$\frac{1}{3}$ cup pumpkin puree

Instructions:

Preheat oven to 340 degrees F.

Mix the oats, seeds, spices, sugar, and salt together in a large bowl.

In a small saucepan over medium-low heat, warm the oil, maple syrup and pumpkin puree and whisk. Pour over the dry ingredients and quickly mix with a wooden spoon.

Spread the mixture evenly onto two baking sheets lined with parchment paper (or bake in two batches) and bake for 23-33 minutes, stirring a bit near the halfway point. If you prefer chunkier granola, don't stir as it breaks up the clusters. Instead, just rotate the pans at the halfway point to ensure even cooking.

Once the granola is golden brown (usually about 25 minutes), remove from oven and let cool completely. It will crisp up as it cools.

Transfer to an airtight container.





Physical Activity



Cross Country Run

How do you get over 1100 ASD-W students active in one week? Cross Country of course. During the week of October 11-14th over 1100 elementary and middle school students took part in different cross country meets around the Fredericton and Oromocto areas.

The biggest event was held on Wednesday, October 12th at Nashwaaksis Middle school where the Fredericton Education Center Elementary District Championships were held. 876 students from grades 3-5 took part. That afternoon Bliss Carman Middle School won both the Girls and Boys **Hatheway Orthodontics** Middle School Championships (pictures above). To wrap up the week six Oromocto area elementary schools took to the LeRoy Washburn Field for an event that had 125 students take part with 25 student volunteers from the Oromocto High School Wellness class.



These events prove the importance the students, parents, teachers and volunteers place on promoting a healthy active lifestyle .

Help kids enjoy their way to a healthier lifestyle! One hour of physical activity every day: at home, at school, at play. Every step counts!



Internet Safety Tips for Parents and Teachers

Today's children are spending more time online, not just at school but at home too.

Although the internet can be a wonderful source of information and entertainment, it can pose a great risk for children.

What can you do?

- Closely supervise children's online activities
- Explain what the internet is and what it can be used for
- Make sure there is a good balance between online and offline time
- Know how to use parental control software at home
- Make sure children understand it is important to get parent's permission before sharing personal information or accepting anything online or offline
- Set a good example for your students or your children
- Help children build positive relationships with safe adults at home or at school



Not sure how safe your child is online? Take the Internet safety quiz at:

www.thedoorthatsnotlocked.ca

IS IT A COLD or THE FLU?

The Flu also known as influenza is a contagious respiratory illness. The flu is different from the common cold. Flu symptoms come on suddenly and may include: fever, headache, general aches and pains, tiredness, runny or stuffy nose, cough and sore throat. Symptoms of a cold are usually milder and generally do not result in serious health problems.

Did you know:

- The flu can be spread easily from person to person through coughing, sneezing, or talking
- The spread of the flu can be through direct contact with objects contaminated by the influenza virus
- The flu is a common infection of the airways and lungs that spreads rapidly
- The influenza vaccine is FREE for children up to 18 years of age at the pharmacy, health clinic or doctors office

Tips to Remember:

- Wash your hands frequently
- Regular cleaning of doorknobs, telephones, and keyboards can help
- Cover up when you cough or sneeze
- If you are sick, stay home!

To learn more and to find out where to get your flu vaccine, visit

Canada.ca/Flu

To learn more about cold versus flu, visit:

http://healthycanadians.gc.ca/publications/diseases-conditions-maladies-affections/table-cold-flu-grippe-rhume-tableau/index-eng.php?_ga=1.255581512.1131432311.1439913653

<http://www.cdc.gov/flu/about/disease/spread.htm>

IS IT A COLD OR THE FLU?



CSH Newsletter Produced and Edited by;

Pat Kilfillen (Oromocto),
Julie Carr (Oromocto),
Roberta Knox (Woodstock),
Julie McConaghy (Woodstock)
Kim Greechan (Fredericton)

Healthy Learners in School Program
Anglophone School District West.