

# Comprehensive School Health

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## Celebrating Diversity at Fredericton High School Creating Connectedness and Sense of Belonging

The Fredericton High School (FHS) Health Promoting Schools (HPS) Team planned a very special event this year to help meet the Positive Learning and Working Environment goal. Promoting a sense of belonging and purpose for students and the school community. FHS has a diverse student population including students from many cultures and backgrounds and many newcomers. The HPS team



held a “Celebration of Diversity” event during the evening of parent teacher interviews. Parents and students were invited to walk through the displays including various student clubs & booths: Kats Kitchen, Best Buddies, Safe Spaces, Youth for Christ, Multicultural club, and Positive Mental Health. Kingsclear First Nation performed drumming and also displayed First Nations materials and information about Kingsclear First Nation. Stanford Irish Dancers demonstrated dancing. Students from the HPS team created a booth asking students and parents to record their thoughts and feelings about being a Canadian and had many interesting responses! The Thomas Keats Organization also participated with Positive Mental health messages. FHS has a wonderful community partnership with the Thomas Keats Organization which has generously donated a Spin Bike to FHS to help encourage and assist mental health within the school community.

Fredericton High School  
**DivErSity**  
Showcase

April 6, 2017  
(Parent - Teacher Interview Evening)  
5:00 pm to 7:30 pm

Please visit displays and demos featuring our diverse school community along Main Street and in the Cafeteria

Celebrating diversity by recognizing that our differences enrich and strengthen our community

This event was one activity the HPS team at FHS planned for this year to help the school community become more aware of the diversity we have at Fredericton High School. The event’s goal was to help students, staff, families and the community feel a greater sense of belonging and purpose.



## What is Comprehensive School Health?

- Students that are healthy have better learning potential
- Schools have a great influence on student’s health and healthy behavior
- Fosters student well-being through healthy choices
- Promotes the inclusion of health in all aspects of school and curriculum
- Connections between health and education issues and systems
- The support of families and the community are necessary to help students be healthy

Adapted from: <http://www.jcsh-cces.ca/index.php/about/comprehensive-school-health/csh-highlights>



## Upcoming Events:

**Disability Awareness Week**  
May 28<sup>th</sup>-June 3<sup>rd</sup>, 2017

<http://www2.gnb.ca/content/gnb/en/departments/pcsd/promos/daw2017.html>

**National Aboriginal Day**  
June 21, 2017

Celebrate the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis  
#NADCanada

**National Health & Fitness Day**

June 3rd, 2017  
[www.nhfdcan.ca](http://www.nhfdcan.ca)

**Recreation and Parks Month**

<http://recandparksmonth.ca/>

**World Environment Day**  
June 5, 2017

<http://www.un.org/en/events/environmentday/>



## Healthy Eats for Hungry Minds

The parent volunteers move around the kitchen almost as if dancing- preparing dozens of grilled cheese sandwiches, one of the students' favourites. Accompanied by fresh veggies and fruit, they sell easily for 2 dollars, with staff dropping in to purchase leftovers. The Gesner Street Elementary School in-house lunch program has been a growing success story since beginning in February. Gesner Street staff have had this vision for a long time- hoping to get the kitchen up to standards to offer lunches made in house as well as expand their breakfast program. When the kitchen was upgraded, two parent volunteers, Jennifer Tucker and Melissa Moore, stepped up to the challenge. They started in February 2017 with one day a week and now offer fresh lunches twice per week. Melissa, a stay at home mom new to the area, has used this opportunity to get to know the teachers in her daughter's school, with her 4 year old happily helping hand out lunches and playing quietly in the lunch room while she and Jenn busily prepare the food. Jennifer has helped out in the past with the milk program, hot lunches and fundraisers, and feels the experience has helped develop her skills. Melissa says their "payment" as volunteers is classes applauding them when they bring the lunches and teachers thanking them for preparing such great food with such care. No food is wasted in the lunch program- both women are adept at bulk buying, shopping the sales and planning menus ahead to make their dollars stretch as far as they can. Even with the very affordable price tag, the programs have generated revenue- money that will be used to buy more equipment for the kitchen.



Any leftover food is offered to the breakfast program, run by Educational Assistant Sherry Fraser. Sherry has been running the breakfast program for 3 years. Prior to the new kitchen, they had minimal equipment, dishes and space for feeding students first thing in the morning. The new kitchen equipment has allowed Sherry to make homemade muffins and waffles, more efficiently toast bread and bagels, and store more fresh fruit, cheese and yogurt. With the help of parent volunteers and sometimes other Educational Assistants, the Gesner Street Breakfast Program feeds 30-40 students daily, and everyone is welcome.

Some students attend just for a social opportunity to start their day, chatting with their friends over a glass of milk. Sherry takes the time to plan offerings well in advance, and to present the fruit in a way that makes it look attractive. The students are proud to help out by writing up the menu board of what will be served that day. They take the time to wash their hands afterward, clean up when they are finished eating, and use good manners to maintain a quiet, calm atmosphere for breakfast. "They usually come in with a smile, and if they don't, they leave with one," Sherry says of the general perspective of the students. She loves to see the children happy and fed. At the end of breakfast, no matter how hectic, she is satisfied knowing that students have full bellies and are ready to learn.

Gesner Street Elementary School is fortunate to have Sherry, Melissa and Jennifer, as well as all of the other staff and volunteers, that help their students fuel their bodies with healthy foods so they can grow, learn and play. They are an ideal example of how, with some creativity and hard work, the whole school community can participate and benefit.

## Awesome Mini Mushroom Omelettes

**Preparation time:** 10 minutes

**Cook time:** 30 minutes

**Makes:** 12

### Ingredients:

- 1 Tbsp. (15 mL) canola oil
- 1 pkg. (227 g) sliced mushrooms
- 1 onion, diced
- 1 tsp (5 mL) Italian seasoning
- 6 slices ham or turkey (about 100 g), chopped
- 12 eggs
- ¼ tsp (1 mL) each salt and fresh ground pepper
- 1 cup (250 mL) shredded light old cheddar cheese



### Directions :

In a non-stick skillet heat oil over medium heat. Cook mushrooms, onion and Italian seasoning for about 10 minutes or until golden. Stir in ham.

In a large bowl, whisk together eggs, salt and pepper. Divide mushroom and ham mixture among 12 lightly sprayed muffin tins. Ladle egg mixture into muffin tins. Sprinkle each with some of the cheese. Bake in preheated 350°F (180°C) oven for about 20 minutes or until golden and knife inserted in centre comes out clean.

### Tip:

Try cooking up zucchini or peppers with the mushrooms to change up your omelette flavour.

**Per serving (1 muffin):** Calories: 138, Protein: 11g, Fat: 9g, Carbohydrate: 3g, Fibre: 1g, Sodium: 288mg

From: [EatRightOntario.ca](http://EatRightOntario.ca)

# Physical Activity



## Tips to get children sweating, stepping, sleeping and sitting the right amounts for optimal health

The 2016 ParticipACTION Report Card reveals an important relationship among sleep, physical activity and sedentary behavior. Many kids are too tired to get enough physical activity during the day, and not active enough to be tired at night – it's a vicious cycle. According to the new 24-Hour Movement Guidelines for Children and Youth, a healthy 24-hour period includes a combination of high levels of physical activity, low levels of sedentary behavior and sufficient amounts of sleep. Children need to sweat, step, sleep and sit the right amounts for optimal health – here's how:

### **Limit sedentary behavior including screen time, and take screens out of the bedroom!**

- Turn screen time into active time by encouraging outdoor play, rather than turning on the TV or computer.
- Remove TVs and computers from kids' bedrooms.
- Make sure kids know decreased screen time is not a punishment.
- Ensure children receive no more than two hours per day of recreational screen time by developing household rules.
- Limit sitting for extended periods.

### **Make physical activity a key part of your child's day**

- Ensure your kids get an accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities.
- During this 60 minutes, try and ensure that your kids get some vigorous physical activities—and, muscle and bone strengthening activities should each be incorporated at least three days per week.

### **Ensure your kids have consistent routines, including bed times**

- It's important for kids to have a schedule and do things at around the same time each day. Whether it's waking up or going to sleep, eating meals, or participating in extra-curricular activities, having a structured routine will help them sleep better and in turn, be more active during the day.
- Kids should get 9 to 11 hours of sleep per night for those ages 5 to 13 years, and 8 to 10 hours per night for those aged 14 to 17 years. Establish consistent bedtime and wake-up times so they become habit.
- Don't let weekends be the exception! Encourage your kids to go to bed and wake up at the same time on the weekends to keep schedules consistent.

### **Be a good role model**

- Keep a consistent schedule. Making a point of keeping a routine will set an example for your kids!
- Promote a positive, active lifestyle and practice what you preach! It's important for kids to see adults being active and spending time outdoors, doing things such as running, walking, gardening or lawn work.

Adapted from:

<https://www.participaction.com/sites/default/files/downloads/2016%20ParticipACTION%20Report%20Card%20-Tip%20Sheet.pdf>



## Special Olympics Unified High School Basketball Championships

The first Play Unified High School Basketball Championships took place at the Richard J. Currie Center on May 6 with four schools competing: Oromocto High Blues, Leo Hayes High Lions, Fredericton High Black Kats and Stanley High Blue Devils. The teams played 3 on 3 basketball. For many students this was the first meaningful sport opportunity they were able to participate in as a representative of their school. Coaches have seen growth within their teams both on and off the court. Special Olympics New Brunswick is already looking to expand the program next season and are hoping for at least a dozen teams in 2018. Other sports that potentially could be included are: floor hockey, bocce and soccer. Funding and support may also allow this opportunity to expand to middle school inclusion in the future!





# Be Safe...Reduce Risk



## How Can I Talk to My Kids About Sexuality?

It's common for parents and kids to feel embarrassed or uncomfortable when talking to one another about sexuality. In time and with practice, it does get easier. The key is to keep the conversation open and ongoing. Listening to children shows them that you're interested in and respect what they have to say. You may not always agree with what you hear but it is important to listen.

### **In talking with your child or adolescent, it may be helpful to:**

- Encourage your child to talk and ask questions
- Maintain a calm and non-critical atmosphere for discussions
- Use the correct words
- Try to determine your child's level of knowledge and understanding
- Keep your sense of humor and don't be afraid to talk about your own discomfort

-Encourage positive and healthy relationships

-Be open in sharing your values and concerns

-Look up information together when you are not sure of the answer

-Discuss the importance of responsibility for choices and decisions

Talking about sexuality is key to raising sexually healthy kids and parents play the main role in fostering a healthy attitude toward sexuality.

Adapted from [www.peelsexualhealth.ca](http://www.peelsexualhealth.ca)



## Are You Sun Smart?



It is important to educate your students on sun safety. There are many positive effects of the sun including warmth, light, and enhancing people's mood. Keep in mind that UV rays are strongest between 10 am and 4 pm when most outdoor school activities are taking place. Even on cloudy, overcast days people can get an unexpected sunburn and skin damage.

### **Here are some sun safety tips to remember:**

**Sunscreen**- Teachers are not expected to apply sunscreen to students, but by having strategies in place students can be reminded to apply sunscreen which will reduce their risk of sun damage. Encourage parents to pack sunscreen that suits their child's skin (SPF 30 or higher).

**Shady play** – Use outdoor spaces that provide good quality shade for outdoor activities. Choose environments with trees, shrubbery, and broken ground.

**Outdoor gear** – Encourage students to cover up during outdoor activities. Wearing long sleeve shirts and pants, wide brim hats, and sunglasses with 100% UV protection will help protect against sun exposure.

Teachers can be good role models and practice sun safety. This will not only reduce your own risk of sun exposure and skin damage but will also teach your students sun safety practices.

**Remember:** Slop on sunscreen, slip on a long sleeve shirt/pants, slap on a wide brim hat, slide on sunglasses, and seek shade.

Adapted from:

<http://www.sunsmart.com.au/>

<http://www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php>

<http://kidshealth.org/en/parents/sun-safety.html>

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