

Comprehensive School Health



Helping Your Child Develop Social Skills

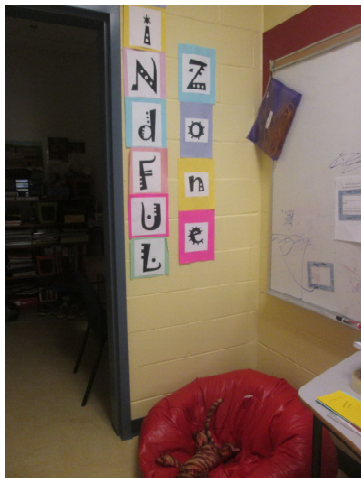


As children grow, friends become more important. Friends help children learn social skills like co-operation, communication, empathy and conflict resolution.

Some children have trouble in social settings because of shyness, conflict, teasing or impulsive behavior. Parents can do a great deal to help their children become socially successful.

- Use family time to teach your child important lessons. Example, sharing, respecting privacy and treating people the way they want to be treated.
- Model positive social skills by sharing how you handle hurt feelings, arguments and misunderstandings.
- Teach good manners and practice them with your children. Manners give children lifelong skills and a lack of manners can cause difficulty with friends, family and teachers.
- Encourage your children to bring friends home. This gives you a chance to get to know your child’s friends and to see how they interact together. This also lets your child know you support their friendships.
- Encourage children to talk to you when problems arise with their friends. Sometimes just talking about an issue will help your child with problem solving.
- Help your child explore different social settings. Team sports, clubs or youth groups give them an opportunity to meet other children with similar interests.

Adapted from Sheppell.fgi



Mindful Zone and tools located outside the gym at the Lincoln Elementary Community School.

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Celebrate Nature

To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.

-Helen Keller

Food Safety Tips for Barbequing

It's the season for picnics, cookouts, and other outdoor events. Cooking and eating outside in warm weather presents food safety challenges. Bacteria in food multiply faster in temperatures between 4° C (40°F) and 60 °C (140 °F), so summer heat makes food safety important.

Below are some steps that you can take to reduce your risk of developing a foodborne illness.

At the store

Buy cold food at the end of your shopping trip.

Put packages of raw meat in separate plastic bags to keep meat juices from leaking onto other foods.



Storing

Refrigerate perishable foods within one to two hours. For longer transport times, consider bringing along an insulated cooler with ice packs to hold your perishables.

Marinate meat in the refrigerator, not on the counter. If you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Do not reuse marinade that contains raw meat.

Cleaning:

Remember to wash your hands and other utensils, like cutting boards, countertops and knives carefully with warm soapy water before and after handling raw meats/foods. This helps to avoid cross-contamination and prevents foodborne illness.

Cook food thoroughly

Use a food thermometer. Hamburgers should be cooked to 63°C (145°F). Chicken should be cooked to at least 74°C (165°F). If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

Keep Hot Foods Hot and Cold Foods Cold

Remember to keep foods at their appropriate temperatures until served. Hot food should be kept at or above 60°C (140°F) and cold foods should be held at or below 4°C (40°F).

Leftovers

Cool foods quickly. Discard any food left out for more than two hours. On hot summer days, don't keep food at room temperature for more than one hour. When in doubt, throw it out!!!

Grilled Fruit Kabobs

- | | |
|-------------------------------------|-----------------------------------|
| 1/4 cup (60 mL) butter | 3 bananas, cut into 4 pieces each |
| 2 tbsp. (30 mL) honey | 12 strawberries, hulled |
| 3 peaches, pitted and quartered | 12 skewers |
| 3 fresh plums, pitted and quartered | |

Place a large foil over grate. Preheat grill to medium heat. Melt butter and honey together over medium heat. Reduce heat to low and cook gently until thickened. Do not boil. Thread fruit on skewers. Place on grill and spoon butter-honey mix over each skewer. Grill until the fruit is softened (about 5 minutes). Flip the skewers and repeat. Enjoy.



Physically Active Classrooms

Physically active classrooms incorporate physical activity breaks, classroom energizers or moving activities into academic lessons. Physically active classroom efforts can be implemented within an existing curriculum to demonstrate cross-curricular connections but are not limited to or done as a sensory type break. The benefits to the students can be increased physical activity, improved on-task behavior, increased academic achievement and improved cognitive skill acquisition.

There is evidence that indicates that physically active classrooms increase physical activity levels for students and moderately improve their on-task behavior and academic achievement (Donnelly 2011, Norris 2015). Classroom activity breaks modestly but consistently increase students' physical activity levels (Barr-Anderson 2011, Norris 2015), on average, by 19 minutes of moderate to vigorous physical activity per school day (Bassett 2013). Students participating in classroom-based physical activities that incorporate academic concepts have significantly greater improvements in on-task behavior than students in other classrooms (Mahar 2011). In some studies, students in physically active classrooms show greater improvements in their standardized test performance than their peers (Donnelly 2011, Kibbe 2011). Creating a physically active classroom is generally a low or no-cost approach to increasing students' physical activity. The resources for accomplishing a set-up of this type of environment, would therefore be readily available to any classroom teacher within their school. Be active be safe! (Adapted from "What Works for Health")



New tool in schools

Brain Bikes; small, silent stationary spin bikes are used to help kids concentrate and strengthen brain connections promoting academic readiness and emotional regulation. There are over 100 bikes in use within ASD-W schools.

Lincoln Elementary Community School. (left)

Donald Fraser Memorial School (right)



POSITION STATEMENT ON ACTIVE OUTDOOR PLAY

Access to active play in nature and outdoors—with its risks—is essential for healthy child development.

We recommend increasing children's opportunities for self-directed play outdoors in all settings—at home, at school, in child care, the community and nature.

For more information visit www.participaction.com

Or Facebook at <https://www.facebook.com/ParticipACTION/>



screen-free week



May 2 - 8, 2016

<http://www.screenfree.org/>

Electronic Cigarettes and Vaping, Are They Safe?

Electronic cigarettes, also known as E-cigarettes have been around since 2004 and their use is still controversial. E-cigarettes are battery-operated vaping devices which mimic the smoking experience and are available with or without nicotine. They are available in a variety of retail stores, and often target young people by adding candy or fruit flavors. Although E-cigarettes containing nicotine are not legal in Canada, they are easily accessible and are becoming more popular with youth.



The newer vaping devices are more effective at delivering nicotine, similar to a regular cigarette. Recent studies show that newer devices generate more toxic chemicals such as formaldehyde because of higher temperatures. Health Canada and the World Health organization do not recommend the purchase and use of E-cigarettes for a variety of reasons including possible health risks and safety concerns. Although many people claim that E-cigarettes have helped them quit smoking, there is still no scientific evidence to support their claim. Children are led by example and use of E-cigarettes does not promote a tobacco free lifestyle. There is a concern by experts that E-cigarettes may be a gateway to tobacco use and nicotine addiction.

For more information on this topic visit the NB Anti-tobacco coalition website www.nbattc.ca or www.heartandstroke.ca



Vermiculture

Worm composting presentation to Mrs. Morgan-Paul's Grade 4 class at Summerhill St school by students from Fredericton High School.



<http://immunize.ca/en/events/niaw.aspx>

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