



Comprehensive School Health

Gagetown School Adopt a Grandparent

Gagetown School has partnered with the Gagetown and District Recreation Council and the Gagetown Special Care Home for a second year in a row to offer a unique experience for Middle Level students. The Adopt a Grandparent initiative provides an opportunity for students to take part in various engaging activities with local seniors. Research demonstrates that both seniors and youth learn from each other. Through board and computer games, interaction, reading stories and listening to the seniors' narratives, students continue to learn a great deal of history while reducing the risk of isolation for participating seniors. The lessons learned and memories will be long lasting for all participants!



November 20th is National Child Day

In 1991, Canada signed the United Nations Convention on the Rights of the Child. This commitment includes the opportunity for children to have a voice, be protected from harm and be provided with their basic needs and every opportunity to reach their full potential.

Celebrating National Child Day is about celebrating children as active participants in their own lives and in communities, as active citizens who can and should meaningfully contribute to decision-making.

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php>



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"A person's a person, no matter how small."



New school year, new school menu!

Anglophone School District West has signed a new one year contract with Chartwells, the food service company which provides meals in school cafeterias. Foods with maximum nutritional value will be offered daily and make up the majority of foods/beverages served in schools.

Some of the highlights of the new contract include a minimum number of two fruit choices and two vegetable choices to be offered daily, a daily whole wheat/whole grain choice, a promotion of local foods, and limits on how often foods with less than maximum nutritional value are offered.

A focus on environmentally friendly choices is also a part of the new menu.

Please take a moment to review your school's new cafeteria choices.

Fall Flavours

As the days get cooler and the colours on the trees start to change, fall brings many healthy options to add to lunches to keep tummies warm and full. Hearty soups and stews can be packed in a thermos and eaten with a roll and a glass of milk for a healthy balanced lunch. Soups and stews can easily be made in big batches and freeze well, meaning you can enjoy the fall flavours all season long.

Fun fall food activities can include apple picking ,a trip to a pumpkin patch (find the biggest pumpkin!), or a trip to the local farmer's market to look at all the fall produce.



Curried Squash and Apple Soup

Adapted from Sobeys Dietitians
Serves 8

Ingredients:

- 1 tablespoon (15mL) Olive oil
- 1 large onion, chopped
- 2 garlic cloves
- 1 tablespoon (15mL) Curry powder
- 1 teaspoon (5mL) Cumin

- 4 cups (100mL) Apples, peeled and chopped
- 1 medium squash, peeled, seeds removed, cubed
- 4 cups (100mL) chicken or vegetable broth, sodium reduced
- 1 can Coconut milk, light

Directions:

1. Heat oil in a large saucepan over medium heat. Add onion and saute until soft. Add garlic, curry and cumin and cook for one minute more.
2. Stir in apples, squash, broth and coconut milk. Bring to a boil, stirring often. Cover and reduce heat to low. Simmer for 25 minutes, stirring occasionally.
3. Puree soup in a food processor, blender or using an immersion blender.
4. Return soup to saucepan and cover. Reheat over low heat.
5. Garnish with plain yogurt or cilantro (optional).



ASD-W Carry the Terry Fox Torch



The Anglophone West School District decided to mark this 35th anniversary with a marathon of its own...one that spanned Western and Central New Brunswick and passed by each of our 70 schools in ASD-W. ASD-W staff members and students covered a 980 km stretch by walking, running, kayaking or biking over the course of one month (September 10 to October 7), challenging the students and staff to donate \$1 each, with the goal of raising \$26 000 for the continued fight against cancer.

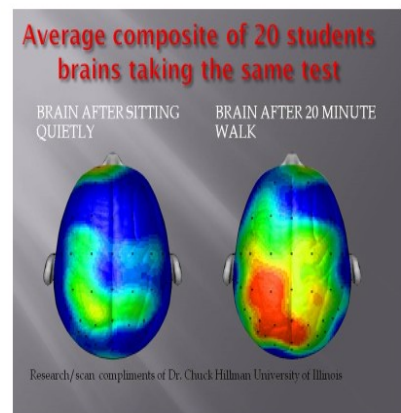
Exercising the Brain

Dr. John Ratey, an Associate Clinical Professor of Psychiatry at Harvard Medical School, has authored several books and over 60 peer reviewed articles on the topics of Aggression, Autism, ADHD, and other issues in neuropsychiatry. In one of his most recent books, entitled, *SPARK*,

Dr. Ratey successfully explained that the only true way we as a species can learn is by growing brain cells (Neurogenesis) and the **BEST POSSIBLE WAY KNOWN** to achieve this process is by exercising! Dr. Ratey suggests that as little as 10 minutes of moderate to vigorous physical activity can engage the “Learning part of the brain” for up to 3 hours.

Evidence suggests that with this specific brain growth one’s decision making improves, impulsive behaviour decreases and students’ ability to sit patiently and focus improves. The greatest way to maximize this effect is an increased Heart Rate in a fun social environment that promotes skill development... Sound familiar? According to Dr. Ratey, this can all become a reality with increased Physical Education and activity time during a typical school week.

(Adapted from an article written by Physical Education Specialist Alex Yaychuck)



Stay Active and Safe this Winter

Don't let cold weather prevent you from enjoying outdoor activities. Winter in New Brunswick requires proper clothing. Ensure children have a warm jacket and pants. Keep head and ears covered, protect fingers and hands with mitts (warmer than gloves) and wear waterproof footwear with a good tread.

Safety Tips for Common Winter Activities;

- Wear appropriate gear for the weather including a properly fitted helmet as needed
- Neck warmers are advisable instead of scarves. A scarf may get caught in ski lifts or other equipment
- Get lessons if your child is new to skiing or skating
- Know the terrain and be aware of obstacles or thin ice, time of darkness onset, etc.
- Choose ski trails that best suit your child's abilities
- Avoid skiing or skating alone
- Wear proper fitted skates and ensure blades are sharp and not rusted
- Ensure proper ice thickness when skating on frozen ponds, rivers and lakes (20 centimeters or 8 inches). Be especially careful on rivers that tend to have strong currents or winter ferry service nearby

Adapted from;



NB Trauma Program
Programme de traumatologie du NB

Ambulance NB New Brunswick Department of Health
Ministère de la santé du Nouveau-Brunswick

Horizon Health Network Vitalité Health Network
Réseau de santé Horizon Réseau de santé Vitalité

<http://horizonnb.ca/home/facilities-and-services/provincial-programs/new-brunswick-trauma-program/injury-prevention/teens/winter-activities.aspx>

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I think I'm pretty tough but
I'm not INVINCIBLE.

I tripped over a diving teammate during practice and hit my head on the boards.

My memory is foggy but I remember the doctor saying "You have a concussion!"

My headaches were really bad. I couldn't read simple sentences or count to ten. I wore sunglasses and couldn't watch TV. And when my dogs barked I would scream because it hurt my ears so much.

It's been 9 months and **I finally feel like myself again.** I can read books and I'm even starting to skate!

Don't learn about concussion the hard way. Know what to do, and keep your head in the game.

For Info Visit www.parachutecanada.org

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