

# 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*



## 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

¼ tsp salt

1 tsp pumpkin pie spice

1/4 cup oil

1/3 cup maple syrup

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 11-14<sup>th</sup> 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 12<sup>th</sup> 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](http://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](http://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://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.**