



**Celebrating Health Promoting Schools**

**Inside this issue:**

In December 2017, Mayor O'Brien of Fredericton laced up his sneakers and headed to Montgomery Street School to participate in some wellness activities. His support and enthusiasm were well appreciated by the school's Grades 2, 3, and 5 students and the FHS leadership class. The afternoon began with Mayor Mike joining Grade 2 and 3 as Grade 5 taught them why they need water, why their bodies lose water, and how they should rehydrate, and why drinks containing a lot of added sugar should be avoided. At the end of the session, Mayor O'Brien distributed Montgomery Street School water bottles to all of the participants for their use at school. Afterwards, the mayor headed to the gym to be with Grade 3 and the FHS Leadership Class. As health promoting schools, both institutions



reached out to each other three years ago. The result is a physical literacy program planned, prepared, and led by the FHS leadership class. It provides all the students involved, both young and old, with the skills (running, throwing, kicking, jumping), confidence and desire to be active throughout their lives. Before returning to City Hall, Mayor O'Brien took a moment to congratulate everyone on their efforts, and encourage them to make wellness a priority and enjoy the benefits of good health throughout their lives.

Submitted by: Curry Smith, Physical Education Specialist at Montgomery Street School. Daneen Dymond, Physical Education Specialist at Fredericton High School.

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**Fundraising Success at Saint Mary's Academy**

Since 2003, Saint Mary's Academy' Student Council organizes one main fundraiser every fall. Financially, the small school struggles to provide programs for students. The school is extremely thankful for the local community support they receive for this initiative from local businesses, students and parents. 40-60 volunteers show up at 7 am ready to get the job done. The Cafeteria becomes a buzz of activity, laughter, and cooperation. Music, coffee, flour-fringed eyelashes, the smell of fresh local apples and smiles everywhere. The motivation, investment, and enthusiasm seen each year is a reflection of the love that the students, parents and staff have for a wonderful school. The funds raised support programs and activities; special speakers and presentations; bus trips, things that couldn't be done without the extra funding.

Pictured: Saint Mary's Academy Fund-raiser Volunteers 2017.

Submitted by Chelsea Currie-Stokes  
BNRN



**Upcoming Events**

**January 31, 2018**

Bell Let's Talk Day

<https://letstalk.bell.ca/en/>

**February 28th, 2018**

Pink Shirt Day

<https://www.pinkshirtday.ca/>

**March 8, 2018**

International Women's Day

<http://www.swc-cfc.gc.ca/commemoration/iwd-jif/index-en.html>

**March 22, 2018**

World Water Day

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



## Positive Mental Health

### Caring for “YOU” : Tips for Positive Self Care

Think about your emotional well-being. Consider the particular demands or stresses you are facing and how they are affecting you on a regular basis. Give yourself permission to take a break from your worries and concerns. Recognize that dedicating even a short time every day to taking care of your own mental health will show you significant benefits in terms of feeling healthy and energized. Here are some simple ways to practice self care:

- Daydream – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it’s a beach, a mountaintop, a hushed forest or a favourite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.

- “Collect” positive emotional moments – Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.

- Learn ways to cope with negative thoughts – Negative thoughts can be insistent and loud. Learn to interrupt them. Don’t try to block them (that never works), but don’t let them take over. Try distracting yourself or comforting yourself, if you can’t solve the problem right away.

- Do one thing at a time – For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list. Take in all the sights, sounds and smells you encounter.

- Exercise – Regular physical activity improves mental well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.

- Enjoy hobbies – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.

- Set personal goals – Goals don’t have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.

- Keep a journal – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body’s resistance to illness.

- Share humour – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us well!

- Volunteer – Volunteering is called the “win-win” activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.

- Treat yourself well – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven’t talked to in ages. Whatever it is, do it just for you.



Adapted from: <https://cmha.ca/resources/mental-fitness-tips/>  
Chelsea Currie-Stokes BNRN



## **National Nutrition Month 2018**

March is Nutrition Month! Public Health Dietitians from Horizon and Vitalité, along with Dietitians of Canada, want to help you Unlock the Potential of Food to enhance your life, improve your health, inspire children, fuel your activities and bring people together.

Having trouble staying energized? Think about eating regular meals and snacks, as needed. Avoid going long periods of time without eating. Snacking can be part of a healthy eating pattern and is a great way to get all the nutrients the body needs in a day. Some healthy snacks may include vegetables with hummus, trail mix, fruit and nut butters and high fibre granola bars. Want to set your kids up for a lifetime of healthy habits? Teach them to shop and cook! Have your kids help make a grocery list and get them involved in the kitchen with meal preparation. This could include washing and chopping up vegetables and setting the table for a meal. This will give them the power to discover better health as they grow.

Lifestyle, including what we eat, is a major influence on disease prevention. Healthy eating habits that include vegetables, fruit, whole grains, healthy fats and healthy protein sources such as legumes, nuts, seeds, meat, poultry, fish and dairy may help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer. A bite of prevention goes a long way!

Food can promote healing! Food is crucial for the human body because it provides nutrients, which are used by the body for daily activity, growth, repair, and all bodily functions. Keep your immune system healthy by making better choices.

Food brings us together. Sit down and enjoy meals with family or friends! Sharing meals allows people to connect with each other, lets parents model good healthy habits, and improves quality of life by letting us stop and take a breath and appreciate the people around us and the food we are eating.

Don't know where to start? Try this recipe at home tonight!

Banana Lentil Muffins

Makes 12 servings

Cooking Time: 20 min

### Ingredients

1 egg, slightly beaten	
1/2 cup canola oil	125 ml
1/2 cup granulated sugar	125 ml
1 cup bananas, mashed	250 ml
1 cup lentil puree*	250 ml
1 tsp vanilla extract	5 ml
1 1/3 cup whole wheat flour	325 ml
1 tsp baking soda	5 ml
1 tsp baking powder	5 ml
1/2 cup raisins	125 ml

\*Lentil Puree: In a food processor, place cooked lentils (or rinsed and drained canned). For every cup (250 mL) of cooked lentils, add 1/4 cup (60 mL) water. Blend until smooth. Lentil puree has a similar consistency to canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed. Store in the refrigerator for up to 3 to 4 days, or freeze for up to 3 months

### Instructions

Preheat oven to 400°F (200°C). In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well. In another bowl, mix together flour, baking soda, baking powder and raisins. Stir into egg mixture until just combined. Spoon batter into greased muffin tins filling about 2/3rds full.

Bake for 15-20 minutes or until a toothpick inserted into center comes out clean. Cool and remove from muffin tins. Recipe provided by Canadian Lentils.

Submitted by: Public Health Dietitians (Zone 3)





# Physical Activity



## Being Physically Active

To help children develop habits that will last a lifetime, an active, healthy lifestyle must start early in life as it is the place where children practice their skills. Physical activity has benefits at every age, and helps kids:

- ◇ Keep their heart and lungs strong and healthy
- ◇ Become more flexible,
- ◇ Develop strong bones,
- ◇ Keep a healthy body weight,
- ◇ Lower the risk of several diseases and health problems,
- ◇ Improve their mood and self-esteem,
- ◇ Do better in school, and
- ◇ Feel better about their bodies.



Non-sport based activities appeal to more people in general than sport type activities. Some examples of idea/activities to do at home:

- ◇ Bush Walking, Power walking, Race walking, Cycling on and off road, skateboarding, swimming, dancing to music, playing tree tag, skating, sliding, etc. These are all examples of things one could do to engage yourself and your children in actively moving.

Submitted by: Ross Campbell BPE,BED, MED

## DEFINING OUR TERMS

### PHYSICAL ACTIVITY DEFINITION

**Physical activity is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves.**

SHAPE America

### PHYSICAL EDUCATION DEFINITION

**Physical education is an academic subject whose goal is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.**

SHAPE America

### PHYSICAL LITERACY DEFINITION

**Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.**

PHE Canada



# Be Safe...Reduce Risk



## Free Eye Exams and Corrective Lenses for Four Year Olds

Children need normal, healthy vision to learn basic school-required skills. Unfortunately, the Canadian Pediatric Association reports that 5% to 10% of preschoolers “have vision difficulties which...may interfere with the proper development of visual acuity<sup>1</sup>.” Left untreated, children with vision limitations can experience difficulty learning at school as 80% of classroom learning is considered visual<sup>2</sup>. In the statement “The Federal Role in Eye Health and Vision Care,” it is reported that one in four students have undetected abnormal vision and that 61 per cent of parents mistakenly believe they would know if their child is having vision problems<sup>2</sup>.” For these reasons, the New Brunswick Association of Optometrist **recommends children having at least one eye exam by age four**. Although early professional assessment and detection of any irregularities in normal vision is an important first-step to ensure readiness for school, some children start school without having had an eye exam.

To ensure that all children have the full potential to learn, the provincial government has announced that it will expand its “Healthy Smiles, Clear Vision” program on April 1, 2018 to provide free eye exams and corrective glasses for all four-year-olds who are not covered by a public or private health insurance program<sup>3</sup>. This expansion will include the government paying the deductible for those with existing health insurance. Under these changes, **all four year old children living in New Brunswick will have universal access to eye exams and corrective lenses prior to starting school**.

Ensuring that students have healthy vision aligns with the government’s education plan to improve educational outcomes and better prepare children to become life-long learners. For more information about the types of vision services and programs available to students, please contact your Healthy Learners in School Program Nurse.

Submitted by: Joanna Seeley RN BN

**Healthy Smiles,  
Clear Vision**  
De beaux sourires et  
une bonne vision

**1-855-839-9229**

Ensemble  
Déterminons  
l'avenir  
together

New Brunswick

### References:

1. <https://www.cps.ca/en/documents/position/children-vision-screening>
2. [https://opto.ca/sites/default/files/resources/documents/federal\\_role\\_in\\_vision\\_care\\_final\\_print.pdf](https://opto.ca/sites/default/files/resources/documents/federal_role_in_vision_care_final_print.pdf)
3. [http://www2.gnb.ca/content/gnb/en/news/news\\_release.2017.11.1440.html](http://www2.gnb.ca/content/gnb/en/news/news_release.2017.11.1440.html)



### Bike Helmet Safety

- Children’s head sizes change a lot as they grow, so helmets need to be adjusted or replaced as needed.
- Don’t buy a large helmet for your kids to grow in to. Helmets that are too big will not fit and will not protect your child.
- You can pass a helmet down to younger children in your family. Bike helmets can only be passed down if they have not been in a crash.
- Replace helmets after 5 years, or after a crash.
- When at the playground, have children remove helmets to play on equipment. The helmet or straps could get caught on a play structure and strangle your child.



*For more information about bike helmets and other types of helmet safety:  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)*

Adapted from: <http://www.cheo.on.ca/en/helmet-safety>  
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