



Celebrating Health Promoting Schools

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Health Promoting Schools

You may have heard the phrase, “It takes a community to raise a child”. This proverb of African origin remains relevant today as members of school communities work together to create networks and environments that support the healthy development of children and youth. The Health Promoting Schools (HPS) framework provides the foundation for engagement of community stakeholders in the planning and implementation of policies and practices that foster student health and learning. Many schools throughout ASD-W have adopted the framework and have established teams that may include school staff, students, parents, health providers and community leaders. HPS teams develop plans that are responsive to student wellness data (<https://nbhc.ca/new-brunswick-student-wellness-survey>) and informed by the healthy school planner (<https://www.youtube.com/watch?v=WIwGsh4KwQw>).



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Stanley Consolidated Breakfast Program

The breakfast program at Stanley Consolidated School feeds 90% of the K-12 students every morning. It also provides lunches and snacks every day for those students who need them. Items included are toast, cereal, cheese, juice, fresh fruit, yogurt and baskets of various snacks that go to the classrooms for the day. The program is run by school and community volunteers and is funded by school and community fundraisers and private donations. The combined effort from both school and community sectors has made this program a great success!

Keeley Collins, Teacher at Stanley Consolidated

For more information, contact your local Healthy Learners in School Program

FHS HPS Team Host Tech Free Day

Fredericton High School’s (FHS) Health Promoting School (HPS) team hosted a technology free Event on Dec 18th. The event was a success with a majority of homeroom students participating (1500-2000 students). Prizes from Radical Edge, Breathing Space Yoga, and the FHS book store were awarded by the HPS team. The response from both the students and staff was very positive and there are plans to incorporate additional “tech free” homeroom events this semester.

Daneen Dymond, Vice Principle, Fredericton High School

Upcoming Events

February 17, 2020
Random Acts of Kindness Day

<https://www.randomactsofkindness.org/rak-day>

March is Nutrition Month!!!

<https://www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2020>

March 22, 2020
World Water Day

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

CSH Newsletter Produced and Edited by: Jill Francoeur (Fredericton), Julie McConaghy (Fredericton), Shauna Miller (Fredericton), Gillian Salmon (Oromocto), Julie Carr (Oromocto), Joanna Seeley (Oromocto), Chelsea Currie-Stokes (Woodstock), Roberta Knox (Woodstock), Colleen MacDonald Briggs (Woodstock)



Positive Mental Health

Take your Mental Wellness to Heart

The month of February contains many different nationally recognized days that help us take care of our mental well-being, support others that are important to us, and even reach out to those we may not know well.



Heart Health is celebrated in February and taking steps to a healthy heart supports our mental fitness as well by living a healthier lifestyle and reducing stress. Celebrate Heart Health and improve your mental fitness by: eating a balanced diet, taking time to get some physical activity each day, balancing your work life to ensure time for family and social activities, and getting a good night's sleep.

Valentine's day is a time for us to recognize those personal relationships, especially with significant others in our life, which help us to stay connected and well, both in our heart and in our mind. Spending time with our family and friends fulfills a very important need for belonging and social connection.

Improve your mental fitness by thinking about a skill or strength that you have that can be used to help someone in your community. A perfect time to use these skills is on Random Acts of Kindness Day - February 17th. This nationally recognized day encourages us to reach out to our co-workers, classmates and our community to offer support, engage our neighbours and give a bit of ourselves to help others.

<https://www.awarenessdays.com/awareness-days-calendar/random-acts-of-kindness-day-2020/>

<https://www.heartandstroke.ca/get-healthy/reduce-stress/manage-your-stress>

<http://www.wmawellness.com/mf.php>

Roberta Knox, RN, Woodstock Education Center

Positive Mental Health Practices: Expressing Gratitude

“Gratitude” is a noun and is defined as “the quality of being thankful; readiness to show appreciation for and to return kindness”. For many people, choosing to express their gratitude is a practice they use in their daily lives. You may hear gratitude in the way that people speak to you. They may say:

- I'm grateful for your time.
- I'm thankful for your friendship.
- I'm truly grateful that you believed in this idea.
- I feel blessed to have such great coworkers.

Showing gratitude towards others can be a great motivator. It can give someone a needed boost to do their best, or they may even pay it forward to uplift someone else in a positive way. Ways to show gratitude to others include:

- Engaging in gratitude visits to express thankfulness or appreciation
- Keeping gratitude journals (writing down three things daily for which you are grateful)
- Distributing daily gratitude cards (e.g., handing out five written expressions of appreciation to coworkers each day)

By engaging in these positive activities in your daily life, you can build great relationships with those around you, and create a positive environment. This may strengthen your circle of support at home, at school or even in your workplace.

Chelsea Currie-Stokes, BNRN, Woodstock Education Centre

<http://www.wmaproducts.com/resiliency/>



Physical Activity



School and Sport Make Great Partners

The relationship between sport and education is important. Like most good relationships, it is one where both sides benefit from working together.

From a sport perspective, there are many ways that we can benefit from working with the education sector. The school setting is where we have most of our children coming together on a regular basis. This provides an opportunity for them to learn, and one of the things they can be learning about is sport and physical activity. Particularly in the early grades, having students learn fundamental skills, such as jumping, running, catching and throwing, can be vital for them to have an active and healthy future.

When children learn these fundamentals, they are then much more likely to develop basic sport skills, which can provide them with options for participating in a sport of their choice. Many school sport programs provide chances for kids to take part at a variety of levels, from intramural to varsity.

On the education side, there are also many benefits, although they many not be as widely known. Many studies have highlighted the positive link that can occur between sport and physical activity and academic achievement. Participating in sport can not only help our youth be physically healthy but can help improve things like cognitive and memory function, leading to better academic performance. In addition, qualities that sport can help develop such as teamwork, discipline and perseverance can have a positive impact on a childs school experience.

Adapted from: Jamie Ferguson, Chief Excutive Officer, Sport Nova Scotia; Sports Quarterly December 2019, Issue 75 pg 2

NBA 2 Ball Basketball Shooting Competition, Centerville Community School





The Other Side of Food

When thinking about healthy eating, food is often the first thing that comes to mind. We seem to forget to look at the big picture. Healthy eating is so much more than what we eat. It also includes everything that surrounds food. Let's take a closer look to see what healthy eating is all about.



Food is not only used for the purpose of eating. We use food to celebrate, to gather and even to show love. The environment in which you are eating, the people around the table, or even what you feel when eating your favorite meal are also a big part of healthy eating.

Share your meals with the people you love. Sit down with friends or family at mealtimes. Have conversations and share stories when eating meals with others. Do not wait until the next special celebration to eat together. Make time to do so, as often as possible.

Help develop your children's cooking skills. Start by having them help to cook meals. They can help peel vegetables, set the table or even help with the dishes. Soon, they will start to gain confidence in their abilities, and they will be more independent. Those skills will be helpful throughout their life.

Enjoy your food. Take the time to taste every flavour. By being more involved with the preparation of food, you will look at meals differently. You might enjoy it even more. Consider planting an herb garden or plant some seeds this spring that you can transplant later. Be open to try something new. It can take a few tries sometimes before starting to enjoy a new taste.

These key messages help you see beyond food itself and be more mindful about your eating habits. This is a big part of what healthy eating really is. For more information please visit the new Canada's Food Guide's website at Canada.ca/FoodGuide/

If you have any questions regarding the new Canada's Food Guide, consult a dietitian at your local Public Health office.

Kim Martin, Dietetic Intern

Sweet Potato and Molasses

Cookies

Ingredients

2 small sweet potatoes, about 1 lb (450 g)

2 cups (300g) unbleached all-purpose flour

1 tsp baking soda

½ tsp ground cinnamon

½ tsp ground ginger

1 pinch salt

½ cup (115 g) unsalted butter, softened

¾ cup (180 ml) molasses

1 egg

Reference:

Ricardocuisine.com/en

Preparation

1. With the rack in the middle position, preheat the oven to 350°F (180°C). Line two baking sheets with silicone mats or parchment paper.
2. Using a fork, prick the sweet potatoes a few times and place on a plate. Cook in the microwave oven for 6 minutes or until tender, turning halfway through cooking. Let rest for 5 minutes. Cut in half and scoop the flesh into a large bowl. Mash with a fork. You will need 1 cup (250 ml) of mashed sweet potato. Set aside.
3. In a bowl, combine the flour, baking soda, spices and salt.
4. In another bowl, cream the butter and molasses with an electric mixer. Add the sweet potato and egg. Mix until combined. Add the dry ingredients and mix on low, or with a wooden spoon, until the dough is smooth.
5. Using a 3-tbsp (45 ml) ice cream scoop, shape the cookies and place them on the prepared baking sheets.
6. Bake one sheet at a time for 15 minutes or until cooked but still moist. Let cool for 10 minutes before serving.



Be Safe...Reduce Risk



Health Canada's "Consider the Consequences of Vaping Awareness Tour"

As of February 2019, Health Canada has offered the "Consider the Consequences Vaping Awareness Tour" to middle and high schools across Canada. Oromocto High School hosted the tour in November and all their Grade 9 students participated. Ridgeview Middle School's "Teens Against Tobacco Use" group also attended during their lunch hour. The goal of the tour is to educate students on the facts about vaping so that they can make informed decisions.

Did you know?

- Vapes are sometimes called e-cigarettes, vape pens, e-hookahs, or some other version of those names. Devices come in a variety of shapes and sizes, and can be mistaken for a USB flash drive.
- Vapes can contain high amounts of **Nicotine** which can alter brain development in teens causing memory and concentration issues. Vaping can also lead to addiction and lung damage. Long term effects of vaping are not yet known.
- To encourage youth to try vaping, tobacco companies sell over 7,500 types of flavoured "e-juice" like caramel and chocolate. Flavoured e-juice can contain **Diacetyl** and **Acetoin** which are not safe to inhale into your lungs.

Resources about vaping (including posters, mirror clings, tip sheets and student activity sheets) are available at: <https://www.canada.ca/en/services/health/publications/healthy-living.html#smo.8>

To request a Tour please visit the following site: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/consider-consequences-vaping-awareness-tour.html>

References: <https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html>

Submitted by: Julie Carr RNBN, Oromocto Education Center, Healthy Learner Nurse

ASK ME ANYTHING: A NEW BRUNSWICK SEXUAL HEALTH EDUCATION SURVEY

Are you a New Brunswick parent, step-parent or guardian of a child 18 years or younger?

Horizon Public Health and Vitalité Public Health are conducting a research survey. The feedback from the survey will help to inform the development of resources to support New Brunswick parents in providing sexual health education to their children.

Complete a **5-10 minute** survey for a chance to win a \$25 gift card!

<http://bit.ly/askmeanythingssurvey> [Research Study](#)

Questions? Please call 1-506-658-2454

