



# Comprehensive School Health

## Mental Health Week

It is important to recognize that health is not just about physical health, but also about mental health.

Mental illness affects 10-20% of Canadian youth, but only 1 out of every 5 who need help will actually receive it.

To cope with stress:

- Believe in yourself
- Walk in the Rain
- Say “No” more often
- Take a deep breath, breathe slowly
- Prepare ahead
- Watch a funny movie
- Smile, dance, stretch
- Give a hug; ask for a hug

- Relax!
- Walk the dog
- Simplify!
- Set priorities
- Get up early
- Be optimistic
- SAVOUR A MEAL; take the time to enjoy every bite
- Talk and Listen to your family, friends and coworkers.



Try it today! Be mindful of the moment!  
(Canadian Mental Health Association)

Renee Cool, RD, Healthy Learners in School Program, Anglophone West School District

## Nashwaak Valley Elementary School Wins the Outdoor Classroom!!!

Nashwaak Valley Elementary School will be receiving an outdoor classroom for their school after being the winner of the Majesta Trees of Knowledge competition.



After four weeks of voting across Canada they have done it! “We can’t believe the overwhelming support from New Brunswickers, Maritimers in general and all across Canada.” stated Carla Kolada. During the voting period the school community did about 75 items to gather support. These included creating their own mascot, visiting people in the community, connecting with local businesses, advertising and social networking. “We were the smallest school in the Top Ten and we really thought ‘how is this all going to play out, how are we going to be able to reach enough people?’ But it was amazing to see the snowball effect,” said Carla Kolada.

The \$20,000 classroom includes a consultation from Tree Canada and outdoor learning curriculum support from Focus on Forests. The classroom will include a covered seating area with a chalkboard, music station and weather centre. Their motto was ‘the little school that knew it could’ and they did it!

Jackie Firlotte stated “We are thankful to the Nashwaak Valley community who synergized and energized to obtain our common goal of winning first place. We also want to thank Majesta for this awesome experience”. (From the Daily Gleaner, May 29th, 2014)

Marg Milburn, RN, Healthy Learners in School Program, Anglophone West School District

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“The secret of getting ahead is getting started”

**Mark Twain**



Ready to talk? .....Kids Help Phone: 1-800-668-6868



## Gardening, It's that time of year!

Are you a beginner? No problem. Start small. Try a fresh herb garden. Container gardening is a useful method of growing small vegetables and herbs. Herbs can include basil, parsley, chives, rosemary, thyme and mint (mint is very invasive, plant in it's own container). You can use pots, window boxes, hanging baskets, or little planters on a window sill. Once you've chosen your herbs...start planting! (If you're starting from seeds, sow into moist soil and cover with 1/2 inch of soil on top. The seeds should germinate in about one week.)

If you're using a pot or container for seedlings, follow these steps:

1. Ensure proper drainage by filling the pot with a shallow layer of course gravel. Fill the pot about 1/2 full with soil.
2. Remove the plastic pot, tap it so you can easily slide the plant and all of its soil out, and place the plant and all of its soil into the hole in the soil of the new pot.

Water at the base of the plant when the soil begins to feel dry, at least once per week. Wait and enjoy!

Renee Cool, RD, Healthy Learners in School Program, Anglophone West School District

## Eating for Wellness



Students of Michelle Edgin's class at Donald Fraser Memorial School participated in the school's "Go for the Green" event on Saint Patrick's Day. Staff used the day to promote eating healthy green food choices. The student's in Edgin's class enjoyed making and eating guacamole with a variety of veggies and fruit.

## Move Your Feet challenge Winner!



Congratulations to Nackawic Elementary School for winning the Move Your Feet Challenge! Students averaged 130 minutes per student per day of activity! The Challenge was a partnership with classes of grade 2 students in Anglophone West, Doctor's For You and the Healthy Learners in School Program.

## Blueberry Granola Bars

### **Ingredients:**

- 1/2 cup (125 mL) honey
- 1/4 cup (60 mL) firmly packed brown sugar
- 3 Tbsp. (45 mL) vegetable oil
- 1 1/2 tsp. (7.5 mL) ground cinnamon
- 1 1/2 cups (375 mL) quick cooking oats
- 2 cups (500 mL) wild blueberries (fresh or frozen)



### **Directions:**

Preheat oven to 350°F (178 °C). Lightly grease a 9x9-inch square baking pan. In a medium-size saucepan, combine honey, brown sugar, oil, and cinnamon, and bring to a boil. Continue boiling for 2 minutes; do not stir.

In a large mixing bowl, combine oats and blueberries. Stir in honey mixture until thoroughly blended. Spread onto the prepared baking pan, gently pressing mixture flat. Bake until lightly browned, about 40 minutes. Cool completely in the pan on a wire rack.

Cut into 1 1/2" by 3" bars. Makes 18 bars

For more recipes, visit [www.dietitians.ca](http://www.dietitians.ca)

## NB Student Wellness Survey

The New Brunswick Student Wellness survey is a provincial initiative of the New Brunswick Department of Healthy and Inclusive Communities. Data collection and analysis is carried out by the New Brunswick Health Council (NBHC) in cooperation with the Department of Education and Early Childhood Development. The purpose of the survey is to examine the health and wellness attitudes and behaviors of students in the areas of mental fitness, healthy eating, physical activity and tobacco use. The most recent survey took place in the 2012-2013 year and approximately 35,000 students participated. Below are a few highlights for grades 6-12 in the Anglophone School District West.

### **Health Eating:**

- 43% of students eat 5 or more fruits or vegetables per day.
- 65% of students eat dinner with at least one parent, step-parent or guardian.

### **Physical Activity:**

- 62% of students spent at least 60 minutes per day doing hard or moderate physical activity.
- 22% spend 2 hours or less per day of screen time.

### **Tobacco use:**

- 41% of students live in a home where at least one parent (or step-parent or guardian) smokes.

### **Mental Fitness:**

- 25% of students have a low level of mental fitness compared to 23% have a high level of mental fitness.
- 74% have a high Competency, 67% have a high Autonomy and 73% have a high Relatedness level
- 87% felt they have a strong level of school connectedness.



New Brunswick Student Wellness Survey, Anglophone West School District. New Brunswick Health Council, 2012-2013.

<http://web1.nbed.nb.ca/sites/ASD->

[W/HealthyLearners/Documents/Interesting%20Important%20Information/Anglophone\\_West\\_School\\_District%20\(2\)\(2014\).pdf](http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Documents/Interesting%20Important%20Information/Anglophone_West_School_District%20(2)(2014).pdf)

Renee Cool, RD, Healthy Learners in School Program, Anglophone West School District

## Parachute's Safe Kids Week 2014 is June 7 to 14

This year, the focus is water safety and drowning prevention.

### **Safe Swimming. Safe Splashing. Safe Kids.**

Did you know that in the last 10 years more than 570 children have drowned in Canada? This is equal to almost 10 school buses.

#### **Important Water Safety Tips:**

##### **Stay Close, keep visual and listen.**

- Adult supervision is key -- 90% of all shallow water drowning deaths occurred when the adult was absent.
- Stay within sight and arm's reach when a child is in or NEAR water including pools, bathtubs, and open bodies of water like lakes, rivers and oceans. Put down electronic devices - listening isn't enough to prevent drowning.

##### **Life Jackets = Life Savers.**

- Wearing a lifejacket can prevent drowning -- 87% of Canadians who drown are either not wearing a lifejacket or do not have it secured properly.
- Young children under 5 years of age and weak swimmers should wear lifejackets when they are in, on or around the water.
- You and your child should always wear lifejackets when riding in a boat.

##### **Fence it, Prevent it!**

- Almost half of all child drownings happen in backyard swimming pools. Researchers estimate that 7 out of 10 child drowning's can be prevented with four-sided pool fencing. Install a 1.2 meter high, four-sided fence with a self-closing, self-latching gate around your home pool.

##### **Swimming lessons do save lives.**

- Enroll your children in swimming lessons. Swimming lessons allow children to gain confidence around water. But remember, lessons don't provide children with special protection, supervision is always needed.

##### **Be Prepared.**

- Get trained in water skills, swimming skills, CPR and first aid.

For more information, visit [www.parachutecanada.org](http://www.parachutecanada.org)

Marg Milburn, RN, Healthy Learners in School Program, Anglophone West School District





## Children Upcycle at Barkers Point Elementary School

Upcycling is the process of making used goods or waste material into something that is often better than the original. There are a number of items which can be collected from school and the community to help schools raise some extra funds and reduce what is going into the landfill at the same time. It is easy to do if you get a team of champions and get the word out to the students, staff, families and community.

For the children and staff at Barkers Point Elementary School, Earth Day is everyday. Krista Touesnard and a group of students from grade two to five are making money out of garbage! Children sort the items and they are shipped to Terracycle to be transformed into something else. These items would likely have ended up in the landfill!!

More school communities can certainly join in! For more information go to [www.terracycle.ca](http://www.terracycle.ca)

Marg Milburn, RN, Healthy Learners in School Program, Anglophone West School District



## June 2nd to 6th is Sun Awareness Week

### Be Safe in the Sun!

We all love the sun, but too much can be harmful; leading to *wrinkles*, *age spots* on the skin and even *cancer* (number one cause of *skin cancer*). You don't have to avoid the sun, but it is wise to take a few precautionary steps to be safe with high UV rays. It's never too late to begin protecting yourself from the sun.



#### **Follow these tips to help prevent sun-related skin problems:**

- Stay in the shade when possible
- If you are going in the sun, "Slip! Slop! Slap! And Wrap"  
(Slip on a shirt, Slop on Sunscreen, Slap on a hat and Wrap on sunglasses to protect the eyes and skin.)
- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then repeat every 2 hours. Apply more frequently if you are sweating or swimming.
- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long sleeved shirts, and pants
- Avoid direct sun exposure as much as possible during peak UV times, (10 a.m. and 2 p.m.)
- Avoid tanning beds and sunlamps

Renee Cool, RD, Healthy Learners in School Program, Anglophone West School District

## Notice for Middle School and High School Parents



Do you have a child who will be in grade 7 or grade 9 next year?

#### **Did you know?**

- Several important vaccines are offered to students in grades 7 and 9 in New Brunswick
- These vaccines are free
- These vaccines are given at the school by Public Health Nurses

#### **Grade 7**

- All students are offered a vaccine that protects against tetanus, diphtheria, and whooping cough
- Female students only are offered a vaccine that protects against the human papillomavirus (HPV), which is the leading cause of cervical cancer. It will also protect them against viruses responsible for 90 per cent of all genital warts.

#### **Grade 9**

- All students in grade 9 are offered a vaccine that protects against 4 types of meningitis.

For more information:

Fredericton/Oromocto: 453-8252

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ANGLOPHONE WEST SCHOOL DISTRICT