



Comprehensive School Health

Spring is in the Air so let's practice

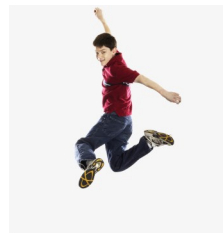
Joyfulness

Joyfulness is being filled with happiness. It is a peaceful sense of well-being. Joy is inside us all. It happens when we appreciate the gifts each day brings. Joy comes when we are doing what we know is right, and when we laugh and see the humour in things. If we are joyful even in turmoil we stay calm and serene. Joy is the inner sense that can carry us through the hard times. We look forward to things changing for the better.

Joyfulness is looking forward to your day and knowing that it will be good. Find ways to have fun in your work and in your play. Enjoy the simple pleasures life has to offer and have a joyful summer!

Jackie Firlotte– Principal Nashwaak Valley School

Virtues Project



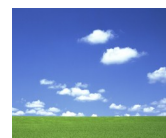
Emotional Health

Emotional health has a major influence on the general well-being of young people at home, at school and in their communities. Negative changes in emotional health can disrupt relationships, put one at increased risk of developing mental illness, limit financial and/or academic opportunities and present a variety of other obstacles in the journey through life. Conversely, youth who are given the skills and the opportunity to practice positive emotional health strategies will be better equipped to handle the inevitable stresses of young adulthood and beyond. As adults, we need to be sensitive to the needs of young people, able to recognize changes and support them in managing their emotional health.

In 2006, the World Health Organization published a study entitled “Health Behaviour in School-Aged Children”. This was an examination of health behaviours from 41 countries around the world, including 9 672 Canadian youth. In examining the data specific to Canada, the Public Health Agency of Canada created a factsheet which revealed a very interesting picture of the emotional health of Canadian youth in grades 6 through 10.

Gender and age both had an influence on the reported emotional health of youth. Starting in middle school, from 20 - 40 % of young people reported feeling depressed, helpless, bad tempered and irritable at least once a week. In grade 6, these numbers showed no significant gender difference. As students got older, the percentage of girls reporting these symptoms increased while the proportion of boys reporting these symptoms remained the same. This gap appeared to increase with age. Levels of self-confidence also tend to decrease for both genders steadily from grade 6 to grade 10. It appears as though emotional health issues are presenting difficulties to a significant number students beginning at a very young age and that, especially for girls, these difficulties seem to increase as individuals get older.

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Emotional Health

There are a number of factors that appear to have a positive correlation with good emotional health in children. Strong relationships and a good attitude towards school are more evident in emotionally healthy individuals. Students who reported having good communication and a trusting relationship with their parents/guardians appeared to have a higher level of emotional health. Similarly, students who reported feeling good about school and social interactions also appeared to be more emotionally healthy than their peers.

There is no single factor that will ensure emotional health of individuals. Dealing with each person as an individual rather than a member of a demographic group is essential in giving young people the best chance of being happy and enjoying the benefits of good emotional health. It is incumbent on parents, teachers, support staff and community members to make our school and communities a positive place to be. We also need to encourage positive relationships with peers and with adults in order to give everyone the best chance at success. Academic success is difficult, if not impossible, to achieve without first ensuring that individuals are both emotionally and physically healthy. Combining the knowledge of the resources available with the careful monitoring of the emotional health of students, we can all work towards giving young people the best possible chance to become responsible, active adult members of society.

Tom Patterson

Guidance Counselor– Garden Creek, Connaught and Keswick Ridge Schools



Play and Stay Hydrated During the Hot Summer Months!

Children need more fluid to stay hydrated in hot weather and when they are physically active. They are often so busy they forget to drink and can easily become dehydrated.

Children aged 4-8 years old should have at least **1250 ml** (5 cups) of fluid daily.

Children aged 9-13 years old should have at least **1750 ml** (7 cups) of fluid daily.

Tips to keep active children hydrated:

- Have children drink before heading out to play and call them in frequently for drinks.
- Encourage regular breaks in the shade when the sun is hot.
- Keep drinks cool whenever possible and offer beverages that your child enjoys.
- Offer snacks that have high water content, such as fruits and vegetables.
- Choose water to drink when thirsty. Limit fruit juice to 125ml to 250ml a day. If you offer sugar sweetened beverages, do so only rarely and in small amounts.
- Always keep water readily available at school or at play.
- Enjoy other fluids such as skim, 1% and 2% milk or 100% vegetable juice.



Icy Fun Lemonade

125ml (1/2 cup) freshly squeezed orange juice (or 3 oranges)

125ml (1/2 cup) freshly squeezed tangerine or clementine juice (or 3 tangerines)

60ml (1/4 cup) lemon juice (or 1 lemon)

375ml (1 1/2 cup) water

250ml (1 cup) ice cubes

15ml (1 tbsp) honey (or sugar)

1 fresh mint leaf (optional)

Mix all juices and water together. Add honey, ice cubes and mint leaf. Make 4 servings.

- * To mix it up, substitute ice cubes with frozen fruit juice (such as orange or pomegranate) in ice cube tray. Freezing fresh or frozen fruits (such as blueberries, raspberries, citrus slices) in ice cube trays half-filled with water. Top with more water and freeze again is another alternative for ice cubes.



How to Make Your Own Non-Toxic Foaming Hand Soap

Ingredients: Dr. Bronner's Castile Soap
Distilled Water
Tea tree oil
Funnel
Foaming Soap Dispensers (re-use ones that you have at home)



Step 1: Pour enough castile soap in a bottle to fill it about 1/5th full. For a 9 oz bottle use 2 oz.

Step 2: Fill the rest of the bottle almost to the top with the distilled water.

Step 3: Add 1-2 drops of tea tree oil. It has a strong scent so a little goes a long way!

Step 4: Screw on the lid and and shake lightly.

Step 5: Wash hands and enjoy the fresh smell and feel of clean hands!

Pumps which make your soap foam are available to purchase at various stores for the best foamy suds!

Marg Milburn

Public Health Nurse

Physical Activity

The Benefits of Skipping (Jump Rope)

Skipping is perhaps one of the easiest and most convenient forms of exercise imaginable – it can be practiced by virtually anyone, of any age and level of fitness.

Skipping is a favorite form of physical activity for students. It helps to demonstrate that exercise can be easy and fun, as well as helping to build self esteem and encourage competitive activity.



Outside Obstacles

It's that time of year again to get outside and create your own obstacle course. Invite your friends or neighbours to help build your course. They can even bring some of the "obstacles" for your track. Have fun and get creative. Challenge your friends over the summer and get your parents in the yard, too!



Park it Outside

Parks are a great place to spend time. Put it on your calendar to get to the park at least once a week. It's free, has built in fun and you and the kids stay active for hours. And if your park needs some TLC, chip in and do some clean up—that's activity, too!



Give Them Directions

Kids need to be involved in activities that take them away from their electronics. Mandate non-screen time for yourself and all family members. It's good for you relationships, your attitude and your well-ness.



Safe Swimming this Summer

Walking, hiking, biking and swimming are all great summer activities. Safety is of utmost importance when doing these activities to ensure your child reaps the benefits of being active without injury. Water safety is a must as drowning and water related accidents are the leading cause of death and injury for Canadian children.

Practice these safety tips when your child is around open water:

-Keep your child within your sight and easy reach when they are in or around open water. Stay within arms reach of any child that does not swim well and any children under the age of 5 years old.

-Do not rely on older siblings or friends of your child to keep them safe. Older siblings can often misjudge the depth of water or strength of currents, putting both themselves and younger children at risk.

-Learn how to swim or ensure an adult who is able to swim is around when your child is in the water.

-Ensure that young children and weak swimmers wear life jackets when swimming or boating. The life jacket should be the appropriate fit for your child's weight. Buckle the jacket and use all of the safety straps to make sure they do not slip out of the lifejacket.

- To make sure your child is safe when at your cottage, secure a play area away from the water that is secured by a fence at least 1.2m or 4 ft high. It only takes a brief period of time when you are not watching for your child to get to the water.

-Make sure your child has taken swimming lessons. Supervision is still needed when they are around the water even if they can swim.

-Teach your child about the hazards of currents in water and help them understand why they cannot do certain things when they are in or around the water.

Practice these safety tips when your child is around water at playgrounds or water attractions:

-Always supervise your child

-Teach rules for safe play, walk don't run and take turns with equipment

-Ensure they wear the appropriate water foot wear (to prevent cuts and scrapes)

-Make sure damaged or broken equipment is reported so it can be fixed

-Pools and ponds at home should be fenced on all 4 sides to prevent drowning

-Empty wading pools and home playground water features after each use.

Adapted from Drowning Prevention, Playgrounds and water features, Safe Kids Canada, 2010

Comprehensive School Health Committee

Woodstock Education Center

Anglophone West



Elementary Collective Kitchens at CNCS

Elementary Collective Kitchen is a new exploratory program at C-NCS. All elementary students have the opportunity to learn about, touch, smell and taste foods that make up Canada's Food Guide. Menus are based on maximum nutrient foods under Policy 711. Students prepare enough menu servings to take home to share with their entire family. This program is made possible through a generous contribution of \$1500.00 from "Show Kids You Care" as well as local grocery store partnerships. To date, the Grades 5, K\1 and 1/2 students have prepared 170 meals to share with their families. Six-year old Blaine exclaimed that he learned, "Not to pick my nose or touch my face when I am cooking", a valuable lesson for all of us!

The Grade 5 class thoroughly enjoyed learning and participating in this program. It worked on building teamwork, friendship, culinary and sanitary skills among the students.

cooked for my family." Hannah chimed in and explained, "I liked knowing that it was completely healthy and I had fun making the meal with my friends and classmates."

Each meal consisted of an appetizer, the main course and a dessert. Students prepare food in a Class 4 licensed kitchen and follow Department of Health policies. Teachers and Educational Assistants support the Community School Coordinator in the facilitation of the program. We plan on preparing a total of 500 meals through this program.

Submitted by

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